

《高考英语真题七选五含答案解析（2019-2021）》

2019年(全国3卷)

第二节 (共5小题;每小题2分, 满分10分)

根据短文内容, 从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

In an online class, developing healthy patterns of communication with professors is very important. 36 While I have only listed two of each, there are **obviously** many other situations **that** can arise. Students should be able to extend the logic(逻辑)of each to their **particular** circumstance.

Do's

- 37 Questions about **subject content** are **generally** welcomed. Before asking questions about the course design, read the syllabus(教学大纲)and learning **management system information** to be sure the answer isn't hiding in plain sight.
- **participate** in discussion forums(论坛), blogs and other open-ended forums for dialogue. 38 Be sure to stay on **topic** and not **offer** irrelevant information. Make a point, and make it safe for others to do the same.

Don'ts

- Don't share **personal** information or stories. Professors are not trained nurses, **financial aid** experts or your best friends. If you are in need of a deadline extension, **simply** explain the **situation** to the professor. 39
- Don't openly **express** annoyance at a **professor** or class. 40 When a student attacks a professor on the social media, the **language** used **actually** says more about the student. If there is **truly** a **concern** about a professor's professionalism or ability, be sure to use online course evaluations to calmly offer your comments.

A. That's what they are for.

B. Turn to an online instructor for help.

C. If more information is needed, they will ask.

- D. [remember](#) that online professors get a lot of emails.
- E. Below are some [common](#) do's and don'ts for online learners.
- F. Everyone has taken a not-so-great class at one time or another.
- G. Ask questions, but make sure they are good, thoughtful questions.

答案解析：

36. 此空白处需要一句话来引出下文的“Do's”和“Don'ts”，选项E “Below are some common do's and don'ts for online learners.”完美地完成了这个任务，它为读者提供了接下来要讨论的内容。

37. 根据下文提到的“Questions about subject content are generally welcomed.”，选项G “Ask questions, but make sure they are good, thoughtful questions.”与上下文紧密相关，它建议学生在提问时要确保问题是经过思考的。

38. 此空白处需要一句话来解释为什么学生应该参与讨论论坛，选项A “That's what they are for.”表明这些论坛就是为了讨论而存在的，因此是合适的选项。

39. 根据上文提到的“Professors are not trained nurses, financial aid experts or your best friends.”，选项C “If more information is needed, they will ask.”表明如果教授需要更多信息，他们会主动询问，这与不要分享过多个人信息的要求相符合。

40. 此空白处需要一句话来解释为什么学生不应该在社交媒体上公开表达对教授或课程的不满，选项F “Everyone has taken a not-so-great class at one time or another.”提供了一个更宽容和理解的角度，建议学生使用在线课程评估来冷静地提出评论。

2019年全国2卷

第二节(共5小题;每小题2分，满分10分)

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Imagine a child standing on a diving board fourfeet high and asking himself the question: “Should I jump? This is what [motivation](#) or the lack of it can do. Motivation and goal setting are the two sides of same coin. 36 Like the child on the diving board, you will stay undecided.

37 More than that, how should you stay motivatedto [achieve](#) the goal? First, you need to evaluate yourself , your values yourstrengths, your weaknesses, your achievements,

your desires ,etc. Only then should your you ' re your goals

You also need to [judge](#) the [quality](#) and depth of your motivation. This is quite important, because it is directly related to your commitment. There are times when your heart is not in your work. 38 So, slow down and think what you really want to do at [that](#) moment. Clarity(清晰) of thoughts can help you move forward.

Another way of setting realistic goals is to analyze your short and long term objectives, keeping in mind your beliefs, values and strengths. [remember](#) that goals are flexible. 39 They also need to be measurable. You must keep these points in mind while setting your goals.

Your personal circumstances are equally important. For example, you may want to be a Pilot but can ' t become one because your eyesight is not good enough. 40 You should reassess your goals, and motivate yourself to set a fresh goal.

You will surely need to [overcome](#) some difficulties, some planned, but most unplanned. You cannot overcome [them](#) without ample motivation. Make sure that you plan for these difficulties at the time of setting your goals.

- A. This can [affect](#) your work.
- B. So how should you motivate yourself?
- C. However, this should not discourage you.
- D. So why should we try to set [specific](#) goals?
- E. They can change [according](#) to circumstances.
- F. Motivation is what you need most to do a good job.
- G. Without motivation you can neither set a goal nor reach it

答案解析：

36. G。此句前提到动机和目标设定是同一枚硬币的两面，后句提到如果没有动机，你将无法决定是否跳入水中。选项G“没有动机，你既不能设定目标，也不能达到目标”与上下文逻辑相符，说明了动机与目标设定之间的关系。

37. B。此句后提到如何保持动力去实现目标，选项B“ So how should you motivate yourself?”(那么你应该如何激励自己呢?)自然引出了下文的建议和方法。

38. A。此句前提到有时候你的心并不在工作上，选项A “ This can affect your work. ” (这可能会影响你的工作。)说明了情绪或动机不足对工作的影响。

39. E。此句前提到目标需要灵活，选项E “ They can change according to circumstances. ” (它们可以根据情况变化。)进一步说明了目标的灵活性。

40. C。此句前提到个人情况同样重要，例如想要成为飞行员但视力不够好，选项C “ However, this should not discourage you. ” (然而，这不应该让你气馁。)为读者提供了积极的建议。

2019年全国1卷

第二节 (共5小题;每小题2分，满分10分)

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Is Fresh Air Really Good for You?

We all grew up hearing people tell us to “ go out and get some fresh air. ”
___36___ according to recent studies, the answer is a big YES, if the air quality in your camping area is good.

___37___ If the air you ’ re breathing is clean—which it would be if you ’ re away from the smog of cities—then the air is filled with life-giving, energizing oxygen. If you exercise out of doors, your body will learn to breathe more deeply, allowing even more oxygen to get to your muscles(肌肉) and your brain.

Recently, people have begun studying the connection between the natural world and healing(治愈). ___38___ In these places patients can go to be near nature during their recovery. It turns out that just looking at green, growing things can reduce stress, lower blood pressure, and put people into a better mood(情绪). Greenery is good for us. Hospital patients who see tree branches out their window are likely to recover at a faster rate than patients who see buildings or sky instead. ___39___ It gives us a great feeling of peace.

