

**北京2019年高考英语模拟试卷含答案和解析**

一、单选题（本大题共**15**小题，共**15.0**分）

1. Martin got up late and didn't catch the first bus yesterday，         he had to wait for the next one．（　　）

A. for B. or C. so D. but

2. \_\_\_\_\_\_ you are well prepared， you still need a lot of carefulness in the speech next week．（　　）

A. Although B. Because C. When D. Unless

3. Mike        for winning the badminton competition last year．（　　）

A. . has been praised B. . has praised
C. . was praised D. had praised

4. The reporter apologized for any misunderstandings \_\_\_\_\_\_ by his article on that film star．（　　）

A. causing B. caused C. to cause D. being caused

5. ---Why didn't you go cycling with us yesterday？
---I        my mother with the housework all day．（　　）

A. was helping B. would help C. had helped D. have helped

6. You shall finish the English test papers \_\_\_\_\_\_\_ two hours according to the rule．（　　）

A. by B. within C. before D. after

7.                from the moon，our earth，with water              seven percent of its surface，appears as a"blue ball"．（　　）

A. Seeing…covered B. Seen…covered
C. Seeing…covering D. Seen…covering

8. -What were you doing when I phoned you last night？
-I \_\_\_\_\_\_ my painting and was starting to take a bath．（　　）

A. have already finished B. was finishing
C. had just finished D. was going to finish

9.           a diary every day and you'll improve your writing．（　　）

A. Keeping B. To keep C. Keep D. If you keep

10. \_\_\_\_\_\_\_\_ is known to us all is that he will visit our school tomorrow．（　　）

A. What B. As C. Which D. It

11. Ever since the patients moved to the new hospital last year，they       better medical treatment．（　　）

A. have received B. had received C. will receive D. received

12. You \_\_\_\_\_\_ up with your classmates now，had you paid more attention to the lessons．（　　）

A. had kept B. would keep
C. would have kept D. kept

13. Recently I find \_\_\_\_\_\_\_not that difficult to learn English well．（　　）

A. them B. it C. that D. this

14. The weather was stormy during their stay at the beach， so they         have had a very nice holiday．（　　）

A. mustn't B. shouldn't C. can't D. needn't

15. The group of the aged are close companions， and many of \_\_\_\_\_\_\_\_\_\_ have known each other for decades．（　　）

A. that B. them C. whom D. what

二、阅读理解（本大题共**15**小题，共**30.0**分）

**A**

One day， an old couple around the age of 70， walked into a lawyer's office． They came to file a divorce． This couple had been quarreling all their over 40 years of marriage． They hung on because of their children， afraid to affect their up-bringing． Now， all their children have already grown up． There's nothing else to worry about． All they wanted was to end their unhappy marriage， so both agreed on a divorce．
Lawyer couldn't understand why the old couple would still want a divorce after 40 years of marriage at the age of 70． After they signed the papers， the lawyer suggested a dinner together， since they were still going to be friends．
At the dining table， the first dish was roasted chicken． Immediately， the old man took the drumstick（鸡大腿）for the old lady． "Take this， it's good．" But the wife was unhappy when she answered． "This is always the problem． You always think so highly of yourself． Never think about how I feel． Don't you know that I hate drumsticks？" Little did she know that the husband had been trying all ways to please her-drumsticks were the husband's favorite．
That night， both of them couldn't sleep． After hours， the old man recognized that he still loved her． He picked up the phone． But it never got through． On the other side， she was sad because he still couldn't understand her． Phone's ringing， knowing that it's him， she refused to answer． She thought that all was over and she pulled out the cord．
The next day， she received the news that he had passed away． She rushed down to his apartment， only to see his body lying on the couch still holding on the phone． He had a heart attack when he was still trying to get through her phone line．
As sad as she could be， she would have to clear his belongings． Suddenly she saw an insurance policy in the drawers， whose beneficiary（受益人）was her． Together in that file there's the note．
"To my dearest wife， by the time you are reading this， I'm sure I'm no longer around， I bought this policy for you． I hope it will be able to help me continue my promise-taking care of you． I want you to know I will always be around by your side． I love you．"

16. The old couple kept their unhappy marriage for 40 years because \_\_\_\_\_\_ ．

A. they were not allowed to divorce until the age of 70
B. they were afraid of being lonely after the divorce
C. they took their children's up-bringing into consideration
D. they didn't have enough money to afford the fee of a lawyer

17. The writer mentioned the "drumsticks event" at dinner to \_\_\_\_\_\_ ．

A. show that the couple's life was very poor
B. prove that it was a right decision for the divorce
C. tell the readers what was the problem of their marriage
D. criticize the old man who paid too much attention to his own

18. The story conveys a message that \_\_\_\_\_\_ ．

A. The old man shouldn't take the drumstick for the old lady．
B. Lacking respect each other will lead to divorce of a couple
C. one's words are clearer than his action when expressing love
D. understanding plays an important role even between a couple

