**五年高考练**

Ⅰ.阅读理解



(2020浙江,C)

Challenging work that requires lots of analytical thinking, planning and other managerial skills might help your brain stay sharp as you age, a study published Wednesday in the journal *Neurology* suggests.

Researchers from the University of Leipzig in Germany gathered more than 1,000 retired workers who were over age 75 and assessed the volunteers' memory and thinking skills through a battery of tests. Then, for eight years, the scientists asked the same group to come back to the lab every 18 months to take the same sorts of tests.

Those who had held mentally stimulating(刺激),demanding jobs before retirement tended to do the best on the tests. And they tended to lose cognitive(认知)function at a much slower rate than those with the least mentally challenging jobs. The results held true even after the scientists accounted for the participants' overall health status.

“This works just like physical exercise,”says Francisca Then, who led the study. “After a long run, you may feel like you're in pain, you may feel tired. But it makes you fit. After a long day at work—sure, you will feel tired, but it can help your brain stay healthy.”

It's not just corporate jobs, or even paid work that can help keep your brain fit, Then points out. A waiter's job, for example, that requires multitasking, teamwork and decision-making could be just as stimulating as any high-level office work. And “running a family household requires high-level planning and coordinating(协调),”she says. “You have to organize the activities of the children and take care of the bills and groceries.”

Of course, our brains can decline as we grow older for lots of reasons—including other environmental influences or genetic factors. Still, continuing to challenge yourself mentally and keeping your mind busy can only help.

词汇积累

1.analytical *adj.*分析的;解析的;分析性的

2.assess *v.*评估,评定　3.demanding *adj.*要求高的;需要高技能(或耐性等)的;费力的　4.tend to倾向于;往往会　5.account for说明(原因、理由等)

1.Why did the scientists ask the volunteers to take the tests?

A.To assess their health status.

B.To evaluate their work habits.

C.To analyze their personality.

D.To measure their mental ability.

2.How does Francisca Then explain her findings in paragraph 4?

A.By using an expert's words.

B.By making a comparison.

C.By referring to another study.

D.By introducing a concept.

3.Which of the following is the best title for the text?

A.Retired Workers Can Pick Up New Skills

B.Old People Should Take Challenging Jobs

C.Your Tough Job Might Help Keep You Sharp

D.Cognitive Function May Decline As You Age

Ⅱ.语法填空



(2019课标全国Ⅱ)

A 90-year-old has been awarded “Woman Of The Year” for 　1　 (be) Britain's oldest full-time employee—still working 40 hours a week. Now Irene Astbury works from 9am to 5pm daily at the pet shop in Macclesfield, 　2　 she opened with her late husband Les. Her years of hard work have 　3　 (final) been acknowledged after a customer nominated(提名) her to be Cheshire's Woman Of The Year.

Picking up her “Lifetime Achievement” award, proud Irene 　4　 (declare) she had no plans 　5　 (retire) from her 36-year-old business. Irene said,“I don't see any reason to give up work. I love coming here and seeing my family and all the friends I 　6　 (make) over the years. I work not because I have to, 　7　 because I want to.”

Granddaughter Gayle Parks, 31—who works alongside her in the family business—said it remained unknown as to who nominated Irene for the award. She said,“We don't have any idea who put Grandma forward. When we got a call 　8　 (say) she was short-listed, we thought it was 　9　 joke. But then we got an official letter and we were blown away. We are so proud of her. It's 　10　 (wonder).”

1.　　　 2.　　　 3.　　　 4.　　　 5.

6.　　　 7.　　　 8.　　　 9.　　　 10.

