**2025高考英语一轮复习外刊阅读与词汇专练**

**专题05 都给我冲？酸奶控注意了！**

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**【精编·外刊阅读】**

**Let’s Not Fool Ourselves About Yogurt**

**（文章来源：The Atlantic）**

**文中红色粗体为课标词，下面有专门的高频课标词训练和课标词梳理表格**

One thing I never say no to is yogurt. If I’m ordering a smoothie, I’ll gladly accept an **extra** spoonful. **Regardless** of its form, yogurt just seems like the healthy choice. Over the past 25 years, yogurt **consumption** in the **United** States has grown 142 **percent**, and sales are expected to rise **further**.

In yogurt we trust. Danone sells YoCrunch cups, **flavored** yogurt with toppings such as M&Ms and Snickers(士力架) pieces. If they all sound openly **dessert**-like, they should. The line between yogurt and ice cream is a lot less clear than you might think. Yogurt is just fermented milk, but it’s greater than the **sum** of its parts.

No wonder yogurt keeps selling. But the sugar, fat, **protein**, calcium, and calorie levels in supermarket yogurts **range** **widely**. A cup of blueberry Chobani might seem to be a **solid** breakfast **option**, but it **packs** 14 **grams** of sugar. Not all ingredients are harmful. Some Oikos Pro varieties, with added **protein**, **contain** more **protein** than three eggs. But for food advertisers, yogurt’s **virtues** are especially valuable in giving a **nutritious** sheen to products that may **lack** it. Even low-fat, zero-sugar yogurt isn’t always what it seems. Not all yogurt **contains** probiotics (益生菌), the **living** **bacteria** associated with gut health.

Yogurt’s probiotic **effects**, if any, may last only if you eat it **regularly**. As the New York University **nutrition** **professor** Marion Nestle has written, “Yogurt, it seems, has **performed** a **marketing** **miracle**: it is a fast-selling **dessert** with the **image** of a health food.” But if a food or nutrient has a “health halo(光环),” people will eat just about anything associated with it: sugary **protein** bars, fatty plant-based burgers, kale **chips**.

Yogurt **captures** the best and **worst** of America’s **approach** to eating: the **desire** to optimize health without giving up **junk**. “Healthy treats” have become an American **necessity**, producing **contradictory** inventions that include probiotic sodas, keto gummy bears, and skinny margaritas. Perhaps we’d be more satisfied without these unnecessary actions. An M&M-flavored yogurt won’t make you healthier, so just enjoy it for what it is: dessert.

**【原创 阅读理解】**

1. What sales trend does the author mention about yogurt?

A. Yogurt sales have remained relatively stable over recent years.

B. Yogurt sales have decreased due to health concerns.

C. Yogurt sales have seen significant growth and are expected to rise.

D. Yogurt sales are expected to decline in the near future.

1. What does "greater than the sum of its parts" in paragraph 2 mean?

A. Yogurt has more benefits than its ingredients suggest.

B. Yogurt contains various ingredients that work together.

C. Yogurt becomes healthier when mixed with other foods.

D. Yogurt provides more nutrition than other dairy products.

1. What makes yogurt attractive to food advertisers?

A. Yogurt is easy to produce and market widely.

B. Yogurt has a flavor that appeals to many people.

C. Yogurt is seen as healthy and easy to market.

D. Yogurt can be stored without spoiling quickly.

1. Why does the author say yogurt captures the best and worst of American dietary culture?

A. Yogurt is both very delicious and unhealthy.

B. Yogurt shows the aim to be healthy while enjoying treats.

C. Yogurt is popular but misunderstood by many.

D. Yogurt is a classic food that has evolved through the years.

【答案】CACB

【导语】这是一篇说明文，讨论了酸奶在美国的销售趋势及其在饮食文化中的地位。文章探讨了酸奶的健康形象及其在市场上的吸引力，揭示了酸奶在美国文化中的双重性，即人们既追求健康，又不愿意放弃零食。

1. **细节理解题。**根据文章第一段的描述 "Over the past 25 years, yogurt consumption in the United States has grown 142 percent, and sales are expected to rise further." 可知，酸奶的销售量在过去25年里增长显著，且预计还会继续增长。因此，正确答案是C项 "Yogurt sales have seen significant growth and are expected to rise."
2. **词义猜测题。**在第二段中，"Yogurt is just fermented milk, but it’s greater than the sum of its parts." 这句话的意思是酸奶虽然只是发酵的牛奶，但它的价值超过了其成分本身，意指酸奶的好处比其单个成分所暗示的要多。因此，正确答案是A项 "Yogurt has more benefits than its ingredients suggest."
3. **细节理解题**。根据文章第五段 "But for food advertisers, yogurt’s virtues are especially valuable in giving a nutritious sheen to products that may lack it." 可知，酸奶被认为是健康的，且容易被市场推广。因此，正确答案是C项 "Yogurt is seen as healthy and easy to market."
4. **推理判断题。**在第五段中，作者提到 "Yogurt captures the best and worst of America’s approach to eating: the desire to optimize health without giving up junk." 表明酸奶在美国的饮食文化中体现了人们既想要保持健康，又不愿意放弃零食的矛盾心态。因此，正确答案是B项 "Yogurt shows the aim to be healthy while enjoying treats."

