**专题13 阅读理解七选五**

**1.（2023年全国甲卷）**

**Tricks To Becoming A Patient Person**

Here’s a riddle: What do traffic jams, long lines and waiting for a vacation to start all have in common? There’s one answer. 16 .

In the Digital Age, we’re used to having what we need immediately and right ai our fingertips. However, research suggests that if we practiced patience, we’d be a whole lot better off. Here are several tricks.

●Practice gratitude (感激)

Thankfulness has a lot of benefits: Research shows it makes us happier, less stressed and even more optimistic. 17 . “Showing thankfulness can foster self-control,” said Ye Li, researcher at the University of California.

● Make yourself wait

Instant gratification (满足) may seem like the most “feel good” option at the time, but psychology research suggests waiting for things actually makes us happier in the long run. And the only way for us to get into the habit of waiting is to practice. 18 . Put off watching your favorite show until the weekend or wait 10 extra minutes before going for that cake. You’ll soon find that the more patience you practice, the more you start to apply it to other, more annoying situations.

● 19 .

So many of us have the belief that being comfortabel is the only state we will tolerate, and when we experience something outside of our comfort zone, we get impatient about the circumstances. You should learn to say to yourself, “ 20 .” You’ll then gradually become more patient.

A．Find your causes

B．Start with small tasks

C．Accept the uncomfortable

D．All this adds up to a state of hurry

E．It can also help us practice more patience

F．This is merely uncomfortable, not intolerable

G．They’re all situations where we could use a little extra patience

【答案】16．G 17．E 18．B 19．C 20．F

【导语】这是一篇说明文。文章主要介绍了变得耐心的一些方法。

1. 根据上文“Here’s a riddle: What do traffic jams, long lines and waiting for a vacation to start all have in common? There’s one answer. (这里有一个谜语：交通堵塞、排长队和等待假期开始有什么共同之处？答案只有一个)”可知，本句说明上文谜语的答案，结合“交通堵塞、排长队和等待假期”这些情况可知都需要耐心。故G选项“在这些情况下，我们都需要一点额外的耐心”符合语境，故选G。
2. 根据上文“Thankfulness has a lot of benefits: Research shows it makes us happier, less stressed and even more optimistic.(感恩有很多好处：研究表明，感恩让我们更快乐，压力更小，甚至更乐观)”以及后文““Showing thankfulness can foster self-control,” said Ye Li, researcher at the University of California. (加州大学的研究员叶丽说：“表达感激可以培养自我控制能力。”)”可知，上文提到了感恩的诸多好处，可知本句继续说明感恩的好处：它还可以帮助我们练习更多的耐心。E选项中It指代上文Thankfulness。故E选项“它还可以帮助我们练习更多的耐心”符合语境，故选E。
3. 根据上文“And the only way for us to get into the habit of waiting is to practice. (我们养成等待习惯的唯一方法就是练习)”以及后文“Put off watching your favorite show until the weekend or wait 10 extra minutes before going for that cake. (把你最喜欢的节目推迟到周末再看，或者多等10分钟再去吃蛋糕)”可知，后文列举的事情都是日常的小事，说明要从小事开始练习等待，故B选项“从小任务开始”符合语境，故选B。
4. 根据本段内容“So many of us have the belief that being comfortable is the only state we will tolerate, and when we experience something outside of our comfort zone, we get impatient about the circumstances. (我们中的许多人都认为舒适是我们唯一能容忍的状态，当我们经历舒适区之外的事情时，我们会对环境失去耐心)”可知，本段提到了舒适是我们唯一能容忍的状态，结合前文的小标题都是祈使句可知，本段的主旨与接受不舒适相关，C选项中uncomfortable对应后文comfortable。故C选项“接受不舒服”符合语境，故选C。

20．根据上文“You should learn to say to yourself (你应该学会对自己说……)”以及后文“You’ll then gradually become more patient. (然后你会逐渐变得更有耐心)”结合本段主要说明的是不舒服的状态，可知，本句为对自己所说的话与接受不舒服相关，故F选项“这仅仅是不舒服，而不是无法忍受”符合语境，故选F。

**2.（2023年全国乙卷）**

Indoor plants might look as if they just sit around not doing much, but in many ways they are the unsung heroes of the home. \_\_\_\_16\_\_\_\_, but studies have shown that they can promote people’s wellbeing by improving their mood (心情), reducing stress and helping their memory. What’s more, indoor plants are easy to look after and are not very expensive.

