四、阅读理解

**Passage 1**

(湖北省宜城一中、枣阳一中等六校联考2022-2023学年高一上学期期中)My name is Michelle Rogers. For most of my life I had been fighting with my body weight. I was either gaining weight or trying to lose it. I wasn’t happy with myself, and I certainly wasn’t able to fully enjoy life. Not only did I feel bad physically, but I felt terrible emotionally. I also knew I wasn’t able to be the best I could be, and with failure after failure in losing weight, I just felt so hopeless to make it.

One day in 2008, I was looking through ads online and saw a treadmill (跑步机) for $100. This time I decided to start small and keep it doable. The first week I started walking 15 minutes on the treadmill at a fixed time every day. The next week I did 16 minutes. Each week I added a minute. Gradually, I increased speed as well as time. Once I got to 30 minutes, the weight started dropping off.

I didn’t lose weight at first, but I didn’t give up like I did in the past. I realized I started feeling better. My legs were getting stronger. I didn’t feel painful like I used to when I got up from my desk. All the efforts I’d been putting into fitness made me want to start eating healthier, too. I began with small changes as well. After these years I started listening to my body. It was refusing food and habits that were bad for me.

Today, the extra weight is gone. I still exercise every morning. I look and feel the best I have never done. Every area of my life has improved and benefited from this change in me. Not only do I have my youthful energy, looks and health back, but also I have more confidence than I have ever had.

1．How did Michelle feel about losing weight before 2008?

A．Confident. B．Hopeless. C．Addicted. D．Annoyed.

2．How many weeks had passed before Michelle’s weight began dropping?

A．15 weeks. B．20 weeks. C．25 weeks. D．30 weeks.

3．What is NOT my practice now?

A．Doing exercise regularly. B．Eating healthier.

C．Refusing bad food and habits. D．Gaining extra weight.

4．What can we learn from Michelle’s story?

A．Time is everything.

B．Interest is the best teacher.

C．Start with small things.

D．Nothing is more important than confidence.

【答案】1．B 2．A 3．D 4．C

【导语】这是一篇记叙文。文章主要讲述了作者与肥胖抗争的故事。

1．细节理解题。根据第一段中“I also knew I wasn’t able to be the best I could be, and with failure after failure in losing weight, I just felt so hopeless to make it.(我也知道我不可能成为最好的自己，在一次又一次的减肥失败之后，我只是觉得没有希望做到这一点)”和第二段中“One day in 2008, I was looking through ads online and saw a treadmill (跑步机) for $100.(2008年的一天，我在网上浏览广告，看到一个100美元的跑步机)”可知，在2008年前，作者认为减肥是没有希望的。故选B。

2．细节理解题。根据第二段中“The first week I started walking 15 minutes on the treadmill at a fixed time every day. The next week I did 16 minutes. Each week I added a minute. Gradually, I increased speed as well as time. Once I got to 30 minutes, the weight started dropping off.(第一周，我开始每天在固定的时间在跑步机上步行15分钟。第二周我跑了16分钟。每周我都会增加一分钟。渐渐地，我增加了速度和时间。当我坚持了30分钟，体重开始下降)”可知，作者第一周跑15分钟，以后每周增加一分钟，在跑30分钟时，体重开始下降，由此可计算出，30-15=15，即作者花了15周体重才开始下降，故选A。

3．推理判断题。根据第三段中“All the efforts I’d been putting into fitness made me want to start eating healthier, too...It was refusing food and habits that were bad for me.(我在健身上付出的所有努力让我也想开始吃得更健康……拒绝对我不好的食物和习惯)”和最后一段中“Today, the extra weight is gone. I still exercise every morning. I look and feel the best I have never done. (今天，多余的体重消失了。我仍然每天早上锻炼。我看起来和感觉起来都最好，这是我以前从来没有过的)”可知，作者如今减肥成功，没有了多余的体重，看起来和感觉起来都最好。由此推知，他会继续保持，坚持锻炼，健康饮食，拒绝不好的习惯和饮食。D项“增加额外的体重”不是他现在的做法。故选D。

4．推理判断题。根据第三段“I didn’t lose weight at first, but I didn’t give up like I did in the past. I realized I started feeling better. My legs were getting stronger. I didn’t feel painful like I used to when I got up from my desk. All the efforts I’d been putting into fitness made me want to start eating healthier, too. I began with small changes as well. After these years I started listening to my body. It was refusing food and habits that were bad for me.(一开始我没有减肥成功，但是我没有像过去那样放弃。我意识到我感觉好多了。我的腿越来越强壮了。我不像以前从桌子旁起来时那么痛苦了。我在健身方面付出的所有努力也让我想要开始吃得更健康。我也从小的改变开始。这么多年过去了，我开始倾听自己的身体。拒绝对我不好的食物和习惯)”可知，作者从最开始的减肥困难，到后来有了小的变化，然后坚持并取得了成效，说明做事要从小事做起，坚持做下去，就会取得成功。由此推知，从Michelle的故事中我们可以学到的是C项“从小事开始。”故选C。

**Passage 2**

（2022秋·江西宜春·高一江西省宜丰中学校考期中）Sport is not only physically challenging, but can also be mentally challenging. Criticism (批评) from coaches, parents and other teammates, as well as pressure to win can create too much anxiety or stress for young athletes. Stress can be physical, emotional, or psychological and research has indicated that it can lead to burnout. Burnout has been described as dropping out of or quitting an activity that was at one time enjoyable.

