

2024 下

我是瑞斯拜四级

四六级我只看瑞斯拜

Stay hungry, Stay foolish



阅读

课程观看 B 站：我是瑞斯拜



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写在前面

各位亲爱的同学，四级考试词汇量要求是 4200-4500 左右，但是即使你把所有的大纲词汇都记住了，你还是会遇到生词，这很正常。我在之前学习英语的时候，每每遇到生词就会记中文意思在旁边，积累的单词多了可以用英文来记新单词的含义。久而久之遇到的次数多了单词就记住了。我在课堂上会在讲到阅读的方法，但是这些方法都是基于单词的基础的。所以请大家一定要重视单词，勤动手记笔记。笔记不用单独准备笔记本，记在讲义上就行。

如果你词汇量低，可以先刷一刷词汇课 35 讲。再来听课会轻松得多。

阅读部分在英语四级考试中分为三个题型

SectionA 选词填空-这个题 10 个题只占 5%的分数，我们最后来冲刺 5 篇。

SectionB 长篇阅读-段落匹配 10 道题 10%的分数，学会方法较为简单，在课程上会讲系统的做题方法。由于页数较多不建议全部打印，讲义中仅展示一篇。大家需要刷题可以按照自己的需求打印。

2024 下半年更新的讲义包含了最新的 6 篇阅读题，后半部分也选择了与上半年不同的题目，做题完了觉得不过瘾的同学，也可以打印上半年的题刷。

SectionC 仔细阅读 10 道题 占 20%的分数，我们的课程是这个部分为主。

做题顺序：先做 sectionC，再做翻译，再做 sectionB，最后 SectionA

TEXT1

Questions 46 to 50 are based on the following passage.

Lao Zi once said,“Care about what other people think and you will always be their prisoner.”

People-pleasing,or seeking self-worth through others' approval is unproductive and an exhausting way to go through life.Why do we allow what others think of us to have so much power over how we feel about ourselves?If it's true that you can't please all people all of the time,wouldn't it make sense to stop trying?

Unfortunately,sense often isn't driving our behavior.For social beings who desire love and belonging, wanting to be liked,and caring about the effect we have on others,is healthy and allows us to make connections.

However,where we get into trouble is when our self-worth is dependent upon whether we win someone's approval or not.

This need to be liked can be traced back to when we were children and were completely dependent on others to take care of us:Small children are not just learning how to walk and communicate,they are also trying to learn how the world works.We learn about who we are and what is expected of us based on interactions with others, so,to a four-year-old,if Mommy or Daddy doesn't like him or her,there is the danger that they will abandon them.We need to understand that when we desperately want someone to approve of us,it's being driven by that little kid part of us that is still terrified of abandonment.

As you become more capable of providing yourself with the approval you seek,your need for external validation will start to vanish,leaving you stronger,more confident,and yes, happier in your life.Imagine how much time we lose each moment we restrain our authentic selves in an effort to be liked.

If we base our worth on the opinions of others,we cheat ourselves of the power to shape our experiences and embrace life not only for others but also for ourselves,because ultimately,there is no difference.So embrace the cliché(老话)and love yourself as it's highly doubtful that you'll regret it.

46.What can we conclude from Lao Zi's quotation?

- A)We should see through other people's attempt to make a prisoner of us.
- B)We can never really please other people even if we try as hard as we can.
- C)We can never be truly free if taking to heart others' opinion of us.
- D)We should care about other people's view as much as they care about our own.

47.What will happen if we base our self-worth on other people's approval?

- A)Our desire to be loved will be fulfilled.
- C)Our identity as social beings will be affected.
- B)Our life will be unfruitful and exhausting.
- D)Our sense of self will be sharpened and enhanced.

48.What may account for our need to be liked or approved of?

- A)Our desperate longing for interactions with others.
- C)Our knowledge about the pain of abandonment.
- B)Our understanding of the workings of the world.
- D)Our early childhood fear of being deserted.

49.What can we do when we become better able to provide ourselves with the desired approval?

- A)Enjoy a happier life.
- C)Receive more external validation.
- B)Exercise self-restraint.
- D)Strengthen our power of imagination.

50.What does the author advise us to do in the last paragraph?

- A)Embrace life for ourselves and for others.
- C)See our experiences as assets.
- B)Base our worth on others' opinions.
- D)Love ourselves as we are.

阅读答案：CBDAD

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

TEXT2

Questions 51 to 55 are based on the following passage.

Some people have said aging is more a slide into forgetfulness than a journey towards wisdom. However, a growing body of research suggests that late-in-life learning is possible. In reality, education does an aging brain good.

Throughout life, people's brains constantly renovate themselves. In the late 1960s, British brain scientist Geoffrey Raisman spied growth in damaged brain regions of rats through an electron microscope; their brains were forging new connections. This meant brains may change every time a person learns something new.

Of course, that doesn't mean the brain isn't affected by the effects of time. Just as height usually declines over the years, so does brain volume: Humans lose about 4 percent every decade starting in their 40s. But that reduction doesn't necessarily make people think slower; as long as we are alive and functioning, we can alter our brains with new information and experiences.

In fact, scientists now suspect accumulating novel experiences, facts, and skills can keep people's minds more flexible. New pathways can strengthen our ever-changing mental structure, even as the brain shrinks.

Conventional fixes like word puzzles and brain-training apps can contribute to mental durability. Even something as simple as taking a different route to the grocery store or going somewhere new on vacation can keep the brain healthy.

A desire for new life challenges can further boost brainpower. Research about aging adults who take on new enterprises shows improved function and memory as well as a reduced risk of mental disease. Openness—a characteristic defined by curiosity and a desire for knowledge—may also help folks pass brain tests. Some folks are born with this take-in-the-world attitude, but those who aren't as genetically gifted aren't necessarily out of luck. While genes can encourage an interest in doing new things, a 2012 study in the journal *Psychology and Aging* found completing reasoning tasks like puzzles and number games can enhance that desire for novel experiences, which can, in turn, refresh the brain. That's why brain scientist Richard Kennedy says "It's not that old dogs can't learn new tricks. It's that maybe old dogs don't realize why they should."

51.What do some people think of aging adults?

- A)Their wisdom grows as time goes by.
- B)Their memory gradually deteriorates.
- C)They can benefit from late-in-life learning.
- D)They are likely to have mental health issues.

52.What can we conclude from Geoffrey Raisman's finding?

- A)Brain damage seriously hinders one's learning.
- B)Brain power weakens slower than we imagine.
- C)Brains can refresh and improve with learning.
- D)Brains forge connections under new conditions.

53.What is one thing that helps maintain the health of our brain even as it shrinks?

- A)Doing daily routines by conventional means.
- B)Avoiding worrying about our mental durability.
- C)Imitating old dogs' way of learning new tricks.
- D)Approaching everyday tasks in novel ways.

54.What does the author say can contribute to the improvement of brain function?

- A)Being curious and desiring knowledge.
- B)Being eager to pass brain tests at an old age.
- C>Rising to life's challenges and avoiding risks.
- D)Boosting immunity to serious mental diseases.

55.What is the finding of the 2012 study in the journal Psychology and Aging?

- A)Wishing to solve puzzles enhances one's reasoning power.
- B)Playing number games unexpectedly stimulates one's memory.

阅读答案：BCDAC

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

Text3

Questions 46 to 50 are based on the following passage.

People often wonder why some entrepreneurs have greater success than others. Is it habits, connections, luck, work ethic or any other behavior? I believe the key to success is willpower. Willpower is the ability to control yourself. It is a strong determination that allows you to do something difficult. It is a behavior we are born with more than one we learn; however, it is possible to not only learn it, but also strengthen it with constant exercise.

Willpower is just like a muscle; to keep it strong you need to constantly exercise it. People with a great amount of willpower have the discipline to develop positive, successful habits. Even with an incredible amount of talent, without the discipline and motivation to create positive habits, it can be difficult to achieve success.

Willpower and habits go hand in hand. It is critical to create good habits and take the actions necessary to stick to those habits day in and day out for greater success. Almost half of our daily actions are part of our habits and not decisions, so once the correct habits are in place, you will automatically perform those tasks on a day-to-day basis.

The best way to create and stick to a habit is to have strong motivation. It's easier to change your habits to lose weight if you have a health issue and you want to be around longer for your kids, or if your business is something you're passionate about. Having a valuable outcome associated with a habit will help you stick to that habit permanently.

The art of self-control is one that most successful individuals have mastered. Self-control enables you to avoid behaviors that don't contribute to your success and adopt those that do.

Because there is a delayed satisfaction associated with self-control, it can be easy to get off track. However, if you work on sticking to those small positive habits one day at a time, it becomes easier to stay strong and achieve that delayed reward. Once a reward is achieved, it is much easier to continue sticking to your habits.

46. What does the author say we need to do to strengthen our willpower?

- A)Keep it under control.
- C)Learn from entrepreneurs.
- B)Apply it continuously.
- D)Aim at success determinedly.

47.How are almost half of our daily actions performed according to the passage?

- A)Out of habit.
- C)Like muscle building.
- B)With determination.
- D)By self-discipline.

48.What will help people stick to doing something constructive automatically?

- A)Practising it on a day-to-day basis.
- C)Possessing a reasonable amount of talent.
- B)Associating it with improving health,
- D)Foreseeing the desired outcome it will yield.