**B**

Are you preparing for a big test？ If so， you may want to go to play some basketball in between hitting the books． Doctors are starting to find more and more information that suggests a connection between exercise and brain development． Judy Cameron， a scientist at Oregon Health and Science University， studies brain development． According to her research， it seems that exercise can make blood vessels（血管），including those in the brain， stronger and more fully developed． Dr． Cameron is sure that this allows people who exercise to think better． As she says， "while we already know that exercise is good for the heart， exercise can actually cause physical changes in the brain．"
The effects of exercise on brain development can even be seen in babies． Babies who do activities that require a lot of movement and physical activity show greater brain development than babies who are less physically active． Even a little movement can show big results． Margaret Barns， a scientist， also believes in the importance of the exercise． She thinks that many learning disabilities that children have in primary school or high school can result from a lack of movement as babies． "Babies need movement that encourages and excites their five senses． They need to set up a connection between motion and memory． In this way， as they get older， children will begin to connect physical activity with higher learning，" says Margaret．
Older people can develop their brains as well． Cornell University studied a group of seniors who have a short-term memory increase of up to 40 percent after exercising just three hours a week． The exercise does not have to be very difficult， but it does have to increase heart rate． Also， just like the motion for babies， exercise for older people should not be too simple． Learning some new skills or actions， such as with yoga or tai-chi helps to open up memory paths in the brain that may not have been used for a long time． For most people， any type of physical activity that increases the heart rate is helpful． The main aim is to increase the brain's flow of blood． And your brain can benefit from as little as two to three hours of exercise a week．

19. What is the main idea of this passage？ \_\_\_\_\_\_

A. How exercise makes people strong．
B. How to get good scores on a test．
C. How exercise helps the brain．
D. How the brain can change．

20. According to the passage， what is the connection between exercise and brain development？ \_\_\_\_\_\_

A. Exercise helps make our blood vessels．
B. Physical exercise helps us think better．
C. The brain needs special mental exercise．
D. The more exercise， the bigger the brain．

21. The smallest amount of exercise required to gain any benefit is \_\_\_\_\_\_ ．

A. three hours per week B. 40 hours per week
C. three hours per day D. 40 hours per month

22. Why is yoga suggested for seniors？ \_\_\_\_\_\_

A. It does good to the joints of old people．
B. It does not increase the heart rate．
C. It includes learning new actions．
D. It can be done in groups．

**C**

"Oh， my God! Did I really just send that text？" Most people have said something that they wish they could take back． And if they had paused to think about it first， they probably would have acted differently． Pausing doesn't pay off just when you speak． Scientific studies have shown that making a habit of pausing before you do something can actually have a big impact on how your life turns out．
In making decisions we rely on two areas of the brain． One area creates and processes emotions；the other governs logical thought． The type of decision， how we feel about it， and how prepared we are to handle it help determine which brain area has the most influence．
But our age also plays an important role． Thinking through the consequences of one's actions is actually harder for teens because the area controlling logical thought is not fully developed until around age 25． This is why teens often feel an intense（强烈的） emotional drive to act impulsively （冲动地）-it's how their brains are structured! Though this tendency to act without considering the outcomes can lead to problematic situations， impulsivity during the developmental years evolves because it makes teens more open to new experiences and ideas． This openness helps teens become independent adults．
The key to making impulsivity work for you-instead of against you-is to train your brain by practicing pausing． This doesn't mean you stop taking risks or being open to new experiences． But you won't know if the risk is worth it until you think it through． Deciding to take a risk based on logic shows self-control， not impulsivity．
What are different ways to pause？ You might take a deep breath， count to 10， or ask， "Is this worth it？" Different strategies work for different people． Whatever works for you， keep doing it! By practicing pausing， you can actually change your brain． This means that over time， pausing， instead of immediately reacting， becomes your "natural" response． And with this change， people are on their way to enjoying the life rewards that come with high levels of self-control-even if they weren't natural-born pausers!

23. What challenges teenagers？ \_\_\_\_\_\_

A. Giving natural response．
B. Making logical decision．
C. Acting before thorough thinking．
D. Choosing brain-training strategies．

24. An impulsive person tends to \_\_\_\_\_\_ ．

A. think through a risk in advance
B. show high level of self-control
C. consider or accept new ideas
D. change ideas frequently

25. According to the passage， by training one's brain， one can \_\_\_\_\_\_ ．

A. stop taking risks
B. fully develop one's brain
C. become more open to new experience
D. reduce the influence of emotional drive

26. What is the best title for the passage？ \_\_\_\_\_\_

A. Discover the Brain Function B. Crying Over the Spilt Milk
C. Push the Pause Button D. Impulsivity Works

**D**

Fencing or Not
Wildlife fences are constructed for a variety of reasons including to prevent the spread of diseases， to protect wildlife from poachers（偷猎者）， and to help manage small populations of threatened species． Human-wildlife conflict is another common reason for building fences． Wildlife can damage valuable farm animals and crops． Some species carry diseases of agricultural concern， and a few threaten human lives． At the same time， people kill wild animals for food， trade， or to defend lives or property， and human activities destroy wildlife habitat（栖息地）． Separating people and wildlife by fencing can appear to be a mutually beneficial way to avoid such harmful effects． But in a paper in the journal Science， published recently， some scientists argue that fencing should only be used if worse comes to worst．
According to the scientists， although fencing can have conservation benefits， it also has costs． When areas of wildlife habitat are changed into islands， the resulting small and isolated populations tend towards extinction， and the resulting loss of larger-bodied species can affect interactions between species in ways that cause further local extinctions． Therefore， scientists are asking that conservationists carefully weigh up the biodiversity costs and benefits of new and existing fences．
In addition to fences' ecosystem-wide impact， the scientists don't think they always achieve their specific aims． Construction of fences to reduce human-wildlife conflict has been successful in some places but the challenges of appropriate fence design， location， construction， and protection mean that fences often fail to deliver the anticipated benefits． In some places， fences also provide poachers with a ready supply of wire for making traps．
A variety of alternative approaches， including better caring for farm animals， community-based crop-guarding， insurance and wildlife-sensitive land-use planning are suggested to reduce conflicts between people and wildlife without the need for fencing． Some projects working with local people and government agencies in Indonesia have shown that human-elephant conflict can be dramatically reduced without using fences．
The scientists conclude that as climate change increases the importance of facilitating wildlife mobility and conserving landscape connectivity， fence removal may become an important form of climate change preparation， and so fencing of wildlife should be avoided whenever possible．

