

专题 15 七选五专攻

高考零失误必刷 100 题

1. (2024·江苏苏州·高三统考期末)

What comes to mind when you think about chocolate? A candy bar at Halloween? Ice cream on a hot day?

For Ibrahim, a 12-year-old boy from the West African country of Ghana, chocolate is not about sweet treats; it is about bitter work. ____ 1 ____ But if they did, we would learn that Ibrahim spends his days growing and harvesting cocoa beans, from which chocolate is made. We would also learn that he is just one of more than two million children who perform this difficult labour instead of attending school.

To change the harmful practices like this, some farms use an approach called Fairtrade. ____ 2 ____ It aims to create a different relationship between buyers (chocolate companies) and sellers (cocoa farmers) by encouraging farmers to join together to form a shared business called a cooperative. Because farmers work together instead of competing with each other, they can demand a higher price from the buyers. ____ 3 ____

Consumers like you can play a role as well. You can buy Fairtrade chocolate if possible, pressure candy companies to change their labour practices, or ask local stores to sell Fairtrade products. ____ 4 ____ It is a programme recognizing schools that provide Fairtrade products in cafeterias or include related lessons in curriculum (课程).

Chocolate has a hidden story that affects children like Ibrahim-children who want a happy future just like you do. ____ 5 ____ By enjoying Fairtrade products or simply spreading the word, you can make chocolate as sweet for all children as it is for you.

- A. You have the power to change the story.
- B. The labels on chocolate do not tell his story.
- C. Fairtrade is a way of doing business that prohibits child labour.
- D. You can also take action through the Fairtrade Schools network.
- E. On many farms, children like Ibrahim perform difficult farming tasks.
- F. Cocoa trees grow in the tropical climates of Africa, Latin America and South-East Asia.
- G. With more income, farmers can pay adult workers and can send their children to school.

【答案】 1. B 2. C 3. G 4. D 5. A

【导语】 本文是说明文。文中主要讲述了很多儿童从事艰巨的制作巧克力的工作而无法上学，为了改变这种现象，一些农场实行了公平交易政策。作为消费者你也能帮助这些孩子们。

1. 上文“For Ibrahim, a 12-year-old boy from the West African country of Ghana, chocolate is not about sweet treats; it is about bitter work. (对于来自西非国家加纳的 12 岁男孩易卜拉欣来说，巧克力并不是甜食，而是甜点。这是关于艰苦的工作。)”指出制作巧克力是 12 岁男孩 Ibrahim 的艰辛工作，下文“*But if they did, we would learn that Ibrahim spends his days growing and harvesting cocoa beans, from which chocolate is made. (但如果它们是这样，我们就会了解到易卜拉欣每天都在种植和收获可可豆，然后用可可豆制成巧克力)*”是一种假设，由此可知，空处应用与下文内容相反，应该介绍我们无法了解到 Ibrahim 的情况，B 项“巧克力上的标签并没有讲述他的故事。”符合，下文的 *they* 代指 *The labels on chocolate*，故选 B。

2. 上文“To change the harmful practices like this, some farms use an approach called Fairtrade. (为了改变这样的有害做法，一些农场采用了一种称为 Fairtrade 的方法。)”指出为了严禁雇佣儿童，一些农场使用了叫做 Fairtrade 的方法，空处承接上文，对此方法进行介绍，C 项“Fairtrade 是一种禁止童工的经营方式。”符合，故选 C。

3. 上文“Because farmers work together instead of competing with each other, they can demand a higher price from the buyers.(由于农民共同工作而不是相互竞争，他们可以向买家索要更高的价格。)”指出农民共同工作而不是相互竞争，他们可以向买家索要更高的价格，空处承接上文，指出这么做的好处，G 项“有了更多的收入，农民就可以支付成年工人的工资并可以送孩子上学。”符合，承接上文，故选 G。

4. 上文“Consumers like you can play a role as well. You can buy Fairtrade chocolate if possible, pressure candy companies to change their labour practices, or ask local stores to sell Fairtrade products.(像你这样的消费者也可以发挥作用。如果可能的话，你可以购买公平贸易巧克力，向糖果公司施加压力，要求其改变劳工惯例，或者要求当地商店销售公平贸易产品。)”可知，许多儿童从事艰巨劳动而不能上学，对此消费者可以发挥一些作用来帮助他们，上文具体提出了消费者可以做的事，空处也应是具体措施，D 项“你还可以通过公平贸易学校网络采取行动。”符合，故选 D。

5. 上文“Chocolate has a hidden story that affects children like Ibrahim-children who want a happy future just like you do. (巧克力有一个隐藏的故事，影响着像易卜拉欣这样的孩子——他们和你一样想要幸福的未来。)”可知，从事艰巨劳动而不能上学的儿童和你一样也想要幸福的未来，下文“By enjoying Fairtrade products or simply spreading the word, you can make chocolate as sweet for all children as it is for you.(通过买公平贸易产品或只是传播这个信息，你可以让巧克力对所有孩子来说都像对你一样甜。)”指出你可以帮助这些孩子——购买公平贸易产品或只是传播公平交易这个信息，由此可知，空处应该是引起下文，指出你能帮助他们，为文中讲述的像 Ibrahim 这样的孩子从事艰巨劳动而无法上学这样的故事做出一些改变，A 项“你有能力改变这个故事。”符合，故选 A。

2. (2024 上·辽宁抚顺·高三校联考期末)

Summer is the swimming season. As fun as a swimming pool can be, it's also a major safety risk if you don't take the appropriate precautions (预防措施). Here are some tips for a safe swimming season.

