**阅读理解七选五**

**温馨提示：**

**1.请按住Ctrl，滑动鼠标滚轴，调节合适的观看比例。**

**2.点击菜单栏中的“视图——导航窗格”即可查看本文档目录，直接跳转至各个部分的对应内容。**

**真题典例**

(2021陕西)

Do you know the reason why we feel tired in the middle of a class? Maybe you would say it is because the teacher's class is boring. 1\_\_\_\_\_\_\_\_\_\_\_ Perhaps this is something you have not paid enough attention to or not yet noticed.

**Purpose of sleep**

2\_\_\_\_\_\_\_\_\_ Sleep helps our body heal（修复）, grow, and stay healthy. It also gives us energy, so we can be active all day. Doctors and health scientists say: When you close your eyes and need to rest, sleep is just the very best! This is more than advice.

**Sleep time**

Enough sleep is important to us. How much sleep do we need? New-born babies sleep most of the time. They can sleep 20-22 hours a day. Children need 10-12 hours of sleep a day. Teenagers need 8- 10 hours of sleep a day because they need lots of energy to grow into their adult（成人的）bodies. Grown-ups usually need 6-8 hours of sleep to keep active. 3\_\_\_\_\_\_\_\_\_ That is why old people sleep less than young people.

**Interesting facts**

Almost everyone has their dreams while they sleep, but not all of them can tell their dreams clearly when they wake up. 4\_\_\_\_\_\_\_\_\_\_ More surprisingly, some may even get up in their dreams and walk around. This is called "sleepwalking". Are you a sleepwalker? Or, is there a sleepwalker around you?

5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It's not just people that love to snooze（打盹）. In fact, many animals have unusual or surprising sleeping habits. Some animals, such as bears and hedgehogs, sleep all through winter. The swift is a very fast bird that can sleep while it flies! Cute koalas sleep around 18 hours a day. Giraffes don't need much sleep at all. They usually sleep standing up.

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| A. **Sleepy animals**  B. Why do we need sleep?  C. Some people talk in their dreams.  D. However, the real reason is probably that we don't have enough sleep.  E. The older you get, the less sleep you will need.  F. Some people never dream while they sleep.  G. **Clever animals** |

**随堂测**

**Passage 1**

**原创热点素材：舌尖上的“冬奥会”**

The 2022 Beijing Winter Olympic Games were not only a sports feast(盛会), but also a feast of delicious food. 1 So far, the most popular foods in Olympic Villages are dishes including beef, roast duck(烤鸭), and of course, dumplings.

It is not only the players’ performances that are popular on social media, but also their love of Chinese food. Videos of China’s 18-year-old Gu Ailing eating a steamed bun(馒头) became popular.

Chinese people were also surprised by the love for steamed buns by a player Jenise Spiteri. She is the first-ever snowboarder to stand for the European island of Malta. 2

US player Julia Marino said she ate around 200 dumplings throughout the Winter Olympics so far. She caught Chinese fans by surprise. “ 3 It’s the only thing I feel like is always good,” she said in an interview.

Even Thomas Bach, the president of the International Olympic Committee, said that he ate many dumplings and grew fatter. 4

Yang Chen, a cook of players’ restaurant at the Yanqing Olympic Village, said that the menu in the village take turns every eight days, and 30 percent of the dishes are Chinese, while 70 percent are Western. He mentioned that some foreign players have no idea of how to eat Chinese food, so restaurant workers will offer help.

5 I believe more foreign people will know about our food culture through this Games.

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| A. He also said that he likes spicier(辛辣的) food better.  B. She told media that she eats six steamed buns per day.  C. I’ve probably had like 200 dumplings since I’ve been here.  D. He also said that he come to China for learning traditional culture.  E. Yang said that they also hope to spread Chinese food culture through this chance.  F. It is known to us that China is well-known across the world for its huge Olympic Village.  G. It is known to us that China is well-known across the world for its different kinds of food. |

**Passage 2**

(2021昆明)

Lots of students are too busy doing their homework to help out with housework. So, many parents want to know if they should give their children chores. Well, there's no need to worry. 1\_\_\_\_\_\_\_\_

First, doing chores helps children learn to be independent. Parents can't stay by their children's side all the time. 2\_\_\_\_\_\_\_\_ And these skills will help them be ready for the day when they go to college or take care of their own houses.

3\_\_\_\_\_\_\_\_ When children finish a chore, they will not only take pride in a job well done but also have confidence in their ability to do things well.