The early years of growth are important years for learning about oneself and the sport setting is one where valuable experiences can take place. Young athletes can, for example, learn how to cooperate with others, make friends, and gain other socia1 skills that will be used throughout their lives. Coaches and parents should be aware, at all times, that their feedback to youngsters can greatly affect their children. Youngsters may take their parents and coaches’ criticisms to heart and find faults in themselves.

Coaches and parents should also pay attention that youth sport participation does not become work for children. The outcome of the game should not be more important than the process of learning the sport and other life lessons. In today’s youth sport setting, young athletes may be worrying more about who will win instead of enjoying themselves and the sport. Following a game, many parents and coaches focus on the outcome and find faults with youngsters’ performances. Positive support should be provided regardless of the outcome. Research indicates that positive support encourages and has a greater effect on learning than criticism. Again, criticism can create high levels of stress, which can lead to burnout.

5．What is the main idea of the first paragraph?

A．Stress should be made less. B．Sport can be mentally challenging.

C．Mental stress should be reduced. D．Sport should be made less competitive.

6．Why is sport important for young people according to the passage?

A．It enables them to criticize themselves.

B．It can help them learn more about society.

C．It can provide them with valuable experiences.

D．It teaches them how to set realistic goals for themselves.

7．What should parents and coaches do according to the passage?

A．Make sure children enjoy sport. B．Help children to win every game.

C．Train children to deal with stress. D．Understand the meaning of sport.

8．What’s the author’s purpose of writing the passage?

A．To teach young athletes how to avoid burnout.

B．To persuade young children not to worry about criticism.

C．To stress the importance of encouraging children in sport.

D．To discuss the skill of combing criticism with encouragement.

【答案】5．B 6．C 7．A 8．C

【分析】本文为一篇议论文。体育运动既是对人的体力的挑战，也是对人的心理的挑战。在体育运动中，父母和教练应对孩子多鼓励，少批评，让孩子用积极的心态去迎接挑战。

5．主旨大意题。根据第一段“Sport is not only physically challenging, but can also be mentally challenging. Criticism (批评) from coaches, parents and other teammates, as well as pressure to win can create too much anxiety or stress for young athletes. Stress can be physical, emotional, or psychological and research has indicated that it can lead to burnout. Burnout has been described as dropping out of or quitting an activity that was at one time enjoyable.(运动不仅是身体上的挑战，也可以是精神上的挑战。来自教练、父母和其他队友的批评，以及获胜的压力会给年轻运动员带来太多的焦虑或压力。压力可以是身体上的，情绪上的，或心理上的，研究表明，它可以导致倦怠。倦怠被描述为放弃或放弃一项曾经令人愉快的活动)”可知，第一段主要讲的是体育运动对精神的挑战。故选B。

6．细节理解题。根据第二段中“The early years of growth are important years for learning about oneself and the sport setting is one where valuable experiences can take place. (成长的早期是了解自己的重要时期，而运动环境是一个可以产生宝贵经验的阶段)”可知，年轻人喜欢运动是因为它可以为他们提供宝贵的经历。故选C。

7．推理判断题。根据第三段中“In today’s youth sport setting, young athletes may be worrying more about who will win instead of enjoying themselves and the sport. Following a game, many parents and coaches focus on the outcome and find faults with youngsters’ performances.(在今天的青年运动环境中，年轻运动员可能更担心谁会赢，而不是享受自己和运动。在一场比赛之后，许多家长和教练关注的是结果，并对青少年的表现吹毛求疵)”可推断，家长和教练正确的做法是让孩子们享受体育活动。故选A。

8．推理判断题。根据第三段中“Positive support should be provided regardless of the outcome. Research indicates that positive support encourages and has a greater effect on learning than criticism. Again, criticism can create high levels of stress, which can lead to burnout.(无论结果如何，都应该提供积极的支持。研究表明，积极的支持比批评对学习有更大的鼓励和影响。同样，批评会造成很大的压力，从而导致倦怠)”可知，作者通过陈述压力对孩子参加运动的诸多负面影响，使父母和教练意识到只有多鼓励、少批评，才能让孩子喜欢体育运动。可推知，作者写这篇文章的目的是强调鼓励孩子的重要性。故选C。