_____6_____ If children or inexperienced swimmers are in the pool, it's very important to have close supervision. Supervisors should be an adult who can swim well and knows how to save others in a swimming pool. They mustn't be distracted with their cellphone, or a conversation with another adult. They must take that role very seriously. _____7_____. More children aged 1 to 4 die from drowning than any other causes of death.

Keep a variety of flotation devices in and around the pool like a life jacket plus pool noodles or a paddle board. That helps when accidents happen. _____8_____.

Supervisors should also learn basic CPR.

The steps are:

1. Place the person on his back and gently lift his chin and tilt (倾斜) his head back.
2. Place one hand over the other, place them over the patient's breastbone and administer 30 chest presses.
3. Pinch their nose and place your mouth tightly over their mouth and administer two short breaths

Start again until the patient starts breathing.

_____ 9 _____ Emergency department staff sometimes see significant head injuries and spinal cord injuries that come from careless diving. This happens more among teenagers and young adults. Prevent this by making sure people are only using existing diving boards that are designed to dive into deep water.

Another risk is a condition called “dry drowning”. This happens after a near-drowning event in which water gets into someone’s lungs. _____ 10 _____. Call 120 or go to the emergency department right away. This is very rare, but can be fatal (致命的).

- A. Drowning can happen in an instant
- B. Adults should watch over the safety
- C. Drowning isn’t the only danger with pools
- D. Pool owners should be sure to have a fence around their pool
- E. Call for help and start administering CPR as quickly as possible
- F. A drowning person having something to grab can get out of the pool quickly
- G. That means the airway is closed off and can’t provide someone with enough oxygen

【答案】6. B 7. A 8. F 9. C 10. G

【导语】本文是一篇说明文，主要介绍了夏季游泳时的安全防范措施。

6. 下文“If children or inexperienced swimmers are in the pool, it’s very important to have close supervision. Supervisors should be an adult who can swim well and knows how to save others in a swimming pool. (如果游泳池里有孩子或没有经验的游泳者，密切的监管是非常重要的。监管者应该是一个会游泳并且知道如何在游泳池中拯救他人的成年人。)”说明保证游泳安全的措施之一是要有成年人的监管。B选项 Adults should watch over the safety(成年人应该注意安全)符合题意。故选 B。

7. 上文“They mustn’t be distracted with their cellphone, or a conversation with another adult. They must take that role very seriously.(他们不能因为手机或与其他成年人的谈话而分心。他们必须非常认真地对待这一角色。)”以及下文“More children aged 1 to 4 die from drowning than any other causes of death.(死于溺水的 1 至 4 岁儿童比任何其他死因都多。)”说明稍有不慎，孩子瞬间之内就会溺水。A选项 Drowning can happen in an instant(溺水可能在瞬间发生)符合题意。故选 A。

8. 上文“Keep a variety of flotation devices in and around the pool like a life jacket plus pool noodles or a paddle board. That helps when accidents happen.(在游泳池内和周围放置各种漂浮装置，如救生衣加泳池浮条或桨板。当事故发生时，这会有所帮助。)”说明各种漂浮装置可以在以防孩子溺水时可供抓住，从而逃离泳池。F选项 A drowning person having something to grab can get out of the pool quickly(一个溺水的人如果有什么东西可以抓，就可以很快地离开游泳池)符合题意。故选 F。

9. 下文“Emergency department staff sometimes see significant head injuries and spinal cord injuries that come from careless diving. (急诊科工作人员有时会看到由于不小心潜水造成的严重头部损伤和脊髓损伤。)”说明游泳带来的危险不仅仅是溺水，还有头部损伤和脊髓损伤。C选项 Drowning isn’t the only danger with pools(溺水并不是泳池唯一的危险)符合题意。故选 C。

10. 上文“Another risk is a condition called “dry drowning”. This happens after a near-drowning event in which

water gets into someone's lungs.(另一种风险是一种被称为“干溺水”的情况。这种情况发生在一次差点淹死的事件之后,水进入了某人的肺部。)说明水进入肺部会导致人无法呼吸,因氧气不足而窒息。G选项 That means the airway is closed off and can't provide someone with enough oxygen(这意味着气道被封闭,不能为病人提供足够的氧气)符合题意。故选 G。

3. (2024 上·云南大理·高三大理白族自治州民族中学校考)

Tips for Maximizing Savings at Your Local Clearance (清仓) Food Store

Shopping for groceries can be expensive, especially in this global economic climate. If you are catering to a large family or on a tight budget, the battle to save on groceries becomes twice as hard. _____ 11 _____? These tips may help you.

