

# 新高考 I 卷阅读理解

## 备战高考英语复习之真题解读+高频考词+ 长难句分析+拔高突破练

距离高考还有一段时间，不少有经验的老师都会提醒考生，愈是临近高考，能否咬紧牙关、学会自我调节，态度是否主动积极，安排是否科学合理，能不能保持良好的心态、以饱满的情绪迎接挑战，其效果往往大不一样。以下是本人从事 10 多年教学经验总结出的以下学习资料，希望可以帮助大家提高答题的正确率，希望对你有所帮助，有志者事竟成！

养成良好的答题习惯，是决定高考英语成败的决定性因素之一。做题前，要认真阅读题目要求、题干和选项，并对答案内容作出合理预测；答题时，切忌跟着感觉走，最好按照题目序号来做，不会的或存在疑问的，要做好标记，要善于发现，找到题目的题眼所在，规范答题，书写工整；答题完毕时，要认真检查，查漏补缺，纠正错误。总之，在最后的复习阶段，学生们不要加大练习量。在这个时候，学生要尽快找到适合自己的答题方式，最重要的是以平常心去面对考试。英语最后的复习要树立信心，考试的时候遇到难题要想“别人也难”，遇到容易的则要想“细心审题”。越到最后，考生越要回归基础，单词最好再梳理一遍，这样有利于提高阅读理解的效率。另附高考复习方法和考前 30 天冲刺复习方法。





真题详解 (思路解析, 阅读高频词, 长难句分析)



拔高突破练

## 命题分析

阅读理解文章体裁可以分为：应用文 记叙文 说明文 议论文

虽然阅读理解的材料内容千变万化，但考试中的考查方式是有限的，只要能够掌握以下几种主要类型题目的阅读技巧，那么阅读理解拿高分，甚至拿满分就是可以做到了。

阅读理解题的速选技能，需要结合下面几种题型：主旨大意题，细节理解题，推理判断题，词义猜测题。

### 秒杀技能 一 主旨大意题

主旨大意题分为两种：一种是要求归纳标题，另一种是归纳段落大意或者文章中心思想。

1. 注意文章的首句和尾句，以及 **therefore, thus, but, however, in short** 这些很可能提示文章主旨的词语。
2. 分段概括大意，逐项排除最终确定答案。需要注意避免出现概括不够，如：以偏概全，过度解读等人为的主观臆断性错误。

### 秒杀技能 二 细节理解题

细节理解题在考查形式上分为两种：细节查找题与细节推理题。

1. 细节查找题：比较简单，只要能看懂文章，从文章中找到问题定位的关键词句，就可以顺利解题。
2. 细节推理题：需要借助同义词转换，概念解析，归纳事实等方法对原文信息进行变换，然后再进行进一步的推理或鉴别。

### 秒杀技能 三 推理判断题

这是阅读理解的重难点所在，考查形式也多种多样，除了细节理解，还有结局趋势预测题，文章来源推测题，作者态度观点推测题。

1. 阅读全文，理解文章大意：具体可以参考主旨大意题的解题步骤，切忌主观臆断，常识经验来代替文章内容或观点。
2. 避免误入命题陷阱：第一类陷阱是把原文中的关键词或限定词去掉或用

其他词进行替换。比如把张三当李四，把部分当全部，把否定当肯定，把将来发生当成已经发生等。第二类陷阱是在选项中设置一些与问题无关的干扰项。这些干扰项本身可能是文章中的原句，但是与问题无关；或者这些选项内容本身符合常识，但是作者在文中没有提及或者与作者观点不符。

#### 秒杀技能 四 词义猜测题

这种类型的题，主要分为以下三种：

1. 猜测某个词、词组、句子的意义；
2. 对文中的多义词或词组进行定义；
3. 判断某个代词的指代的对象。

这类题型应在精读中应当注意：

1. 分析长难句。
2. 注意熟词生义，一词多义。

### 真题剖析

1. (2022年新高考 I 卷 A 篇阅读理解) 应用文

#### Grading Policies for Introduction to Literature

##### Grading Scale

90-100, A; 80-89, B; 70-79, C; 60-69, D; Below 60, E.

##### Essays (60%)

Your four major essays will combine to form the main part of the grade for this course: Essay 1 = 10%; Essay 2 = 15%; Essay 3 = 15%; Essay 4 = 20%.

##### Group Assignments (30%)

Students will work in groups to complete four assignments (作业) during the course. All the assignments will be submitted by the assigned date through Blackboard, our online learning and course management system.