27. What does the underlined word "mutually" in Paragraph 1 probably mean？ \_\_\_\_\_\_

A. Indeed． B. Outdoors． C. Straight． D. Both．

28. According to the scientists， what will fencing influence？ \_\_\_\_\_\_

A. Land building． B. Species diversity．
C. Human population． D. Wildlife's body size．

29. What is mainly discussed in Paragraph 4？ \_\_\_\_\_\_

A. Replacements for fences．
B. Wildlife-protection methods．
C. Effective land-use approaches．
D. Conflicts between human and wildlife

30. The main purpose of the passage is to \_\_\_\_\_\_ ．

A. argue and prove B. inform and explain
C. appeal and discuss D. compare and assess

三、阅读七选五（本大题共**5**小题，共**10.0**分）

As you grow rapidly through your teenage years， you will experience a lot of changes． The changes may seem difficult． (1) ． Don't panic! You will deal successfully with them! You are a young adult now! With more responsibility， you will find more freedom to make your own choices． This is a time to be well informed about making choices． In this way you can make healthy balanced decisions． (2) You may already know your career path or you may have no idea at all what you want to do． Both situations are fine! Work hard and the right opportunity will present itself to you．
Young adulthood means greater freedom and more choices． (3) But try not to shut your family out of your life． You school learn to think of others even though you are old enough to look after yourself．
It is also perfectly natural at this time for you to spend more time with your friends than your family (4) A true friend will stand by you no matter what happens．
This period is a part of the life cycle． These are some people who will be with you throughout life's journey． There will be some people with whom you part and go separate ways． Leaving school can be hard． The reality is that you may not even see all of your classmates again．
You are a young adult． It is your life． No one can live it for you． (5) So making the right choices will be important to you． Life is for living． Enjoy your life wisely!

A．Choose your friends wisely．
B．They will help shape the future．
C．They may seem to happen quickly．
D．You will probably want to be independent．
E．You may appreciate（感激） what you have in your own life．
F．The choices that you make from now on will be your choices．
G.. Your family has been with you since you came into this world

31.  A. A B. B C. C D. D E. E F. F

32.  A. A B. B C. C D. D E. E F. F

33.  A. A B. B C. C D. D E. E F. F

34.  A. A B. B C. C D. D E. E F. F

35.  A. A B. B C. C D. D E. E F. F

四、完形填空（本大题共**20**小题，共**30.0**分）

I had been playing hockey （冰球） for about 10 years． I was always the one sitting at the end of the bench， and(36)got into a game． I went to all the (37)and showed up even when it was so (38)that your "breath froze" and when the other players had decided to stay home． I felt I had (39)enough and thought of quitting．
I finally decided to (40)the news to my mom that I was leaving the team． My mom may have looked like a tiny and quiet lady but on (41)my words， she said， "Remember，‘ A quitter never wins and a winner never quits．' Your mother didn't raise (42)， so think about yourself in a (43)way and see yourself as a winner!" So I worked harder than ever at getting in better shape，(44)my shot accuracy and changing my(45)．
Once in a match， we (46)out first game badly． What's worse， one of our best players got hurt． I was sitting at my (47)place， at the end of the bench， when the coach came over and told me I was going (48)． I was nervous， excited and terrified all at the same time．
The opposing team was fast and I had to admit I was a little (49)． But my mom's words(50)out in my head like a church bell． Instead of being afraid， I was "pumped" and I very quickly found that all my(51)work was paying off． I was as fast a skater as anyone else on the ice， and I seemed， to get the(52)to score． The crowd went quiet． All the time I spent on the ice when everyone had gone home had (53)me for this moment．
Won! I won!
The lesson I learned from my mom's (54)has stayed with me over the years． I hear them whenever I am faced with a challenge， or whenever I(55)myself．

36.  A. once B. seldom C. usually D. even

37.  A. meetings B. shows C. matches D. practices

38.  A. cloudy B. wet C. cold D. windy

39.  A. suffered B. explained C. planned D. escaped

40.  A. write B. break C. read D. report

41.  A. noticing B. gathering C. hearing D. analyzing

42.  A. talkers B. dreamers C. attackers D. losers

43.  A. positive B. familiar C. brief D. convenient

44.  A. testing B. improving C. questioning D. affecting

45.  A. aim B. taste C. habit D. attitude

46.  A. lost B. controlled C. practiced D. continued

47.  A. usual B. safe C. secret D. private

48.  A. off B. in C. by D. up

49.  A. annoyed B. awkward C. scared D. bitter

50.  A. ran B. gave C. stood D. rang

51.  A. delicate B. extra C. creative D. casual

52.  A. chance B. message C. order D. note

53.  A. spared B. requested C. prepared D. sent

54.  A. actions B. reasons C. words D. promises

55.  A. judge B. express C. comfort D. doubt

五、书面表达（本大题共**1**小题，共**15.0**分）

56. 假设你是红星中学高三学生李华．请根据以下四幅图的先后顺序，以"Go Beyond Yourself"为题，给校刊"英语角"写一篇英文稿件，记述你刻苦训练，成功通过体育测试长跑项目的过程．
注意：词数不少于60．
提示词：体育测试 Physical Fitness Test．

