**2020届高一下学期培优阅读理解专项练习（四）**

**主旨大意题**

1. **常见设问形式**
2. What is the text mainly about?
3. What is mainly discussed in the text?
4. The main idea/The general idea/The main theme of this passage is         .
5. The passage mainly focuses on         .
6. What is the best title for the text?
7. What is Paragraph X mainly about?
8. **解题技巧**
9. **“主题句定位”寻主旨**

要想做对文章的主旨大意题，首先要定位文章的主题句。文章的主题句的找寻有以下几种方法：

1. **主题句出现在文首。**开门见山，提出主题，是最常见的演绎法写作方式。新闻报道、说明文或议论文通常采用这种写法。
2. **主题句出现在文末。**在表述细节后，归纳要点以概括主题，是最常见的归纳法写作方式。
3. **主题句首尾呼应。**为突出主题，作者先提出主题，结束时再次点出主题。
4. **主题句出现在中间。**写作方式为：细节描述——归纳主题——进一步解释。

* **Tips**

1. 段落中出现表示转折的词汇(如however，but等)时，该句很可能是主题句。
2. 首段出现疑问句时，对该问题的回答很可能就是文章主旨。
3. 作者有意识地重复阐述的观点，通常是主旨；反复出现的词语。
4. 表示总结或结论的句子常包含therefore，thus，in short，conclude，conclusion等。

**例1（江西九校重点中学协作体2019联考）**

In Australia, the bilby (兔耳袋狸) project is seen as an important part in protecting the nation’s wildlife. Bilbies are known for their long ears and large back legs. They usually sleep during the day, and are awake at night. They look a lot like rabbits and grow to about 2.5 kilograms.

1. **What is the main idea of paragraph 1?**

A. The shape of the bilby. B. The habit of the bilby.

C. The weight of the bilby. D. The characteristics of the bilby.

**2. 确定概括范围，关注题目特点**

主旨大意题的答案设置分为两类。一类是文章有一个明确的主题句，正确选项往往是它的同义句转述。另一类是文章中没有可概括全文的中心句，主题句隐含在全文当中。应根据文章细节来分析、概括，从而推断出文章的主旨大意。

**例2**

As part of the project , two four-kilometre road tunnels are being built below the central area of the city, one for traffic to the north and the other for traffic to the south. The two tunnels are about 20 meters below the surface and are 12 meters wide, providing for two lanes of traffic in each direction.

In the upper part of the tunnel two air-conditioning pipes remove the waste gas of trucks and cars and keep the quality of air inside the tunnel. The lighting is at the top of the tunnel, practically at its highest point. There will also be electronic signs at frequent intervals(间隔). They show traffic conditions ahead, and can be seen clearly by drivers. The wall is made up of four main elements, which include a waterproofing covering and, on the inside of the tunnel, a concrete lining (混凝土衬砌).

1. **The passage is mainly about .**

A．the construction of a road B．the design of a road

C．the construction of two tunnels D．the design of two tunnels

1. **习题演练**

**A**

How many times have you complained that there are just not enough hours in the day to do what you need to, or wondered in frustration how the afternoon manages to slip by?

Each person has 24 hours in a day to spend.A certain amount of that is for the basics—sleeping, eating, bathing and dressing.But after those hours are spent, how you use the rest of the time is really up to you.

Throughout the day, you make choices—how long to read Facebook, how many TV shows to watch, or whether to take your child to the park or weed the garden.

These little bits of time may seem unimportant. After all, how many people add up the minutes they spend online, or consider the little bits of time they use to talk to their co­workers, or the time spent in hugging a crying child or loving an animal?

But these little bits are where the time that seems to get away from you goes. It doesn't disappear.It is used, but often forgotten.

Be aware and consider if you are using your time in a way that makes you happy. For example, a few minutes spent in talking to a child strengthen your relationship, help him or her grow and learn, and make you feel good.How would you feel if those minutes were spent on Facebook, walking your dog or taking a nap?

When life becomes unbalanced, it also becomes unhealthy.If you spend too much of your life on your work, your relationships at home suffer. If you focus all your time and energy on your partner, your friendships may falter. You may love your children deeply, but if all of your time and energy is spent on them, you will have little left for yourself or anyone else.

Time is irreplaceable. No one knows how long they will live. Live deliberately. Spend time wisely. Live and love and enjoy what you have to the fullest. Once a minute is gone, you will never again have it back.

1. **The author doesn't consider the time spent in \_\_\_\_\_\_\_\_ as the little bits of time.**

A．eating meals B．surfing the Internet C．watching TV shows D．playing with children

1. **What's the author's purpose in writing the text?**

A．To teach readers about time management at work.

B．To tell readers how to save time in their daily life.

C．To remind readers to be aware of the little bits of time.

D．To encourage readers to spend more time with their families.

1. **What does the underlined word “falter” in Paragraph 7 mean?**

A．Improve.　 B．Weaken. C．Form. D．Continue.