What are indoor plants?

Indoor plants, also known as houseplants or pot plants, are plants that like to grow indoors. Many of these species (物种) are not ideally suited to growing outside in the UK, especially in the winter. \_\_\_\_17\_\_\_\_.

Why are indoor plants good for you?

Will Spoelstra, who works at the Royal Botanic Gardens, says, “\_\_\_\_18\_\_\_\_. I find during the winter months, plants around the house can really lift your mood.” Several studies have backed this up and found that indoor plants can improve creativity, focus and memory. There is also research showing that pot plants can clean the air around them by removing harmful gases, such as carbon dioxide. They also remove some harmful chemicals from paints or cooking. \_\_\_\_19\_\_\_\_.

Which plants can you grow?

Aloe vera, peace lilies and spider plants are some of the species that are easy to grow indoors. You can buy plants from supermarkets, garden centres or online. Younger plants are often cheaper than fully grown ones, and you get to care for them as they mature — which is part of the joy of owning plants. “\_\_\_\_20\_\_\_\_,” Spoelstra says. “It can bring a new interest and focus into people’s lives and help to make the link between home and nature.”

A. All plants are different

B. Not only do they look beautiful

C. There are many benefits to growing plants indoors

D. Instead, they grow better inside, where it is warmer

E. Plants like peace lilies and devil’s tongue are among the best

F. Changing the pot of your plant from time to time will also help

G. Learning about the requirements of each plant can be very rewarding

【答案】16. B 17. D 18. C 19. E 20. G

【解析】

【导语】本文是一篇说明文。文章介绍了什么是室内植物、室内植物带来的好处及你能种植哪些室内植物。

【16题详解】

根据下文“but studies have shown that they can promote people’s wellbeing by improving their mood (心情), reducing stress and helping their memory.(而且研究表明，它们可以通过改善情绪、减轻压力和帮助增强记忆力来促进人们的健康)”可知，此处与下文是递进关系，构成not only…but“不仅……而且……”结构。由此可知，B. Not only do they look beautiful(它们不仅看起来很漂亮)能够衔接下文，符合语境。故选B。

【17题详解】

根据上文“Many of these species (物种) are not ideally suited to growing outside in the UK, especially in the winter.(这些品种中的许多都不适合在英国户外生长，尤其是在冬天)”可知，有些植物不适合在户外寒冷的环境中生长，即适合在温暖的地方生长。由此可知，D. Instead, they grow better inside, where it is warmer(相反，它们在温暖的室内生长得更好)能够承接上文，符合语境。故选D。

【18题详解】

根据下文“I find during the winter months, plants around the house can really lift your mood.(我发现在冬天的几个月里，房子周围的植物真的能提升你的情绪)”可知，室内植物对人有好处。由此可知，C. There are many benefits to growing plants indoors(在室内种植植物有很多好处)能够衔接下文，符合语境。故选C。

【19题详解】

根据上文“There is also research showing that pot plants can clean the air around them by removing harmful gases, such as carbon dioxide. They also remove some harmful chemicals from paints or cooking.(也有研究表明，盆栽植物可以通过去除二氧化碳等有害气体来净化周围的空气。它们还能去除油漆或烹饪中的一些有害化学物质)”可知，盆栽植物能够清除有害物质。由此可知，E. Plants like peace lilies and devil’s tongue are among the best(像和平百合和魔芋之类的植物是最好的)能够承接上文，列举了在这方面做的最好的植物，符合语境。故选E。