\_\_\_\_\_\_．

参考答案和解析

1.【答案】C
【解析】

答案：C   A因为；B否则；C所以、因此；D但是．所供选项都是并列连词．联系上下文逻辑关系，前Martin got up late and didn't catch the first bus yesterday为因，后he had to wait for the next one为果，所以C项符合语境．
故选：C．
马丁昨天起床晚了，没赶上第一班公共汽车，所以他只好等下一班公共汽车．
本题考查连词的用法．在理解语境的基础上，弄清楚上下文之间的逻辑关系，熟记不同连词的基本的应用规则，注意一些固定搭配，从而写出正确答案．

2.【答案】A
【解析】

答案：A．考查连词词义辨析．A．although 虽然，尽管；B．because 因为；C．when 当……时，既然；D．unless 除非，如果不．结合句意，所以A项正确．
故选：A．
尽管你准备得很好了，但你在下周的演讲中仍然需要特别小心．
考查连词词义辨析．做题时先弄清每个选项的含义，再结合句意选出最佳选项．

3.【答案】C
【解析】

C．考查动词时态．因为是去年，所以用过去的某种时态，排除AB．D选项表示"过去的过去"，也不符合．C选项为过去时的被动语态，表示"过去被表扬"．
故选：C．
去年赢了羽毛球比赛，Mike得到了表扬．
动词时态有很多种，需要大家在理解句意的前提下仔细分析，选出正确答案．关键要熟悉每一种时态表达的含义和用法．

4.【答案】B
【解析】

答案：B 句中cause作misunderstandings的后置定语，cause与被修饰名词misunderstandings构成动宾关系，且句意表达的是已经发生的动作．故选B．
这位记者就自己关于那位影星的文章所引起的误解道了歉．
过去分词是非谓语动词的一种，用法很灵活，分为简单式done（表示与谓语同时或几乎同时发生的动作）；完成式having been done（表示先于谓语的动作）．学习时，要把握其用法特征：表示被动和完成．同时还要注意区分现在分词和不定式．

5.【答案】A
【解析】

A．考查动词时态．根绝yesterday和all day可以知道，这是昨天一整天都在进行的动作，过去某个时间段一直进行的动作，用过去进行时．B项过去将来时，C项过去完成时，D项现在完成时均不符合语境．
故选：A．
---你昨天为什么不和我们一起骑自行车呢？
--我一整天都在帮妈妈做家务．
动词时态有很多种，需要大家在理解句意的前提下仔细分析，选出正确答案．关键要熟悉每一种时态表达的含义和用法．

6.【答案】B
【解析】

答案：B．考查介词．句意：你应按规定在两小时内完成英语试卷．A by通过；B  within在…之内；C 之前；D 之后．所以B选项符合句意．
故选：B．
你应按规定在两小时内完成英语试卷．
介词的题目要认真掌握好常用介词的主要用法及动词与介词的搭配．这是考查的重点，也是做题的基础．在具体的题目中，要首先判断考查方式，是考查介词辨析，介词短语，还是带介词的定语从句，判断后再做分析．

7.【答案】D
【解析】

答案：D．考查非谓语过去分词．分词做状语时，如果动词与后面的主语构成主动关系，就使用现在分词的形式，如果构成被动关系，就使用过去分词．本题的see与our earth构成被动关系，所以使用过去分词．With符合结构中water与cover构成主动关系，则使用现在分词的形式．句意：从月球上看，因为有水覆盖着，我们的地球似乎是一个蓝色的球．
故选：D．
从月球上看，因为有水覆盖着，我们的地球似乎是一个蓝色的球．
过去分词的解题关键是看动词与逻辑主语的关系，当逻辑主语是分词动作的执行者的时候，是一种主谓关系，如果两者是动宾关系的时候，就用过去分词．过去分词表示的动作具有被动或完成的意义．

8.【答案】C
【解析】

由"我正要去洗澡"可知昨晚你打电话时"我刚刚画完"，"画完"在"打电话"之前，即过去的过去，故用过去完成时．
故选：C．
我昨晚打电话给你的时候你在干什么？
-我刚画完就开始洗澡．
本题考查过去完成时，过去完成时表示过去的过去发生的事情，属于相对的时态，在过去的动作之前发生的可以用过去完成时．

9.【答案】C
【解析】

答案是C．考查固定句型：祈使句+and/or+句子，其中祈使句句首要用动词原形，祈使句部分在句中相当于if引导的条件状语从句．故答案是C．
每天写日记，然后你就会提高你的写作能力．
解答此类问题，首先需要判断题干所属的句型，然后结合句子所缺成分和句型构成选择正确答案．

10.【答案】A
【解析】

答案A
解析：考查主语从句．句子is known to us all 缺少主语，what做主语，引导主语从句，双重作用，what is known to us all是一个名词性从句，常用来作主语从句．也可以说as is known to us all ，he will visit our school tomorrow．还可以It is known to us all that he will visit our school tomorrow．
故选：A．
我们都知道他明天会来我们学校参观．
It Is known to us that /to do是独立句，其中it 是形式主语，真正主语是后面that 从句或to do动词不定式，as is known to us all是由as引导的定语从句， as指代后面或前面的整个主句，因此as is known to us all结构可放句首，也可放句中或句末， 但一定要用逗号与主句隔开，what is known to us all是一个名词性从句，常用来作主语从句．

11.【答案】A
【解析】

答案：A．
和ever since…连用，用现在完成时表示动作从过去到现在一直在做，所以选A．
自从这些病人去年搬到新医院以来，他们已经受到了更好的医护治疗．
对于时态的运用要注意时间状语的出现，还有要结合句子的上下文句意及逻辑关系作出判断．

12.【答案】B
【解析】

答案：B．本题考查错综时间的虚拟语气．从句是和过去相反的虚拟语气，用had done，省略if，将had提前，主句是和现在相反的虚拟条件句，用would do．故选B．
如果你多关注功课，你现在可以跟上你的同学．
这句话考查错综时间的虚拟语气．主从句的时间不一致，要分别分析看和什么时候的情况相反，再根据主从句应该的时态做题．

