**2020届高一下学期培优专项练习（五）**

**七选五和完形填空**

1. **七选五**

* **解题步骤**

1. 看标题预测文章大意
2. 看选项找出与文章相对应的关键词
3. 通读全文，查看主题句，分析结构；
4. 仔细研读空格前后句子，划出信息核心词和逻辑关联词；
5. 匹配信息，验证逻辑
6. 代入答案，重点核验逻辑关系。

* **解题技巧**

1. 依据词汇线索（词汇复现，代词线索）
2. 依据上下文逻辑和衔接关系（总分关系，解释关系，例证关系，并列关系，转折关系，对比关系，因果关系）

例证关系：for example; for instance; in other words; that is to say等

并列关系：and; first(ly); second(ly); for one thing; for another thing等

转折关系：but; yet; while/though/although; or/otherwise; instead等

对比关系：while; some...others等

因果关系：so; therefore; thus; consequently; as a result等

1. 依据设空位置

段落小标题——概括性短语

段首——主题句

段中——过渡句

段尾——总结概括句

**例1**

1 Second, your notes are excellent materials to refer to when you are studying for a test.

1. You must write your notes on separate paper.
2. There are three practical note-taking methods
3. First, the simple act of writing something down makes it easier for you to understand and remember it.

**例2**

2 They say the first step is to admit that you are angry and to recognize the real cause of the anger, ...

1. Doctors say the solution is learning how to deal with anger.
2. He said laughter is much healthier than anger.
3. Anger is a normal emotion that we feel from time to time.
4. **完形填空**

* **解题步骤**

1. 速读全文，掌握主旨
2. 瞻前顾后，先易后难
3. 复读全文，验证答案

* **解题技巧**

1. 重首句，易入题

通过把握首句，可以确定文章的话题、主题、背景、人物、时间、地点、事件等。

1. 寻复现，找答案

原词复现、同/近义词复现、反义词复现、同根词复现

1. 析逻辑，索答案
2. 据搭配，知答案
3. 重平行，觅逻辑
4. 破难句，解句意
5. 看语境，辩词义
6. 悟情感，寻答案

**例3 （2019课标全国II片段）**

Above 4,000 meters is the highland 57 : gravel（砾石）, stones and rocks.

1. **A. village B. desert C. road D. lake**

**例4（2017课标全国III片段）**

Axani wrote he is not 55(looking) for anything in return and that the woman who uses the 56(extra) ticket can choose to either travel with him or 57 the ticket and travel on her own.

1. **A. return B. take C. reserve D. hide**
2. **习题演练**

**七选五**

Smart Steps to Keep Safe

“Social distancing” , this is a phrase used to stop the corona-virus from spreading. 1 . Are people listening? Yes and no. As more bars and restaurants close, people will have no choice. There is a good reason to follow this rule. Even people who show no symptoms（症状）may have the virus. They may feel they can mingle with（和…交往）others. 2 .

**What are the rules?**

**Social distancing**

You should stay six feet away from others. Avoid using public transportation. Experts say that every single contact with others not made will have a big impact. You will keep the virus from spreading.

3

Older people and people in poor health are in more danger. But young people are not immune（免疫的）. They may only have mild symptoms, but they may be carriers. They should not hang around with fragile family members and others. If they do, it may add to the number of people infected.

**You can leave your house**

It’s O.K. to go outdoors for fresh air and exercise. 4 , but to avoid being in close contact with people. When you do leave your home, wipe down any surfaces you come into contact with. Also, disinfect your hands with an alcohol-based sanitizer. Avoid touching your face. Always wash your hands when you come in from outside.

**Go to the supermarket**

Buy as much as you can to reduce the number of trips you will need to make. Pick a time when the store is less crowded. Any surface inside the store may be contaminated. Use a disinfecting wipe to clean the handle of the grocery cart. If you do wear gloves, make sure you do not touch your face until you have taken the gloves off.

**Family visits**

If anyone in the family is at great risk, sick people should not visit. If everyone is young and healthy, small groups may do so. 5 .

**The playground**

Healthy kids need outdoor activities. Playgrounds may be danger zones. Kids also tend to touch their mouths, noses and faces a lot. Parks or playgrounds with few kids are ideal. Take hand sanitizers and clean any surfaces with disinfecting wipes. Do this before the kids begin to play.

**What is next?**

No one knows how long this crisis will last. An expert said, “We are in unchartered territory.”

A. In any event, phoning and video visits are important.

B. The point is not to remain indoors

C. But they are spreading the virus.

D. Avoid being in close contact with people

E. It means staying away from people.

F. You can go to the supermarket with kids

G. Young people are not safe

**完形填空**

Colourful tropical fish swim through warm water around a coral reef. The fish are part of the coral reef 36 . Beautiful orchids (兰花) grow on trees 37 above the rainforest floor. They’re part of the rainforest ecosystem.

An ecosystem is all the 38 and non-living things in a certain area. All the plants and animals, even the 39 that live in the soil, are living parts of an ecosystem. Air, water, and rocks are non-living parts.

The living things in an ecosystem are either producers or 40 . Producers don’t eat other living things but make food. Trees, grasses, and other 41 plants make food. These plants are called 42 producers. Plants use non-living 43 —nourishing substances, such as the 44 in soil and water—to help them make food. They use energy in 45 to make food. They also use carbon dioxide to make food.

Consumers are animals that eat other living things. Animals that 46 eat plants are primary consumers (食草动物). Rabbits, mice, and plant-eating 47 are primary consumers.

Some ecosystems are 48 , and some are small. A tropical rainforest ecosystem might 49 hundreds of square miles. A mangrove (红树林) swamp ecosystem might 50 only a few miles along the shore of an island.

Some changes are 51 for ecosystems. Some pine forests need fires for the pine trees to 52 . The seeds are sealed inside pine-cones (松果). The heat from a forest fire 53 the seal and lets the seeds out.

Polluting the air, soil, and water can 54 ecosystems. Building dams and irrigation can harm ecosystems around the rivers. Bulldozing (推平) wetlands and cutting down forests 55 ecosystems.

36. A. ecosystem B. family C. species D. mass

37. A. flying B. tracking C. jumping D. towering

38. A. official B. various C. living D. harmful

39. A. microorganisms B. wildlife C. residents D. stones

40. A. mammals B. consumers C. sellers D. carriers

41. A. regional B. green C. global D. chief

42. A. advanced B. useful C. primary D. vital

43. A. belt B. variety C. organizations D. nutrients

44. A. frogs B. gases C. oxygen D. chemicals

45. A. food B. sunlight C. soil D. greenhouse

46. A. only B. thus C. mainly D. successfully

47. A. lions B. insects C. animals D. sharks

48. A. clever B. awkward C. huge D. entire

49. A. cover B. pollute C. benefit D. refresh

50. A. combine B. stretch C. match D. adapt

51. A. poisonous B. important C. good D. dangerous

52. A. defend B. survive C. damage D. reproduce

53. A. melts B. cooks C. processes D. recycles

54. A. lengthen B. shut C. delay D. harm

55. A. conserves B. inserts C. destroys D. irrigate