##### Daily Work/In-Class Writings and Tests/Group Work/Homework (10%)

**Class activities will vary from day to day, but students must be ready to complete short in-class writings or tests drawn directly from assigned readings or notes from the previous class' lecture/discussion, so it is important to take careful notes during class.** Additionally, from time to time I will assign group work to be completed in class or short assignments to be completed at home, both of which will be graded.

##### Late Work

**An essay not submitted in class on the due date will lose a letter grade for each class period it is late.** If it is not turned in by the 4th day after the due date, it will earn a zero. Daily assignments

not completed during class will get a zero. Short writings missed as a result of an excused absence will be accepted.

21. Where is this text probably taken from?

- A. A textbook.                      B. An exam paper.                      C. A course plan.                      D. An academic article.

22. How many parts is a student's final grade made up of?

- A. Two.                                  B. Three.                                  C. Four.                                  D. Five.

23. What will happen if you submit an essay one week after the due date?

- A. You will receive a zero.                                  B. You will lose a letter grade.  
C. You will be given a test.                                  D. You will have to rewrite it.

### 阅读高频词

1. introduction

2. scale

3. grade

4. assignment

5. submit

([高考链接 2019 天津卷 阅读理解](#)) Submit a final draft of your essay on March 9.

6. assign

7. draw

([高考链接 2020 新课标 III 卷 阅读理解](#)) Already,

## II

the creatures acting in them haven't been treated properly.

8. additionally

9. grade

10. due date

11. period

12. excuse

13. Introduction to Literature

14. Grading Scale

15. the assigned date

16. vary from day to day

17. assigned readings

18. Late Work

19. letter grade

20. turn in

([高考链接](#) 2021 新课标 I 卷 阅读理解) Turn the page in your journal.

21. an excused absence

22. be made up of

### 长难句

1. Class activities will vary from day to day but students must be ready to complete short in-class writings or tests drawn directly from assigned readings or notes from the previous class' lecture /discussion, so it is important to take careful notes during class.

2. An essay not submitted in class on the due date will lose a letter grade for each class period it is late.

### 真题剖析

2. (2022年全国高考新高考 I 卷 B 篇 阅读理解) 夹叙夹议议论文

Like most of us, I try to be mindful of food that goes to waste. The arugula (芝麻菜) was to make a nice green salad, rounding out a roast chicken dinner. But I ended up working late. Then friends called with a dinner invitation. I stuck the chicken in the freezer. But as days passed, the arugula went bad. Even worse, I had unthinkingly bought way too much; I could have made six salads with what I threw out.

In a world where nearly 800 million people a year go hungry, “food waste goes against the moral grain,” as Elizabeth Royte writes in this month's cover story. **It's jaw-dropping how much perfectly good food is thrown away — from “ugly” (but quite eatable) vegetables rejected by grocers to large amounts of uneaten dishes thrown into restaurant garbage cans.**

Producing food that no one eats wastes the water, fuel, and other resources used to grow it. That makes food waste an environmental problem. In fact, Royte writes, **“if food waste were a country, it would be the third largest producer of greenhouse gases in the world.”**

If that's hard to understand, let's keep it as simple as the arugula at the back of my refrigerator. Mike Curtin sees my arugula story all the time — but for him, it's more like 12 bones of donated strawberries nearing their last days. Curtin is CEO of DC Central Kitchen in Washington, D.C., which recovers food and turns it into healthy meals. Last year it recovered

more than 807,500 pounds of food by taking donations and collecting blemished (有瑕疵的) produce that otherwise would have rotted in fields. And the strawberries? Volunteers will wash, cut, and freeze or dry them for use in meals down the road.

Such methods seem obvious, yet so often we just don't think. "Everyone can play a part in reducing waste, whether by not purchasing more food than necessary in your weekly shopping or by asking restaurants to not include the side dish you won't eat," Curtin says.

24. What does the author want to show by telling the arugula story?

- A. We pay little attention to food waste. B. We waste food unintentionally at times.  
C. We waste more vegetables than meat. D. We have good reasons for wasting food.

25. What is a consequence of food waste according to the text?

- A. Moral decline. B. Environmental harm.  
C. Energy shortage. D. Worldwide starvation.

26. What does Curtin's company do?

- A. It produces kitchen equipment. B. It turns rotten arugula into clean fuel.  
C. It helps local farmers grow fruits. D. It makes meals out of unwanted food.

