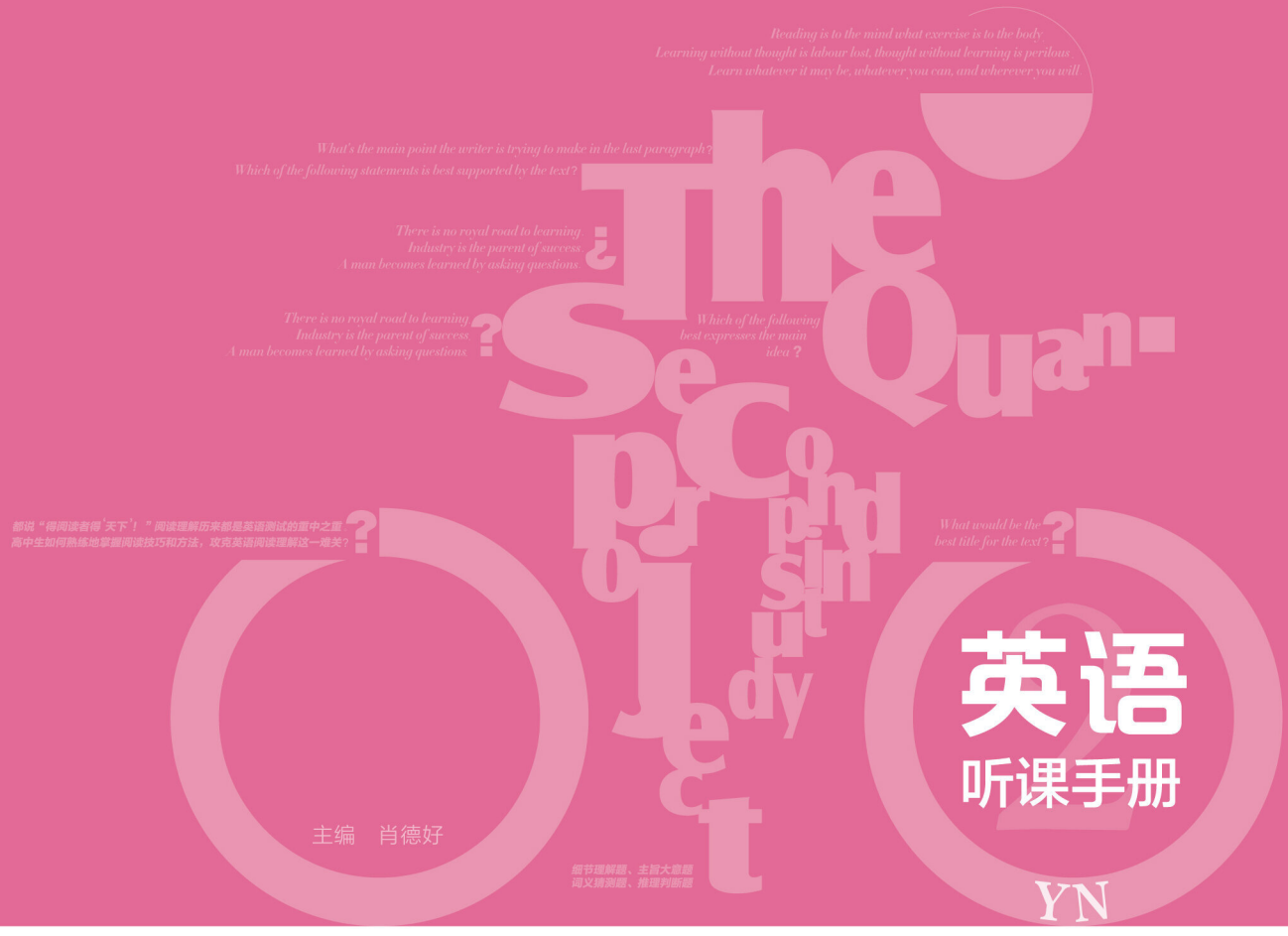
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教育图书 功能学具 学生之家