**答案全解全析**

Ⅰ.◎语篇解读　本文是一篇说明文,主题语境是人与社会,主题语境内容为科学发现。文章介绍了一项研究结果:随着年龄的增长,做一些具有挑战性的工作,可以帮助大脑保持敏锐。本文旨在引导学生关注思维品质和学习能力的融合发展,提升科学素养和创新意识。

1.D　细节理解题。本题题干意为:科学家为什么让这些志愿者参加测试?根据题干中的“ask the volunteers to take the tests”可直接定位到第二段第一句话。根据句中的关键信息gathered more than 1,000 retired workers who were over age 75 and assessed the volunteers' memory and thinking skills through a battery of tests(聚集了1,000多名75岁以上的退休工人,并通过一系列测试来评估志愿者的记忆力和思维能力)可知科学家让志愿者参加测试的目的是测试他们的思维能力,故选D项。A:评估他们的健康状况;B:评估他们的工作习惯;C:分析他们的个性。

2.B　推理判断题。本题题干意为:在第四段中Francisca Then是如何解释她的发现的?在第四段中,Francisca Then通过对比长跑和长时间工作之后人们的感受,说明了从事具有挑战性的工作有助于大脑保持健康。故选B项。A:通过引用专家的话;C:通过参考另一项研究;D:通过介绍一个概念。

3.C　主旨大意题。本题题干意为:下列哪项是本文的最佳标题?本文采用了“总——分——总”的结构。第一段为主题段落,介绍了研究发现的结果:Challenging work that requires lots of analytical thinking, planning and other managerial skills might help your brain stay sharp as you age(具有挑战性的工作需要大量的分析思维、计划和其他管理技能,随着你年龄的增长,这可能会帮助你保持大脑的敏锐性),第二段至第五段说明了研究的具体情况,最后一段进行了总结。由此判断答案为C项。A:退休工人可以学习新技能;B:老年人应该从事具有挑战性的工作;D:认知机能可能随着你年龄的增长而衰退。

id:2147486908;FounderCES

原句　It's not just corporate jobs, or even paid work that can help keep your brain fit, Then points out.

分析　本句为主从复合句,其中It's not just corporate jobs, or even paid work that can help keep your brain fit 为宾语从句,采用了前置的形式,宾语从句由强调句型构成。

句意　Then指出,不仅仅是公司的工作,甚至是有报酬的工作,都可以帮助你的大脑保持健康。

Ⅱ.◎语篇解读　本文是记叙文。主题语境为人与自我,主题语境内容为社区生活和生命的意义与价值。文章介绍了90岁的英国全职员工Irene Astbury坚持每天朝九晚五地在自己和丈夫开的宠物店上班而荣获“年度女性”称号的感人故事。本文旨在培养学生热爱劳动、终生奉献的高尚劳动观。

1.being　考查非谓语动词作介词宾语。句意:一位90岁的老人因为是英国最年长的全职雇员而被评为“年度女性”。她仍然一周工作40个小时。设空处作前面介词for的宾语,故此处需填名词或动名词形式。又因所给词为be,故应填其动名词形式being。

2.which　考查非限制性定语从句。根据句子结构可知设空处引导非限制性定语从句,修饰先行词the pet shop。将先行词代入定语从句后为:She opened the pet shop with her late husband Les.由此可见,关系词在定语从句中作宾语,且并指“事物”,故填which。

3.finally　考查副词。句意:在一位客户提名她为柴郡的年度女性之后,她多年的努力工作终于得到了认可。根据文章中的句子结构可知,设空处修饰谓语动词,作状语,需要用所给词的副词形式。故填finally。

4.declared　考查时态。本句为主从复合句。设空处作proud Irene的谓语动词。后面的she had no plans...为宾语从句。根据上下文可知,设空处的谓语动词应该用一般过去时,故填declared。

5.to retire　考查非谓语动词作定语。设空处作前面名词plans的定语。名词plan, ability等后面多用不定式作定语。故填to retire。

6.have made　考查时态。句意:我喜欢到这里来看我的家人和我多年来交的所有朋友。friends后为定语从句。根据后面的时间状语over the years可知,设空处应该用现在完成时,故填have made。

7.but　考查连词。句意:我工作不是因为我必须工作,而是因为我想工作。根据句子意思可知,设空处与前面的not构成“not...but...”(不是……而是……)结构。故填but。

8.saying　考查非谓语动词作定语。句意:当我们接到一个说她入围了的电话时,我们认为这是个玩笑。设空处作a call的后置定语。名词call与动词say之间为逻辑上的主动关系,故填现在分词saying,相当于which said。

9.a　考查冠词。joke为可数名词,意为“玩笑”,在此处表示泛指,故填a。

10.wonderful　考查形容词作表语。设空处作前面系动词is的表语,表示It的特征,故填wonderful。