

大学英语四级考试阅读笔记(5)英语四级考试 PDF转换可能丢失图片或格式，建议阅读原文

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based on the following passage: Do you find getting up in the morning so difficult that its painful? This might be called laziness, but Dr. Kleitman has a new explanation. He has proved that everyone has a daily energy cycle. 注：1.第一句提出现象，后面跟着对现象的解释，这种解释一般是考点 2.but 转折词和 might 虚拟语气都表达作者负态度 3.最后一句话 he has proved... 主题句

During the hours when you labor through your work you may say that youre hot. Thats true. The time of day when you feel most energetic is when your cycle of body temperature is at its peak. For some people the peak comes during the forenoon. For others it comes in the afternoon or evening. No one has discovered why this is so, but it leads to such familiar monologues (自言自语) as: Get up, John! Youll be late for work again! The possible explanation to the trouble is that John is at his temperature-and-energy peak in the evening. Much family quarrelling ends when husbands and wives realize what these energy cycles mean, and which cycle each member of the family has. 注：1.peak 顶峰，高峰 2.forenoon 上午 You can t change your energy cycle, but you can learn to make your life fit it better. Habit can help. Dr. Kleitman believes. Maybe youre sleepy in the evening but feel you must stay up late anyway.

Counteract (对抗) your cycle to some extent by habitually staying up later than you want to. If your energy is low in the morning but

you have an important job to do early in the day, rise before your usual hour. This won't change your cycle, but you'll get up steam (鼓起干劲) and work better at your low point. 注：1.第一句话结论句，后面跟着结论的解释 2.stay up 熬夜 3.rise 起床 4.本段说明针对能量周期我们怎么做 Get off to a slow start which saves your energy. Get up with a leisurely yawn (呵欠) and stretch. Sit on the edge of the bed a minute before putting your feet on the floor. Avoid the troublesome search for clean clothes by laying them out the night before. Whenever possible, do routine work in the afternoon and save tasks requiring more energy or concentration for your sharper hours. 注：1.Get off to a slow start 刚开始慢慢来 2.which引导定语从句其实是解释 3.本段解释慢慢来的具体动作，应该速读 4.routine 例行公事的 5.concentration 集中 31. If a person finds getting up early a problem, most probably _____. A) he is a lazy person B) he refuses to follow his own energy cycle C) he is not sure when his energy is low D) he is at his peak in the afternoon or evening 注：定位第二段，新老观点混淆 During the hours when you labor through your work you may say that you're hot. That's true. The time of day when you feel most energetic is when your cycle of body temperature is at its peak. For some people the peak comes during the forenoon. For others it comes in the afternoon or evening. No one has discovered why this is so, but it leads to such familiar monologues (自言自语) as: Get up, John! You'll be late for work again! The possible explanation to the trouble is that John is at his temperature-and-energy peak in the evening. Much family quarrelling ends when husbands and wives realize what these energy

cycles mean, and which cycle each member of the family has. 32. Which of the following may lead to family quarrels according to the passage? A) Unawareness of energy cycles. B) Familiar monologues. C) A change in a family members energy cycle. D) Attempts to control the energy cycle of other family members. 注：定位第二段，文章条件反过来讲 During the hours when you labor through your work you may say that you re hot. Thats true. The time of day when you feel most energetic is when your cycle of body temperature is at its peak. For some people the peak comes during the forenoon. For others it comes in the afternoon or evening. No one has discovered why this is so, but it leads to such familiar monologues (自言自语) as: Get up, John! Youll be late for work again! The possible explanation to the trouble is that John is at his temperature-and-energy peak in the evening. Much family quarrelling ends when husbands and wives realize what these energy cycles mean, and which cycle each member of the family has. 33. If one wants to work more efficiently at his low point in the morning, he should _____. A) change his energy cycle B) overcome his laziness C) get up earlier than usual D) go to bed earlier 注：定位第三段 You can t change your energy cycle, but you can learn to make your life fit it better. Habit can help. Dr. Kleitman believes. Maybe youre sleepy in the evening but feel you must stay up late anyway. Counteract (对抗) your cycle to some extent by habitually staying up later than you want to. If your energy is low in the morning but you have an important job to do early in the day, rise before your usual hour. This won t change your cycle, but youll get up steam (鼓

起干劲) and work better at your low point. 34. You are advised to rise with a yawn and stretch because it will _____. A) help to keep your energy for the days work B) help you to control your temper early in the day C) enable you to concentrate on your routine work D) keep your energy cycle under control all day 注：定位第四段 Get off to a slow start which saves your energy. Get up with a leisurely yawn (呵欠) and stretch. Sit on the edge of the bed a minute before putting your feet on the floor. Avoid the troublesome search for clean clothes by laying them out the night before. Whenever possible, do routine work in the afternoon and save tasks requiring more energy or concentration for your sharper hours. 35. Which of the following statements is NOT TRUE? A) Getting off to work with a minimum effort helps save ones energy. B) Dr. Kleitman explains why people reach their peaks at different hours of day. C) Habit helps one adapt to his own energy cycle. D) Children have energy cycles, too. 注：排除法。 A选项对应“ Get off to a slow start which saves your energy. ” B选项与“ No one has discovered why this is so,... ” 矛盾。 C选项对应“ You can t change your energy cycle, but you can learn to make your life fit it better. Habit can help. ” D选项对应第一段的末句。“ He has proved that everyone has a daily energy cycle. ” 相关链接：09年6月英语四级考试试题答案(文字版) 2009年6月20日英语六级标准答案公布 2009年6月英语六级考试真题 word版 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com