Create a shopping list

List what you need before heading to your local clearance food store. It should help avoid unnecessary purchases and ensure you only buy what you need.

Look for Deals

_____ 12 _____, so take advantage of them. Typically, these items are priced much lower than regular-priced ones, and you can find some great deals. Check out the clearance section to find the best deals. This area is often located at back or side of the store.

Buy in Quantity

Buying in quantity can save you more money at clearance food stores. A safer bet would be deals on buying items in large amounts, such as canned goods, pasta, or rice. _____ 13 _____ .

Compare Shops

Just like with regular grocery stores, you should always compare prices at different clearance food stores. Some stores will offer better deals, so it pays to shop around. _____ 14 _____.

Look for Coupons

Check for coupons that you can use at your local clearance food store. _____ 15 _____. With them, you can get a chunk off your total groceries bill, saving you more money.

In conclusion, shopping at a local clearance food store can be your savings hub if you're armed with the right information. So, what are you waiting for?

- A. Different stores may have a wide range of goods
- B. Cheap food stores often offer weekly and monthly deals
- C. These items have a longer shelf life meaning longer storage
- D. But how to save when you shop at your local clearance food store
- E. Check for stores that are offering discounts, and settle for the best deal
- F. So why not visit your local clearance food store where you can save more
- G. These can be in local newspapers or magazines, or search for them online

【答案】11. D 12. B 13. C 14. E 15. G

【分析】本文是说明文。介绍了在当今经济不景气的情况下,如何最大限度节省食品杂货开支。

11. 该空前文“Shopping for groceries can be expensive, especially in this global economic climate. If you are

catering to a large family or on a tight budget, the battle to save on groceries becomes twice as hard.(购买食品杂货可能很贵，尤其是在这种全球经济环境下。如果你要供养一个大家庭或你的预算紧张，那么在食品杂货上省钱就会变得双倍艰难)”后文“**These tips may help you.**(这些建议可能帮到你。)”说明该空应该填一个承上启下的句子，即如何在购买食品方面省钱。故选 D 项。

12. 该段的小标题是“**Look for Deals**(寻找划算的商品)”。而且该空后文“**Typically, these items are priced much lower than regular-priced ones, and you can find some great deals.**(一般来说，这些商品的价格比普通商品要低得多)”。说明该空可以填“清仓食品店通常提供每周或每月的优惠”，故选 B 项。

13. 该空前文**Buying in quantity can save you more money at clearance food stores. A safer bet would be deals on buying items in large amounts, such as canned goods, pasta, or rice.** (在清仓食品店大量购买，可以节省更多的钱。一次性购买大量商品会更划算，比如罐装食品、意大利面或大米)”。那是因为这些物品有更长的保质期，意味着更长的储存时间。而且“**canned goods,pasta,or rice**”和“**these items**”形成指代关系，故选 C 项。

14. 该段的小标题是“**Compare Shops**(货比三家)”，该空前一句“**Some stores will offer better deals, so it pays to shop around.**(有些商店会提供更便宜的商品，所以货比三家是值得的。)”说明解题时要聚焦在“比”，故选 E 项。

15. 该空前一句“**Check for coupons that you can use at your local clearance food store.**(检查你可以在当地清仓食品商店使用的优惠券。)”说明该空接“这些(优惠券)可以在当地的报纸或杂志上，或者在网上搜索”合乎语意。而且“**coupons**”和“**these**”形成指代关系，故选 G 项。

4. (2023·四川南充·统考一模)

How We Talk about Fear Matters

Lately, there seems to be plenty to fear in the world. How we talk about what we fear might offer clues to how we perceive that emotion socially and culturally.

Get the root of fear.

_____ 16 _____. In Anglo Saxon times, “fear” primarily referred to sudden danger. The root of the word dates back to “pēr” from Indo-European about 6,000 years ago. This root suggests that fear developed from a sudden (frightening) experience you passed through.

Figure out the emotional meaning of fear.

Whether emotions are viewed positively or negatively varies from culture to culture. _____ 17 _____. For instance, in English, the word “anxious” can be used to mean “worried” or “eager”. But the word meaning “anxious” just means “regret” in Dargwa. Therefore, many English speakers may not view anxiety as negatively as Dargwa speakers.

Find out a fearful pattern.

In looking at such patterns across the major language families, researchers found that the word “fear” was often associated with anxiety, envy and grief in Indo-European languages. But in Austronesian languages, “fear” more often was associated with surprise. _____ 18 _____ .

_____ 19 _____

How we talk about fear changes how we react to it. When we talk about what frightens us, it may be useful to disrupt associated meanings. In addition, how our language categorizes an emotion seems to impact whether we

perceive those emotions negatively or positively.

In conclusion, fear is something that can be changed by cultural and linguistic experience. _____ 20 .

Perhaps Roosevelt was right when he famously said “The only thing we have to fear is fear itself.”

