

专题 07 阅读理解七选五

全国各地历年高考真题全收录

2022 年新高考 I 卷

Fitness Magazine recently ran an article titled “Five Reasons to Thank Your Workout Partner.” One reason was: “You’ll actually show up if you know someone is waiting for you at the gym, ” while another read: “ ___36___ ” With a workout partner, you will increase your training effort as there is a subtle (微妙) competition.

So, how do you find a workout partner?

First of all, decide what you want from that person. ___37___ Or do you just want to be physically fit, able to move with strength and flexibility? Think about the exercises you would like to do with your workout partner.

You might think about posting what you are looking for on social media, but it probably won’t result in a useful response. ___38___ If you plan on working out in a gym, that person must belong to the same gym.

My partner posted her request on the notice board of a local park. Her notice included what kind of training she wanted to do, how many days a week and how many hours she wanted to spend on each session, and her age. It also listed her favorite sports and activities, and provided her phone number. ___39___

You and your partner will probably have different skills. ___40___ Over time, both of you will benefit — your partner will be able to lift more weights and you will become more physically fit. The core (核心) of your relationship is that you will always be there to help each other.

- A. Your first meeting may be a little awkward.
- B. A workout partner usually needs to live close by.
- C. You’ll work harder if you train with someone else.
- D. Do you want to be a better athlete in your favorite sport?
- E. How can you write a good “seeking training partner” notice?
- F. Just accept your differences and learn to work with each other.
- G. Any notice for a training partner should include such information.

【答案】 36. C 37. D 38. B 39. G 40. F

【解析】

【导语】 本文是一篇说明文。文章主要介绍了如何找到一个一起锻炼的伙伴。

【36 题详解】

根据前文“Fitness Magazine recently ran an article titled “Five Reasons to Thank Your Workout Partner.” One reason was: “You’ll actually show up if you know someone is waiting for you at the gym,””(《健身杂志》最近刊登了一篇题为《感谢健身伙伴的五个理由》的文章。一个理由是：“如果你知道有人在健身房等你，你就会去锻炼。”)”可知，这里陈述另一个和别人一起锻炼的理由。所以选择项 C“‘You’ll work harder if you train with someone else.(如果你和别人一起训练，你会更努力。)’”符合上下文语境。故选 C。

【37 题详解】

根据前文“First of all, decide what you want from that person. (首先，决定你想从那个人身上得到什么。)”和后文“Or do you just want to be physically fit, able to move with strength and flexibility?(或者你只是想要身体健康，能够移动的力量和灵活性?)”可知，这里是一个问句，反问自己结伴锻炼的目的。所以选择项 D“‘Do you want to be a better athlete in your favorite sport? (你想在你最喜欢的运动项目上成为更好的运动员吗?)’”符合上下文语境。故选 D。

【38 题详解】

根据前文“You might think about posting what you are looking for on social media, but probably won’t result in a useful response. (你可能会考虑在社交媒体上发布你想要的东西，但可能不会得到有用的回应。)”和后文“If you plan on working out in a gym, that person must belong to the same gym.(如果你打算在健身房锻炼，那个人一定是同一个健身房的。)”可知，寻找的锻炼伙伴要具有便利性的特点。所以选择项 B“‘A workout partner usually needs to live close by. (锻炼伙伴通常需要住在附近。)’”符合上下文语境。故选 B。

【39 题详解】

根据前文“My partner posted her request on the notice board of a local park. Her notice included what kind of training she wanted to do, how many days a week and how many hours she wanted to spend on each session, and her age. It also listed her favorite sports and activities, and provided her phone number. (我的搭档把她的要求贴在了当地公园的布告栏上。她的注意事项包括她想要做什么样的锻炼，每周多少天，每次培训要花多少小时，以及她的年龄。它还列出了她最喜欢的运动和活动，并提供了她的电话号码。)”可知，本段作者以自己的锻炼伙伴为例，说明寻找锻炼伙伴布告所要包括的信息。所以选择项 G“‘Any notice for a training partner should include such information. (任何锻炼伙伴的布告都应包括这些信息。)’”符合上下文语境。故选 G。

【40 题详解】

根据前文“You and your partner will probably have different skills. (你和你的伴侣可能有不同的技能。)”和后文“Over time, both of you will benefit -- your partner will be able to lift more weights and you will become more

physically fit.(久而久之，你们双方都会受益——你的伴侣会举起更多的重量，你也会变得更健康。)”可知，要学会求同存异，一起合作，共同提高。所以选择项 F“Just accept your differences and learn to work with each other. (接受你们的不同，学会彼此合作。)”符合上下文语境。故选 F。

2022 年新高考 II 卷

Writing an essay is a difficult process for most people. However, the process can be made easier if you learn to practice three simple techniques.

___16___ When you are first trying to think of ideas for an essay, put your pen to your paper and write nonstop for ten or fifteen minutes without letting your pen leave the paper. Stay loose and free. ___17___ Don't worry about grammar or spelling. Even though this technique won't work for everyone, it helps many people get a good store of ideas to draw on.

The next technique is to write your draft rapidly without worrying about being perfect. ___18___ Yet, by learning to live with imperfection, you will save yourself headaches and a wastepaper basket full of crumpled (弄皱) paper. Think of your first draft as a path cut out of the jungle—as part of an exploration, not as a complete highway.

The third technique is to try printing out a triple—spaced (三倍行距) copy to allow space for revision. ___19___ As a result, these writers never get in the habit of crossing out chunks (大块) of their draft and writing revisions in the blank space. After you have revised your draft until it is too messy to work from anymore, you can enter your changes into your word processor. ___20___ The resulting blank space invites you to revise.

- A. Make sure your handwriting is neat.
- B. Let your pen follow the waves of thought.
- C. The second draft of the essay should be better.
- D. First of all, learn the technique of nonstop writing.
- E. Too many writers try to get their drafts right the first time.
- F. Many beginning writers don't leave enough space to revise.
- G. Then you can print out a fresh draft, again setting your text on triple-space.

【答案】16. D 17. B 18. E 19. F 20. G

【解析】

【导语】本文是一篇说明文，主要讲的是写文章的技巧。

【16 题详解】

空格处是本段的主题句，由空后的“When you are first trying to think of ideas for an essay, put your pen to your paper and write nonstop for ten or fifteen minutes without letting your pen leave the paper. (当你第一次想写一篇文章的时候，把笔放在纸上，不间断地写 10 到 15 分钟，不要让笔离开纸。)”可知，本段主要讲的是要学会不间断地写，D 选项“First of all, learn the technique of nonstop writing. (首先，学习不间断写作的技巧。)”概括了本段的主要内容，可作为主题句，故选 D。

【17 题详解】

空前说“Stay loose and free. (保持宽松和自由。)”，空后说“Don’t worry about grammar or spelling. (不要担心语法和拼写。)”，因此空格处应说按心里想的写，自由发挥，B 选项“Let your pen follow the waves of thought. (让你的笔跟随思想的波浪。)”说明了按自己的思路和想法来写，因此承上启下，符合语境，故选 B。

【18 题详解】

空前说“The next technique is to write your draft rapidly without worrying about being perfect. (下一个技巧是快速写草稿，不要担心是否完美。)”，空后说“Yet, by learning to live with imperfection, you will save yourself headaches and a wastepaper basket full of crumpled (弄皱) paper. (然而，通过学习与不完美共存，你将避免自己的头痛和一个装满皱巴巴的废纸篓。)”，E 选项“Too many writers try to get their drafts right the first time. (太多的作家试图在第一次就把草稿写好。)”中的“get their drafts”和上文的“write your draft”相呼应，说明了有很多人想一次就写好，这是不合理的，要学会允许不完美的存在，因此 E 选项承上启下，符合语境，故选 E。

【19 题详解】

空前说“The third technique is to try printing out a triple—spaced (三倍行距) copy to allow space for revision. (第三种方法是打印出三倍行距的副本，以便有修改的空间。)”，F 选项“Many beginning writers don’t leave enough space to revise. (许多初来乍到的作者没有留出足够的修改空间。)”中的“revise”和前面的“revision”一致，指出了新手作者的常见做法，且其中的“Many beginning writers”和后文的“these writers”相互呼应，因此 F 选项承上启下，符合语境，故选 F。

【20 题详解】

空前说“After you have revised your draft until it is too messy to work from anymore, you can enter your changes into your word processor. (当你修改你的草稿，直到它太乱以至于无法继续工作，你可以把你的修改输入到你的文字处理器中。)”，空后说“The resulting blank space invites you to revise. (由此产生的空白允许您修改。)”，因此空格处应说输入到文字处理器后应该做什么，G 选项“Then you can print out a fresh draft, again setting your text on triple-space. (然后你可以打印一份新的草稿，同样将文本设置为三倍行距。)”说的是输入到你的文字处理器后的做法，其中的“triple-space”和后文的“The resulting blank space”相呼应，因此 G 选项承上启下，

符合语境，故选 G。

2022 年全国甲卷

Important Things to Know When Dining Out

Cultural dining etiquette (礼节) might surprise you with some of its important rules. ____36____. Knowing some tips will help ensure that you have an enjoyable meal with friends or family — no matter where you are in the world.

Chopstick Rules

The way you handle chopsticks is important to avoid annoying your companions. When you put them down between bites, always put them down together so they are parallel with the edge of the table in front of you. ____37____.

Hands or Utensils (餐具)

In India and the Middle East, it's considered very rude to eat with your left hand. People in France expect you to eat with a utensil in each hand. ____38____, instead preferring to use their hands. In Chile, you may never touch any food with your fingers. People in Thailand generally use their forks only to push food onto their spoons.

Making Requests

____39____. In Portugal, this would be a serious mistake, because it shows the chef that you don't like their seasoning skills. Similarly, in Italy, never ask for extra cheese to add to your food.

Some of these cultural dining etiquette rules may seem random and strange, but they are important in various countries. ____40____, the more comfortable you'll begin to feel with its foreign cultural practices.

- A. The more friends you make in your lifetime
- B. The more time you spend in any given country
- C. Mexicans consider it inappropriate to eat with utensils
- D. Don't get caught making an embarrassing mistake at a restaurant
- E. It's a good sign for the chef if you make a mess around your plate
- F. Never stick them upright in your food or cross them as you use them
- G. It may seem like a simple request to ask for salt and pepper at a meal

【答案】36. D 37. F 38. C 39. G 40. B

【解析】

【导语】本文是一篇说明文。文章主要介绍了一些外出就餐时要知道的一些重要事情。

【36 题详解】

根据文章标题“Important Things to Know When Dining Out (外出就餐时要知道的重要事情)”可知，本文主要介绍的是外出就餐时应该知道的重要事情。由此可知，D 项“Don’t get caught making an embarrassing mistake at a restaurant (不要在餐馆犯尴尬的错误)”符合语境，其中“at a restaurant”对应标题中的“**When Dining Out**”，同时引起下文“Knowing some tips will help ensure that you have an enjoyable meal with friends or family — no matter where you are in the world. (知道一些技巧将有助于确保你和朋友或家人一起享受一顿愉快的晚餐——无论你在世界的哪个地方)”。故选 D。

【37 题详解】

根据本段小标题“**Chopstick Rules**”可知，本段主要讲述的是使用筷子的规则。根据上文“**When you put them down between bites, always put them down together so they are parallel with the edge of the table in front of you.** (当你在吃的间隙把它们放下来的时候，一定要把它们放在一起，这样它们就和你面前的桌子边缘平行了)”可知，此处讲述了正确使用筷子的方式。由此可知，F 项“**Never stick them upright in your food or cross them as you use them** (不要把它们笔直地插在你的食物中，也不要在使用它们时交叉放置)”讲述的也是使用筷子时的注意事项，符合此处语境，其中“**them**”指的是上文的“**chopsticks**”。故选 F。

【38 题详解】

根据本段小标题“**Hands or Utensils (餐具)**”可知，本段主要讲述的是手和餐具的问题。根据上文“**In India and the Middle East, it’s considered very rude to eat with your left hand. People in France expect you to eat with a utensil in each hand.** (在印度和中东，用左手吃饭被认为是非常不礼貌的。法国人希望你每只手拿一个餐具吃饭)”及下文“**instead preferring to use their hands (相反更愿意使用他们的双手)**”可知，此处讲述不同国家就餐时习惯使用哪只手的问题。由此可知，C 项“**Mexicans consider it inappropriate to eat with utensils (墨西哥人认为用餐具吃饭是不合适的)**”符合语境，与下文形成转折关系。故选 C。

【39 题详解】

根据本段小标题“**Making Requests**”可知，本段主要讲述的是用餐时提请求的问题。根据下文“**In Portugal, this would be a serious mistake, because it shows the chef that you don’t like their seasoning skills. Similarly, in Italy, never ask for extra cheese to add to your food.** (在葡萄牙，这将是一个严重的错误，因为这向厨师表明你不喜欢他们的调味技巧。同样，在意大利，永远不要要求在食物中添加额外的奶酪)”可推知，在一些国家，用餐时提出要求是很无礼的。由此可知，G 项“**It may seem like simple request to ask for salt and pepper at a meal (吃饭时要盐和胡椒看似很简单)**”符合此处语境，其中“**request**”是关键词，说明，在用餐时提出一些我们看来很

平常的要求在某些国家是无礼的。故选 G。

【40 题详解】

根据下文“the more comfortable you’ll begin to feel with its foreign cultural practices. (你就会对它的外国文化习俗感到越舒服)”可推知，此处指在一个国家待得越久，就会越习惯当地习俗，且此处是“the+比较级，the+比较级”结构，B 项“The more time you spend in any given country (你在某个国家待的时间越长)”符合文意，引出下文。故选 B。

2022 年全国乙卷

Friendship needs care and attention to keep it in good health. Here are five ways to sustain (保持) long-distance friendships.

