

# 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                                       |
|---|---|
| 1 | 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.                          |
| • | 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                       |

C. think better D. have strong blood 2. If a child doesn't have ten hours' sleep, maybe he A. becomes rich B. won't do well in his work C. goes to work in time D. has enough sleep 3. A person needs exercise because B. he has a lot A. it makes him healthy C. he is strong enough D. he is healthy 4. Exercise makes the move quickly and smoothly. C. children A. body B. blood 5. Which of the following is NOT true? A. Exercise does good to a person's head. B. A student should have ten hours' sleep. C. It's good for you to get up early and go to bed early.

D. If you have enough blood, you'll be wise.

## Passage 2

### Emotions and Health

People believe only bad emotions are bad for the health. This is wrong. In fact, all our emotions have an effect on our health. There is a strong relationship between emotions and health. If we are ill, we may get some humorous books to read. They can make us laugh, forget our illness and even make some changes in us. So we may feel much better after we read these books. Another relation of emotions and health is the study of stress and its management or control.

In our life, emotions are with us all the time like shadows. Sometimes we are happy, sometimes we are sad. Besides, envy, revenge and vanity also exist in our life. To be happy, we should get rid of all these bad emotions. If we can do this, we'll be more healthy and live a longer life.

### New Words and Phrases

| emotion  | n. 情绪 | have an effect on | 对有影响  |
|----------|-------|-------------------|-------|
| shadow   | n. 影子 | envy              | n. 妒忌 |
| revenge  | n. 报复 | vanity            | n. 虚荣 |
| exist in | 存在于   | get rid of        | 摆脱掉   |

## Reading Comprehension

| Cho          | oose the best answers according to the passage.             |                   |
|--------------|---|-------------------|
| 1.           | To keep healthy, we should                                  |                   |
|              | A. get rid of bad emotions and keep happy                   |                   |
|              | B. read humorous books                                      |                   |
|              | C. see the doctor   |                   |
| 2.           | 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   |                   |
| 3.           | People believe are bad for the health.                      |                   |
|              | A. good emotions B. bad emotions                            | C. good books     |
| 4.           | In fact, all our emotions on our health.                    |                   |
|              | A. does not have an effect B. had a bad effect              | C. have an effect |
| <b>)</b> Tra | inslate the following sentences into Chinese.               |                   |
| 1.           | In fact, all our emotions have an effect on our health.     |                   |
| 2.           | In our life, emotions are with us all the time like shadows | s.                |
| 3.           | Besides, envy, revenge and vanity also exist in our life.   |                   |

## Passage 3

## Sunshine in a Box

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

4. To be happy, we should get rid of all these bad emotions.

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 棒棒糖 危地马拉 (拉丁美洲国家) candy bar

## Reading Comprehension

| 0 | Choose | the | best | answers | according | to t | he 1 | passage | ١, |
|---|--------|-----|------|---------|-----------|------|------|---------|----|
| _ |        |     |      |         | · ·       |      |      |         |    |

|    | 8 1 8  |
|----|--|
| 1. | Victor doesn't like New York in the winter because       |
|    | A. he can't find job                                     |
|    | B. he feels terrible                                     |
|    | C. he has no time to play                                |
| 2. | Victor feels terrible in the winter because              |
|    | A. his family is in Guatemala                            |
|    | B. he needs sunshine                                     |
|    | C. he doesn't like his job                               |
| 3. | Victor sits under the Sun box because                    |
|    | A. the Sun box shows picture of Guatemala                |
|    | B. he likes to read every day                            |
|    | C. the Sun box gives Victor light                        |
| 4. | Under the Sun box he feels fine because                  |
|    | A. he doesn't have headaches or stomachaches             |
|    | B. he doesn't sleep too much or eat too much             |
|    | C. both A and B  |
| 5. | Many people in the north buy Sun boxes because they also |
|    | A. need sunshine   |
|    | B. have headaches  |
|    | C. like Guatemala  |

# ① 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    | n. 警报      | as a result of | 作为 (的) 结果 |
|----------|------------|----------------|-----------|
| hurt     | υ. 使受伤; 伤着 | hit            | υ. 碰撞; 打  |
| in a way | 从某种意义上     |                |           |

|                        | eaunig Comprehens   |  |   |
|------------------------|---|--|---|
| Wr                     | ite T for True or F for Fa  | lse according to the   | passage.  |
|                        | 1. Lucy got up early last   | Saturday morning to g  | o skating.  |
| _                      | 2. Lucy went to the park  | by bus.  |   |
|                        | 3. Suddenly Lucy heard farther and farther.                                       | d the sirens. The soun   | d of the sirens was getting   |
|                        | 4. Lucy was injured by a  | car.   |   |
|                        | 5. The police thanked I.  | ucy because she had car  | ight the thieves by herself.  |
|                        | cose the best answers acc<br>Lucy was happy about going                           | 0 1  |   |
| 1.                     |   | in the Gree  | an Park with her triends  |
|                        | 11. Skating   | B for a picnic   |   |
| 2.                     | 9   | B. for a picnic the town.  |   |
| 2.                     | The Green Park was  | the town.  |   |
|                        | The Green Park was  | the town.  B. in the center of                                       | <ul><li>C. for a walk</li><li>C. on the other side of</li></ul>   |
|                        | The Green Park wasA. outside  | the town.  B. in the center of                                       | <ul><li>C. for a walk</li><li>C. on the other side of</li></ul>   |
| 3.                     | The Green Park wasA. outside When Lucy heard the sirens                           | the town.  B. in the center of she looked                            | C. for a walk C. on the other side of to see what was happening.  |
| 3.                     | The Green Park wasA. outside When Lucy heard the sirens A. ahead                  | the town.  B. in the center of she looked B. back                    | C. for a walk  C. on the other side of to see what was happening.  C. both right and left               |
| <ol> <li>4.</li> </ol> | The Green Park wasA. outside When Lucy heard the sirens A. ahead hit Lucy's bike. | the town. B. in the center of , she looked B. back B. The police car | C. for a walk  C. on the other side of to see what was happening.  C. both right and left  C. A minibus |

## 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.