___40___ While the sun ’ s rays can age and harm our skin, they also give us beneficial Vitamin D . To make sure you get enough Vitamin D—but still protect your skin—put on sunscreen right as you head outside. It takes sunscreen about fifteen minutes to start working, and that ’ s plenty of time for your skin to absorb a day ’ s worth of Vitamin D .

A. Fresh air cleans our lungs.

- B. So what are you waiting for?
- C. Being in nature refreshes us.
- D. Another side [benefit](#) of getting fresh air is sunlight.
- E. But is fresh air really as good for you as your mother always said?
- F. Just as importantly, we tend to associate air with health care.
- G. All across the country, [recovery](#) centers have begun building Healing Gardens.

答案解析：

36. E 前一句提到我们从小就被告诉要去外面呼吸新鲜空气，而E选项“新鲜空气真的像你妈妈总是说的那样对你有好处吗？”自然地引出了下文关于新鲜空气好处的讨论。
37. A 本段讲述了新鲜空气如何对身体有益，A选项“新鲜空气清洁我们的肺部。”与下文提到的清洁空气中的氧气对肌肉和大脑有益相呼应。
38. G 本段讲述了自然世界与治愈之间的联系，G选项“全国各地，康复中心已经开始建造治愈花园。”提供了具体的例子，说明人们在康复期间可以接近自然。
39. C 本段讲述了绿色植物对病人的积极影响，C选项“身处大自然可以让我们焕然一新。”与上文提到的看到绿色植物可以减少压力、降低血压和改善情绪相呼应。
40. D 本段讲述了阳光的好处，D选项“获取新鲜空气的另一个好处是阳光。”自然地引出了下文关于阳光和维生素D的讨论。

2020年新高考II卷(海南卷)

第二节(共5小题：每小题2.5分，满分12.5分)

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项，选项中有两项为多余选项。

Talking with your doctor

Talking freely with your doctor can make you feel better and gives your doctor the [information](#) she or he needs to give you the best care. Don't be [afraid](#) or embarrassed to [discuss](#) something [that](#) is bothering you. ____36____

Stay positive.

Go to your doctor's visits with a good attitude. _____37_____ Think teamwork! Think positive!

Keep track of how you are feeling.

_____38_____ This will make it easier for you to answer questions about your symptoms(症状)and how medicines make you feel. It also makes it easier for you to [bring](#) up anything that you are worried about. Make sure to be honest about how you feel and how long you've felt that way.

_____39_____

Your medical history is a list of your illnesses, treatments, what the doctors told you to do, and anything else you think your doctor should know. Also, if you are allergic(过敏)to any medicines, be sure to [mention](#) that to your doctor.

Ask questions.

Do not be afraid to ask your doctor any questions you have. To [remember](#) all the questions you have when you are not in the doctor's office, write [them](#) down and bring the list with you to your appointment. _____40_____ Remember—there's no such thing as a stupid question. If you don't understand the answer to a question, ask the doctor to explain it again until you do understand.

- A. This will make getting answers easier.
- B. Here are some tips for talking with your doctor.
- C. You can talk to another doctor if the treatments don't work.
- D. Before your doctor's visit, keep notes on how you are feeling.
- E. Remember, your doctor and other caregivers are on your side.
- F. Bring your medical history, [including](#) a list of your [current](#) medicines.
- G. Writing down what the doctor says will help you remember [important](#) information.

答案解析：

36. B.此空位于段尾，且下文列出了几个与医生交流的建议，因此B项“这里有一些与医生交流的建议”能够很好地引出下文，作为该段的总结。

37. E. 此空位于 “ Stay positive. ” 小标题下，且后文提到 “ Think teamwork! Think positive! ”，因此E项 “ 记住，你的医生和其他护理人员都在支持你 ” 能够与前文形成呼应，强调医生和患者的合作关系，以及保持积极态度的重要性。

38. D. 此空位于 “ Keep track of how you are feeling. ” 小标题下，且后文提到 “ 这将使你更容易回答关于你的症状和药物对你感觉如何的问题 ”，因此D项 “ 在看医生之前，记下你的感觉 ” 能够很好地引出下文，说明记录感受的重要性。

39. F. 此空为一个小标题下的首句，且后文提到 “ 你的病史包括你的疾病、治疗、医生告诉你的要做的的事情，以及你认为医生应该知道的其他任何事情 ”，因此F项 “ 带上你的病史，包括你当前的药物清单 ” 能够很好地概括该段内容，作为该段的引言。

40. A. 此空位于 “ Ask questions. ” 小标题下，且前文提到 “ 写下你在医生办公室外时想到的所有问题，并把它们带到你的预约中 ”，因此A项 “ 这将使得得到答案更容易 ” 能够与前文形成逻辑上的连贯，说明写下问题的好处。同时，A项中的 “ This ” 指代前文提到的 “ 写下问题并带到预约中 ” 的做法。

2020年全国II卷

第二节(共5小题：每小题2分，满分10分)根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Emoji(表情符号) and Workplace Communication In Asia, messaging platforms are growing rapidly, with users in the hundreds of millions, both at work and play. 36 . It ' s been reported that 76 percent of employees in some western countries are using emojis at work.

Written communications can often read as cold and dull. Using emojis can add humor and feeling, keeping intention clear. 37 , encouraging better and more frequent communication.

In any given office, employees can range from age 22 to 70 and beyond, and finding common ground in communication style can be a challenge. 38 . While the younger generations prefer to communicate visually, for those used to working with traditional tools like email, it may feel like a learning curve(曲线). The good news is that it ' s simple to learn and can be worth the effort.

There is also the matter of tone(语气). Who hasn ' t received an email so annoying that it ruined an entire day? 39 . Emoji can help communication feel friendlier, and even a serious note can be softened with an encouraging smile.

40 , and emoji can contribute directly to that positive outcome. And when your employees begin adding smiling emojis to their business communication, you ' ll know

you have succeeded in improving your work culture.

