

### 怎么讲七选五?

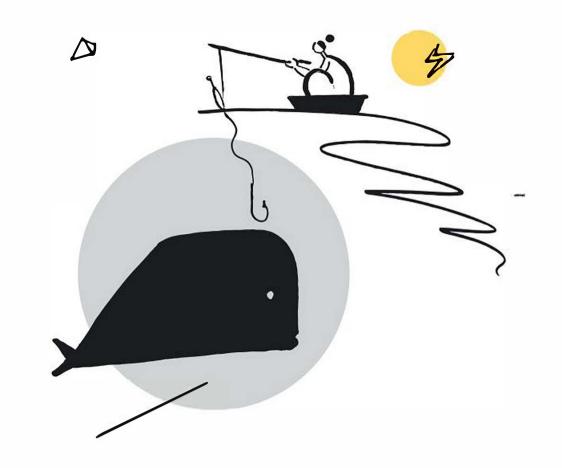
## 型理解释

### 七个答案进步五个

### 做对概率

7\*6\*5\*4\*3

<sup>1</sup> 2520



# 讲解框架

文章类型 分析文章 | <sub>空格位置</sub>

七选五

分析选项

选项有结构

选项有内容

无结构无内容

实战演练

文章类型

分析文章

空格位置

#### 文章类型

- 1.结构清晰的
- 2.结构模糊的



读文章每段首句





Lots of people find it hard to get up in the morning, and put the blame on the alarm clock. In fact, the key to easy morning wake-up lies in resetting your body clock. 36. \_\_\_\_\_\_ Here's how to make one.

- 37. In order to make a change, you need to decide why it's important. Do you want to get up in time to have breakfast with your family, get in some exercise, or just be better prepared for your day? Once you are clear about your reason, tell your family or roommates about the change you want to make.
- Rethink mornings. Now that you know why you want to wake up, consider re-arranging your morning activities. If you want time to have breakfast with your family, save some time the night before by setting out clothes, shoes, and bags. 38. That's a quarter-hour more you could be sleeping if you bought a coffee maker with a timer.
- Keep your sleep/wake schedule on weekends. If you're tired out by Friday night, sleeping in on Saturday could sound wonderful. But compensating on the weekends actually feeds into your sleepiness the following week, a recent study found. 39.
- Keep a record and evaluate it weekly. Keep track of your efforts and write down how you feel. After you've tried a new method for a week, take a look at your record. 40. If not, take another look at other methods you could try.



#### Tips for cooking on a Tight Schedule

From my experience, there are three main reasons why people don't cook more often: ability, money and time, 36. Money is a topic I'll save for another day. So today I want to give you some wisdom about how to make the most of the time you spend in the kitchen. Here are three tips for great cooking on a tight schedule:

- 1. Think ahead. The moments when I think cooking is a pain are when I'm already hungry and there is nothing ready to eat. So think about of the coming week. When will you have time to cook? Do you have the right materials ready? 37. \_\_\_\_\_
- 2. Make your time worth it. When you do find time to cook a meal, make the most of it and save yourself time later on. Are you making one loaf of bread? 38. it takes around the same amount of time to make more of something. So save yourself the effort for a future meal.
- 3. 39. This may surprise you, but one of the best tools for making cooking worth your time is experimentation. It gives you the chance to hit upon new ideas and recipes that can work well with your appetite and schedule. The more you learn and the more you try, the more ability you have to take control of your food and your schedule.

Hopefully that gives you a good start. 40. and don't let a busy schedule discourage you from making some great changes in the way you eat and live!

If anyone had told me three years ago that I would be spending most of my weekends camping, I would have laughed heartily. Campers, in my eyes, were people who enjoyed insect bites, ill-cooked meals, and uncomfortable sleeping bags. They had nothing in common with me. 36. \_\_\_\_\_

The friends who introduced me to camping thought that it meant to be a pioneer. 37.