·Set a regular date

Long-lasting friendships share the characteristic that both sides equally contact (联系) and share with one another. With busy schedules, squeezing in phone calls can be a challenge. ___36___.

·More isn’t always merrier

Make sure you have communicated with your friend about how frequently each of you wants to be contacted and what method works best for you both. ___37___. There are alternatives to constant written communication, such as leaving voice messages or having a group chat.

·Practise empathy (共情)

___38___. The friend who is remaining needs to be sensitive to all the additional time demands placed on the friend who has moved. The one in the new environment should be sympathetic to the fact that your friend may feel abandoned.

· ___39___

Anniversaries and birthdays carry even more weight in long-distance friendships. Although technology might make day-to-day communication possible, extra effort goes a long way on special days. Simply keeping a diary that keeps track of friends’ birthdays and other important dates will make sure nothing slips by you.

·Don’t rely on technology alone

___40___, but long-distance friendships — even close ones — may require more conscious effort to sustain. Try to seek out chances to renew friendships. How to do it? Just spend face-to-face time together whenever possible.

- A. Remember important dates
- B. Compensate by writing letters
- C. It is also helpful for you to be a friendship keeper
- D. Try to find a time that works for both of you and stick to it
- E. Friends need to talk about their preferred methods of communication
- F. It is easy to have a sense of connectedness through social media
- G. You may be the friend who left or the one who was left behind

【答案】36. D 37. E 38. G 39. A 40. F

【解析】

【导语】本文是一篇应用文，介绍了五种维系异地友谊的方法。

【36 题详解】

上文“With busy schedules, squeezing in phone calls can be a challenge.”（平日繁忙，很难抽出时间打电话。）讲的是双方都很忙碌，很难有时间给对方打电话，D 项“尽量找个双方都有空的时间去打电话，并坚持下去”给出了解决没时间打电话这个问题的方法，符合题意。故选 D 项。

【37 题详解】

上文“Make sure you have communicated with your friend about how frequently each of you wants to be contacted and what method works best for you both.”（确保你已经和你的朋友沟通过，了解你们想要联系的频率，以及哪种方法对你们双方都最有效。）提到异地朋友之间要商量沟通方式，E 项“朋友需要谈论他们喜欢的交流方式”承接上文，进一步提出对交流的方法的沟通，下文“**There are alternatives to constant written communication, such as leaving voice messages or having a group chat.**”（除了持续的文字交流，还有其他选择，比如留下语音信息或进行群聊。）对 E 项中的“**methods of communication**”进行了举例说明，上下文语意连贯。故选 E 项。

【38 题详解】

下文“**The friend who is remaining**”（留下来的朋友）和“**The one in the new environment**”（在新环境中的那个）提到朋友的两个不同处境，G 项“你可能是朋友中离开的那一方，也可能是被留下的那一方”指出了异地友谊中分为离开的一方和留下的一方，其中“**the friend who left**”和“**the one who was left behind**”分别对应下文“**The one in the new environment**”和“**The friend who is remaining**”，所以 G 项符合题意。故选 G 项。

【39 题详解】

分析文章结构可知，设空处的内容是维系异地友谊的第四个方法，是第五段的小标题。下文“**Anniversaries and**

birthdays carry even more weight in long-distance friendships.”（周年纪念日和生日对于异地友谊而言是非常重要的。）讲的是诸如周年纪念日 and 生日等重要的日子对于维系异地友谊是非常重要的，由此推知，这段对应的维系异地友谊的方法是 A 项“记得重要的日子”，所以 A 项符合题意。故选 A 项。

【40 题详解】

设空处所在句子的后半句“but long-distance friendships — even close ones — may require more conscious effort to sustain.”（但是异地友谊——甚至是关系亲密的友谊——可能需要更加自觉地去维系。）讲的是我们要更加自觉地维系异地友谊，其中“but”说明后半句与设空处形成转折，而 F 项“朋友之间很容易通过社交媒体产生一种联结感”讲的是可以通过社交媒体这种方式很容易与朋友产生联结，与后半句“require more conscious effort to sustain”形成转折，而且其中的“social media”呼应了该段的小标题“Don’t rely on technology alone”（不要仅仅依赖技术）中的“technology”。故选 F 项。

2022 年 1 月浙江卷

I have the same 24 hours in a day as you do, but I have made specific choice that allow me to make the most of every day and still feel happy and relaxed. ____ 11 ____

Pick the most important.

____ 12 ____ Focus on spending time that for you is fun and productive. I chose the life of an adviser because I like to work with companies, but don't want the life of a big company CEO. My choices are based on the lifestyle I want.

Combine your activities.

Many people go crazy trying to figure out how to spend time with friends, family, work, play, etc. ____ 13 ____ Find ways to enjoy them in a combined manner. Build your social life around people your work environment. Find people in your company who share common interests and develop your career (职业) around the people and activities you love.

____ 14 ____

You would think learning takes more time from you, but actually there are always new ways of doing things that can save you time on daily tasks, freeing you up for the most important. Always be looking for a new way to gain back an hour here or there.

Lighten up.

The world won't come to an end in most cases just because you left a few things undone. Celebrate progress and keep refining (改进) toward a happy productive existence. ____15____ Every completion is a small victory that adds up in a big way.

- A. Speed up.
- B. Be an active learner.
- C. Stop trying to balance time between them all.
- D. Make choices about what is meaningful in your life.
- E. The things you do well usually give you greater joy.
- F. Perhaps these tips will help you make the most of your time.
- G. This is why making lists is important in any productivity handbook.

【答案】11. F 12. D 13. C 14. B 15. G

【解析】

【分析】本文是说明文。作者给出了既可以充分利用时间又可以快乐放松的有效建议。

【11 题详解】

上文“I have the same 24 hours in a day as you do, but I have made specific choice that allow me to make the most of every day and still feel happy and relaxed.(我和你一样，每天都有 24 小时，但我做了具体的选择，让我充分利用每一天，仍然感到快乐和放松)”说明作者做出选择，充分利用每一天，但仍旧感到快乐和轻松，根据下文段落小标题可知，下文就如何充分利用每一天给出了建议，因此空格处应是承上启下，F 项中的“help you make the most of your time”与上文“to make the most of every day”一致，“tips”引出下文的建议，因此 F 项“也许这些建议会帮助你充分利用你的时间”符合语境，承上启下。故选 F。

【12 题详解】

根据段落标题“Pick the most important.”可知，本段建议挑选最重要的，下文“Focus on spending time that for you is fun and productive.(把时间花在那些对你来说有趣和富有成效的事情上)”说明要挑选一些有趣的和富有成效的事情去做，D 项中的“what is meaningful in your life”与标题中的“the most important”一致，下文是对“Make choices”具体解释。因此推断 D 项“选择你生活中有意义的东西”符合语境。故选 D。

【13 题详解】

上文“Many people go crazy trying to figure out how to spend time with friends, family, work, play, etc.(许多人疯狂地试图弄清楚如何在朋友，家庭，工作，娱乐等方面度过时间)”说明许多人想要弄清楚在生活中如何分配好时间，下文“Find ways to enjoy them in a combined manner.(找到一种结合的方式来享受它们)”说明可以把

事情组合在一起享受，因此推断空格处与上文是转折关系，说明不要试图均衡时间，C项“不要试图在它们之间平衡时间”符合语境。故选C。

【14题详解】

空格处为段落小标题。根据下文“You would think learning takes more time from you, but actually there are always new ways of doing things that can save you time on daily tasks, freeing you up for the most important. Always be looking for a new way to gain back an hour here or there. Always be looking for a new way to gain back an hour here or there. (你可能会认为学习需要花费了你更多的时间，但实际上总有一些新的方法可以为你节省出做日常事务的时间，为你腾出时间去做最重要的事情。寻找在这里或者那里赢回一个小时的新方法)”可推断，本段讲述学习虽然花费很多时间，但总是能有一些方法为你节省时间做其他事情，因此要做有效的学习者。因此推断B项“做有效的学习者”为段落标题，故选B。

【15题详解】

下文“Every completion is a small victory that adds up in a big way.(每一次的完成都是一个小的胜利，累积起来就是一个大的胜利)”说明事情要一件一件去做，G项中的“making lists”与之呼应，因此推断G项“这就是为什么列清单在任何生产手册中都很重要的原因”符合语境，this指代上文“The world won't come to an end in most cases just because you left a few things undone. Celebrate progress and keep refining (改进) toward a happy productive existence.(在大多数情况下，世界不会因为你没做完几件事而走向末日。庆祝进步，不断改进走向一个快乐而富有成效的存在)”解释了列出清单一件一件完成任务的原因。故选G。

2021年新高考I卷

My husband and I just spent a week in Paris. ____36____ So the first thing we did was rent a fantastically expensive sixth-floor apartment the size of a cupboard. It was so tiny that we had to leave our suitcases in the hallway.

The place wasn't entirely authentic, though. Unlike a normal Parisian apartment, the plumbing (水管) worked. ____37____ Our building even had a tiny lift with a female voice that said, “Ouverture des portes,” in perfect French. That is the only French phrase I mastered, and it's a shame I don't have much use for it.

Parisians are different from you and me. They never look lazy or untidy. As someone noted in this paper a couple of weeks ago, they eat great food and never gain weight. ____38____ French strawberries do not taste like cardboard. Instead, they explode in your mouth like little flavor bombs.

____39____ On our first morning in Paris, I went around the corner to the food market to pick up some

groceries. I bought a handful of perfectly ripe small strawberries and a little sweet melon. My husband and I agreed they were the best fruit we had ever eaten. But they cost \$18!

In France, quality of life is much more important than efficiency.

You can tell this by cafés life. French cafés are always crowded. ____40____ When do these people work? The French take their 35-hour workweek seriously — so seriously that some labor unions recently struck a deal with a group of companies limiting the number of hours that independent contractors can be on call.

- A. Not all the customers are tourists.
- B. The quality of life in France is equally excellent.
- C. There was a nice kitchen and a comfortable bed.
- D. The amazing food is mainly consumed by local farmers.
- E. That's not the only reason the French eat less than we do.
- F. Our aim was to see if we could live, in some way, like real Parisians.
- G. The food is so delicious that you don't need much of it to make you happy.

【答案】36. F 37. C 38. G 39. E 40. A

【解析】这是一篇说明文。主要讲述了作者夫妇两人在巴黎的居住的感受。首先，作者介绍了她住的房子；其次，说明了巴黎人生活非常精致的原因；最后，说明法国人对待生活的态度，相较于工作效率他们更看重生活品质。

【36 题】上文“My husband and I just spent a week in Paris.(我丈夫和我刚在巴黎待了一周)”说明了背景；下文“So the first thing we did was rent a fantastically expensive sixth-floor apartment the size of a cupboard.(所以我们做的第一件事就是租了一个非常昂贵公寓，在第六层，只有一个橱柜那么大)”是空格处的结果，因此空格处需要填原因；根据 F 项“Our aim was to see if we could live, in some way, like real Parisians.(我们的目标是看看我们是否在某种程度上可以活的像巴黎人。)”可知，作者要在巴黎住下来，所以需要租房子，两句构成因果关系。故选 F 项。

【37 题】上文“The place wasn't entirely authentic, though.(不过，这个地方并不是地道的法国住房)”是段落中心句，说明第二段主要内容是讲解公寓的情况。下文提到了楼宇和电梯的情况。C 项“‘There was a nice kitchen and a comfortable bed.(有一个漂亮的厨房和一张舒适的床)’”提到了厨房和床，这些都属于公寓的配置。故选 C 项。

【38 题】上文“... they eat great food and never gain weight.(他们吃得很好，而且从不发胖)”提及了食物。下文“French strawberries do not taste like cardboard. Instead, they explode in your mouth like little flavor

bombs.(法国草莓尝起来不像纸板。相反，它们会像小炸弹一样在你嘴里爆炸)”在说明法国的草莓很好吃。上下文结合可知，因为法国的食物质量很高，所以不用吃很多就能很满足，同时吃的少也就不会发胖了。G项“The food is so delicious that you don’t need much of it to make you happy. (食物是如此美味，你不需要吃太多就能使你快乐)”符合语境要求。故选 G 项。

【39 题】第三段主要描述了作者夫妻去了采购了食物，买了草莓。下文“My husband and I agreed they were the best fruit we had ever eaten. But they cost \$18!(我丈夫和我都认为这是我们吃过的最好的水果。但它们要 18 美元!)”说明法国的水果好吃但是也很贵。选项 E“That’s not the only reason the French eat less than we do.(这并不是法国人吃得比我们少的唯一原因)”承接了上一段关于法国人吃的少但是不胖的话题，同时引起下文，给出了法国人吃的少的另一个原因‘物价贵’。故选 E 项。

【40 题】根据上文“In France, quality of life is much more important than efficiency (效率). You can tell this by cafés life. French cafés are always crowded. (在法国生活质量比效率更重要。这一点你能从咖啡馆生活看出来。法国的咖啡厅总是很拥挤)”可知，上文说明了法国人对待工作不是很积极且咖啡厅里顾客很多。下文“When do these people work?(这些人什么时候工作?)”是一个问句，说明本句属于过渡句，承接上文说明咖啡厅里的造成拥挤的客人的情况，A 选项中有“customer”符合咖啡馆的情境设定，同时讲述了不是所有的客人都是游客，那么意味着大部分人都是当地人，符合下文的提问。故选 A 项。

2021 年新高考 II 卷

If the only reading you ever do is the novel or magazine, the speed at which you read -probably does not matter very much. But if you have to read a great deal for study, you will appreciate the benefits of being able to read more quickly. ____ 16 ____

·Before you open the book, make sure that you are comfortable. You need a seat which supports your back and the book should be at the right distance from your eyes. ____ 17 ____

____ 18 ____ Look at the table of contents, the preface, the chapter heading, etc. This will help you to decide whether you really need to read the whole book or only certain parts of it. Ten minutes spent in this way could save you quite a lot of time in the long run.