- A. [message](#) with emojis feel more conversational
- B. Even a formal email can seem cold and unfriendly
- C. Sending smiling faces to colleagues may seem strange
- D. The [popularity](#) of these platforms is spreading globally
- E. Giving employees the tools enables [them](#) to communicate honestly
- F. Studies [show](#) that friendlier communication leads to a happier workplace
- G. An easy way to [bring](#) all work generations [together](#) is with a chat platform

答案解析：

36. D. The popularity of these platforms is spreading globally

根据后一句提到的西方国家员工使用表情符号的情况，可以推断出这里是在说这种信息平台的普及正在全球范围内扩散。

37. A. Message with emojis feel more conversational

根据前一句提到的使用表情符号可以添加幽默感和情感，使意图更明确，这里应该是说使用表情符号的消息感觉更像是在对话。

38. G. An easy way to bring all work generations together is with a chat platform

根据后一句提到的不同年龄段员工沟通风格的差异，这里应该是在说使用聊天平台是将不同工作世代的员工聚集在一起的一个简单方法。

39. B. Even a formal email can seem cold and unfriendly

根据后一句提到的表情符号可以使沟通感觉更友好，这里应该是在说即使是一封正式电子邮件也可能显得冷漠和不友好。

40. F. Studies show that friendlier communication leads to a happier workplace

根据后一句提到的员工在商务沟通中使用笑脸表情符号，可以推断出这里是在说友好的沟通可以带来更快乐的工作场所。

2020年全国I卷

第二节 (共5小题;每小题2分, 满分10分)

根据短文内容,
从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

A Few Tips for Self-Acceptance

We all want it to [accept](#) and love ourselves. But at times it seems too difficult and too far out of reach. 36 Here ' s a handful of ways [that](#) will set you in the right direction.

37 Do not follow the people who make you feel not-good-enough. Why do you follow them? Are you hoping that [eventually](#) you will feel empowered because your life is better than theirs? Know that your life is your own; you are the only you in this world.

Forgive yourself for mistakes that you have made. We are [often](#) [ashamed](#) of our shortcomings, our mistakes and our failures. 38 You will make mistakes, time and time again. Rather than getting [caught](#) up in how you could have done better, why not [offer](#) yourself a compassionate (有同情心) response? “ That didn ' t go as planned. But, I tried my best. ”

Recognize all of your strengths. Write [them](#) down in a journal. Begin to train your brain to look at [strength](#) before weakness. List all of your accomplishments and achievements. You have a job, earned your degree, and you got out of bed today. 39

Now that you ' ve listed your strengths, list your imperfections. Turn the page in your journal. Put into words why you feel unworthy, why you don ' t feel good enough. Now, read these words back to yourself. 40 Turn to a page in your journal to your list of strengths and achievements. See how awesome you are?

- A. Feeling [upset](#) again?
- B. Where do you start?
- C. Nothing is too [small](#) to celebrate.
- D. Remember, you are only human.
- E Set an [intention](#) for self-acceptance.
- F. Stop comparing yourself with others.

G. When does the comparison game start?

答案解析：

36. B. 这一段是文章的开头，提出我们所有人都想要接受和爱自己，但是有时候这似乎太难了。接下来的句子需要提供一个方向或者起点，选项B "Where do you start?"恰好符合这个语境，为读者指明了接下来的内容将提供一些方法。

37. F. 根据下一句"Do not follow the people who make you feel not-good-enough."，这里是在建议读者不要跟随那些让你觉得自己不够好的人，这与选项F "Stop comparing yourself with others."的意思相吻合，都是建议不要与他人比较。

38. D. 这一段是在讲述原谅自己的错误，并提醒自己会一次又一次地犯错。选项D "Remember, you are only human."是在提醒读者，作为人类，犯错是正常的，这与上下文的主题相符。

39. C. 这一段是在讲述认识到自己的所有优点，并写下自己的成就。选项C "Nothing is too small to celebrate."是在鼓励读者即使是小的成就也值得庆祝，这与上文列举成就的建议相呼应。

40. A. 这一段是在建议读者列出自己的不完美之处，并读给自己听。选项A "Feeling upset again?"似乎是在询问读者在读完这些负面词汇后是否又感到沮丧，这与接下来的建议转向看自己的优点和成就相衔接。

2020年山东卷

第二节(共5小题;每小题2.5分，满分12.5分)

阅读下面短文，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Some individuals are born with a gift for public speaking. _____16_____ Do you want to be a good public speaker? Here are some principles you must master.

People want to listen to someone who is interesting, relaxed and comfortable. Too often, when you stand up to give a speech, you **focus** on the "public" at the expense of the "speaking." _____17_____ Focus on the speaking. Talk directly to your audience, be yourself and make a connection.

Even the most **successful** public speaker will make mistakes. Yet, the only one who cares about any **mistake** is the one who is speaking.

People's **attention** wanders constantly. In fact, most people only **absorb** about 20 **percent** of a speaker's message. So, don't stop speaking when you make a mistake

unless it's a truly serious one. _____18_____

Your goal is not to be a perfect public speaker. _____19_____ And like everything else in life, that takes practice. Remember, even world champion athletes practice their skills on a consistent basis.

_____20_____ It's rare to hear someone say, "I wish that speaker had spoken longer." On the other hand, you probably can't count the times that you've thought, "I'm glad that talk is over. It seemed to go on forever!" So surprise your audience. Always make your presentation just a bit shorter than anticipated. It's better to leave your listeners wishing for more than shifting restlessly in their seats waiting for your speech finally to end.

A. Do the opposite.

B. You want to be an effective public speaker.

C. You don't need to apologize for a minor slip.

D. When it comes to public speaking, less is usually more.

E. The objective of most speeches is to benefit the audience.

F. Take the fear out of public speaking by focusing on your listeners.

G. However, the majority of people are effective speakers because they train to be.

答案解析：

16. 上文提到“Some individuals are born with a gift for public speaking”，其意思是“有些人天生就有演讲的天赋”，后文提到“Do you want to be a good public speaker”，其意思是“你想成为一名优秀的演讲者吗”，由此可推测出本空可能是在说大多数人并不是天生就有演讲天赋的，而是需要通过训练才能成为有效的演讲者，选项G“However, the majority of people are effective speakers because they train to be”意思是“然而，大多数人之所以成为有效的演讲者，是因为他们经过了训练”，承上启下，符合语境。其余选项均无法起到承上启下的作用，可排除。因此，本小题应选：G. However, the majority of people are effective speakers because they train to be.

17. 上文提到“Too often, when you stand up to give a speech, you focus on the 'public' at the expense of the 'speaking'”，其意思是“当你在台上发表演讲时，你经常关注‘公众’而忽视了‘演讲’”，由此可推测出本空可能是在建议人们应该反过来做，即关注“演讲”而不是“公众”，选项A“Do the opposite”意思是“做相

反的事”，符合语境。选项B“你想成为一名有效的演讲者”与上文衔接不紧密，可排除。选项F“通过关注听众来消除对公共演讲的恐惧”虽然提到了关注听众，但是上文强调的是在演讲中关注“公众”而忽视了“演讲”，而不是恐惧公共演讲，所以该选项不符合语境。其余选项均无法与上文衔接，可排除。因此，本小题应选：A. Do the opposite.

