

Exercise 5

一、信息还原

What is health? “Health” means eating well, getting enough exercise, and having a healthy weight. Let’s read the following rules. 1

Eat different kinds of foods, especially fruit and vegetables.

We all know that eating fruit and vegetables can help us stay healthy, 2 Remember that we can only get the nutrition(营养) we need by eating different kinds of foods, especially fruit and vegetables.

Drink water and milk more often.

Besides water, kids need plenty of calcium(钙) to grow, and milk is rich in it. Every day, you should drink at least three cups of milk when you are 9 years old or older. You should also try to have fewer sugary drinks. 3

Listen to your body.

When you are eating, notice how your body feels. 4 Eating too much makes you feel uncomfortable.

Limit(限制) screen time.

What’s screen time? It’s the time you spend watching TV, movies, and playing computer games. The more time you spend on these sitting-down activities, 5 Try to spend more time on sports every day.

- A. You should eat less and exercise more.
- B. They can help you keep healthy.
- C. but many of us only eat our favourite food.
- D. the less time you will spend playing sports.
- E. When your stomach feels full, stop eating.
- F. They include a lot of sugar.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

二、词汇运用

Are you an animal lover? Have you heard of the animal capybara(水豚)? The capybara, a cute animal, 1 (become) popular online these days. People love it for its friendly 2 (natural) and relaxing lifestyle.

Capybaras live in South America. They look like a very large mouse. Animals like mice may not be loved by many, but capybaras always have lots of 3 (different) animals around them.

What makes capybaras so friendly? As 4 (big) rodent animals(啮齿动物) in the world, capybaras have only a few enemies(敌人) such as leopards(豹子) and eagles. Living by water, it is easy for them 5 (keep) away from danger or hide in the water. Their life is so interesting that 6 seems to make them worry.

Capybaras eat plants for a 7 (live). They usually eat water plants in the morning and evening, spending the rest of the day 8 (rest) in water and on the shore. Sometimes, capybaras become animal buses while they 9 (move). They take small animals like birds, turtles, or ducks.

Capybaras are always considered as friends of humans. More and more people around the world want 10 (raise) a capybara as a pet. After all, no one can say no to such a cute and kind friend.

- | | | | | |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

Exercise 12

一、信息还原

The Secrets of Happiness

___1___ Money and success alone do not bring lasting happiness. Happiness depends on ourselves. In other words, we make our own happiness. Here are a few suggestions to help you be happier.

___2___ Too often, we spend so much time thinking about the future—for example, getting into college or getting a good job—that we fail to enjoy the present. You should enjoy life's simple pleasures, such as reading a good book, listening to your favourite music, or spending time with close friends. ___3___

Another secret to leading a happy life is to be active, and have hobbies where you forget your problems. Many people experience this by dancing, or playing a sport. ___4___

Finally, many people find happiness in helping others. According to studies, people feel good when they volunteer their time to help others. ___5___ You can help a friend with his or her lessons, go shopping to buy food for your family members, or simply help out around the house by washing the dishes.

- A. The second secret of happiness is to do more exercise.
- B. If you want to feel happier, do something nice for someone.
- C. The first secret of happiness is to enjoy the simple things in life.
- D. Most people want to be happy, but few know how to find happiness.
- E. People who have several close friends live happier and healthier.
- F. You can forget about your problems, and only think about the activity.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

二、词汇运用

What's your hobby? The answer may be different. A lot of people like to collect things like stamps, coins or even unusual things as their 1 (hobby).

Sandy likes keeping rocks. She spends all her free time 2 (look) for rocks. Sandy and her uncle take hikes together during weekends and holidays. They pick up 3 (interest) rocks on their way and add them to their collection. At school, she is interested in showing them to her friends 4 (happy). She thinks rocks are a kind of beauty of the nature.

I like collecting coins. I collect all kinds of coins in my free time. I enjoy collecting coins because I can learn many things 5 them. For example, some coins can show what happened in the past, so I can learn about history and culture from 6 (they). I also have a sentimental(情感的) reason why I collect coins. When my grandfather passed away, he 7 (give) me the coin collection he had been collecting for over 50 years. It has been a tradition in my family to keep the coins from the previous(先前的) generation from then on. It is my turn 8 (start) my coin collection and pass it on to the next generation.

But my father is different. He likes collecting news from newspapers. When he finds a piece of good news he likes, he marks it with a pen. After he finishes 9 (read) all the newspapers, he begins to cut out the news he marks from the newspapers. When we get home, we can't see 10 (some) good newspapers. Only pieces of paper are left on the desk. My father has many notebooks of this kind. He often shows them to us. He is proud of them.

- | | | | | |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

Exercise 21

一、信息还原

The seasons make us think of a story. It's about an ant and a grasshopper.

The grasshopper and the ant lived in a forest. 1 All summer, the grasshopper sat and sang happily in the sun. But the ant made a house under the ground.



Autumn came and the ant worked harder. He collected food and took it into his house. “Why do you work so hard?” asked the grasshopper. “2 It'll be very cold and it'll snow too. It'll be hard to find any food,” said the ant. “Don't be silly(愚蠢的), my friend,” laughed the grasshopper. “There will be enough food in the forest in winter. 3”

At last, winter came. 4 He had a lot of food. The grasshopper was outside in the snow. He looked for food everywhere, but he found nothing. He felt cold, hungry and disappointed(失望的).

