

春季高考冲刺

2025 年广东省普通高中学业水平合格性考试阅读理解题之五选五

(一)

Social anxiety(社恐) is a mental disorder that is often misunderstood. It involves being fearful of social situations, especially unfamiliar ones. 1

2

A person with social anxiety has an increase in heart rate, sweating and dizziness(头晕). In all of these cases, it's important to slow down your breathing to help you gain control back of your body.

Challenge your thoughts

When you have social anxiety, perhaps you're worried you might trip over, laugh or cough at the wrong time. 3 They may cause discomfort, but try to challenge these worries and replace them with more helpful thoughts.

Set goals

The idea of goal setting is not only to decide where you want to end up, but to learn about where you are now. 4 Never compare yourself to others in terms of social success. Focus on yourself and how you are doing week by week, month by month.

Say yes

5 But it's time to start saying "yes"! If you're invited to do something social, don't turn it down and accept the invitation. You may feel a little anxious at first. However, over time, the more you attend social activities, the less scared you will feel to go.

- A. Focus on breathing
- B. In this way, you can clearly see your progress.
- C. The truth is that these things happen at any time.
- D. Maybe you've gotten into the habit of saying "no" to everything.
- E. Luckily, there are a few small steps to help you feel more comfortable.

(二)

How to Bring Family Closer

Strong family bonds (纽带) can encourage better behaviors in children and teach them how to be a good friend. 6

Set aside time for family. 7 By keeping this day on a regular schedule, everyone will know that they need to keep that day clear for family time. Then the entire family can get together for a fun activity.

Eat meals together. Choose a few nights during the week when you expect everyone to gather around the dinner table.

Studies have shown that eating meals together has a positive effect on children's physical and mental well-being. _____ 8

Don't allow phones. What's the most important is that you come together and enjoy a meal free of distraction (分心).

_____ 9 _____ Make cleaning your home a responsibility for the whole family. Create a list of housework and have everyone sign up. Then set up a time during the week or on the weekend when everyone can do their housework together.

Encourage support. Feeling supported by your family is one of the most important things in building strong family bonds. Bonds like these will last your kids a lifetime. They will enjoy these strong bonds when they are your age and even after you are gone. _____ 10 _____

- A. Do housework as a family.
- B. Try to set aside a regular day every week.
- C. That's why you create a sense of support.
- D. Just eat a meal and have a conversation together.
- E. Here are some tips to help bring your family closer.

(三)

How to Spend Your Holidays without Getting Bored

Do you feel bored during your holidays because you have nothing to do? Don't waste your valuable days. _____ 11 _____ .

Enjoying the great outdoors

Step out into the fresh air. A quick trip out can make you energetic, and it is also a great opportunity for exercise. Do some sports. _____ 12 _____ , walk, play your favourite sport or even try a new one.

Learning activities

The holidays are a great time to improve yourself. Try to learn more about something that interests you. Spend your time on something you haven't had time to practice, such as cooking, playing the piano, or swimming. _____ 13 _____ , the more opportunities are open to you in life.

Spending time with others

_____ 14 _____ . The holidays are a great opportunity to visit family members who you haven't seen for some time. For example, you might want to visit your grandparents and have a talk with them.

Get to know more people.

If there's no one around that you'd like to spend time with, don't forget that you can make new friends. _____ 15 _____ !

- A. You can ride your bike
- B. The more skills you have
- C. Spend time with loved ones
- D. There are many things you can do
- E. New friendships have to start somewhere

(四)

Are you looking for a new way to exercise? _____ 16 _____ If you answer yes, maybe it's time to go into the swimming pool.

More and more people of all ages are trying water exercise in a swimming pool. _____ 17 _____

First, I need to ask a question — _____ 18 _____ I think you know it. That's because your body is lighter in the water.

_____ 19 _____ For example, you don't need much training before you do this water sport. You can do it at any age.

Finally, all kinds of exercise are good for you, but water exercise has one more important advantage. _____ 20 _____

And that means they will probably exercise more.

- A. Why is exercising in the pool easier?
- B. There are many advantages of this exercise.
- C. Do you want to keep cool while you are exercising?
- D. Most people feel more relaxed when they are in the water.
- E. Second, most kinds of water exercise are also safe and easy to learn.

(五)

Cold Truths

Is there any truth behind the saying "You are what you eat"? We put this to the test by asking three people to open their fridge doors and talk about their lifestyles. _____ 21 _____ Maybe you can recognize your own fridge here!

"You might find bean products in our fridge, but hamburgers? Never!" — Amy, Teacher

_____ 22 _____ This means we don't eat meat, and any milk or cheese had better be dairy-free. We like cooking at home and make our meals from fresh, seasonal fruit and vegetables. If we have children, I want to bring them up just like us, but my husband says that everyone should be able to make their own lifestyle choices.