基础教育行业专研品牌

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全品高考 第二轮专题



英语
听课手册

主编 肖德好

YN

沈阳出版社

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专题一　阅读理解

考情分析

命题透视

2025—2026 年高考阅读理解试题分析表

年份	卷别	体裁	词数	主题
2026	全国一卷	应用文	294	洛杉矶 SoFi 体育场当月赛事、周边酒店及停车须知
		夹叙夹议文	340	通过使用纸质词典的经历，感悟学习在于好奇心与求知欲
		说明文	312	纽约主流树木释放异戊二烯，间接加剧臭氧污染及应对思路
		说明文	334	剑桥大学实验：主动品鉴艺术美感可提升抽象思维能力
	全国二卷	应用文	283	华盛顿特区四家特色中餐馆菜品、订餐方式与营业时间
		记叙文	290	百岁老人守护著名建筑师赖特设计的房屋
		说明文	328	海平面作为海拔参考标准的概念演变与相关著作研究背景
		说明文	314	巴塞罗那地铁回收刹车能量供电动汽车充电
	浙江 1 月考	应用文	284	伯灵顿公共艺术项目联合文化日征集本地艺术家作品
		记叙文	311	物理老师将汽车爱好融入课堂，创新教学拉近师生关系
		说明文	359	芝加哥酒店虚假评论实验，分析读者辨别真假评论的规律
		说明文	321	AI 工具 SLEAP 追踪植物根系，以提升碳吸收和储存能力
2025	全国一卷	说明文	196	交通运输领域的碳排放问题
		记叙文	318	一位教师通过教学实践与学生共同成长的故事
		议论文	330	城市交通规划与城市宜居性的矛盾
		说明文	350	微塑料污染治理
	全国二卷	应用文	285	英国值得一游的四个集市小镇及其特色
		记叙文	377	儿童医院教师 Kathy Ho 为住院学生提供教学服务
		说明文	289	室内植物产业的兴起及植物的益处
		说明文	352	纽约餐厅通过菜单创新应对食物浪费问题
	浙江 1 月考	应用文	271	图书馆间的互借服务
		夹叙夹议文	356	父母在孩子饮食中的角色
		说明文	304	新型的园艺设计方法——矩阵式种植法
		说明文	326	新技术在性别化和去性别化设计上的争议
命题规律	1．选材特点： ①体裁广泛：文体以应用文、记叙文、说明文为主，偶尔会出现议论文； ②题材丰富：选材对标课标规定的“人与自我、人与社会、人与自然”三大主题。语篇素材均选自原版外刊；跨学科融合特征显著，涉及有机整合生态化学、心理学、轨道交通、艺术美学等多领域知识； 2．语篇特点： ①词汇量大：对词汇的要求越来越高，侧重熟词生义、派生词等；依托语境推断词义成为必备能力； ②长难句数量大幅增加：多层定语从句、插入语、分词叠加句式常态化； 3．命题特点： 弱化浅层定位，高阶思维成为核心区分点；从文字信息查找转向逻辑思辨、批判性思维考查			

第 1 讲　命题突破——细节理解题

专题导读

高考英语中的细节理解题是阅读理解部分的核心题型之一，主要考查考生对文章具体信息的定位、理解和分析能力。这类题目要求考生从原文中直接或间接找到与问题相关的细节，并准确判断选项的正误。

练真题

[2026·全国二卷，A]

The best Chinese restaurants around D.C.

The D.C. area is home to many outstanding Chinese restaurants, but diners willing to travel outside the city limits will also be rewarded.

Panda Gourmet

This not-so-hidden-anymore fine restaurant for Sichuan cuisine is inside the Days Inn off New York Avenue. Dandan noodles and mapo tofu are sure bets. Panda Gourmet offers online ordering for takeout, and delivery is now an option. Open from 11:00 am to 9:45 pm. Closed on Tuesday.

2700 New York Ave NE, Washington, D.C. 20002

Shanghai Taste

Shanghai Taste offers arguably the best soup dumplings in the area. It also serves a variety of chef's specials, beef with rice cakes, and more. The restaurant is open from 11:00 am to 9:00 pm Tuesday through Sunday, offering call-in orders and pickups.

1121 Nelson St, Rockville, MD 20850

Gourmet Inspirations

The spacious dining room is regularly filled with customers enjoying dumplings and a variety of noodle and rice dishes. Customers can also place pickup orders online for lunch or dinner until 8:00 pm six days a week. Closed on Tuesday.

2646 University Blvd W, Silver Spring, MD 20902

Queen's English

This nice Cantonese restaurant in Columbia Heights quickly became a destination for chef Henji Cheung's Hong Kong-style cooking and co-owner Sarah Thompson's natural wine list that earned her a Michelin nod. Reserve a spot indoors, at its chef's counter, or covered dog-friendly patio (露台), with creative wine tastings in the mix. Dinner hours: Tuesday through Thursday 5:30 pm-9:00 pm (last seating); Friday and Saturday 5:00 pm-9:30 pm (last seating). Closed on Sunday and Monday.

3410 11th St NW, Washington, D.C. 20010

(　)1. **What service is available only at Panda Gourmet?**

A. Call-in orders.　　B. Free packing.

C. Takeout delivery.　　D. Online pickup orders.

(　)2. **Which restaurant can you go to for beef with rice cakes?**

A. Panda Gourmet.　　B. Shanghai Taste.

C. Gourmet Inspirations.　　D. Queen's English.

(　)3. **What do we know about the Cantonese restaurant in Columbia Heights?**

A. It is open only on weekdays.　　B. It adopts a no-pet policy.

C. It takes no reservations.　　D. It serves only dinner.

明考向

一、细节理解题核心命题逻辑(定位→匹配→筛选)

题干定位	提取题干中的专有名词、数字、核心名词等定位词,锁定原文段落
	第 1 题定位词:"Panda Gourmet"→锁定 "Panda Gourmet"部分 第 2 题定位词:"beef with rice cakes"→锁定 "Shanghai Taste"部分 第 3 题定位词:"the Cantonese restaurant in Columbia Heights"→锁定"Queen's English"部分
原文匹配	定位段落中寻找与题干信息完全对应的句子,关注同义替换或原词复现
	第 1 题:原文 "offers online ordering for takeout, and delivery is now an option"→对应选项 C"外卖配送" 第 2 题:原文 "It also serves a variety of chef's specials, beef with rice cakes, and more."→对应选项 B"上海风味馆" 第 3 题:原文 "Dinner hours: Tuesday through Thursday 5:30 pm-9:00 pm(last seating); Friday and Saturday 5:00 pm-9:30 pm (last seating). Closed on Sunday and Monday."→对应选项 D"只供应晚餐"
选项设置	第 1 题干扰项 A(Call-in orders)是其他餐馆的服务,D(Online pickup orders)另一个餐馆也提供,B(Free packing)原文未提及 第 2 题干扰项 A(Panda Gourmet)、C(Gourmet Inspirations)、D(Queen's English)均为原文未提及该菜肴的餐馆 第 3 题干扰项 A(It is open only on weekdays)、B(It adopts a no-pet policy)、C(It takes no reservations)均与原文 "Closed on Sunday and Monday""covered dog-friendly patio""Reserve a spot indoors"信息不符