The ant heard the grasshopper and came out of his house. “What's wrong, my friend?” asked the ant. “I'm cold and hungry,” answered the grasshopper sadly. The ant said, “5 It's warm inside and I've got enough food for both of us.” The grasshopper thanked the ant and promised(承诺), “When spring comes, I'll work hard like you.”

- | |
|---|
| A. Let's sing and play. |
| B. Come into my house. |
| C. Winter is coming soon. |
| D. The ant stayed in his warm house. |
| E. The grasshopper went to the ant and asked for some food. |
| F. The grasshopper was lazy and the ant was hard-working. |

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

二、词汇运用

The Mid-Autumn Festival has a long history. All the celebrations(庆祝活动) of the Mid-Autumn Festival show the 1 (happy) and excitement of people. The main celebrations during the Mid-Autumn Festival 2 (be) watching the moon, eating mooncakes together, and making lanterns.

In different places in China, people celebrate the festival in different ways. In Chaozhou, Guangdong Province, people eat taro(芋头) 3 (celebrate) the festival, because the taro harvest happens at the same time. They eat taro and hope the harvest 4 (be) good in the next year. In Nanjing, people cook duck with sweet-scented osmanthus(桂花), because Nanjing people think sweet-scented osmanthus is a symbol of 5 (peaceful). In some places, people light fires inside towers to celebrate the festival, because they think fire is a symbol of good 6 (lucky).

In the literary history of China, many poets gave words to the moon of Mid-Autumn night. The following is one of the 7 (good) of those poems.

Thoughts in the Silent Night

—Li Bai

The moonlight 8 (shine) through the window,

And it makes me 9 (wonderful) if it is the frost on the ground.

Looking up to see the moon,

Looking 10 I miss so much about my hometown.

Li Bai used his words to show his homesickness at the Mid-Autumn Festival.

- | | | | | |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

2. A 提示:本段谈论了榴莲的外形。根据下文

“It can weigh up to five kilograms.”可知,此处应描述榴莲的大小。选项 A“一个榴莲可以长到 40 厘米长,30 厘米宽”符合语境。

3. C 提示:本段开头谈到榴莲最神奇的地方是它里面的东西,因此此处应有关榴莲打开后的味道和吃起来的口感等。选项 C“当你打开它,就有一股很浓的味道散发出来”符合语境。

4. B 提示:根据下文“Also, you are not allowed...”可知,人们不可以将榴莲带到宾馆的房间或火车上,因此此处应有关其他不允许人们携带榴莲的场所。选项 B“在新加坡,一些航空公司不让你将榴莲带到飞机上”符合语境。

5. E 提示:根据上文可知,许多地方不允许人们携带榴莲,而下文又提到榴莲是不可多得的美味,很多动物喜欢吃它,它也是人们去东南亚地区旅游时不容错过的美食。因此此处应该转换笔锋,谈论榴莲的美味。选项 E“然而,里面的果肉是非常香甜的”符合语境。

二、词汇运用

【语篇导读】本文介绍了中秋节的热门食品月饼以及月饼的手工制作方式。

1. foods 2. really 3. because
4. designing 5. joins 6. to make
7. interested 8. Before 9. luck
10. second

Exercise 5

一、信息还原

【语篇导读】本文结合健康的含义,介绍了

一些有助于保持健康的方法。

1. B 提示:上文表示“让我们阅读以下规则”,结合下文小标题可知,这些规则均与保持健康有关。选项 B“它们可以帮助你保持健康”符合语境。

2. C 提示:空前的逗号提示,空处填入的是句子的后半部分,答案从选项 C、D 中选择。下文强调要通过吃不同种类的食物来获取营养。选项 C“但是我们中的很多人只吃自己喜欢的食物”符合语境。

3. F 提示:该段小标题强调要多喝水和牛奶。上文表示“你也应该尽量少喝一些含糖饮料”。选项 F“它们含有很多糖”符合语境,且其中的“they”指代上文提到的“sugary drinks”。

4. E 提示:下文表示“吃得太多会使你感到不舒服”。选项 E“当你感觉饱了的时候就停止进食”符合语境。

5. D 提示:根据上文中的比较级结构“The more time...”可以推断,选项 D“你花在运动上的时间就越少”符合语境。

二、词汇运用

【语篇导读】本文介绍了水豚因友好的天性和放松的生活方式在网上走红,也越来越受全球爱宠人士的喜爱。

1. is becoming
2. nature 提示:nature 此处意为“天性”。
3. different 4. the biggest 5. to keep
6. nothing
7. living 提示:living 意为“生存,生计”。
8. resting 9. are moving 10. to raise

大多数时候,它们生活在野外,比如森林和湿地。选项 C“这些鸟根本不知道玻璃是什么”符合语境。

3. D 提示:根据上文“The birds do not know there is glass between them and the plants.”可知,鸟儿不知道它们和植物之间有玻璃。选项 D“结果,它们直接撞到了玻璃上”符合语境。