If you decide that you need to read the whole book, decide how much you can read at a time. ____ 19 ____ A history book which may contain the facts in story form will be easier to read than one dealing with scientific subjects. In the former case you may be able to read a chapter. In the latter you may only be able to read one page.

Always keep a pencil and paper beside you. ____ 20 ____ Note also the facts important for your purpose as well as anything which leads you to further research. You don't have to write these things in detail. It is enough to put the

page number and one or two words as a reminder.

- A. Stop to have a rest now and then.
- B. Spend a few minutes looking through the book.
- C. This depends on the type of book you are reading.
- D. Here are some tips to help improve your reading speed.
- E. Make a note of any page which is of special importance.
- F. You may find yourself having to learn something by heart.
- G. Keep the room cool rather than warm to avoid feeling sleepy.

【答案】16. D 17. G 18. B 19. C 20. E

【解析】

【分析】这是一篇说明文。文章主要介绍了一些帮助提高阅读速度的建议。

【16 题详解】

根据上文“If the only reading you ever do is the novel or magazine, the speed at which you read -probably does not matter very much. But if you have to read a great deal for study, you will appreciate the benefits of being able to read more quickly. (如果你唯一的阅读是小说或杂志, 那么你阅读的速度可能并不重要。但是, 如果你必须大量阅读来学习, 你就会感激能够更快地阅读的好处。)”可知, 接下来要介绍提高阅读速度的方法。D 项: Here are some tips to help improve your reading speed. (这里有一些帮助提高阅读速度的建议。)符合语境。故选 D。

【17 题详解】

根据本段主题句“Before you open the book, make sure that you are comfortable. (在你打开书之前, 确保你感到舒服。)”可知, 本段主要说明要给自己创造舒适的阅读环境。G 项: Keep the room cool rather than warm to avoid feeling sleepy. (保持房间凉爽而不是温暖以避免困倦。)符合语境。故选 G。

【18 题详解】

空处为段落主题句。根据下文“Look at the table of contents, the preface, the chapter heading, etc (查看目录、前言、章节标题等。)”可知, 本段主要讲述在阅读一本书之前要先浏览一下大致内容。B 项: Spend a few minutes looking through the book. (花几分钟浏览一下这本书。)符合语境。故选 B。

【19 题详解】

根据上文“If you decide that you need to read the whole book, decide how much you can read at a time. (如果你决定要读完整本书, 决定一下你一次能读多少。)”和下文“A history book which may contain the facts in story form

will be easier to read than one dealing with scientific subjects. (以故事形式包含事实的历史书比科学题材的书更容易阅读。)”可知，看书时间的长短取决于书的类型。C 项：This depends on the type of book you are reading. (这取决于你读的书的类型。) 符合语境。故选 C。

【20 题详解】

根据段落主题句“Always keep a pencil and paper beside you. (总是在身边放一支铅笔和一张纸。)”可知，本段强调要随时注意记笔记。E 项：Make a note of any page which is of special importance. (把任何有特别重要的一页都记下来。) 符合语境。故选 E。

2021 年全国甲卷

Swap, Don't shop!

You keep hearing about recycling, right? But it doesn't end with bottles, cans, and paper. Clothing takes a huge amount of natural resources (资源) to make, and buying loads of new clothing (or throwing out old clothing) is not healthy for the environment. So what to do with all those perfectly-good-but-you're-maybe-a-little-sick-of-them clothes piled on your bedroom floor? ____ 16 ____ . It's the best way to get rid of your used clothes, score clothes from your friends, and have a party all at the same time.

A successful swap depends on the selection of clothes, the organization of the event, and, obviously, how much fun is had. It's really easy to do! Here are a few pointers.

- Invite 5—10 people so you have a nice selection. ____ 17 ____ , and there may not be enough things to choose from; more than that, and it becomes uncontrollable.

- ____ 18 ____ . They should also prepare plenty of reusable bags to carry their "new" clothes home.

- Put different types of clothing on different surfaces in the room. ____ 19 ____ . Place a few mirrors around your room so people can see how things look when they try them on. One of the ground rules of the swap should be that everyone must try on the clothes before they take them—things always look different when you put them on.

- Set a starting time. Maybe you say “go,” or turn on a certain song, or whatever. ____ 20 ____ . And don't forget to put out some cookies and fruits. Remember, it's a party!

- A. Less people than that
- B. Hold a clothing swap
- C. If two people are competing
- D. Just keep music playing throughout

E. Donate whatever clothes are left over

F. Have everyone put their clothes in the right spots

G. Tell everyone to bring clean clothes in good condition

【答案】16. B 17. A 18. G 19. F 20. D

【解析】

【分析】这是一篇说明文。文章介绍了通过衣物交换来处理旧衣服的方法——衣物交换派对，以及一些具体的流程。

【16 题】根据上文“*So what to do with all those perfectly- good-but-you 're- maybe-little-sick-of-them clothes piled on your bedroom floor?*（那么，该如何处理那些堆在卧室地板上的（看起来）完好但你可能有点厌倦的衣服呢？）”提出关于如何解决旧衣物的问题。下文“*It's the best way to get rid of your used clothes, score clothes from your friends, and have a party all at the same time.*（这是扔掉旧衣服、从朋友那里买衣服、同时开派对的最好方法。）”提到了具体处理旧衣物的方法。所以空白处应起承上启下的作用，承接上文讲到的问题，启下提出的方法。因而空白处是提出了一种处理旧衣物的好方法。B 项“*Hold a clothing swap.*（进行衣物交换。）”给出了一种处理旧衣物的方法，承上启下，符合语境。故选 B 项。

【17 题】根据上文“*Invite 5-10 people so you have a nice selection.*”（邀请 5 到 10 个人，这样你就有一个很好的选择。）说明了应该邀请的人数。下文“*and there may not be enough things to choose from; more than that, and it becomes uncontrollable.*”（可能没有足够的东西可供选择；多于这个数量，它就变得无法控制。）说明多于或少于一定数量的人数将会导致一些麻烦。所以空白处应是针对下文中的“*more than that*”提出的相反的假设，即少于一定数量的人。A 项“*Less people than that*”（少于这些人）提出一种假设，和下文中的“*more than that*”相对，说明人数不宜太多，也不能太少，符合语境。故选 A 项。

【18 题】根据下文“*They should also prepare plenty of reusable bags to carry their “new” clothes home.*”（他们还应该准备大量的可重复使用的袋子，把他们的“新”衣服带回家。）说明去的时候应该为交换所得的“新衣服”准备袋子。G 项“*Tell everyone to bring clean clothes in good condition.*”（告诉每个人带来品相完好的衣服。）说明去参加衣物交换的时候应该带完好的衣服，其中的 bring 和下文中 carry 相对，都是为交换衣物所做的准备。下文中的 also 也是提示词，并且其中 They 指代 G 项的 everyone。所以 G 项符合语境。故选 G 项。

【19 题】根据上文“*Put different types of clothing on different surfaces in the room.*”（把不同类型的衣服放在房间的不同地方。）指出衣服应该归类放置。下文“*Place a few mirrors around your room so people can see how things look when they try them on.*”（在房间周围放几面镜子，这样人们试穿时就能看到衣服的样子。）提到

了放置镜子的意义。由此可见，本段讲述的是房间里的一些具体的做法，所以空白处一样要提出人们在房间里要做什么。F项“Have everyone put their clothes in the right spots.（让每个人的衣服都放在相应的位置上。）”说明每个人应该按照不同类型把衣服摆放在相应的位置，符合语境。故选F项。

【20题】上文“Set a starting time. Maybe you say “go,” or turn on a certain song, or whatever.”（设置开始时间。也许你说“开始”，或者打开一首歌，或者无论什么。）打开音乐或者无论什么，意味聚会开始。下文“**And don't forget to put out some cookies and fruits. Remember, it's a party!**”（别忘了拿出一些饼干和水果。记住，这是个派对！）讲到了聚会上应该提供一些派对该有的服务。因而，空白处应是承接上文，讲述聚会期间要保持应有的内容。D项“Just keep music playing throughout.”（要始终播放音乐。）承上启下，说明在派对上要有音乐，与前文形成意义上的一致，符合题意，故选D项。

2021 年全国乙卷

According to Jessica Hagy, author of *How to Be Interesting*, it's not difficult to make yourself interesting at a dinner party.

___36___, if you're out of your comfort zone or if you're wandering into somebody's house for the first time. So the main thing is just to show up and be adventurous, trying different foods and talking to strangers.

People love to talk about themselves. If you can start the conversation with a question other than “What do you do for a living?”, you'll be able to get a lot more interesting conversation out of whomever it is you're talking to. ___37___, it can bring in “I have this old, broken-down vehicle” or “I rode the bus with these crazy people who were laughing at silly jokes in the back.” It just opens up conversation.

___38___? If you can't take their wine away, you should certainly try to take away their soapbox（讲台）. If you're the host, you can ask them to help you in the kitchen with something and just remove them from the situation. ___39___.

And what about that other dinner-party killer: awkward silence? If you're faced with an awkward silence at a dinner party, the only thing that always gets everyone talking again is to give the host a compliment（赞扬）. ___40___. Just quickly turn around and say, “This cake is extremely delicious and you have to tell me all about it.”

So being interesting at a dinner party isn't that hard.

- A. How do you know the host
- B. The first step is to go exploring
- C. If you ask the question “How did you get here?”
- D. Be prepared to have awkward conversations with strangers

E. Or turn the conversation into a topic where they have little to say

F. What about that person who had too much to drink or won't stop talking

G. He or she is the person who is feeling the weight of that awkwardness the most

【答案】36. B 37. C 38. F 39. E 40. G

【解析】

【分析】本文是一篇说明文。文章主要介绍了在晚宴上让自己表现得有趣的一些方法。

【36题】根据上文“it's not difficult to make yourself interesting at a dinner party (在晚宴上让自己变得有趣并不难)”可知，下文应主要讲述如何在晚宴上让自己变得有趣。下文“**So the main thing is just to show up and be adventurous, trying different foods and talking to strangers.** (所以最主要的事情就是去尝试，去冒险，尝试不同的食物，和陌生人交谈)”可推知，本段主要说明想在晚宴上让自己变得有趣，就要勇于冒险，勇于探索。由此可知，B项“**The first step is to go exploring**(第一步是去探索)”承上启下，符合题意。故选B项。

【37题】根据下文“it can bring in “I have this old, broken-down vehicle” or “I rode the bus with these crazy people who were laughing at silly jokes in the back.” It just opens up conversation. (它可以带入“我有这辆破旧的车”或“我和那些在后面嘲笑愚蠢笑话的疯子一起乘坐公共汽车。”它只是打开了对话)”可知，设空处应该是提了一个不太好的问题，只是开始交流，但并不会给人留下有趣的印象。由此可知，C项“**If you ask the question “How did you get here?”**(如果你问“你是怎么到这里来的？”这个问题)”能够承接下文，符合题意。故选C项。

【38题】根据下文“**If you can't take their wine away, you should certainly try to take away their soapbox. If you're the host, you can ask them to help you in the kitchen with something and just remove them from the situation.** (如果你不能拿走他们的酒，你当然应该让他们离开讲话的地方。如果你是主人，你可以让他们到厨房帮你做点什么，只是为了让他们摆脱那种情景)”可知，此处指出了一个问题的解决办法。由此推知，设空处提到了一个棘手的问题。F项“**What about the person who has had too much to drink or won't stop talking**(喝太多酒或一直说个不停的人怎么办)”正是提出的问题，引出下文的解决办法，符合题意。故选F项。

【39题】根据上文“**If you can't take their wine away, you should certainly try to take away their soapbox** (讲台). **If you're the host, you can ask them to help you in the kitchen with something and just remove them from the situation.** (如果你不能拿走他们的酒，你当然应该让他们离开讲话的地方。如果你是主人，你可以让他们到厨房帮你做点什么，只是为了让他们摆脱那种情景)”可知，本段主要是为解决“喝太多酒或一直说个不停”这个问题提供方法。由此可知，E项“**Or turn the conversation into a topic where they have little to say**(或者把谈话变成他们没什么可说的话题)”是提出的另一个解决办法，承接上文，符合题意。故选E项。

【40题】根据上文“**If you're faced with an awkward silence at a dinner party, the only thing that always gets**

everyone talking again is to give the host a compliment.(如果你在晚宴上遭遇了尴尬的沉默,唯一能让大家再次交谈的方法就是赞美主人)”可知,此处指出赞美主人可以缓解尴尬的沉默,设空处承上启下,下文“**This cake is extremely delicious and you have to tell me all about it.**(这蛋糕特别好吃,你得告诉我它的一切)”对主人进行了赞美。由此可知,宴会上出现尴尬的沉默时,最尴尬的就是主人,所以需要赞美主人来缓解尴尬。G项“**He or she is the person who is feeling the weight of that awkwardness the most**(他或她是最能感受到那种尴尬的人)”承上启下,符合题意。故选 G 项

2021 年北京卷

Music has long been considered to be an enjoyable pastime for many people. ____35____ The mental health benefits from music can't be argued. Music could also be helping you with many other health problems behind the scenes.