20题详解】

根据上文“Younger plants are often cheaper than fully grown ones, and you get to care for them as they mature-which is part of the joy of owning plants.(年轻的植物通常比成熟的植物便宜，而且你可以在它们成熟时照顾它们——这是拥有植物的乐趣之一)”可知，不同的植物需求是不同的。由此可知，G. Learning about the requirements of each plant can be very rewarding(了解每种植物的需求是非常有益的)能够承接上文，同时引起下文，下文“It can bring a new interest and focus into people’s lives and help to make the link between home and nature.”(它可以为人们的生活带来新的兴趣和焦点，并有助于建立家庭与自然之间的联系。)”具体介绍了了解每种植物的需求的好处。故选G。

**3.（2023年新高考I卷）**

**Personal Forgiveness**

Taking responsibility for mistakes is a positive step, but don’t beat yourself up about them. To err (犯错) is human. \_\_\_\_16\_\_\_\_ You can use the following writing exercise to help you do this.

In a journal or on a piece of paper, put the heading “Personal strengths.” \_\_\_\_17\_\_\_\_ Are you caring? Creative? Generous? A good listener? Fun to be around? They don’t have to be world-changing, just aspects of your personality that you’re proud of.

At the top of a second page, put the heading “Acts of kindness.” On this one, list all the positive things you’ve done for others. It might be the time when you helped a friend with their homework, when you did the ironing without being asked, or when you baked cookies after the family had had a tiring day. \_\_\_\_18\_\_\_\_

You could ask a friend or family member to help add to your list. \_\_\_\_19\_\_\_\_ That way, you could exchange thoughts on what makes each of you special and the aspects of your personality that shine through. In fact, don’t wait until you’ve made a mistake to try this—it’s a great way to boost self-confidence at any time.

It’s something of a cliché (陈词滥调) that most people learn not from their successes but their mistakes. The thing is, it’s true. \_\_\_\_20\_\_\_\_ We’ re all changing and learning all the time and mistakes are a positive way to develop and grow.

A. A little self-forgiveness also goes a long way.

B. Now list all the characteristics you like about yourself.

C. They might even like to have a go at doing the exercise.

D. It’s just as important to show yourself some forgiveness.

E. It doesn’t mean you have to ignore what’s happened or forget it.

F. Whatever it is, no matter how small it might seem, write it down.

G. Whatever the mistake, remember it isn’t a fixed aspect of your personality.

【答案】16. D 17. B 18. F 19. C 20. G

【解析】

【导语】本文为一篇说明文。文章鼓励人们练习自我宽恕，并提供了一个简单的写作练习来增强自信。通过列出个人的优点和善良的行为，人们可以学会原谅自己的错误，并从中成长。

【16题详解】

根据空前内容“Taking responsibility for mistakes is a positive step, but don’t beat yourself up about them. To err (犯错) is human.(为错误承担责任是积极的一步，但不要因此而自责。人孰能无过。)”可知，作者认为人都会犯错，勇于承担责任固然重要，但是也不要因此而过于自责。结合空后“You can use the following writing exercise to help you do this.(你可以使用下面的写作练习来帮助你做到这一点。)”中的“do this”以及下文内容可推断，空处应该内容和“不要太自责”相似。选项D“It’s just as important to show yourself some forgiveness.(宽恕自己也同样重要。)”与“不要太自责”语意相近，起承上启下的作用。故选D。

【17题详解】

根据空前内容“In a journal or on a piece of paper, put the heading “Personal strengths. ”(在日记或纸上写上“个人优点”。)”以及空后内容“Are you caring? Creative? Generous? A good listener? Fun to be around? They don’t have to be world-changing, just aspects of your personality that you’re proud of.(你有爱心吗？有创造力吗？你慷慨吗？是一个好的倾听者？与人相处很有趣吗？它们不一定要改变世界，只要你个性中让你感到自豪的方面就行。)”可知，空处指的是列出一些你个性中的优点。选项B“Now list all the characteristics you like about yourself.(现在列出所有你喜欢的自己身上的特点。)”符合上下文内容，下文内容具体解释那些是优点。故选B。