4. F 提示:根据上文“Tall buildings with lights on at night can confuse the birds.”可知,夜晚亮着灯的高楼大厦会迷惑鸟儿。选项 F“这是一个大问题,尤其是在雾天和雨夜”符合语境。

5. B 提示:根据下文“Many office buildings now turn off their lights at night. This helps reduce...”可知,本段介绍了对于这一问题人们采取的解决办法。选项 B“人们正在努力解决这个问题”符合语境。

二、词汇运用

【语篇导读】本文介绍了眼睛的重要性以及视力不好的原因并就保护眼睛提出了一些建议。

1. don't pay 2. healthy 3. Natural
4. leading 5. to take 6. feel 7. using
8. from 9. are 10. helpful

Exercise 12

一、信息还原

【语篇导读】本文介绍了快乐的秘诀。

1. D 提示:下文表示“金钱和成功本身并不能带来持久的快乐。快乐取决于我们自己”。由

此推断,空处填入的内容与快乐的来源有关。

选项 D“大多数人想要快乐,但很少有人知道如何找到快乐”符合语境。

2. C 提示:第一段最后一句提示下文给出了一些可以帮助你变得更快乐的建议。结合后几段的首句可推知,选项 C“快乐的第一个秘诀是享受生活中简单的事情”符合语境。

3. E 提示:上文表示“你应该享受生活中简单的快乐,比如读一本好书、听你最喜欢的音乐,或和亲密的朋友待在一起”。选项 E“有几个亲密朋友的人生活得更快乐、更健康”符合语境。

4. F 提示:本段谈及过上快乐生活的另一个秘诀,并提到了跳舞、运动。选项 F“你可以忘掉你的困扰,只专注于活动”符合语境。

5. B 提示:该段谈及通过帮助他人获得快乐。选项 B“如果你想感到更快乐,那就为别人做些好事”符合语境。

二、词汇运用

【语篇导读】本文主要介绍了桑迪、作者及作者父亲的兴趣爱好。

1. hobbies 2. looking 3. interesting
4. happily 5. from 6. them
7. gave 提示:此处需要用一般过去时。
8. to start 9. reading 10. any

Exercise 13

一、信息还原

【语篇导读】本文谈及了假期忧郁,并就如

2. A 提示:上文提到蒂姆从床上跳了下来,由此可以推断出他们准备出发了。根据下文“*When they get there*”可知,空处有关他们在路上的活动。选项 A“在去湖边的路上,他们在车里唱着最喜欢的歌”符合语境。
3. C 提示:上文提到蒂姆一开始有点笨手笨脚的,但爸爸没有生他的气。选项 C“他教他如何(把鱼竿)抛好”符合语境。
4. F 提示:上文提到蒂姆说他钓到东西了。选项 F“爸爸帮了他一把,鱼竿上有一条大鱼”符合语境。
5. B 提示:下文提到蒂姆迫不及待地想和爸爸再一起去钓鱼。选项 B“晚上,他们煮了鱼,吃着鱼,分享着今天的故事”符合语境。

二、词汇运用

【语篇导读】本文主要介绍了购物的乐趣以及如何明智地购物。

1. takes 2. daily 3. second 4. choosing
5. at 6. to think 7. are shopping
8. Having 9. finally 10. like

Exercise 21

一、信息还原

【语篇导读】本文讲述了蚂蚁和蚱蜢的故事。勤劳的蚂蚁给自己准备了温暖的家和充足的食物,而懒惰的蚱蜢整天只知道玩乐,在冬天时只能忍饥受冻。最后蚂蚁发现

了又饿又冷的蚱蜢,并对它施以援手。

1. F 提示:下文表示“整个夏天,蚱蜢都坐在阳光下快乐地唱歌,但蚂蚁在地下造了一个房子”。选项 F“蚱蜢很懒,蚂蚁很勤劳”符合语境。
2. C 提示:此处蚂蚁在回答蚱蜢的问题。下文表示“天气会很冷,还会下雪。很难找到食物”。选项 C“冬天即将来临”符合语境。
3. A 提示:上文提到,蚱蜢听了蚂蚁的话,觉得蚂蚁很傻,它说冬天森林里的食物会很充足。结合上文中“*the grasshopper sat and sang happily in the sun*”可推知,蚱蜢建议蚂蚁跟它一起唱歌。选项 A“让我们唱歌、玩耍吧”符合语境。
4. D 提示:此处描述的是蚂蚁和蚱蜢在冬天截然不同的生活状态。下文介绍的是蚱蜢的生活状态。选项 D“蚂蚁待在温暖的房子里”符合语境。
5. B 提示:上文提到蚂蚁发现了又饿又冷的蚱蜢,结合下文“里面很暖和,而且我有足够我们俩吃的食物”不难推知,此处蚂蚁邀请蚱蜢进屋。选项 B“到我家来吧”符合语境。

二、词汇运用

【语篇导读】本文主要介绍了中秋节的来历、庆祝活动及李白的诗《静夜思》。

1. happiness 2. are 3. to celebrate
4. will be 5. peace 6. luck 7. best