- A. Talk more about fears
- B. Change our perception of fear
- C. The word fear has a long history in English
- D. There seemed a fearful pattern across the major language families
- E. This is based on what people have learned to associate with emotion words
- F. It opens the door to potential ways to change how we talk about and react to it
- G. This makes speakers of the latter languages associate this emotion with a less negative sense

【答案】16. C 17. E 18. G 19. B 20. F

【导语】本文是一篇说明文。文章主要介绍了我们应该如何去谈论恐惧。

16. 下文In Anglo Saxon times, “fear” primarily referred to sudden danger. The root of the word dates back to “pēr” from Indo-European about 6,000 years ago.(在盎格鲁-撒克逊时代,“恐惧”主要指突然发生的危险。这个词的词根可以追溯到大约 6000 年前印欧语的pēr)”介绍了“恐惧”一词可追溯到约 6000 年前,是对 C 项The word fear has a long history in English(“恐惧”这个词在英语中有很长的历史)”内容的具体说明,上下文语意连贯。故选 C 项。

17. 上文“Whether emotions are viewed positively or negatively varies from culture to culture.(对情绪的看法是积极的还是消极的,因文化而异)”指出恐惧的情绪含义因文化而异,下文“For instance, in English, the word “anxious” can be used to mean “worried” or “eager”. But the word meaning “anxious” just means “regret” in Dargwa. Therefore, many English speakers may not view anxiety as negatively as Dargwa speakers.(例如,在英语中,单词“anxious”可以用来表示“担心的”或“急切的”。但是“anxious”这个词在达格瓦语中只是“后悔”的意思。因此,许多说英语的人可能不会像说达瓜语的人那样消极地看待“anxiety”)”用举例的方法说明了一个词汇的情绪含义是积极或消极因文化而异,与人们所习得的情绪相关,是对上文和 E 项“This is based on what people have learned to associate with emotion words(这是基于人们已经学到的与情感词汇相关的情绪)”内容的举例说明,上下文语意连贯。故选 E 项。

18. 上文In looking at such patterns across the major language families, researchers found that the word “fear” was often associated with anxiety, envy and grief in Indo-European languages. But in Austronesian languages, “fear” more often was associated with surprise.(在研究主要语系的这种模式时,研究人员发现,在印欧语系中,“恐惧”这个词经常与焦虑、嫉妒和悲伤联系在一起。但在南岛语中,“恐惧”更多的是与惊讶联系在一起)”指出,在印欧语系中“恐惧”这个词经常与焦虑、嫉妒和悲伤联系在一起,而在南岛语中,“恐惧”更多的是与惊讶联系在一起,由此可知,对使用南岛语的人来说,“恐惧”一词不会带来太多的消极情绪。G 项“This makes speakers of the latter languages associate this emotion with a less negative sense(这使得说后一种语言的人不太会将恐惧”与消极的感觉联系在一起)”承接上文,表达了同样的意思,句中“the latter”照应上文in Austronesian languages”。故选 G 项。

19. 设空句是段首主题句,根据下文“How we talk about fear changes how we react to it. When we talk about

what frightens us, it may be useful to disrupt associated meanings. In addition, how our language categorizes an emotion seems to impact whether we perceive those emotions negatively or positively.(我们谈论恐惧的方式会改变我们对恐惧的反应。当我们谈论让我们害怕的事情时，打破相关的含义可能是有用的。此外，我们的语言如何对情绪进行分类似乎会影响我们对这些情绪的看法是消极的还是积极的)可知，本段说明我们对恐惧认知会影响我们对恐惧的反应，建议打破其相关含义，改变对恐惧的看法，故“Change our perception of fear(改变我们对恐惧的看法)”是本段内容最佳概括。故选 B 项。

20. 上文“In conclusion, fear is something that can be changed by cultural and linguistic experience.(总之，恐惧是可以被文化和语言经验改变的)”总结全文，得出结论 恐惧是可以被文化和语言经验改变的，F 项“It opens the door to potential ways to change how we talk about and react to it (它打开了一扇门，让我们有可能改变我们谈论和应对它的方式)”承接上文，说明这一认知的作用：让我们可能改变我们谈论和应对恐惧的方式，上下文语意连贯。故选 F 项。

5. (2024 上·甘肃·高三统考期末)

As our lives become more closely connected with the digital age, it's more important than ever to keep the spark of human connections, a key part of which is making small talk. 21 Here's how to master the art of small talk.

The cornerstone of effective small talk lies in developing genuine interest. Genuine interest is about actively seeking to understand the other person, valuing their perspectives and appreciating the uniqueness they bring to the conversation. 22

Small talk extends beyond spoken words; it includes the art of observation. As you engage in conversation, pay attention to the speaker's body language, facial expressions and tone of voice. 23 Being familiar with them not only helps you navigate the conversation with sensitivity but also enables you to establish a deeper connection by respecting the slight differences of the other person's communication style.

Actually listening and connecting with someone is essential for a conversation. By providing your undivided attention, you convey respect and interest in what the other person has to say. 24 Ask follow-up questions to show that you value their insights. This depth of engagement lays the foundation for a more meaningful connection.

