

# 基础篇



## Passage 1

### *Sleep and Exercise*

Early to bed and early to rise makes a man healthy, wealthy and wise. Have you heard of it before? It means that we must go to bed early and get up early in the morning. Then we shall be healthy. We shall also be rich (wealthy) and clever (wise).

This is true. The body must have enough sleep to be healthy. Young people should have ten hours' sleep every night. Children who do not have enough sleep can't do their work very well. They won't be wise and they may not become wealthy!

The body also needs exercise. Walking, running, swimming and playing games are all exercise. Exercise keeps the body strong.

Exercise also helps the blood move around inside the body. This is very important. Our blood takes food to all parts of our body. The head also has blood. Exercise helps us think better.

### Reading Comprehension

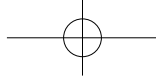
#### ❶ Write T for True or F for False according to the passage.

- \_\_\_\_\_ 1. The body needn't have enough sleep to be healthy.
- \_\_\_\_\_ 2. Young people should have eight hours' sleep every night.
- \_\_\_\_\_ 3. Enough sleep keeps the body strong.
- \_\_\_\_\_ 4. Exercise helps us think better.

#### ❷ Choose the best answers according to the passage.

- 1. If we get up early and go to bed early, we'll \_\_\_\_\_.
- A. have enough exercise      B. be healthy





## Reading Comprehension

### I Choose the best answers according to the passage.

- To keep healthy, we should \_\_\_\_\_.  
A. get rid of bad emotions and keep happy  
B. read humorous books  
C. see the doctor
- Humorous books may help sick people because \_\_\_\_\_.  
A. they can make people laugh  
B. they make people forget their sickness  
C. both A and B
- People believe \_\_\_\_\_ are bad for the health.  
A. good emotions                      B. bad emotions                      C. good books
- In fact, all our emotions \_\_\_\_\_ on our health.  
A. does not have an effect      B. had a bad effect                      C. have an effect

### II Translate the following sentences into Chinese.

- In fact, all our emotions have an effect on our health.  
\_\_\_\_\_
- In our life, emotions are with us all the time like shadows.  
\_\_\_\_\_
- Besides, envy, revenge and vanity also exist in our life.  
\_\_\_\_\_
- To be happy, we should get rid of all these bad emotions.  
\_\_\_\_\_



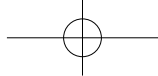
## Passage 3

### *Sunshine in a Box*

Victor is from Guatemala, but now he lives in New York City.

Victor likes New York in the summer, but he doesn't like New York in the winter. He feels terrible in the winter. He often gets headaches and stomachaches. He sleeps about 16 or 18 hours every day. He also eats too much. Sometimes he eats 20 candy bars in 15 minutes! And he is always sad.

Why does Victor feel terrible in the winter? It is because he needs sunshine.



In New York, there is only a little sunshine in the winter.

So, Victor buys a Sun box. A Sun box is a big light. In the winter, Victor sits under the Sun box for two or three hours every day. Then he feels fine. He doesn't sleep too much or eat too much. He is not sad.

Many people in the north have Victor's problem. They feel terrible in the winter because they need sunshine. So, they buy Sun boxes. They say, "The Sun box is sunshine in a box." But Victor says, "My Sun box is Guatemala in a box!"

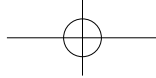
## New Words and Phrases

Guatemala 危地马拉 (拉丁美洲国家) candy bar 棒棒糖

## Reading Comprehension

### **I** Choose the best answers according to the passage.

- Victor doesn't like New York in the winter because \_\_\_\_\_.
  - he can't find job
  - he feels terrible
  - he has no time to play
- Victor feels terrible in the winter because \_\_\_\_\_.
  - his family is in Guatemala
  - he needs sunshine
  - he doesn't like his job
- Victor sits under the Sun box because \_\_\_\_\_.
  - the Sun box shows picture of Guatemala
  - he likes to read every day
  - the Sun box gives Victor light
- Under the Sun box he feels fine because \_\_\_\_\_.
  - he doesn't have headaches or stomachaches
  - he doesn't sleep too much or eat too much
  - both A and B
- Many people in the north buy Sun boxes because they also \_\_\_\_\_.
  - need sunshine
  - have headaches
  - like Guatemala



**II Choose the correct sentences that have the same meanings as the sentences in the passage.**

1. He feels terrible in the winter.  
A. He feels fine in the winter.  
B. He feels bad in the winter.
2. He often gets headaches.  
A. He has a pain in his head.  
B. He has an idea in his head.
3. Sometimes he eats 20 candy bars in 15 minutes!  
A. Sometimes he eats 20 pieces of candy in 15 minutes!  
B. Sometimes he eats 20 pieces of bread in 15 minutes!
4. There is only a little sunshine in the winter in New York.  
A. There is much sunshine in the winter in New York.  
B. There is not much sunshine in the winter in New York.
5. A Sun box is a big light.  
A. A Sun box is a big lamp.  
B. A Sun box is a big box.



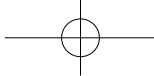
## Passage 4

### *An Unexpected Help*

Lucy got up early last Saturday morning. She wanted to go skating in the Green Park with some of her friends. She was very happy about it.

As soon as she was ready, she got on her bike and left for the park. It was on the other side of the town. Suddenly, as she was riding fast, she heard the sirens. The sound of the sirens was getting closer and closer. So Lucy looked behind to see what was happening. As a result, she fell off her bike and lay in the middle of the road. Luckily, Lucy wasn't hurt, but a car hit her bike. After the car stopped, two men got out and started running. Just then a police car stopped and three policemen got out and started running after the two men. One of the policemen shouted, "Stop the thieves! Stop them!"

At the same time a policeman came to see Lucy. He thanked her because, in a way, she had helped them catch the thieves.



## New Words and Phrases

siren	<i>n.</i> 警报	as a result of	作为 (……的) 结果
hurt	<i>v.</i> 使受伤; 伤着	hit	<i>v.</i> 碰撞; 打
in a way	从某种意义上		

## Reading Comprehension

### I Write T for True or F for False according to the passage.

- \_\_\_\_\_ 1. Lucy got up early last Saturday morning to go skating.
- \_\_\_\_\_ 2. Lucy went to the park by bus.
- \_\_\_\_\_ 3. Suddenly Lucy heard the sirens. The sound of the sirens was getting farther and farther.
- \_\_\_\_\_ 4. Lucy was injured by a car.
- \_\_\_\_\_ 5. The police thanked Lucy because she had caught the thieves by herself.

### II Choose the best answers according to the passage.

1. Lucy was happy about going \_\_\_\_\_ in the Green Park with her friends.  
A. skating                      B. for a picnic                      C. for a walk
2. The Green Park was \_\_\_\_\_ the town.  
A. outside                      B. in the center of                      C. on the other side of
3. When Lucy heard the sirens, she looked \_\_\_\_\_ to see what was happening.  
A. ahead                      B. back                      C. both right and left
4. \_\_\_\_\_ hit Lucy's bike.  
A. The thieves' car                      B. The police car                      C. A minibus
5. A policeman thanked Lucy because she \_\_\_\_\_.  
A. stopped the thieves' car                      B. stopped the thieves                      C. was injured



## Passage 5

### Snow

Have you ever seen snow? A lot of people in the world have not. A lot of countries never have snow or they have it only on the top of very high mountains.