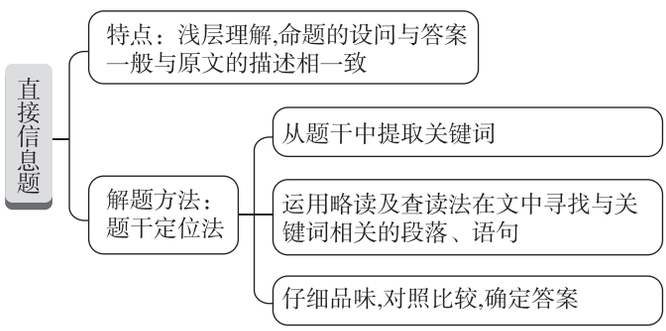
二、细节理解题命题特点

定位明确性	特点:题干通常包含唯一指向性信息(如地名、专有名词),可快速锁定原文段落,无需跨段查找。如: 第 1、3 题均通过 "餐馆名称" 直接定位到对应段落(如 "Panda Gourmet"直接对应第一家餐馆),定位范围清晰
信息直接性	特点:正确答案多为原文信息的原词复现或同义改写,无需深层推理。如: 原词复现:第 1 题"offers online ordering for takeout, and delivery is now an option"与选项 C 完全一致; 同义改写:第 3 题原文"Dinner hours: Tuesday through Thursday 5:30 pm-9:00 pm(last seating); Friday and Saturday 5:00 pm-9:30 pm (last seating). Closed on Sunday and Monday."→选项 D"It serves only dinner"(只供应晚餐)

（续表）

干扰项迷惑性	特点：干扰项常利用原文中出现的相关词汇或场景，但改变关键信息，造成“似是而非”的误导。如： 第1题原文提到“Panda Gourmet offers online ordering for takeout, and delivery is now an option.”（外卖配送是其独有的），干扰项A（Call-in orders）是第二家餐馆Shanghai Taste的服务，干扰项D（Online pickup orders）第三家餐馆Gourmet Inspirations也提供。 第3题原文提到“Reserve a spot indoors, at its chef's counter, or covered dog-friendly patio”，但干扰项B“It adopts a no-pet policy”意思与原文相悖

高考热考法1 直接信息理解题——题干定位法



典例剖析

[2026·全国一卷，A节选]

SoFi Stadium events this month

SoFi Stadium is the go-to destination in the heart of Los Angeles for sports fans. Its calendar is always packed with headline-grabbing events.

Upcoming football events

Los Angeles Rams v Dallas Cowboys	Saturday, August 9　4:00 PM
Los Angeles Chargers v New Orleans Saints	Sunday, August 10　5:00 PM
Los Angeles Rams v Los Angeles Chargers	Saturday, August 16　4:00 PM
Los Angeles Rams v Houston Texans	Sunday, August 24　1:25 PM

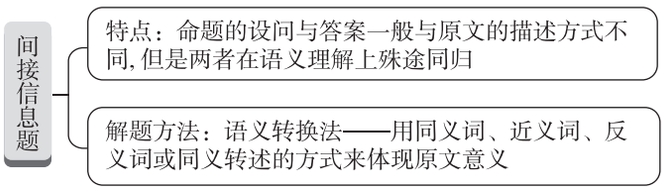
(　)Which team will play the most games at the stadium this month?

A. Dallas Cowboys.　　B. Los Angeles Rams.

C. Los Angeles Chargers.　　D. New Orleans Saints.

[解析] 细节理解题。根据Upcoming football events部分列出的比赛“8月9日Los Angeles Rams对Dallas Cowboys、8月10日Los Angeles Chargers对New Orleans Saints、8月16日Los Angeles Rams对Los Angeles Chargers、8月24日Los Angeles Rams对Houston Texans”统计可知，Los Angeles Rams出场3次，Los Angeles Chargers出场2次，其余两队各出场1次。因此本月比赛场次最多的球队是Los Angeles Rams。故选B项。

高考热考法2 间接信息理解题——语义转换法



典例剖析

[2026·全国二卷，D节选]

Barcelona has put together a package of clean energy technologies to help public transportation go greener, while also doing its part to tackle climate change and aid Europe's difficult shift to the privately owned electric vehicle market. (Para. 2)

(　　)Why does Barcelona launch the MetroCharge project?