" _____ 23 _____ " — Mike, Chef

With five children, we're one big family! My wife and I both work full-time, so life can get pretty busy! Like a lot of chefs I know, I don't really do much cooking at home. Sometimes I bring home food from the restaurant where I work. Once a week we do a big shop and buy a lot of frozen food. I know we should eat more fresh fruit and vegetables... _____ 24 _____

"There isn't really much in my fridge. I'm too busy and tired to cook at home!" — Ted, Doctor

There's not enough room to swing a cat in my small apartment, so I don't cook very often. My fridge is usually half empty and I'm often too tired to eat much anyway. _____ 25 _____

As a doctor, I know I had better change the way I eat, but I just don't have the time or the energy right now.

- A. My husband and I avoid all animal products.
- B. Can you guess which fridge belongs to which person?
- C. But ready meals are so convenient for full-time workers.

- D. The food in our fridge comes from my workplace and shops.
- E. Some evenings I'll have something quick like toast or even just a yogurt.

(六)

Sleeping in class prevents you from paying attention to the teacher as well as stops you from learning about the material that is being taught. 26. It is important to determine why you are falling asleep in class and try to change the situation so that you are able to stay awake and pass all of your classes. There are a number of different tricks you can use to try to stay awake.

Get a full night's sleep on school nights. It is reported that teenagers may need more sleep than adults. 27. This is a key part to staying awake in class. If you are not tired, you are unlikely to fall asleep.

Eat a healthy breakfast full of nutritious food. 28 If you get hungry or tired in the middle of the day, try eating a healthy snack like a piece of fruit or some biscuits.

29. If you are actively involved in the information the teacher is presenting, you are less likely to doze off. Taking notes, asking questions and otherwise getting involved in classroom activities and discussions will make you far less likely to doze off.

Contact your doctor in order to rule out medical conditions that can cause you to fall asleep. 30. Prescription drugs may also cause sleepiness as a side effect, so discuss any medicine you are taking with your doctor.

- A. Get involved during class.
- B. It can also get you in trouble with your teachers.
- C. It can provide you with enough protein to fuel your body.
- D. Go to bed earlier and make sure you get as many hours of sleep as your body needs.
- E. If you have a medical condition that is causing you to fall asleep in class, it will need to be treated by a professional.

(七)

Do you know that every year volunteers collect millions of rubbish on beaches around the world? More and more people are searching for ways to reduce plastic use. A few small changes of your daily habits can quickly lead to less plastic waste.

31 It only takes a few minutes to drink a bottle of water, but the plastic bottle has to take hundreds of years to break down. Make sure you have a reusable bottle to fill up instead of buying bottled water.

Choose reusable bags instead of plastic bags. 32 You can either keep your fruit and vegetables loose (零散的) or use reusable cloth bags. When you're ready to check out, put your things into cotton shopping bags.

Take your dinner set with you. It's helpful to carry a diner set and a cloth napkin in your bag. 33 Drink directly from the cup. Drinking straws (吸管) are one of the most common waste things that are collected during the beach cleanup. Instead of drinking your iced coffee tea through a straw, just drink it from the cup. 34

Keep reusable bags or boxes nearby. Plastic-free living is easier if your reusable bags or boxes are easy to get, so make sure you keep them in your bag, car, or at your office. 35 Remember that our small efforts make a big difference in waste reduction.

- A. That way, you'll never have to use a plastic bag while you're busy.
- B. Use reusable water bottles.
- C. If you have to use a straw, try a paper one.
- D. At the store, try shopping for things without single-use plastic bags.
- E. A fork and a spoon are small enough and they don't take up much space.

(八)

36 The 21st century. That would make you young, creative, connected, global, and no doubt smart. Maybe good-looking, too. Right? 37

Some adults worry that you're more interested in the screen in front of you than the world around you. 38 because you use your phone so much and they wonder how you will deal with school, friends, and family. Are today's teenagers too busy texting and taking selfies to become successful in real life-or "IRL", as you would say?

39 Many children born in the 1990s and 2000s were raised by "helicopter parents" who were always there to guide and help them with a busy schedule filled with homework and extra-curricular activities such as dancing, drawing, or sports. With parents who do everything for them, 40

- A. Other adults worry that today's youth are spoiled (宠坏的) and don't want to face the challenges of adult life.
- B. If you're reading this, you were probably born in the 2000s. The oh-ohs.
- C. today's youth seem to prefer to live like teenagers even when they are in their 20s or 30s.
- D. They think of you as the "face-down generation"
- E. But what do other people think about your generation?

(九)

Wudang Mountain is in Shiyan City, Hubei Province. 41. There is no civil airport in Mt. Wudang area. If you plan to travel by plane, you need to arrive by air in Xiangyang, Shiyan or Wuhan, then transfer to car to reach the Wudang Mountain.