【18题详解】

根据上文内容“At the top of a second page, put the heading “Acts of kindness.” On this one, list all the positive things you’ve done for others. It might be the time when you helped a friend with their homework, when you did the ironing without being asked, or when you baked cookies after the family had had a tiring day.(在第二页的顶部，写上“善举”的标题。在这张单子上，列出你为别人做过的所有积极的事情。它可能是当你帮助朋友做作业的时候，当你没有被要求却主动熨衣服的时候，或者当你在家人累了一天之后烤饼干的时候。)”可知，本段主要讲述的是列出一些自己所做的好事。选项F“Whatever it is, no matter how small it might seem, write it down.(不管是什么，不管它看起来有多小，都要把它写下来。)”与上文内容一致，讲述的是不管你所做的事情不管有多小，只要是好的事情，都记下来。故选F。

【19题详解】

根据空后内容“That way, you could exchange thoughts on what makes each of you special and the aspects of your personality that shine through.(这样，你们就可以交换意见，谈谈是什么让你们每个人都与众不同，以及你们个性中闪光的方面。)”可知，空处提到了某种方式，这种方式会使得你和朋友们一起交换意见等。选项C“They might even like to have a go at doing the exercise.(他们甚至可能想试一试做练习。)”符合语境，C项中的“they”与空前的“You could ask a friend or family member to help add to your list.(你可以让朋友或家人帮你增加你的列表内容。)”中的“a friend or family member”保持一致，同时选项C和下文“In fact, don’t wait until you’ve made a mistake to try this—it’s a great way to boost self-confidence at any time.(事实上，不要等到你犯了错误才去尝试这个——这是一个在任何时候都能增强自信的好方法。)”中的“this”一致。故选C。

【20题详解】

根据空前内容“It’s something of a cliché (陈词滥调) that most people learn not from their successes but their mistakes. The thing is, it’s true.(大多数人不是从他们的成功中学习，而是从他们的错误中学习，这是陈词滥调。但事实是，这是真的。)”可知，作者认为人是从错误中学习。选项G“Whatever the mistake, remember it isn’t a fixed aspect of your personality.(不管你犯了什么错误，记住这不是你性格中固定的一面。)”符合语境，G项中的“isn’t a fixed aspect of your personality”和空后内容“We’ re all changing and learning all the time and mistakes are a positive way to develop and grow.(我们一直在改变和学习，错误是一种积极的发展和成长的方式。)”保持一致，指的都是犯错并不是性格中固有的一面，我们是通过错误来成长。故选G。

**4.（2023年新高考II卷）**

As an artist who shares her journey on social media, I’m often asked by curious followers how to begin an art journey. Unfortunately, there is no magic list I can offer. I do remember, though, what it was like to be a complete beginner. So I’ve put together some good tips for starting an art journey.

·Start small. I suggest using a sketchbook (素描本) for small studies. These small studies provide inspiration and may be a springboard for more complex works in the future. \_\_\_16\_\_\_ You’ll want to look back on your journey to see how far you’ve come.

·Paint often and paint from life. There’s no better way to improve than to put in those brush miles. Whether you paint still lifes, portraits, or landscapes, paint from life as much as possible. \_\_\_17\_\_\_

·Continually challenge yourself to try something new. \_\_\_18\_\_\_ Artistic growth can be a bit painful. Welcome to the club；we’ve all been there. I love taking on challenges. I once took up a challenge to create a painting every day for a month and post the works online.

·\_\_\_19\_\_\_ Seeking and accepting constructive feedback (反馈) is crucial to growth. I post my work on social media and, in turn, have met some of the kindest people. They make me feel valued and respected, no matter my level of artistic ability.

The journey you’re on won’t follow a straight path. \_\_\_20\_\_\_ Push through, give it time and put in the effort. You will harvest the rewards of an artistic life.

A Get out of your comfort zone.

