

刷题 01 名校完形填空 20 篇 (10 空版) (原卷版)

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向满分说 YES!

一、完形填空

(2023·江苏南京·统考二模)



With the popularity of public welfare(公益), volunteer travel—an old-yet-modern form of travel has attracted more and more attention.

Volunteer travel refers to taking a trip where all or part of the 1 of the trip is to take part in an arranged service chance to help others, according to Wise Tour, an online provider of tourist information.

During the trip, volunteer travelers often provide 2 like teaching, cooking, animal caring, and cultural activities. 3 a reward for their help, the volunteers may get free or discounted(减免的) accommodation, meals and laundry, activities, or classes.

It seems as if these long journeys could only be made 4 in recent years by modern transport. In fact, volunteer travel can date back to the 1960s, when Alec Dickson and his wife Mora from the UK set up Voluntary Service Overseas(VSO), an international volunteer organization.

5, the volunteer activities take place in a foreign country. 6, more volunteer trips have taken place within the same countries or areas the volunteers come from in recent years. *Sanlian Lifeweek* magazine commented that volunteer projects in rural(农村的) areas are now attracting more city visitors as a 7 from the fast and stressful pace of city living. Yang Yan, a founder of a volunteer platform, told the magazine that it has indeed been a growing trend for city residents to volunteer in rural areas.

People try volunteer travel for some 8. By doing voluntary work while traveling, travelers may make a real, positive(积极的) influence on the world. The services volunteers provide can be through charities with 9 costs for the communities they serve. In addition, volunteer travel is that it helps to get a taste of country life. For those who are sick of city pressure but can't 10 whether to move to the countryside, volunteer travel

can be a solution.

1. A. review B. purpose C. explanation D. recommendation
2. A. rules B. rewards C. services D. talents
3. A. By B. From C. As D. With
4. A. popular B. possible C. difficult D. helpful
5. A. Hopefully B. Luckily C. Traditionally D. Exactly
6. A. Anyway B. However C. Otherwise D. Moreover
7. A. break B. job C. task D. journey
8. A. problems B. results C. difficulties D. reasons
9. A. lower B. higher C. more expensive D. cheaper
10. A. agree B. expect C. decide D. allow

(2023·江苏镇江·统考一模) Twelve-year-old Sarah had a serious disease. It 11 her body's controlling system and made her unable to walk or move. The doctors did not hold out much 12 of her becoming healthy again and thought she'd spend the rest of her life in a wheelchair. 13 , the little girl didn't give up. There, lying in her hospital bed, she would say to anyone who'd listen that she was sure to be walking again some day.

She was sent to another hospital. The doctors were touched by her 14 . They did all to help her. They taught her about 15 —about seeing herself walking. If it would do nothing else, it would 16 give her hope or something good to do in the long waking hours in her bed. Sarah worked hard while lying there, practising in mind that she was moving and moving.

One day, as she was doing her best to practise it again, it 17 as if a miracle (奇迹) happened: The bed began to move around! She screamed out, "See what I'm doing! Look! Look! I can do it! I moved, I moved!"

At this very moment, everyone else in the hospital was running 18 . People were screaming and glass was breaking and falling. You see, it was the earthquake, 19 don't tell that to Sarah. She believed that she made it.

And now only a few years later, she's back in school. You see, people who can 20 shake the Earth can beat a little disease, can't they? Never lose heart and everything will be OK.

11. A. started B. calmed C. matched D. influenced
12. A. action B. hope C. interest D. joy
13. A. Moreover B. Naturally C. However D. Otherwise
14. A. ability B. spirit C. knowledge D. victory

15. A. inventing B. creating C. imaging D. designing
16. A. at first B. at last C. at most D. at least
17. A. proved B. seemed C. meant D. suggested
18. A. wildly B. cheerfully C. sadly D. peacefully
19. A. and B. so C. but D. or
20. A. even B. still C. only D. just

(2023·江苏·一模) 阅读下面的短文, 从各题所给的四个备选项中选出最佳答案。

Healthy life to most people means having a healthy lifestyle. Here are some tips 21 people should follow in their daily life.

Healthy eating plays an important role in keeping fit. Make sure you have 22 meals a day on time. A good breakfast, a rich lunch and a light supper are suggested. Try to 23 food high in sugar.

Regular exercise also leads to a healthy lifestyle. It can help you keep your weight 24 control and win self-confidence at the same time. It's a good idea for you to exercise for thirty minutes each time, 25 three days a week. Do you need to do exercise every day? It depends. 26, when you exercise, you may get hurt sometimes. Please remember 27 it in a right way.

Enough sleep is the key to a healthy lifestyle as well. For most people, it is necessary to have eight hours of sleep each day. 28 you have trouble falling asleep, do 29. Reading and listening to light music are good 30. And then you may fall asleep soon.

21. A. who B. that C. whose D. where
22. A. two B. three C. four D. five
23. A. plan B. have C. take D. avoid
24. A. over B. above C. under D. below
25. A. at least B. at most C. in all D. in total
26. A. Until B. Unless C. However D. Although
27. A. do B. to do C. doing D. to doing
28. A. If B. So C. But D. Because
29. A. relaxing anything B. anything relaxing C. relaxing something D. something relaxing
30. A. choices B. results C. secrets D. suggestions

(2023·江苏无锡·模拟预测) Like the body, the brain needs exercise to stay healthy. According to research, brain exercise can be 31 that stimulates (刺激) the brain, like playing word puzzles or learning languages.

However, researchers find that some activities stimulate our brains more than others.

Dealing with relationships may be the 32 kind of brain exercise. Relationships with friends and family are the 33 to our mental (心理的) health, and social activities are good for the brain. This means even 34 with friends at weekends is an excellent brain exercise.

Scientists say that laughing can exercise many parts of the brain. When we hear a 35, we try to find out what is funny, and laugh. Each step makes us use different parts of the brain. Laughing is also 36 for relaxing. When we relax our body, we feel calm.

Finally, brain research suggests that people should never 37 learning because learning is brain exercise, too. Activities such as learning to play an instrument or cooking are 38 useful, because they require the body and brain to work together in new ways.

It is not necessary for us to 39 all these activities. However, it is important to do them more often. All these skills of exercising the brain have many 40. They make the brain much smarter and slow down memory loss.

31. A. nothing B. nobody C. anything D. anybody
32. A. funniest B. best C. saddest D. worst
33. A. key B. way C. answer D. road
34. A. laying out B. hanging out C. checking out D. selling out
35. A. voice B. report C. joke D. play
36. A. helpful B. harmful C. thankful D. careful
37. A. keep B. regret C. start D. stop
38. A. specially B. hardly C. nearly D. especially
39. A. teach B. hold C. master D. cancel
40. A. differences B. mistakes C. advantages D. reasons

(2023·江苏苏州·统考中考真题) 请认真阅读下面短文, 从短文后各题所给的 A、B、C、D 四个选项中, 选出最佳选项。

When I was eleven years old, my life changed forever when I got a serious disease. My life was 41 with operations and treatments. I felt stressed because I was really uncertain 42 everything that was happening.

One day, I was receiving my thirteenth operation in the hospital. Being away from my friends and school was causing me almost as much 43 as the operation itself.