13.【答案】B
【解析】

答案：B．考查it做形式宾语，该句中，it放在find后面做形式宾语，真正的宾语是to　do不定式，结合句意，最近我发现学好英语并不是那么难．
故选：B．
最近我发现学好英语并不是那么难．
本题题型为选词填空．在选择给定词语时，再考虑文章大意的前提下，还应该注意文章及句子所用的时态，以及所填写的词在句子中的位置．通过这些判断，适当改变词汇形式，以符合题目要求．

14.【答案】C
【解析】

答案：C．考查情态动词．句意：他们在海滩逗留期间，天气有暴风雨，所以他们不可能度过一个非常愉快的假期．根据前文句子The weather was stormy during their stay at the beach可以推断他们一定玩的不好，是对过去的有把握的否定推测，所以用can't /couldn't have done结构．
故选：C．
他们在海滩逗留期间，天气有暴风雨，所以他们不可能度过一个非常愉快的假期．
情态动词是近几年高考的一个热点，全国各省市的高考题中每年都有对情态动词这一内容的考查，它也是学生学习的难点．对于情态动词，除了要求考生能够准确掌握它们的基本用法外，还要充分利用高考试题所设置的语境来分析句子之间所体现的特殊关系．

15.【答案】B
【解析】

答案：B．考查代词，them指代前面的the aged，即老人，结合句意，这群老人是亲密的伙伴，他们中的许多人已经认识了几十年．根据and可知是并列句，and后面缺少主语，故填them．
故选：B．
这群老人是亲密的伙伴，他们中的许多人已经认识了几十年．
本题题型为单词填空．在选择给定词语时，再考虑大意的前提下，还应该注意句子所用的时态，以及所填写的词在句子中的位置．通过这些判断，适当改变词汇形式，以符合题目要求．

16.【答案】

|  |  |  |
| --- | --- | --- |
| 【小题1】C | 【小题2】C | 【小题3】D |

【解析】

1：C． 推理题．根据 "They hung on because of their children， afraid to affect their up-bringing他们为了他们的孩子而坚持，'担心影响他们的成长"可知他们为了他们的孩子而没有离婚．故选C．
2：C． 细节题．阅读全文可知，没有提到他们很穷，所以A不正确．根据第二段" Lawyer couldn't understand why the old couple would still want a divorce "可知这位律师并不支持他们离婚，所以B项不正确；文章没有提到批评老人的事，所以D不正确；根据第三段" But the wife was unhappy when she answered． "This is always the problem""说明他们离婚的问题在这儿，故选C．
3：D． 主旨大意．阅读全文可知，本文叙述了一对老年夫妇的故事，彼此相爱但因误解而在争吵中度过一生，在分手之夜醒悟了的老人试图挽回婚姻，但是爱已经没了机会．文章告诉我们的是‘爱要相互理解"．故选D．
本文是一篇记叙文．本文叙述了一对老年夫妇的故事，彼此相爱但因误解而在争吵中度过一-生，在分手之夜醒悟了的老人试图挽回婚姻，但是爱已经没了机会．文章告诉我们的是‘爱就不要等待"．
本文细节题居多，答题时在文章找到对应的地方，用笔进行标记，这有利于后期有时间检查时可以立刻找到答案的位置．仔细理解作者所讲的意思，再结合选项，通过排除法和自己对全文的把握，选出正确答案．

19.【答案】

|  |  |  |  |
| --- | --- | --- | --- |
| 【小题1】C | 【小题2】B | 【小题3】A | 【小题4】C |

【解析】

（1）C．主旨大意．根据第一段实验结果it seems that exercise can make blood vessels （血管）， including those in the brain， stronger and more fully developed． Dr． Cameron is sure that this allows people who exercise to think better．可知运动有助于大脑的发展和更好的思考，然后后面几段通过实验说明了运动是如何做到这一点的，故答案为C．
（2）B．细节理解．根据第一段Dr． Cameron is sure that this allows people who exercise to think better． As she says， "While we already know that exercise is good for the heart， exercise can actually cause physical changes in the brain．"可知，运动能够让人们更好地去思考，让大脑产生一些物理变化，故答案为B．
（3）A．细节理解．根据最后一段And your brain can benefit from as little as two to three hours of exercise a week．可知，只需要每周2-3个小时的锻炼就可以让大脑获益了，故答案为A．
（4）C．细节理解．根据最后一段Learning some new skills or actions， such as with yoga or tat- chi helps to open up memory paths……可知推荐瑜伽是因为它可以学习到新的技能和动作有助于大脑记忆的开发，故答案为C．
本文是一篇说明文．本文通过讲述一位脑发育研究科学家们的新的研究发现告诉人们：运动有助于大脑的发展和更好的思考，可以让人的大脑更好的思维，有助于大脑记忆的开发，会让人更健康，对于无论是婴儿还是老人都如此．
阅读理解应该在整体把握文章结构的前提下，注意细节信息．做题时，根据所提问题用寻读、跳读的方法可达到事半功倍的效果．同时，在阅读时也要特别注意文中以粗体、大写、下划线等方式加以提示的文字，因为这很有可能是文章的核心或某一部分内容的概括．

