

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

(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

主题语境：人与自我 难易度：★★ 语篇类型：记叙文 建议用时：7

(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。

长难句分析

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。