During that hospital stay, I received a card from a volunteer. That simple 44 meant much to me and

gave me hope again during my time of need. I'll never 45 the way I felt after that small act of kindness. I started creating an organization called Cards for Hospitalized (住院的) Kids.

The charity began with a simple dream of giving 46, joy and magic to those kids. It later 47 a national organization that sent cards to over 5000 sick kids at more than 50 hospitals across the country.

It is hard to believe that an act as simple as a card can do so much good, 48 it does. Seeing a picture of a child 49 one of our cards with a huge smile makes us keep this wonderful charity alive.

50 might provide medicine for these sick kids, but we provide that little bit of hope and magic that'll go a long way.

41. A. lighted B. matched C. filled D. painted
42. A. about B. with C. over D. towards
43. A. fun B. pain C. value D. danger
44. A. act B. job C. game D. lesson
45. A. mind B. lead C. forget D. risk
46. A. hope B. fear C. shock D. pressure
47. A. looked up B. gave up C. broke into D. turned into
48. A. nor B. but C. for D. or
49. A. selling B. printing C. holding D. cleaning
50. A. Teachers B. Friends C. Patients D. Doctors

(2023·江苏苏州·苏州高新区第二中学校考二模) 请先通读下面的短文，掌握其大意，然后从每小题所给的 A、B、C、D 四个选项中选出最佳选项，并在答题卡上将该项涂黑。



We all know that sports and exercise are important parts of staying healthy, but they can also be life-changing in other ways.

Khovan Hussein, a 19-year-old boy from England, was told he has autism (自闭症) at an early age. The other kids at school often made fun of his 51 in sports, as he had problems with his exercise skills.

But when he was 14, Hussein was 52 to the world of wrestling (摔跤), and his great interest in it soon turned out to be a force for good.

Hussein's mother got him to take Brazilian Jiu-Jitsu (BJJ, 巴西柔术) lessons. Although he has his physical and social challenges, Hussein did well, and he became more 53. His motor skills and physical health

54, and his skills in the sport developed. At his first BJJ competition, he won a bronze medal (铜牌).

“Sport has helped me, and I like helping people through sport because it can make shy people really 55 and confident,” Hussein told LiveWire, a local community organization.

After winning several more medals, Hussein started 56 others in his school to join BJJ. His efforts paid off. He got a part-time job at a local gym and began to teach other students. He also 57 a TikTok account to encourage other students around the world with 58 needs to take part in sports.

For his efforts, he won the 2022 Rotary Young Citizen Sporting Hero Award.

In an interview with local newspaper the Warrington Guardian, Hussein expressed his happiness at his 59 and winning the award. “It was an 60 like no other. I really hope to continue to get others into sports no matter what their ability, background or age,” he said.

51. A. height B. trouble C. weight D. looks
52. A. introduced B. pushed C. connected D. devoted
53. A. modest B. polite C. confident D. friendly
54. A. improved B. changed C. remained D. failed
55. A. serious B. humorous C. active D. scared
56. A. refusing B. warning C. ordering D. encouraging
57. A. designed B. created C. invented D. opened
58. A. social B. secret C. special D. sudden
59. A. lessons B. advantages C. jobs D. achievements
60. A. exercise B. excuse C. experience D. education

(2023·江苏苏州·苏州市立达中学校校考一模) 请认真阅读下面短文, 从短文后各题所给的 A、B、C、D 四个选项中, 选出最佳选项。

I was nine when my father first sent me flowers. I had been taking tap-dancing lessons for six months, and the school was holding its yearly 61. As a member of the beginners' chorus line, I was 62 of my lowly status (地位). So it was a surprise to have my name called out at the end of the show along with the lead dancers and to find my arms full of red roses. I can still feel myself standing on that stage, blushing (脸红) and gazing out at the audience, seeing my father's grin as he clapped his hands 63.

As the years passed, other occasions—birthdays, awards, graduations—were 64 with Dad's flowers. Dad's flowers represented his pride, and my success. When I graduated from college, I began a new career and was engaged to be married.

With time passing by, my luck grew. My father slowly became 65, but his gifts of flowers continued _

66 he died of a heart attack a few months before his 70th birthday. I covered his coffin with the largest, reddest roses I could find.

Often in the following years since, I have wanted to go out and buy a big bunch to fill the living room, but I 67 did. I knew it would not be the same.

Then one birthday, the door bell rang. I was feeling 68 because I was alone. My son, Matt, had run out earlier with a “see you later”, without mentioning my birthday. So I was surprised to see his large body at the door. “Forgot my key,” he said, shrugging. “Forgot your birthday, too. Well, I hope you like flowers.” He pulled a bunch of dairies from 69 his back. “Oh, Matt,” I 70, hugging him hard, “I love flowers!”

61. A. speech B. performance C. meeting D. report
62. A. tired B. proud C. afraid D. aware
63. A. loudly B. carefully C. politely D. quietly
64. A. covered B. marked C. left D. impressed
65. A. busy B. upset C. careless D. weak
66. A. until B. after C. while D. since
67. A. always B. sometimes C. often D. never
68. A. nervous B. worried C. sad D. scared
69. A. behind B. before C. between D. beside
70. A. looked B. asked C. cried D. doubted

(2023·江苏苏州·苏州工业园区星湾学校校考二模) 请认真阅读下面短文，从短文后各题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

For three days, Dr Diarra Boubacar didn't get a single patient. Then on the fourth day, a woman opened the door, saw him and ran away.

The doctor had to run after her and said, “I can help you with the problem. If my 71 is not helpful, I will not take any money from you.”

The woman finally 72 his suggestion, and she felt well after she had the treatment. She started bringing her relatives there, and they all became Boubacar's patients. Gradually, Dr Boubacar became one of the most 73 doctors in the hospital.

Born in Mali, an African country, Boubacar first came to China in 1984 to study Chinese in Beijing. When completing the course, he chose to learn Traditional Chinese Medicine (TCM) in Guangzhou. 74 there were many ancient Chinese characters in the medical textbook, students had to learn more about ancient Chinese history, culture and literature.

“That’s a subject 75 Chinese people find difficult. It’s surely a great 76 to me too.” Dr Boubacar said. But with his hard work, Boubacar 77 became the first foreigner to get a doctoral (博士的) degree in TCM. He now works in a hospital in Chengdu, Sichuan Province.

However, his work did not 78 in the hospitals of big cities. In 1997, he also joined a WHO training project in Yunnan Province. Since then, he has 79 more than 3000 village doctors. They together helped many villagers with their health care. And they did that for free.

Even though Boubacar is 80 medicine in China, he has not forgotten about his people back in Mali. He plans to build a hospital with an educational centre where people can learn TCM in Africa in the future. “If they learn TCM there, they will be able to treat people in Africa in a very cheap and effective way,” he said.

71. A. promise B. discovery C. treatment D. research
72. A. offered B. doubted C. accepted D. remembered
73. A. popular B. serious C. unusual D. polite
74. A. If B. Unless C. Though D. Since
75. A. even B. just C. always D. perhaps
76. A. hope B. chance C. present D. challenge
77. A. especially B. suddenly C. finally D. probably
78. A. increase B. stop C. continue D. succeed
79. A. cured B. trained C. thanked D. greeted
80. A. developing B. organizing C. operating D. practicing

(2023·江苏镇江·统考二模) I grew up in a house where my mother did not trust my sisters and me to manage our own appearance. As a result, there were 81, and fashion was largely ignored (忽视).