18. 上文提到“ So, don't stop speaking when you make a mistake unless it's a truly serious one”，其意思是“所以，除非犯了一个真正严重的错误，否则不要停下来”，由此可推测出本空可能是在说即使犯了小错误也不需要道歉，选项C“你不必为一点小失误道歉”符合语境。选项E“大多数演讲的目的是为了造福观众”与上文话题不一致，可排除。其余选项均无法与上文衔接，可排除。因此，本小题应选：C. You don't need to apologize for a minor slip.

19. 上文提到“ Your goal is not to be a perfect public speaker”，其意思是“你的目标不是成为一个完美的演讲者”，由此可推测出本空可能是在说演讲者的目标是什么，选项B“你想成为一名有效的演讲者”符合语境。选项D“在公共演讲中，通常越少越好”与上文话题不一致，可排除。选项E“大多数演讲的目的是为了造福观众”虽然提到了演讲的目的，但是本段主要是从演讲者的角度出发，而不是观众，所以该选项不符合语境。其余选项均无法与上文衔接，可排除。因此，本小题应选：B. You want to be an effective public speaker.

20. 下文提到“ It's rare to hear someone say, ' I wish that speaker had spoken longer ’”，其意思是“很少听到有人说‘我希望那个演讲者能讲得更久一点’”，由此可推测出本空可能是在说演讲应该简短一些，选项D“在公共演讲中，通常越少越好”符合语境。选项F“通过关注听众来消除对公共演讲的恐惧”与下文话题不一致，可排除。其余选项均无法引出下文，可排除。因此，本小题应选：D. When it comes to public speaking, less is usually more.

2020年北京卷

第二节(共5小题;每小题2分,共10分)

根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Many people think that positive thinking is mostly about keeping one's head in the sand and ignoring daily problems, trying to look optimistic. In reality it has more to do with the way an individual talks to himself. Self-talk is a constant stream of thoughts of a person, who is often unaware and uncertain of some events, phenomena, people, or even the person himself. 46 Meanwhile, positive thinking can help to stop negative self-talks and start to form a positive view on an issue. People who regularly practise positive thinking tend to solve problems more effectively.

They are less exposed to [stress](#) caused by external factors. They tend to believe in themselves and in what they do.

47 People who think positively demonstrate increased life spans (寿命), lower rates of [depression](#) and anxiety, better [physical](#) and psychological health, reduced risks of death from heart problems. Positive thinking also contributes to one ' s [ability](#) to deal with problems and hardships. 48 For example, researchers have found that in the case of a crisis accompanied by [strong](#) emotions, such as a natural disaster, positive thinking can [provide](#) a sort of buffer (缓冲作用) [against](#) depression and anxiety. Resilient (适应性强的) people who think positively tend to treat every [problem](#) as a challenge, a chance for improvement of any kind, or as an [opportunity](#) for [personal](#) growth. Pessimists, on the contrary, tend to perceive problems as a [source](#) of additional stress. 49

In conclusion, positive thinking is a [powerful](#) and [effective](#) tool for dealing with hard times and improving the [quality](#) of one ' s life. It doesn ' t have anything to do with ignorant optimism when an individual refuses to notice a problem. 50 Thinking in a positive, self-encouraging way brings about many benefits to one ' s physical and [mental](#) health.

- A. It doesn ' t [cause](#) any severe [emotional](#) discomfort, either.
- B. Negative self-talk damages self-confidence and decreases self-respect.
- C. It helps one to [remain](#) clear-headed and confident in difficult situations.
- D. Positive thinking has several [beneficial](#) effects on the body and the mind.
- E. As thinking changes, an individual ' s behaviour and habits change as well.
- F. They often [offer](#) a real alternative to the [common](#) and [regular](#) way of thinking.
- G. They often feel discouraged long before trying to solve the problem, even if small.

答案解析：

46. B. 此句前文提到自我对话是一个人不断的思考流，通常是未意识到的，对某些事件、现象、人物甚至自己都不确定的。因此，接下来的句子应该是对这种自我对话的影响进行说明，选项B提到了负面自我对话对自信和自尊的损害，与上下文衔接恰当。

47. D. 此句前文提到了积极思考对解决问题和应对困难的能力有贡献，后文列出了积极思考对寿命、抑郁和焦虑率、身心健康等方面的影响。因此，选项D“积极思考对

身心有多方面的益处”正好概括了后文的内容。

48. C. 此句前文提到了积极思考对应对问题和困难的能力有贡献，后文举了一个危机情况下的例子，说明积极思考如何提供缓冲作用。选项C“它帮助人们在困难情况下保持清醒和自信”与上下文主题相符。

49. G. 此句前文提到了悲观者在面对问题时将其视为额外压力的来源，与积极思考者形成对比。选项G“他们经常在尝试解决问题之前很久就感到沮丧，即使问题很小”与悲观者的态度相符。

50. A. 前文提到积极思考并不是无视问题的盲目乐观，后文又提到积极思考对身心健康有很多好处，因此需要一个句子来承接前后文，说明积极思考并不会带来严重的情绪不适。选项A“它也不会引起任何严重的情绪不适”符合语境，因此是正确答案。

2020年浙江卷

第二节(共5小题;每小题2分,满分10分)

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

I experienced years of loneliness as a child. 31 His friends teased him about babysitting his sister and his interests were far different from mine. With no other kids of my age in the neighborhood, I had to spend hours by myself.

A bright spot for me turned out to be reading. My love of the written word began early as my mother read to me every evening. 32 I started reading books on my own before age 5 and my mother took me to the public library once a week to borrow several books. I quickly graduated from typical children's books to ones with fewer pictures and longer chapters. Reading opened new worlds to me. 33

My mother also encouraged me to make what I wanted. I tried making toy cars with cardboard boxes and constructing buildings from leftover cardboard and bits of wood my father gave me. When my mother saw my creations, she told me how creative my designs were. 34 I learned a lot about how to extend the life of objects and transform them into something new and useful. It was a trait(特点) others found helpful, and I soon had friends who wanted to make things with me.

35 My parents made it a point for their two kids to spend time outside, no matter the weather or season. My brother, of course, raced off to be with his friends, while I had plenty to do myself. There was making leaf houses in autumn, ice skating in winter, and so much more. They're all memories I treasure today.