49.How does the art of self-control help us succeed?

- A)By allowing us to remain clear-headed permanently.
- C)By enabling us to take positive actions.
- B)By enabling us to alter our behaviors constantly.
- D)By allowing us to avoid taking risks.

50,Why can it be difficult for us to maintain self-control?

- A) Most of us are not in the habit of exercising self-control.
- B)We may not get immediate rewards from self-control,
- C)Self-control tends to be associated with pains.
- D)Self-control only brings about small benefits.

阅读答案：BADCB

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生词	文中搭配	中文释义

随写区

TEXT4

Questions 51 to 55 are based on the following passage.

Today,most scientific research is funded by government grants,companies doing research and development,and non-profit foundations.As a society,we reap the rewards from this science,but we also help pay for it.You indirectly support science through taxes you pay,products and services you purchase,and donations you make.

Funding for science has changed with the times.Historically,science has been largely supported through private patronage (资 助),church sponsorship,or simply paying for the research yourself.Today,researchers are likely to be funded by a mix of grants from various government agencies,institutions,and foundations.Other research is funded by private companies.Such corporate sponsorship is widespread in some fields.Almost 75% of U.S.clinical trials in medicine are paid for by private companies.And,of course,some researchers today still fund small-scale studies out of their own pockets.Most of us can't afford to do nuclear research as a private hobby,but birdwatchers,rock collectors,and others can do real research on a limited budget.

In a perfect world,money wouldn't matter—all scientific studies would be completely objective.But in the real world,funding may introduce biases Drug research sponsored by the pharmaceutical(制 药 的)industry is more likely to end up favoring the drug under consideration than studies sponsored by government grants or charitable organizations.Similarly,nutrition research sponsored by the food industry is more likely to end up favoring the food under consideration than independently funded research.

So what should we make of all this?Should we ignore any research funded by companies or special interest groups?Certainly not.These groups provide invaluable funding for scientific research.Furthermore,science has many safeguards in place to catch instances of bias that affect research outcomes.Ultimately,misleading results will be corrected as science proceeds;however,this process takes time.Meanwhile,it pays to examine studies funded by industry or special interest groups with extra care.Are the results consistent with other independently funded studies?What do other scientists have to say about this research?A little examination can go a long way towards identifying bias associated with the funding source.

51.What does the passage mainly discuss regarding scientific research?

- A)Its foundation.
- B)Its rewards.
- C)Its prospect.
- D)Its funding.

52.What do we learn from the passage about researchers like birdwatchers and rock collectors?

- A)They have little access to government funding.
- B)They can do research with limited resources,
- C)They can do amateur work in their own fields.
- D)They have no means for large-scale research.

53.What would scientific studies look like in a perfect world according to the author?

- A)They would be totally unbiased.
- B)They would be independently funded.
- C)They would be responsibly conducted.
- D)They would be strictly supervised.

54.What does the author say about companies and special interest groups?

- A)They try hard to pull down the safeguards for research.
- B)They make extra efforts to research their own products.
- C)They provide valuable resources for scientific research.
- D)They reap the most benefits from scientific research.

55.What does the author think of research funded by industry or special interest groups?

- A)Its recommendations should be examined for feasibility.
- B)Its misleading results should be corrected in time.
- C)Its validity should be checked with additional care.
- D)Its hidden biases should be identified independently.

阅读答案：DBACC

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

TEXT 5

It may sound surprising, but you don't have to be interested in fashion, or even in history, to enjoy *Dress Codes: How the Laws of Fashion Made History*. I happen to be interested in both, and ended up enjoying the book for completely different reasons.

Richard Thompson Ford is a law professor, and you probably won't forget that for even one page. His carefully reasoned arguments, packed with examples, sound almost like reading a court opinion, only maybe wordier. You will probably never think of fashion as a trifle again.

Ford's thesis is that the best way to understand what particular fashions meant in any given era is to look at the restrictions placed on them. Through this lens, he shows us that the first laws passed in the 1200s to ensure that only the nobility were allowed to wear certain fabrics, colors and ornaments reflected the rise of the middle class, who were now able to imitate some of these fashions. The status of the upper classes was threatened; fashion was a tool to preserve it.

Ford takes the reader through the evolution of fashion while examining the underlying motivations of status, sex, power, and personality, which, he assumes, influenced all innovations in fashion in the past and which continue to influence us today. His writing is more than a little dense—dense with research, clauses, and precise adjectives and nouns. But there's also humor and enough interesting episodes to make the writing appealing. No one is spared his sharp analysis: not the easy targets of 19th century women's crippling (伤害身体的) fashions nor the modern uniforms of Silicon Valley T-shirts.

But the greatest strength of this book (on fashion!) is its intellectual profoundness. Ford asks us to question unconscious beliefs, to realize that we almost never do so, to understand that the simplest choices are charged with meaning, and yet that meaning can and does change all the time. Consider the fact that a 1918 catalog insisted that boys and girls be dressed in the appropriate color. We believe our thinking today is evolved; Ford shows us it's not.

46.What does the author think of the book Dress Codes:How the Laws of Fashion Made History?

- A)It is read by people for entirely different reasons.
- B)It is meant for those interested in fashion history.
- C)It makes enjoyable as well as informative reading.
- D)It converts fashion into something for deliberation.

47.How can people best understand a particular fashion in an era,according to Ford?

- A)By examining the restraints imposed on it.
- B)By looking at what the nobility were wearing.
- C)By glancing at its fabrics,colors and ornaments.
- D)By doing a survey of the upper and middle classes.

48.What was the aim of the first laws passed regarding fashion in the 1200s?

- A)To facilitate the rise of the middle class.
- B)To loosen restrictions on dress codes.
- C)To help initiate some novel fashions.
- D)To preserve the status of the nobles.

49.What does the author think of Ford's writing?

- A)It uses comparison and contrast in describing fashions of different eras.
- B)It makes heavy reading but is not lacking in humor or appeal.
- C)It is filled with interesting episodes to spare readers intolerable boredom.
- D)It is characteristic of academics in presenting arguments.

50.What does the author say is the greatest strength of Ford's book?

- A)Plentiful information.
- B)Meaningful choices.
- C)Evolved thinking.
- D)Intellectual depth.

阅读答案：CADBD

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

TEXT6

Questions 51 to 55 are based on the following passage.

The art of persuasion means convincing others to agree with your point of view or to follow your course of action. For some of us, persuasion is an instinctive quality and the power of influencing comes naturally. For the rest of us, persuasion skills can be learned and developed over time.

Employers place a great value on employees with persuasion skills because they can impact several aspects of job performance. Besides, teamwork and leadership rely heavily on the power of persuasion to get things done. Without persuasion skills, employees may not be as committed to or convinced of the importance of an organization's vision and long-term mission. Effective use of persuasion skills will not only help get your coworkers excited about your ideas, it'll also help you motivate them to achieve a common goal.

In order to learn the art of persuasion at the workplace, you need to understand how to handle conflicts and reach agreements. Good communication is the first step in effective persuasion, but logic and reasoning are just as important. Before you can get somebody on-board with your goal, you should help them understand why they should pursue it. Using visual aids to back up your ideas can help communicate your ideas better and make compelling arguments so your listeners will come to a logical choice and become fully committed to your ideas and plans.

Successful persuasion skills are based on your ability to have positive interactions and maintain meaningful relationships with people. In order to sustain those relationships, you must be able to work in their best interests as well. Your coworkers are more likely to agree with you when they succeed alongside you. The more they achieve and the greater progress they make, the more they trust your judgement and strength.

We persuade and get persuaded every day—we're either convincing or being convinced. A vast majority of people prefer collaboration and teamwork over traditional organizational structures; no one likes to be told what to do or to be pushed around. Therefore, organizations and leaders should adopt powerful persuasion skills to bring about necessary changes.

51.What does the author say about the ability to be persuasive in the first paragraph?

- A)People may either be born with it or be able to cultivate it.
- B)It proves crucial in making others follow one's course of action.
- C)It refers to the natural and instinctive power of influencing one's coworkers.
- D)People may view it as both a means to convince others and an art of communication.

52.Why are persuasion skills greatly valued in the workplace?

- A)They enable employees to be convinced of their long-term gains.
- B)They enable employees to trust their leaders unconditionally.
- C)They help motivate coworkers to strive for a common goal.
- D)They help an organization to broaden its vision effectively.

53.What should people do to learn the art of persuasion at the workplace?

- A)Acquire effective communication skills.
- C)Understand the reason for pursuing their goals.
- B)Avoid getting involved in conflicts with others.
- D)Commit themselves fully to their ideas and plans.

54.When are you more likely to succeed in persuading your coworkers?

- A)When they are convinced you work in their interests while sacrificing your own.
- B)When they become aware of the potential strength of the judgments you make.
- C)When they become aware of the meaningful relationships you keep with them.
- D)When they are convinced they will make achievements together with you.

55.Why are organizations and leaders advised to adopt powerful persuasion skills to bring about necessary changes?

- A)To convince employees of the value of collaboration.
- B)To allow for the preferences of most people of today.
- C)To improve on traditional organizational structures.
- D)To adapt to employees' ever-changing working styles.