Third, doing chores makes it possible for children to develop good relationships with their family, friends and partners. Doing chores together with family can make children more caring for their family. And they begin to learn their responsibility in a family or a group. 4\_\_\_\_\_\_\_\_ They will know that if they work together as a team, things will be completed quicker and better.

5\_\_\_\_\_\_\_\_ Yes! And it should be on the top of the list. Now, my friends, are you ready to help?

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| A. Should children do chores?  B. Chores are good for children.  C. What chores should children do?  D. That helps them build team spirit.  E. Children cannot do chores without their parents' help.  F. Second, doing chores helps children build self­confidence.  G. Children need to learn the necessary life skills to be independent. |

**课后练**

**Passage 1**

**原创素材:《典籍里的中国》**

*China in the classics* is a large cultural program. It’s produced by CCTV Comprehensive Channel （中央综合频道）and Creative Media. Sa Beining is the contemporary scholar(当代学者), Wang Jianing is the program host, and Tian Qinxin is the artistic director.

\_\_\_\_1\_\_\_ It uses the creative form of space-time dialogue. It tells the shining stories in books in the long river of 5,000 years of history. The program was first shown on CCTV comprehensive channel at 20:00 on February 12, 2021.

The production team of *China in the classics* feels that it is a good starting point to spread traditional culture from excellent classics. 2 And the convenience and richness of people’s reading are better than any period in history. However, no matter how excellent the culture is, it will die away little by little. CCTV stands for an important communication position. It has the duty to carry forward the traditional Chinese culture. 3

*China in classics* pays more attention to the famous classics through the ages. 4 The program comes from the culture of classics. And it finds another way to get the highlights（最精彩的部分）in the classics. 5 It uses film and television shooting techniques in the historical space to present the stories of classics.

The program carries out in-depth（深入的）development for the new media platform. It designs a variety of content products such as network derived(衍生的) variety shows, short videos and new media interactive products.

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| A.The program focuses on excellent Chinese cultural classics.  B.In fact, Chinese young people don't like such programs.  C.It uses new methods to bring traditional classics to the screen and make classics “live”.  D.The program sets up two stages of “historical space”and “real space”.  E.China has rapidly entered the Internet period.  F.It has gained attention from all walks of life.  G.It tells the history of Chinese civilization starting from the classics. |

**Passage 2**(选自《万唯中考2022完形填空阅读理解与新考法》)

Life is full of rules including communication, traffic, health and so on. There are five rules for a healthy life that may help you a lot.

**Don't sit all the time.**

Sure, it is comfortable to sit on the sofa and watch TV. 1\_\_\_\_\_\_\_\_ To keep fit, you have to walk at least 10，000 steps every day. And if you sit all day, you will become fat and it will influence your health.

2\_\_\_\_\_\_\_\_

It is important to eat food that is fresh and natural, for example, fruit and vegetables. Fast food is unhealthy. You should only have it once in a while. Eating too much of the wrong food will do harm to your health.

**Rest as much as possible.**

3\_\_\_\_\_\_\_\_ At weekends, you have gotten more time, so use it not just for playing, but for rest too. If you want to be happy, calm and relaxed, you must have a good sleep.

**No worry and be happy.**

Many people believe that happiness is important for our health. Sometimes it is not easy to be a teenager because of the difficulties of school, exams or friends.If you are worried about something, talk to your parents or your teachers. To be happy all the time, do not dwell(纠结) on one thing. 4\_\_\_\_\_\_\_\_

**Say no to smoking.**

Smoking isn't cool. It is dangerous. Think about how your family and friends will feel. 5\_\_\_\_\_\_\_\_ Smoking can cause lots of diseases, and the most serious can cause cancer even death.

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| A. Eat more healthy food.  B. Don't eat too many eggs and vegetables.  C. Think about what it will do to your health.  D. But doctors say you should get off the sofa.  E. Sometimes smoking can make you feel happy.  F. It is very important for teenagers to get enough sleep.  G. It is not a big deal, and our happiness is the most important. |

**参考答案**

**真题典例**

1.D 2.B 3.E 4.C 5.A

**随堂测**

**Passage 1** 1. G 2.B 3.C 4.A 5.E

**Passage 2** 1.B 2.G 3.F 4.D 5.A

**课后练**

**Passage 1** 1.A　 2.E　 3.C　 4.G 5.D

**Passage 2** 1.D　 2.A　 3.F　 4.G 5.C