We sleep in a tent, cooked over an open fire, and walked a long distance to take the shower and use the bathroom. This brief visit with Mother Nature cost me two days off from work, recovering from a bad case of sunburn and the doctor's bill for my son's food poisoning.

I was, nevertheless, talked into going on another fun-filled holiday in the wilderness.

38. Instead, we had a pop-up camper with comfortable beds and an air conditioner. My nature-loving friends had remembered to bring all the necessities of life.

- 39. We have done a lot of it since. Recently, we bought a twenty-eight-foot travel trailer complete with a bathroom and a built-in TV set. There is a separate bedroom, a modern kitchen with a refrigerator. The trailer even has matching carpet and curtains.
- 40. It must be true that sooner or later, everyone finds his or her way back to nature. I recommend that you find your way in style.



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18. Fresh fish should smell sweet: you should feel that you're standing at the ocean's edge. Any fishy or strong smell means the fish isn't fresh. 19. When you have bought a fish and arrive home, you'd better store the fish in the refrigerator if you don't cook it immediately, but fresh fish should be stored in your fridge for only a day or two. Frozen fish isn't as tasty as the fresh one.

There are many common methods used to cook fish. 20. First, clean it and season it with your choice of spices. Put the whole fish on a plate and steam it in a steam pot for 8 to 10 minutes if it weighs about one pound. (A larger one will take more time. Then, it's ready to serve.



Every animal sleeps, but the reason for this has remained foggy. When lab rats are not allowed to sleep, they die within a month. 71. \_\_\_\_\_

One idea is that sleep helps us strengthen new memories. 72. We know that, while awake, fresh memories are recorded by reinforcing (加强) connections between brain cells, but the memory processes that take place while we sleep have been unclear.

Support is growing for a theory that sleep evolved so that connections between neurons(神经元) in the brain can be weakened overnight, making room for fresh memories to form the next day. 73. Now we have the most direct evidence yet that he is right. 74. The synapses in the mice taken at the end of a period of sleep were 18 per cent smaller than those taken before sleep, showing that the connections between neurons weaken while sleeping.

If Tononi's theory is right, it would explain why, when we miss a night's, we find it harder the next day to concentrate and learn new information — our brains may have smaller room for new experiences.

Their research also suggests how we may build lasting memories over time even though the synapses become thinner. The team discovered that some synapses seem to be protected and stayed the same size. 75. "You keep what matters," Tononi says.

1.结构清晰的-小标题类

1.小标题对仗 2.段首句对仗

2.结构模糊的-随机叙述类

无明显小标题对仗

分论点上面的尾句



文章类型

分析文章

空格位置



### 空格位置



1.段首空

2.段中空

3.段尾空





**我与父亲不相见已二年余了,我最不能忘记的是他的背影**。那年冬天,祖母死了,父亲的差使也交卸了,正是祸不单行的日子,我从北京到徐州,打算跟着父亲奔丧回家。到徐州见着父亲,看见满院狼藉的东西,又想起祖母,不禁簌簌地流下眼泪。父亲说,"事已如此,不必难过,好在天无绝人之路!"

回家变卖典质,父亲还了亏空;又借钱办了丧事。这些日子,家中光景很是惨淡,一半为了丧事,一半为了父亲赋闲。丧事完毕,父亲要到南京谋事,我也要回北京念书,我们便同行。

到南京时,有朋友约去游逛,勾留了一日;第二日上午便须渡江到浦口,下午上车北去。父亲因为事忙,本已说 定不送我,叫旅馆里一个熟识的茶房陪我同去。他再三嘱咐茶房,甚是仔细。但他终于不放心,怕茶房不妥帖;颇 踌躇了一会。其实我那年已二十岁,北京已来往过两三次,是没有甚么要紧的了。他踌躇了一会,终于决定还是自己送我去。我两三回劝他不必去;他只说,"不要紧,他们去不好!"