阅读答案：ACADB

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

TEXT7

Textbooks represent an 11 billion dollar industry, up from \$8 billion in 2014. Textbook publisher Pearson is the largest publisher—of any kind—in the world

It costs about \$1 million to create a new textbook. A freshman textbook will have dozens of contributors, from subject-matter experts through graphic and layout artists to expert reviewers and classroom testers. Textbook publishers connect professors, instructors and students in ways that alternatives, such as open e-textbooks and open educational resources, simply do not. This connection happens not only by means of collaborative development, review and testing, but also at conferences where faculty regularly decide on their textbooks and curricula for the coming year.

It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks. But this can be chalked up to the excessively high cost of their books which has increased over 1,000 percent since 1977. A restructuring of the textbook industry may well be in order. But this does not mean the end of the textbook itself.

While they may not be as dynamic as an iPad, textbooks are not passive or lifeless. For example, over the centuries, they have simulated (模拟) dialogues in a number of ways. From 1800 to the present day, textbooks have done this by posing questions for students to answer inductively (归纳性地). That means students are asked to use their individual experience to come up with answers to general questions. Today's psychology texts, for example, ask: "How much of your personality do you think you inherited?" while ones in physics say: "How can you predict where the ball you tossed will land?"

Experts observe that "textbooks come in layers, something like an onion." For an active learner aging with a textbook can be an interactive experience. Readers proceed at their own pace. They "customize" their books by engaging with different layers and linkages. Highlighting, Post-It notes, dog-ears and other techniques allow for further customization that students value in print books over digital forms of books.

46. What does the passage say about open educational resources?

- A) They contribute to teaching as much as to learning.
- B) They don't profit as much as traditional textbooks do.
- C) They can't connect professors and students as textbooks do.
- D) They compete fiercely for customers with textbook producers.

47. What is the main cause of the publishers' losses?

- A) Failure to meet student need.
- B) Industry restructuring.
- C) Emergence of e-books.
- D) Falling sales.

48. What does the textbook industry need to do?

- A) Reform its structures.
- B) Cut its retail prices.
- C) Find replacements for printed textbooks.
- D) Change its business strategy periodically.

49. What are students expected to do in the learning process?

- A) Think carefully before answering each question.
- B) Ask questions based on their own understanding.
- C) Answer questions using their personal experience.
- D) Give answers showing their respective personality.

50. What do experts say about students using textbooks?

- A) They can digitalize the prints easily.
- B) They can learn in an interactive way.
- C) They can purchase customized versions.
- D) They can adapt the material themselves.

阅读答案：CDACB

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

TEXT8

when we think of animals and plants, we have a pretty good way of dividing them into two distinct groups: one converts sunlight into energy and the other has to eat food to make its energy.

Well, those dividing lines come crashing down with the discovery of a sea slug (海蛞) that's truly half animal and half plant. It's pretty incredible how it has managed to hijack the genes of the algae (藻类) on which it feeds.

The slugs can manufacture chlorophyll, the green pigment (色素) in plants that captures energy from sunlight, and hold these genes within their body. The term kleptoplasty is used to describe the practice of using hijacked genes to create nutrients from sunlight. And so far, this green sea slug is the only known animal that can be truly considered solar-powered, although some animals do exhibit some plant-like behaviors. Many scientists have studied the green sea slugs to confirm that they are actually able to create energy from sunlight.

In fact, the slugs use the genetic material so well that they pass it on to their future generations. Their babies retain the ability to produce their own chlorophyll, though they can't generate energy from sunlight until they've eaten enough algae to steal the necessary genes, which they can't yet produce on their own.

"There's no way on earth that genes from an alga should work inside an animal cell," says Sidney Pierce from the University of South Florida. "And yet here, they do. They allow the animal to rely on sunshine for its nutrition. So if something happens to their food source, they have a way of not starving to death until they find more algae to eat.

"The sea slugs are so good at gathering energy from the sun that they can live up to nine months without having to eat any food. They get all their nutritional needs met by the genes that they've hijacked from the algae.

51.What is the distinctive feature of a sea slug?

- A) It looks like both a plant and an animal.
- B) It converts some sea animals into plants.
- C) It lives half on animals and half on plants.
- D) It gets energy from both food and sunlight.

52.What enables the sea slug to live like a plant?

- A)The genes it captures from the sea plant algae.
- B) The mechanism by which it conserves energy.
- C) The nutrients it hijacks from other species.
- D) The green pigment it inherits from its ancestors.

53. What does the author say about baby sea slugs?

- A) They can live without sunlight for a long time.
- B) They can absorb sunlight right after their birth.
- C) They can survive without algae for quite some time.
- D) They can produce chlorophyll on their own.

54. What does Sidney Pierce say about genes from an alga?

- A) They are stolen from animals like the sea slug.
- B) They can't function unless exposed to sunlight.
- C) They don't usually function inside animal cells.
- D) They can readily be converted to sea slug genes.

55. What do we learn about sea slugs from the passage?

- A) They behave the way most plant species do.
- B) They can survive for months without eating.
- C) They will turn into plants when they mature.
- D) They will starve to death without sunlight.

阅读答案: DADCB

词汇拓展：请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT9

The fifth largest city in the US passed a significant soda tax proposal that will levy(征税) 1.5 cents per liquid ounce on distributors.

Philadelphia's new measure was approved by a 13 to 4 city council vote. It sets a new bar for similar initiatives across the country. It is proof that taxes on sugary drinks can win substantial support outside super liberal areas. Until now, the only city to successfully pass and implement a soda tax was Berkeley, California, in 2014

The tax will apply to regular and diet sodas, as well as other drinks with added sugar, such as Gatorade and iced teas. It's expected to raise \$410 million over the next five years, most of which will go toward funding a universal pre-kindergarten program for the city.

While the city council vote was met with applause inside the council room, opponents to the measure, including soda lobbyists, made sharp criticisms and a promise to challenge the tax in court.

"The tax passed today unfairly singles out beverages-including low-and no-calorie choices," said Lauren Kane, spokeswoman for the American Beverage Association. "But most importantly, it is against the law. So we will side with the majority of the people of Philadelphia who oppose this tax and take legal action to stop it."

An industry-backed anti-tax campaign has spent at least \$4 million on advertisements. The ads criticized the measure, characterizing it as a "grocery tax."

Public health groups applauded the approved tax as a step toward fixing certain lasting health issues that plague Americans. "The move to recapture a small part of the profits from an industry that pushes a product that contributes to diabetes, obesity and heart disease in poorer communities in order to reinvest in those communities will sure be inspirational to many other places," said Jim Krieger, executive director of Healthy Food America. "Indeed, we are already hearing from some of them. It's not 'just Berkeley' anymore."

Similar measures in California's Albany, Oakland, San Francisco and Colorado's Boulder are becoming hotbutton issues. Health advocacy groups have hinted that even more might be coming.

46.What does the passage say about the newly-approved soda tax in Philadelphia?

- A)It will change the lifestyle of many consumers.
- B) It may encourage other US cities to follow suit.
- C) It will cut soda consumption among low-income communities.
- D) It may influence the marketing strategies of the soda business.

47.What will the opponents probably do to respond to the soda tax proposal?

- A)Bargain with the city council.
- B) Refuse to pay additional tax.
- C) Take legal action against it.
- D) Try to win public support.

48. What did the industry-backed anti-tax campaign do about the soda tax proposal?

- A) It tried to arouse hostile feelings among consumers.
- B) It tried to win grocers' support against the measure.
- C) It kept sending letters of protest to the media.
- D) It criticized the measure through advertising.

49.What did public health groups think the soda tax would do?

- A) Alert people to the risk of sugar-induced diseases.
- B)Help people to fix certain long-time health issues
- C) Add to the fund for their research on diseases.
- D)Benefit low-income people across the country.

50.What do we learn about similar measures concerning the soda tax in some other cities?

- A) They are becoming rather sensitive issues.
- B) They are spreading panic in the soda industry.
- C) They are reducing the incidence of sugar-induced diseases.
- D) They are taking away a lot of profit from the soda industry.

阅读答案: BBDBA

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随写区

TEXT10

Popping food into the microwave for a couple of minutes may seem utterly harmless, but Europe's stock of these quick-cooking ovens emit as much carbon as nearly 7 million cars, a new study has found. And the problem- 4is growing. With costs falling and kitchen appliances becoming "status" items, owners are throwing away microwaves after an average of eight years. This is pushing sales of new microwaves which are expected to reach 135 million annually in the EU by the end of the decade.

A study by the University of Manchester calculated the emissions of CO₂-the main greenhouse gas responsible for climate change — at every stage of microwaves, from manufacture to waste disposal. "It is electricity consumption by microwaves that has the biggest impact on the environment," say the authors. The authors also calculate that the emissions from using 19 microwaves over a year are the same as those from using a car. According to the same study, efforts to reduce consumption should focus on improving consumer awareness and behaviour. For example, consumers could use appliances in a more efficient way by adjusting the time of cooking to the type of food.