At the heart of successful small talk lies the authenticity (真实性) of your engagement. Authenticity fosters a sense of trust and connection, making the conversation more meaningful and memorable. Avoid the temptation to project an image or use scripted responses. 25 In the world of small talk, authenticity is the key that unlocks the door to deeper connections and more fulfilling interactions.

- A. Instead, let your true self shine through.
- B. Some accessible topics are great for small talk.
- C. Active listening involves fully engaging with the speaker.
- D. Focus on understanding their viewpoints beyond simply hearing words.
- E. The signals provide valuable insights into their emotions and intentions.
- F. Small talk may be a gateway to building rich and meaningful relationships.
- G. By expressing authentic curiosity, you make the other person feel seen and heard.

【答案】21. F 22. G 23. E 24. D 25. A

【导语】本文是一篇说明文。文章主要介绍了如何掌握闲聊艺术的四种方法。

21. 上文“*As our lives become more closely connected with the digital age, it’s more important than ever to keep the spark of human connections, a key part of which is making small talk.*(随着我们的生活与数字时代联系越来越紧密，保持人际关系的火花比以往任何时候都更重要，其中一个关键部分就是闲聊。)”说明了闲聊能维系人际关系。选项 F“闲聊可能是建立丰富而有意义的关系的途径。”进一步说明了闲聊的重要作用，承上启下，引出下文“*Here’s how to master the art of small talk.*(下面是掌握闲聊艺术的方法。)”说明以下是与他人进行闲聊的方法。故选 F 项。

22. 上文“*The cornerstone of effective small talk lies in developing genuine interest. Genuine interest is about actively seeking to understand the other person, valuing their perspectives and appreciating the uniqueness they bring to the conversation.*(有效闲聊的基石在于培养真正的兴趣。真正的兴趣是积极地寻求理解对方，重视他们的观点，欣赏他们给谈话带来的独特性。)”说明有效的闲聊在于培养真正的兴趣，解释了真正的兴趣的含义，选项 G“通过表达真实的好奇心，你让对方感到被关注和被倾听。”承接上文，是培养真正的兴趣的具体做法。G 项中“*authentic curiosity*”与空前的“*Genuine interest*”相呼应。故选 G 项。

23. 上文“*Small talk extends beyond spoken words; it includes the art of observation. As you engage in conversation, pay attention to the speaker’s body language, facial expressions and tone of voice.*(闲聊超越了口头语言；它包括观察的艺术。当你参与谈话时，注意说话人的肢体语言、面部表情和语调。)”说明了闲聊中观察谈话中的非语言信号，以及下文“*Being familiar with them not only helps you navigate the conversation with sensitivity but also enables you to establish a deeper connection by respecting the slight differences of the other person’s communication style.*(熟悉他们不仅有助于你敏感地驾驭对话，还可以通过尊重对方沟通风格的细微差异来建立更深层次的联系。)”说明了熟悉这些非语言信号的作用和益处，选项 E“这些信号为了解他们的情绪和意图提供了有价值的见解。”起到承上启下的作用，选项 E 中“*The signals*”与空前的“*the speaker’s body language, facial expressions and tone of voice*”和空后的“*them*”相对应。故选 E 项。

24. 上文“*By providing your undivided attention, you convey respect and interest in what the other person has to say.*(通过全神贯注，你表达了对对方所说的话的尊重和兴趣。)”说明全神贯注地倾听，对谈话很重要。以及下文“*Ask follow-up questions to show that you value their insights.*(问一些后续问题来表明你重视他们的见解。)”说明在谈话中，交流必不可少。选项 D“专注于理解他们的观点，而不仅仅是听他们说话。”与前后文的内容存在先后顺序，先认真倾听，再专注于理解别人的观点，最后再询问一些问题进行深度交流。故选 D 项。

25. 上文“*At the heart of successful small talk lies the authenticity (真实性) of your engagement. Authenticity fosters a sense of trust and connection, making the conversation more meaningful and memorable. Avoid the temptation to project an image or use scripted responses.*(成功的闲聊的核心在于你参与的真实性和真诚能培养一种信任感和联系感，使谈话更有意义，更令人难忘。避免投射形象或使用脚本回答的诱惑。)”说明闲聊时真实地参与进来，要真诚，而不是使用人设和套路。选项 A“相反，让真实的自己闪耀出来。”与上文构成转折关系，在闲聊中，不能使用人设和套路，要真诚真实。故选 A 项。

6. (2023·山东·高三山东省日照实验高级中学校联考)

When people first come across the Law of Attraction (吸引力法则), their hearts and minds often immediately think of one specific thing that they'd love to achieve in their lives. However, the next thought is often "But I can't do that". You may come up with all kinds of excuses. ____ 26 ____ Here are the reasons why you should believe you can use the Law of Attraction to obtain whatever you want.