However, two years ago, I was home for a visit when my mom, in her early 70s, called me into her bedroom. “I don’t know what to wear,” she 82 “You girls always look so good.”

I looked at her, wondering if I’d misunderstood. “What do you mean?” I asked her, “You know what to wear.”

“No, I don’t.” She answered. “Can you pick something for me?” She repeated the question again. I was so 83 and couldn’t believe my ears.

This was the same woman who had told my younger sister she wasn’t allowed to wear a pair of ripped (有破洞的) jeans; the same woman who, in high school, called me while I was out at a party to ask if my hair was up. “Don’t do that, because you look 84 with your hair down.” she told me, before I could 85.

Suddenly, I realized that my mother—always so strong—not only wanted my opinion 86 needed it.

I pulled a pair of blue jeans from the closet. “This 87 your black shoes perfectly,” I told her. She did. My mother certainly doesn’t need anyone to take care of her. In fact, she still looks after my grandmother who lives with her. But with that 88, my mother and I started the role exchange reversal (转变) that happens with all parents and all children, from caregiver to receiver.

Now, if I’m visiting or we’re together, it’s 89 for her to wear anything without asking me for advice first. I’m still always a bit surprised by the admission (承认) of her uncertainty. But every so often, it seems like she asks me just to be able to disagree with my answer and pick out something on her own instead. And 90 she does, I just tell her what I think of the way she looks. Sometimes it’s “great”. And sometimes it’s “awful”.

81. A. praises B. rules C. plans D. ideas
82. A. complained B. replied C. agreed D. advised
83. A. surprised B. angry C. pleased D. afraid
84. A. harder B. worse C. slimmer D. better
85. A. stop B. answer C. smile D. leave
86. A. but B. so C. and D. or
87. A. fits B. suits C. matches D. balances
88. A. saying B. call C. order D. question
89. A. rare B. possible C. likely D. often
90. A. unless B. since C. before D. when

(2023·江苏镇江·统考二模) Lucy learned to sew (缝) three years ago, when she was 8. After she 91 a blanket for a friend’s birthday, she started to think about other kids who might need a little 92 love. She didn’t know whether she was right so she shared her 93 on a social website for help. Surprisingly, she received 16 94 from children facing issues such as cancer, autism (自闭症), and the death of a grandmother.

“It makes me 95 when I think of the kids getting the package in the mail and 96 it,” said the 11-year-old, who just completed fifth grade in Gallatin, Tennessee. “I always hope they know someone 97 them.”

Since 2019, Lucy has 98 about 500 Lucy’s Love Blankets to kids living in 14 countries and nearly three-dozen states. She spends about two hours 99 her name inside a heart on the blankets—her logo, of sorts.

For kids who are interested in volunteering, she encourages them to go ahead without hesitation. “Don’t wait 100 you have everything figured out. Just do it, and keep going,” she said. “Even when you feel like it might

not be making so big a difference, serving other people always matters.”

91. A. bought B. showed C. made D. got
92. A. common B. bearable C. expensive D. extra
93. A. idea B. excitement C. work D. success
94. A. doubts B. responses C. issues D. shares
95. A. puzzled B. excited C. lucky D. comfortable
96. A. tearing B. receiving C. throwing D. opening
97. A. takes up B. deals with C. cares about D. Depends on
98. A. paid B. donated C. passed D. collected
99. A. writing B. sticking C. sewing D. figuring
100. A. before B. until C. once D. after

(2023·江苏南京·南师附中树人学校校考三模)



I never thought I would be a “runner”. I was the girl who ran 101 in the PE class in my primary school. A few years later, I was walking with a group of 102 in the Race for the Cure, a 5km race designed to raise money for the fight against cancer, when one lady caught my eye.

She was one of the weakest-looking women I’ve ever seen. She must have been close to seventy years old, dressed in a T-shirt with the word “Survivor”. She was so small that it seemed as if she could even be turned 103 by a strong wind. But she was running. And she was 104 me and my group of friends. She ran slowly, but determinedly(坚定地)—as if each step pushed her cancer into her past. Right at that moment, I 105 that in the next Race for the Cure, I’d be running along with her.

A week later, I found myself in the gym, running on the treadmill(跑步机). Three minutes after I started, my face was bright red. I had to 106 to a walk. Then I thought of the woman at the race. I kept it 107. I was able to go a little longer each time. Three and a half minutes. Four minutes. Five.

A year later, I was at the Race for the Cure again. When the race started, the other runners passed me by. I wondered if I’d be able to do it. Suddenly, I remembered the 108 woman. I ran as fast as I could until I finally 109 that finishing line. I had just finished my first race! I looked down at my legs, amazed. They had done something I’d never thought possible. I have never felt so strong before and I knew it was a 110 that I wanted to create again.

101. A. fastest B. hardest C. slowest D. best

102. A. friends B. teachers C. students D. patients
103. A. up B. down C. out D. over
104. A. passing B. watching C. greeting D. calling
105. A. learned B. decided C. explained D. agreed
106. A. set off B. warm up C. stand up D. slow down
107. A. off B. away C. up D. under
108. A. careful B. brave C. slow D. old
109. A. finished B. divided C. completed D. crossed
110. A. secret B. pity C. wonder D. tradition

(2023·江苏南京·校考一模) ChatGPT, a smart AI chatbot (聊天机器人) tool, has swept the education world in the past months. According to a US 111 of more than 1,000 students, over 89 percent of them have used ChatGPT to help with a homework assignment (任务).

Developed by US company OpenAI, ChatGPT is a 112 tool. You can ask it to write stories and emails, create recipes (食谱), translate languages, and answer all kinds of questions.

Some schools in the US, Australia and France have banned (禁止) the use of ChatGPT. In the US, 113, New York City public schools banned students and teachers from using ChatGPT on the district's networks and devices (设备), CNN reported.

The move comes out of 114 that the tool could make it easier for students to cheat on assignments. Some also worry that ChatGPT could be used to 115 inaccurate (不准确的) information. It does not build critical-thinking (批判性思维) and problem-solving skills, which 116 a lot to academic (学术的) and lifelong success.

Apart from bans, teachers are making changes to their classes to block the use of ChatGPT. Some college teachers in the US try to include more speaking exams and handwritten papers 117 typed ones, The New York Times reported.

However, not all educators say “no” to ChatGPT. Some Canadian universities are drafting (起草) policies on its use, for both students and teachers. They have no plans to 118 ban the tool so far.

Bhaskar Vira, pro-vice-chancellor (副校长) for 119 at the University of Cambridge in the UK, said that bans on AI software like ChatGPT are not wise. “We have to know that [AI] is a tool people will use,” he said. 120 we need to do is “adapt our learning, teaching and examinations”.

That way, we can “have integrity (诚信) while recognizing the use of the tool”.