However, David Reay, professor of carbon management, argues that, although microwaves use a great deal of energy, their emissions are minor compared to those from cars. In the UK alone, there are around 30 million cars. These cars emit more than all the microwaves in the EU. Backing this up, recent data show that passenger cars in the UK emitted 69 million tons of CO₂ in 2015. This is 10 times the amount this new microwave oven study estimates for annual emissions for all the microwave ovens in the EU. Further, the energy used by microwaves is lower than any other form of cooking. Among common kitchen appliances used for cooking, microwaves are the most energy efficient, followed by a stove and finally a standard oven. Thus, rising microwave sales could be seen as a positive thing

51.What is the finding of the new study?

- A) Quick-cooking microwave ovens have become more popular.
- B) The frequent use of microwaves may do harm to our health.
- C) CO₂ emissions constitute a major threat to the environment.
- D) The use of microwaves emits more CO₂ than people think.

52.Why are the sales of microwaves expected to rise?

- A) They are becoming more affordable.
- B) They have a shorter life cycle than other appliances.
- C) They are getting much easier to operate.
- D) They take less time to cook than other appliances.

53.What recommendation does the study by the University of Manchester make?

- A) Cooking food of different varieties.
- B) Improving microwave users' habits.
- C) Eating less to cut energy consumption
- D) Using microwave ovens less frequently.

54.What does Professor David Reay try to argue?

- A) There are far more emissions from cars than from microwaves.
- B) People should be persuaded into using passenger cars less often.
- C) The UK produces less CO₂ than many other countries in the EU.
- D) More data are needed to show whether microwaves are harmful.

55.What does Professor David Reay think of the use of microwaves?

- A) It will become less popular in the coming decades.
- B) It makes everyday cooking much more convenient,
- C) It plays a positive role in environmental protection.
- D) It consumes more power than conventional cooking.

阅读答案: DABAC

词汇拓展：请将文中生词整理誊写至下面区域

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随写区

TEXT11

The wallet is heading for extinction. As a day-to-day essential, it will die off with the generation who read print newspapers. The kind of shopping—where you hand over notes and count out change in return—now happens only in the most minor of our retail encounters, like buying a bar of chocolate or a pint of milk, from a corner shop. At the shops where you spend any real money, that money is increasingly abstracted. And this is more and more true, the higher up the scale you go. At the most cutting-edge retail stores—Victoria Beckham on Dover Street, for instance—you don't go and stand at any kind of cash register, when you decide to pay. The staff are equipped with iPad to take your payment while you relax on a sofa.

Which is nothing more or less than excellent service, if you have the money. But across society, the abstraction of the idea of cash makes me uneasy. Maybe I'm just old-fashioned. But earning money isn't quick or easy for most of us. Isn't it a bit weird that spending it should happen in half a blink (眨眼) of an eye? Doesn't a wallet—that time-honoured Friday-night feeling of pleasing, promising fatness—represent something that matters?

But I'll leave the economics to the experts. What bothers me about the death of the wallet is the change it represents in our physical environment. Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets—is the very opposite of what our world is becoming. The opposite of a wallet is a smartphone or an iPad. The rounded edges, cool glass, smooth and unknowable as a pebble (鹅卵石). Instead of digging through pieces of paper and peering into corners, we move our fingers left and right. No more counting out coins. Show your wallet, if you still have one. It may not be here much longer.

What is happening to the wallet?

- A) It is disappearing.
- B) It is being fattened.
- C) It is becoming costly.
- D) It is changing in style.

47. How are business transactions done in big modern stores?

- A) Individually
- B) Electronically.
- C) In the abstract.
- D) Via a cash register.

48. What makes the author feel uncomfortable nowadays?

- A) Saving money is becoming a thing of the past.
- B) The pleasing Friday-night feeling is fading.
- C) Earning money is getting more difficult.
- D) Spending money is so fast and easy.

49. Why does the author choose to write about what's happening to the wallet?

- A) It represents a change in the modern world
- B) It has something to do with everybody's life.
- C) It marks the end of a time-honoured tradition.
- D) It is the concern of contemporary economists.

50. What can we infer from the passage about the author?

- A) He is resistant to social changes.
- B) He is against technological progress.
- C) He feels reluctant to part with the traditional wallet.
- D) He feels insecure in the ever-changing modern world.

阅读答案: ABDAC

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随写区

TEXT12

It's late in the evening: time to close the book and turn off the computer. You're done for the day. What you may not realize, however, is that the learning process actually continues—in your dreams.

It might sound like science fiction, but researchers are increasingly focusing on the relationship between the knowledge and skills our brains absorb during the day and the fragmented, often bizarre imaginings they generate at night. Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity (suggesting that there's some truth to the popular notion that we're "getting" a foreign language once we begin dreaming in it). What's more, researchers are coming to recognize that dreaming is an essential part of understanding, organizing and retaining what we learn.

While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural (神经的) virtual reality. A vivid example of such replay can be seen in a video researchers made recently about sleep disorders. They taught a series of dance moves to a group of patients with conditions like sleepwalking, in which the sleeper engages in the kind physical movement that does not normally occur during sleep. They then videotaped the subjects as they slept. Lying in bed, eyes closed, one female patient on the tape performs the dance moves she learned earlier.

This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know. In a 2010 study, researchers at Harvard Medical School reported that college students who dreamed about a computer maze (迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task.

Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material. Think about that as your head hits the pillow tonight.

51.What is scientists' finding about dreaming?

- .A) It involves disconnected, weird images.
- B)It resembles fragments of science fiction.
- C)Dreaming about a learned task betters its performance.
- D)Dreaming about things being learned disturbs one's sleep.

52.What happens when one enters a dream state?

- A)The body continues to act as if the sleeper were awake.
- B)The neural activity of the brain will become intensified.
- C)The brain behaves as if it were playing a virtual reality video game.
- D)The brain once again experiences the learning activities of the day.

53.What does the brain do while we are sleeping?

- A)It systematizes all the data collected during the day.
- B)It substitutes old information with new data.
- C)It processes and absorbs newly acquired data.
- D)It classifies information and places it in different files.

54.What does Robert Stickgold suggest about enhancing learning?

- A)Having a little sleep after studying in the day.
- B) Staying up late before going to bed.
- C) Having a dream about anything.
- D) Thinking about the odds of dreaming about the material.

55. What can be inferred about dreaming from the passage?

- A) We may enhance our learning through dreaming.
- B) Dreaming improves your language ability.
- C) All sleepwalkers perform dance moves when they are sleeping.
- D) Taking a nap after learning can help you find the way through the maze.

阅读答案: CDCAA

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随写区

TEXT13

Americans spend billions of dollars each year trying to change their weight with diets, gym memberships and plastic surgery.

Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety, depression, as well as unhealthy strategies for weight loss or muscle gain. It also has a financial cost. Having an eating disorder boosts annual health care costs by nearly US \$ 2,000 per person.

Why is there both external and internal pressure to look "perfect"? One reason is that society rewards people who are thin and healthy-looking. Researchers have shown that body mass index is related to wages and income. Especially for women, there is a clear penalty at work for being overweight or obese. Some studies have also found an impact for men, though a less noticeable one.

While the research literature is clear that labor market success is partly based on how employers and customers perceive your body image, no one had explored the other side of the question. Does a person's own perception of body image matter to earnings and other indicators of success in the workplace?

Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

As in other research, women in our sample tend to over-perceive their weight they think they're heavier than they are while men tend to under-perceive theirs.

We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence self-esteem (自尊心), mental health and health behaviors.

While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

46.What does the author say may have an adverse impact on people?

- A)Undergoing plastic surgeries in pursuit of beauty.
- B)Imitating the lifestyles of heroes and role models.
- C)Striving to achieve perfection regardless of financial cost.
- D)Attempting to meet society's expectation of appearance.

47.What have researchers found out about people's earnings?

- A)They are closely related to people's social status.
- B)They have to do with people's body weight and shape.
- C)They seem to matter much less to men than to women.
- D)They may not be equal to people's contributions.

48.What does the author's recent study focus on?

- A)Previous literature on indicators of competitiveness in the workplace.
- B)Traits that matter most in one's pursuit of success in the labor market.
- C)Whether self-perception of body image impacts one's workplace success.
- D)How bosses' perception of body image impacts employees' advancement.

49.What is the finding of the author's recent research?

- A)Being overweight actually does not do much harm to the overall well-being of employees.
- B)People are not adversely affected in the workplace by false self-perception of body weight.
- C)Self-esteem helps to combat gender inequality in the workplace.
- D)Gender inequality continues to frustrate a lot of female employees.

50.What does the author think would help improve the situation in the labor market?

- A)Banning discrimination on the basis of employees' body image.
- B)Expanding protection of women against gender discrimination.
- C)Helping employees change their own perception of beauty.
- D) Excluding body shape as a category in the labor contract.

阅读答案：DBCBA

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随写区

TEXT14

The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting. You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

At the minimum, most of us work because we want to be able to support ourselves, our families, and the people around us. In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society. When you separate work and life, it's a little bit harder to make that connection. But when you think of work as part of a full life and a complete experience, it becomes easier to see that success in one aspect often supports another.

Losing your balance and falling isn't pleasant. A goal to balance suggests that things could quickly get off balance, and that causes terrible outcomes. It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

How we talk to ourselves matters, and how we talk about issues makes a difference. Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.

51.What does the author suggest by saying "The work-life balance is dead"?