Small steps create big changes. One of the most common reasons for abandoning dreams is that they simply seem too huge to realize. Usually it's manageable to think of following your dream as taking a series of significant but small steps. ____ 27 ____ Then look at each of them. Not so unrealistic now, is it?

____ 28 ____ When people are interviewed on their deathbeds or write about their lives in autobiographies (自传), it is often observed that major regrets tend to relate to things that were not done. In older age, it's likely that you will be uncomfortable with the idea that you didn't even try to do the thing that you loved or attempt to obtain what you truly wanted. ____ 29 ____ But you don't ever need to feel this way! Make today the first day of your new journey towards avoiding regret.

Steps towards your dream are never backwards steps. Another common worry is that if you follow your dreams, you'll be "taking steps back". ____ 30 ____ However, what looks like backward steps in your old life can more productively and accurately be seen as forwarding steps in the brand new life you're creating.

- A. You can avoid regret.
- B. It makes sense to move forward confidently.
- C. Luckily, the truth is that it's never too late to follow your dream.
- D. It often comes up when people are at the top of careers they hate.
- E. It is painful to feel like you haven't ever found your true purpose.
- F. For example, challenge yourself to write down the path to success in ten stages.
- G. You have enough life experience and knowledge to make changes to pursue your dream.

【答案】26. C 27. F 28. A 29. E 30. D

【导语】这是一篇说明文。主要介绍了几种可以让你保持追逐梦想的方法和建议。

26. 根据上文“You may come up with all kinds of excuses. (你可能会想出各种各样的借口。)”提到不想付诸行动的各种借口,可知本空要谈到解决这一问题的方案。下文Here are the reasons why you should believe you can use the Law of Attraction to obtain whatever you want. (下面是为什么你应该相信你可以利用吸引力法则得到你想要的任何东西的原因。)”提到建议和方法,可知本空是对下文的概括。选项C项“Luckily, the truth is that it's never too late to follow your dream. (幸运的是,事实是,追逐梦想永远不会太晚。)”起到承上启下作用。故选C项。

27. 上文“Usually it's manageable to think of following your dream as taking a series of significant but small steps. (通常情况下,你可以把追求梦想看成是一系列重要而又小的步骤。)”说明可以把追求梦想看成重要而又小的步骤。F项“For example, challenge yourself to write down the path to success in ten stages. (例如,挑战自己,把通往成功的道路分为十个阶段。)”为具体举例解释这一方法,和上文内容意思一致,为上文内容的语意递进。故选F项。

28. 该空为段首,总结该段内容。根据下文“When people are interviewed on their deathbeds or write about their

lives in autobiographies (自传), it is often observed that major regrets tend to relate to things that were not done. In older age, it's likely that you will be uncomfortable with the idea that you didn't even try to do the thing that you loved or attempt to obtain what you truly wanted. (当人们在弥留之际接受采访,或在自传中讲述他们的生活时,我们常常发现,主要的遗憾往往与没有做过的事情有关。在年老的时候,你很可能会因为你甚至没有尝试做你喜欢的事情或试图获得你真正想要的东西而感到不舒服。)"可知,遗憾往往与没有做过的事情有关。A项"You can avoid regret. (你可以避免后悔。)"总结下文内容,引出下文中讲到的人们往往会因为什么而后悔。故选A项。

29. 上文"In older age, it's likely that you will be uncomfortable with the idea that you didn't even try to do the thing that you loved or attempt to obtain what you truly wanted. (在年老的时候,你很可能会因为你甚至没有尝试做你喜欢的事情或试图获得你真正想要的东西而感到不舒服。)"提到没有尝试做你喜欢的事情或试图获得你真正想要的东西会使自己感到遗憾。下文"But you don't ever need to feel this way! (但是你不需要有这种感觉!)"说明空处提到了某种感觉。E项It is painful to feel like you haven't ever found your true purpose. (感觉自己还没有找到自己真正的目标是很痛苦的。)"为对上文内容的语意递进,同时引起下文,下文中提到的"feel this way (这种感觉)"指的就是该句中的内容。故选E项。

30. 上文"Another common worry is that if you follow your dreams, you'll be "taking steps back". (另一个常见的担忧是,如果你追随梦想,你会"倒退。)"提到追随梦想,你会有"倒退"的这种担忧。下文"However, what looks like backward steps in your old life can more productively and accurately be seen as forwarding steps in the brand new life you're creating. (然而,在你的旧生活中,那些看起来像是倒退的步骤,可以更有效、更准确地被视为你正在创造的全新生活的前进步骤。)"为转折,说明这些担忧可能是创造的全新生活的前进步骤。D项"It often comes up when people are at the top of careers they hate. (当人们处于自己讨厌的职业巅峰时,这种情况就会出现。)"起到承上启下作用,说明上文提到的情况。故选D项。

7. (2023·河南·高三校联考阶段练习)

We have all heard that if you talk to yourself, you're crazy, 31 According to research, talking to yourself in a positive way is actually very healthy for your mind

My first exposure to positive self-talk was reading *The Little Engine That Could*. Do you remember that book from your childhood? While trying to make it up a big hill, the little engine keeps saying to himself, "I think I can, I think I can." And of course, he makes it. 32

Positive self-talk is one of the most valuable tools you can use to keep yourself physically and mentally balanced. Many Olympic and professional athletes use it every time they practice or compete.

