

专题 07 完形填空满分技巧方法（中考热点）

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挑战中考题·查知识漏洞

2023·上海中考·真题

Playing with toys is an essential part of childhood. Then what happens to the toys that are no longer enjoyed? Usually they get stored somewhere and forgotten. To 65 this, several companies offer the service of renting (租用) toys. Should parents rent toys for their kids?

Some people say "YES". They think if lots of children play with the same toys, fewer toys will be 66. This is better for the environment because making toys uses resources, such as metal, plastic, wood and energy. 67, to share toys is a good way to protect the environment. Besides, renting toys allows children to try out lots of different types of toys. Another advantage is that there will be less 68 at home. This will save time to tidy up.

But some people think differently. For them, owning a favourite toy is a special thing. The owner takes good care of the toy and every time he plays with it, his connection with the toy becomes 69. Changing toys all the time makes such connection less possible. In addition, sending rented toys back to those companies is a lot of work, and

the delivery vans which take the toys around create_ 70_. This brings harm to the environment. So if toy owners get bored, they can simply pass the toys on to their friends or relatives.

People have different opinions on renting toys. What do you think?

- | | | | |
|------------------|--------------|--------------|--------------|
| 65. A) remember | B) prove | C) explain | D) avoid |
| 66. A) produced | B) collected | C) compared | D) noticed |
| 67. A) Therefore | B) However | C) Instead | D) Also |
| 68. A) heat | B) mess | C) noise | D) fight |
| 69. A) worse | B) easier | C) poorer | D) stronger |
| 70. A) value | B) jobs | C) pollution | D) accidents |

【答案】65-70 DAABD

2022·上海中考·真题

Star Woman

Wang Zhenyi (王贞仪)

(1768—1797)



Have you ever heard of Wang Zhenyi? Perhaps most of us didn't know this great name until she was introduced in a CCTV programme.

Wang Zhenyi was a great Chinese 61. She was born in the Qing Dynasty. At that time, girls had no chance to get a formal education. However, her father and grandfather were open-minded. They thought girls should share equal opportunities with boys. They 62 her to read the books in their home library. Wang Zhenyi educated herself and read a lot about astronomy (the study of the stars, planets, etc.), maths, geography as well as medicine. Later, she decided to 63 astronomy.

In her time, many people expected the stars to tell what was going to happen. They thought certain events in the sky, such as lunar eclipses (月食) happened when gods were angry. But Wang Zhenyi thought differently. She believed in facts and observation. In order to explain those "strange" events, she did some 64. In one, she used a round table as the Earth, a lamp as the Sun and a mirror as the Moon. She moved them around to show what 65 happens during a lunar eclipse: when the Earth is passing directly between the Sun and the Moon, the

sunlight cannot reach the Moon and the Moon “disappears”.

Throughout her short life, Wang Zhenyi wrote many articles about her research. In her articles, she explained difficult ideas in clear and _____ 66 _____ ways so that people could understand science more easily. She helped make science available to more people.

- | | | | |
|------------------|--------------|-------------|----------------|
| 61. A. doctor | B. scientist | C. lawyer | D. teacher |
| 62. A. invited | B. selected | C. followed | D. encouraged |
| 63. A. rely on | B. show off | C. focus on | D. talk about |
| 64. A. exercises | B. drawings | C. reviews | D. experiments |
| 65. A. actually | B. suddenly | C. nearly | D. recently |
| 66. A. simple | B. polite | C. funny | D. traditional |

【答案】 61. B 62. D 63. C 64. D 65. A 66. A

【解析】

【导语】本文是一篇记叙文，介绍了清朝著名女科学家——王贞仪。

【61 题详解】

句意：王贞仪是一位伟大的中国科学家。

doctor 医生; scientist 科学家; lawyer 律师; teacher 老师。根据文章最后“**She helped make science available to more people.**”可知，王贞仪是一位科学家。故选 B。

【62 题详解】

句意：他们鼓励她阅读家里图书馆里的书。

invited 邀请; selected 选择; followed 跟随; encouraged 鼓励。根据上文“**However, her father and grandfather were open-minded. They thought girls should share equal opportunities with boys.**”可知，王贞仪的父亲和祖父思想开放，鼓励王贞仪阅读书籍; encourage sb. to do sth.“鼓励某人做某事”。故选 D。