- A. I wasn't alone any longer.
- B. I enjoyed reading stories aloud.
- C. I was invited to play with another kid.
- D. I loved the colorful photographs in the books.
- E. Another habit I formed early was being outdoors.
- F. Thus, I began my lifelong interest in making things.
- G. My older brother couldn't be bothered to play with me.

答案解析：

31. G解析：根据前文提到的孤独感以及后文提到的哥哥的朋友嘲笑他照顾妹妹，可以推断出作者没有其他孩子一起玩是因为哥哥不愿意和她玩。因此，选项G "My older brother couldn't be bothered to play with me."与原文内容相符。

32. D根据前句提到“我对文字的爱始于母亲每天晚上给我读故事的时候”可知，D项“我喜欢书中的彩色照片”和上句构成进一步说明。同时D项中的“书”指代上句提到的母亲每天给我读故事的书。D项符合。

33. A根据前句提到“阅读为我打开了新世界”可知，A项“我不在孤独”和上句构成了因果关系。A项符合。

34. F解析：前文提到“ When my mother saw my creations, she told me how creative my designs were ”，其意思是“当我妈妈看到我的创作时，她告诉我我的设计多么有创意”，由此可推测出，此空处应该描述的是作者的创作得到了妈妈的认可后所发生的事情。此空后的“ I learned a lot about how to extend the life of objects and transform them into something new and useful ”意思是“我学到了很多关于如何延长物品的使用寿命，并将它们变成新的和有用的东西”，这句话中的“ making objects new and useful ”与选项F中的“ making things ”相呼应，所以此空应填：F.

35. E解析：根据后文提到的父母确保他们的两个孩子无论天气或季节都要花时间在户外，可以推断出作者早期形成的另一个习惯是在户外。因此，选项E "Another habit I formed early was being outdoors."与原文内容相符。

2021年全国新高考I卷

第二节(共5小题;每小题2.5分,满分12.5分)阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

My husband and I just spent a week in Paris. _____36_____ So the first thing we did was rent a fantastically expensive sixth-floor apartment the size of a cupboard. It was so tiny that we had to leave our suitcases in the hallway.

The place wasn't entirely authentic, though. Unlike a normal Parisian apartment, the plumbing (水管) worked. _____37_____ Our building even had a tiny lift with a female voice that said, "Ouverture des portes," in perfect French. That is the only French phrase I mastered, and it's a shame I don't have much use for it.

Parisians are different from you and me. They never look lazy or untidy. As someone noted in this paper a couple of weeks ago, they eat great food and never gain weight. _____38_____ French strawberries do not taste like cardboard. Instead, they explode in your mouth like little flavor bombs.

_____39_____ On our first morning in Paris, I went around the corner to the food market to pick up some groceries. I bought a handful of perfectly ripe small strawberries and a little sweet melon. My husband and I agreed they were the best fruit we had ever eaten. But they cost \$18!

In France, quality of life is much more important than efficiency (效率). You can tell this by café life. French cafés are always crowded. _____40_____ When do these people work? The French take their 35-hour workweek seriously—so seriously that some labor unions recently struck a deal with a group of companies limiting the number of hours that independent contractors can be on call.

- A. Not all the customers are tourists.
- B. The quality of life in France is equally excellent.
- C. There was a nice kitchen and a comfortable bed.
- D. The amazing food is mainly consumed by local farmers.
- E. That's not the only reason the French eat less than we do.
- F. Our aim was to see if we could live, in some way, like real Parisians.
- G. The food is so delicious that you don't need much of it to make you happy.

答案及解析：

36. F. Our aim was to see if we could live, in some way, like real Parisians.

解析：这个选项与前文提到的在巴黎度过一周的经历相呼应，说明了作者和丈夫的目的，即尝试像真正的巴黎人一样生活。

37. C. There was a nice kitchen and a comfortable bed.

解析：这个选项与上文提到的公寓虽小但水管工作的情况相呼应，说明了公寓的一些便利设施，与正常巴黎公寓的不同之处。

38. G. The food is so delicious that you don't need much of it to make you happy.

解析：本段讲到巴黎人的饮食习惯，空格后一句提到了法式草莓美味多汁，空格处应与法国美食相关，故选项G“食物是如此美味，不需要太多就能使你快乐”切合题意。

39. E. That's not the only reason the French eat less than we do.

解析：本段讲述作者与丈夫买水果的经历，最后一句but表示转折，提到水果是最好吃的，但很贵。本空位于句首，应为本段主题句，故选项E“这不是法国人吃得比我们少的唯一原因”符合题意。

40. A. Not all the customers are tourists.

解析：这个选项与上文提到的法国咖啡馆总是拥挤的情况相呼应，说明了咖啡馆里的顾客并不都是游客，暗示了巴黎人生活方式的一部分，即享受咖啡馆生活。

2021年北京卷

第二节(共5小题;每小题2分,共10分)

根据短文内容,从短文后的七个选项中选出能填入空白处的最佳选项,并在答题卡上将该项涂黑.选项中有两项为多余选项.

Music has long been considered to be an enjoyable pastime for many people.
____35____ The [mental](#) health benefits from music can't be argued. Music could also be helping you with many other health problems behind the scenes.

____36____ However, for the same reason, music can be very [beneficial](#) if one is in pain. By distracting (分心) the mind from the pain, music, people say, can lower [stress](#) and [anxiety](#) levels. This, of course, can lead to less pain.

Many people enjoy [relaxing](#) music in the evening prior to going to bed. ____37____ While the validity of the idea is still being assessed, the lowered stress can even be tied back to blood pressure. Similarly, [according](#) to researchers, listening

to just 30 minutes of soft music every day may help with healthy blood sugar levels , [through](#) the lowering of stress and anxiety.

When it comes to heart health , there is speculation (推测) [that](#) it's not the [style](#) of music , but rather the tempo that makes it so good for your heart health. In one European study , participants listened to music as the researchers monitored their heart rates and blood pressure. _____38_____ On the other hand , when the music slowed , the participants' stress and anxiety levels became lower and the effects on heart rates appeared to follow suit.

_____39_____ But there is a [whole range](#) of other health issues that turning up the radio could be beneficial for , which is what makes music so valuable.