**【原创 语法填空】**

Yogurt is a common food in many diets, often \_\_\_\_1\_\_\_\_ (see) as a very healthy choice. Its flexibility—\_\_\_\_2\_\_\_\_ smoothies to bowls with granola—makes it popular. Over the past 25 years, yogurt consumption in the United States \_\_\_\_3\_\_\_\_ (increase) by 142 percent, with sales continuing to rise.

However, not all yogurt is the same. Products like Danone's YoCrunch, \_\_\_\_4\_\_\_\_ comes with toppings like M&Ms and Snickers pieces, blur the line between yogurt and dessert. \_\_\_\_5\_\_\_\_ yogurt is basically fermented milk, which has some good nutrients, some types are far from healthy.

Supermarket yogurts vary a lot in sugar, fat, protein, and calorie content. Some brands, such as Oikos Pro, add extra protein, making them much \_\_\_\_6\_\_\_\_ (appeal) to health-conscious buyers. Yet, \_\_\_\_7\_\_\_\_ so-called healthy image of yogurt often hides less desirable things, like high sugar content.

Probiotics, found in some yogurts, may offer health \_\_\_\_8\_\_\_\_ (benefit), but these effects may only last with regular use. This "health halo" leads people to choose other unhealthy products that \_\_\_\_9\_\_\_\_ (market) similarly, like sugary protein bars and fatty plant-based burgers.

Yogurt shows the best and worst of American eating habits: trying to be healthy while still \_\_\_\_10\_\_\_\_ (enjoy) junk food. “Healthy treats” like probiotic sodas and keto gummy bears have become common, showing this contradiction.

【答案】

| 1. seen | 2. from | 3. has increased | 4. which | 5. While |
| --- | --- | --- | --- | --- |
| 6. more appealing | 7. the | 8. benefits | 9. are marketed | 10. enjoying |

【导语】本文讨论了酸奶在美国饮食中的流行和矛盾性。酸奶被广泛认为是健康的食品，但并非所有种类的酸奶都符合这一形象。

1. 考查被动语态。句意：酸奶是一种常见的食物，通常被视为非常健康的选择。这里需要用被动语态“be seen as”，表示酸奶被认为是健康食品。故填seen。
2. 考查介词。句意：从奶昔到配上燕麦的碗装酸奶，其灵活性使其广受欢迎。根据句意，这里表示“从……到……”，需要使用介词from，故填from。
3. 考查现在完成时。句意：在过去的25年里，美国的酸奶消费量增长了142%，销售额还在继续增长。结合时间状语“over the past 25 years”，此处需用现在完成时。故填has increased。
4. 考查定语从句。句意：像Danone的YoCrunch这样的产品，配有M&Ms和士力架等配料，模糊了酸奶与甜点之间的界限。这里需要用关系代词which引导定语从句，修饰先行词“Products like Danone's YoCrunch”。故填which。
5. 考查让步状语从句。句意：虽然酸奶基本上是发酵的牛奶，含有一些有益的营养物质，但有些类型的酸奶远非健康食品。表示“虽然”的意思，应使用连词while引导让步状语从句。故填While。
6. 考查形容词比较级。句意：一些品牌，如Oikos Pro，添加了额外的蛋白质，使其对注重健康的消费者更具吸引力。形容词appealing需要使用比较级“more appealing”表示“更有吸引力”。故填more appealing。
7. 考查冠词。句意：然而，所谓的健康形象往往隐藏了不那么理想的东西，比如高糖含量。这里需要用定冠词the来特指酸奶的“健康形象”。故填the。
8. 考查名词复数。句意：益生菌存在于某些酸奶中，可能对健康有益。Probiotics是复数形式，其后使用复数名词benefits，表示“益处”。故填benefits。
9. 考查被动语态。句意：这种“健康光环”使人们选择其他类似推广的不健康产品，如含糖蛋白棒和高脂肪植物性汉堡。根据句意，需要用被动语态“are marketed”，表示这些产品被类似地推广。故填are marketed。
10. 考查动名词。句意：酸奶展示了美国饮食习惯的最好和最坏的一面：一方面想保持健康，另一方面仍然享受垃圾食品。enjoying作为介词“while”的宾语，需用动名词形式。故填enjoying。