27. What does Curtin suggest people do?

- A. Buy only what is needed. B. Reduce food consumption.  
C. Go shopping once a week. D. Eat in restaurants less often.

### 阅读高频词

1. stick

([高考链接 2021 全国乙卷 阅读理解](#)) More than half of Australian homes are still choosing to stick with their home phone.

2. freezer

3. unthinkingly

4. jaw-dropping

5. perfectly

6. reject

7. recover

8. produce

9. rot

10. dry

11. purchase

([高考链接 2020 新课标 II 卷 阅读理解](#)) I encourage readers to go to their local library when they can't afford to purchase a book.

12. unintentionally

13. consequence

14. consumption
15. be mindful of
16. go to waste
17. round ...out
18. end up
19. work late
20. against the moral grain

([高考链接](#) 2021 全国甲卷 阅读理解) Walking up a path through the forest towards Shutlingsloe, a local high point, I came across a small clearing and immediately noticed the dead yellow grasses set against the fresh snow.

21. cover story
22. greenhouse gas
23. down the road
24. side dish
25. moral decline
26. make sth out of sth

### 长难句

1. It's jaw -dropping how much perfectly good food is thrown away -from "ugly" (but quite eatable)vegetables rejected by grocers to large amounts of uneaten dishes thrown into restaurant garbage cans.
2. If food waste were a country, it would be the third largest producer of greenhouse gases in the world.

### 真题剖析

3. (2022年全国高考新高考I卷 C 篇阅读理解) 新闻报道

The elderly residents (居民) in care homes in London are being given hens to look after to stop them feeling lonely.

The project was dreamed up by a local charity (慈善组织) to reduce loneliness and improve elderly people's wellbeing. It is also being used to help patients suffering dementia, a serious illness of the mind. Staff in care homes have reported a reduction in the use of medicine where hens are in use.

Among those taking part in the project is 80-year-old Ruth Xavier. She said: "I used to keep hens when I was younger and had to prepare their breakfast each morning before I went to school."

“I like the project a lot. I am down there in my wheelchair in the morning letting the hens out and down there again at night to see they’ve gone to bed.”

“It’s good to have a different focus. People have been bringing their children in to see the hens and residents come and sit outside to watch them. **I’m enjoying the creative activities, and it feels great to have done something useful.**”

**There are now 700 elderly people looking after hens in 20 care homes in the North East, and the charity has been given financial support to roll it out countrywide.**

Wendy Wilson, extra care manager at 60 Penfold Street, one of the first to embark on the project, said: “Residents really welcome the idea of the project and the creative sessions. We are looking forward to the benefits and fun the project can bring to people here.”

Lynn Lewis, director of Notting Hill Pathways, said: “We are happy to be taking part in the project. It will really help connect our residents through a shared interest and creative activities.”

28. What is the purpose of the project?

- A. To ensure harmony in care homes.  
B. To provide part-time jobs for the aged.  
C. To raise money for medical research.  
D. To promote the elderly people’s welfare.

29. How has the project affected Ruth Xavier?

- A. She has learned new life skills.  
B. She has gained a sense of achievement.  
C. She has recovered her memory.  
D. She has developed a strong personality.

30. What do the underlined words “embark on” mean in paragraph 7?

- A. Improve.  
B. Oppose.  
C. Begin.  
D. Evaluate.

31. What can we learn about the project from the last two paragraphs?

- A. It is well received.  
B. It needs to be more creative.  
C. It is highly profitable.  
D. It takes ages to see the results.

### 阅读高频词

1. loneliness
2. well being
3. staff

([高考链接 2021 天津卷 阅读理解](#)) She added that she had a line of staff at her door wanting to take the training.

4. keep

5. focus

6. countrywide

7. session

([高考链接 2021 新高考 II 卷 阅读理解](#)) We will be holding a free taster session on 23rd May, at 10 am, to demonstrate the variety of effective and active exercises.

8. ensure

9. promote

10. welfare

11. affect

12. gain

13. personality

14. oppose

15. evaluate

([高考链接 2021 天津卷 阅读理解](#)) Feeling fearful is healthy because it helps you slow down and evaluate risks properly.

16. profitable

17. ages

18. stop sb doing sth

19. dream up

20. take part in

21. used to do sth

22. financial support

23. look forward to

24. a shared interest

25. part-time jobs

26. raise money for

([高考链接 2020 新课标 III 卷 阅读理解](#)) They want to raise money for animal protection.

