

## 《高考英语七选五真题32（含答案解析）》

2018年全国卷二

第二节(共5小题;每小题2分,共10分)

根据短文内容,从短文后的七个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。

If you are already making the time to exercise, it is good indeed! With such busy lives, it can be hard to try and find the time to work out. 36 Working out in the morning provides additional benefits beyond being physically fit.

I Your productivity is improved. Exercising makes you more awake and ready to handle whatever is ahead of you for the day. 37

I Your metabolism (新陈代谢) gets a head start. 38 If you work out in the mornings, then you will be getting the calorie (卡路里) burning benefits for the whole day, not in your sleep.

I 39 Studies found that people who woke up early for exercise slept better than those who exercised in the evening. Exercise energizes you, so it is more difficult to relax and have a peaceful sleep when you are very excited.

I 40 If you work out bright and early in the morning, you will be more likely to stick to healthy food choices throughout the day. Who would want to ruin their good workout by eating junk food? You will want to continue to focus on positive choices.

There are a lot of benefits to working out, especially in the mornings. Set your alarm clock an hour early and push yourself to work out! You will feel energized all day long.

A. You will stick to your diet.

B. Your quality of sleep improves.

C. You prefer healthy food to fast food.

D. There is no reason you should exercise in the morning.

E. You can keep you head clear for 4-10 hours after exercise.

F. After you exercise, you continue to burn calories throughout the day.

G. If you are planning to do exercise regularly, or you ' re doing it now, then listen up.

答案解析：

36. G. 本段是承上启下的作用，前文提到找到时间锻炼很困难，后文提到早上锻炼的好处，G选项提到如果你计划规律锻炼或者已经在锻炼，那么要注意了，很自然地引出了下文早上锻炼的好处。

37. E. 前一句提到锻炼可以提高你的生产力，使你更加清醒，准备好应对一天中的任何事情，E选项提到锻炼后你可以保持头脑清晰4-10个小时，与提高生产力的观点相呼应。

38. F. 本段讲述早上锻炼对新陈代谢的好处，F选项提到锻炼后你会在一整天持续燃烧卡路里，与段落主题一致。

39. B. 本段提到研究发现早起锻炼的人比晚上锻炼的人睡得更好，B选项提到你的睡眠质量会提高，与段落内容相符。

40. A. 本段提到如果你早上早早锻炼，你更有可能一整天坚持健康饮食选择，A选项提到你会坚持你的饮食，与段落内容一致。