【63 题详解】

句意：后来，她决定专攻天文学。

rely on 依赖; show off 炫耀; focus on 集中于，专注于; talk about 谈论。根据上文“**Wang Zhenyi educated herself and read a lot about astronomy (the study of the stars, planets, etc.), maths, geography as well as medicine.**”可知，起初，王贞仪自学天文学、数学、地理和医学，后来她决定专注于天文学这一门学科。故选 C。

【64 题详解】

句意：为了解释那些“奇怪”的事件，她做了一些实验。

exercises 练习; drawings 图纸; reviews 评论; experiments 实验。根据下文“**she used a round table as the Earth, a lamp as the Sun and a mirror as the Moon**”

可知,把一张圆桌作为地球,一盏灯作为太阳,一面镜子作为月亮,这是王贞仪为解释自然现象所做的实验。故选 D。

【65 题详解】

句意:她将它们四处移动,以展示月食期间实际发生的情况:当地球直接穿过太阳和月球之间时,阳光无法到达月球,月球“消失”。

actually 实际上; suddenly 突然; nearly 几乎; recently 最近。根据下文“when the Earth is passing directly between the Sun and the Moon...”可知,王贞仪在实验中验证月食期间实际发生的情况。故选 A。

【66 题详解】

句意:在她的文章中,她用清晰、简单的方式解释难懂的观点,让人们更容易理解科学。

simple 简单的; polite 礼貌的; funny 有趣的; traditional 传统的。根据下文“so that people could understand science more easily”可知,王贞仪以一种简单明了的方式让人们更容易理解科学。故选 A。



回顾核心考点·补知识漏洞

完形填空解题步骤与要领

第一步:细读首句,跳过空格,通读全文,掌握大意

细读首句: 明确短文话题,了解篇章结构,预测全文内容。

跳过空格,快速通读,领会大意,把握中心。

生词的处理:跳过、判断词性、了解大意、猜测。

第二步:上下联系,逐句阅读,先易后难,初定答案。

答案要求 语法正确,搭配无误,结构完整,意思通顺,前后一致,逻辑得当。

怎样分析:

A. 从空格所在的句子单独考虑。

B. 从空格所在的前后 2-3 句考虑。

C. 从整个段落、整篇短文考虑。

思路一:分析句子结构,从语法和句型结构考虑。

思路二:理解句子含义,判断句义关系,从词汇的意义、用法和搭配考虑。

思路三：把握整体意思，寻找答题线索，从上下文考虑。

思路四：结合前后语境，进行逻辑推理，从日常生活常识考虑。

第三步： 复读全文，逐个核对，验证答案，坚定信心。

▲怎样验证答案：

- ① 所选答案是否能使全文流畅，逻辑推理是否正确。
- ② 具体实事是否成立，前后关系是否理顺。
- ③ 语法是否正确，其中包括时态的选择、词汇选择、固定搭配等。
- ④ 在通读全文时最好在可能的条件下将所选答案填入文章中，反复阅读。

完形填空解题技巧

一、完形填空的特点是什么？

完形填空是一种旨在考查考生的阅读能力、逻辑推理及分析归纳、综合判断能力的典型题，难易程度与初中教材相当，词数在 180-250 左右。文中平均每隔 25 个词左右设一空。人名、地名、日期等不在设空之列。隔词数越少，题目越难；反之亦然。

文体多以记叙文为主，首句通常不设空。考查内容集中在对名词、动词、代词、形容词和副词等实词的理解上。完形填空考查的就是你能否在缺字，不认得字、词语的情况下，能否通过推理判断、综合分析等全面理解文章的正确意思，然后把答案填入空白处，使短文前后连贯、意思通顺、结构完整合理。它的一个显著特点就是突出语篇，即重在文意的干扰，把具体的语言知识融进具体的语言情境中去，考查学生通过上下文对整体文意进行把握的能力。

二、完形填空题的设置方法

1. 句子层次的设空（从词汇、惯用法，语法规则的实际应用方面进行设计）

指那些只需读懂“空格”所在句子便可选出答案的题目，包括词义识别，同义词辨析，英语惯用法，语法规则的实际应用。

例 1：When you take your clothes off, remember to 86. Get into the habit of(养成...的习惯) taking glasses and plates down to the kitchen. Before long you'll be doing it without thinking.

