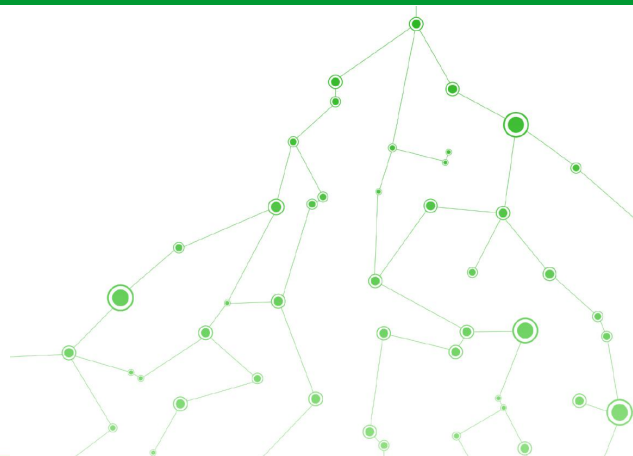




# 阅读理解



讲师：Lucy





(正反向) 定位定点法      基本句型拆解法

- ⇒ 看问题 → ‘关键词’ → 短文定位
- ⇒ 看定位段/句 → 匹配 ‘关键信息’ → 定点作答
- ⇒ 基本句型拆解法 → 保驾护航

不需要看全文, 快速锁定和答题  
提高正确率、缩小学习范围、弥补单词不足、减少答题时间

## ① ‘定位定点法’

2B铅笔 → 快速划 → 圈点附近  
                  ↓  
                  定点圈      求同寻异

关键词

【长的一样或者神似的词】

Passage 1  
Some psychologists (心理学家) maintain that mental acts such as thinking are not performed in the brain alone, but that one's muscles also participate. It may be said that we think with our muscles in somewhat the same way that we listen to music with our bodies.

文章

muscles also participate

- C. a process that involves the muscles as well as the brain  
D. a process that involves the muscles as well as the brain
12. The process of thinking and that of listening to music are similar in that \_\_\_\_\_.
- A. both are mental acts  
B. muscles participate in both processes  
C. both processes are performed by the entire body  
D. we derive pleasure from both

问题

muscles participate

## ② ‘排除法’ = 反向的 ‘定位定点法’

2B铅笔 → 快速划  
定点圈 → 圈点附近  
求同寻异

关键词

【长的一样或者神似的词】

2. In what ways do children suffer from television?

C

- A. They become the victims of social violence. **social violence** 社会暴力  
**victims** n. 受害者
- B. They spend hours watching television instead of doing school work. **spend** v. 耗费  
**programs** n. 项目
- C. The programs make the children lose interest in the world. **lose** v. 失去  
**interest** n. 兴趣
- D. The programs make the children spend too much of their parents' money. **money** n. 钱

文中并未提及victim、school work、money，所以都可以pass，答案选C。  
再反向倒推验证：lose interest 与文中passive（被动的）吻合，所以答案确实是C。

排除法

当选项本身较难定位定点  
我们可以反向去定位定点其他选项  
即：排除法

# 学习目的

阅读理解  
4篇

题目数量

• 20题

题目分值

• 40分

目标分值

• 30分

考试用时

• 35-40分钟

# 学习步骤

学习  
从模仿开始

1、尝试自主做题

2、针对性听课：答疑解惑 → 考过

3、模仿：圈和画

# 真题训练

01 答题技巧

02 全文解析

# 真题训练

## 01 答题技巧

## 02 全文解析



## PASSAGE 1

In 2011, Josh Trautwein was working as a nutrition educator in Boston. He learned that the neighborhood's only grocery store was closing for a year of repair. The families were having a tough time finding another nearby market that sold fresh produce.

Residents of Trautwein's Boston community are not alone when it comes to lacking supermarkets that sell fresh and healthy food. According to the United States Department of Agriculture (USDA), 17% of Americans lived more than half a mile from a supermarket in 2017. The USDA uses the term "food deserts" to describe neighborhoods that lack access to nutritious food.

Trautwein began to imagine a new kind of market, an oasis (绿洲) for communities in need. In 2013, he teamed up with Annika Morgan to launch Fresh Truck, a school bus that functions as a grocery store on wheels. Now, with two mobile markets on the road, Fresh Truck provides communities in the Boston area with year-round access to fresh produce such as apples, carrots and eggplants at 17 locations.

But Morgan says the term "food deserts" doesn't paint a full picture. "The idea of food deserts implies that there is no food around" at all, she says, "when in reality there are a lot of barriers that prevent access." these barriers include the high cost of fresh produce and people's lack of familiarity with the produce that is available.