- A)The hope of achieving a thriving life is impossible to realize.
- B)The pursuit of a fulfilling career involves personal sacrifice.
- C)The imbalance between work and life simply doesn't exist anymore.
- D)The concept of work-life balance contributes little to a fulfilling life.

52.What does the author say about our use of language?

- A)It impacts how we think and behave.
- B)It reflects how we communicate.
- C)It changes with the passage of time.
- D)It differs from person to person.

53. What does the author say we do in an ideal world?

- A) We do work that betters the lives of our families and friends.
- B) We do work that gives us bursts of joy each new day.
- C) We do meaningful work that contributes to society.
- D) We do demanding work that brings our capacity into full play.

54. What does the author say about life?

- A) It is cyclical.
- B) It is dynamic.
- C) It is fulfilling.
- D) It is risky.

55. What does the author advise us to do?

- A) Make life as simple as possible.
- B) Talk about balance in simpler terms.
- C) Balance life and work in a new way.
- D) Strive for a more fulfilling life.

阅读答案: DACBD

词汇拓展： 请将文中生词整理誊写至下面区域

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随写区

TEXT15

When is cleaning walls a crime? When you're doing it to create art, obviously. A number of street artists around the world have started expressing themselves through a practice known as reverse graffiti (涂鸦). They find dirty surfaces and paint them with images or messages using cleaning brushes or pressure hoses (高压水管). Either way, it's the same principle: the image is made by cleaning away the dirt. Each artist has their own individual style but all artists share a common aim: to draw attention to the pollution in our cities. The UK's Paul Curtis, better known as Moose, operates around Leeds and London and has been commissioned by a number of companies to make reverse graffiti advertisements.

Brazilian artist, Alexandra Orion, turned one of Sao Paulo's transport tunnels into an amazing wall painting in 2006 by getting rid of the dirt. Made up of a series of white skulls (颅骨), the painting reminds drivers of the effect their pollution is having on the planet. "Every motorist sits in the comfort of their car, but they don't give any consideration to the price their comfort has for the environment and consequently for themselves," says Orion.

The anti-pollution message of the reverse graffiti artists confuses city authorities since the main argument against graffiti is that it spoils the appearance of both types of property: public and private. This was what Leeds City Council said about Moose's work: "Leeds residents want to live in clean and attractive neighbour hoods. We view this kind of advertising as environmental damage and will take strong action against it." Moose was ordered to "clean up his act." How was he supposed to do this: by making all property he had cleaned dirty again?

As for the Brazilian artist's work, the authorities were annoyed but could find nothing to charge him with. They had no other option but to clean the tunnel—but only the parts Alexandra had already cleaned. The artist merely continued his campaign on the other side. The city officials then decided to take drastic action. They not only cleaned the whole tunnel but every tunnel in Sao Paulo.

46.What do we learn from the passage about reverse graffiti?

- A)It uses paint to create anti-pollution images.
- B)It causes lots of distraction to drivers.
- C)It creates a lot of trouble for local residents.
- D)It turns dirty walls into artistic works.

47. What do reverse graffiti artists try to do?

- A) Publicise their artistic pursuit.
- B) Beautify the city environment.
- C) Raise public awareness of environmental pollution.
- D) Express their dissatisfaction with local governments.

48. What do we learn about Brazilian artist Alexandre Orion?

- A) He was good at painting white skulls.
- C) He suggested banning all polluting cars.
- B) He chose tunnels to do his graffiti art.
- D) He was fond of doing creative artworks.

49. What does the author imply about Leeds City Council's decision?

- A) It is simply absurd.
- C) It is rather unexpected
- B) It is well-informed.
- D) It is quite sensible.

50. How did Sao Paulo city officials handle Alexandre Orion's reverse graffiti?

- A) They made him clean all the tunnels in Sao Paulo.
- B) They took drastic action to ban all reverse graffiti.
- C) They charged him with polluting tunnels in the city.
- D) They made it impossible for him to practice his art.

阅读答案: DCCAD

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随写区

TEXT16

The practice of paying children an allowance became popular in America about 100 years ago. Nowadays, American kids on average receive about \$ 800 per year in allowance. But the vast majority of American parents who pay allowance tie it to the completion of housework. Although many parents believe that paying an allowance for completing chores benefits their children, a range of experts expressed concern that tying allowance very closely to chores may not be ideal. In fact, the way chores work in many households worldwide points to another way.

Suniya Luthar, a psychologist, is against paying kids for chores. Luthar is not opposed to giving allowances, but she thinks it's important to establish that chores are done not because they will lead to payment, but because they keep the household running. Luthar's suggested approach to allowance is compatible with that of writer Ron Lieber, who advises that allowances be used as a means of showing children how to save, give, and spend on things they care about. Kids should do chores, he writes, "for the same reason adults do, because the chores need to be done, and not with the expectation of compensation.

"This argument has its critics, but considering the way chores are undertaken around the world may change people's thinking. Professor David Lancy of Utah State University has studied how families around the world handle chores. At about 18 months of age, Lancy says, most children become eager to help their parents, and in many cultures, they begin helping with housework at that age. They begin with very simple tasks, but their responsibilities gradually increase. And they do these tasks without payment. Lancy contrasts this with what happens in America. "We deny our children's bids to help until they are 6 or 7 years old," Lancy says, "when many have lost the desire to help and then try to motivate them with payment. The solution to this problem is not to try to use money as an incentive to do housework, but to get children involved in housework much earlier, when they actually want to do it."

51.What do some experts think about paying children for doing chores?

- A) It may benefit children in more ways than one.
- B) It may help children learn the worth of labor.
- C) It may not turn out to be the best thing to do.
- D) It may not be accepted by low-income parents.

52. According to Suniya Luthar, doing chores will help children learn to

- A) share family responsibilities
- C) cultivate the spirit of independence
- B) appreciate the value of work
- D) manage domestic affairs themselves

53. What does Ron Lieber think should be the goal of giving children allowances?

- A) To help to strengthen family ties.
- C) To motivate them to do more housework.
- B) To teach them how to manage money.
- D) To show parents' appreciation of their help.

54. What does David Lancy say about 18-month-olds?

- A) They have a natural instinct to help around the house.
- B) They are too young to request money for what they do.
- C) They should learn to understand family responsibilities.
- D) They need a little incentive to get involved in housework.

55. What does David Lancy advise American parents to do?

- A) Set a good example for children in doing housework.
- B) Make children do housework without compensation.
- C) Teach children how to do housework.
- D) Accept children's early bids to help.

阅读答案：CABAD

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

随写区

长篇阅读方法

From Accountant to Yogi: Making a Radical Career Change

[A] At some point, almost all of us will experience a period of radical professional change. Some of us will seek it out; for others it will feel like an unwelcome intrusion into otherwise stable careers. Either way, we have choices about how we respond to it when it comes.

[B] We recently caught up with yoga entrepreneur Leah Zaccaria, who put herself through the fire of change to completely reinvent herself. In her search to live a life of purpose, Leah left her high-paying accounting job, her husband, and her home, hi the process, she built a radically new life and career. Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people. Even if your personal reinvention is less drastic, we think there are lessons from her experience that apply.

[C] Where do the seeds of change come from? the Native American Indians have a saying: “Pay attention to the whispers so you won’t have to hear the screams.” Often the best ideas for big changes come from unexpected places — it’s just a matter of tuning in. Great leaders recognize the weak signals or slight signs that point to big changes to come. Leah reflects on a time she listened to the whispers: “About the time my daughter was five years old. I started having a sense that ‘this isn’t right.’” She then realized that her life no longer matched her vision for it.

[D] Up until that point, Leah had followed traditional measures of success. After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby. “I did what everybody else thought looked successful,” she says. Leah easily could have fallen into a trap of feeling content; instead, her energy sparked a period of experimentation and renewal.

[E] Feeling the need to change, Leah started playing with future possibilities by exploring her interests and developing new capabilities. First trying physical exercise and dieting, she lost some weight and discovered an inner strength. “I felt powerful because I broke through my own limitations,” she recalls.

[F] However, it was another interest that led Leah to radically reinvent herself. “I remember sitting on a bench with my aunt at a yoga studio,” she said, having a moment of clarity right then and there: Yoga is

saving my life. Yoga is waking me up. I'm not happy and I want to change and I'm done with this." In that moment of clarity Leah made an important leap, conquering her inner resistance to change and making a firm commitment to take bigger steps.

[G] Creating the future you want is a lot easier if you are ready to exploit the opportunities that come your way. When Leah made the commitment to change, she primed herself to new opportunities she may otherwise have overlooked. She recalls:

[H] One day a man I worked with, Ryan, who had his office next to mine, said, "Leah, let's go look at this space on Queen Anne." He knew my love for yoga and had seen a space close to where he lived that he thought might be good to serve as a yoga studio. As soon as I saw the location, I knew this was it. Of course I was scared, yet I had this strong sense of "I have to do this." Only a few months later Leah opened her first yoga studio, but success was not instant.

[I] Creating the future takes time. That's why leaders continue to manage the present while building toward the big changes of the future. When it's time to make the leap, they take action and immediately drop what's no longer serving their purpose. Initially Leah stayed with her accounting job while starting up the yoga studio to make it all work.

[J] Soon after, she knew she had to make a bold move to fully commit to her new future. Within two years, Leah shed the safety of her accounting job and made the switch complete. Such drastic change is not easy.