____36____ However, for the same reason, music can be very beneficial if one is in pain. By distracting (分心) the mind from the pain, music, people say, can lower stress and anxiety levels. This, of course, can lead to less pain.

Many people enjoy relaxing music in the evening prior to going to bed. ____37____ While the validity of the idea is still being assessed, the lowered stress can even be tied back to blood pressure. Similarly, according to researchers, listening to just 30 minutes of soft music every day may help with healthy blood sugar levels, through the lowering of stress and anxiety.

When it comes to heart health, there is speculation (推测) that it's not the style of music, but rather the tempo that makes it so good for your heart health. In one European study, participants listened to music as the researchers monitored their heart rates and blood pressure. ____38____ On the other hand, when the music slowed, the participants' stress and anxiety levels became lower and the effects on heart rates appeared to follow suit.

____39____ But there is a whole range of other health issues that turning up the radio could be beneficial for, which is what makes music so valuable.

- A. This feeling can also result in many other health problems.
- B. Some experts say that music can be harmful if it is too loud.
- C. This idea is a little off-the-wall but still has scientific backing.
- D. They say it can play a big role in calming the brain enough to sleep.
- E. The implications of music on overall well-being are really impressive.
- F. It is also highly popular due to the individualized effects on stress and anxiety.

G. Interestingly, the more cheerful the music was, the faster their heart rates were.

【答案】35. F 36. B 37. D 38. G 39. E

【解析】

【分析】本文是一篇说明文，主要讲的是音乐对身体的好处。

【35 题详解】

空格后说 “The mental health benefits from music can't be argued”（音乐对心理健康的益处是毋庸置疑的），F 选项 It is also highly popular due to the individualized effects on stress and anxiety 中的 stress and anxiety 照应了 mental health benefits，因此 F 选项切合题意，故选 F。

【36 题详解】

空格后说 “However, for the same reason, music can be very beneficial if one is in pain”（然而，出于同样的原因，当一个人处于痛苦中时，音乐是非常有益的），However 表转折，因此空格处为对音乐的负面评价，B 选项 Some experts say that music can be harmful if it is too loud 中的 harmful 就是负面评价，因此 B 选项切合题意，故选 B。

【37 题详解】

空格前说 “Many people enjoy relaxing music in the evening prior to going to bed”（许多人喜欢在晚上睡觉前听些轻松的音乐），D 选项 They say it can play a big role in calming the brain enough to sleep 中的 sleep 和 going to bed 相呼应，因此 D 选项切合题意，故选 D。

【38 题详解】

空格前说 “In one European study, participants listened to music as the researchers monitored their heart rates and blood pressure”（在欧洲的一项研究中，参与者听音乐，研究人员监测他们的心率和血压），G 选项 Interestingly, the more cheerful the music was, the faster their heart rates were 中的 heart rates 和前面的 heart rates 相照应，因此 G 选项切合题意，故选 G。

【39 题详解】

空格后说 “But there is a whole range of other health issues that turning up the radio could be beneficial for, which is what makes music so valuable”（但是，开着收音机还可以对一系列其他的健康问题有益，这就是音乐如此有价值的原因），因此本段讲的是音乐对身体总的好处，E 选项 The implications of music on overall well-being are really impressive 讲的是音乐对整体健康的影响是非常令人印象深刻的，因此 E 选项切合题意，故选 E。

2021 年 6 月浙江卷

You've got mail...and it's a postcard

Paulo Magalhaes, a 34-year-old Portuguese computer engineer, loves to open his mailbox and find a brightly colored picture of Rome's Colosseum. Or Africa's Victoria Falls. Or China's Great Wall. ____11____

"I often send postcards to family and friends," he says to China Daily, "but you can imagine that after a while, you never receive as many as you send, and you realize that not everyone is into it ____12____" Seeking other like-minded souls, however, Paulo started looking in a somewhat unlikely place: online. Many would say the Internet is a place for people who have given up on the traditional postal service, but Paulo's hunch (直觉) paid off.

Today his hobby has developed into the website postcrossing.com, a social network that has grown to 575,217 registered users in 214 countries and regions since he started it 10 years ago. ____13____ Running the website has almost turned into a full-time job.

Language is certainly a barrier for many people. For postcrossing to work worldwide, a common communication language is needed so that everyone can understand each other. As cool as it may be to receive a postcard written in Chinese, the concept doesn't work if one doesn't understand it. ____14____ So a common language is required and in postcrossing that's English since it's widely spoken.

"Many people in China have limited exposure to English. ____15____ That said, we know of many postcrossing members, including Chinese, who have actually improved their English skills through their use of postcrossing," Paulo says.

- A. And that's totally fine
- B. That makes it extra hard to learn and practice it
- C. He likes to think of sending postcards as a family-friendly hobby
- D. Many love to make a connection with someone from across the world.
- E. On August 5, the number of postcards exchanged by members topped 31 million.
- F. Similarly, if you speak only Chinese, receiving a card in Swedish takes part of the fun away.
- G. In short, he loves postcards, and the excitement of getting a hand-written note from someone far away.

【答案】11. G 12. A 13. E 14. F 15. B

【解析】

【分析】本文是一篇说明文。主要介绍了 Paulo Magalhaes 创建 postcrossing.com 的过程及其现状。Paulo Magalhaes 非常喜欢明信片但是苦于身边没有与他志趣相投的人，于是他开始从网上寻求志同道合的人，因

而创立了 postcrossing.com。随着公司在全球不断壮大，语言成为沟通的主要障碍，后来英语被选为共同语言方便大家交流。

【11 题】上文“Paulo Magalhaes, a 34-year-old Portuguese computer engineer, loves to open his mailbox and find a brightly colored image of Rome's Colosseum. Or Africa's Victoria Falls. Or China's Great Wall.(34 岁的葡萄牙电脑工程师 Paulo Magalhaes 喜欢打开他的邮箱，然后发现一个色彩鲜艳的罗马斗牛场图像。或者非洲的维多利亚瀑布。或者是中国的长城)”介绍了 Paulo 喜欢明信片的个人爱好。下文“... and you realize that not everyone is into it.”说明他身边缺少与他志趣相投的人。选项 G “In short, he loves postcards, and the excitement of getting a scribbled note from someone far away.(简而言之，他喜欢明信片，也喜欢收到远方某人潦草的便条时的那种兴奋)”起到承上启下的作用，总结了上文 Paulo 喜欢明信片，也引出下文关于他的喜好得不到回应的问题。故选 G 项。

【12 题】上文““I often send postcards to family and friends.” he says to China Daily, “but you can imagine that after a while, you never receive as many as you send, and you realize that not everyone is into it(“我经常给家人和朋友寄明信片，”他说，“但你可以想象，过一段时间，你收到的明信片不会像你寄的那么多，而且你意识到并不是每个人都喜欢这样。)””说明 Paulo 意识到身边的亲人和朋友不是都和他有相同的爱好，因此他也很坦然接受这个事实，因此选项 A “那完全没问题”符合语境。故选 A 项。

【13 题】上文“Today his hobby has evolved into the website Postcrossing.com, a social network that has grown to 575,217 registered users in 214 countries and regions since he launched it 10 years ago.(如今，他的这个爱好已经发展成了 Postcrossing.com 这个社交网站。自从 10 年前他创建这个网站以来，已经有来自 214 个国家和地区的 575217 名注册用户)”是在介绍目前网站的发展状况，因此符合文意的只有 E 选项“8 月 5 日，会员互赠的明信片数量达到 3100 万张”是在介绍该网站相关的数据。故选 E 项。

【14 题】上文“As cool as it may be to receive a postcard written in Chinese, the concept doesn't work if one doesn't understand it.(收到一张用中文写的明信片可能很酷，但如果你不理解它，这个概念就行不通)”是举例说明他国人收到中文明信片时的问题。选项 F “Similarly, if you speak only Chinese, receiving a card written in Swedish takes part of the fun away.(同样地，如果你只会说中文，收到瑞典语的卡片也会夺走一部分乐趣)”是举例说明中国人收到他国语言明信片时也会遇到相同的问题。两句相结合，符合结论句的语义要求，故选 F 项。

【15 题】上文“Many people in China have limited exposure to English.(许多中国人很少能接触到英语)”说明对某些人来说学习英语的门槛较高。结合下文“... who actually improved their English skills through their use of postcrossing.(他们实际上通过使用明信片来提高他们的英语技能)”可知，写明信片成为一种练习英语的渠

道。因此选项 B “这使得学习和练习它变得格外困难”符合语境要求，说明对一些人来说学习和练习英语的难度较高，因为渠道较少。故选 B 项。

2021 年 1 月浙江卷

You run into the grocery store to pick up one bottle of water. You get what you need, head to the front, and choose the line that looks fastest.

You chose wrong. People who you swear got in other lines long after you are already checked out and off to the parking lot. ____11____

It turns out, it's just math working against you; chances are, the other line really is faster.

Grocery stores try to have enough employees at checkout to get all their customers through with minimum delay. ____12____ Any small interruption - a price check, a chatty customer-can have downstream effects, holding up an entire line.

If there are three lines in the store, delays will happen randomly at different registers. Think about the probability: ____13____ So it's not just in your mind: Another line probably is moving faster.

Researchers have a good way to deal with this problem. Make all customers stand in one long, snaking line-called a serpentine line - and serve each person at the front with the next available register. ____14____ This is what they do at most banks and fast-food restaurants. With a serpentine line, a long delay at one register won't unfairly punish the people who lined up behind it. Instead, it will slow down everyone a little bit but speed up checkout overall.

____15____ It takes many registers to keep one line moving quickly, and some stores can't afford the space or manpower. So wherever your next wait may be: Good luck.

- A. Why does this always seem to happen to you?
- B. So why don't most places encourage serpentine lines?
- C. Some of the may have stood in a queue for almost an hour.
- D The chances of your line being the fastest are only one in three.
- E. How high is the probability that you are in the fastest waiting line?
- F. With three registers, this method is much faster than the traditional approach.
- G. But sometimes, as on a Sunday afternoon, the system gets particularly busy.

【答案】11. A 12. G 13. D 14. F 15. B

【解析】

【分析】本文是说明文。文章说明了杂货店排队方式以及研究人员提出的蛇形队伍的新方式，并分析了各自的利弊。

【11 题详解】

下文 “It turns out, it's just math working against you; chances are, the other line really is faster. (原来,这只是你的数学问题;很可能,另一个队伍真的更快。)” 解释了上文 “You chose wrong.(你选错了)” 的原因,下文与空格处是因果关系,所以本空应该是对前文选错提出疑惑,故选 A 项。

【12 题详解】

上文 “Grocery stores try to have enough employees at checkout to get all their customers through with minimum delay. (杂货店尽量让足够的员工在结账时让所有的顾客以最小的延误完成结账。)” 解释了杂货店之前的工作模式,下文 “Any small interruption a price check, a chatty customer -can have downstream effects, holding up an entire line. (任何一个小小的中断,一个价格检查,一个喋喋不休的顾客,都会产生下游效应,拖住整个生产线。)” 描述了杂货店的特殊情况,故本空应该填出现特殊情况的原因,故选 G 项。

【13 题详解】

根据上文 “If there are three lines in the store, delays will happen randomly at different registers. (如果杂货店中有三列队伍,延迟将在不同的队伍中随机发生。)” 联系下文 “So it's not just in your mind: Another line probably is moving faster. (所以这不仅仅是在你的脑海里:另一条队伍可能移动得更快。)” 可知本空说的是任何一个队伍都有可能出现问题。你的队伍跑得最快的几率只有三分之一。故选 D 项。

【14 题详解】

根据 “上文 Researchers have a good way to deal with this problem.(我们得知研究人员有一个很好的方法来处理这个问题)” 以及下文 “This is what they do at most banks and fast-food restaurants. With a serpentine line, a long delay at one register won't unfairly punish the people who lined up behind it. Instead, it will slow down everyone little bit but speed up checkout overall. (这个大多数银行和快餐店都是这样做的。有了一条蜿蜒的队伍,在一个登记处长时间拖延不会不公平地惩罚后面排队的人。相反,它会减慢每个人一点点,但加快了整体结帐速度。)” 说明这个新方案迅速有效,联系上下文可知,空格中应该是与旧的结账方案作比较。故选 F 项。

【15 题详解】

结合下文 “It takes many registers to keep one line moving quickly, and some stores can't afford the space or manpower. (要保持一条生产线的快速运转,需要很多的收银机,而且有些商店负担不起空间和人力。)” 说明了一个原因,由此可知,空格处提出了一个问题;通过 “It takes many registers to keep one line moving

quickly.(保持一条生产线的快速运转)”可知这里描述的是不鼓励蛇形队伍的原因。故选 B 项。

2020·新课标I

A Few Tips for Self-Acceptance

We all want it to accept and love ourselves. But at times it seems too difficult and too far out of reach.
___36___ Here's a handful of ways that will set you in the right direction.

● ___37___ Do not follow the people who make you feel not-good-enough. Why do you follow them? Are you hoping that eventually you will feel empowered because your life is better than theirs? Know that your life is your own; you are the only you in this world.

● Forgive yourself for mistakes that you have made. We are often ashamed of our shortcomings, our mistakes and our failures. ___38___ You will make mistakes, time and time again. Rather than getting caught up in how you could have done better, why not offer yourself a compassionate (有同情心) response? " That didn't go as planned. But, I tried my best. "

● Recognize all of your strengths. Write them down in a journal. Begin to train your brain to look at strength before weakness. List all of your accomplishments and achievements. You have a job, earned your degree, and you got out of bed today. ___39___

● Now that you've listed your strengths, list your imperfections. Turn the page in your journal. Put into words why you feel unworthy, why you don't feel good enough. Now, read these words back to yourself. ___40___ Turn to a page in your journal to your list of strengths and achievements. See how awesome you are?