A. To fuel the city's economy.

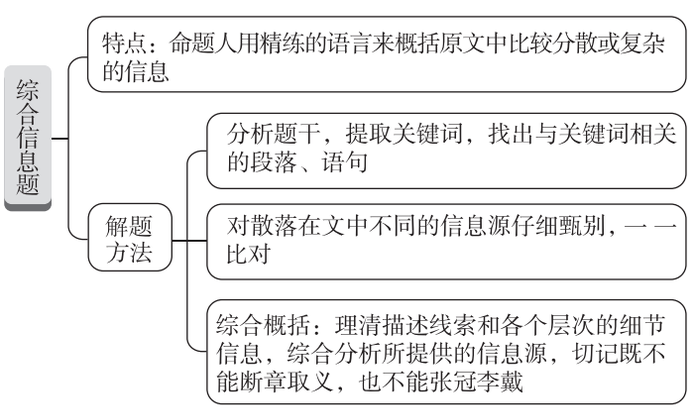
B. To enhance passengers' experience.

C. To promote green transportation.

D. To raise the quality of electric cars.

[**解析**] 细节理解题。根据"Barcelona has put together a package of clean energy technologies to help public transportation go greener, while also doing its part to tackle climate change and aid Europe's difficult shift to the privately owned electric vehicle market."可知，巴塞罗那整合了一整套清洁能源技术，帮助公共交通变得更加环保，同时为应对气候变化出力，并助力欧洲艰难转向私人电动汽车市场。据此可知，该项目的目的是推广绿色交通。C项"To promote green transportation."是原文to help public transportation go greener的语义转述。故选C。

高考热考法3 综合信息理解题——概括归纳法



典例剖析

[2024·全国甲卷,B节选]

Animals can express their needs using a lot of ways. For instance, almost all animals have distinct vocals (声音) that they rely on to either ask for help, scare away any dangerous animals or look for shelter. But cats are special creatures who possess amazing vocalization skills. They are able to have entire conversations with humans using meows and you're able to interpret it. If a pet cat is hungry, it will keep meowing to attract attention and find food. However, when a cat is looking for affection, they tend to produce stretched and soft meows. Meowing starts as soon as a baby cat is brought to life and uses it to get the mother's attention and be fed. (Para. 1)

(　)What can be learned about cats' meowing from the first paragraph?

A. It's a survival skill.

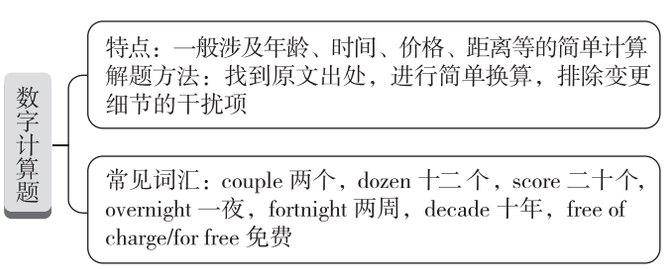
B. It's taught by mother cats.

C. It's hard to interpret.

D. It's getting louder with age.

[解析] 细节理解题。根据第一段"Animals can express their needs using a lot of ways. For instance, almost all animals have distinct vocals (声音) that they rely on to either ask for help, scare away any dangerous animals or look for shelter."可知,动物依靠声音来寻求帮助、吓跑危险的动物或寻找庇护;根据"Meowing starts as soon as a baby cat is brought to life and uses it to get the mother's attention and be fed."可知,猫宝宝一出生就开始喵喵叫是为了引起猫妈妈的注意并得到食物。综合以上细节可知,猫叫声是一种生存技能。故选A项。

高考热考法4 数字计算题——整合计算法



典例剖析

[2026·浙江1月考,A节选]

Estimated Project Timeline

August 2	Call for Artists responses due
By August 12	Successful artists selected; enter into a contract with the City of Burlington
September 6	Final artwork files due
September 23-October 13	Artwork displayed for duration of Culture Days celebration

(　)How long will the public art signs be on display?

A. Ten days.　　B. Three weeks.

C. One month.　　D. Two months.

[解析] 数字计算题。根据表格可知,作品展示时间为 September 23-October 13(9 月 23 日至 10 月 13 日),计算可知,9 月展示 8 天(23 日至 30 日),10 月展示 13 天,总计 21 天,即三周。故选 B 项。

真题典例

A [2026·全国一卷,A]

文体:应用文　主题:人与社会　词数:294

SoFi Stadium events this month

SoFi Stadium is the **go-to** destination in the heart of Los Angeles for sports fans. Its calendar is always packed with **headline-grabbing** events.

Upcoming football events

Los Angeles Rams v Dallas Cowboys	Saturday, August 9　4:00 PM
Los Angeles Chargers v New Orleans Saints	Sunday, August 10　5:00 PM
Los Angeles Rams v Los Angeles Chargers	Saturday, August 16　4:00 PM
Los Angeles Rams v Houston Texans	Sunday, August 24　1:25 PM

Nearby hotels

When attending an event at SoFi Stadium, you're just a short walk or ride from several comfortable and **classy** hotels. Right across the street, Sonder Lüm Hotel offers **spacious** rooms and a rooftop pool. A mile away, the H Hotel Los Angeles, with its **stylish** design, is ideal for a nice stay between events. For those seeking both comfort and convenience, the Renaissance Los Angeles Airport Hotel is just a short drive away. If you're willing to drive a little further, the Ritz-Carlton Los Angeles promises **luxurious** rooms and **extensive** leisure facilities—perfect for turning a game day into a great weekend escape.