[K] Steering through change and facing obstacles brings us face to face with our fears. Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: "I was probably up against the most fear I've ever had, " she says. "I had spent two years cultivating this community, and it had become successful very fast, but within six months I was facing the prospect of losing it all."

[L] She connected with her sense of purpose and dug deep, cultivating a tremendous sense of strength. "I was feeling so intentional and strong that I wasn't going to let fear just take over. I was thinking, 'OK,

guys, if you want to try to shut me down, shut me down.’ And I knew it was a negotiation scheme, so I was able to say to myself, ‘This is not real.’” By naming her fears and facing them head-on, Leah gained confidence. For most of us, letting go of the safety and security of the past gives us great fear. Calling out our fears explicitly, as Leah did, can help us act decisively.

[M] The cycle of renewal never ends. Leah’s growth spurred her to open her second studio— and it wasn’t for the money.

[N] I have no desire to make millions of dollars. It’s not about that; it’s about growth for me. Honestly, I didn’t need to open a second studio. I was making as much money as I was as an accountant. But I know if you don’t grow, you stand still, and that doesn’t work for me.

[O] Consider the current moment in your own life, your team or your organization. Where are you in the cycle of renewal: Are you actively preserving the present, or selectively forgetting the past, or boldly creating the future? What advice would Leah give you to move you ahead on your journey? Once we’re on the path of growth, we can continually move through the seasons of transformation and renewal.

- 36. Readiness to take advantage of new opportunities will make it easier to create one’s desired future.
- 37. By conventional standards, Leah was a typical successful woman before she changed her career.
- 38. Leah gained confidence by laying out her fears and confronting them directly.
- 39. In search of a meaningful life, Leah gave up what she had and set up her own yoga studios.
- 40 Leah's interest in yoga prompted her to make a firm decision to reshape her life.
- 41. Small signs may indicate great changes to come and therefore merit attention.
- 42. Leah’s first yoga studio was by no means an immediate success.
- 43. Some people regard professional change as an unpleasant experience that disturbs their stable careers.
- 44. The worst fear Leah ever had was the prospect of losing her yoga business.
- 45. As she explored new interests and developed new potentials, Leah felt powerful internally.

TEXT2

How to determine if a company is a good fit for you

A) On paper, the job seemed perfect for me: The position was completely in line with my degree, the duties and responsibilities were compatible with my interests, and the office maintained a well-stocked kitchen that would satisfy my every snack desire.

B) Sounds like my dream job, right? There was only one small problem: I simply didn't get along with the company culture. They favored a more rigid, closed-door, corporate atmosphere, while I would have preferred something more collaborative and open. They were complete clock watchers, while I would have liked a more flexible schedule. To put it plainly, we just weren't on the same page.

C) When it comes to looking for a new job, you already know that a big part of the interview process involves the company evaluating whether or not you're a good fit for their open role. But, it's important to keep in mind that the employer isn't the only one who needs to identify a good match—you should be looking for that same exact thing. Company culture can have a big impact on how you feel about your work, so you want to make sure you sign an offer letter with an organization you're truly excited about.

D) However, figuring out what a company is like before you actually work there can be a bit of a challenge. Luckily, there are a few things you can do to determine whether or not a company is a good fit for you—before you ever sign your name on that dotted line.

E) First of all, know what you want. It's hard to make any decisions when you don't really know what you're looking for. So before you can determine whether you and a specific company would be compatible together, it's important to have a solid handle on what exactly you want from your employer. Many of us have an easier time identifying the things that we absolutely don't want. If those are the only things you can think of, don't worry! That's still a good place to start.

F) Start by writing down the things you didn't like about previous employers, as well as the parts you really valued. There's no wrong answer here—so from big things to small details, write them all down on your list. This will help you immediately identify what you're looking for in an organization, as well as the things you're trying to stay far, far away from.

G) Make sure to do your research. Now comes the part when you put on your detective hat and do a little digging. The Internet will be your best friend when you're trying to familiarize yourself with a company's culture before ever walking through their office doors. And where exactly should you look for these culture clues? Start with the most obvious place first: the company's website. Read through their copy and blog. Do they use formal, direct language? Or is it casual, conversational, and maybe even a little humorous? This can be a big indicator of what sort of atmosphere the company is trying to cultivate.

H) Next, turn your attention toward their social media outlets. Are they sharing photos of their team's Thursday afternoon barbecue or Halloween costume contest? Or are their social media accounts strictly reserved for company-related announcements and product launches?

I) An industry review website like Glassdoor is another spot to check in order to find some insider information about what you can expect about a company. However, remember to take the reviews you read with a grain of salt-many of them are written by scorned(被鄙视的)employees.

J) Finally, you can never fail with personal connections. Send a quick message to a current or previous company employee on Linked In or by email and ask if they would be willing to have a quick conversation with you about the organization in general. If you get a yes to your request for a chat, you'll be armed with some pretty powerful and helpful information heading into your interview!

K) Learn more by asking questions. You know that part at the end of a job interview when the hiring manager asks if you have any questions, and you just stare across the table blankly with your mouth hanging open? That's the perfect opportunity to speak up and get your burning company culture questions answered! So yes, you can definitely ask your interviewer about what it's like to work for that particular organization. Simple questions like, "What three words would you use to describe the culture here?" or "What's your favorite part about working for this company?" can reveal a lot about what it's really like behind closed doors.

L) Prioritize your values. What does my dream company culture look like? Well, I could come and go as I please, as long as I was getting the work done. My boss would genuinely listen to and value all of my

ideas and suggestions. My co-workers would all be friendly with one another, without ever falling into the office gossip trap. The kitchen would have endless options of pizza and cookies. Oh, and they'd give me two months of paid vacation with a very generous salary.

M) What are my chances of finding all of those things with one employer? Slim to none — believe me, I've looked. This is why it's so important to know which aspects of a company's culture you value most. Is it an open communication style or a flexible schedule? Focus on the top spots on your priority list, and ensure a potential employer at least checks those boxes. Unfortunately, this is reality, you can't have everything you want but a few are certainly achievable.

N) When you're hunting for a new job, you already know that the employer is trying to decide whether or not you're a good fit for the position. But you should also look at the process through a similar lens. You may not be the one conducting the actual interview, but you're still trying to determine whether or not the company is a good fit for you.

O) Keep these tips in mind to figure out whether you and a potential employer are a perfect match or just a recipe (方案) for disaster. After all, it's a good thing to know before actually accepting an offer.

36.Clues about the culture of a company can be found on its website.

37.It can be difficult to know the real situation in a company until you become part of it.

38.It is impossible for a job applicant to have every expectation met.

39.Simply by reading its description, the author found the job offered ideal.

40.Job applicants are advised to make a written list of their likes and dislikes in their previous employment.

41.At the end of an interview, a job applicant should seize the opportunity to get answers to their urgent questions.

42.To begin with, job applicants should be clear what they expect from their future employer.

43. Job applicants should read with a critical eye what is written about a company on the website.

44. Job satisfaction has a lot to do with company culture.

45.A chat with an insider of a company can give job applicants very useful information when they prepare for an interview.

第二篇 阅读答案: G D M A F K E I C J

第三篇 **There's a stress gap between men and women**

A) "I used to work very hard. I love to create things, grow them and solve problems," said Meng Li, a successful app developer in San Francisco. "I didn't really care about my mind and my body until they decided to go on strike."

B) Ms. Li said her stress led to sleeplessness. When she did sleep, she experienced "problem-solving dreams," which left her feeling unrested when she woke up. "After I became a first-time mother, I quickly realized I was so busy caring for other people and work that I felt like I'd lost myself," she said.

C) It's a common story—one we frequently ridicule and readily dismiss, for example, by claiming that women tend to complain more than men, despite the growing sum of research that underlines the problem. Women are twice as likely to suffer from severe stress and anxiety as men, according to a 2016 study published in *The Journal of Brain & Behavior*. The American Psychological Association reports a gender gap year after year showing that women consistently report higher stress levels. Clearly, a stress gap exists.

D) "The difference is not really news to me, as a clinical psychologist," said Erin Joyce, a women and couples therapist in Los Angeles. "It's been well documented in extensive research over the years that prevalence rates for the majority of the anxiety disorders are higher in women than men." Some people may argue that this is merely reported data, and they say many men feel the same pressures as women in terms of fulfilling responsibilities at work and home. In other words, we're all really, really stressed.

E) "The difference, however, is in the nature and scope of these responsibilities in the home environment in particular," Dr. Joyce said. For example, the United Nations reported that women do nearly three times as much unpaid domestic work as men. The problem is, housework is often overlooked as work, even though it is often as laborious (or in some cases, more so) as any paid job. As the scholar Silvia Federici put it in 1975, the unpaid nature of domestic work reinforces the assumption that "housework is not work, thus preventing women from struggling against it."

F) It's not just inside the home, though. Research from Nova Southeastern University found that female managers were more likely than male managers to display "surface acting," or forcing emotions that are not wholly felt. "They expressed optimism, calmness

and sympathy even when these were not the emotions that they were actually feeling," the study said.