() 86. A. hang them up B. leave them alone C. put them on D. throw them away

2. 句群层次的设空 (从语篇角度综合测试考生的阅读理解能力)

指根据上下文的内容，经过推理判断可以得到答案的题目。这种题目相对较难，但只要你能根据上下文的内容进行考虑，一定能选出正确的答案。

①前制性设空：即根据上文有关内容即可确定答案的题目。

例 1: It was an English speech contest. My mother asked me to take part in it. What a terrible idea! It meant I had to ____ in front of all the teachers and students of my school!

A. write B. speak C. sing D. dance

②后制性设空: 指那些需要根据下文内容才能选出正确答案的题目, 即在下文某处有提示。

例 1: Nobody ____ him in the village. One day he said to them, "I know you don't like me ..."

A. believed B. liked C. hated D. knew

3. 语篇性设空 (从语篇角度综合测试考生的阅读理解能力)

指那些需要联系全文的情境、内容才能确定正确答案的设空。这种题目难度较高, 需要我们在全面理解文章的正确意思下才能做出正确的选择, 这种题目主要用于拉开优秀生与其他学生的分数, 但题目不会太多。

例: Sometimes you may not understand your parents....You might not want to eat, but think of it from the parents' point of view. If you cook two meals a day, it means 730 meals a year. Can you imagine how boring this can get? Imagine how your parents feel when you say you're not really hungry. 90, your parents are probably worried that you aren't eating enough.

() 90. A. In addition B. In return C. At most D. At last

三、具体的解题方法与技巧

在解题时, 除了运用“前制性设空”、“后制性设空”和“语篇性设空”的知识进行解题外, 还有下面三种方法与技巧可供参考。

(1) 语意第一, 语法第二原则。 根据文化背景和生活常识, 利用上下文线索, 分析并列句的因果关系, 可以选出正确答案。

例 1: A young father was visiting an old neighbor. They were standing in the old man's garden and talking about ____ .

A.trees B.flowers C.children D.old people

【点拨】【A young father was visiting an old neighbor. They were standing in the old man's garden, and talking about _____. The young man said, "How strict should parents be with their children?】

(2) 语法正确, 注意细节的原则。

在语意正确的前提下, 还要根据学过的语法知识, 词语辨析、习惯用法、固定搭配等方面选择正确答案。如:

例 1: Mr Evans is an old man of about sixty, His wife died a few years ago. His children _____ him by then.

A.left B.would leave C.have left D.had left?

(3) 从语法方面, 根据所给答案的不同词类, 从不同角度分别考虑选择。

- a.名词的选择，应联系文章主题及空格前后出现的有关词，注意其性和数的一致。
- b.动词的选择，要注意词义和惯用搭配，还要区分近义词之间的用法差异及所给词的形式。考虑动词的时态、语态和是否是要填入非谓语动词。
- c.介词的选择，应注意其惯用法，特别是与动词或其他词组成的固定搭配。
- d.代词的选择，要注意性(男或女)、数(单复数)、格(主格、宾格、形代、名代)是否准确。
- e.连词的选择，要注意分析前后句或上下文的逻辑关系。
- f.形容词和副词的选择，要注意词义的区别，用于比较时，还要注意比较级和最高级等。



知识通关演练

(23-24 九年级下·上海嘉定·阶段练习) Welcome to the Excellent Kids Website! Here you can read about excellent children from all over the world and vote for the Excellent Kid of the Month.

This month we're proud to 1 Gina from France, Brendan from Canada and Helga from Germany.

Gina, who is thirteen years old, got first prize in the "Young Cook of the Year" competition and is now 2 her own recipe (食谱) book for kids. "I want to be fun to read and easy enough for children to use," she says. Gina learned by watching her father, who's also good at cooking in the kitchen. She wants to encourage other children to cook because "everyone needs to eat, so it's a(an) 3 that will always be useful!"

