

五年高考练

I. 阅读理解

主题语境：人与社会 难度：★★ 语篇类型：说明文 建议用时：8

(2019 课标全国 I ,D)

During the rosy years of elementary school(小学), I enjoyed sharing my dolls and jokes, which allowed me to keep my high social status. I was the queen of the playground. Then came my tweens and teens, and mean girls and cool kids. They rose in the ranks not by being friendly but by smoking cigarettes, breaking rules and playing jokes on others, among whom I soon found myself.

Popularity is a well-explored subject in social psychology. Mitch Prinstein, a professor of clinical psychology sorts the popular into two categories:the likable and the status seekers. The likables' plays-well-with-others qualities strengthen schoolyard friendships, jump-start interpersonal skills and, when tapped early, are employed ever after in life and work. Then there's the kind of popularity that appears in adolescence:status born of power and even dishonorable behavior.

Enviably as the cool kids may have seemed, Dr. Prinstein's studies show unpleasant consequences. Those who were highest in status in high school, as well as those least liked in elementary school, are “most likely to engage(从事)in dangerous and risky behavior.”

In one study, Dr. Prinstein examined the two types of popularity in 235 adolescents, scoring the least liked, the most liked and the highest in status based on student surveys(调查研究). “We found that the least well-liked teens

had become more aggressive over time toward their classmates. But so had those who were high in status. It clearly showed that while likability can lead to healthy adjustment, high status has just the opposite effect on us.”

Dr. Prinstein has also found that the qualities that made the neighbors want you on a play date—sharing, kindness, openness—carry over to later years and make you better able to relate and connect with others.

In analyzing his and other research, Dr. Prinstein came to another conclusion: Not only is likability related to positive life outcomes, but it is also responsible for those outcomes, too. “Being liked creates opportunities for learning and for new kinds of life experiences that help somebody gain an advantage,” he said.

词汇积累

status n.地位,身份 rank n.等级 sort into 把……分类整理 adjustment n.调整,适应 opposite adj.相反的 conclusion n.结论

1.What sort of girl was the author in her early years of elementary school?

A.Unkind. B.Lonely.

C.Generous. D.Cool.

2.What is the second paragraph mainly about?

A.The classification of the popular.

B.The characteristics of adolescents.

C.The importance of interpersonal skills.

D.The causes of dishonorable behavior.

3.What did Dr. Prinstein's study find about the most liked kids?

A.They appeared to be aggressive.

B.They tended to be more adaptable.

C.They enjoyed the highest status.

D.They performed well academically.

4.What is the best title for the text?

A.Be Nice—You Won't Finish Last

B.The Higher the Status, the Better

C.Be the Best—You Can Make It

D.More Self-Control, Less Aggressiveness

II.语法填空

主题语境：人与自我 难度：☆☆ 语篇类型：说明文 建议用时：7

(2017 课标全国 I)

There has been a recent trend in the food service industry toward lower fat content and less salt. This trend, which was started by the medical community(医学界) 1 a method of fighting heart disease, has had some unintended side 2 (effect)such as overweight and heart disease—the very thing the medical community was trying to fight.

Fat and salt are very important parts of a diet. They are required 3 (process)the food that we eat, to recover from injury and for several other bodily functions. When fat and salt 4 (remove)from food, the food tastes as if it is missing something. As 5 result, people will eat more food to try to make up for that something missing. Even 6 (bad), the amount of fast food

that people eat goes up. Fast food 7 (be) full of fat and salt; by 8 (eat) more fast food people will get more salt and fat than they need in their diet.

Having enough fat and salt in your meals will reduce the urge to snack (吃点心) between meals and will improve the taste of your food. However, be 9 (care) not to go to extremes. Like anything, it is possible to have too much of both, 10 is not good for the health.

词汇积累

trend n. 趋势 unintended adj. 非计划的

function n. 功能

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____ 10. _____

III. 七选五

主题语境：人与自我 难易度：★★ 语篇类型：说明文 建议用时：7

(2019 课标全国 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 the same coin. 1 Like the child on the diving board, you will stay undecided.

2 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 you set 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. 3 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. 4 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. 5 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.

词汇积累

evaluate vt.评价;估计 commitment n.承诺,保证 realistic adj.现实的;逼真的
flexible adj.灵活的;柔韧的;可弯曲的 circumstance n.环境;状况 ample adj.丰裕的;足够的

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

五年高考练

I. ◎语篇解读 本文体裁为说明文,主题语境为人与社会,主题语境内容为社会交往。文章将受欢迎的人分成了两类——讨人喜欢的人和追逐高地位的人。本文侧重培养学生的思维品质。

1.C 推理判断题。本题题干意为:作者在上小学的低年级时是什么样的女孩?根据题干中的 early years of elementary school 可定位到第一段第一句中的 During the rosy years of elementary school, I enjoyed sharing my dolls and jokes(喜欢分享玩偶和笑话),因此可以推断作者是大方的,故选 C 项。A:不友善的;B:孤独的;D:酷的。

2.A 主旨大意题。本题题干意为:第二段的主要内容是什么?根据第二段第二句 Mitch Prinstein, a professor of clinical psychology sorts the popular into two categories: the likable and the status seekers.可知,本段对受欢迎的人进行分类,故选 A 项。B:青少年的特点;C:人际交往技巧的重要性;D:不光彩行为的原因。