111. A. report B. survey C. result D. record

112. A. powerful B. difficult C. strange D. special
113. A. above all B. such as C. for example D. in fact
114. A. praise B. support C. worries D. danger
115. A. find B. collect C. prevent D. spread
116. A. work B. affect C. attract D. argue
117. A. as a result of B. instead of C. in front of D. because of
118. A. secretly B. properly C. completely D. easily
119. A. education B. entertainment C. internet D. sports
120. A. When B. Why C. How D. What

(2023·江苏镇江·统考中考真题) 阅读下面短文, 根据短文内容, 从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

I remember the year when I was seven years old. I 121 a pretty hair clip from a girl in my dance class. My 122 found the shiny clip was not bought by them. So they sat me down on the floor of our study and explained 123 what I had done was wrong. What a bad end I would come to if I became a thief—people would not trust me any more.

More than thirty years on, the lesson has reminded me a lot. I've never taken 124 that was not mine away. Once, I left a store wearing a pair of sunglasses I'd tried on and then I 125 gave it back. But that gave me the feeling of shame for months.

Though my childhood memories are not 126, such moments when my parents told me good values are always in my mind. They provided a standard of good 127: to put myself in others' shoes and to control my greed (贪欲).

The social environment in the coming age 128 each generation's value, but families have the deeper effect on children. The right values from our parents can finally lead us to 129.

I believe in truth because my parents raise me to do so, even though sometimes my opinions are different from theirs. I believe in 130 because my parents set me good examples. They cure the sick and visit the lonely. I believe in working hard because my parents devote themselves to the society. Good values from my family have shaped me. And I will pass them on to my kids.



121. A. borrowed B. discovered C. stole D. pulled
122. A. friends B. classmates C. teachers D. parents
123. A. why B. where C. how D. when
124. A. everything B. nothing C. something D. anything
125. A. quickly B. simply C. happily D. easily
126. A. wonderful B. clear C. funny D. different
127. A. abilities B. qualities C. scores D. services
128. A. confirms B. decides C. influences D. proves
129. A. look up B. grow up C. turn up D. hurry up
130. A. kindness B. fitness C. carefulness D. happiness

(2023·江苏无锡·江苏省锡山高级中学实验学校校考三模)As a kid, I used to spend my summers with my grandparents on their farm in Texas. I helped them with farming at times. Luckily, they 131 a caravan, a kind of car designed for people to live in while travelling. Every few summers, we'd travel together around the US and Canada.

On one trip, I was about 10 years old. I was playing around in the back of the car 132 my grandfather was driving. My grandmother had the passenger seat. She smoked through the trip, and I hated the 133, which made me cough a lot. I read about smoking in an article. It says that every breath in a cigarette takes two minutes of your life. I 134 the number of cigarettes per day and the breaths per cigarette. When I came up with a reasonable number, I was 135. Then I moved my head into the front of the car and proudly 136, "So far, you've taken nine years off your life!" Hearing this, my grandmother began to cry and it was not what I 137. I did not know what to do. My grandfather, who had always been driving 138, stopped the car, got out of it and opened my door. He looked at me calmly, and said 139, "See, grandmother is crying! One day, you'll understand that it's harder to be kind than clever."

As I grow up, I realize that cleverness is a gift and kindness is a 140. Gifts are easy — they are given after all. The latter can be hard, so it seems more difficult to be kind.

131. A. produced B. owned C. required D. bought

132. A. as B. when C. while D. though
133. A. dust B. taste C. noise D. smell
134. A. noticed B. counted C. collected D. received
135. A. afraid B. surprised C. satisfied D. worried
136. A. replied B. explained C. shouted D. announced
137. A. imagined B. enjoyed C. considered D. expected
138. A. worriedly B. silently C. proudly D. sadly
139. A. gently B. loudly C. powerfully D. angrily
140. A. suggestion B. personality C. quality D. choice

(2023·江苏无锡·校考二模) Hitting heavily on the keys, I turned away from the piano, trying to fight the tears in my eyes. After an hour of 141 , I still couldn't get the rhythm (节奏) quite right on a Mozart piece that I had to show to my piano teacher the following day. Although I tried very hard, I just couldn't seem to play it the way it was 142 to be played.

I decided to take a break. For the most part, after a little bit of work, I could usually learn the song pretty quickly. Sadly, it was always that one song, which might have appeared simple but was difficult, that always annoyed (惹恼) me. These types of songs always made me 143 myself whether I could be a pianist.

After dinner, I decided to come back to the 144 . Placing my fingers on the keys, I chose to play the piece carefully and 145 , paying attention to hitting the correct notes instead of trying to play the piece quickly. Using this new method, I exercised a great deal of patience, something that I often had 146 with. Instead of thinking how hard the rhythm was, I thought about how I could 147 myself, little by little. Finally, I could slowly see myself getting better.

That evening, I didn't even get the rhythm right until a week later. I 148 an important lesson—sometimes, baby steps are the best way to reach a goal. I'm a (n) 149 person who likes to think that I can get somewhere by leaps and bounds (跳跃). 150 , in the case of piano, I couldn't move forward and improve until I slowed down and took it one step at a time.

141. A. acting B. insisting C. singing D. practicing
142. A. allowed B. thought C. supposed D. reported
143. A. doubt B. consider C. admire D. challenge
144. A. lesson B. piano C. teacher D. room
145. A. happily B. gently C. seriously D. slowly
146. A. trouble B. fun C. experience D. influence

147. A. show B. improve C. prepare D. please
148. A. gave B. missed C. learned D. taught
149. A. proud B. impatient C. careless D. hardworking
150. A. Otherwise B. Moreover C. However D. Indeed

(2023 春·江苏南京·九年级校联考阶段练习) Over the past 20 years, I have watched the *Lion King* for more than a dozen of times. When I first watched the movie, Mufasa's death made me a six-year-old girl very 151 at that time, and since then, I have always skipped (跳过) that part. Later on, during my middle-school years, I liked the love story part a lot, and Simba and Nala were really a 152 couple in my heart. Every time I watched the movie, I had 153 feelings.

Recently, I've watched the *Lion King* again, and it was the 154 of Pumbaa and Timon that impressed me most—they were ordinary and lived an ordinary life. Before joining Simba to regain his kingdom, all about their life were eating and singing. To me, the best lesson that Pumbaa and Timon have taught us is that 155 they know they are ordinary and their life is ordinary, they still love and enjoy it.

In fact, in the real world, only quite a few people can achieve great things and become extraordinary, and the rest of us will just live our 156 life. A sentence in an article recommended by the Fair (WeChat Subscription) 157 me: through hard work, ordinary people only fight for the right to 158 their ordinary life in the ordinary world. It is cruel, but it is true. The best solution is to accept and enjoy it. I know it's 159 but this is a part of growing up. I'm not saying that we should not have great dreams. However, I just think we should get prepared even though we would never 160 our great dreams. After all, just as Vince Lombardi has said, "Perfection is not attainable (可达到的), but we can catch excellence if we chase perfection".

151. A. curious B. scared C. excited D. cheerful
152. A. lonely B. proud C. perfect D. fashionable
153. A. awful B. similar C. strange D. different
154. A. humour B. lifestyle C. wisdom D. experience
155. A. as B. but C. because D. although
156. A. rare B. hard C. amazing D. ordinary
157. A. recorded B. touched C. provided D. checked
158. A. start B. stop C. continue D. remember
159. A. simple B. difficult C. foolish D. harmful
160. A. lose B. realize C. develop D. support

(2023·江苏镇江·统考二模) 阅读下面短文, 根据短文内容, 从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

Education is not an end, but a way to an end. In other words, we do not educate children only for the 161 of educating them; our purpose is to fit them for life. As soon as we realize this fact, we will understand that it is very important to choose a good way of education which will really 162 children for life.