23.【答案】

|  |  |  |  |
| --- | --- | --- | --- |
| 【小题1】B | 【小题2】C | 【小题3】D | 【小题4】C |

【解析】

1．B．推断题．由第三段第二句"Thinking through the consequences of one's actions is actually harderfor teens because the area controlling logical thought is not fully developed until around age 25"和第三句"T his is why teens often feel an intense emotional drive to act impulsively""可知，青少年并不能很好地进行逻辑思考，也不习惯在做事前仔细思考，更倾向于靠本能做决定．故正确答案为B．
2．C． 推断题．A项，由第三段第三句"T his is why teens often feel an intense emotional drive to act impulsively"和第四句"T hough the tendency to act without considering the outcomes canlead to problematic situations" 可知，冲动的人容易不顾后果，因此不会在事前权衡风险，故A项错误．B项，由第四段最后- -句" Deciding totake a risk based on logic shows self-control， not impulsivity" 可知，冲动的人自制力比较差，故B项错误．C项，由第三段第四句中的"impulsivity during the developmental  years evolves because it makes teens more open to new experiences and ideas．"可知，冲动会使人更容易接受新经验和新思想，故C项正确．D项，文章并没有提到"冲动的人会频繁的改变想法"，故D项错误．故正确答案为C．
3．D．推断题．由第四段最后一句"Deciding to take a risk based onlogic shows self-control， not impulsivity" 可知，训练自己的大脑可以提高自控力，借以减少做决定时感情因素的影响，而更多的依赖于冷静的逻辑思维和分析，D项正确．A项，由第四段第一、二句"T he key to making impulsivity work for you一instead of against you一is to train your brain by practicing pausing． T his doesn't mean you stop taking risks"可知训练大脑并不意味着你能停止冒险，A项错误．B项，文章没有提到进行大脑训练可以完全开发人的大脑，B项错误．C项，由第三段倒数第二句"impulsivity …makes teens moreopen to new experiences and ideas" 和第四段第二句"T his doesn't mean you stop taking risks or being open to new experiences．"可知，进行大脑训练并不会使人更容易接受新经验，故C项错误．故正确答案为D．
4．C． 主旨题．文章开头部分以例子的形式引出话题"冲动（impulsivity）"， 然后分析人性格冲动的原因，接下来就指出了解决方法：训练自己的大脑，提高自控力，用逻辑分析来做决定，减少感情因素对我们做决定的影响，即Pause before making decision． 故可知C项Push the Pause Button 是文章最适合的标题．A项，"发现大脑的功能"，这一说法太宽泛而且与文章关系不大，故A项错误．B项，"为撒了的牛奶哭泣"，即为已经发生的不好的事情而惋惜，这一说法与文章内容没有直接关系，故B项错误．D项，"冲动有用"，作者在文章中明确提出了要训练大脑，抑制冲动，这一说法有悖文章内容，故D项错误．故正确答案为C．．
本文是一篇说明文．文章主要讲的是影响人们做决定的因素．科学研究发现，在做事情之前，停下来思考一下是很有必要的，人们依靠大脑的两个区域来作出决定，一个区域产生情绪，另一个区域控制着逻辑思维．
阅读理解应该在整体把握文章结构的前提下，注意细节信息．做题时，根据所提问题用寻读、跳读的方法可达到事半功倍的效果．同时，在阅读时也要特别注意文中以粗体、大写、下划线等方式加以提示的文字，因为这很有可能是文章的核心或某一部分内容的概括．

27.【答案】

|  |  |  |  |
| --- | --- | --- | --- |
| 【小题1】D | 【小题2】B | 【小题3】A | 【小题4】B |

【解析】

1．D． 推断题．由第一段第二、三句"Wildlife can damage valuable farm animals and crops．Some species carry diseases ofagricultural concern， and a fewthreaten human lives…people killwild animals for food， trade， or todefend lives or property， and humanactivities destroy wildlife habitat" ， 可知人类和野生动物互相伤害，把人类和野生动物分隔开来能使农作物和人类的生命得到保护，同时，野生动物也能免遭杀害，这似乎是对人类和野生动物都有益处的办法，说明划线词是"相互的"之意，故选D．
2．B．细节理解．根据第二段第二句the resulting small and isolated populations tend towards extinction， and the resulting loss oflarger-bodied species…cause further local extinctions"可知， 科学家认为隔离野生动物和人类会造成动物的灭绝；结合第二段最后一句"scientists are asking that conservationists carefully weigh up the biodiversity costs and benefits of new and existing fences．"可知科学家们认为fencing会进而影响物种的多样化，故选B．
3．A．主旨大意．由第四段第一句"A variety ofalternative approaches…are suggested to reduce con flicts between peopleand wildli fe without the need for fencing"可知，可知，人们提出了许多别的方法来替代围栏，减少人和野生动物之间的冲突，包括更加关心动物等等．第二句又讲到在印度尼西亚，一些项目与当地人民和政府机构合作，证明了人与象之间的冲突不用围栏也可以显著减少，由此推知，该段主要讲述围栏的替代，故选A．
4． B．主旨题．文章第一段先表述了目前人类与野生动物的关系，引出了篱笆隔离这一话题，之后指出科学家们反对用篱笆来隔离野生动物，并解释了理由．接下来，文章又提出了很多措施处理人与野生动物的关系，并希望以此代替篱笆，在最后-．段又指出了取消以篱笆隔离野生动物这一举动的现实意义．由此可见这篇文章旨在向世人提出"取消篱笆"这一建议，并解释了其背后的原因，提出了替代的措施．故选B．
本文是一篇议论文．文章主要讲的是人类和野生动物之间的冲突．一方面，野生动物给农作物带来伤害，还可能会威胁人的生命；另一方面，人类捕杀野生动物，人类活动破坏野生动物的栖息地．为了解决这种冲突，有人提出用隔离人类和野生动物的办法．科学家认为此举不利于保护物种的多样性．
1通览---速读全文，把握大意
跳格快速阅读一下全文，通过通览全文、领会大意，概略地了解文章的体裁、背景、内容等等．
2选填---紧扣文意，瞻前顾后
先易后难，逐层深入．紧扣全文内容，  联系上下文和语境，展开逻辑推理，注意从上下文中寻找线索，注意词汇的意义、搭配，惯用法，语法，常识，等多个角度进行综合考，选项入格．
3复核---全面检查，确保语意连贯用词准确

