

高一英语 阅读理解 练习题 (含答案)

1.高一英语阅读理解题及答案

Do you love holidays but hate the increase weight that follows? You are not alone.

Holidays are happy days with pleasure and delicious foods. Many people, however, are worried about the weight that comes along with these delicious foods.

With proper planning, though, it is possible to control your weight. The idea is to enjoy the holidays but not to eat too much. You don't have to turn away from the foods that you enjoy. The following suggestions may be of some help to you.

Do not miss meals. Before you leave home for a feast (宴会), have a small, low-fat snack (小吃). This may help to keep you from getting too excited before delicious foods. Begin with clear soup and fruit or vegetables. A large glass of water before you eat may help you feel full. Use a small plate; a large plate will encourage you to have more than enough.

Better not have high-fat foods. Dishes that look oily or creamy have much fat in them.

Choose lean meat (瘦肉). Fill your plate with salad and

green vegetables.

If you have a sweet tooth, try mints (薄荷) and fruits. They don't have fat content as cream and chocolate.

Don't let exercise take a break during the holidays. A 20-minute walk after a meal can help burn off excess(过多的) calories.

1. Holidays are happy days with pleasure but they may _____

A. bring weight problems B. bring you much trouble in your life

C. make you worried about your foods D. make you hate delicious foods

2. In order to really enjoy your holidays without putting on weight, you'd better__

A. drink much water and have vegetables only B. not eat the food in high fat

C. not accept invitations to feasts D. turn away from delicious foods

3. According to the passage, _____ is a necessary part to stop you from putting on weight.

A. vegetables B. water C. calories of energy D. physical exercise

4. Many people can't help putting on weight after the holidays because they _____ .

- A. can't control themselves B. go to too many feasts
C. enjoy delicious foods D. can't help turning away from the foods

5. Excess calories can be found in your body in the form of ____ .

- A. energy B. fat C. food D. something invisible (看不见)

1—5 ABDAB

2.高一英语阅读理解题及答案

We all long for friendship, but how to make a friend?
“The best time to make a friend is before you need one.” Joy Steven said. The following are some tips for you.

People equal friends

Friends usually begin with strangers. Getting in touch with other people is the first step to make a friend. Friends can't be made in empty air. Best friends take time to make.

Friends understand friends

Friends understand each other when talking. Many unpleasant personal quarrels can be avoided if you will take

the time to understand others' feelings and points of view.

Friends touch friends

Touching is a warm form of communication between friends. When you see best friends communicating, you will notice them stand close together, touch each other comfortably and listen to each other. Sometimes a friendly touch is more powerful than words.

Friends praise friends

Praise is a powerful tool to make a friend. Honest praise can affect (影响) your friends' lives. So try to praise your friends, including your general ones.

Friends can be loyal (忠诚的) and trustworthy

Trust and loyalty go hand in hand for friends. Friends can share secrets with you, because good friends never break confidence (信心) and are loyal forever.

1. From Joy Steven's words, we can conclude that ____

- A. a friend in need is a friend indeed
- B. it is never too late to make a friend
- C. it is late to make a friend when you need one
- D. everyone needs a friend in his life

2. To make and keep many friends, you need to do the following EXCEPT _____.

- A. get in touch with people
- B. understand your friends
- C. praise your friends
- D. quarrel with your friends

3. The passage mainly tells us _____.

- A. how to communicate with a friend
- B. how to develop friendship
- C. when to make a friend
- D. how to praise a friend

1. 【解析】C 依据第一段Joy Steven的话The best time to make a friend is before you need one判断答案。

2. 【解析】D 朋友之间的争吵是不可避免的，但未必是必须的。更为重要的是，D项在文中找不到依据。

3. 【解析】B 虽然A、C、D项在文中都提到了，但属于枝节信息，而B项是文章谈论的主旨。

3.高一英语阅读理解题及答案

Living and dealing with kids can be a tough job these days, but living and dealing with parents can be even tougher.

If I have learned anything in my 16 years, it is that c

ommunication is very important, both when you disagree and when you get along. With any relationship, you need to let other person know how you are feeling. If you are not able to communicate, you drift apart. When you are mad at your parents, or anyone else, not talking to them doesn' t solve anything.

Communication begins with the concerns (关心) of another. It means that you can' t just come home from school, go up to your room and ignore (不理睬) everyone. Even if you just say "Hi" , and see how their day was for five minutes, it is better than nothing.

If you looked up the word "communication" in a dictionary, it would say "the exchange of ideas, the conveyance (表达)of information, correspondence (通信), means of communication: a letter or a message" . To maintain (保持) a good relationship, you must keep communication strong. Let people know how you feel, even if it' s just by writing a note.

When dealing with parents, you always have to make them feel good about how they are doing as a parent. If you are trying to make them see something as you see it, tell them that you' ll listen to what they have to say, but

ask them politely to listen to you. Yelling or walking away only makes the situation worse.

This is an example: one night, Sophie went to a street party with her friends. She knew she had to be home by midnight after the fireworks, but she didn't feel she could just ask to go home. That would be rude. After all, they had been nice enough to take her along with them. Needless to say, she was late getting home. Her parents were mad at first, not when Sophie explained why she was late, they weren't as mad and let the incident go. Communication is the key factor here. If Sophie's parents had not been willing to listen, Sophie would have been in a lot of trouble.

Communication isn't a one-way deal: it goes both ways. Just remember: if you get into a situation like Sophie's, telling the other person how you feel-listening is the key factor to communication.