B. Make career plans and set goals.

C. Don’t throw away your beginner art.

D. Share your work if you feel comfortable doing so.

E. You’ll hit roadblocks, and you’ll feel discouraged at times.

F. Evaluate your performance and, if needed, redefine your role.

G. You’ll develop that painting muscle memory that only comes with repetition.

【答案】16. C 17. G 18. A 19. D 20. E

【解析】

【导语】本文是说明文。文章介绍了了一些开始艺术之旅的好建议。

【16题详解】

根据前文“Start small. I suggest using a sketchbook (素描本) for small studies. These small studies provide inspiration and may be a springboard for more complex works in the future. (从小开始。我建议使用一个素描本进行小规模的学习和实践。这些小的学习和实践可以提供灵感，并成为未来更复杂的作品的跳板)”以及后文“You’ll want to look back on your journey to see how far you’ve come. (你会想要回顾一下自己的艺术之旅，看看自己已经取得多少进步)”可知，空处应是一个过渡句，从给出建议使用一个素描本进行小规模的学习和实践，到回顾自己的艺术之旅，所以C项“Don’t throw away your beginner art. (不要扔掉你的初学时的艺术作品)”符合文意，和后文形成顺承关系。故选C项。

【17题详解】

分析设空处，位于段尾，是对本段总结，根据前文“Paint often and paint from life. There’s no better way to improve than to put in those brush miles. Whether you paint still lifes, portraits, or landscapes, paint from life as much as possible. (经常作画，且从生活中作画。没有什么比不断练习更能提高你的艺术水平了。无论你是绘制静物、肖像还是风景，都要尽可能地从真实生活中去观察和绘制)”可知，本段主要讲述不断练习绘画，所以G项“You’ll develop that painting muscle memory that only comes with repetition. (你会逐渐形成只有通过反复练习才能获得的绘画肌肉记忆)”是对前文的总结。故选G项。

【18题详解】

分析设空处，空处位于第二句，此处应是对前一句的进一步解释，并同时引出后文，根据前文“Continually challenge yourself to try something new. (不断挑战自己，尝试新事物)”以及后文“Artistic growth can be a bit painful. (艺术的成长可能会有点痛苦)”可知，A项“Get out of your comfort zone. (走出你的舒适区)”是对前句的进一步说明，和后文构成顺承关系。故选A项。

【19题详解】

分析设空处，位于段首，是本段的中心句，根据后文“Seeking and accepting constructive feedback (反馈) is crucial to growth. I post my work on social media and, in turn, have met some of the kindest people. They make me feel valued and respected, no matter my level of artistic ability. (寻求并接受有建设性的反馈对于你的成长非常重要。我在社交媒体上发布我的作品，并因此结识了一些最友好的人。无论我的艺术水平如何，他们都让我感到受到了重视和尊重)”可知，本段主要讲述了是分享自己的作品，所以D项“Share your work if you feel comfortable doing so. (如果你感觉舒适的话，分享你的作品)”符合文意，是本段的中心句。故选D项。

【20题详解】

分析设空处，空处位于第二句，此处应是对前一句的进一步解释，并同时引出后文，根据前文“The journey you’re on won’t follow a straight path. (你的旅程不会是一条笔直的道路)”以及后文“Push through, give it time and put in the effort. You will harvest the rewards of an artistic life. (坚持下去，给它时间，付出努力。你将收获艺术生活的回报)”可知，E项“You’ll hit roadblocks, and you’ll feel discouraged at times. (你会遇到障碍，有时你会感到气馁)”是对前句的进一步说明，和后文构成顺承关系。故选E项。

**5.（2023年浙江卷1月）**

With gas prices rising and airport security lines snaking longer than ever, why not book your next domestic vacation on a train? Compared to other alternatives, it’s comfortable and relaxing. Here is some advice on how to make a trip by rail as pleasant as possible.

**Plan ahead.** Most long-distance trains, especially the sleeping car accommodations, sell out very quickly. 36 But no matter when you travel, it’s a good idea to make your reservations at least 90 days in advance.

**Use a travel agent.** Consider turning your travel plan over to a travel agent and letting him double-check all the details, make suggestions, and then handle the actual reservations. A good one can sometimes find you discounted tickets. 37 Then you won’t have to walk through several cars on a moving train three times a day for your meals.

**Bring a blanket.** When you’re riding on trains, you won’t be provided with a blanket for free, even if your trip is an overnight one. 38 In the summer in particular, the air conditioning can make them quite cold.

**Arrive early.** Most trains operate just once a day and some run only three times a week, so missing yours can be a disaster. 39 Note: The times listed on the schedules are departure times, not arrival times.

