

## 《高考英语七选五真题28（含答案解析）》

2019年全国1卷

第二节 (共5小题;每小题2分, 满分10分)

根据短文内容, 从短文后的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。

Is Fresh Air Really Good for You?

We all grew up hearing people tell us to “ go out and get some fresh air. ” \_\_\_36\_\_\_ According to recent studies, the answer is a big YES, if the air quality in your camping area is good.

\_\_\_37\_\_\_ If the air you ’ re breathing is clean—which it would be if you ’ re away from the smog of cities—then the air is filled with life-giving, energizing oxygen. If you exercise out of doors, your body will learn to breathe more deeply, allowing even more oxygen to get to your muscles(肌肉) and your brain.

Recently, people have begun studying the connection between the natural world and healing(治愈). \_\_\_38\_\_\_ In these places patients can go to be near nature during their recovery. It turns out that just looking at green, growing things can reduce stress, lower blood pressure, and put people into a better mood(情绪). Greenery is good for us. Hospital patients who see tree branches out their window are likely to recover at a faster rate than patients who see buildings or sky instead. \_\_\_39\_\_\_ It gives us a great feeling of peace.

\_\_\_40\_\_\_ While the sun ’ s rays can age and harm our skin, they also give us beneficial Vitamin D . To make sure you get enough Vitamin D—but still protect your skin—put on sunscreen right as you head outside. It takes sunscreen about fifteen minutes to start working, and that ’ s plenty of time for your skin to absorb a day ’ s worth of Vitamin D

- A. Fresh air cleans our lungs.
- B. So what are you waiting for?
- C. Being in nature refreshes us.
- D. Another side benefit of getting fresh air is sunlight.

- E. But is fresh air really as good for you as your mother always said?
- F. Just as importantly, we tend to associate air with health care.
- G. All across the country, recovery centers have begun building Healing Gardens.

### 答案解析：

36. E 前一句提到我们从小就被告诉要去外面呼吸新鲜空气，而E选项“新鲜空气真的像你妈妈总是说的那样对你有好处吗？”自然地引出了下文关于新鲜空气好处的讨论。
37. A 本段讲述了新鲜空气如何对身体有益，A选项“新鲜空气清洁我们的肺部。”与下文提到的清洁空气中的氧气对肌肉和大脑有益相呼应。
38. G 本段讲述了自然世界与治愈之间的联系，G选项“全国各地，康复中心已经开始建造治愈花园。”提供了具体的例子，说明人们在康复期间可以接近自然。
39. C 本段讲述了绿色植物对病人的积极影响，C选项“身处大自然可以让我们焕然一新。”与上文提到的看到绿色植物可以减少压力、降低血压和改善情绪相呼应。
40. D 本段讲述了阳光的好处，D选项“获取新鲜空气的另一个好处是阳光。”自然地引出了下文关于阳光和维生素D的讨论。