Getting state and local officials enthusiastic about food issues is one way to remove these barriers, says Anne Palmer. Her group campaigns for the need for policies that connect people with healthy food. "It's been fun to watch communities use food as a tool to organize," Palmer says. "The best thing about an issue like this is that you can do something about it."

1. According to the passage, Trautwein's Boston neighborhood\_\_\_\_\_.

- A. had to overcome a unique problem
- B. suffered from a long-term problem
- C. created a new problem without knowing it
- D. shared a problem with other communities

according to 根据  
passage n.文章

根据文章，特劳特温的波士顿社区（怎样）

neighborhood n.社区

↓  
不认识没有关系  
文中去找关键词【相同】即可

这道适用于【定位定点法】、【排除法】两个方法

根据文章，特劳特温的波士顿社区（怎样）

1. According to the passage, Trautwein's Boston neighborhood D.

- A. had to overcome a unique problem
- B. suffered from a long-term problem
- C. created a new problem without knowing it
- D. shared a problem with other communities

定位

关键词（信息）

定点

匹配信息

段落②第一句话就出现了 Trautwein's Boston

Residents of Trautwein's Boston community are not alone when it comes to lacking supermarkets that sell fresh and healthy food.

文章：community are not alone 社区并不孤单

选项：share a problem with other communities 与其他社区分享问题

定位定点法

1. According to the passage, Trautwein's Boston neighborhood **D**.

A. had to overcome a unique *problem*

overcome v. 克服

unique adj. 独特的

B. suffered from a long-term *problem*

suffered from. 遭受于

long-term adj. 长期

C. created a new *problem* without knowing it

created v. 创建

D. shared a *problem* with other communities

shared v. 分享

选项中 **problem** 【问题】都一样，核心看 **problem** 前面的词。

文中并未提及 **unique**、**long-term**、**created**，所以 **ABC** 都可以 **pass**，答案选 **D**。

再反向倒推验证：**shared a problem with** 与文中 **not alone** 吻合，所以答案确实是 **D**。

2. Fresh Truck serves as \_\_\_\_\_.

- A. a school bus
- B. a grocery store
- C. a supermarket
- D. a restaurant

serve as v.担任..., 充当...; 起...的作用

Fresh Truck 的作用是?



专用名词, 可以不认识, 文中找相同词

2. Fresh Truck serves as **B**.

A. a school bus

B. a grocery store  
a grocery store  
一个杂货店

C. a supermarket

D. a restaurant

段落③第二句话就出现了: Fresh Truck, function as

Trautwein began to imagine a new kind of market, an oasis (绿洲) for communities in need. In 2013, he teamed up with Annika Morgan to launch **Fresh Truck**, a school bus that **functions as** a grocery store on wheels.

定位

关键词 (信息)

定点

匹配信息

function as v. 起...的作用

定位定点法

3. According to Morgan, the term “food deserts” \_\_\_\_\_.

- A. refers to a supply of food
- B. helps to identify the areas in need
- C. gives an inaccurate description
- D. fails to include preactical solutions

term n. 术语      根据摩根的说法，这个术语“food deserts”（怎样）

根据摩根的说法，这个术语“food deserts”（怎样）

3. According to Morgan, the term “food deserts” **C**.

- A. refers to a supply of food
- B. helps to identify the areas in need
- C. gives an inaccurate description
- D. fails to include preactical solutions

定位

关键词（信息）

定点

匹配信息

段落④ 第一句话就出现了：Morgan says, the term “food deserts”

But *Morgan says the term “food deserts”* doesn't paint a full picture

文章：doesn't paint a full picture 没有描绘出完整的画面

选项：gives an inaccurate description 给不出准确的描述



4. Palmer's group intends to \_\_\_\_\_.

- A. educate people on available fresh produce
- B. push for more favorable food policies
- C. provide healthy food at affordable prices
- D. open new grocery stores for local communities

intends v. 意图

intend的第三人称单数

帕尔默的团队打算

4. Palmer's group intends to **B**.

- A. educate people on available fresh produce
- B. push for more favorable food policies
- C. provide healthy food at affordable prices
- D. open new grocery stores for local communities

定位

关键词 (信息)

定点

匹配信息

段落⑤ 第一句话出现了: Palmer, 第二句话出现了: her group

Getting state and local officials enthusiastic about food issues is one way to remove these barriers, says Anne Palmer. Her group campaigns for the need for policies that connect people with healthy food.