Parking

SoFi Stadium requires you to park strictly in your assigned zone, and guests must enter through the exact gate indicated on their **colour-coded** digital parking **pass**. If you enter through the wrong access point, you'll be turned around and redirected—so plan ahead. Each parking zone consists of multiple lots, designed to efficiently manage traffic across the venue's network. Make sure to download your parking pass to your smartphone before arrival. Upon entering the correct zone, parking staff will guide you directly to a space. For those wishing to park near friends, all vehicles must have passes for the same zone and arrive together—spaces cannot be saved.

(　)1. **Which team will play the most games at the stadium this month?**

A. Dallas Cowboys.　　B. Los Angeles Rams.

C. Los Angeles Chargers.　　D. New Orleans Saints.

( )2. **Which hotel is the nearest to the stadium?**

A. Sonder Lüm Hotel.

B. The Ritz-Carlton Los Angeles.

C. The H Hotel Los Angeles.

D. The Renaissance Los Angeles Airport Hotel.

( )3. **What do you need to do if you want to park at the stadium?**

A. Call the parking staff.

B. Prepay the parking fee.

C. Obtain a parking pass.

D. Choose a parking zone.

B [2026·浙江1月考,D]

文体:说明文　主题:人与自然　词数:321

Carbon **removal** is crucial for fighting climate change. Scientists at Salk Institute are making use of the natural capacity of plants to absorb carbon dioxide by enhancing their root systems. This optimization (优化) aims to increase the amount of carbon stored and extend the duration of its **storage**.

To design these **climate-saving** plants, the scientists are using a research tool called SLEAP—an AI software that tracks multiple features of root growth. Created by Salk Fellow Talmo Pereira, SLEAP was initially designed to track animal movement in the lab. Now, Pereira has teamed up with plant scientist Professor Wolfgang Busch to apply SLEAP to plants.

In a study published in *Plant Phenomics*, Busch and Pereira establish a new procedure for using SLEAP to analyse plant root phenotypes—how deep and wide they grow, how massive their root systems become, and other physical qualities. Prior to SLEAP, tracking the physical characteristics of both plants and animals required a lot of labour that slowed the scientific process. SLEAP uses computer vision (the ability for computers to understand images) and deep learning (an AI approach for training a computer to learn and work like the human brain) to help researchers **process** images much more quickly.

The application of SLEAP to plants has already enabled researchers to establish the most extensive catalogue (目录) of plant root phenotypes to date. What's more, tracking these physical root system characteristics helps scientists find genes (基因) associated with those characteristics, as well as whether multiple root characteristics are determined by the same genes or independently. This allows the Salk team to determine what genes are most **beneficial** to their plant designs.

"Our cooperation is truly proof of what makes Salk science so special and **impactful**," says Pereira. "We're not just 'borrowing' from different **disciplines**—we're really putting them on equal footing in order to create something greater than the sum of its parts."

( )4. **What do the scientists at Salk Institute hope to achieve?**

A. Keeping more carbon in plants.

B. Optimizing the use of energy.

C. Enhancing biological diversity.

D. Reducing carbon absorption.

( )5. **Why did Pereira create SLEAP?**

A. To generate plant images.
B. To conduct research on animals.
C. To study climate patterns.
D. To track features of root growth.

( )6. **What will SLEAP help the scientists do?**

A. Pick out diseased plants in the forest.
B. Collect samples of plant root systems.
C. Identify genes for desirable plant roots.
D. Preserve the genes of endangered plants.

( )7. What can be inferred from Pereira's words?

A. Academic disciplines are of equal importance.
B. Computer programming is a must for scientists.
C. Interdisciplinary approach promotes creativity.
D. Cooperation outweighs competition in research.

重点词句回顾

A. 派生词

1. classy *adj*. 高档的,一流的
2. spacious *adj*. 宽敞的
3. stylish *adj*. 时尚的,有品位的
4. luxurious *adj*. 奢华的
5. extensive *adj*. 大量的;广泛的
6. removal *n*. 去除,清除;免职;搬家
7. storage *n*. 储存;存放
8. beneficial *adj*. 有益的,有利的
9. impactful *adj*. 有影响的

B. 合成词

1. go-to *adj*. 首选的;必选的;值得信赖的
2. headline-grabbing *adj*. 引人注目的
3. colour-coded *adj*. 用颜色编码的
4. climate-saving *adj*. 保护气候的;利于改善气候的

C. 熟词生义

1. pass(熟义)*v*. 通过→(生义)*n*. 通行证(A, Parking 部分)
2. process(熟义)*n*. 过程→(生义)*v*. 处理(B, Para. 3)
3. discipline(熟义)*n*. 纪律→(生义)*n*. 学科,专业领域(B, Para. 5)

模拟演练

A [2026·江苏苏北七市高三二模]

文体:应用文　主题:人与自我　词数:252

As the spring approaches, there's no better time to reset your body, mind, and spirit. ZihFit, located in the coastal beauty of Zihuatanejo, Mexico, invites you to set out on a **transformational** wellness retreat(静居处) designed to **kickstart** your health journey for 2026. ZihFit is an eight-bedroom estate featuring a private beach club. This retreat offers the tools you need to adopt sustainable wellness habits, enhance mental clarity, and emerge stronger and healthier than ever.