**【原创·课标高频词训练】**

1. The \_\_\_\_\_\_\_\_ (vary) of opinions presented during the meeting made it difficult to reach a consensus.
2. He pushed forward, \_\_\_\_\_\_\_\_ (regard) of the numerous obstacles that stood in his way.
3. They had \_\_\_\_\_\_\_\_ (pack) all their belongings into a single suitcase for the long journey ahead.
4. Faced with limited resources, they were left with no other \_\_\_\_\_\_\_\_ (optional) but to postpone the project.
5. The company aims to \_\_\_\_\_\_\_\_ (far) its influence in the global market by introducing new technologies.
6. The tea was subtly \_\_\_\_\_\_\_\_ (flavor) with a blend of herbs that enhanced its natural taste.
7. The \_\_\_\_\_\_\_\_ (affect) of the new regulations on small businesses has been more significant than expected.
8. He \_\_\_\_\_\_\_\_ (desire) to succeed pushing him to work harder than anyone else in the company.
9. The box \_\_\_\_\_\_\_\_ (contain) valuable artifacts from the ancient civilization, making it a key find for historians.
10. Excessive \_\_\_\_\_\_\_\_ (consume) of sugary drinks has been linked to various health problems, including obesity.
11. The researchers plan \_\_\_\_\_\_\_\_ (perform) additional tests to confirm the preliminary results.
12. A \_\_\_\_\_\_\_\_ (nutrition) breakfast is important to start the day with energy and focus.
13. The government emphasized the \_\_\_\_\_\_\_\_ (necessary) of immediate action to prevent the crisis from worsening.
14. The company’s latest \_\_\_\_\_\_\_\_ (market) strategy has successfully increased its online presence.
15. The artist managed \_\_\_\_\_\_\_\_ (capture) the essence of the landscape in his painting with remarkable detail.

**【答案】**

| 1. variety | 2. regardless | 3. packed | 4. option | 5. further |
| --- | --- | --- | --- | --- |
| 6. flavored | 7. effect | 8. desire | 9. contained | 10. consumption |
| 11. to perform | 12. nutritious | 13. necessity | 14. marketing | 15. to capture |

**【梳理·外刊中的课标词】**

|  |  |  |  |
| --- | --- | --- | --- |
| **词汇** | **中文** | **词汇** | **中文** |
| protein |  | dessert |  |
| virtue |  | variety |  |
| type |  | sum |  |
| solid |  | reputation |  |
| regardless |  | range |  |
| professor |  | percent |  |
| pack |  | option |  |
| nutrition |  | living |  |
| lack |  | image |  |
| gram |  | further |  |
| flavored |  | extra |  |
| effect |  | desire |  |
| cream |  | contradictory |  |
| contain |  | consumption |  |
| base |  | bar |  |
| approach |  | associate |  |
| worst |  | wide |  |
| united |  | regular |  |
| perform |  | nutritious |  |
| necessity |  | miracle |  |
| marketing |  | junk |  |
| chips |  | capture |  |
| bacteria |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **词汇** | **中文（词性+含义）** | **词汇** | **中文（词性+含义）** |
| protein | n. 蛋白质 | dessert | n. 甜点 |
| virtue | n. 优点，长处 | variety | n. 品种，种类 |
| type | n. 类型 | sum | n. 总和，合计 |
| solid | adj. 固体的，坚实的 | reputation | n. 声誉 |
| regardless | adv. 不管，不顾 | range | v. 涉及，变动 |
| professor | n. 教授 | percent | n. 百分比 |
| pack | v. 含有，装有 | option | n. 选项 |
| nutrition | n. 营养 | living | adj. 活的 |
| lack | v. 缺乏 | image | n. 形象 |
| gram | n. 克 | further | adv. 进一步 |
| flavored | adj. 调味的 | extra | adj. 额外的 |
| effect | n. 影响，效果 | desire | n. 欲望 |
| cream | n. 奶油 | contradictory | adj. 矛盾的 |
| contain | v. 含有，包含 | consumption | n. 消费，食用 |
| base | n. 基础 | bar | n. 板条状物，块状物 |
| approach | n. 方法 | associate | v. 联系，关联 |
| worst | adj. 最坏的 | wide | adj. 广泛的，宽的 |
| united | adj. 联合的，统一的 | regular | adj. 定期的，规律的 |
| perform | v. 执行，表现 | nutritious | adj. 有营养的 |
| necessity | n. 必需品 | miracle | n. 奇迹 |
| marketing | n. 营销 | junk | n. 垃圾食品 |
| chips | n. 薄片，碎片 | capture | v. 捕捉，抓住 |
| bacteria | n. 细菌 |  |  |