- A. Feeling upset again?
- B. Where do you start?
- C. Nothing is too small to celebrate.
- D. Remember, you are only human.
- E. Set an intention for self-acceptance.
- F. Stop comparing yourself with others.
- G. When does the comparison game start?

【答案】 36. B 37. F 38. D 39. C 40. A

【解析】

这是一篇说明文。文章介绍了几个自我接纳的小技巧。

36.根据题目 A Few Tips for Self-acceptance 及下文的 Here's a handful of ways that will set you in the right direction.(这有很多可以帮你找到正确方向的方法。)可知,选项 B. Where do you start? (从哪里开始那?)最合下文语境,故选 B 项。

37.根据下文 Are you hoping that eventually you will feel empowered because your life is better than theirs? Know that your life is your own; you are the only one in this world.(你是否希望最终你会因为自己的生活比他们的好而感到有力量?要知道,你的生活是你自己的;你在这个世界上是独一无二的。)可知,本段主要讲述不要把自己和别人作比较,因为生活是我们自己的,我们也是世界上独一无二的。故 F. Stop comparing yourself with others.(停止把自己和别人进行比较。)可以作为本段中心句,故选 F 项。

38.根据本文的中心句 Forgive yourself for mistakes that you have made. (原谅自己所犯的错误。)及下文的 You will make mistakes, time and time again. (你会一次又一次地犯错误。)可知,选项 D. Remember, you are only human.(记住,你只是个人。)与上下文衔接最好,故选 D 项。

39.根据上文 List all of your accomplishments and achievements. You have a job, earned your degree, and you got out of bed today.(列出你所有的成就。你有了一份工作,拿到了学位,今天就起床了。)可知,选项 C. Nothing is too small to celebrate.(没有什么事是太小而不值得庆祝。)与上文衔接最好,故选 C 项。

40.结合上文 Put into words why you feel unworthy, why you don't feel good enough. Now, read these words back to yourself.(用语言来解释为什么你觉得自己不值得,为什么你觉得自己不够好。现在,自己读一下这些话。)和下文的 Turn to a page in your journal to your list of strengths and achievements. See how awesome you are? (翻到你日记本上记下你的有点和成就的那页。看到你有多棒了吗?)可知,选项 A. Feeling upset again?(再次感觉心烦意乱了吗?)最合上下文语境,故选 A 项。

2020·新课标II

Emoji(表情符号) and Workplace Communication

In Asia, messaging platforms are growing rapidly, with users in the hundreds of millions, both at work and play. ___36___. It's been reported that 76 percent of employees in some western countries are using emojis at work.

Written communications can often read as cold and dull. Using emojis can add humor and feeling, keeping intention clear. ___37___, encouraging better and more frequent communication.

In any given office, employees can range from age 22 to 70 and beyond, and finding common ground in communication style can be a challenge. ___38___. While the younger generations prefer to communicate visually, for those used to working with traditional tools like email, it may feel like a learning curve(曲线). The good news is

that it's simple to learn and can be worth the effort.

There is also the matter of tone(语气). Who hasn't received an email so annoying that it ruined an entire day? ___39___. Emoji can help communication feel friendlier, and even a serious note can be softened with an encouraging smile.

___40___, and emoji can contribute directly to that positive outcome. And when your employees begin adding smiling emojis to their business communication, you'll know you have succeeded in improving your work culture.

- A. Message with emojis feel more conversational
- B. Even a formal email can seem cold and unfriendly
- C. Sending smiling faces to colleagues may seem strange
- D. The popularity of these platforms is spreading globally
- E. Giving employees the tools enables them to communicate honestly
- F. Studies show that friendlier communication leads to a happier workplace
- G. An easy way to bring all work generations together is with a chat platform

【答案】 36. D 37. A 38. G 39. B 40. F

【解析】

本文是一篇说明文。文章介绍了表情符号以及在工作交流所带来的优势。

36.根据前句“In Asia, messaging platforms are growing rapidly, with users in the hundreds of millions, both at work and play.(在亚洲，即时通讯平台正在迅速发展，无论是工作还是娱乐，都有数亿用户)”和后句“It's been reported that 76 percent of employees in some western countries are using emojis at work.(据报道，在一些西方国家，76%的员工在工作中使用表情符号)”可知，前后句都说明了即时通讯平台受欢迎程度。所以选择项 D. The popularity of these platforms is spreading globally. (这些平台的受欢迎程度正在全球蔓延)符合题意。故选 D。

37.根据前句“Using emojis can add humor and feeling, keeping intention clear.(使用表情符号可以增加幽默和感情，保持明确的意图)”和后半句“encouraging better and more frequent communication.(鼓励更好更频繁的交流)”可知，这里陈述使用表情符号的优点。所以选择项 A. Messages with Emojis feel more conversational. (使用表情符号的信息让人感觉更健谈)符合题意。故选 A。

38.根据前句“In any given office, employees can range from age 22 to 70 and beyond, and finding common ground in communication can be a challenge. (在任何一间办公室，员工的年龄从22岁到70岁甚至更大，在交流中找到共同点可能是一项挑战)” 中关键词句“employees can range from age 22 to 70 and beyond,”与选择项

中“all work generations”是一致的。故选 G。

39.根据前句“ Who hasn't received an email so annoying that it ruined an entire day? (谁没有收到过毁掉了一整天的邮件呢?)”和后文介绍表情的优点,可知,这里陈述电子邮件的缺点。所以选择项 B. Even a formal email can seem cold and unfriendly. (即使是一封正式的电子邮件也会显得冷淡和不友好)故选 B。

40.根据后句“and Emoji can contribute directly to that positive outcome. (并且表情符号可以直接促成这种积极的结果)”可知,这里陈述表情符号能给工作场所带来的好处。所以选择项 F. Studies show that friendlier communication leads to a happier workplace. (研究表明,更友好的沟通会带来更快乐的工作场所)故选 F。

2020·新课标III

A housewarming party is a special party to be held when someone buys or moves into a new apartment or house. The person who bought the house or moved is the one who throws the party. The party is a chance for friends and family to congratulate the person on the new home. ___36___ And it is good time to fill the new space with love and hopefully presents.

___37___ Some people register a list of things they want or need for their new home at a local or store or stores. Some common things people will put on a gift registry include kitchen tools like knives and things like curtains. Even if there isn't a registry, a good housewarming gift is something to decorate the new house with, like a piece of art or a plant.

___38___ This is often appreciated since at a housewarming there isn't a lot of food served. There are usually no planned activities like games at a housewarming party. The host or hostess of the party will, however, probably give all the guests a tour of their new home. Sometimes, because a housewarming party happens shortly after a person moves into their new home, people may be asked to help unpack boxes. ___39___

Housewarming parties get their name from the fact that a long time ago people would actually bring firewood to a new home as a gift. ___40___ Now most homes have central heating and don't use fires to keep warm.

- A. This isn't usual though.
- B. It is traditional to bring a gift to a housewarming party.
- C. You can also bring food or drinks to share with the other guests.
- D. If you're lucky enough to receive gifts, keep them in a safe place.
- E. It also gives people a chance to see what the new home looks like.
- F. The best housewarming parties encourage old friends to get together.
- G. This was so that the person could keep their home warm for the winter.

【答案】36. E 37. B 38. C 39. A 40. G

【解析】

本文是说明文，介绍了乔迁聚会的目的，礼物的选取，活动安排和名称的由来。

36.上句 The party is a chance for friends and family to congratulate the person on the new home.(这个聚会是朋友和家人祝贺新家的机会)。介绍庆祝乔迁之喜的聚会是亲戚朋友祝贺搬新家的人的一次机会，下句 And it is a good time to fill the new space with love and hopefully presents.(现在是时候用爱和希望的礼物来填补新家了)。介绍这也是给新家装满爱和希望礼物的好时机。E 项：它也给了人们一次看看新家什么样的机会。与上下句并列，都是庆祝乔迁之喜聚会的目的，故选 E。

37.下文 Some common things people will put on a gift registry include kitchen tools like knives and things like curtains.和 like a piece of art or a plant. 列举了参加聚会所带礼物的清单，可以是厨房工具、窗帘、艺术品或绿植。这些都和参加聚会带礼物有关，B 项：带礼物去参加乔迁派对是一种传统，概括了本段内容，引出下文，故选 B。

38.本段介绍了聚会的活动安排，根据后文 This is often appreciated since at a housewarming there isn't a lot of food served.(这一点通常是值得赞赏的，因为在乔迁派对上不会提供很多食物)。指出因为新搬家，所以主人不会准备太丰盛的食物或太多的活动。那么本句是在建议你可以带上自己的食物或饮料与其他客人分享搬家，所以主人不会准备太丰盛的食物或太多的活动。C 项：你也可以带上食物或饮料与其他客人分享。故选 C。

39.本段提到在乔迁聚会上人们会聚餐，主人带领客人参观新家。上句提到，由于乔迁聚会是在搬进新家后不久举行的，人们可能会被要求帮助打开箱子。根据常识可知在乔迁聚会上让客人们帮忙干活是不常见的，A 项：但这并不常见。表达了此意，与上文衔接，故选 A。

40.上句介绍了乔迁聚会名称的由来，根据 bring firewood to a new home as a gift.可知人们会带柴火作为礼物，那么本空承接上文说明了带柴火的目的和作用。G 项：这样人们就可以在冬天的时候保持家里温暖。符合语境。故选 G。

2020 年山东卷

Some individuals are born with a gift for public speaking. ___16___ Do you want to be a good public speaker? Here are some principles you must master.

People want to listen to someone who is interesting, relaxed and comfortable. Too often when you stand up to give a speech, you focus on the “public” at the expense of the “speaking.” ___17___ Focus on the speaking. Talk directly to your audience, be yourself and make a connection.

Even the most successful public speaker will make mistakes. Yet, the only one who cares about any mistake is the one who is speaking. People's attention wanders constantly. In fact, most people only absorb about 20 percent of a speaker's message. So, don't stop speaking when you make a mistake unless it's a truly serious one. ____18____

Your goal is not to be a perfect public speaker. ____19____ And like everything else in life, that takes practice. Remember, even world champion athletes practice their skills on a consistent basis.

____20____ It's rare to hear someone say, "I wish that speaker had spoken longer. "On the other hand, you probably can't count the times that you've thought, "I'm glad that talk is over. It seemed to go on forever! "So surprise your audience. Always make your presentation just a bit shorter than anticipated. It's better to leave your listeners wishing for more than shifting restlessly in their seats waiting for your speech finally to end.

- A. Do the opposite.
- B. You want to be an effective public speaker.
- C. You don't need to apologize for a minor slip.
- D. When it comes to public speaking, less is usually more.
- E. The objective of most speeches is to benefit the audience
- F. Take the fear out of public speaking by focusing on your listeners
- G. However, the majority of people are effective speakers because they train to be.

【答案】 16. G 17. A 18. C 19. B 20. D

【解析】

本文是说明文。文章介绍了成为好的演讲者需要掌握的一些原则。

16. 本文主题是介绍成为好的演讲者要掌握的一些原则。上句提到有些人生来就有演讲的天赋。G项:然而,大多数人之所以能成为有影响的演讲者,是因为他们受过训练。与上句转折,引出本文主题--演讲者要训练。故选 G。

17. 下句 **Focus on the speaking** 是本段主题,建议演讲者把注意力集中在演讲上。上句提到一种常见现象,当站起来发表演讲时,演讲者往往会把注意力放在"公众"上,而不是"演讲"上。这是错误的做法, A 项 **Do the opposite** 承上启下,说明了上句做法的错误,引出了下句正确的做法。故选 A。

18. 本段提到即使成功的演讲者也会犯错误,观众不会太在意你的错误。上句建议当出错时不要停止演讲,除非是非常严重的错误。C 项:你不需要为一个小失误道歉。与上句承接,是对待演讲出错的方法。故选 C。

19. 本段是说明练习的重要性。上句提到你的目标不是成为一个完美的演说家,下句应该说明目标是什

么。B. You want to be an effective public speaker.与上句衔接，是我们演讲的真正目的。故选 B。

20.下文提到观众并不是认为演讲越长越好，根据 Always make your presentation just a bit shorter than anticipated.可知，作者建议让演讲比预期的短一点，给观众更多的期待胜过让他们坐立不安地等待演讲结束。

D 项:公开演讲时，通常少就是多。说明了演讲时，多和少的辩证关系。故选 D。

2020 年 6 月浙江卷

I experienced years of loneliness as a child. ___31___ His friends teased him about babysitting his sister and his interests were far different from mine. With no other kids of my age in the neighborhood, I had to spend hours by myself.

A bright spot for me turned out to be reading. My love of the written word began early as my mother read to me every evening. ___32___ I started reading books on my own before age 5 and my mother took me to the public library once a week to borrow several books. I quickly graduated from typical children's books to ones with fewer pictures and longer chapters. Reading opened new worlds to me. ___33___

My mother also encouraged me to make what I wanted. I tried making toy cars with cardboard boxes and constructing buildings from leftover cardboard and bits of wood my father gave me. When my mother saw my creations, she told me how creative my designs were. ___34___ I learned a lot about how to extend the life of objects and transform them into something new and useful. It was a trait(特点) others found helpful, and I soon had friends who wanted to make things with me.

___35___ My parents made it a point for their two kids to spend time outside, no matter the weather or season. My brother, of course, raced off to be with his friends, while I had plenty to do myself. There was making leaf houses in autumn, ice skating in winter, and so much more. They're all memories I treasure today.