ZihFit's March Programme is our **flagship** experience. Each day combines **energizing** yoga, guided meditation and workshops focused on personal growth and intention setting. Guests also enjoy **chef-prepared** organic meals, beach walks at sunrise, and moments of reflection surrounded by nature's peace.

To enhance this extraordinary experience, each estate here is **staffed** with a dedicated team, including a house manager, chef, driver, and maids, delivering perfect service **tailored** to your every need. Guests are also given the opportunity to create their own self-guided programmes. Both of our 4- or 6-night retreats will leave you feeling refreshed and renewed in body, mind, and spirit. In just a few minutes, you can find out which ZihFit retreat is best for you.

Retreat Pricing

This retreat is available for 4 and 6 days.

4-Night Retreat	6-Night Retreat
Single occupancy: $5,900 Double occupancy: $4,720	Single occupancy: $7,900 Double occupancy: $6,320
Mi Casa one-bedroom villa: Single occupancy: $7,400 Double occupancy: $5,920	Mi Casa one-bedroom villa: Single occupancy: $9,900 Double occupancy: $7,920
All rate doesn't include a 15% service charge	

( )1. **What's the mission of ZihFit?**

A. To explore Mexico's heritage.

B. To promote overall well-being.

C. To advocate sustainable lifestyles.

D. To enhance member relationships.

( )2. **What does ZihFit's March Programme feature?**

A. It is created by guests.

B. It runs a cooking course.

C. It organizes spring outings.

D. It offers personalized service.

( )3. **How much should a guest pay for single occupancy in a one-bedroom villa at Mi Casa on a 4-night retreat?**

A. $8,510. B. $7,400. C. $6,785. D. $5,900.

B [2026·山东潍坊高三二模]

文体:记叙文 主题:人与自我 词数:312

When I was a child, I drew a face. A grown-up corrected me quickly with a circle, round eyes, a seven-shaped nose and a curved mouth. I stood confused, for this cold, **mechanical** pattern felt nothing like the lively faces I knew in real life.

As I grew up, I kept wondering how to draw a real face. Once, I got a chance to ask people to draw each other following two rules: never lift the pencil, and never look down at the paper. They could only look at their partner. After a minute, the drawings were terrible but wonderful. Why? Because they had drawn what they truly saw, not what they thought a face should look like. They also did something rare: they made eye-to-eye, face-to-face contact for almost a full minute without looking away. They slowed down, focused fully, and truly noticed another person. That was the secret to drawing "a real face".

Later, as an illustrated journalist, I once planned a drawn story about how public libraries served the people. I explored every corner of the library and genuinely connected with the staff. I found with their **intentional**, **public-spirited** help, those seemingly ordinary facilities served people in far more meaningful ways. Computers that I assumed were for **checking out** books or e-mails were actually **lifelines** for people searching for jobs and housing. The sinks in the public restroom served as a laundromat(洗衣房) and showers for the homeless. The entirely new and rich

truth contributed to my series of breathing drawings.

I do not hope everyone becomes an artist, but everyone can learn to see deeply. Slow down, pay attention, and truly observe; you will rediscover love for the world and all people around you. We urgently need this courage—to see each other and ourselves clearly, and to **honour** the real truth hidden in plain sight.

( )4. **What confused the author in the first paragraph?**

A. A fixed concept.　　B. The adult's criticism.

C. A sharp contrast.　　D. The unclear drawing rules.

( )5. **Why were the drawings terrible but wonderful in Paragraph 2?**

A. They were messy but detailed.　　B. They were rough but lively.

C. They appeared ugly but organized.　　D. They seemed simple but friendly.

( )6. What do the underlined words "The entirely new and rich truth" refer to in Paragraph 3?

A. More library service roles.

B. Better maintenance of facilities.

C. Greater professional pride.

D. Deeper exploration for good stories.

( )7. What can be a suitable title for the text?

A. Drawing a magic

B. Discovering the art

C. Seeing the real face

D. Creating fine works

重点词句回顾

A. 派生词

1. transformational *adj*. 具有变革性的,带来巨大转变的
2. energizing *adj*. 激发活力的;赋能的
3. mechanical *adj*. 机械的;刻板生硬的
4. intentional *adj*. 用心的,刻意的

B. 合成词

1. kickstart *v*. 启动;快速开启
2. flagship *n*. 旗舰;王牌产品;主打项目
3. chef-prepared *adj*. 主厨烹制的
4. public-spirited *adj*. 热心公益的,有公共情怀的
5. lifeline *n*. 生命线

C. 熟词生义

1. staff(熟义) *n*. 全体员工→(生义) *v*. 配备人员(A,Para.3)
2. tailor(熟义) *n*. 裁缝→(生义) *v*. 量身定制;使适应(A,Para.3)
3. check out(熟义)结账;退房→(生义)借阅(图书),察看(B,Para.3)
4. honour(熟义)*n*. 荣誉 *v*. 尊敬→(生义)*v*. 正视,珍视(B,Para.4)

第 2 讲　命题突破——推理判断题

专题导读

高考英语中的推理判断题是阅读理解部分的难点题型之一,要求考生基于文章信息进行合理推断,而非直接照搬原文内容。这类题目考查逻辑分析能力和深层理解能力,需要结合上下文、作者意图或隐含意义进行判断。

练真题

[2025·浙江1月考,B]

When I was a child I was often told what not to eat. "You don't want to get fat" was on constant repeat throughout my childhood. It really messed up my relationship with food—something that took me years to overcome. Because of this, I'm careful not to connect what my kids weigh with their worth as people. I encourage my daughter to make healthy snack choices and often dissuade (劝阻) her from a second dessert. But one day when I heard her saying "I think I'm too fat," my heart sank. It made me wonder if giving her advice on snacks was having an unintentionally negative impact.