1. **What can be a suitable title for the text?**

A．The Relationship Between Time Management and Success

B．How to Make a Balance Between Your Work and Life

C．What is the Most Important in Life?

D．Making the Most of the Hours You Have

**B**

Something strange has been happening to me lately: Women in the street have been telling me I'm brave.

My act of courage isn't much—I just stopped coloring my hair.I had brown hair that started going gray when I was 30. So, like a lot of women, I started dyeing(染)it. It was expensive and time­consuming. And my hair grows fast, so I needed to go back to the hair salon(美发厅) every 5 weeks.

Many people seem to enjoy holding onto their youth for as long as possible, giving others the impression that they don't have much wisdom or many accomplishments. But our hair starts to turn gray and suddenly we start spending D|S500 or more a year to cover something our male colleagues don't need to cover.

Of course, people should do what they want to do with their own body—my mother is 91 and still has“blonde” hair, and why not？I just wish more of us would feel that it is OK to be ourselves, because going gray has done more for me than saving me time and money.

I like my natural hair, just as it is. I like how it has got curly again. It is recovering after years of being damaged by chemicals. I also like that it has given me some needed attitude in a society that makes youth seem so important, while being against maturity. It reminds me that I'm not a kid anymore and this isn't a bad thing. Not being a kid anymore means I read the books I want, and not the books I feel I should read. It means not wasting my time at events I don't need to attend when I'd rather be with my family and friends.

When I see my hair in the mirror, it's a reminder that my time is limited, and I should spend it doing what matters. There's nothing shameful about growing older. And pretending it's not happening is a way of giving up our power.

I see my gray hair as a little act of rebellion(反叛)against the idea that people lose value as they age, instead of gaining it. I see gray hair as my “flag” and I'm letting it fly proudly.

**5．How does the author feel about coloring hair?**

A．It shows people's great courage. B．It is a good way to hold onto youth.

C．It shows wisdom and accomplishments.

D．It costs much money and it takes much time to do that.

**6．What should we do when we grow old according to the author?**

A．Give up our power. B．Pretend to be still young.

C．Accept it and act positively. D．Read as many books as possible.

**7．What is the author's main purpose in writing this passage?**

A．To explain why youth is valued. B．To share her opinion on growing older.

C．To stress the importance of different attitudes.

D．To analyze the advantages and disadvantages of aging.

**8．Which can be the best title for the passage?**

A．Holding onto Youth B．Dyeing Your Hair

C．Gaining Value with Age D．Valuing Wisdom of Age

**C**

Researchers discovered a hidden continent on Earth, but it's not Atlantis. They found it while reconstructing the evolution of Mediterranean region's complex geology, which rises with mountain ranges and dips with seas.

The continent is called Greater Adria. It's the size of Greenland and it broke off from North Africa, only to be buried under Southern Europe about 140 million years ago. And chances are you've been there without even knowing it. “Forget Atlantis,” said Douwe van Hinsbergen, the study author and professor at Utrecht University. “Without realizing it, vast numbers of tourists spend their holiday each year on the lost continent of Greater Adria.” This area is called Adria by geologists, so the researchers for this study refer to the previously undiscovered continent as Greater Adria.

Most of Greater Adria was underwater, covered by shallow seas, coral reefs and sediments(沉淀物)．The sediments formed rocks and those rocks became mountain ranges in these areas: the Alps, the Apennines, the Balkans and Greece. The researchers found that Greater Adria started to become its own continent about 240 million years ago.

This isn't the first time a lost continent has been found. In January 2017, researchers announced the discovery of a lost continent left over from the supercontinent Gondwana, which began breaking apart 200 million years ago. The leftover(剩余的)piece, which was covered in lava(岩浆), is now under Mauritius, an island in the Indian Ocean. And in September 2017, a different research team found the lost continent of Zealandia through ocean drilling in the South Pacific. It's two­thirds of a mile beneath the sea.

Greater Adria isn't the first lost continent to be found. But if research in past years shows anything, it likely won't be the last discovery.

**9．How did the researchers find Greater Adria?**

A．They found it accidentally. B．They got inspired by the tales of Atlantis.

C．They discovered it after years of searching.

D．They followed the steps of exploring mountain ranges.

**10．What do we know about Greater Adria?**

A．It is hidden under the sea level. B．It is much smaller than Greenland.

C．It has existed for about 240 million years. D．It has been known to many tourists before.

**11．Why are the discoveries mentioned in Paragraph 4?**

A．To describe how the researchers explored continents.

B．To show some other lost continents have been found.

C．To prove they are closely related to Greater Adria.

D．To explain the reason why Greater Adria got buried.

**12．What is the main idea of the text?**

A．Atlantis was discovered finally.

B．The undersea world was explored.

C．A hidden mountain was undiscovered.

D．A lost continent was found under Europe.