Seventeen-year-old Brendan used to love running until he had a serious car accident three years ago. He lost part of one leg and didn't even expect to walk again. Now he is a runner who has recently completed a marathon. "After my accident, I wanted to give up," he says, "But now I'm happy to be 4 and able to continue running."

Helga has always been good at science, but she thought it was too 5 to become an inventor. Then she heard about an accident that had happened when a car 6 a train in her town. "That gave me an idea" says the clever sixteen-year-old. It took her over a year to invent a special machine that tells car drivers when a train is coming. One company is already interested in selling it, so it may be in the shops soon!

- | | | | |
|-----------------|--------------|--------------|--------------|
| 1. A. welcome | B. attract | C. invite | D. introduce |
| 2. A. writing | B. reading | C. selling | D. showing |
| 3. A. choice | B. thought | C. skill | D. idea |
| 4. A. honest | B. generous | C. amusing | D. alive |
| 5. A. different | B. difficult | C. important | D. necessary |
| 6. A. hit | B. beat | C. pushed | D. knocked |

【答案】1. D 2. A 3. C 4. D 5. B 6. A

【导语】本文是一个优秀儿童网站介绍来自三个不同国家的孩子的相关情况，希望人们为他们投票。

1. 句意：本月，我们很荣幸地介绍来自法国的 Gina、来自加拿大的 Brendan 和来自德国的 Helga。

welcome 欢迎; attract 吸引; invite 邀请; introduce 介绍。根据下文可知，文章分别对 Gina、Brendan 和 Helga 进行介绍。故选 D。

2. 句意：十三岁的 Gina 在“年度青年厨师”比赛中获得一等奖，现在她正在为孩子们写自己的食谱。

writing 写; reading 读; selling 卖; showing 展示。根据下文“I want to be fun to read and easy enough for children to use”可知，此处指现在她正在为孩子们写自己的食谱。故选 A。

3. 句意：她想鼓励其他孩子做饭，因为“每个人都需要吃饭，所以这是一项永远有用的技能！”

choice 选择; thought 想法; skill 技能; idea 主意。根据空前的“everyone needs to eat”可知，此处指这是一项永远有用的技能。故选 C。

4. 句意：但现在我很高兴能活着并且能够继续跑步。

honest 诚实的; generous 慷慨的; amusing 有趣的; alive 活着的。根据上文“After my accident, I wanted to give up”以及空前的“But”可知，此处句意发生了转折，表示现在我很高兴能活着。故选 D。

5. 句意：Helga 一直擅长科学，但她认为成为发明家太难了。

different 不同的; difficult 困难的; important 重要的; necessary 必需的。根据空前的“but”可知，此处句意发生了转折，表示她认为成为发明家太难了。故选 B。

6. 句意：然后，她听说了在她所在的城镇发生的一起车祸，当时一辆汽车撞上了一列火车。

hit 碰撞; beat 打; pushed 推; knocked 敲。根据空前的“an accident that had happened”可知，此处指一辆汽车撞上了一列火车。故选 A。

(2024·上海金山·二模) Both my wife and I are running lovers. I usually run on the track in my neighbourhood. Most people walk on the track, so I am faster than them. My speed seems amazing to the walkers and I often pass by them twenty or more times around the track. This makes me feel 7.



One day, a short man came. He didn't look like much of a runner. I saw him 8 the car and warm up before running when I passed by two walkers. He started running a few meters ahead of me. He was fast but I 9

9 and managed to catch up with him. I had someone to compete with. But after a lap (圈), I fell behind him and had great difficulty in breathing. After two laps, my foot began to hurt, so I had to slow down and began to run at my usual speed. This time I could breathe 10 without sounding like I had a lung disease (肺病) and the pain in my foot went away. In a very short time, he was far ahead. He was too fast for me to follow.

I learned several lessons. There will always be slower and faster ones. Some have natural 11, and some have trained harder. Don't judge the capacity (能力) of a person by how he or she looks.

