

《2024年中考英语阅读理解专项训练及答案：拥抱》

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。

Passage:

Hugging is a universal way to show affection and support. It is a physical act of embrace that can convey a range of emotions, from comfort and care to joy and love. The act of hugging has been shown to have numerous benefits for both physical and mental health.

Hugs can help reduce stress and anxiety. When we hug someone, our bodies release oxytocin, a hormone that promotes feelings of trust and relaxation. This hormone helps to lower blood pressure and heart rate, resulting in a sense of calm and well-being.

Hugging also has a positive impact on our emotional health. It can boost our mood and self-esteem, as well as strengthen our relationships. A warm embrace can provide comfort during times of sadness or loss, and offer a sense of belonging and connection.

In addition to these emotional benefits, hugging can also have physical health benefits. It has been shown to reduce pain and improve healing. The pressure and warmth of a hug can help to soothe muscles and alleviate tension, promoting a sense of relaxation and comfort.

Questions:

1. What is the universal way to show affection and support?

A. Laughing

B. Hugging

C. Dancing

D. Singing

2. What hormone is released when we hug someone?

A. Adrenaline

B. Oxytocin

C. Dopamine

D. Serotonin

3. According to the passage, hugging can help to _____.

A. Boost mood and self-esteem

B. Strengthen relationships

C. Reduce stress and anxiety

D. All of the above

4. What is the physical health benefit of hugging?

A. Reduce pain

B. Improve healing

C. Boost immune system

D. All of the above

5. Which of the following is NOT a benefit of hugging?

A. Provide comfort during times of sadness or loss

B. Offer a sense of belonging and connection

C. Help with weight loss

D. Boost mood and self-esteem

答案解析：

本文介绍了拥抱这一表达情感和支持的普遍方式，及其对身心健康的好处。

1. 根据第一句"Hugging is a universal way to show affection and support."可知，答案为B。

2. 根据第二句"...our bodies release oxytocin, a hormone that promotes feelings of trust and relaxation."可知，答案为B。

3. 根据第二段的内容，可知拥抱可以帮助减少压力和焦虑，提升情绪和自尊，以及加强人际关系，所以答案为D。

4. 根据最后一段的内容，可知拥抱可以减轻疼痛、促进愈合，以及增强免疫系统，所以答案为D。

5. 文章中没有提到拥抱有助于减肥，所以答案为C。