By Air

There is no direct flight to Mt. Wudang Scenic Area. But flights from some big cities such as Beijing, Guangzhou and Xi'an can reach to the Laohekou Airport (90km from Wudang Mountain), Xiangfan Airport (180km from Wudang Mountain), and Wuhan Tianhe International Airport (500km from Wudang Mountain). The nearest airport is in Shiyan, which is only one hour away, but officially the airport is also known as Shiyan Wudangshan Airport. 42.

No. 316 national high way and No. 209 national high way go through Wudang District. And people can take a bus to Wudang Mountain from Shiyan, Danjiangkou, Xiangyang, or Wuhan.

By Train

___44___. Wuhan-Shiyan High-speed Railway passes through the Wudang Scenic Area. There are more than 40 trains to Wudang from many big cities such as Beijing, Shanghai Guangzhou, Xiamen, etc.

Inside Wudang Mountain there is a superb shuttle bus transport system. ___45___. The service is included in your ticket and you can take the buses from morning to evening as much as you like. Buses are very frequent and won't make you wait very long.

- A. By Bus
- B. You can get to all the major tourist spots by bus
- C. There is a direct train from Wuhan to Shiyan
- D. And flights from Wuhan, Guangzhou, Lanzhou, Shanghai are common
- E. Land transport to reach there is more convenient and developed, by rail or road

(十)

How to Speak Well and Confidently

Good communication is the key to success, whether you're speaking in front of a large audience or trying to get a point across to a new friend, The following tips can help you.

Make eye contact

___46___. Also, eye contact will help others to listen to your thinking carefully. Find a few friendly faces to focus on so your confidence goes up while you're speaking and that you're communicating your message even more clearly.

___47___

Knowing who you're talking to can go a long way in helping you speak with confidence. If you're addressing a large audience, it's important to know where they come from, how old they are, and what their general knowledge is about your subject. This can help you prepare your words accordingly.

Know your material

___48___. Know more about it than you include in your speech or conversation, If you know a lot about your subject, you will feel a lot more confident when you have to speak about it.

Have confident body language

___49___. If you want to have confident body language. here's what you should do. Look ahead of you instead of down at the floor. Keep your face and body relaxed.

Praise yourself every day

___50___, which is important when you speak. With more confidence, people will take your thinking more seriously.

- A. Know your audience
- B. Pick a topic you are interested in
- C. For one thing, it is polite for others
- D. This will promote your own confidence
- E. Body language can make you appear and feel confident

(十一)

Five Ways to Increase the Quality of Your Life

Read our list of things to do now to make your life better and more enjoyable. How can you increase the quality of your life?

Treat yourself. It doesn't matter if it's a meal out or a visit to a theater. Make the first thing you do a treat that you have been desiring for some time. Don't make excuses about not having time or money. 51

Learn a skill, 52. You will feel a sense of achievement that will improve your self-image. A great way to learn a skill is to join a class. Not only will you learn, but you will make new friends.

53. When you lead a dull life, it is great to have something to think about that takes you into another world. Hobbies are brilliant for giving you something different to do that you enjoy. If you love to read, devote time to just sitting with a book and losing yourself in an imaginary world.

30-day challenges. Lifestyle experts are increasingly promoting the idea of taking 30-day challenge. 54. The challenge can be anything that will benefit you once it has been completed.

Greet every day with a smile, 55. It will lower your stress and put you in a good mood. It even burns up a few calories!

- A. Take up a hobby
- B. Laughing is very good for you
- C. Treats can be free, and you can always make time
- D. Challenge yourself to achieve something in 30 days
- E. Learning a new skill will be certain to make you satisfied

(十二)

Lifestyle Changes to Make You Healthier and Happier

All people want to stay healthy and happy, 56. Here's how you can start to improve your health and happiness.

57

Everyone knows we should eat certain amount of fruit and vegetables a day, yet only 28% of adults are hitting this target. Make the effort to eat just a little more a day and go for different colors to ensure a variety of nutrients (养分).

Do exercise.

_____ 58 _____. If Research shows 15 minutes' exercise a day could add 3 years to your life, you can't afford so much time, just remember: Anything is better than nothing.

Sleep well

Getting less than five hours' sleep a night doubles the risk of death from heart disease, according to a study, _____ 59 _____. And it plays a big part in our mental health, too. Make friends.

Friendships actually change our body chemistry. Besides, they reduce blood pressure and other health risks. _____ 60 _____.