In many modern countries it has been fashionable for some time to think that by free education for all—whether they are rich or poor, clever or stupid, one can solve all the problems of society and 163 a perfect nation. But we can already see that 164 education for all is not enough. The number of jobs is smaller than that of people with university degrees. Some people with high degrees refused to do what they think “low” work. Working with hands is thought to be dirty and shameful in such countries, 165 they give up choosing these jobs. They even have no work to do.

But we have to understand that the work of a completely uneducated farmer is more important than that of a professor in some ways. We can live without 166, but we die if we have no food. If no one cleaned our streets and took the rubbish away from our houses, we should get terrible diseases in our towns. In some countries there are no waiters because 167 is willing to do such work. So the professors have to waste their time 168 housework as well.

Actually, when we say that all of us must be educated to fit us for life, it means that we 169 be educated in such a way that—firstly, each of us can do whatever job is suitable for his brain and ability. And secondly, that we can realize that all jobs are necessary to society, and that it is very bad to, be unwilling to do one’s work, or to laugh at someone else’s. Only such a type of education can be called 170 to society. We need to accept the needs of society as soon as possible.

- | | | | |
|-------------------|---------------|--------------|---------------|
| 161. A. purpose | B. experience | C. progress | D. result |
| 162. A. ask | B. thank | C. praise | D. prepare |
| 163. A. protect | B. build | C. prevent | D. describe |
| 164. A. cheap | B. expensive | C. free | D. proper |
| 165. A. because | B. so | C. unless | D. if |
| 166. A. languages | B. qualities | C. education | D. knowledge |
| 167. A. anybody | B. nobody | C. somebody | D. everybody |
| 168. A. sharing | B. joining | C. working | D. doing |
| 169. A. could | B. can | C. must | D. might |
| 170. A. valuable | B. friendly | C. similar | D. well-known |

(2023·江苏苏州·星海实验中学学校考二模) I've always been intrigued by scars. I find it funny when people

(2023·江苏无锡·统考中考真题) 先通读下面的短文, 掌握其大意, 然后在每小题所给的四个选项中, 选出可以填入空白处的最佳选项。

I knew Marty's magic was fake (假的), but I just couldn't prove it. One day I caught a lucky break. At lunch, Marty was going on about how he could make things 181. He had a ring in one hand and a pencil in the other.

That's when I 182 it: a thin piece of fishing line around the end of the pencil and attached (连接) to Marty's shirt! Sure enough, he made it by sliding (滑动) the ring over the pencil and hanging it from the line. No one else 183 the line, and soon the whole dining hall was cheering. When the crowds were gone, I walked over. It was time to 184 the Magic Marty show.

"I know how you did it," I said, looking him right in the eye. "185," Marty replied. "But the first law of magic is that..."

"It was the fishing line."

Marty became 186. He looked a bit worried. Without all his confidence, he seemed more normal (平常). I suddenly felt bad.

"So, are you going to tell other people?" he asked. I thought about it for a moment. If I did, I would 187 be able to prove that Marty's magic was fake. But would that really make me feel happy? What about Marty? He might 188 his new friends. How would that make him feel?

"Nah," I said. "It will be a 189 between you and me."

Marty let out a relieved sigh, and I turned to walk away.

"Wait!" Marty jumped in front of me. "You've got a pretty good eye for magic. If you're 190, I have an idea."

That's how the Magic Marty and Mysterious Matt Lunch Show began.

- | | | | |
|-------------------|-------------|--------------|--------------|
| 181. A. disappear | B. grow | C. float | D. change |
| 182. A. saw | B. heard | C. felt | D. smelt |
| 183. A. confirmed | B. noticed | C. explained | D. supported |
| 184. A. watch | B. praise | C. create | D. end |
| 185. A. Indeed | B. Maybe | C. However | D. Anyway |
| 186. A. polite | B. crazy | C. silent | D. curious |
| 187. A. finally | B. properly | C. easily | D. mainly |
| 188. A. make | B. leave | C. greet | D. lose |
| 189. A. trick | B. secret | C. present | D. reward |

190. A. surprised B. impressed C. satisfied D. interested

(2023·江苏镇江·统考二模) On a wild mountain, two goats meet on a road just over a high cliff (悬崖). The road is so 191 that there is neither room for them to pass each other nor to turn around and go back. A sharp rock rises straight above them 192 a deep dark cave lies below! What do you think the two goats will do? One of them with great 193 lays himself down on the road, moving as close to the rock as he can. The other goat 194 steps over his friend and runs away lightly. Then the goat that has 195 rises up from his place, running away from the rock safe and sound. He is free to play again, and enjoys the sweet grass on the hills.

Two other goats have left the land, and climb up the mountain. 196 they meet on the banks (河岸) of a wild, rushing stream. A tree has fallen 197 the stream, and forms a bridge from one side to the other. The goats look at each other, and they each wish to pass over first. They stand for a moment with one foot on the tree, each thinking that the other will turn back. But 198 of them will give way and they meet on the middle of the tree bridge! However, there's not enough space for two goats to pass at a time, they begin to push and 199 with their horns (羊角). Unluckily, both of them lose 200 and fall into the quick flowing stream. One minute later, they are lost in the water! They both may have been saved if either of them has known how to turn back at the right time.

191. A. beautiful B. empty C. strange D. narrow
192. A. so B. for C. or D. while
193. A. pride B. care C. humour D. happiness
194. A. heavily B. angrily C. gently D. actively
195. A. lain down B. looked down C. calmed down D. broken down
196. A. At first B. At times C. At least D. At last
197. A. off B. down C. across D. away
198. A. either B. both C. each D. neither
199. A. fight B. play C. kick D. support
200. A. weight B. balance C. interest D. confidence

刷题 01 名校完形填空 20 篇 (10 空版) (解析版)

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一、完形填空

(2023·江苏南京·统考二模)



With the popularity of public welfare(公益), volunteer travel—an old-yet-modern form of travel has attracted more and more attention.

Volunteer travel refers to taking a trip where all or part of the 1 of the trip is to take part in an arranged service chance to help others, according to Wise Tour, an online provider of tourist information.

During the trip, volunteer travelers often provide 2 like teaching, cooking, animal caring, and cultural activities. 3 a reward for their help, the volunteers may get free or discounted(减免的) accommodation, meals and laundry, activities, or classes.

It seems as if these long journeys could only be made 4 in recent years by modern transport. In fact, volunteer travel can date back to the 1960s, when Alec Dickson and his wife Mora from the UK set up Voluntary Service Overseas(VSO), an international volunteer organization.

 5 , the volunteer activities take place in a foreign country. 6 , more volunteer trips have taken place within the same countries or areas the volunteers come from in recent years. *Sanlian Lifeweek* magazine commented that volunteer projects in rural(农村的) areas are now attracting more city visitors as a 7 from the fast and stressful pace of city living. Yang Yan, a founder of a volunteer platform, told the magazine that it has indeed been a growing trend for city residents to volunteer in rural areas.