- A. This feeling can also result in many other health problems.
- B. Some experts say that music can be [harmful](#) if it is too loud.
- C. This idea is a little off-the-wall but still has [scientific](#) backing.
- D. They say it can play a big role in calming the brain enough to sleep.
- E. The implications of music on overall well-being are really impressive.
- F. It is also highly popular [due](#) to the individualized effects on stress and anxiety.
- G. Interestingly , the more cheerful the music was , the faster their heart rates were.

35.空白处前一句提到“ Music has long been considered to be an enjoyable pastime for many people ”，其意思是“ 长期以来，音乐一直被认为是许多人的一种愉快的消遣方式 ”。空白处后一句提到“ The mental health benefits from music can't be argued ”，其意思是“ 音乐对心理健康的好处是毋庸置疑的 ”。后一句强调音乐对心理健康的好处，那么空白处也应该体现音乐的好处，选项F“ 它也因其对应激和焦虑的个体化影响而非常受欢迎 ”符合上下文语境，这句话承接上文提到的音乐作为消遣方式，进一步解释了音乐受欢迎的原因，即其对应激和焦虑的个体化影响，与后文提到的对心理健康有好处相呼应，所以选项F适合放在此处。其他选项都不能很好地起到承上启下的作用，均可排除。因此，本小题应选：F。

36.空白处后一句提到“ However , for the same reason , music can be very beneficial if one is in pain ”，其意思是“ 然而，出于同样的原因，如果一个人感到疼痛，音乐可能会非常有益 ”。这句话中的“ However ”表示转折，说明空白处与后一句之间存在转折关系，空白处应该提到音乐在某种情况下可能有害，选项B“ 一些专家说如果音乐声音太大，它可能会有害 ”符合这一要求，与后一句形成转折关系，所以选项B适合放在此处。其他选项的意思与后一句不构成转折关系，均可排除。因此，本小题应

选：B。

37.空白处前一句提到“Many people enjoy relaxing music in the evening prior to going to bed”，其意思是“许多人在睡觉前喜欢听轻松的音乐”。空白处应该承接前一句，进一步解释为什么人们喜欢在睡觉前听轻松的音乐，选项D“他们说音乐可以使大脑平静下来，从而有助于睡眠”符合这一要求，承接上文解释了人们喜欢睡前听音乐的原因，所以选项D适合放在此处。其他选项的意思与上文不相关，均可排除。因此，本小题应选：D。

38.空白处前一句提到“ When it comes to heart health , there is speculation that it's not the style of music , but rather the tempo that makes it so good for your heart health. In one European study , participants listened to music as the researchers monitored their heart rates and blood pressure ”，其意思是“当谈到心脏健康时，有一种推测认为，不是音乐的风格，而是音乐的节奏对心脏健康有好处。在欧洲的一项研究中，参与者听音乐，同时研究人员监测他们的心率和血压”。空白处应该承接上文，描述研究的结果，选项G“有趣的是，音乐越欢快，他们的心率就越快”符合这一要求，承接上文描述了研究的结果，所以选项G适合放在此处。其他选项的意思与上文不相关，均可排除。因此，本小题应选：G。

39.空白处后一句提到“ But there is a whole range of other health issues that turning up the radio could be beneficial for , which is what makes music so valuable ”，其意思是“但是，有一系列其他的健康问题，开大收音机音量可能是有益的，这正是音乐如此有价值的原因”。这句话中的“ But ”表示转折，说明空白处与后一句之间存在转折关系，空白处应该提到音乐对健康的某些影响，选项E“音乐对整体健康的影响是非常令人印象深刻的”符合这一要求，与后一句形成转折关系，引出下文提到的音乐对其他健康问题也有好处，所以选项E适合放在此处。其他选项的意思与后一句不构成转折关系，均可排除。因此，本小题应选：E。

2021年6月浙江卷

第二节(共5小题;每小题2分，满分10分)

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项

You've got mail...and it's a postcard

Paulo Magalhaes, a 34-year-old Portuguese computer engineer, loves to open his mailbox and find a brightly colored picture of Rome's Colosseum. Or Africa's Victoria Falls. Or China's Great Wall. 31

"I often send postcards to family and friends." he says to China Daily, "but you can imagine that after a while, you never receive as many as you send, and

you [realize](#) that not everyone is into it 32 ” Seeking other like-minded souls, however, Paulo started looking in a somewhat unlikely place: online. Many [would](#) say the Internet is a place for people who have given up on the [traditional](#) postal service, but Paulo's hunch(直觉)paid off.

Today his hobby has developed into the website postcrossing.com, a social network that has [grown](#) to 575,217 registered users in 214 countries and regions since he started it 10 years ago. 33 Running the website has almost turned into a full-time job.

Language is [certainly](#) a harrier for many people. For postcrossing to work worldwide, a [common](#) communication [language](#) is needed so that everyone can understand each other. As cool as it may be to receive a postcard [written](#) in Chinese, the [concept](#) doesn't work if one doesn't understand it. 34 So a common language is required and in postcrossing that's English since it's widely spoken.

"Many people in China have limited exposure to English. 35 That said, we know of many postcrossing members, [including](#) Chinese, who have [actually](#) improved their English skills [through](#) their use of postcrossing," Paulo says.

- A. And that's [totally](#) fine
- B. That makes it [extra](#) hard to learn and practice it
- C. He likes to think of sending postcards as a family-friendly hobby
- D. Many love to make a [connection](#) with someone from across the world.
- E. On August 5, the number of postcards exchanged by members topped 31 million.
- F. Similarly, if you speak only Chinese, receiving a card in Swedish takes part of the fun away.
- G. In short, he loves postcards, and the [excitement](#) of getting a hand-written note from someone far away.