- A. I wasn't alone any longer.
- B. I enjoyed reading stories aloud.
- C. I was invited to play with another kid.
- D. I loved the colorful photographs in the books.
- E. Another habit I formed early was being outdoors.
- F. Thus, I began my lifelong interest in making things.
- G. My older brother couldn't be bothered to play with me.

【答案】31. G 32. D 33. A 34. F 35. E

【解析】

这是一篇记叙文。文章讲述了作者养成几个生活习惯的原因。

31. 设空在段中，应是承前启后句。根据后文“His friends teased him about babysitting his sister and his interests were far different from mine”可知，设空句应提及“his”的身份，即 G 项中的“My elder brother”，且 G 项“我哥哥懒得和我一起玩”在此起到了承上启下的作用。故选 G 项。故选 G 项。

32. 根据前句提到“我对文字的爱始于母亲每天晚上给我读故事的时候”可知，D 项“我喜欢书中的彩色照片”和上句构成进一步说明。同时 D 项中的“书”指代上句提到的母亲每天给我读故事的书。D 项切题。故选 D 项。

33. 根据前句提到“阅读为我打开了新世界”可知，A 项“我不在孤独”和上句构成了因果关系。A 项切题。故选 A 项。

34. 根据前句“当我的母亲看到我的创作时，她说我的设计很有创意”可知，F 项“于是，我开始对制造东西产生了长久的兴趣”和上句构成因果关系，我正是在听了母亲那句话后才开始了对制造东西产生兴趣。F 项切题。故选 F 项。

35. 根据后句“无论天气或季节，我的父母都要让他们的两个孩子花时间在户外”可知，E 项“我很早养成的另一个习惯是去户外”和前句表示因果逻辑。作者有去户外的习惯是因为后句提到的父母的影响。E 项切题。故选 E 项。

2020 年 1 月浙江卷

Let's take a minute to think about the water we use. The human body is 60% water and we need to drink lots of water to be healthy. When we are thirsty we just go to the kitchen and fill a glass with clean water.

___31___ For example, farmers, who produce the food we eat, use water to make the plants grow. When we turn on a light or switch on a TV or a computer we use energy and we need water to produce this energy.

The truth is that we are lucky enough to have clean water whenever we want, but this is not the case for many people around the world. ___32___ That's around one in 10 people in the world. If we drink dirty water, we can catch diseases from the bacteria and become ill. Every year over 500, 000 children die from diarrhea(腹泻) from dirty water. That's around 1, 400 children every day! Also, in some countries children walk many kilometres every day to get water. ___33___ Therefore, they don't have time to learn how to read or write and don't get an education.

___34___ On this day every year, countries around the world hold events to educate people about the problems of dirty water and that clean water is something that everyone should have around the world. At one school in the UK, children between the ages of 10 and 15 walk 6km with six litres of water. ___35___ People give them money to do this and all the money helps get clean water to as many people as possible around the world.

- A. We use water indirectly too.
- B. Every system in our body depends on water to function.
- C. It is to inspire people to learn more about water-related problems
- D. If children walk many hours a day to get water, they can't go to school.
- E. Did you know that around 750 million people do not have clean water to drink?
- F. In 1993 the United Nations decided that March 22nd is the World Day for Water.
- G. In this way, they know how it feels to walk a long distance carrying heavy bottles.

【答案】31. A 32. E 33. D 34. F 35. G

【解析】

【分析】

这是一篇说明文。主要说明了水是我们生活中非常重要的能源，而世界上很多人并不像我们这样幸运能喝到干净的水。世界上大约有 7.5 亿人没有干净的水喝，每年有 50 多万儿童死于脏水引起的腹泻。就此联合国决定 3 月 22 日为世界水日，并在当天举办活动来教育人们关于脏水的问题，让人们知道清洁的水是全世界每个人都应该拥有的。

【31 题详解】

根据下文 For example, farmers, who produce the food we eat, use water to make the plants grow. When we turn on a light or switch on a TV or a computer we use energy and we need water to produce this energy.（例如，生产我们吃的食物的农民，使用水使植物生长。当我们打开电灯或电视或电脑的开关时，我们使用能源，我们需要水来产生这种能源）可知下文是在列举人们间接使用水的例子，故 A 选项“我们也间接地用水。”符合上下文语境，故选 A。

【32 题详解】

根据下文 That's around one in 10 people in the world.（那大约是世界上十分之一的人）可推知本句为说明世界上没有干净水喝的人数。故 E 选项“你知道大约有 7.5 亿人没有干净的水喝吗？”符合上下文语境，故选 E。

【33 题详解】

根据上文 Also, in some countries children walk many kilometres every day to get water.（而且，在一些国家，孩子们每天要走很多公里去取水）中 walk many kilometres every day to get water 可对应到 D 选项中 walk many hours a day to get water，故 D 选项“如果孩子们每天走很多小时去取水，他们就不能去上学。”符合上下文语境，故选 D。

【34 题详解】

结合下文 On this day every year, countries around the world hold events to educate people about the problems of dirty water and that clean water is something that everyone should have around the world. (每年的这一天, 世界各国都会举办各种活动, 让人们了解脏水的问题, 让他们知道清洁的水是全世界每个人都应该拥有的) 是在说明世界水日当天的活动, 故可知本句为说明世界水日的设立时间, 故 F 选项“1993 年, 联合国决定 3 月 22 日为世界水日。”符合上下文语境, 故选 F。

【35 题详解】

根据前文 At one school in the UK, children between the ages of 10 and 15 walk 6km with six litres of water. (在英国的一所学校, 10 到 15 岁的孩子负重 6 升水来步行 6 公里) 可推知本句承接上文继续说明这一做法的意义是让孩子们了解带着沉重的瓶子走很长的距离是什么感觉。故 G 选项“通过这种方式, 他们知道带着沉重的瓶子走很长的距离是什么感觉。”符合上下文语境, 故选 G。

2020 年北京卷

Many people think that positive thinking is mostly about keeping one's head in the sand and ignoring daily problems, trying to look optimistic. In reality it has more to do with the way an individual talks to himself. Self-talk is a constant stream of thoughts of a person, who is often unaware and uncertain of some events, phenomena, people, or even the person himself. ____46____ Meanwhile, positive thinking can help to stop negative self-talks and start to form a positive view on an issue. People who regularly practise positive thinking tend to solve problems more effectively. They are less exposed to stress caused by external factors. They tend to believe in themselves and in what they do.

____47____ People who think positively demonstrate increased life spans, lower rates of depression and anxiety, better physical and psychological health, reduced risks of death from heart problems. Positive thinking also contributes to one's ability to deal with problems and hardships. ____48____ For example, researchers have found that in the case of a crisis accompanied by strong emotions, such as a natural disaster, positive thinking can provide a sort of buffer against depression and anxiety. Resilient people who think positively tend to treat every problem as a challenge, a chance for improvement of any kind, or as an opportunity for personal growth. Pessimists, on the contrary, tend to perceive problems as a source of additional stress. ____49____

In conclusion, positive thinking is a powerful and effective tool for dealing with hard times and improving the quality of one's life. It doesn't have anything to do with ignorant optimism when an individual refuses to notice a problem. ____50____

Thinking in a positive, self-encouraging way brings about many benefits to one's physical and mental health.

- A. It doesn't cause any severe emotional discomfort, either.
- B. Negative self-talk damages self-confidence and decreases self-respect.
- C. It helps one to remain clear-headed and confident in difficult situations.
- D. Positive thinking has several beneficial effects on the body and the mind.
- E. As thinking changes, an individual's behaviour and habits change as well.
- F. They often offer a real alternative to the common and regular way of thinking.
- G. They often feel discouraged long before trying to solve the problem, even if small.

【答案】46. B 47. D 48. C 49. G 50. A

【解析】

【分析】这是一篇说明文。文章主要说明了积极思考对人产生的各种益处，同时将积极思考者与悲观主义者相比较，分析两种人的差异。积极思维是应对困难时期和提高个人生活质量的强大而有效的工具。

【46 题详解】

根据上文 “Self-talk is a constant stream of thoughts of a person, who is often unaware and uncertain of some events, phenomena, people, or even the person himself.(自我对话是一个人持续不断的想法，他常常对一些事件、现象、人，甚至是他自己都没有意识和不确定)” 以及后文 “Meanwhile, positive thinking can help to stop negative self-talks and start to form a positive view on an issue.(同时，积极的思考可以帮助停止消极的自我对话，开始形成对一个问题的积极的观点)” 由此可知，上文对自我对话进行了定义，后文则提到了积极的思考可以有助于停止消极的自我对话，可知本句是在说明消极的自我对话对人的不良影响。后文中 negative self-talks 可对应到 B 选项中 Negative self-talk。故 B 选项 “消极的自言自语会损害自信，降低自尊” 符合语境，故选 B。

【47 题详解】

根据后文 “People who think positively demonstrate increased life spans, lower rates of depression and anxiety, better physical and psychological health, reduced risks of death from heart problems. Positive thinking also contributes to one's ability to deal with problems and hardships.(积极思考的人寿命更长，抑郁和焦虑率更低，身心更健康，死于心脏问题的风险更低。积极的思考也有助于一个人处理问题和困难的能力)” 由此可知，后文提到了积极思考对人的益处，后文中 People who think positively 以及 Positive thinking 可对应到 D 选项中 Positive thinking。故 D 选项 “积极思考对身心有几个有益的影响” 符合语境，故选 D。

【48 题详解】

根据后文 “For example, researchers have found that in the case of a crisis accompanied by strong emotions, such as a natural disaster, positive thinking can provide a sort of buffer against depression and anxiety.(例如, 研究人员发现, 当危机伴随着强烈的情绪时, 比如自然灾害, 积极的思考可以为抑郁和焦虑提供一种缓冲)” 可知, 后文举出的例子说明了积极思考可以让一个人在面临危机时, 保持冷静。故 C 选项 “它帮助一个人在困难的情况下保持头脑清醒和自信” 符合语境, 故选 C。

【49 题详解】

根据上文 “Resilient people who think positively tend to treat every problem as a challenge, a chance for improvement of any kind, or as an opportunity for personal growth. Pessimists, on the contrary, tend to perceive problems as a source of additional stress.(积极思考的、有韧性的人倾向于把每一个问题都看作是一个挑战, 一个改进的机会, 或者一个个人成长的机会。相反, 悲观主义者倾向于将问题视为额外压力的来源)可知, 上文在将积极思考者与悲观主义者相比较, 本句应承接上文, 进一步解释说明悲观主义者在解决问题时一些性格特点。上文 Pessimists 可对应到 G 选项中 They。故 G 选项 “他们常常在试图解决问题之前就感到气馁, 即使是很小的问题” 符合语境, 故选 G。

【50 题详解】

根据上文 “In conclusion, positive thinking is a powerful and effective tool for dealing with hard times and improving the quality of one's life. It doesn't have anything to do with ignorant optimism when an individual refuses to notice a problem. (总之, 积极思考是应对困难时期和提高个人生活质量的强大而有效的工具。当一个人拒绝注意到一个问题时, 它与无知的乐观主义没有任何关系)” 可知, 本句承接上文进一步说明一个人拒绝注意到问题的影响, 它与无知的乐观主义没有任何关系, 也不会引起任何严重的情绪不适。故 A 选项 “它也不会引起任何严重的情绪不适” 符合语境, 故选 A。

2019·全国卷 I

Is Fresh Air Really Good for You?

We all grew up hearing people tell us to “go out and get some fresh air.” ____36____ According to recent studies, the answer is a big YES, if the air quality in your camping area is good.

____37____ If the air you're breathing is clean—which it would be if you're away from the smog of cities—then the air is filled with life-giving, energizing oxygen. If you exercise out of doors, your body will learn to breathe more deeply, allowing even more oxygen to get to your muscles(肌肉)and your brain.

Recently, people have begun studying the connection between the natural world and healing(治愈).

_____38_____ In these places patients can go to be near nature during their recovery. It turns out that just looking at green, growing things can reduce stress, lower blood pressure, and put people into a better mood(情绪).Greenery is good for us. Hospital patients Who see tree branches out their window are likely to recover at a faster rate than patients who see buildings or sky instead. _____39_____ It gives us a great feeling of peace.

____40____ While the sun's rays can age and harm our skin, they also give is beneficial Vitamin D. To make sure you get enough Vitamin D—but still protect your skin— put on sunscreen right as you head outside. It takes sunscreen about fifteen minutes to start working, and that's plenty of time for your skin to absorb a day's worth of Vitamin D.

- A. Fresh air cleans our lungs.
- B. So what are you waiting for?
- C. Being in nature refreshes us.
- D. Another side benefit of getting fresh air is sunlight.
- E. But is fresh air really as good for you as your mother always said?
- F. Just as importantly, we tend to associate air with health care.
- G. All across the country, recovery centers have begun building Healing Gardens.