People try volunteer travel for some 8 . By doing voluntary work while traveling, travelers may make a real, positive(积极的) influence on the world. The services volunteers provide can be through charities with 9 costs for the communities they serve. In addition, volunteer travel is that it helps to get a taste of country life. For those who are sick of city pressure but can't 10 whether to move to the countryside, volunteer travel can be a solution.

- | | | | |
|-----------------|-------------|-------------------|-------------------|
| 1. A. review | B. purpose | C. explanation | D. recommendation |
| 2. A. rules | B. rewards | C. services | D. talents |
| 3. A. By | B. From | C. As | D. With |
| 4. A. popular | B. possible | C. difficult | D. helpful |
| 5. A. Hopefully | B. Luckily | C. Traditionally | D. Exactly |
| 6. A. Anyway | B. However | C. Otherwise | D. Moreover |
| 7. A. break | B. job | C. task | D. journey |
| 8. A. problems | B. results | C. difficulties | D. reasons |
| 9. A. lower | B. higher | C. more expensive | D. cheaper |
| 10. A. agree | B. expect | C. decide | D. allow |

【答案】

1. B 2. C 3. C 4. B 5. C 6. B 7. A 8. D 9. A 10. C

【导语】 本文主要介绍了近年来越来越受关注的旅行方式——志愿旅行的形式和优点。

1. 句意: 根据在线旅游信息提供商 Wise Tour 的说法, 志愿旅行是指旅行的全部或部分目的是参加一个安排好的服务机会来帮助别人。

review 评论; purpose 目的, 意图; explanation 解释; recommendation 正式建议, 提议。根据“to take part in an arranged service chance to help others”及语境可知, 这是志愿旅行的目的, 故选 B。

2. 句意: 在旅途中, 志愿者旅行者经常提供教学、烹饪、动物护理和文化活动等服务

rules 规则; rewards 奖励; services 服务; talents 人才。根据上文“...the trip is to take part in an arranged service chance to help others”和“like teaching, cooking, animal caring, and cultural activities”可知, 空后的教学、烹饪等是提供的服务, 故选 C。

3. 句意: 作为对他们帮助的奖励, 志愿者可以获得免费或打折的住宿、餐饮、洗衣、活动或课程。

By 通过; From 从.....起; As 作为; With 和.....一起。根据“...a reward for their help”可知, 此处指作为他们提供帮助的奖励, as 符合语境, 故选 C。

4. 句意: 似乎只有在最近几年, 现代交通工具才能使这些长途旅行成为可能。

popular 受欢迎的; possible 可能的; difficult 困难的; helpful 有帮助的。根据“these long journeys could only be made ... in recent years by modern transport”可知, 此处指现代交通工具使长途旅行变为可能, 故选 B。

5. 句意: 传统上, 志愿者活动是在国外进行的。

Hopefully 有希望地; Luckily 幸运地; Traditionally 传统上; Exactly 精确地, 确切地。根据“when Alec Dickson

and his wife Mora from the UK set up Voluntary Service Overseas(VSO), an international volunteer organization.”可知，这是一个海外志愿服务组织，所以传统上这些活动是在国外进行，故选 C。

6. 句意：然而，近年来，越来越多的志愿者旅行发生在志愿者来自的国家或地区。

Anyway 无论如何；However 然而；Otherwise 否则；Moreover 此外，而且。上文讲述了“活动是在国外进行”，与空后的“近年来，越来越多的志愿者旅行发生在志愿者来自的国家或地区”形成转折关系，且空后由逗号隔开，所以用副词 however，故选 B。

7. 句意：《安联生活周刊》评论说，农村志愿者项目现在吸引了越来越多的城市游客，让他们暂时逃离快节奏、紧张的城市生活。

break 停顿、暂停，小憩；job 工作；task 任务；journey 旅行，旅程。根据“attracting more city visitors as a ... from the fast and stressful pace of city living”可知，应是吸引很多城市游客从快节奏、紧张的城市生活中停歇一下，故选 A。

8. 句意：人们尝试志愿者旅行是有原因的。

problems 问题；results 结果；difficulties 困难；reasons 原因。根据“By doing voluntary work while traveling, travelers may make a real, positive(积极的) influence on the world”可知，此处是介绍人们志愿旅行的原因，故选 D。

9. 句意：志愿者提供的服务可以通过慈善机构为他们所服务的社区提供成本较低的服务。

lower 较下的，较低的；higher 更高的；more expensive 更贵的；cheaper 更便宜的。根据“through charities with... costs for the communities they serve”及常识可知，通过慈善机构，志愿者提供的服务成本会低一点，故选 A。

10. 句意：对于那些厌倦了城市压力但又无法决定是否搬到农村的人来说，志愿者旅行可以是一个解决方案。

agree 同意；expect 期待；decide 决定；allow 允许。根据“but can't... whether to move to the countryside”可知，应是无法决定是否搬到农村，故选 C。

(2023·江苏镇江·统考一模) Twelve-year-old Sarah had a serious disease. It 11 her body's controlling system and made her unable to walk or move. The doctors did not hold out much 12 of her becoming healthy again and thought she'd spend the rest of her life in a wheelchair. 13, the little girl didn't give up. There, lying in her hospital bed, she would say to anyone who'd listen that she was sure to be walking again some day.

She was sent to another hospital. The doctors were touched by her 14. They did all to help her. They taught her about 15—about seeing herself walking. If it would do nothing else, it would 16 give her hope or something good to do in the long waking hours in her bed. Sarah worked hard while lying there,

practising in mind that she was moving and moving.

One day, as she was doing her best to practise it again, it 17 as if a miracle (奇迹) happened: The bed began to move around! She screamed out, "See what I'm doing! Look! Look! I can do it! I moved, I moved!"

At this very moment, everyone else in the hospital was running 18. People were screaming and glass was breaking and falling. You see, it was the earthquake, 19 don't tell that to Sarah. She believed that she made it.

And now only a few years later, she's back in school. You see, people who can 20 shake the Earth can beat a little disease, can't they? Never lose heart and everything will be OK.

- | | | | |
|------------------|---------------|--------------|---------------|
| 11. A. started | B. calmed | C. matched | D. influenced |
| 12. A. action | B. hope | C. interest | D. joy |
| 13. A. Moreover | B. Naturally | C. However | D. Otherwise |
| 14. A. ability | B. spirit | C. knowledge | D. victory |
| 15. A. inventing | B. creating | C. imaging | D. designing |
| 16. A. at first | B. at last | C. at most | D. at least |
| 17. A. proved | B. seemed | C. meant | D. suggested |
| 18. A. wildly | B. cheerfully | C. sadly | D. peacefully |
| 19. A. and | B. so | C. but | D. or |
| 20. A. even | B. still | C. only | D. just |

【答案】

11. D 12. B 13. C 14. B 15. C 16. D 17. B 18. B 19. C 20. D

【导语】本文讲述了12岁的莎拉得了一种严重的疾病，无法行走。然而小女孩没有放弃，战胜疾病的故事。

11. 句意：它影响了她身体的控制系统，使她无法行走或移动。

started 开始；calmed 使镇静；matched 匹配；influenced 影响。根据“made her unable to walk or move”可知，它影响了她身体的控制系统。故选 D。