According to Charlotte Markey, a professor of psychology, food is one of the rare subjects where, as parents, saying less is more. "There are so many things in parenting that are good to talk through, but I'm not convinced that food is one of them," she says. "It just creates some worries and insecurities in kids that aren't necessarily healthy."

Instead, she recommends applying a well-known concept among nutrition experts called the "Division of Responsibility," where parents provide a variety of mostly healthy foods to their kids at fixed times, and the kids themselves decide what and how much they want to consume—even if that means occasionally eating more cookies than carrots.

Allowing kids to eat what they want also exposes them to the natural consequences of their decisions. "When your child says, 'My stomach hurts,' you can say, 'Well you had a lot of sugary foods and you might feel better if you made some other choices,'" says Markey. "Let them feel like they have some control over it."

I've been trying out these strategies and I've found that when I'm less restrictive, they do make better decisions. "Feeding is a long game," says Markey. "The food you have available makes a huge difference. Even if they don't eat it, they're seeing it. And then all of a sudden it clicks."

( )1. **What can be inferred about the author from the first paragraph?**

A. She is upset by her kids' weight.

B. She is critical of the way she was fed.

C. She is interested in making food.

D. She is particular about what she eats.

( )2. **Which of the following would Markey disapprove of?**

A. Allowing kids to eat cookies occasionally.

B. Offering various foods to kids at fixed times.

C. Explaining to kids the risks of taking snacks.

D. Talking with kids about school at mealtimes.

(　)3. What should kids do according to the "Division of Responsibility"?

A. Make diet decisions on their own.

B. Share their food with other kids.

C. Eat up what is provided for them.

D. Help their parents do the dishes.

(　)4. **What does the author think of the strategies she has been following?**

A. Costly.　　B. Complex.　　C. Workable.　　D. Contradictory.

明考向

一、推理判断题核心命题逻辑

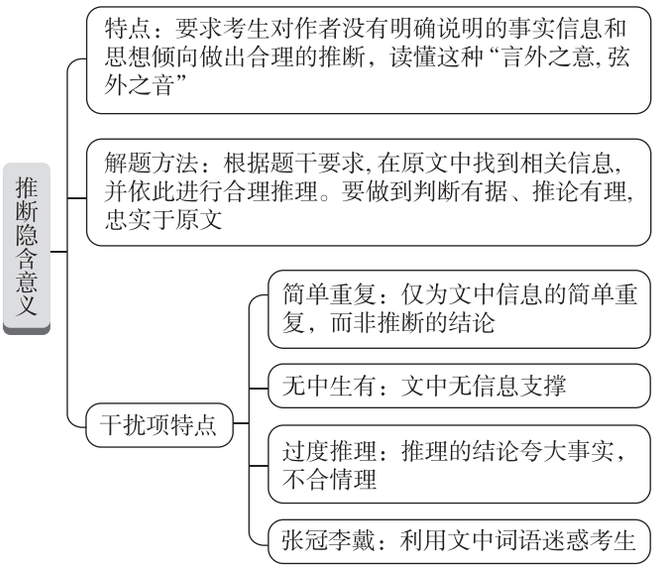
题干定位→锁定原文相关信息→提取隐含逻辑(对比/因果/态度)→排除干扰项(无依据/反向/过度)→匹配唯一合理选项。

题号	题干定位	推理过程
1	第一段 When I was a child, "You don't want to get fat", messed up my relationship with food, I'm careful not to connect what my kids weigh with their worth	作者童年因"被限制饮食"产生心理困扰→成年后刻意避免用同样的方式对待孩子→隐含对自身童年喂养方式的不满。选项 B(critical of the way she was fed)与"不满童年喂养方式"的推理一致
2	第二段 saying less is more, creates some worries and insecurities	Markey 认为"少讨论食物"更好,过度谈论会引发孩子焦虑→反对和孩子对食物进行过多讨论。选项 C(explaining…risks of taking snacks)与"反对过多谈论食物"的观点冲突
4	最后一段 I've been trying out these strategies and I've found that when I'm less restrictive, they do make better decisions	作者实践后发现:减少限制时,孩子的饮食选择更合理→策略有积极效果。选项 C(workable 可行的)与"策略产生好结果"的推理一致