【语篇解读】这是一篇说明文。文章介绍了新鲜空气的好处：新鲜空气中的氧气，阳光对人们的身心健康均有好处。人们已经开始利用大自然和治愈疾病的关系，建造“康复花园”，治疗病人了。

36.E 【解析】根据下一句中的“the answer is a big YES”可知，该空应该是一个一般疑问句，选项中只有 E 选项是一般疑问句。故选 E：但是新鲜空气真得像你母亲说的那样对你有好处吗？空前的 people tell us to “go out and get some fresh air”和选项中的“your mother always said”亦是呼应。

37.A 【解析】根据下一句中提到的“If the air you’re breathing is clean...the air is filled with life-giving, energizing oxygen”可知，新鲜空气充满赋予人生命的，充满活力的氧气。下文中“...breathe more deeply, allowing more oxygen to get to your muscles and your brain”是对前文的递进：在户外，更多的氧气进入你的肌肉和大脑。根据前面的分析可以推知，该空应该提到新鲜空气的基本作用，根据常识，我们知道吸入的空气首先进入的是肺部，然后才会使我们的肌肉和大脑受益，故该空应选 A 选项：新鲜空气清洁我们的肺部。

38.G 【解析】根据下一句中提到的“these places”可以推知，该空应该提到表示地点的复数名词。选项中只有 G 选项提到该类名词，故选项 G：在全国，康复中心已经开始建造“康复花园”。these places 就是指 Healing Gardens。

39.C 【解析】前文介绍的是“康复花园”中的绿色植物对于病人康复的好的作用：绿色的正在成长的植

物可以减轻压力，降低血压，使人情绪良好。空后提到“它给我们一种平和感”。该空起承上启下的作用，仍然要提到处于“康复花园”这种自然环境中的好处，空后的 it 也要指代这种情况。故 C 选项切题：身处大自然可以使人精神焕发。

40.D 【解析】根据下文中提到的“the sun’s rays...give us beneficial Vitamin D”可知，该段介绍的阳光的好处。故该选项应该提到阳光。选项中只有 D 选项涉及阳光。故选 D：获得新鲜空气的另一个好处是阳光。

2019·全国卷 II

Imagine a child standing on a diving board four feet high and asking himself the question: “Should I jump? This is what motivation or the lack of it can do. Motivation and goal setting are the two sides of same coin. ___36___ Like the child on the diving board, you will stay undecided.

___37___ More than that, how should you stay motivated to achieve the goal? First, you need to evaluate yourself, your values your strengths, your weaknesses, your achievements, your desires, etc. Only then should you you’re your goals

You also need to judge the quality and depth of your motivation. This is quite important, because it is directly related to your commitment. There are times when your heart is not in your work. ___38___ So, slow down and think what you really want to do at that moment. Clarity(清晰)of thoughts can help you move forward.

Another way of setting realistic goals is to analyze your short- and long-term objectives, keeping in mind your beliefs, values and strengths. Remember that goals are flexible. ___39___ They also need to be measurable. You must keep these points in mind while setting your goals.

Your personal circumstances are equally important. For example, you may want to be a Pilot but can’t become one because your eyesight is not good enough. ___40___ You should reassess your goals, and motivate yourself to set a fresh goal.

You will surely need to overcome some difficulties, some planned, but most unplanned. You cannot overcome them without ample motivation. Make sure that you plan for these difficulties at the time of setting your goals.

- A. This can affect your work.
- B. So how should you motivate yourself?
- C. However, this should not discourage you.
- D. So why should we try to set specific goals?
- E. They can change according to circumstances.
- F. Motivation is what you need most to do a good job.

G. Without motivation you can neither set a goal nor reach it

【语篇解读】这是一篇说明文。文章作者对于怎样设定具体目标，给出了一些方法。

36.G 【解析】上文说“动机和目标设定是同一枚硬币的两面”。下文说“就像孩子在跳水台，难以决定”。该空承上启下，G 选项“没有目标，你就既不能设定目标，也无法实现它”切题，故选 G。

37.B 【解析】下文说“不仅如此，你应该如何为实现你的目标保持积极性”。该空引出下文，B 选项“那么你应该如何激励自己呢”切题，故选 B。

38.A 【解析】上文说“有时候你的心不在工作上”，下文说“所以，减慢速度，想一想那时候，你到底想干什么”。该空承上启下，A 选项“这会影响你的工作”切题，故选 A。

39.E 【解析】上文说“记得，目标是灵活的”。该空承接上文，E 选项“它们会根据环境的改变而改变”切题，故选 E。

40.C 【解析】上文说“你可能想当一名飞行员，但是不能成为一名飞行员，因为你的视力不够好。”下文说“你应该重新评估你的目标，并且设定一个新的目标”。该空承上启下，C 选项“然而，这也不要使你沮丧”切题，故选 C。

2019·全国卷 III

In an online class, developing healthy patterns of communication with professors is very important. ____36____ While I have only listed two of each, there are obviously many other situations that can arise. Students should be able to extend the logic(逻辑)of each to their particular circumstance.

Do's

- ____37____ Questions about subject content are generally welcomed. Before asking questions about the course design, read the syllabus(教学大纲)and learning management system information to be sure the answer isn't hiding in plain sight.

- Participate in discussion forums(论坛), blogs and other open-ended forums for dialogue. ____38____ Be sure to stay on topic and not offer irrelevant information. Make a point, and make it safe for others to do the same.

Don'ts

- Don't share personal information or stories. Professors are not trained nurses, financial aid experts or your best friends. If you are in need of a deadline extension, simply explain the situation to the professor. ____39____

- Don't openly express annoyance at a professor or class. ____40____ When a student attacks a professor on the social media, the language used actually says more about the student. If there is truly a concern about a professor's professionalism or ability, be sure to use online course evaluations to calmly offer your comments.

- A. That's what they are for.
- B. Turn to an online instructor for help.
- C. If more information is needed, they will ask.
- D. Remember that online professors get a lot of emails.
- E. Below are some common do's and don'ts for online learners.
- F. Everyone has taken a not-so-great class at one time or another.
- G. Ask questions, but make sure they are good, thoughtful questions.

【语篇解读】本文为说明文。在网络课堂上，与教授建立健康的交流模式是非常重要的，作者在文中列举了一些规矩与禁忌。

36.E【解析】根据文章段落结构和本段首句 *In an online class, developing healthy patterns of communication with professors is very important*，可知，在网络课堂上，与教授建立健康的交流模式是非常重要的，作者在下文中列举了一些规矩与禁忌，故选项 E 符合语境。

37.G【解析】根据其最后一句 *Questions about subject content are generally welcomed*。（与课程内容相关的问题是受欢迎的），解释了什么样的问题是好问题，可知，与 G 项“*make sure they are good, thoughtful questions*”相呼应，要提一些好的令人深思的问题，故选 G。

38.A【解析】根据前一句 *Participate in discussion forums (论坛), blogs and other open-ended forums for dialogue*。可知，要参与论坛讨论、博客和其他开放式的对话论坛。而这正是网络课堂采用的交流的途径，故选 A。

39.C【解析】根据本段 *Professors are not trained nurses, financial aid experts or your best friends* 教授不是训练有素的护士，不是经济援助专家，也不是你最好的朋友，可知，不要分享个人信息或故事，如果他们需要更多信息的话，他们会主动问起的，故选项 C 符合语境。

40.F【解析】通读本段，并根据本段主题句 *Don't openly express annoyance at a professor or class*。告诫读者，每个人都可能曾经上过不太好的课，不要在社交媒体上攻击教授，不要公开表达对教授或班级的不满，要利用课程评价冷静地提出你的意见。选项 F 符合上下文语境。

2019·北京卷

Much of the work in today's world is accomplished(完成)in teams. Most people believe the best way to build a great team is to gather a group of the most talented individuals. _____46_____ Companies spend millions hiring top business people. Is their money well spent?

_____47_____ They focused on football, basketball and baseball. The results are mixed For football and basketball,

adding talented players to a team proves a good method, but only up to the point where 70% of the players are top talent; above that level, the team's performance begins to decline. Interestingly, this trend isn't evident in baseball, where additional individual talent keeps improving the team's performance.

To explain this phenomenon, the researchers explored the degree to which a good performance by a team requires its members to coordinate(协调)their actions. _____ 48 _____ In baseball, the performance of individual players is less dependent on teammates. They conclude that when task interdependence is high, team performance will suffer when there is too much talent, while individual talent will have positive effects on team performance when task interdependence is lower. If a basketball star is, for example, trying to gain a high personal point total, he may take a shot himself when it would be better to pass the ball to a teammate, affecting the team's performance. Young children learning to play team sports are often told, "There is no I in TEAM." _____ 49 _____

Another possibility is that when there is a lot of talent on a team, some players may make less effort. Just as in a game of tug-of-war(拔河比赛), whenever a person is added, everyone else pulls the rope with less force.

_____ 50 _____. An A-team may require a balance—not just A players, but a few generous B players as well.

- A. It's not a simple matter to determine the nature of talent.
- B. Sports team owners spend millions of dollars attracting top talent
- C. The group interaction and its effect drew the researchers' attention.
- D. Stars apparently do not follow this basic principle of sportsmanship.
- E. Several recent studies examined the role of talent in the sports world.
- F. Building up a dream team is more complex than simply hiring the best talent.
- G. This task interdependence distinguishes baseball from football and basketball.

【语篇解读】这是一篇夹叙夹议的文章。文章主要讲了建立一支最佳阵容球队比简单地雇佣最优秀的人才要复杂得多。一支一流球队可能需要一种平衡——不仅仅是最好球员，也需要一些优雅量的普通球员。

46.B【解析】上文说“大多数人相信建立一个伟大团队的最好方法就是聚集一群最有天赋的人个人”。下文说“公司花费数百万雇佣顶级商业人士。”该空承上启下，也是在举例，B选项“运动队老板花费数百万美元吸引顶尖人才。”切题，故选B。

47.E【解析】下文说“他们专注于足球、篮球和篮球。结果有好有坏。”该空引出下文，E选项“最近的几项研究调查了体育世界中人才的作用。”切题，故选E。

48.G【解析】上文说“为了解释这一现象，研究人员探索了一场好的表现要求队员们协调他们行动的程度”，下文说明了研究结果，该空承上启下，G选项“这项任务的相互依赖性使棒球区别于足球和篮球。”切

题，故选 G。

49.D【解析】上文说了“一个球星为了个人得分，而影响团队的表现”，该空承接上文，D 选项“球星显然没有遵守运动员精神的基本原则”切题，故选 D。

50.F【解析】下文说“一支一流球队可能需要一种平衡——不仅仅是最好球员，也需要一些优雅量的普通球员。”该空引出下文，F 选项“建立一支最佳阵容球队比简单地雇佣最优秀的人才要复杂得多。”切题，故选 F。

2019 年浙江卷

Rock music consists of many different styles. Even though there is a common spirit among all music groups, they make very different music. ___31___ At that time the Beatles entered the world of music from Liverpool.

After they were given an invitation to appear live on BBC, the Beatles quickly became famous in Britain with nationwide tours. By mid-1963, the Beatles had been extremely popular in England. ___32___ They held large concerts and performed at clubs. They became the hottest thing on the pop music scene in England. They began as a modestly successful musician group and ended the year as show business legends(传说). John Lennon and Paul McCartney were named composers of the year.

___33___ They were not sure how the Americans would react to the new type of music. Beatlemania hit New York on February 7, 1964. Hundreds of fans jammed the airport to greet them. ___34___ The concert was broadcast live and attracted the largest one night audience in the history of television up to that time. The Beatles were described as a British invasion(入侵)by local and nationwide newspapers at that time. Their victory in America was still remembered as a major turning point in the history of rock and roll. Thanks to the Beatles, a lot of opportunities were opened up to new faces on the market. ___35___

- A. They decided on a tour to the United States in 1964.
- B. Even their hairstyles became major trends at that time.
- C. Rock music developed in the 1950s and the early 1960s.
- D. However, their songs changed the lives of generations to come.
- E. Many rock bands were able to follow in the footsteps of the Beatles.
- F. They appeared in the films *A Hard Day's Night*(1964)and *Help!* (1965).
- G. They performed their first concert in America at CBS television's 53rd street studio.

【语篇解读】本文是一篇说明文。文中讲述了披头士的发展和影响，引领了一种潮流趋势。

31. C【解析】第一段讲述摇滚音乐，根据空后的 **at that time** 可知前句提到了时间，而且与 **rock music**

有关，选项中只有 C 项讲的是摇滚音乐，并且讲述了其发展的时间，故选 C。

32. B 【解析】空前后都是讲述披头士的出名程度，根据空前 *extremely popular in England*，以及后文的 *they became the hottest thing* 可知此处描述了他们的影响，选项 B（甚至他们的发型在那时也成为了一种潮流）符合文意，且关键词 *even* 是一个提示，故选 B。

33. A 【解析】根据空后 *They were not sure how the Americans would react to the new type of music.*（他们不确定美国人怎样反应），可知他们首次来美国演出，所以 A 项（决定首次到美国开巡回演出）符合文意，故选 A。

34. G 【解析】根据空后 *The concert was broadcast live...* 可知前句中应该出现 *concert*，选项 G 中的关键词 *their first concert* 前后呼应。故选 G。

35. E 【解析】根据空前（由于披头士，市场上出现了很多机会），E 项（很多新乐队（新面孔）都是模仿披头士），符合逻辑。故选 E。

2018 年全国 I 卷

Color is fundamental in home design—something you'll always have in every room. A grasp of how to manage color in your spaces is one of the first steps to creating rooms you'll love to live in. Do you want a room that's full of life? Professional? Or are you just looking for a place to relax after a long day? ____36____, color is the key to making a room feel the way you want it to feel.

Over the years, there have been a number of different techniques to help designers approach this important point. ____37____, they can get a little complex. But good news is that there're really only three kinds of decisions you need to make about color in your home: the small ones, the medium ones, and the large ones.

____38____. They're the little spots of color like throw pillows, mirrors and baskets that most of us use to add visual interest to our rooms. Less tiring than painting your walls and less expensive than buying a colorful sofa, small color choices bring with them the significant benefit of being easily changeable.

Medium color choices are generally furniture pieces such as sofas, dinner tables or bookshelves ____39____. They require a bigger commitment than smaller ones, and they have a more powerful effect on the feeling of a space.

The large color decisions in your rooms concern the walls, ceilings, and floors. Whether you're looking at wallpaper or paint, the time, effort and relative expense put into it are significant. ____40____.