答案解析：

31. G。这个空格的前一句提到了Paulo喜欢收到不同地方的名胜古迹的明信片，所以接下来的句子应该是对这种情感的解释或延续。选项G中的“ In short, he loves postcards, and the excitement of getting a hand-written note from someone far away.”恰好符合这个语境，说明他喜欢明信片以及收到远方手写信件兴奋感。

32. A。前一句提到了“但你可以想象，过了一段时间后，你收到的明信片永远没有你

发出的多，你会意识到并不是每个人都对这件事感兴趣。”选项A中的“ And that's totally fine ”是对这种情况的接受和无所谓态度，符合上下文的逻辑。

33. E。这个空格的前一句提到了Paulo创办的网站postcrossing.com以及注册用户数量，所以接下来的句子应该是与这个网站相关的成就或数据。选项E中的“ On August 5, the number of postcards exchanged by members topped 31 million. ”提供了具体的交换明信片的数量，与上文内容紧密相关。

34. F。这个空格的前一句提到了如果明信片是用中文写的，对于不懂中文的人来说，这个概念就失效了。选项F中的“ Similarly, if you speak only Chinese, receiving a card in Swedish takes part of the fun away. ”用类似的情境说明了如果收到的是瑞典语的明信片，对于只说中文的人来说，乐趣也会减少，与上文形成了对比。

35. B。这个空格的前一句提到了中国很多人接触英语的机会有限，所以接下来的句子应该是对这种情况的影响或结果。选项B中的“ That makes it extra hard to learn and practice it ”说明了这种情况使得学习和练习英语变得更加困难，与前文内容相符合。

2021年全国新高考II卷

第二节(共5小题;每小题2.5分，满分12.5分)

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

If the only reading you ever do is the novel or magazine, the speed at which you read -probably does not matter very much. But if you have to read a great deal for study, you will appreciate the benefits of being able to read more quickly.36 _____

· Before you open the book, make sure that you are comfortable. You need a seat which supports your back and the book should be at the right distance from your eyes. 37 _____

38 _____ Look at the table of contents, the preface, the chapter heading, etc. This will help you to decide whether you really need to read the whole book or only certain parts of it. Ten minutes spent in this way could save you quite a lot of time in the long run.

· If you decide that you need to read the whole book, decide how much you can read at a time. 39 _____ A history book which may contain the facts in story form will be easier to read than one dealing with scientific subjects. In the former case you may be able to read a chapter. In the latter you may only be able to read one page.

Always keep a pencil and paper beside you. 40 _____ Note also the

facts **important** for your **purpose** as well as anything which leads you to **further** research. You don't have to write these things in detail. It is enough to put the page number and one or two words as a reminder .

- A. Stop to have a rest now and then.
- B. Spend a few minutes looking **through** the book.
- C. This depends on the type of book you are reading.
- D. Here are some tips to help **improve** your reading speed.
- E. Make a note of any page which is of **special** importance.
- F. You may find yourself having to learn something by heart.
- G Keep the room cool rather than **warm** to **avoid** feeling sleepy.

答案解析：

36. D. 这个选项为接下来的建议提供了一个总述，说明接下来的内容将是一些帮助提高阅读速度的技巧。

37. G. 这个选项与上文提到的确保你舒适的座位和书本与眼睛的距离相呼应，都是关于阅读环境设置的建议。

38. B. 这个选项与下文提到的查看目录、前言、章节标题等相呼应，都是关于在开始阅读之前对书籍的预览。

39. C. 这个选项与下文提到的根据书籍类型决定阅读量的建议相呼应，说明了阅读量的决定因素。

40. E. 这个选项与下文提到的记下重要事实和需要进一步研究的内容的建议相呼应，都是关于做笔记的技巧。

2020年全国 卷

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

A housewarming party is a **special** party to be held when someone buys or moves into a new **apartment** or house. The person who bought the house or moved is the one who throws the party, The party is a chance for friends and family to congratulate the

person on the new home. 36 And it is a good time to fill the new space with love and hopefully presents.

37 Some people [register](#) a list of things they want or need for their new home at a [local](#) store or stores. Some [common](#) things people will put on a gift registry [include](#) kitchen tools like knives and things like curtains. Even if there isn't a registry, a good housewarming gift is something to decorate the new house with, like a piece of art or a plant.

38 This is [often](#) appreciated since at a housewarming there isn't a lot of food served. There are usually no planned activities like games at a housewarming party. The host or hostess of the party will, however, [probably](#) give all the guests a tour of their new home. Sometimes, because a housewarming party happens shortly after a person moves into their new home, people may be asked to help unpack boxes. 39

Housewarming parties get their name from the fact [that](#) a long time ago people [would actually bring](#) firewood to a new home as a gift. 40 Now most homes have [central](#) heating and don't use fires to keep warm.

- A. This isn't usual though.
- B. It is [traditional](#) to bring a gift to a housewarming party
- C. You can also bring food or drinks to share with the other guests.
- D. If you're lucky enough to receive gifts, keep [them](#) in a safe place.
- E. It also gives people a chance to see what the new home looks like.
- F. The best housewarming parties [encourage](#) old friends to get together.
- G This was so that the person could keep their home [warm](#) for the winter,

答案解析：

36. 上文提到“ The party is a chance for friends and family to congratulate the person on the new home ”，这句话的意思是“这个聚会是朋友和家人祝贺新房主乔迁之喜的机会”，由此可知，此空应继续说明聚会的作用或意义。选项E“这也给了人们一个机会去看看新家是什么样的”承接上文，符合语境，其中的“this”指代上文的“聚会”，说明聚会除了是祝贺新房主的机会外，也是人们参观新房的机会。

因此，本小题应选：E. It also gives people a chance to see what the new home looks like.

37. 下文提到 “ Some people register a list of things they want or need for their new home at a local store or stores. Some common things people will put on a gift registry include kitchen tools like knives and things like curtains ”，其意思是 “ 有些人会在当地的一家或几家商店登记他们想要或需要的新家的东西。人们会在礼物清单上列出一些常见的东西，比如厨房用具，如刀具和窗帘等 ”，由此可知，此空应提到与礼物有关的内容。选项B “ 参加乔迁派对时带礼物是传统 ” 引出下文，符合语境。

因此，本小题应选：B. It is traditional to bring a gift to a housewarming party.

38. 下文提到 “ This is often appreciated since at a housewarming there isn't a lot of food served ”，其意思是 “ 这通常会受到赞赏，因为在乔迁派对上不会上很多食物 ”，由此可知，此空应提到与食物有关的内容。选项C “ 你也可以带食物或饮料与其他客人分享 ” 引出下文，符合语境。

因此，本小题应选：C. You can also bring food or drinks to share with the other guests.

39. 上文提到 “ Sometimes, because a housewarming party happens shortly after a person moves into their new home, people may be asked to help unpack boxes ”，其意思是 “ 有时，因为乔迁派对是在一个人搬进新家后不久举行的，人们可能会被要求帮忙拆箱 ”，由此可知，帮忙拆箱并不是乔迁派对的常态，此空应对上文进行转折。选项A “ 然而这并不常见 ” 承接上文，符合语境。

因此，本小题应选：A. This isn't usual though.