27. a sense of achievement

28. be well received

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1. I'm enjoying the creative activities and it feels great to have done something useful.
  2. There are now 700 elderly people looking after hens in 20 care homes in the North East, and the charity has been given financial support to roll it out countrywide.

### 真题剖析

#### 4. (2022 年新高考 I 卷 D 篇阅读理解) 说明文

Human speech contains more than 2,000 different sounds, from the common “m” and “a” to the rare clicks of some southern African languages. But why are certain sounds more common than others? **A ground-breaking, five-year study shows that diet-related changes in human bite led to new speech sounds that are now found in half the world’s languages.**

**More than 30 years ago, the scholar Charles Hockett noted that speech sounds called labiodentals, such as “f” and “v”, were more common in the languages of societies that ate softer foods.** Now a team of researchers led by Damián Blasi at the University of Zurich, Switzerland, has found how and why this trend arose.

**They discovered that the upper and lower front teeth of ancient human adults were aligned (对齐), making it hard to produce labiodentals, which are formed by touching the lower lip to the upper teeth.** Later, our jaws changed to an overbite structure (结构), making it easier to produce such sounds.

The team showed that this change in bite was connected with the development of agriculture in the Neolithic period. Food became easier to chew at this point. The jawbone didn’t have to do as much work and so didn’t grow to be so large.

**Analyses of a language database also confirmed that there was a global change in the sound of world languages after the Neolithic age, with the use of “f” and “v” increasing remarkably during the last few thousand years.** These sounds are still not found in the languages of many hunter-gatherer people today.

**This research overturns the popular view that all human speech sounds were present when human beings evolved around 300,000 years ago. ”The set of speech sounds we use has not necessarily remained stable since the appearance of human beings, but rather the huge variety of speech sounds that we find today is the product of a complex interplay of things like biological change and cultural evolution,**“ said Steven Moran, a member of the research team.

32. Which aspect of the human speech sound does Damián Blasi’s research focus on?

- A. Its variety.                      B. Its distribution.                      C. Its quantity.                      D. Its development.

- A. They had fewer upper teeth than lower teeth.
- B. They could not open and close their lips easily.
- C. Their jaws were not conveniently structured.
- D. Their lower front teeth were not large enough.

34. What is paragraph 5 mainly about?

- A. Supporting evidence for the research results.
- B. Potential application of the research findings.
- C. A further explanation of the research methods.
- D. A reasonable doubt about the research process.

35. What does Steven Moran say about the set of human speech sounds?

- A. It is key to effective communication.
- B. It contributes much to cultural diversity.
- C. It is a complex and dynamic system.
- D. It drives the evolution of human beings.

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1. certain

2. note

3. society

4. trend

([高考链接 2019 北京卷 阅读理解](#)) Phytoplankton are vulnerable to the ocean's warming trend.

5. arise

6. confirm

7. set

8. structure

9. drive

([高考链接 2021 新高考 I 卷 听力](#)) By the way, do you also need me to drive you home tomorrow afternoon?

10. dynamic

11. lead to

12. speech sound

13. the lower lip

14. be connected with

15. at this point

16. the popular view

18. global

2021 全国甲卷 阅读理解) In a wired world with constant global communication, we're all positioned to see flashes of genius wherever they appear.

19. remarkably

20. overturn

21. appearance

22. biological

23. evolution

24. data base

25. hunter gatherer

### 长难句

1. A groundbreaking, five year study shows that diet -related changes in human bite led to new speech sounds that are now found in half the world ' s languages.
2. More than 30 years ago, the scholar Charles Hockett noted that speech sounds called labiodentals, such as “f and “y”, were more common in the languages of societies that ate softer foods .
3. They discovered that the upper and lower front teeth of ancient human adults were aligned, making it hard to produce labiodentals, which are formed by touching the lower lip to the upper teeth.
4. Analyses of a language database also confirmed that there was a global change in the sound of world languages after the Neolithic age, with the use of “f” and “v” increasing remarkably during the last few thousand years.
5. This research overturns the popular view that all human speech sounds were present when human beings evolved around 300,000 years ago.
6. The set of speech sounds we use has not necessarily remained stable since the appearance of human beings but rather the huge variety of speech sounds that we find today is the product of a complex interplay of things like biological change and cultural evolution.

### 拔高突破练 (应用文, 记叙文, 说明文组合 限时练)

Passage 1 应用文

漫画小说) Making Contest 2022

June 1 -July 31, 2022

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