**Have fun.** 40 Read a book, knit, do a crossword puzzle, or simply watch the world unfold outside the window. To calculate your speed as you do, divide 3,600(the number of seconds in an hour)by the number of seconds it takes you to travel one mile(the distance between two mileposts). If it takes the train 53 seconds to travel one mile, you’re going 67.92 mph.

A．Train trips aren’t for impatient types.

B．You’ll have views from both sides of the train.

C．The temperature on rail cars is often hard to control.

D．That’s particularly true during busy summer months.

E．You might have to wait longer than 24 hours to catch the next one.

F．Chances are the cost will be a lot less than the cost of one bedroom.

G．He may also book you in a sleeping car that’s right next to the diner.

【答案】36．D 37．G 38．C 39．E 40．A

【导语】本文是说明文。文章讲述一些关于如何使坐火车旅行尽可能愉快的建议。

1. 根据上文“Plan ahead. Most long-distance trains, especially the sleeping car accommodations, sell out very quickly.(提前计划。大多数长途火车，尤其是卧铺，很快就卖光了。)”以及下文“But no matter when you travel, it’s a good idea to make your reservations at least 90 days in advance. (但无论你什么时候去旅行，最好至少提前90天预订。)”可知，大多数长途火车的卧铺很容易被定完，所以要提前安排预定，D项“在繁忙的夏季尤其如此。”符合语境，D项中“busy summer months”与前后文呼应，说明忙碌的夏季尤其需要提前计划。故选D项。
2. 根据上文“A good one can sometimes find you discounted tickets. (一个好的旅行社有时可以帮你找到打折的票。)”以及下文“Then you won’t have to walk through several cars on a moving train three times a day for your meals. (这样你就不必为了吃饭而每天三次在行驶的火车上穿过几节车厢了。)”可知，好的旅行社帮你预定，不仅可以找到打折的票，还可以节省从卧铺到餐车的距离，G项中“book you in a sleeping car that’s right next to the diner”与前后文对应，因此推断G项“他可能还会给你预订餐厅旁边的卧铺车厢。”符合语境。故选G项。
3. 根据上文“When you’re riding on trains, you won’t be provided with a blanket for free, even if your trip is an overnight one.(当你乘坐火车时，你不会免费获得一条毯子，即使你的旅行是过夜的。)”以及下文“In the summer in particular, the air conditioning can make them quite cold. (特别是在夏天，空调会让他们很冷。)”可知，这里提到了车厢内温度的问题，提醒乘客最好自备毛毯，C项中“The temperature on rail cars”与前后文对应，因此推断C项“列车上的温度通常很难控制。”符合语境。故选C项。
4. 根据上文“Most trains operate just once a day and some run only three times a week, so missing yours can be a disaster.(大多数火车每天只开一趟，有些火车一周只开三趟，所以错过你的火车可能是一场灾难。)”以及下文“Note: The times listed on the schedules are departure times, not arrival times. (注意:时刻表上列出的时间是出发时间，不是到达时间。)”可知，本段提醒要提前安排时间，错过时间是很麻烦的事情，E项中“You might have to wait longer”与前后文对应，说明错过火车导致的结果，因此推断E项“你可能要等上超过24小时才能赶上下一班。”符合语境。故选E项。

40．根据上文“Have fun.(玩得开心)”以及下文“To calculate your speed as you do, divide 3,600(the number of seconds in an hour)by the number of seconds it takes you to travel one mile(the distance between two mileposts).”(要计算你的速度，用3600(一小时的秒数)除以你走一英里(两个里程碑之间的距离)所花费的秒数。)”可知，本段讲述如何度过乘车时间，A项中讲到火车旅行不适合没有耐心的人与后文要计算时间，用不同的方式打发时间对应，符合语境。故选A项。

**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.

**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

**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

**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.

**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.

**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.

**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

**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

**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．

**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 harrier 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.

**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.

**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?

**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

**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 panty. 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.

**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.

**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.

**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.

**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.

**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.

**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 your 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

**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.

**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.

**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.

**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

**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!

**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.

**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

**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.