3.B 细节理解题。本题题干意为:Prinstein 博士的研究中针对最受喜欢的小孩的发现是什么?根据题干中的 study 和 the most liked kids 可定位到第四段中的 It clearly showed that while likability can lead to healthy adjustment, high status has just the opposite effect on us。healthy adjustment(调整,适应)对

应 B 项中的 adaptable(能适应的),故答案为 B 项。A:他们显得有侵略性;C:他们喜欢最高的地位;D:他们学习成绩很好。

4.A 主旨大意题。本题题干意为:本文最好的标题是什么?文章将受欢迎的人分成两类——讨人喜欢的人和追逐高地位的人。根据对这两种人的介绍可以总结出整篇文章都是在引导读者做讨人喜欢的人,对人友善、学会分享、敞开心扉,因此答案为 A 项。B:地位越高越好;C:做到最好——你可以做到;D:自制力越强,侵略性越小。

长难句分析

原句 Being liked creates opportunities for learning and for new kinds of life experiences that help somebody gain an advantage.

句意 被别人喜欢创造了学习的机会,也创造了新的生活体验,这些体验帮助某人获得优势。

分析 本句是主从复合句。that help somebody gain an advantage 是定语从句,先行词是 new kinds of life experiences。

II.◎语篇解读 为了应对肥胖和心脏病,医学界鼓励大家食用低脂肪、少盐的食物。但是如果过于极端的话,也会适得其反。

1.as 考查介词。医学界将其作为一种对抗心脏病的方法。as 在此处作介词,意为“作为”。

2.effects 考查名词复数。这种趋势有些非计划的副作用,如超重和心脏病。side effect 表示“副作用”,为可数名词,根据 such as overweight and heart disease 可知,副作用有多种,故填复数形式。

3.to process 考查非谓语动词。根据 require sth. to do sth.(需要某物做某事)以及其被动形式可知此处填不定式结构。

4.are removed 考查动词的时态、语态和主谓一致。句意:脂肪和盐分从食物中去除后,食物尝起来就好像缺失了什么东西。结合语境可知,状语从句中用一般现在时态,fat and salt 作主语,与 remove 之间为被动关系,故用被动语态,谓语动词用复数。

5.a 考查冠词。句意:结果,人们会吃更多的东西来努力弥补所缺的东西。as a result 结果。

6.worse 考查比较级。句意:更糟糕的是,人们所吃的快餐的量会上升。even worse 更糟的是,此处与上句中提到的“eat more food”相比较,故用比较级。

7.is 考查时态和主谓一致。根据上下文可知,此处用一般现在时,主语为 fast food,故系动词用 is。

8.eating 考查非谓语动词。by 在此处为介词,表示方式,故后面接动名词形式。

9.careful 考查形容词。句意:然而,小心不要走极端。设空处在系动词 be 后,作表语,故用形容词。

10.which 考查定语从句。句意:和其他东西一样,两者都有可能食用过多,这对健康是没有好处的。设空处指代前面的一句话,引导非限制性定语从句,故填 which。

III.◎语篇解读 本文是说明文。主题语境是人与自我,主题语境内容为认识自我,完善自我。文章从介绍动机和目标开始,告诉我们如何确立正确的动机和目标对我们更有益。本文旨在培养学生科学认识自我、激励自我、辩证看待问题、合理解决问题的能力。

1.G 过渡句。句意:若没有动机,你既不能设定目标,也不能达成目标。由设空处上句话 Motivation and goal setting are the two sides of the same coin.(动机和目标的设定是一件事情的两个方面。)可知,动机是很重要的。根据设空处下句

Like the child on the diving board, you will stay undecided.可知,中间需要加一个表示转折的句子:若没有动机……。故选 G。

2.B 主旨句。句意:那么,你应该如何激励自己呢?该题中,设空处位于文章第二段开头,可能会是该段的主旨句。设空处后面的 how should you stay motivated to achieve the goal 也是引出该段话题或是对主旨句的进一步说明。另根据句子结构一致的原则,可找到与此问句结构一致的选项 B:So how should you motivate yourself?故选 B。

3.A 过渡句。句意:这可能会影响你的工作。根据设空处前面的句子 There are times when your heart is not in your work.(有时你的心会不在你的工作上。)可知,接下来会说这样做的后果(影响你的工作)。设空处后面介绍正确的做法。故选 A。

4.E 细节句。句意:它们可以根据情况来改变。设空处前面的句子提到 Remember that goals are flexible.(要记得目标是灵活的。),接下来可能会接着解释它们会改变。选项 E 中的 They 与上句话中的 goals 指代一致。故选 E。

5.C 过渡句。句意:然而,这不应该使你泄气。由设空处上句话中的 you may want to be a pilot but can't become one because your eyesight is not good enough(你可能想成为一名飞行员,但因为你的视力不够好而不能成为一名飞行员)可知,接下来会告诉我们解决这个问题的办法。根据设空处下句话中的 You should reassess your goals(你应该重新评估你的目标)可知,选 C 项。

长难句分析

原句 So, slow down and think what you really want to do at that moment.

句意 所以,放慢脚步,想想那一刻你真正想做什么。

分析 本句话中 and 连接的是两个并列的祈使句。what 引导宾语从句。