A. While all of them are useful

B. Whatever you're looking for

- C. If you're experimenting with a color
- D. Small color choices are the ones we're most familiar with
- E. It's not really a good idea to use too many small color pieces
- F. So it pays to be sure, because you want to get it right the first time
- G. Color choices in this range are a step up from the small ones in two major ways

【答案】36. B 37. A 38. D 39. G 40. F

【解析】本文是一篇说明文。文章讲述了室内设计中颜色的选择问题。

36. 36 题以逗号结尾，后面另起一个简单句，可以从句子结构排除 D,E,F,G 项。根据前文的三个问句可知，此处是从中选择一种。故选 B（不管你寻找哪一种）。

37. 前文：在过去的许多年里，有许多技术帮助设计者实现这一要点；下文：它们有点复杂。所以 A（然而他们都很有用）承上启下。符合题意。

38. 本空是一个主题句，总说选择小型颜色是我们很熟悉的方法。后文分说小型颜色选择具体用于哪些。故选 D。

39. 根据前文“中型颜色选择通常是指一些例如沙发，餐桌或者书架等家具的颜色选择”，接着表明这种范围的颜色选择是比小型颜色选择在两种方式上更高一级，故选 G。

40. 根据前文 the time, effort and relative expense put into it are significant（你所付诸的时间、精力和相关的费用是巨大的），后文 F 项（那肯定是值得的，因为你想第一次把它弄好）是上文的结果。故选 F。

2018 年全国 II 卷

If you are already making the time to exercise, it is good indeed! With such busy lives, it can be hard to try and find the time to work out. ___36___ Working out in the morning provides additional benefits beyond being physically fit.

Your productivity is improved. Exercising makes you more awake and ready to handle whatever is ahead of you for the day. ___37___

Your metabolism(新陈代谢) gets a head start. ___38___ If you work out in the mornings, then you will be getting the calorie(卡路里)burning benefits for the whole day, not in your sleep.

___39___ Studies found that people who woke up early for exercise slept better than those who exercised in the evening. Exercise energizes you, so it is more difficult to relax and have a peaceful sleep when you are very excited.

___40___ If you work out bright and early in the morning, you will be more likely to stick to healthy food

choices throughout the day. Who would want to ruin their good workout by eating junk food? You will want to continue to focus on positive choices.

There are a lot of benefits to working out, especially in the mornings. Set your alarm clock an hour early and push yourself to work out! You will feel energized all day long.

- A. You will stick to your diet.
- B. Your quality of sleep improves.
- C. You prefer healthy food to fast food.
- D. There is no reason you should exercise in the morning.
- E. You can keep your head clear for 4-10 hours after exercise.
- F. After you exercise, you continue to burn calories throughout the day.
- G. If you are planning to do exercise regularly, or you're doing it now, then listen up!

【答案】36. G 37. E 38. F 39. B 40. A

【解析】这是一篇说明文。列举了早晨锻炼对人体的四条好处，号召人们早点起床，进行身体锻炼。

36. 根据空前的内容“生活忙碌没有时间锻炼”和空后的内容“晨练除了身体健康之外，还能带来其他好处”，下文接着列举了晨练的其他好处。由此可知，此处缺一个承上启下句。G 项中 **then listen up!**（那么请仔细听！）很好的起到了承上启下的作用。故选 G。

37. 根据上一句 **Exercising makes you more awake**（锻炼能让你更清醒），E 项（你可以在运动后保持头脑清醒 4-10 个小时。）是对上一句的进一步解释。故选 E。

38. 空前句子是本段的主题句，晨练是新陈代谢的开始，空后句子说如果晨练，则你会得到卡路里一整天都在燃烧的益处，F 项（锻炼之后，你一整天都在燃烧卡路里。）是空后句子的根据，空后句子是对 F 项的进一步延伸。故选 F。

39. 此处缺一个主题句。空后句子解释了早起锻炼的人比晚上锻炼的人睡得更好。B 项（你的睡眠质量提高了。）是对后面内容的总述。故选 B。

40. 根据空后句子“**If you work out bright and early in the morning, you will be more likely to stick to healthy food choices throughout the day.**（如果你在早晨锻炼身体，你将更有可能坚持健康的食物选择。）”，A 项（你将坚持你的饮食。）符合本段内容，是主题句，起到统领下文的作用。故选 A。

2018 年全国 III 卷

Before there was the written word, there was the language of dance. Dance expresses love and hate, joy and sorrow, life and death, and everything else in between.

___36___ We dance from Florida to Alaska, from north to south and sea to sea. We dance at weddings, birthdays, office parties and just to fill the time.

"I adore dancing," says Lester Bridges, the owner of a dance studio in Iowa. "I can't imagine doing anything else with my life." Bridges runs dance classes for all ages. "Teaching dance is wonderful. ___37___ It's great to watch them. For many of them, it's a way of meeting people and having a social life."

___38___ "I can tell you about one young couple," says Bridges. "They're learning to do traditional dances. They arrive at the class in low spirits and they leave with a smile. ___39___"

So, do we dance in order to make ourselves feel better, calmer, healthier? Andrea Hillier says, "Dance, like the pattern of a beating heart, is life. Even after all these years, I want to get better and better. ___40___ I find it hard to stop! Dancing reminds me I'm alive."

- A. So why do we dance?
- B. Dance in the U.S. is everywhere.
- C. If you like dancing outdoors, come to America.
- D. My older students say it makes them feel young.
- E. I keep practicing even when I'm extremely tired.
- F. Dancing seems to change their feeling completely.
- G. They stayed up all night long singing and dancing.

【答案】36. B 37. D 38. A 39. F 40. E

【解析】本文为说明文。文章主要介绍了跳舞的好处。

36. 根据后文 We dance from Florida to Alaska, from north to south and sea to sea. We dance at weddings, birthdays, office parties and just to fill the time. 等可知，这里是说在美国到处有人跳舞，从佛罗里达到阿拉斯加，从北到南等，故选 B。

37. 根据前文舞蹈课为各个年龄阶段的人架起了桥梁，教跳舞是非常好的，再根据后句 it's great to watch them, 根据人称可知是在谈论他们，所以 D 和 F 符合，再根据本段最后一句可知，此段主要介绍了跳舞对他们的好处，故选 D。

38. 根据第四段后句，是通过举例介绍人们跳舞的原因，故选 A。

39. 根据前句 they arrive at the class in low spirits and they leave with a smile, 所以他们的心情彻底改变，故选 F。

40. 根据文章前后句可知，此处人称为第一人称，所以 E 符合语境，作者结合自己的跳舞经历介绍了跳

舞给自己带来的好处。

2018 年浙江卷

Moving into a new home in a new neighborhood is an exciting experience. Of course, you want to make sure that you become an acceptable and valuable part of your neighborhood. the easiest way to accomplish this is to make sure you conduct yourself as a good neighbor should. _____31_____

Perhaps one of the most important things you can do as a good neighbor is to keep your property(房产) neat, clean, and in good repair. _____32_____ By choosing to keep the outside of the home in great shape, you will help to improve the look and feel of the area.

Second, take the overall appearance of the neighborhood seriously,. When going for a walk. Take a small garbage bag. _____33_____ This small act will let your neighbors know that you care about the area.

_____34_____ If a neighbor is going to be out of town, offer to collect mail and newspapers. If a neighbor suffers an illness, offer to do the grocery shopping . Let them know you are there to help in any way this acceptable, while still respecting the privacy of your neighbor.

_____35_____ By following the basic rules of respecting others, taking care of what belongs to you, and taking pride in the appearance of the neighborhood in general, you will quickly become a good neighbor that everyone appreciate.

- A. In general, keep an eye on their property while they are gone.
- B.A good neighbor is also one who likes to help out in small ways.
- C. Being a good neighbor is more or less about considerate behavior.
- D. Sometimes neighbors may go to the supermarket together to do shopping.
- E. Should you come across waste paper thrown out of a passing car, pick it up.
- F. People tend to lake pride in keeping everything in their street fresh and inviting.
- G. Here are a few tips to help you win over everyone in the neighborhood quickly

【答案】31. G 32. F 33. E 34. B 35. C

【解析】怎样成为一个邻居都喜欢的人，作者给了几点建议。

31. 考查对上下文的理解和推理判断能力。本段讲如果你想成为邻居中一个可以接受和有价值的部分，最简单的方法就是确保你的行为举止像一个好邻居。下文是具体做法，G 项：这里有一些技巧，可以帮助你迅速赢得邻居的信赖。承上启下，故选 G。

32. 考查对上下文的理解和推理判断能力。本段介绍和邻居关系融洽最重要的是保持干净整洁的户内户

外环境，F 项中 **keeping everything in their street fresh and inviting**. 保持街上的一切新鲜和诱人，与本段意思一致，故选 F。

33. 考查对上下文的理解和推理判断能力。本段主要建议要重视社区的整体面貌，出门拿上一个垃圾袋，E 项：遇到从路过的汽车里扔出的废纸，把它捡起来。与上句连接，是拿垃圾袋的作用。故选 E。

34. 考查对上下文的理解和推理判断能力。本段是建议用邻居可以接受的方式帮助他们，同时尊重邻居的隐私。B 项：好邻居就是喜欢在小的方面帮助别人的人，符合本段内容，故选 B。

35. 考查对上下文的理解和推理判断能力。最后一段是总结，只要我们考虑周到，尊重他人，照顾好属于自己的东西，为周围的人感到自豪，很快就会成为一个大家都喜欢的好邻居。C 项中 **considerate behavior** 是下文内容的概括，故选 C。

2018年北京卷

Why Do We Get Angry?

Anger seems simple when we are feeling it, but the causes of anger are various. Knowing these causes can make us examine our behavior, and correct bad habits. The main reasons we get angry are triggering (触发) events, personality traits (特征), and our assessment of situations. ____ 51 ____

Triggering events for anger are so many that to describe them all would take hundreds of pages. However, here are some examples: being cut off in traffic, a deadline approaching, experiencing physical pain, and much more. ____ 52 ____ The reason why someone is triggered by something and others are not is often due to one's personal history and psychological traits.

Each person, no matter who they are, has psychological imbalances. People who have personality traits that connect with competitiveness and low upset tolerance are much more likely to get angry. ____ 53 ____ Also, sometimes pre-anger does not have to do with a lasting condition, but rather a temporary state before a triggering event has occurred.

____ 54 ____ Sometimes even routine occurrences become sources of pre-anger, or anger itself. Sometimes ignorance and negative (消极的) outlooks on situations can create anger.

____ 55 ____ However, anger can easily turn violent, and it is best to know the reasons for anger to appear in order to prevent its presence. With these main reasons in mind, we can evaluate our level of anger throughout the day and prevent cases of outbursts by comprehending the reasons for our feelings.

A. Our attitude and viewpoint on situations can create anger within us as well.

B. But some types of situations can help us to get rid of the occurrence of anger.

C. Anger is rarely looked upon as a beneficial character trait, and is usually advised to reduce it.

D. Anger is a particularly strong feeling and maybe people think that they have reasons to feel angry.

E. Having these personality traits implies the pre-anger state, where anger is in the background of your mind.

F. Understanding these reasons will control our own anger if we are willing to evaluate ourselves with a critical eye.

G. Not everyone acts the same in response to events, and that is why what triggers one person may or may not trigger another.

【答案】51. F 52. G 53. E 54. A 55. D

【解析】这是一篇说明文。文章分析了导致人们生气的三个原因并指出如何防止愤怒爆发。

51. 考查上下文理解和逻辑推理能力。上一句提到导致人们生气的三个主要原因：triggering（触发）events, personality traits（特征），our assessment of situations，下面的几段具体分析了这三个原因与生气的关系。故该句应该起承上启下的作用，故 F 选项（如果我们愿意用批判性的目光来评估自己的话，那么了解这些原因将会控制我们的愤怒。）承上启下，故选 F。

52. 考查上下文理解和逻辑推理能力。该空前两句提到引发愤怒的事件很多，例如：堵车，截止日期临近，身体疼痛等。下一句提到：某件事会激发一个人的怒气，但其他人却不会为此而生气的原因是由于个人的历史和心理特征。该空承上启下，应当提到某件事会使某些人生气，但不会使别人生气这个现象，故 G 选项（人们对这些事情的反应不一样，这就导致使一个人生气的事情可能会让另一个人生气，也可能不会让另一个人生气。）承上启下，故选 G。

53. 考查上下文理解和逻辑推理能力。上一句提到：每个人都有自己的心里不平衡的地方。那些比较好强，气量比较小的人更容易生气。下一句提到：而且，有时候，pre-anger 并不一定是一种持久的状态，而是一种触发事件发生前的暂时状态。该空承上启下，既要提到上一句中的那些性格特征，又要提到下一句中的 pre-anger，故 Having these personality traits implies the pre-anger state, where anger is in the background of your mind.（拥有这些个性特征意味着愤怒之前的状态，愤怒就在你的大脑背景中。）承上启下，故选 E。

54. 考查上下文理解和逻辑推理能力。下一句提到：有时候，甚至常规性的事件也会变成 pre-anger 或恼怒的来源。有时候对这些情况的无知和负面观点会产生愤怒。该空位于段首，引出下文，故 A 选项（我们对情况的态度和看法也会在我们内心产生愤怒。）是本段的主题句，概括全段内容，故选 A。

55. 考查上下文理解和逻辑推理能力。下一句提到：但是生气很容易转变为暴力，所以最好了解一下愤怒的原因来阻止它的存在。该句和上一句之间是转折关系，结合剩余选项可知，D 选项（愤怒是一种特别强烈的感情，或许他们认为他们有理由生气）和下文构成转折关系，故选 D。