- A. Eat healthy food
- B. but most of us don't know health care
- C. and other studies have shown that it speeds up aging
- D. Another study finds walking an hour or more a day will add 1.4 years for men and 1.2 for women
- E. So pick up the telephone or chat online to see if there is a game you can share with a friend

(十三)

A dictionary is very useful for the people who are learning English. People will use a dictionary for help when they have difficulty in reading a passage or doing English exercises. You will make more progress if you know how to use a dictionary efficiently (有效地) _____ 61 _____

Choose a suitable (合适的) dictionary. _____ 62 _____ You can choose a dictionary which is suitable for your English level, needs and interests. For a middle school student in Grade 9, you can choose OXFORD INTERMEDIATE LEARNER'S ENGLISH-CHINESE DICTIONARY.

Try to guess the meaning of a new word before you use a dictionary. You may have had such an experience when you are reading a passage: there are some new words in it and you have difficulty in understanding the full passage. What will you do in this situation? _____ 63 _____ Learn culture from a dictionary. You don't just learn a new word's pronunciation, meaning, part of speech and other usages. _____ 64 _____

A dictionary is a good friend for learning English. It's a waste for you not to use a dictionary in your study. But don't think the more you use a dictionary, the better result you can get. _____ 65 _____ If you can do as I have told you, I think you will improve your English soon.

- A. You can learn some cultural knowledge from a dictionary as well.
- B. You should use your dictionary in the right way.
- C. Here are some ideas on how to use a dictionary efficiently.
- D. Choosing a good dictionary is very important for an English learner.
- E. I think you should guess the meaning before you use your dictionary.

(十四)

It is so important to make sure you take care of your body, mind and soul every day, not just when you get sick. Here are some of the top, most practical ways for you to take care of yourself and keep yourself healthy.

_____66_____ Talking about your feelings can really help you to keep your mental health in good shape. It can also help you to deal with times when you happen to feel the most troubled.

Stay active. _____67_____ On top of this, it can help you to feel better overall. Exercise keeps your brain and your organs healthy and it also provides you with a significant amount of benefits when it comes to your mental health.

Eat well. Your brain needs to have a lot of nutrients to stay healthy. _____68_____ It will be very good for your physical health as well as your mental health. If you don't feel as though your diet is good right now then this is understandable, so you do need to make a positive change.

Stay in touch. There is nothing better than being able to catch up with someone in real life, but unfortunately, this is not always possible. You can give them a call and you can also drop them a note. _____69_____

Ask for help. _____70_____ If you feel as though things are just getting too much for you or if you feel as though you cannot cope then you should ask for help. Rely on your friends, your family, or even local support.

- A. Discuss your feelings.
- B. Nobody is superhuman.
- C. A balanced diet is good for you.
- D. Regular exercise can help you to concentrate.
- E. If possible, you have to keep the lines of communication open.

参考答案

1. E 2. A 3. C 4. B 5. D

【导语】这是一篇应用文。文章主要就怎样克服社恐而给一些建议。

1. 由上文“Social anxiety(社恐) is a mental disorder that is often misunderstood. It involves being fearful of social situations, especially unfamiliar ones. (社恐是一种经常被误解的精神障碍。它涉及到对社会环境的恐惧，尤其是对陌生环境的恐惧。)”可知，这里主要介绍什么是社恐。而 E 项 Luckily, there are a few small steps to help you feel more comfortable.(幸运的是，有一些小步骤可以帮助你感觉更舒适。)符合语境，有承上启下作用，其中 a few small steps 与下文的建议对应。故选 E 项。

2. 由下文“A person with social anxiety has an increase in heart rate, sweating and dizziness(头晕). In all of these cases, it’s important to slow down your breathing to help you gain control back of your body.(社交焦虑症患者心率加快、出汗和头晕。在所有这些情况下，放慢呼吸速度以帮助你控制身体后部是很重要的。)”可知，这里主要讲控制呼吸对社恐有帮助。而 A 项 Focus on breathing(专注于呼吸)符合句意，对下文有总括作用，且 breathing 也与下文对应。故选 A 项。

3. 由上文“When you have social anxiety, perhaps you’re worried you might trip over, laugh or cough at the wrong time.(当你有社交焦虑时，也许你担心自己可能会在错误的时间绊倒、大笑或咳嗽。)”可知，有社交恐惧的人，总是会有过多担心焦虑。而 C 项 The truth is that these things happen at any time.(事实是，这些事情随时都会发生。)符合语境，其中 these things 与上文 trip over, laugh or cough at the wrong time 对应，有承上作用。故选 C 项。

4. 由上文“The idea of goal setting is not only to decide where you want to end up, but to learn about where you are now. (设定目标的想法不仅仅是决定你想去哪里，而是了解你现在的处境。)”可知，这里建议应设定目标。而 B 项 In this way, you can clearly see your progress.(通过这种方式，你可以清楚地看到自己的进步。)符合语境，其中 In this way 指代上文 goal setting，说明设定目标的益处。故选 B 项。

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/078130014001007015>