

七选五阅读原创题专项练习

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。

(一)

How To Make Friends And Connect With People In Challenging Times

Everybody needs friends in life. But it can be difficult to make friends living in a big city, especially when you are new there and don't know many people. Over years of experience and studying social skills, I found it's possible to make friends without even trying. 1

1. Be seen without trying to get attention.

You don't have to say anything humorous or interesting to get people's attention; all you have to do is place yourself in environments where people will see you. 2

2. Use the power of listening.

When you listen to other people, just keep giving them good eye contact and show with your body language that you're listening and that you care. Listening is a method to build trust and like-ability.

3. Think about what you can give to others.

Just do like John Kennedy calls on his fellow Americans to do in his inaugural (就职的) speech: "ask not what your country can do for you—ask what you can do for your country". 3 Or invite someone you just met to have coffee or lunch with you the following week.

4. Always have 3 good stories to tell other people.

When you have at least a few stories to share with others, you'll never run out of things to talk about.

5. 4

It may not be natural for some of us to smile, but a smile is one of the most attractive things that someone can display when they're meeting new people.

Think about these 5 strategies as tools. 5

A. Smile like there's no tomorrow.

B. Take advantage of your friends for your own good.

C. Try offering a piece of helpful advice or some comforting words.

D. There are just a few strategies that you have to use on a consistent basis.

E. This can be done anywhere you go, such as the supermarket or your yoga studio.

F. You are sure to benefit from the great efforts you put in your daily practice, but just wait and see.

G. They're always available if you want to connect with people instantly and develop true lasting friendships.

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(二)

For most people, nothing is better than having an iced beer after you are back home in hot summer. 1 Why? Just for the sake of your own health and the happiness of your family. Now good news for you. From now on you needn't feel guilty just because you love beer. On the contrary, the benefits of drinking beer are obvious. But there is still one IMPORTANT point I have to make clear. 2

1. Beer reduces risk of heart disease.

You can easily reduce the risk of heart disease by 30% or more if you are one of the individuals who drink a pint of beer per day. The result is totally opposite if you drink too much beer. Be careful with your portions(量).

2. 3

Beer prevents diabetes (糖尿病) due to the alcohol content which increases insulin (胰岛素) sensitivity. Also, beer is rich in dissolvable (可溶解的) fiber that is so needed if the individual suffers from diabetes.

3. Beer minimizes risk of cancer

Drinking the right amount of beer speeds up chemical reactions that keep off the risk of prostate cancer (前列腺癌) in males. 4 Strange? But it is true. That is because the drink contains components that decrease the risk of breast cancer.

4. 5

According to the recent studies carried out by Harvard researchers, middle-aged women who drink the right amount of beer were much less likely to develop high blood pressure.

A. Beer lowers risk of diabetes.

B. Beer manages blood pressure

C. Beer improves your oily skin.

D. Believe it or not, women should also drink beer.

E. At the same time, you may be a little nervous and guilty.