1. In the writer's view, dealing with parents is _____ than with children.

- A. more difficult B. easier
- C. more uninteresting D. more interesting

2. The main idea of the second paragraph is _____

—.

- A. the importance of friendship
- B. to make your feeling known to others
- C. the importance of communication
- D. the disagreement between generations

3. When parents and children are in communication, the key to a happy relationship is that _____.

- A. children should always obey their parents
- B. they should be equal
- C. parents play the leading part
- D. both make the opposite know their feelings

4. The example in this passage proves that _____.

- A. Sophie's parents are willing to listen to her
- B. Sophie is very polite to her parents
- C. Sophie did well in explaining her being late
- D. communication is the solution(解决办法) to misunderstanding

5. All the following statements are correct except "_____".

A. If you don't agree with others, you'd better let them know

B. It is better to say "Hi" to others than say nothing

C. If you are not able to communicate, walk away

D. Communication is a two-way deal

1. 【解析】A 依据文章第一段判断答案为A。

2. 【解析】C 第二段的主题句为communication is very important.

3. 【解析】B 从第五段的叙述，特别是tell them that you' l listen to what they have to say, but ask them politely to listen to you可以看出，作者认为与父母亲的交流重要的是平等。

4. 【解析】D 文章首先论述了交流的重要性以及交流是消除误解、解决问题的方法，接着举例证明自己的观点。

5. 【解析】C 依据Yelling or walking away only makes the situation worse判断C项错误。

4.高一英语阅读理解题及答案

If we were asked exactly what we were doing a year ago , we should probably have to say that we could not remember But if we had kept a book and had written in it an account of what we did each day ,we should be able to give an answer to the question.

It is the same in history Many things have been forgotten because we do not have any written account of them Sometimes men did keep a record of the most important happenings in their country , but often it was destroyed

by fire or in a war.Sometimes there was never any written record at all because the people of that time and place did not know how to Write.For example , we know a good deal about the people who lived in China 4 , 000 years ago, because they could write and leave written records for those who lived after them.But we know almost nothing about the people who lived even 200 years ago in central Africa. because they had not learned to write. Sometimes,of course , even if the people cannot write , they may know something of the past.They have heard about it from older people , and often songs and dances and stories have been made about the most important happenings ,and these have been sung and acted and told for many generations For most people are proud to tell what their fathers did in the past.This we may call "remembered history' .Some of it has now been written down. It is not so exact or so valuable to us as written history is , because words are much more easily changed when used again and again in speech than when copied in writing.But where there are no written records ,such spoken stories are often very helpful.

高中英语阅读强化练习题

1. Which of the following ideas is not suggested in the passage?

A. "Remembered history" , compared with written history , is less reliable

B.Written records of the past play the most important role in our learning of the human history.

C.A written account of our daily activities helps US to be able to answer many questions.

D.Where there are no written records.there is no history.

2.We know very little about the central Africa 200 years ago because

A.there was nothing worth being written down at that time

B .the people there ignored the importance of keeping a record

C.the written records were perhaps destroyed by a fire

D.the people there did not know how to write

3. "Remembered history" refers to

A.history based on a person's imagination

B .stories of important happenings passed down from mouth to mouth

C .songs and dances about the most important events

D .both B and C

4. "Remembered history" is regarded as valuable only when

A. it is written down

B .no written account is available

C.it proves to be true

D.people are interested in it

5 .The passage suggests that we could have learned much more about our past than we do now if the ancient people had

A.kept a written record of every past event

B. not burnt their written records in wars

C.told exact stories of the most important happenings

D.made more songs and dances

练习题答案 DDDBA

5.高一英语阅读理解题及答案

Although the United States covers so much land and the land produces far more food than the present population needs , its people are by now almost entirely an urban society Less than a tenth of the people are engaged in agriculture and forestry(林业) , and most of the rest live i

n or around towns , small and large. Here the traditional picture is changing : every small town may still be very like other small towns , and the typical small town may represent a widely accepted view of the country , but most Americans do not live in small towns any more. Half the population now lives in some thirty metropolitan areas (large cities with their suburbs, of more than a million people each—a larger proportion than in Germany or England , let alone France. The statistics (统计) of urban and rural population should be treated with caution because so many people who live in areas classified as rural travel by car to work in a nearby town each day. As the rush to live out of town continues, rural areas within reach of towns are gradually filled with houses , so that it is hard to say at what moment a piece of country becomes a suburb. But more and more the typical American lives in a metropolitan rather than a small town environment.

高中英语阅读强化练习题

1. If now America has 250 million people, how many of them are engaged in agriculture and forestry?

A. About 25 million.

B. More than 25 million.

C.Less than 25 million.

D. Less than 225 million

2.Which of the following four countries has the smallest proportion of people living in metropolitan areas?

A.United States.

B.Germany.

C.France.

D.England.

3.What's the meaning of the word "metropolitan" in the middle of the passage?

A .Of a large city with its suburbs.

B.Of small and large towns.

C.Of urban areas.

D.Of rural areas.

4.According to the passage , what can we learn about small towns in the United States?

A Most small towns become gradually crowded

B.Small towns are still similar to each other.

C.As the traditional picture is changing , towns are different.

D .Small towns are turning into large cities

5.Why is it hard to say when a piece of country becomes

mes a suburb?

A.Because they are the same.

B.Because the rush takes place too quickly

C.Because the process is gradual.

D.Because more and more Americans live in metropoli

tan

练习题答案 CCABC