40. 上文提到 “ Housewarming parties get their name from the fact that a long time ago people would actually bring firewood to a new home as a gift ”，其意思是 “ 乔迁派对这个名字的由来是很久以前人们实际上会把柴火作为礼物带到新家 ”，下文提到 “ Now most homes have central heating and don't use fires to keep warm ”，其意思是 “ 现在大多数家庭都有中央供暖，不用火来取暖 ”，由此可知，此空应解释很久以前人们会把柴火作为礼物带到新家的原因。选项G “ 这是为了让那个人在冬天保持家里温暖 ” 解释了上文，符合语境。

因此，本小题应选：G. This was so that the person could keep their home warm for the winter.

2021年全国甲卷

第二节(共5小题;每小题2分，满分10分)

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Swap, Don ' t Shop!

You keep hearing about recycling, right? But it doesn ' t end with bottles, cans, and paper. Clothing takes a huge [amount](#) of natural resources (资源) to make, and buying loads of new clothing (or throwing out old clothing) is not healthy for the environment. So what to do with all those perfectly-good-but-you ' re-maybe-a-little-sick-of-them clothes piled on your bedroom floor?

_____16_____. It ' s the best way to get rid of your used clothes, score clothes from your friends, and have a party all at the same time.

A [successful](#) swap depends on the selection of clothes, the [organization](#) of the event, and, obviously, how much fun is had. It ' s really easy to do! Here are a few pointers.

- Invite 5—10 people so you have a nice selection. _____17_____, and there may not be enough things to [choose](#) from; more than that, and it becomes uncontrollable.

- _____18_____. They should also [prepare](#) [plenty](#) of reusable bags to carry their “ new ” clothes home.

- Put different types of clothing on different surfaces in the room. _____19_____. Place a few mirrors around your room so people can see how things look when they try [them](#) on. One of the ground rules of the swap should be [that](#) everyone must try on the clothes before they take them—things always look different when you put them on.

- Set a starting time. Maybe you say “ go, ” or turn on a certain song, or whatever. _____20_____. And don ' t forget to put out some cookies and fruits. Remember, it ' s a party!

A. Less people than that

B. [hold](#) a clothing swap

C. If two people are competing

D. Just keep music playing throughout

E. Donate whatever clothes are left over

F. Have everyone put their clothes in the right spots

G. Tell everyone to [bring](#) clean clothes in good condition

答案及解析：

16. B. Hold a clothing swap

解析：此句前文提到了关于如何处理不再穿的衣物的问题，此句后文提到了举办衣物交换活动的种种好处，因此举办一个衣物交换活动是解决前文问题的方法。

17. A. Less people than that

解析：此句前文提到了邀请5-10人参加，此句后文提到了如果人数太少或太多的问题，因此这里应该是指人数太少的情况。

18. G. Tell everyone to bring clean clothes in good condition

解析：此句是关于衣物交换活动的组织建议，告诉每个人带来干净且状况良好的衣物是合理的组织要求。

19. F. Have everyone put their clothes in the right spots

解析：此句前文提到了将不同类型的衣物放在房间的不同地方，因此这里应该是让每个人将他们的衣物放在正确的位置。

20. D. Just keep music playing throughout

解析：此句前文提到了设定一个开始时间，并提到了可能的信号，如说“开始”或播放某首歌曲，因此这里应该是建议在整个活动过程中保持音乐播放。

2021年全国乙卷

根据短文内容，从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

According to Jessica Hagy, [author](#) of How to Be Interesting, it ' s not difficult to make yourself interesting at a dinner party.

_____36_____, if you ' re out of your [comfort](#) zone or if you ' re wandering into somebody ' s house for the first time. So the main thing is just to [show](#) up and be adventurous, trying different foods and talking to strangers.

People love to talk about themselves. If you can start the [conversation](#) with a question

other than “ What do you do for a living? ” , you ’ ll be able to get a lot more interesting conversation out of whomever it is you ’ re talking to. _____37_____, it can **bring** in “ I have this old, broken-down vehicle ” or “ I rode the bus with these crazy people who were laughing at silly jokes in the back. ” It just opens up conversation.

_____38_____? If you can ’ t take their wine away, you should **certainly** try to take away their soapbox (讲台). If you ’ re the host, you can ask **them** to help you in the kitchen with something and just **remove** them from the situation. _____39_____.

And what about **that** other dinner-party killer: awkward silence? If you ’ re faced with an awkward silence at a dinner party, the only thing that always gets everyone talking again is to give the host a compliment (赞扬). _____40_____. Just quickly tun around and say, “ This cake is **extremely** delicious and you have to tell me all about it. ”

So being interesting at a dinner party isn ’ t that hard.

- A. How do you know the host
- B. The first step is to go exploring
- C. If you ask the question “ How did you get here? ”
- D. Be prepared to have awkward conversations with strangers
- E. Or turn the conversation into a **topic** where they have little to say
- F. What about that person who has had too much to drink or won ’ t stop talking
- G. He or she is the person who is feeling the **weight** of that awkwardness the most

答案及解析：

36. B. The first step is to go exploring

解析：此句与前文提到的 "it's not difficult to make yourself interesting at a dinner party" 和后文的 "if you're out of your comfort zone or if you're wandering into somebody's house for the first time" 相呼应，说明第一步是去探索新环境。

37. C. If you ask the question “ How did you get here? ”

解析：此句与后文的 "it can bring in 'I have this old, broken-down vehicle' or 'I rode the bus with these crazy people who were laughing at silly jokes in the back'"

相呼应，说明提出 "你怎么来的?" 这样的问题可以引出更多有趣的话题。

38. F. What about that person who has had too much to drink or won ' t stop talking

解析：此句与后文的 "If you can ' t take their wine away, you should certainly try to take away their soapbox"

相呼应，说明这是在讨论如何应对那些喝得太多或者说话不停的人。

39. E. Or turn the conversation into a topic where they have little to say

解析：此句与后文的 "If you ' re the host, you can ask them to help you in the kitchen with something and just remove them from the situation"

相呼应，说明可以转换话题到一个他们不太能参与的话题，从而减少他们的话语。

40. G. He or she is the person who is feeling the weight of that awkwardness the most

解析：此句与后文的 "Just quickly turn around and say, 'This cake is extremely delicious and you have to tell me all about it'" 相呼应，说明在这种情况下，主持人是最能感受到尴尬沉默压力的人，因此给主持人一个赞扬是打破沉默的好方法。