The point is that we each have our own speed. When we are trying to keep up, we often end up hurting ourselves and being out of breath. Slow down or speed up, but run your race to your best. Don't run fast when you should be running 12. Don't run at all when you should be walking. Don't walk when you should be running.

- | | | | |
|------------------|---------------|-------------|------------|
| 7. A. lonely | B. surprised | C. upset | D. proud |
| 8. A. come in | B. get out of | C. get into | D. look at |
| 9. A. sped up | B. slow down | C. stopped | D. left |
| 10. A. hard | B. carefully | C. easily | D. heavily |
| 11. A. character | B. voice | C. resource | D. talent |
| 12. A. happily | B. slowly | C. fast | D. early |

【答案】7. D 8. B 9. A 10. C 11. D 12. B

【导语】本文通过作者跑步时的亲身经历告诉我们：我们每个人都有自己的速度。当你应该慢速跑的时候，不要跑得快；当你应该走的时候，不要跑；该跑的时候不要走。

7. 句意：这让我感到自豪。

lonely 孤独的；surprised 感到吃惊的；upset 不安的；proud 自豪的。根据“My speed seems amazing to the walkers and I often pass by them twenty or more times around the track.”作者的速度相较于步行者很快，经常在赛道上超过他们 20 次或更多，可推测此处指作者感到“自豪”。故选 D。

8. 句意：当我经过两个步行者的时候，我看到他从车里出来，在跑步前热身。

come in 进来；get out of 出来；get into 进去；look at 看。根据“...and warm up before running”可知，此处指这个矮个子男人从车里“出来”在做跑前热身。故选 B。

9. 句意：他跑得很快，但我加快了速度，设法赶上了他。

sped up 加速；slow down 减速；stopped 停止；left 离开。根据“...and managed to catch up with him.”对方跑得很快，此处指作者试图“加速”追赶上他。故选 A。

10. 句意：这一次，我呼吸轻松了，听起来不像得了肺病，脚上的疼痛也消失了。

hard 困难的；carefully 仔细地；easily 轻松地，容易地；heavily 沉重地，很大程度上地。根据“But after a lap, I fell behind him and had great difficulty in breathing...”及“so I had to slow down and began to run at my usual speed.”可知，此处指作者感到身体不适时调整了动作，呼吸变得轻松些了。故选 C。

11. 句意：有些人天生就有天赋，而有些人则更刻苦训练。

character 角色；voice 声音；resource 资源；talent 天赋。根据“...and some have trained harder.”可知，此处指有些人与生俱来的才能和特性，即“天赋”。故选 D。

12. 句意：当你应该慢速跑的时候，就不要快跑。

happily 开心地；slowly 缓慢地；fast 迅速地；early 早早地。根据“Don’t run fast when you should be running...Don’t run at all when you should be walking. Don’t walk when you should be running.”可知，此处指作者在跑步方面给出的几条建议：应该慢速跑的时候就不要快跑。故选 B。

(2024·上海嘉定·二模) Choose the best words or expressions and complete the passage (选择最恰当的选项完成短文).



Many scientists believe our love of sugar may actually be an addiction (瘾). When we eat or drink sugary foods, the sugar enters our blood and affects the parts of our brain that make us feel good. Then the good feeling 13, leaving us wanting more. All tasty foods do this, but sugar has a particularly strong effect. In this way, it is in fact an addictive drug, one that doctors recommend we all cut down on.

“It seems like every time I 14 an illness and trace (追踪) a path to the first cause, I find my way back to sugar,” says scientist Richard Johnson. One-third of adults worldwide have high blood pressure, and up to 346 million have diabetes (糖尿病). Why? “Sugar, we believe, is one of the factors, if not the major factors,” says Johnson.

Our bodies are designed to survive on very little sugar. Early humans often had very little food, so our bodies learned to be very efficient (有效率的) in storing sugar as fat. In this way, we had 15 stored for when there was no food. But today, most people have more than enough. So the very thing that once saved us may now be killing us.