33 My own personal favorite is "I'm okay". Back when I was in the movie business. I used to work with the stunt (特技) team. I was told that one of their simple but effective secrets was to stay loose and talk to their body. I had the chance to try it out one day. My apartment was on the second floor of a duplex (复式公寓), and one rainy day I slipped on the top step and started falling over. Then I just kept telling myself, "I'm okay."
34 There were only a few scratches (擦伤) on my legs. I believe to this day that it was the simple positive self-talk that helped keep me from being seriously injured.

Positive self-talk can also help you calm down from anxiety and feel less sad. There was a period of time

when I felt upset. Every morning, I woke up and said to myself, “Hi, Barton. You’re going to have a good day today.” 35 When I did it throughout the day, fewer things would bother me, and I became friendlier to myself.

- A. In fact, that’s not always the case.
- B. Much to my surprise, I was just fine
- C. It’s a valuable lesson for us to learn and remember.
- D. Instead, there are several different types of self-talk.
- E. You know, I was programming my brain to feel good.
- F. When it comes to positive self-talk, the simpler, the better.
- G. That was an opportunity for me to try something challenging.

【答案】 31. A 32. C 33. F 34. B 35. E

【导语】 本文是一篇夹叙夹议文。作者主要通过自身经历说明了积极的自我对话的好处。

31. 前文提到“*We have all heard that if you talk to yourself, you’re crazy*”（我们都听说过，如果你自言自语，你就疯了。），及空后“*According to research, talking to yourself in a positive way is actually very healthy for your mind*”（根据研究，以积极的方式自言自语实际上对你的大脑非常健康）可知，说明以健康的方式进行自言自语是对自身有帮助的，由此判断该空所填内容与前一句构成转折关系，A项“*In fact, that’s not always the case.*”（事实上，情况并非总是如此）符合文意，与上文构成转折关系。故选A。

32. 根据本段中作者讲述的《勇敢的小火车头》这本书的内容可知，小火车头通过自我鼓励成功爬上了大山，这使作者颇受启发。因此，作者认为这是值得我们学习和记住的宝贵经验。C项“*It’s a valuable lesson for us to learn and remember.*”（这是值得我们学习和记住的宝贵一课。）总结了该段内容，符合文意。故选C。

33. 根据空后“*My own personal favorite is ‘I’m okay’.*”（我个人最喜欢的口头禅是“我很好”。）可知，作者认为人们在进行积极的自我对话时，表达越简单越好。F项“*When it comes to positive self-talk, the simpler, the better.*”（当谈到积极的自我对话时，越简单越好。）提到积极的自我对话就是越简单越好，与作者提到的自我对话“我很好”相符，F项符合文意。故选F。

34. 根据空后“*There were only a few scratches (擦伤) on my legs. I believe to this day that it was the simple positive self-talk that helped keep me from being seriously injured.*”（我没事我的腿上只有几处抓痕。直到今天，我仍然相信，正是这种简单而积极的自我对话帮助我避免了受重伤。）可知，作者简单的积极自我对话让自己避免了更严重的伤害。B项“*Much to my surprise, I was just fine*”（令我非常惊讶的是，我并无大碍）符合文意，起到承上启下的作用。故选B。

35. 根据空前“*Every morning, I woke up and said to myself, ‘Hi, Barton, You’re going to have a good day today.’*”（每天早晨醒来，我对自己说：“你好，巴顿。你今天会过得很愉快的。”）可知，作者之所以这么做，是在潜意识地让自己变得积极起来，其实是在向大脑发出指令——要让自己感觉很棒。E项“*You know, I was programming my brain to feel good.*”（我一直在让自己的大脑感觉良好。）提到了作者让自己的大脑习惯积极的做法。符合文意。故选E。

8. (2023·广东广州·高三华南师大附中校考)

Body image is a person's opinions and feelings about his or her own body and physical appearance. ____ 36

You appreciate your body for its capabilities and accept its imperfections. So, what can you do to develop a positive body image? Here are some ideas.

Recognize your strengths. Different body types are good for different things. What does your body do well? Maybe your speed, strength, or coordination makes you better than others at a certain sport. That may be basketball, table tennis, mountain biking, dancing, or even running. Or perhaps you have non-sports skills, like drawing, painting, singing, playing musical instrument, writing or acting. ____ 37 ____

Exercise regularly. Exercise can help you look good and feel good about yourself. Good physiques (体型) don't just happen. ____ 38 ____ A healthy habit can be as simple as exercising 20 minutes to one hour three days a week. Working out can also lift your spirits.

____ 39 ____ Practicing good habits—regular showering; taking care of your teeth, hair, and skin; wearing clean clothes, and so on—can help you build a positive body image.

Be yourself. Your body is just one part of who you are. ____ 40 ____ So try not to let small imperfections take over.