31.【答案】

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 【小题1】C | 【小题2】B | 【小题3】D | 【小题4】A | 【小题5】F |

【解析】

CBDAF
1．C．承上启下题．根据上文The changes may seem difficult．提到，在青少年时期，青少年可能会经历对自己来说较困难的改变；根据下文Don't panic!You will deal successfully with them!You are a young adult now提到，不要惊慌．C项：They may seem to happen quickly．"它们（即那些困难的事情）似乎发生的很快"，承上启下，符合语境．故此处选C．
2．B．语境辨析题．根据上文In this way you can make healthy balanced decisions提到，在青少年时期，要了解一些能帮助自己做出决定的建议，这样才能做出正确的决定．B项：They will help shape the future．"它们（即那些正确的决定）能帮助塑造你的未来"，承接上文，符合语境．故此处选B．
3．D．文章衔接题．根据上文Young adulthood means greater freedom and more choices提到，青春期意味着更多的自由和选择；根据下文But try not to shut your family out of your life提到，但是不要将你的家人赶出你的生活．D项：You will probably want to be independent．"你可能想要独立一些"，承上启下，符合语境．故此处选D．
4．A．理解判断题．根据后文But try not to shut your family out of your life．可知本段主要讲述的是关于青少年在选朋友时的建议，与此话题有关的选项只有A项：Choose your friends wisely．"选朋友时要明智一些"，故此处选A．
5．F．推理判断题．根据下文So making the right choices will be important to you提到，因此做出正确的选择对你很重要；F项：The choices that you make from now on will be your choices．"从现在起，你做出的选择将是你自己的选择"，与下文形成因果关系，符合语境．故此处选F．
本文属于说明文阅读，作者通过这篇文章主要向我们描述了少年时光过得很快，经历了很多事情，而成年早期意味着较多的自由和较多的选择，我们要学会正确地做出选择．
考察学生的推理判断能力和联系上下文的能力，在做推理判断题不要以个人的主观想象代替文章的事实，要根据文章事实进行合乎逻辑的推理判断．此类的填空题一定要联系上下文，根据上下文的内容加上自己的理解，再作出正确的判断．

36.【答案】

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 【小题1】B | 【小题2】D | 【小题3】C | 【小题4】A | 【小题5】B |
| 【小题6】C | 【小题7】D | 【小题8】A | 【小题9】B | 【小题10】D |
| 【小题11】A | 【小题12】A | 【小题13】B | 【小题14】C | 【小题15】D |
| 【小题16】B | 【小题17】A | 【小题18】C | 【小题19】C | 【小题20】D |

【解析】

36-40 BDCAB   41-45 CDABD   46-50 AABCD  51-55 BACCD
36．B考查副词：A．once一旦，B．seldom很少，C．usually通常，D．even甚至，从前面的句子：I was always the one sitting at the end of the bench 可知作者总是坐在长凳上，很少参加比赛，选B
37．D考查名词：A．meetings会议，B．shows展示，C．matches比赛，D．practices练习，句意：每次训练我都会去，选D
38．C考查形容词：A．cloudy多云的，B．wet潮湿的，C．cold冷的，D．windy有风的，从后面的句子：your‘breath froze'，when the other players had decided to stay home．可知在呼吸都能结冰的寒冷的天气，其他球员都决定呆在家里的时候，我也能出现在球场，选C
39．A考查动词：A．suffered遭受，痛苦，B．explained解释，C．planned计划，D．escaped逃离，句意：我感到自己受够了，决定放弃，选A
40．B 考查动词：A．write写，B．break打破，C．read阅读，D．speak说话，这里的break the news to sb"把消息透露给某人"，句意：我决定把要放弃的消息告诉妈妈，选B
41．C考查动词：A．noticing注意到，B．gathering聚集，C．hearing听见，D．analyzing分析，句意：妈妈一听见我说的话，就说：放弃的人永远不会赢，赢家永远不会放弃，选C
42．D考查名词：A．talkers说话者，B．dreamers梦想者，C．attackers袭击者，D．losers失败者，从后面的句子：see yourself as a winner!"可知妈妈说她不会养育一个失败者，选D
43．A考查形容词：A．positive积极的，B．familiar熟悉的，C．brief简单的，D．convenient方便的，从后面的句子：see yourself as a winner!"可知是要以积极的心态思考自己，把自己看成是赢家，选A
44．B考查动词：A．testing测试，检测，B．improving提高，C．questioning问题，D．affecting影响，感染，从前面的句子：So I worked harder than ever at getting in better shape，我开始形体训练，所以后面是提高投篮的准确率，选B
45．D考查名词：A．aim目的，目标，B．taste品味，C．habit习惯，D．attitude态度，从前面看作者曾一度想放弃，现在的做法是改变了态度，选D
46．A考查动词：A．lost失去，B．controlled控制，C．practiced练习，D．continued继续，从后面的句子：What's worse，one of our best players got hurt．可知是一次比赛中输了第一场，选A
47．A考查形容词：A．usual通常的，B．safe安全的，C．secret秘密的，D．private私人的，前面说：I was always the one sitting at the end of the bench，可知是坐在平常的位置上，选A
48．B考查介词：A．off离开，B．in在…里面，C．by通过，D．up向上，从后面的句子：I was nervous，excited and terrified all at the same time．可知句意：教练过来对我说我要参加比赛，选B
49．C考查形容词：A．annoyed恼火的，生气的，B．awkward令人尴尬的，C．scared害怕，D．bitter痛苦的，从前面的句子：The opposing team was fast和 Instead of being afraid，可知作者当时有点害怕，选C
50．D考查动词．因为是like a church bell．可知妈妈的话象教堂的钟一样响起，选D
51．B考查形容词：A．exact确切的，B．extra额外的，C．creative有创造力的，D．casual随意的，前面提到So I worked harder than ever at getting in better shape，可知作者额外的工作都有了回报，选B
52．A考查名词：A．chance机会，B．message信息，C．order命令，顺序，D．note通知，便条，钞票，句意：我好像有机会进球了，选A
53．C考查动词：A．spared空出，腾出，B．requested要求，C．prepared准备，D．sent派，送，prepare sb for sth"使某人做好…的准备"，我前面付出的努力都是为这个时刻做的准备，选C
54．C考查名词：A．actions行为，行动，B．reasons原因，C．words话语，单词，D．promises许诺，答应，句意：我从妈妈的话语里面懂得的道理跟随了我很多年，选C
55．D 考查动词：A．judge判断，B．express表达，C．comfort安慰，D．doubt怀疑，从前面的句子：I hear them whenever I am faced with a challenge，可知每当遇到挑战或是怀疑自己的时候，都会想起妈妈的话，选D
文章大意：文章介绍作者在冰球队总是不受重用，曾一度想要放弃，但是妈妈的话给了他鼓励，从此更加努力，并最终得到机会，为自己赢得成功．
完形填空题在命题设计上侧重于考查学生的逻辑思维能力和对具体语境的把握，尤其是对整体语义的理解能力．它要求考生不但要有比较扎实的语言知识，较大的词汇量，而且要具有一定的语篇分析能力及逻辑思维能力．要做好这种题型，考生除了必备的语言基础知识和基本技能之外，还应了解其命题特点，掌握一定的解题技巧．