G) Surface acting is a prime example of "emotional labor," a concept that the writer Jess Zimmerman made familiar in a 2015 essay. The essay sparked a massive thread on the internet community blog Meta Filter. Hundreds of women spoke up about their own experience with emotional labor; the duties that are expected of them, but go unnoticed. These invisible duties become apparent only when you don't do them. Like domestic labor, emotional labor is generally dismissed and not labeled work. But research shows it can be just as exhausting as paid work. Emotional labor can lead to difficulty in sleeping and family conflict. Sure, circumstantial stress, like losing a job, may lead to these same issues. But emotional labor is not circumstantial. It's an enduring responsibility based on the socialized gender role of women.

H) Like Ms. Li, many women try to manage the added stress to reach what Dr. Joyce said was an unattainable ideal. "Some professional women aim to do it all. They want to reach the top of the corporate ladder and fly like supermom," she said. When women don't reach this ideal, they feel guilty; and even more stressed. After her own struggle with this, Ms. Li took a step back and used her experience to build Sanity & Self, a self-care app and platform for overworked women. "The realizations I had in that process helped me gain insights and ultimately got me ready to integrate selfcare into my daily life," she said.

I) The stress problem extends beyond mental health when you consider the link between stress, anxiety and heart health. Worse, most of what we know about heart disease comes from studies involving men. However, "there are many reasons to think that it's different in women," Harvard Medical School reported. For example, women are more likely to experience disturbed sleep, anxiety and unusual fatigue before a heart attack. Stress is so normalized that it is easy for women to shrug off those symptoms as simply the consequences of stress. Many women also do not experience chest pain before a heart attack the way men do, which leads to fewer women discovering problematic heart issues. Harvard reports that women are "much more likely than men to die within a year of having a heart attack" and "many women say their physicians sometimes don't even recognize the symptoms."

J) The good news is, women are more likely than men to take charge of their stress and manage it, the American Psychological Association reports. The concept of self-care, at its

core, is quite simple."The basics of adequate sleep, healthy diet and exercise are a good place to start," Dr. Joyce said."Support from trusted relationships is vital. This includes professional support from various health and wellness providers if stress is becoming increasingly overwhelming."

K) Disconnecting from work and home responsibilities is also obviously important. But it's much easier said than done. It is important to understand what causes your stress in the first place. "Get really specific with what's stressing you out," Ms. Li said. "We often chalk up our stress to broad experiences like work. But work stress can take many different forms. Is a colleague being disrespectful of your time? Is a boss undermining your day-to-day control over decision making? These are different causes of stress and can benefit from different kinds of self-care."

L) Ideally, your spouse or partner will be supportive, rather than dismissive, of your stress. It is important to talk through these issues before they come to a head. "Women working outside of the home should make an effort to have a conscious conversation with their partners about more equitable sharing of household and family responsibilities," Dr. Joyce said.

36. Some career women who aim high tend to feel guilty if they fail to achieve their goals.

37. The unpaid housework done by women is triple that done by men.

38. It is reported that women consistently suffer more from severe stress than men.

39. Women are advised to identify the specific causes of their stress so that steps can be taken to deal with it.

40. One study showed that women managers often expressed positive emotions that they didn't really feel.

41. Women tend to mistake signs of heart attacks for symptoms of stress.

42. For a time an app developer in America was so busy attending to work and family that she suffered from sleeplessness.

43. The emotional labor women do is noticed only when it is not done.

44. Dr. Joyce suggests that apart from self-care, women should seek professional support if they experience severe stress

45. Some people believe that there may not exist a stress gap between men and women.

TEXT4

Do In-Class Exams Make Students Study Harder?

Research suggests they may study more broadly for the unexpected rather than search for answers.

[A] I have always been a poor test-taker. So it may seem rather strange that I have returned to college to finish the degree I left undone some four decades ago. I am making my way through Columbia University, surrounded by students who quickly supply the verbal answer while I am still processing the question.

[B] Since there is no way for me to avoid exams, I am currently questioning what kind are the most taxing and ultimately beneficial. I have already sweated through numerous in-class midterms and finals, and now I have a professor who issues take-home ones. I was excited when I learned this, figuring I had a full week to do the research, read the texts, and write it all up. In fact, I was still rewriting my midterm the morning it was due. To say I had lost the thread is putting it mildly.

[C] As I was suffering through my week of anxiety, overthinking the material and guessing my grasp of it, I did some of my own polling among students and professors. David Eisenbach, who teaches a popular class on U.S. presidents at Columbia, prefers the in-class variety. He believes students ultimately learn more and encourages them to form study groups. “That way they socialize over history outside the class, which wouldn’t happen without the pressure of an in-class exam,” he explained, “Furthermore, in-class exams force students to learn how to perform under pressure, and essential work skill.”

[D] He also says there is less chance of cheating with the in-class variety. In 2012, 125 students at Harvard were caught up in a scandal when it was discovered they had cheated on a take-home exam for a class entitled “Introduction To Congress.” Some colleges have what they call an “honor code,” though if you are smart enough to get into these schools, you are either smart enough to get around any codes or hopefully, too ethical to consider doing so. As I sat blocked and clueless for two solid days, I momentarily wondered if I couldn’t just call an expert on the subject matter which I was tackling, or someone who took the class previously, to get me going.

[E] Following the Harvard scandal, Mary Miller, the former dean of students at Yale, made an impassioned appeal to her school ' s professors to refrain from take-home exams.

“Students risk health and well being, as well as performance in other end-of-term work, when faculty offers take-home exams without clear, time-limited boundaries,” she told me.

“Research now shows that regular quizzes, short essays, and other assignments over the course of a term better enhance learning and retention.”

[F] Most college professors agree the kind of exam they choose largely depends on the subject. A quantitative-based one, for example, is unlikely to be sent home, where one could ask their older brothers and sisters to help. Vocational-type classes, such as computer science or journalism, on the other hand, are often more research-oriented and lend themselves to take-home testing. Chris Koch, who teaches “History of Broadcast Journalism” at Montgomery Community College in Rockville, Maryland, points out that reporting is about investigation rather than the memorization of minute details. “In my field, it ' s not what you know — it ' s what you know how to find out,” says Koch. “There is way too much information, and more coming all the time, for anyone to remember. I want my students to search out the answers to questions by using all the resources available to them.

[G] Students ' test-form preferences vary, too, often depending on the subject and course difficulty. “I prefer take-home essays because it is then really about the writing, so you have time to edit and do more research,” says Elizabeth Dresser, a junior at Barnard. Then there is the stress factor. Francesca Haass, a senior at Middlebury, says, “I find the in-class ones are more stressful in the short term, but there is immediate relief as you swallow information like mad, and then you get to forget it all. Take-homes require thoughtful engagement which can lead to longer term stress as there is never a moment when the time is up.” Meanwhile, Olivia Rubin, a sophomore at Emory, says she hardly even considers take-homes true exams.

“If you understand the material and have the ability to articulate (说出) your thoughts, they should be a breeze.”

[H] How students ultimately handle stress may depend on their personal test-taking abilities. There are people who always wait until the last minute, and make it much harder than it needs to be. And then there those who, not knowing what questions are coming at them, and having no resources to refer to, can freeze. And then there are we rare folks who fit both those descriptions.

[I] Yes, my advanced age must factor into the equation (等式), in part because of my inability to access the information as quickly. As another returning student at Columbia, Kate Marber, told me, “We are learning not only all this information, but essentially how to learn again. Our fellow students have just come out of high school. A lot has changed since we were last in school.”

[J] If nothing else, the situation has given my college son and me something to share, When I asked his opinion on this matter, he responded, “I like in-class exams because the time is already reserved, as opposed to using my free time at home to work on a test,” he responded. It seems to me that a compromise would be receiving the exam questions a day or two in advance, and then doing the actual test in class the ticking clock overhead.

[K] Better yet, how about what one Hunter College professor reportedly did recently for her final exam: She encouraged the class not to stress or even study, promising that, “It is going to be apiece of cake.” When the students came in, sharpened pencils in hand, there was not a bluebook in sight. Rather, they saw a large chocolate cake and they each were given a slice.

36. Elderly students find it hard to keep up with the rapid changes in education.
37. Some believe take-home exams may affect students' performance in other courses.
38. Certain professors believe in-class exams are ultimately more helpful to students.
39. In-class exams are believed to discourage cheating in exams.
40. The author was happy to learn she could do some exams at home.
41. Students who put off their work until the last moment often find the exams more difficult than they actually are.
42. Different students may prefer different types of exams.
43. Most professors agree whether to give an in-class or a take-home exam depends on type of course being taught.
44. The author dropped out of college some forty years ago.
45. Some students think take-home exams will eat up their free time.

阅读答案: I E C D B H G F A J

词汇拓展: 请将文中生词整理誊写至下面区域

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随写区

TEXT5

The Health Benefits of Knitting

A) About 15 years ago, I was invited to join a knitting group. I agreed to give it a try.

B) My mother had taught me to knit at 15, and I knitted in class throughout college and for a few years thereafter. Then decades passed without my touching a knitting needle. But within two Mondays in the group, I was hooked, not only on knitting but also on crocheting(钩织), and I was on my way to becoming a highly productive crafter.

C) I've made countless baby blankets, sweaters, scarves, hats, caps for newborns. I take a knitting project with me everywhere, especially when I have to sit still and listen. As I discovered in college, when my hands are busy, my mind stays focused on the here and now.