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近几年来,父亲和我都是东奔西走,家中光景是一日不如一日。他少年出外谋生,独力支持,做了许多大事。那知老境却如此颓唐!他触目伤怀,自然情不能自已。情郁于中,自然要发之于外;家庭琐屑便往往触他之怒。他待我渐渐不同往日。但最近两年的不见,他终于忘却我的不好,只是惦记着我,惦记着我的儿子。我北来后,他写了一信给我,信中说道,"我身体平安,惟膀子疼痛利害,举箸提笔,诸多不便,大约大去之期不远矣。"我读到此处,在晶莹的泪光中,又看见那肥胖的,青布棉袍,黑布马褂的背影。唉!我不知何时再能与他相见!

#### 首尾段的首尾句:概括主旨

总结性强的概括性语言



Every animal sleeps, but the reason for this has remained foggy. When lab rats are not allowed to sleep, they die within a month.71.\_\_\_\_\_

One idea is that sleep helps us strengthen new memories. 72. We know that, while awake, fresh memories are recorded by reinforcing (加强) connections between brain cells, but the memory processes that take place while we sleep have been unclear.

Support is growing for a theory that sleep evolved so that connections between neurons(神经元) in the brain can be weakened overnight, making room for fresh memories to form the next day. 73.

Now we have the most direct evidence yet that he is right. 74. The synapses in the mice taken at the end of a period of sleep were 18 per cent smaller than those taken before sleep, showing that the connections between neurons weaken while sleeping.

If Tononi's theory is right, it would explain why, when we miss a night's, we find it harder the next day to concentrate and learn new information — our brains may have smaller room for new experiences.

Their research also suggests how we may build lasting memories over time even though the synapses become thinner. The team discovered that some synapses seem to be protected and stayed the same size. 75. "You keep what matters," Tononi says.

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- C. Similarly, when people go for a few days without sleeping, they get sick.
- D. The processes take place to stop our brains becoming loaded with memories.
- E. That's why students do better in tests if they get a chance to sleep after learning.
- F. "Sleep is the price we pay for learning," says Giulio Tononi, who developed the idea.
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我说道,"爸爸,你走吧。"他望车外看了看,说,"我买几个橘子去。你就在此地,不要走动。"我看那边月台的栅栏外有几个卖东西的等着顾客。走到那边月台,须穿过铁道,须跳下去又爬上去。父亲是一个胖子,走过去自然要费事些。我本来要去的,他不肯,只好让他去。我看见他戴着黑布小帽,穿着黑布大马褂,深青布棉袍,蹒跚地走到铁道边,慢慢探身下去,尚不大难。可是他穿过铁道,要爬上那边月台,就不容易了。他用两手攀着上面,两脚再向上缩;他肥胖的身子向左微倾,显出努力的样子。这时我看见他的背影,我的泪很快地流下来了。我赶紧拭干了泪,怕他看见,也怕别人看见。我再向外看时,他已抱了朱红的橘子望回走了。过铁道时,他先将橘子散放在地上,自己慢慢爬下,再抱起橘子走。到这边时,我赶紧去搀他。他和我走到车上,将橘子一股脑儿放在我的皮大衣上。于是扑扑衣上的泥土,心里很轻松似的,过一会说,"我走了;到那边来信!"我望着他走出去。他走了几步,回过头看见我,说,"进去吧,里边没人。"等他的背影混入来来往往的人里,再找不着了,我便进来坐下,我的眼泪又来了。

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中间段的首句: 承上启下

由前后段实词决定



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- A. Do not buy it.
- B. The easiest is to steam it.
- C . This is how you can do it .
- D. It just requires a little knowledge.
- E. The fish will go bad within hours.

#### F. When buying fish, you should first smell it.

G. The fats in fish are thought to help prevent heart disease.

段中空:细节衔接

由前后句实词决定

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段尾空:前文衔接

由前句实词决定

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