文章: policies, with healthy food ; 选项: food policies

定位定点法

5. Which of the following can be the **best** title for the passage?

A. An Oasis(绿洲) on Wheels

以下哪一项最适合作为这篇文章的标题？

B. A Nutrition War

wheel n. 车轮

A. 车轮上的绿洲

C. Food as a Tool

nutrition n. 营养

B. 一场营养的战争

D. Food Deserts or Not

war n. 战争

C. 食物作为一种工具

food n. 食物

D. 食物沙漠化与否

as 作为

tool n. 工具

5. Which of the following can be the **best** title for the passage?

**A**

A. An Oasis on Wheels      以下哪一项最适合作为这篇文章的标题？

B. A Nutrition War

排除C：故事脉络与C无关

C. Food as a Tool

排除D：D的意思“食物是否沙漠化”，与故事脉络不符，脉络更多是在梳理问题和解决方案而不是是与不是的问题

D. Food Deserts or Not

根据前4题，先来梳理一下内容：

- 段落2: shared a problem with other communities 【社区共享problem】
- 段落3: Fresh Truck, function as a grocery store 【fresh truck 类似于一个杂货店】
- 段落4: Morgan says, the term “food deserts” 【food desert给不出准确的描述】
- 段落5: Palmer her group intends to policies with healthy food. 【健康的食品政策】

排除B. Nutrition War, 没有那么严重，相比较于A，B并不是the best title.

排除法

# 真题训练

■ 答题技巧

02 全文解析

■ 第一段

■ 第二段

■ 第三段

■ 第四段

■ 第五段

In 2011, Josh Trautwein was working as a nutrition educator in Boston.

work v. 工作

was working as 工作是

nutrition n. 营养

educator n. 教育工作者

2011年，乔希·特劳特温担任营养教育家  
(在波士顿)

He learned that the neighborhood's only grocery store was closing for a year of repair.

一年的维修

learned v. 得知

learn 的过去分词和过去式

neighborhood n. 地区

grocery store n. 杂货店

repair n. 修理

他得知

附近唯一一家杂货店

要关门维修一年

基本句型保驾护航



The families were having a tough time finding another nearby market that sold  
fresh produce.

families n. 家庭  
family 的复数

tough adj. 艰难的

finding v. 找到  
find 的现在分词

nearby adj. 附近的

market n. 市场

fresh adj. 新鲜的

produce n. 产品

这些家庭很难

找到另一个附近的市场

卖新鲜产品的市场

基本句型保驾护航



### 段落小结

#### 第一段主题：

乔希·特劳特温附近杂货店关门维修，很难买到新鲜农产品

In 2011, Josh Trautwein was working as a nutrition educator in Boston. He learned that the neighborhood's only grocery store was closing for a year of repair. The families were having a tough time finding another nearby market that sold fresh produce.

2011年，乔希·特劳特温在波士顿担任营养教育家。他得知附近唯一一家杂货店要关门维修一年。这些家庭很难在附近找到另一个销售新鲜农产品的市场。

第一段

第二段

第三段

第四段

第五段

Residents of Trautwein's Boston community are not alone when it comes to lacking  
supermarkets that sell fresh and healthy food.

resident n.居民

community n.社区

alone adj.孤单的

lacking v.缺乏

supermarket n.超市

sell v.销售

heathy adj.健康的

特劳特温波士顿社区的居民

并不孤单

在缺乏超市（方面）

销售新鲜健康食品的

基本句型保驾护航

n. 美国      n. 部门      n. 农业  
(According to the United States Department of Agriculture (USDA), 17% of Americans  
lived more than half a mile from a supermarket in 2017.)

lived v. 生活

live 的过去式和过去分词

(根据美国农业部 (USDA))

17% 的美国人

more than... 比... 更多

住在半英里以上的地方

(距离超市在2017年)

mile n. 英里

The USDA uses the term “food deserts” to describe neighborhoods that lack access to nutritious food.

无法获取

use v. 使用

lack v. 缺乏

deserts n. 沙漠

access n. 通道、入口

lack access to 没有通道、无法获取

describe v. 描述

美国农业部用“食物沙漠”这个词

neighborhood n. 街区

来形容街区

无法获取营养食物的

基本句型保驾护航



## 段落小结

Residents of Trautwein's Boston community are not alone when it comes to lacking supermarkets that sell fresh and healthy food. According to the United States Department of Agriculture (USDA), 17% of Americans lived more than half a mile from a supermarket in 2017. The USDA uses the term "food deserts" to describe neighborhoods that lack access to nutritious food.