- A. Respect your body.
- B. Use this as an opportunity to discover what you're good at.
- C. Your talent for comedy, a quick wit, and all the other things make you unique.
- D. They take hard work, regular workouts, and a healthy diet.
- E. Having a positive body image means feeling satisfied with the way you look.
- F. Just explore talents that you feel good about.
- G. The good news is that self-image and body image can be changed.

【答案】 36. E 37. F 38. D 39. A 40. C

【导语】 本文是一篇说明文，主要介绍了提高自我外在形象的方法和策略。

36. 由上文“Body image is a person's opinions and feelings about his or her own body and physical appearance. (形象是一个人对自身身体和外表的看法和感受)”和下文“You appreciate your body for its capabilities and accept its imperfections.(因为身体的能力你欣赏它，同时要接受它的不完美)”可知，上文解释了什么是 body image，下文则让读者接受自己身体上的不完美，由此推知空处陈述好的外形对我们的影响。E 项“Having a positive body image means feeling satisfied with the way you look”（有好的外形意味着你对自己的样子很满意）切题，起到承上启下的作用。故选 E。

37. 根据本段首句“Recognize your strengths. (认清你的强项)”和下文“That may be basketball, table tennis, mountain biking, dancing, or even running. Or perhaps you have non-sports skills, like drawing, painting, singing, playing a musical instrument, writing, or acting. (那可能是篮球、乒乓球、山地自行车、舞蹈，甚至跑步。或者你有非体育技能，比如绘画、唱歌、演奏乐器、写作或表演)”可知，有很多技能可以供我们开发，只要我们积极去探索就一定能找到适合自己的。F 项“Just explore talents that you feel good about.”（要去探索你感觉好的才能）切题，起到总结该段内容的作用。故选 F。

38. 由上文“Good physiques(体型) don't just happen. (好的体型不会自己产生)”和下文“A healthy habit can be as simple as exercising 20 minutes to 1 hour three days a week. Working out can also lift your

spirits.(一个健康的习惯简单的就像每天锻炼 20 分钟到一个小时。锻炼也能提升你的精神)”可推知，好的体形是需要通过锻炼等来塑造的。D 项“**They take hard work, regular workouts, and a healthy diet.**”（它们需要艰辛的努力，定期锻炼和健康的饮食）切题，该选项中的 they 代指上文的 good physiques。故选 D。

39. 后文提到“**Practicing good habits—regular showering; taking care of your teeth, hair, and skin;wearing clean clothes, and so on—can help you build a positive body image.**”（养成好习惯——经常洗澡；照顾好你的牙齿、头发和皮肤；穿干净的衣服，等等，可以帮助你建立一个积极的身体形象。）该段提到洗澡、刷牙、照顾好头发皮肤，穿干净的衣服等等，这些都是对自己身体爱护的一个表现。A 项“**Respect your body.**”（尊重你的身体）符合文意，总结了后文中对自己身体爱护的内容，该项起到引出后文的作用。故选 A。

40. 前文提到“**Be yourself. Your body is just one part of who you are.**”（做你自己。你的身体只是你的一部分。）要接受自己的身体，无论好坏。后文提到“**So try not to let small imperfections take over.**”（所以尽量不要让小的不完美占据主导。），一个人都会有好的和坏的，要多多去发现自己好的一面，C 项“**Your talent for comedy, a quick wit, and all the other things make you unique.**”（你在喜剧方面的天赋、机智和所有其他方面都使你独一无二。）该项提到每个人在不同的方面都会有属于自己擅长和好的一面，该项符合文意，起到承上启下的作用。故选 C。

9. (2024·内蒙古呼和浩特·高三统考期末)

Why was school created? _____ 41 _____ Especially on test days, many students wonder exactly why they're being subjected to such terrible and unusual punishment!

If you're honest with yourself, though, you know what a great place school is. _____ 42 _____. Sure, tests can be stressful, but think of how boring life would be if you didn't get to learn new things and see other people so often!

Schools are not a new invention. You may have seen some old one-room schoolhouses that have been around for several hundred years or more. _____ 43 _____.

In fact, education dates back to the very first humans ever to live on Earth. Why? To survive, every generation has found it necessary to pass on its knowledge, skills, values, and traditions to the next generation. How can they do this? Education! Each subsequent generation (后代) must be taught these things.

_____ 44 _____ They educated young people within the family unit. Over time, however, populations grew and societies formed.

Rather than every family being responsible for education, people soon found out that it would be easier and more efficient to have a small group of adults teach a larger group of children. _____ 45 _____.

- A. In this way, the idea of school was born.
- B. The earliest schools, though, date back thousands of years.
- C. At that time, schools focused on reading, writing, and maths.
- D. Ancient schools weren't like the schools we know today, though.
- E. We're sure that's a question that every student asks from time to time.
- F. The earliest human beings didn't need schools to pass along information.
- G. You have fun, learn all kinds of interesting things, and get to spend time with your friends.

【答案】 41. E 42. G 43. B 44. F 45. A

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