

《高考英语阅读理解专项训练及答案（3）》

Music has always been an integral part of human culture. It has the power to evoke emotions, bring people together, and provide a means of self-expression. Whether it ' s classical symphonies, energetic rock anthems, or soulful jazz tunes, music has a universal appeal that transcends language barriers.

Listening to music can have numerous benefits for our mental and emotional well-being. Research has shown that music can reduce stress, improve mood, and even enhance cognitive abilities. It has the ability to uplift our spirits, provide comfort during difficult times, and inspire creativity.

Playing a musical instrument also offers many advantages. It enhances fine motor skills, hand-eye coordination, and concentration. Learning to play an instrument requires practice, discipline, and patience, which are transferable skills in various aspects of life.

Music education in schools is essential for nurturing creativity and fostering a love for music among students. It provides opportunities for self-expression, collaboration, and personal growth. Additionally, studying music has been linked to improved academic performance and cognitive development.

In conclusion, music plays a significant role in our lives, offering numerous benefits for our well-being. Whether we listen to it or play an instrument, music has the power to inspire, heal, and connect us on a deeper level.

Questions:

1.What is a benefit of listening to music?

- a) Enhanced cognitive abilities.
- b) Improved physical strength.
- c) Increased appetite.
- d) Decreased creativity.

2.How does playing a musical instrument enhance skills?

- a) Improves hand-eye coordination.

- b) Enhances taste buds sensitivity.
- c) Reduces concentration.
- d) Increases stress levels.

3. Why is music education important in schools?

- a) It improves academic performance.
- b) It hinders creativity.
- c) It causes stress among students.
- d) It promotes isolation.

4. According to the passage, what can music do?

- a) Inspire and heal.
- b) Decrease cognitive abilities.
- c) Create language barriers.
- d) Enhance physical strength.

5. What is the main idea of the passage?

- a) Music has numerous benefits for our well-being.
- b) Music is a distraction in academic settings.
- c) Music hinders personal growth.
- d) Music is only enjoyed by a few people.

参考答案：

- 1.a) Enhanced cognitive abilities.
- 2.a) Improves hand-eye coordination.
- 3.a) It improves academic performance.

4.a) Inspire and heal.

5.a) Music has numerous benefits for our well-being.

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