## 第二段主题

### 特劳特温波士顿社区不是唯一的“食物沙漠”社区

在缺乏销售新鲜健康食品的超市方面，特劳特温波士顿社区的居民并不孤单。根据美国农业部（USDA）的数据，2017年，17%的美国人住在距离超市半英里以上的地方。美国农业部用“食物沙漠”这个词来形容缺乏营养食物的社区。

第一段

第二段

第三段

第四段

第五段



Trautwein began to imagine a new kind of market, {an oasis (绿洲) for communities in need.}

in need 困难中的

began v. 开始

begin 的过去式和过去分词

imagine v. 想象

market n. 市场

特劳特温开始设想一种新的市场

(为有需要的社区提供一个绿洲)

基本句型保驾护航

n. 新鲜卡车      n. 校车

In 2013, he teamed up with Annika Morgan to launch Fresh Truck, a school bus  
that functions as a grocery store on wheels.

team up with v. 与...合作

他与安妮卡·摩根合作

launch v. 发起

推出了新鲜卡车

function as v. 起...的作用

一辆校车用作“车轮上的杂货店”

grocery store n. 杂货店

wheels n. 车轮

Now, {with two mobile markets on the road,} Fresh Truck {provides} communities  
{in the Boston area with year-round} {access to fresh produce} {such as apples,}  
{carrots and eggplants at 17 locations.}

provide v. 提供  
provide sb. sth. 提供某人某物

provide access to  
提供达到.....的途径  
access n. 通道

(波士顿区域的社区)

**Fresh Truck** 提供社区使用新鲜农产品的途径  
(比如苹果)

(胡萝卜和茄子在17个地点)



## 段落小结

### 第三段主题

#### 特劳特温与安妮卡摩根推出了新鲜卡车

Trautwein began to imagine a new kind of market, an oasis (绿洲) for communities in need. In 2013, he teamed up with Annika Morgan to launch Fresh Truck, a school bus that functions as a grocery store on wheels. Now, with two mobile markets on the road, Fresh Truck provides communities in the Boston area with year-round access to fresh produce such as apples, carrots and eggplants at 17 locations.

特劳特温开始设想一种新的市场，一种面向有需要的社区的绿洲。2013年，他与安妮卡·摩根合作推出了新鲜卡车，这是一辆校车，在车轮上起着杂货店的作用。现在，有了两个移动市场，新鲜卡车为波士顿地区的社区提供了17个地点的苹果、胡萝卜和茄子等新鲜农产品全年供应。

- 第一段
- 第二段
- 第三段
- 第四段
- 第五段

But Morgan says the term “food deserts” doesn't paint a full picture.

paint v. 把... 描绘成

full adj. 丰富的

picture n. 图画

摩根说“食物沙漠”这个词

并不能描述一个完整的画面

"The idea of food deserts implies that there is no food around at all", she says, "when in reality there are a lot of barriers that prevent access." these barriers include the high cost of fresh produce and people's lack of familiarity with the produce that is available.

新鲜的产品

人们的产品熟悉度的缺乏

食物沙漠的概念意味着

barrier n.障碍

high adj.高的

没有食物

cost n. 成本

她说

prevent v.阻止

high cost

有很多障碍

高昂的成本

阻碍人们获得

include v.包括

familiarity n.熟悉

这些障碍包括 新鲜农产品的高成本

lack n.缺乏

和人们对产品不熟悉



## 段落小结

### 第四段主题

摩根说“食物沙漠”不能描述一个完整画面，很多障碍阻碍人们获得食物

But Morgan says the term “food deserts” doesn’t paint a full picture. “The idea of food deserts implies that there is no food around” at all, she says, “when in reality there are a lot of barriers that prevent access.” these barriers include the high cost of fresh produce and people’s lack of familiarity with the produce that is available.

但是摩根说“食物沙漠”这个词并不能描述一个完整的画面。

“食物沙漠的概念意味着周围根本没有食物，”她说，“但实际上有很多障碍阻碍人们获得食物。”这些障碍包括新鲜农产品的高成本和人们对现有农产品不熟悉。



- 第一段
- 第二段
- 第三段
- 第四段
- 第五段

n. 州

adj. 热切地

一种方法

Getting state and local officials enthusiastic about food issues is one way to remove

these barriers, says Anne Palmer.

local adj. 本地的

让州和地方官员对食品问题充满热情

officials n. 官员

是一种方法

official 的复数

消除这些障碍的

issue n. 问题

安妮·帕尔默说

remove v. 去除

Her group campaigns for the need for policies that connect people with healthy food.

group n. 组

connect v. 连接

campaigns v. 领导运动

她的小组发起了一场**政策**运动  
要求将人们与健康食品关联

policies n. 政策  
policy 的复数

"It's been fun to watch communities use food as a tool to organize," Palmer says.