So what is the 16? It’s obvious that we need to eat less sugar. The trouble is, in today’s world, it’s extremely difficult to avoid. From breakfast cereals to after-dinner desserts, our foods are increasingly filled with

it. Some manufacturers (制造商) even use sugar to replace taste in foods. However, they are advertised as 17 in fat. So while the foods seem healthier, large amounts of sugar are often added.

But some people are fighting against sugar and trying to create a healthier environment. Many schools are replacing sugary desserts with healthier options, like fruit. Other schools are trying to encourage exercise by building facilities like walking tracks 18 students and others in the community can exercise. The battle has not yet been lost.

- | | | | |
|-------------------|--------------|--------------|----------------|
| 13. A. comes back | B. goes away | C. breaks up | D. takes turns |
| 14. A. study | B. have | C. treat | D. spread |
| 15. A. memories | B. energy | C. water | D. data |
| 16. A. result | B. reason | C. problem | D. solution |
| 17. A. rich | B. high | C. low | D. heavy |
| 18. A. although | B. because | C. while | D. so |

【答案】13. B 14. A 15. B 16. D 17. C 18. D

【导语】本文是一篇说明文。讲述了人们对糖上瘾，戒不掉糖的原因以及吃糖的危害。

13. 句意：然后这种美好的感觉消失了，让我们想要更多。

come back 回来；go away 走开；break up 结束，分开；take turns 轮流。根据“...leaving us wanting more.”可知美好的感觉消失了就会想要更多。故选 B。

14. 句意：科学家理查德·约翰逊说：“似乎每次我研究一种疾病并追踪其最初原因时，我都会发现它与糖有关。”

study 研究，学习；have 有；treat 对待；spread 传播。根据“...an illness and trace...”可知是科学家在研究和追踪。故选 A。

15. 句意：这样，我们就可以在没有食物的时候储存能量。

memory 记忆；energy 能量；water 水；data 数据。根据“...stored for when there was no food.”可知是储存能量以备没有食物的情况出现。故选 B。

16. 句意：那么解决方案是什么呢？

result 结果；reason 理由；problem 问题；solution 解决方案。根据“ It's obvious that we need to eat...”可知下文是提出了解决方案。故选 D。

17. 句意：然而，它们被宣传为低脂肪。

rich 丰富，富含；high 高的；low 低的；heavy 重的。根据“...even use sugar to replace taste in foods.”

However, they are advertised as...in fat”可知前后是对比转折关系，因此指低脂肪。故选 C。

18. 句意：其他学校正试图通过建造步行道等设施来鼓励锻炼，这样学生和社区中的其他人就可以锻炼了。
although 虽然；because 因为；while 当.....时；so 因此。根据“...like walking tracks...students and others”可知前后表示因果关系。故选 D。

(2024·上海闵行·二模)



A bedtime routine (睡前习惯) is the activities you do every night before going to bed. Your bedtime routine can fit your needs and sleep environment. It can also help form habits to tell your brain it is time for bed. The following 19 may help you get a better bedtime routine.

Decide on a Set Bedtime

Decide on a bedtime and wake-up time and stick to (坚持) them every day, including at weekends. A(n) 20 bedtime routine isn't good for training your brain to naturally feel tired before sleep.

Take a Warm Shower

Consider taking a warm shower at least 20 minutes before you go to sleep. Your body will heat up from the water, and cool down 21 as the water dries up. The sudden change of your body temperature can usually help you feel relaxed, and even a little tired. Researchers at the University of Texas found that showering with water of 40°C~42. 5°C one to two hours before bedtime was 22 better sleep.

Listen to Music

Music can be a powerful relaxation tool. You may choose any type of music you like, as long as it 23 you effectively. Close your eyes, listen to the music, and let it turn your attention away from worries.

Prepare Your Bedroom

Your bedtime routine can include turning your bedroom into a relaxing place, making things as cool, dark, and quiet as possible. 24, use blinds (眼罩) or blackout curtains to keep out light, while keeping electronic devices out of the bedroom is also necessary.

The final step of your bedtime routine should be getting into bed. Make this the very last thing you do, and once your head hits the pillow, do not do anything else other than try to fall asleep.

19. A. advantages B. suggestions C. hobbies D. experiences

2.

20. A. ordinary B. pleasant C. strict D. changeable

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