D) It seems, too, that I'm part of a national renewal of interest in needle and other handicrafts(手工艺). The Craft Yarn Council reports that a third of women ages 25-35 now knit or crochet. Even men and schoolchildren are swelling the ranks, among them my friend's three small grandsons. Last April, the council created a "Stitch Away Stress" campaign in honor of National Stress Awareness Month. Dr. Herbert Benson, a pioneer in mind/body medicine and author of The Relaxation Response, says that the repetitive action of needlework can induce a relaxed state like that associated with meditation(沉思) and yoga. Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure.

E) But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem. I keep photos of my singular accomplishments on my cellphone to boost my spirits when needed.

F) Since the 1990s, the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the activities' main benefits. Among them is the father of a prematurely born daughter who reported that during

the baby’ s five weeks in the intensive care unit, “learning how to knit infant hats gave me a sense of purpose during a time that I felt very helpless. It’ s a hobby that I’ ve stuck with, and it continues to help me cope with stress at work, provide a sense of order in hectic(忙乱的) days, and allow my brain time to solve problems.”

G) A recent email from the yarn(纺纱) company Red Heart titled “Health Benefits of Crocheting and Knitting” prompted me to explore what else might be known about the health value of activities like knitting. My research revealed that the rewards go well beyond replacing stress and anxiety with the satisfaction of creation.

H) For example, Karen Hayes, a life coach in Toronto, conducts knitting therapy programs, including Knit to Quit to help smokers give up the habit, and Knit to Heal for people coping with health crises, like a cancer diagnosis or serious illness of a family member. Schools and prisons with craft programs report that they have a calming effect and enhance social skills. And having to follow instructions on complex craft projects can improve children’ s math skills.

I) Some people find that craftwork helps them control their weight. Just as it’ s challenging to smoke while knitting, when hands are holding needles and hooks, there’ s less snacking and mindless eating out of boredom.

J) I’ ve found that my handiwork with yarn has helped my arthritic(患关节炎的) fingers remain more dexterous(灵巧的) as I age. A woman encouraged to try knitting and crocheting after developing an autoimmune disease that caused a lot of hand pain reported on the Craft Yarn Council site that her hands are now less stiff and painful.

K) A 2009 University of British Columbia study of 38 women with an eating disorder who were taught to knit found that learning the craft led to significant improvements. Seventy-four percent of the women said the activity lessened their fears and kept them from thinking about their problem.

L) Betsan Corkhill, a wellness coach in Bath, England, and author of the book Knit

for Health & Wellness, established a website, Stitchlinks, to explore the value of what she calls therapeutic knitting. Among her respondents, 54 percent of those who were clinically depressed said that knitting made them feel happy or very happy. In a study of 60 self-selected people with persistent pain, Ms. Corkhill and colleagues reported that knitting enabled them to redirect their focus, reducing their awareness of pain. She suggested that the brain can process just so much at once, and that activities like knitting and crocheting make it harder for the brain to register pain signals. Perhaps most exciting is research that suggests that crafts like knitting and crocheting may help to keep off a decline in brain function with age. In a 2011 study, researchers led Dr. Yonas Geda at the Mayo Clinic in Rochester interviewed a random(随机的) sample of 1,321 people ages 70-89, most of whom were cognitively(在认知方面) normal, about the cognitive activities they engaged in late in life. The study, published in the Journal of Neuropsychiatry & Clinical Neurosciences, found that those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss.

M) Although it is possible that only people who are cognitively healthy would pursue such activities, those who read newspapers or magazines or played music did not show similar benefits. The researchers speculate that craft activities promote the development of nerve pathways in the brain that help to maintain cognitive health.

N) In support of that suggestion, a 2014 study by Denise C. Park of the University of Texas at Dallas and colleagues demonstrated that learning to knit or do digital photography enhanced memory function in older adults. Those who engaged in activities that were not intellectually challenging either in a social group or alone, did not show such improvements.

O) Given that sustained social contacts have been shown to support health and a long life, those wishing to maximize the health value of crafts might consider joining a group of like-minded folks. I for one try not to miss a single weekly meeting of my knitting group.

36. When the author was a college student, she found that knitting helped her concentrate.

37. Knitting can help people stay away from tobacco.

38. Even men and children are now joining the army of knitters.

39. Being a member of a crafts group enhances one's health and prolongs one's life.

40. Knitting diverts people's attention from their pain.

41. The author learnt to knit as a teenager, but it was not until she was much older that she became keenly interested.

42. When people are knitting, they tend to eat fewer snacks.

43. Survey findings show that knitting can help people relieve stress.

44. According to a study, knitters and crocheters are less likely to suffer mild cognitive damage.

45. The products of knitting can increase one's sense of self-respect.

词汇拓展： 请将文中生词整理誊写至下面区域

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The center of American automobile innovation has in the past decade moved 2,000 miles away. It has 26 from Detroit to Silicon Valley, where self-driving vehicles are coming into life.

In a 27 to take production back to Detroit, Michigan lawmakers have introduced 28 that could make their state the best place in the country, if not the world, to develop self-driving vehicles and put them on the road.

“Michigan’s 29 in auto research and development is under attack from several states and countries which desire to 30 our leadership in transportation. We can’t let happen,” says Senator Mike Kowall, the lead 31 of four bills recently introduced.

If all four bills pass as written, they would 32 a substantial update of Michigan’s 2013 law that allowed the testing of self-driving vehicles in limited conditions. Manufacturer would have nearly total freedom to test their self-driving technology on public roads. They would be allowed to send groups of self-driving cars on cross-state road trips, and even set on-demand 33 of self-driving cars, like the one General Motors and Lyft are building.

Lawmakers in Michigan clearly want to make the state ready for the commercial application of self-driving technology. In 34, California, home of Silicon Valley, recently proposed far more 35 rules that would require human drivers be ready to take the wheel, and commercial use of self-driving technology.

- | | |
|----------------|----------------|
| A) bid | I) replace |
| B) contrast | J) represent |
| C) deputy | k) restrictive |
| D) dominance | L) reward |
| E) fleets | M) significant |
| F) knots | N) sponsor |
| G) legislation | O) transmitted |
| H) migrated | |

选词填空冲刺 2 答案见最后一页

Just because they can't sing opera or ride a bicycle doesn't mean that animals don't have culture. There's no better example of this than killer whales. As one of the most __26__ predators (食肉动物), killer whales may not fit the __27__ of a cultured creature. However, these beasts of the sea do display a vast range of highly __28__ behaviors that appear to be driving their genetic development.

The word "culture" comes from the Latin "colere," which __29__ means "to cultivate." In other words, it refers to anything that is __30__ or learnt, rather than instinctive or natural. Among human populations, culture not only affects the way we live, but also writes itself into our genes, affecting who we are. For instance, having spent many generations hunting the fat marine mammals of the Arctic, the Eskimos of Greenland have developed certain genetic __31__ that help them digest and utilize this fat-rich diet, thereby allowing them to __32__ in their cold climate.

Like humans, killer whales have colonized a range of different __33__ across the globe, occupying every ocean basin on the planet, with an empire that __34__ from pole to pole. As such, different populations of killer whales have had to learn different hunting techniques in order to gain the upper hand over their local prey (猎物). This, in turn, has a major effect on their diet, leading scientists to __35__ that the ability to learn population-specific hunting methods could be driving the animals' genetic development.

A) acquired

B) adaptations

C) brutal

D) deliberately

E) expressed

F) extends

G) habitats

H) humble

I) image

J) literally

K) refined

L) revolves

M) speculate

N) structure

O) thrive

Questions 26 to 35 are based on the following passage. 答案见最后一页

When travelling overseas, do you buy water in plastic bottles or take your chances with tap water? Imagine you are

wandering about on a Thai island or 26 the ruins of Angkor. It's hot so you grab a bottle of water from a local vendor. It's the safe thing to do, right? The bottle is 27, and the label says "pure water". But maybe what's inside is not so 28. Would you still be drinking it if you knew that more than 90 percent of all bottled water sold around the world 29 microplastics?

That's the conclusion of a recently 30 study, which analysed 259 bottles from 11 brands sold in nine countries, 31 an average of 325 plastic particles per litre of water. These microplastics included a 32 commonly known as PET and widely used in the manufacture of clothing and food and 33 containers. The study was conducted at the State University of New York on behalf of Orb Media, a journalism organisation. About a million bottles are bought every minute, not only by thirsty tourists but also by many of the 2.1 billion worldwide who live with unsafe drinking water.

Confronted with this 34, several bottled-water manufacturers including Nestle and Coca-Cola undertook their own studies using the same methodology. These studies showed that their water did contain microplastics, but far less than the Orb study suggested. Regardless, the World Health Organisation has launched a review into the 35 health risks of drinking water from plastic bottles.

A) adequate	I) natural
B) admiring	J) potential
C) contains	K) released
D) defending	L) revealing
E) evidence	M) sealed
F) instant	N) solves
G) liquid	O) substance
H) modified	

26.H 27.A 28.G 29.D 30.I 31.N 32.J 33.E 34.B 35.K

26. C 27.I 28.K 29.J 30.A 31.B 32.O 33.G 34.F 35.M
 26.B 27.M 28.I 29.C 30.K 31.L 32.O 33.G 34.E 35.J