"The best thing about an issue like this is that you can do something about it."

It's been

=it has been

完成时

fun adj. 有趣的

watch v. 看

community n. 社区

use v. 使用

tool n. 工具

as a tool 作为一个工具

organize v. 成立组织

很有趣

看着社区

使用食物作为 **工具**

成立组织

帕尔默说

最好的事情是

你能有所作为

基本句型保驾护航



## 段落小结

### 第五段主题

#### 安妮帕尔默呼吁制定将人们与健康食品关联的政策

Getting state and local officials enthusiastic about food issues is one way to remove these barriers, says Anne Palmer. Her group campaigns for the need for policies that connect people with healthy food. “It’s been fun to watch communities use food as a tool to organize,” Palmer says. “The best thing about an issue like this is that you can do something about it.”

安妮·帕尔默说，让州和地方官员对食品问题充满热情是消除这些障碍的一种方法。她的小组发起了一场宣传运动，呼吁制定将人们与健康食品关联的政策。帕尔默说：“看着社区把食物作为成立组织的工具，很有趣。”对于这样的问题，最好的办法就是你能有所作为。”



## 全文解析

2011年，乔希·特劳特温在波士顿担任营养教育家。他得知附近唯一一家杂货店要关门维修一年。这些家庭很难在附近找到另一个销售新鲜农产品的市场。

在缺乏销售新鲜健康食品的超市方面，特劳特温波士顿社区的居民并不孤单。根据美国农业部（USDA）的数据，2017年，17%的美国人住在距离超市半英里以上的地方。美国农业部用“食物沙漠”这个词来形容缺乏营养食物的社区。

特劳特温开始设想一种新的市场，为有需要的社区提供一个绿洲。2013年，他与安妮卡·摩根合作推出了Fresh Truck（新鲜卡车），这是一辆校车，在车轮上起着杂货店的作用。现在，有了两个移动市场，Fresh Truck（新鲜卡车）为波士顿地区的社区提供了17个地点的苹果、胡萝卜和茄子等新鲜农产品全年供应。

但是摩根说“食物沙漠”这个词并不能描述一个完整的画面。“食物沙漠的概念意味着周围根本没有食物，”她说，“但实际上有很多障碍阻碍人们获得食物。”这些障碍包括新鲜农产品的高成本和人们对现有农产品缺乏熟悉。

安妮·帕尔默说，让州和地方官员对食品问题充满热情是消除这些障碍的一种方法。她的小组发起了一场宣传运动，要求制定将人们与健康食品联系起来的政策。帕尔默说：“看着社区把食物作为组织的工具，很有趣。“对于这样的问题，最好的办法就是你能有所作为。”

# 通读全文

跟着我一起朗读！

## PASSAGE 1

In 2011, Josh Trautwein was working as a nutrition educator in Boston. He learned that the neighborhood's only grocery store was closing for a year of repair. The families were having a tough time finding another nearby market that sold fresh produce.

Residents of Trautwein's Boston community are not alone when it comes to lacking supermarkets that sell fresh and healthy food. According to the United States Department of Agriculture (USDA), 17% of Americans lived more than half a mile from a supermarket in 2017. The USDA uses the term "food deserts" to describe neighborhoods that lack access to nutritious food.

Trautwein began to imagine a new kind of market, an oasis (绿洲) for communities in need. In 2013, he teamed up with Annika Morgan to launch Fresh Truck, a school bus that functions as a grocery store on wheels. Now, with two mobile markets on the road, Fresh Truck provides communities in the Boston area with year-round access to fresh produce such as apples, carrots and eggplants at 17 locations.

But Morgan says the term "food deserts" doesn't paint a full picture. "The idea of food deserts implies that there is no food around" at all, she says, "when in reality there are a lot of barriers that prevent access." these barriers include the high cost of fresh produce and people's lack of familiarity with the produce that is available.

Getting state and local officials enthusiastic about food issues is one way to remove these barriers, says Anne Palmer. Her group campaigns for the need for policies that connect people with healthy food. "It's been fun to watch communities use food as a tool to organize," Palmer says. "The best thing about an issue like this is that you can do something about it."





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