二、推理判断题命题特点

特点	题号	推理过程
原文依据的"隐含性"	1	原文未直接说"作者批评童年喂养方式",但通过"messed up my relationship with food"(童年喂养方式造成困扰)和"careful not to…"(刻意改变方式),隐含对童年喂养方式的否定,属于"行为对比→态度推断"
推理路径的"单向性"	2	Markey 的核心观点是"少讨论食物"→直接推出"反对解释零食风险"(属于"讨论食物"的行为),无需额外联想其他可能性。干扰项 A(允许偶尔吃饼干)与原文"even if that means occasionally eating more cookies"一致,是 Markey 赞成的内容,故排除
选项设置的"反推性"	4	选项 C(workable)可被"they do make better decisions"反向验证(策略有效→可行);干扰项 A(costly 昂贵的)、B(complex 复杂的)、D(contradictory 矛盾的)在原文中均无依据,无法被验证
与细节题的"差异性"	3	细节题答案是原文信息的"原词复现或同义替换",而推理题答案是原文信息的"逻辑延伸"。对比第 3 题(细节题):"Division of Responsibility"的内容在原文直接表述为"kids themselves decide what and how much they want to consume",选项 A(Make diet decisions on their own)是同义替换

高考热考法1 隐含推断题——定位，分析，比较



典例剖析

[2026·浙江1月考，C节选]

The fake reviews written for Azimi's study were put together by humans, but increasingly, fake reviews are being written by AI, which makes them look more real. Though many companies use algorithms (算法) to weed out fake reviews, Azimi points out that the machines are programmed by humans, and given our limited ability to spot fake reviews, this isn't a good sign.(尾段)

(　)What can be inferred from the last paragraph?

A. Many companies are producing fake reviews.

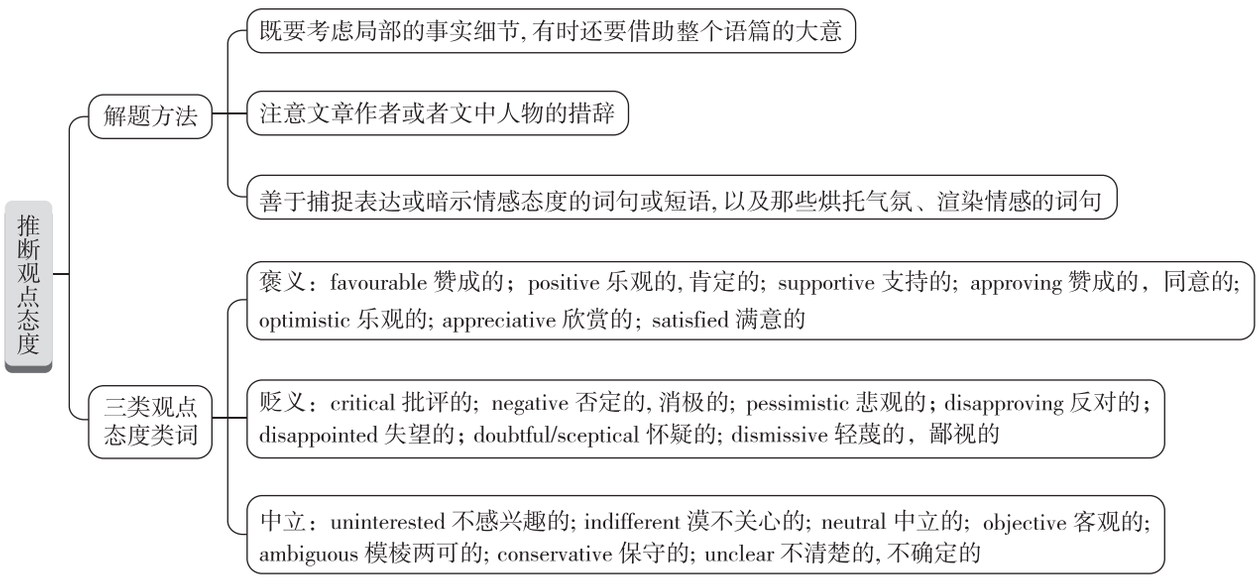
B. Writing fake reviews will be declared illegal.

C. Machines can detect fake reviews accurately.

D. It will be harder to recognize fake reviews.

[解析] 推理判断题。根据最后一段中的“...but increasingly, fake reviews are being written by AI, which makes them look more real. Though many companies use algorithms (算法) to weed out fake reviews, Azimi points out that the machines are programmed by humans, and given our limited ability to spot fake reviews, this isn't a good sign.”可知，如今越来越多虚假评论由AI生成，仿真度更高；虽然企业依靠算法筛选虚假评论，但算法由人类编写，而人类识别虚假评论的能力有限。由此可推断，识别虚假评论会变得更加困难。故选D项。

高考热考法2 观点态度题——根据褒贬词定态度



典例剖析

[2024·全国甲卷，C节选]

Doctors see up to 150 patients every day. The train's equipment allows for basic checkups. "I was very impressed by the doctors and their assistants working and living in such little space but still staying focused and very concerned," says Ducke. "They were the best chance for many rural people to get the treatment they want."(尾段)

(　)What is Ducke's attitude towards the Saint Lukas' services?

A. Appreciative.　　B. Doubtful.

C. Ambiguous.　　D. Cautious.

[解析] 推理判断题。根据本段的"'I was very impressed by the doctors and their assistants working and living in such little space but still staying focused and very concerned,' says Ducke. 'They were the best chance for many rural people to get the treatment they want.'"可知，医生和他们的助手的工作给Ducke留下了深刻的印象，他认为他们是许多农村人获得他们想要的治疗的最佳机会。据此推断，Ducke对Saint Lukas的服务持赞赏的态度，故选A项。