12. 句意：医生对她恢复健康不抱太大希望，认为她将在轮椅上度过余生。

action 行动；hope 希望；interest 兴趣；joy 快乐。根据“thought she'd spend the rest of her life in a wheelchair”可知，医生对她恢复健康不抱太大希望。故选 B。

13. 句意：然而，小女孩没有放弃。

Moreover 此外; Naturally 自然地; However 然而; Otherwise 否则。根据“the little girl didn't give up”可知, 这跟前文是转折关系, However 符合题意。故选 C。

14. 句意: 医生们被她的精神所感动。

ability 能力; spirit 精神; knowledge 知识; victory 胜利。根据“The doctors were touched”可知, 医生们被她的精神所感动。故选 B。

15. 句意: 他们教她如何想象——如何看到自己走路。

inventing 发明; creating 创造; imaging 成想象; designing 设计。根据“about seeing herself walking”可知, 他们教她如何想象——如何看到自己走路。故选 C。

16. 句意: 即使没有别的用处, 至少也能给她带来希望, 或者在她醒着躺在床上的漫长时间里做点好事。

at first 最初; at last 最后; at most 至多; at least 至少。根据“give her hope or something good to do in the long waking hours in her bed”可知, 至少给她希望或者做点好事。故选 D。

17. 句意: 有一天, 当她再次努力练习时, 看起来奇迹似乎发生了。

proved 证明; seemed 似乎是; meant 意味着; suggested 建议。根据“as if a miracle (奇迹) happened”可知, 看起来奇迹似乎发生了。故选 B。

18. 句意: 此次此刻, 医院里的其他人都兴高采烈地跑着。

wildly 野生地; cheerfully 高兴地; sadly 难过地; peacefully 平静地。根据“The bed began to move around!”可知, 床开始移动了, 因此医院里的其他人都兴高采烈地跑着。故选 B。

19. 句意: 你看, 那是地震, 但别告诉莎拉。

and 和; so 因此; but 但是; or 或者。根据“You see, it was the earthquake,”以及“don't tell that to Sarah”可知, 前后是转折关系。故选 C。

20. 句意: 你看, 只要能撼动地球的人就能战胜一点疾病, 不是吗?

even 甚至; still 仍然; only 只; just 恰好。根据“shake the Earth can beat a little disease,”可知, 此处是指“只要能撼动地球的人就能战胜一点疾病”, just 符合题意。故选 D。

(2023·江苏·一模) 阅读下面的短文, 从各题所给的四个备选项中选出最佳答案。

Healthy life to most people means having a healthy lifestyle. Here are some tips 21 people should follow in their daily life.

Healthy eating plays an important role in keeping fit. Make sure you have 22 meals a day on time. A good breakfast, a rich lunch and a light supper are suggested. Try to 23 food high in sugar.

Regular exercise also leads to a healthy lifestyle. It can help you keep your weight 24 control and win self-confidence at the same time. It's a good idea for you to exercise for thirty minutes each time, 25 three days a week. Do you need to do exercise every day? It depends. 26, when you exercise, you may get

hurt sometimes. Please remember 27 it in a right way.

Enough sleep is the key to a healthy lifestyle as well. For most people, it is necessary to have eight hours of sleep each day. 28 you have trouble falling asleep, do 29. Reading and listening to light music are good 30. And then you may fall asleep soon.

21. A. who B. that C. whose D. where
22. A. two B. three C. four D. five
23. A. plan B. have C. take D. avoid
24. A. over B. above C. under D. below
25. A. at least B. at most C. in all D. in total
26. A. Until B. Unless C. However D. Although
27. A. do B. to do C. doing D. to doing
28. A. If B. So C. But D. Because
29. A. relaxing anything B. anything relaxing C. relaxing something D. something relaxing
30. A. choices B. results C. secrets D. suggestions

【答案】

21. B 22. B 23. D 24. C 25. A 26. C 27. B 28. A 29. D 30. A

【导语】本文介绍了一些能让你保持健康的良好的生活习惯。

21. 句意：以下是人们在日常生活中应该遵循的一些建议。

who.....的人；that.....的东西；whose.....的；where 在那里。some tips 为名词，指物，后接定语从句，在从句中作宾语，应用 that 来引导。故选 B。

22. 句意：确保你一日三餐按时吃。

two 二；three 三；four 四；five 五。根据“meals a day”可知是一日三餐。故选 B。

23. 句意：尽量避免高糖食物。

plan 计划；have 有；take 拿；avoid 避免。根据“food high in sugar”可知，高糖食物要避免摄入。故选 D。

24. 句意：它可以帮助你控制体重，同时赢得自信。

over 超过；above 在.....上方；under 在.....下；below 在.....下面。根据“keep your weight...control”可知 keep sth under control 表示“控制某物”。故选 C。

25. 句意：对你来说，每周至少三天，每次锻炼 30 分钟是个好主意。

at least 至少; at most 至多; in all 总共; in total 总共。根据“It’s a good idea for you to exercise for thirty minutes each time”可知此处说的是运动的频率，应是“至少”每周三天。故选 A。

26. 句意：然而，当你锻炼时，你有时可能会受伤。

Until 直到; Unless 除非; However 然而; Although 尽管。根据“you may get hurt sometimes.”可知，有时你可能会在锻炼时受伤，这与上文提到的需要每天锻炼存在转折关系，应用 however 来衔接。故选 C。

27. 句意：请记住用正确的方式去锻炼。

do 做，动词原形; to do 做，动词不定式; doing 做，动名词; to doing 做，动词不定式。根据“remember”可知此处用 remember to do sth 表示“记得做什么”。故选 B。

28. 句意：如果你入睡有困难，做一些令你放松的事情。

If 如果; So 所以; But 但是; Because 因为。根据“you have trouble falling asleep”可知此处是指如果有入睡困难的问题的话，应用 if 来引导条件状语从句。故选 A。

29. 句意：如果你入睡有困难，做一些令你放松的事情。

relaxing anything 错误表达，形容词应后置; anything relaxing 令人放松的任何事情; relaxing something 错误表达，形容词应后置; something relaxing 一些令你放松的事情。根据“you have trouble falling asleep”可知此处是指如果有入睡困难的问题的话，建议做一些令你放松的事情，应用 something relaxing。故选 D。

30. 句意：阅读和听轻音乐都是很好的选择。

choices 选择; results 结果; secrets 秘密; suggestions 建议。根据“Reading and listening to light music”可知，阅读和听轻音乐都是能令你放松的选择。故选 A。

(2023·江苏无锡·模拟预测) Like the body, the brain needs exercise to stay healthy. According to research, brain exercise can be 31 that stimulates (刺激) the brain, like playing word puzzles or learning languages. However, researchers find that some activities stimulate our brains more than others.

Dealing with relationships may be the 32 kind of brain exercise. Relationships with friends and family are the 33 to our mental (心理的) health, and social activities are good for the brain. This means even 34 with friends at weekends is an excellent brain exercise.

Scientists say that laughing can exercise many parts of the brain. When we hear a 35 , we try to find out what is funny, and laugh. Each step makes us use different parts of the brain. Laughing is also 36 for relaxing. When we relax our body, we feel calm.

