

《2024年中考英语阅读理解专项训练及答案：骑自行车》

中考英语内

容包括听力、阅读例句

、完型填空、写作等多个部分，其中，[中考英语阅读理解](#)

所占的比重是非常大的。想要在中考英语中拔得头筹，千万不要忽略阅读理解部分的训练。

中考英语阅读理解：The Joy of Cycling

Cycling is a popular sport and a healthy way of getting around. It's a low-impact exercise that can be enjoyed by people of all ages. Whether you're commuting to work, exploring the countryside, or just riding for fun, cycling offers a unique experience.

One of the great things about cycling is its simplicity. All you need is a bike and a helmet, and you're ready to go. There's no need for expensive gym memberships or fancy equipment. You can cycle almost anywhere, from city streets to mountain trails.

Cycling is also a great way to stay healthy. It strengthens your heart and lungs, improves your balance and coordination, and even helps reduce stress. Plus, it's a low-carbon mode of transportation, helping to reduce air pollution and traffic congestion.

But cycling is not just about physical benefits. It's also a great way to enjoy nature and the outdoors. Riding a bike allows you to see and experience your surroundings in a new way. You might spot wildlife, admire beautiful scenery, or discover hidden gems in your local area.

Whether you're a seasoned cyclist or just starting out, cycling is a fun and rewarding activity. So why not give it a try and experience the joy of cycling for yourself?



Reading Comprehension Questions:

1、 What is the main benefit of cycling mentioned in the text?

- A. It helps reduce air pollution.
- B. It's a low-cost sport.
- C. It's enjoyable for all ages.
- D. It provides physical and mental benefits.

2、 What do you need to start cycling according to the text?

- A. A gym membership and fancy equipment.
- B. A bike and a helmet.
- C. A lot of experience.
- D. A guidebook and a map.

3、 How does cycling help reduce stress?

A. By improving balance and coordination.

B. By providing a low-impact exercise.

C. By allowing people to enjoy nature.

D. The text doesn't mention how it helps reduce stress.

4、 What is the advantage of cycling as a mode of transportation?

A. It's faster than walking.

B. It's more expensive than driving.

C. It helps reduce traffic congestion.

D. It requires special skills.

5、 What is the author's advice at the end of the text?

A. To buy a fancy bike.

B. To join a cycling club.

C. To try cycling and experience its joy.

D. To avoid cycling in busy cities.

答案解析：

1、【答案】D

【解析】文中提到：“Cycling is also a great way to stay healthy. It strengthens your heart and lungs, improves your balance and coordination, and even helps reduce stress.” (骑自行车也是保持健康的好方法。它能增强你的心肺功能，提高你的平衡和协调能力，甚至有助于减轻压力。)这表明骑自行车提供了身体和精神的双重益处。因此，正确答案是D。

2、【答案】B

【解析】文中明确提到：“One of the great things about cycling is its simplicity. All

you need is a bike and a helmet, and you're ready to go.” (骑自行车的一个优点就是简单。你只需要一辆自行车和一个头盔，就可以出发了。)所以，开始骑自行车只需要一辆自行车和一个头盔，因此正确答案是B。

3、【答案】D

【解析】文中提到骑自行车有助于减轻压力，但并没有具体解释它是如何帮助减轻压力的。因此，根据文本内容，我们无法确定骑自行车减轻压力的具体方式，所以答案是D，即文本没有提到它是如何帮助减轻压力的。

4、【答案】C

【解析】文中提到：“Plus, it's a low-carbon mode of transportation, helping to reduce air pollution and traffic congestion.” (此外，它是一种低碳的交通方式，有助于减少空气污染和交通拥堵。)因此，骑自行车作为交通方式的优点是它有助于减少交通拥堵，正确答案是C。

5、【答案】C

【解析】文章最后一句提到：“So why not give it a try and experience the joy of cycling for yourself?” (那么为什么不试一试，亲自体验一下骑自行车的乐趣呢?)因此，作者的建议是尝试骑自行车并体验它的乐趣，所以正确答案是C。