



LingoSheets

高中英语 阅读练习

4 篇短文 · 16 题 · 含解析

主旨 / 细节 / 推断 / 词义

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The Science of Sleep • 阅读

高中英语阅读 · LingoSheets

Teenagers often stay up late, but sleep is not wasted time. During deep sleep, the brain replays what you learned during the day and moves it into long-term memory. Researchers at a university in California asked students to learn a list of words in the evening. Those who slept for eight hours remembered about 20% more than those who stayed awake. Lack of sleep also affects mood and attention. One study found that teens who used their phones in bed took longer to fall asleep and felt more tired at school. The good news is that small changes help: keep a regular bedtime, put the phone in another room, and avoid coffee after lunch. Sleep is part of studying, not a break from it.

Questions

1. 1. What happens during deep sleep?

- A. The brain replays learning B. The brain stops working C. The body grows faster
- D. Nothing happens

2. 2. What did the California study find?

- A. Sleepers remembered more B. Sleepers forgot more C. There was no difference
- D. Sleepers were slower

3. 3. What is mentioned as a cause of poor sleep?

- A. Using phones in bed B. Reading books C. Doing exercise D. Listening to music

4. 4. What is the main idea?

- A. Sleep supports learning B. Teens need less sleep C. Coffee helps sleep
- D. Phones improve sleep

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答案与解析

1. **1. A** — 第二句 the brain replays what you learned.
2. **2. A** — slept eight hours remembered about 20% more.
3. **3. A** — teens who used their phones in bed took longer to fall asleep.
4. **4. A** — 最后一句 Sleep is part of studying.

A City Without Cars • 阅读

高中英语阅读 · LingoSheets

Pontevedra, a small city in Spain, banned cars from its centre in 1999. The mayor wanted to make the city safer and cleaner. At first, shop owners worried that they would lose customers. But the opposite happened. People walked and cycled more, and the streets became crowded with shoppers. Air pollution fell, and the number of traffic accidents dropped sharply. Not everyone is happy, however. Some residents who live outside the centre say it is difficult to carry heavy shopping home, and delivery drivers complain about the rules. The city now has a free bus and parking areas outside the centre. Pontevedra shows that a city can change, but it also shows that change needs careful planning.

Questions

1. 1. When did Pontevedra ban cars?

- A. In 1999 B. In 2009 C. In 1990 D. In 2019

2. 2. What happened to shops?

- A. They lost customers B. They gained customers C. They all closed
D. They moved away

3. 3. What is one criticism?

- A. Too many cars B. Hard to carry shopping C. No buses D. Dirty air

4. 4. What does the city show?

- A. Change is easy B. Change needs planning C. Cars are necessary
D. Shops always fail

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答案与解析

1. **1. A** — 第一句 banned cars in 1999。
2. **2. B** — But the opposite happened... streets crowded with shoppers。
3. **3. B** — difficult to carry heavy shopping home。
4. **4. B** — 最后一句 change needs careful planning。

The Girl Who Painted the Sea • 阅读

高中英语阅读 · LingoSheets

Mia, a fifteen-year-old from Portugal, loved painting the sea. One morning, she noticed plastic bottles and fishing nets on the beach near her home. She started painting the rubbish instead of the waves. Her first painting showed a beautiful beach—until you looked closely and saw the plastic. People were shocked. Mia put her paintings online and asked followers to join a beach clean-up. In one year, more than 500 volunteers collected three tons of rubbish. Mia says art cannot solve the problem alone, but it can make people stop and look. Her next project is a mural on a school wall, painted with colours made from recycled plastic.

Questions

1. 1. What did Mia paint first?

- A. The sea B. A beach with plastic C. A school D. Boats

2. 2. How did people react?

- A. Shocked B. Angry C. Bored D. Happy

3. 3. How much rubbish did volunteers collect?

- A. Three tons B. 500 tons C. One ton D. 30 tons

4. 4. What does Mia believe?

- A. Art alone solves the problem B. Art makes people look C. Clean-ups are useless
D. Plastic is good

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答案与解析

1. **1. B** — She started painting the rubbish instead of the waves.
2. **2. A** — People were shocked.
3. **3. A** — collected three tons of rubbish.
4. **4. B** — art cannot solve the problem alone, but it can make people stop and look.

Why We Forget • 阅读

高中英语阅读 · LingoSheets

Why do we forget? Forgetting is not always a failure. The brain receives thousands of messages every day, and it cannot keep everything. It keeps what seems important and lets the rest go. That is why reviewing at the right time matters. If you review something after a day, then after three days, then after a week, you are telling the brain that this information is worth keeping. This is called spaced repetition. Sleep also helps: memories are strengthened while you sleep. So instead of reading the same page ten times in one night, study it briefly over several days. Forgetting is part of learning—the key is to review before the memory disappears.

Questions

1. 1. Why do we forget?

- A. The brain keeps important things B. The brain is broken C. We are lazy
D. Memories are useless

2. 2. What is spaced repetition?

- A. Reviewing over time B. Reading ten times at once C. Sleeping more
D. Forgetting quickly

3. 3. What helps memories?

- A. Sleep B. Noise C. Stress D. Multitasking

4. 4. What is the main idea?

- A. Forgetting is failure B. Review over time C. Sleep is useless D. Study only once

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答案与解析

1. **1. A** — It keeps what seems important and lets the rest go.
2. **2. A** — after a day, three days, a week.
3. **3. A** — Sleep also helps: memories are strengthened.
4. **4. B** — the key is to review before the memory disappears.