56.【答案】Last week，I successfully passed the Physical Fitness Test．
During a PE class one month ago，our teacher informed us that we would take the test on April12th．Upon hearing the news，I felt my heart sink，wondering how rough the way ahead would be．However，I had to face it．Every day after school，I went to the playground and practiced the 1000-meter run，which was always a nightmare for me．Each time my legs almost gave out and an inner voice lured me to give up，my teachers and classmates were always around me，comforting me and encouraging me．Their positive words and running figures pushed me forward．
Then finally came the test day．As the starting gun sounded for the race to begin，I called upon all my body's strength and speed．I ran with purpose．After enduring the long run，I approached the finish line．Quickening my steps，I was confident and hopeful．The moment I rounded the last turn，I knew I had made it．After crossing the finish line，I was so overjoyed to see my cheering classmates．I received their celebratory high-fives proudly and tears of happiness streamed down my cheeks，as my teacher shook my hand．
From this experience，I have learned that I should face my fears bravely and appreciate those who are always willing to help me，making me a better person．
【解析】

Last week，I successfully passed the Physical Fitness Test．（点明文章的主题）
       During a PE class one month ago，our teacher informed us that we would take the test on April12th．Upon hearing the news，I felt my heart sink，wondering how rough the way ahead would be．【高分句型一】However，I had to face it．Every day after school，I went to the playground and practiced the 1000-meter run，which was always a nightmare for me．Each time  my legs almost gave out and an inner voice lured me to give up，my teachers and classmates were always around me，comforting me and encouraging me．Their positive words and running figures pushed me forward．（描述测试前的刻苦努力）
       Then finally came the test day．As the starting gun sounded for the race to begin，I called upon all my body's strength and speed．I ran with purpose．After enduring the long run，I approached the finish line．Quickening my steps，I was confident and hopeful．The moment I rounded the last turn，I knew I had made it．After crossing the finish line，I was so overjoyed to see my cheering classmates．I received their celebratory high-fives proudly and tears of happiness streamed down my cheeks，as my teacher shook my hand．（描述测试的过程）
       From this experience，I have learned that I should face my fears bravely and appreciate those who are always willing to help me，making me a better person．【高分句型二】（通过这件事获得的经验）
这是一篇记述刻苦训练，成功通过体育测试长跑项目的过程的作文．根据题目要求可知主要用第一人称和一般过去时态．内容包括：一点明文章的主题；二描述测试前的刻苦努力；三描述测试的过程；四通过这件事获得的经验．
高分句型：
1．Upon hearing the news（doing做时间状语，hear和I之间是主动关系），I felt my heart sink，wondering（wondering做伴随状语，wonder和I之间是主动关系） how rough the way ahead would be（ how 引导宾语从句，做wondering）．
听到这个消息，我感到心里一沉，不知道前面的路有多么艰难．
2．From this experience，I have learned that （ that 引导have learned 的宾语从句）I should face my fears bravely and appreciate those who （who引导 先行词those的 定语从句，做从句的主语）are always willing to help me，making （making做结果主语）me a better person．
从这次经历我知道，我应该勇敢的面对自己的恐惧，感激那些乐于帮助我的人，这些会使我更进步．
考查图画类作文．
写作文时，一定要切题，抓住中心，紧扣要点．不要任意发挥，画蛇添足，也不要丢三落四，要点不全．通过对众多提示或图画、图表的观察和分析，获取与写作内容有关的主要信息，并按一定的逻辑顺序排列起来，找出最密切相关的要点，列出写作提纲．