Finally, brain research suggests that people should never 37 learning because learning is brain exercise, too. Activities such as learning to play an instrument or cooking are 38 useful, because they require the body and brain to work together in new ways.

It is not necessary for us to 39 all these activities. However, it is important to do them more often.

All these skills of exercising the brain have many ____40____. They make the brain much smarter and slow down memory loss.

31. A. nothing B. nobody C. anything D. anybody
32. A. funniest B. best C. saddest D. worst
33. A. key B. way C. answer D. road
34. A. laying out B. hanging out C. checking out D. selling out
35. A. voice B. report C. joke D. play
36. A. helpful B. harmful C. thankful D. careful
37. A. keep B. regret C. start D. stop
38. A. specially B. hardly C. nearly D. especially
39. A. teach B. hold C. master D. cancel
40. A. differences B. mistakes C. advantages D. reasons

【答案】

31. C 32. B 33. A 34. B 35. C 36. A 37. D 38. D 39. C 40. C

【导语】本文主要介绍了大脑和身体一样也需要锻炼，并介绍了几种锻炼的方法。

31. 句意：根据研究，大脑锻炼可以是任何刺激大脑的事情，比如玩字谜或学习语言。

nothing 没有什么；nobody 没有人；anything 任何事情；anybody 任何人。根据“...like playing word puzzles or learning languages.”可知，玩字谜、学习语言都是刺激大脑的事情，此处使用 anything，表示“任何事情”符合语境。故选 C。

32. 句意：处理人际关系可能是最好的脑力锻炼。

funniest 最有趣的；best 最好的；saddest 最伤心的；worst 最差的。根据下文“and social activities are good for the brain.”可知，社交活动对大脑有益。由此推断，处理人际关系可能是最好的脑力锻炼。此处使用 best，表示“最好的”符合语境。故选 B。

33. 句意：与朋友和家人的关系是我们心理健康的关键，社交活动对大脑有好处。

key 关键；way 方法；answer 答案；road 路。根据“Relationships with friends and family are the...to our mental (心理的) health,”及结合选项可知，与朋友和家人的关系是我们心理健康的关键，此处使用 key，表示“关键”符合语境，the key to...“.....的关键”。故选 A。

34. 句意：这意味着即使是周末和朋友出去逛也是一种很好的大脑锻炼。

laying out 安排；hanging out 出去逛；checking out 检验；selling out 卖光。根据“with friends at

weekends”可知，此处使用 hanging out，表示周末和朋友“出去逛”符合语境。故选 B。

35. 句意：当我们听到一个笑话，我们试图找出什么是有趣的，并笑了。

voice 声音；report 报告；joke 笑话；play 戏剧。根据“we try to find out what is funny, and laugh.”可知，笑话是有趣的，令人发笑。故选 C。

36. 句意：笑也有助于放松。

helpful 有帮助的；harmful 有害的；thankful 感激的；careful 仔细的。根据下文“When we relax our body, we feel calm.”及结合常识可知，笑对放松有帮助。故选 A。

37. 句意：最后，大脑研究表明，人们永远不应该停止学习，因为学习也是大脑的锻炼。

keep 保持；regret 对……感到抱歉；start 开始；stop 停止。根据“because learning is brain exercise,”可知，因为学习是大脑的锻炼，所以人们永远不应该停止学习，stop doing sth.“停止做某事”，固定短语。故选 D。

38. 句意：学习演奏乐器或烹饪等活动尤其有用，因为它们需要身体和大脑以新的方式一起工作。

specially 专门地，表示为了某一特定目的而“特意，专门”采用某一方式；hardly 几乎不；nearly 几乎；especially 尤其，指某事超乎一般的重要，不寻常，强调而毫无“目的性”可言；分析句子可知，此处强调不是一般的有用，使用 especially，表示“尤其”符合语境。故选 D。

39. 句意：我们没有必要掌握所有这些活动。

teach 教；hold 抓住；master 掌握；cancel 取消。根据“It is not necessary for us to...all these activities.”及结合选项可知，我们没有必要掌握所有这些活动。此处使用 master，表示“掌握”符合语境。故选 C。

40. 句意：所有这些锻炼大脑的技能都有很多优点。

differences 不同；mistakes 错误；advantages 优点；reasons 原因。根据下文“They make the brain much smarter and slow down memory loss.”可知，它们使大脑更聪明，减缓记忆丧失。这是在介绍锻炼大脑的优点。故选 C。

(2023·江苏苏州·统考中考真题) 请认真阅读下面短文，从短文后各题所给的 A、B、C、D 四个选项中，选出最佳选项。

When I was eleven years old, my life changed forever when I got a serious disease. My life was 41 with operations and treatments. I felt stressed because I was really uncertain 42 everything that was happening.

One day, I was receiving my thirteenth operation in the hospital. Being away from my friends and school was causing me almost as much 43 as the operation itself.

During that hospital stay, I received a card from a volunteer. That simple 44 meant much to me and gave me hope again during my time of need. I'll never 45 the way I felt after that small act of kindness. I started creating an organization called Cards for Hospitalized (住院的) Kids.

The charity began with a simple dream of giving 46, joy and magic to those kids. It later 47 a national organization that sent cards to over 5000 sick kids at more than 50 hospitals across the country.

It is hard to believe that an act as simple as a card can do so much good, 48 it does. Seeing a picture of a child 49 one of our cards with a huge smile makes us keep this wonderful charity alive.

50 might provide medicine for these sick kids, but we provide that little bit of hope and magic that'll go a long way.

- | | | | |
|------------------|-------------|---------------|----------------|
| 41. A. lighted | B. matched | C. filled | D. painted |
| 42. A. about | B. with | C. over | D. towards |
| 43. A. fun | B. pain | C. value | D. danger |
| 44. A. act | B. job | C. game | D. lesson |
| 45. A. mind | B. lead | C. forget | D. risk |
| 46. A. hope | B. fear | C. shock | D. pressure |
| 47. A. looked up | B. gave up | C. broke into | D. turned into |
| 48. A. nor | B. but | C. for | D. or |
| 49. A. selling | B. printing | C. holding | D. cleaning |
| 50. A. Teachers | B. Friends | C. Patients | D. Doctors |

【答案】

41. C 42. A 43. B 44. A 45. C 46. A 47. D 48. B 49. C 50. D

【导语】本文讲述了作者住院时收到了一个志愿者寄来的卡片，这个小小的举动对作者意义重大，所以作者后来建一个名为住院儿童卡片的组织，给生病的孩子带来希望、快乐和魔力。

41. 句意：我的生活充满了手术和治疗。

lighted 照亮; matched 匹配; filled 填充; painted 画画。根据“When I was eleven years old, my life changed forever when I got a serious disease.”可知因为作者得了一场重病，所以生活充满了手术和治疗，be filled with“充满”，故选 C。

42. 句意：我感到压力很大，因为我对正在发生的一切都不确定。

about 关于; with 和; over 在……上; towards 朝着。be uncertain about sth“对某事不确定”，故选 A。

43. 句意：离开我的朋友和学校给我带来的痛苦几乎和手术本身一样多。

fun 乐趣; pain 痛苦; value 价值; danger 危险。根据“Being away from my friends and school”可知离开了朋友和学校，作者是很痛苦的，故选 B。

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/696042115134011011>