**阅读专项练习5**

**(A)**

One way people are responding to food safety concerns is by growing their own food. However, not everyone lives on property with enough space for a private plot. One solution is community gardens, which have become popular worldwide, numbering 18,000 in North America alone. In addition to providing low-cost, delicious food, these public spaces offer cities a range of other benefits.

Community gardens are located in a town or city and tended by local residents. Often, the land is on a vacant lot owned by the city. The site is divided into manageable plots, which may be tended by individuals or by the garden's members collectively. Since the land is usually publicly owned, the cost for gardeners to lease it is minimal. In fact, New York City, which is home to more than 750 community gardens tended by more than 20,000 members, charges people just $1 a year to lease a plot. Other costs involve soil, tools, seeds, fencing, and so on. However, because they're shared by many people, individual gardeners pay very little.

A community garden can quickly pay off, in terms of delicious fruits and vegetables, in addition to beautiful flowers. Excess produce can be sold for a profit at farmers markets. But a garden's benefits don't stop there. They also beautify cities, foster strong relationships among residents, and lower an area's crime rate. Award-winning spaces like London's Culpeper Community Garden even attract tourists. Beautiful and affordable, community gardens are often described as **oases** in crowded cities.

56. Community gardens are designed for those who \_\_\_\_\_\_.

A. are concerned about food safety

B. live in a house with a private plot

C. can’t afford to buy organic food

D. don’t have their own property

57. New York City \_\_\_\_\_\_.

A. is owned by 20,000 individual gardeners

B. charges residents a lot to lease tools and fencing

C. contains more than 750 community gardens

D. is tended by professional gardeners and local residents

58. What’s the benefit of community gardens?

A. People can enjoy safe and delicious vegetables and animal meat.

B. Residents are more familiar and related with each other.

C. The neighborhood is becoming safer but of lower taste.

D. People can make some profits from the visiting tourists.

59. The underlined word “oases” is closest in meaning to \_\_\_\_\_\_.

A. cultural and art centers B. popular platforms for exchanges

C. peaceful and safe lands D. commercial and prosperous places

**(B)**

**African Safari**

***Essential information you need to know before booking your African Safari in Southern Africa – These tips will enhance the experience that you have***

***Things to Consider Before Booking an African Safari***

***1) Book in Advance***

African Safaris are now hugely popular and good safari camps often get booked out more than a year in advance, especially during the high season from July through to October. [**Show more...**](javascript:toggle1();)

***2) Choosing which game park***

Different parks have different topography and weather patterns - this greatly affects animal movements at different times of the year. If you want to target certain species of animals, then some parks are better than others for certain species. [**Show more...**](javascript:toggle2();)

***3) Choosing which lodge or safari camp***

A typical safari camp has between 10 and 20 beds, it is an intimate safari experience and very personalised. However, there are also hotels in some places, either inside or just outside a national park, which can sleep anything up to 300 people. [**Show more...**](javascript:toggle3();)

***4) Guiding***

The quality, experience and knowledge of the game guides at any Safari camp is almost the most important factor to consider. Good guides can transform your experience from ordinary to exceptional. [**Show more...**](javascript:toggle5();)

***5) What's the Best Time of Year to go on Safari***

Understandably as the seasons change so does the safari experience. It is highly advisable to find out the best time of year for the safari area that you are intending to visit. Prices will change dramatically between the high and the low season, so good deals are to be had in the low season but it is important to know the difference, as your experience will be vastly different. [**Show more...**](javascript:toggle6();)

***6) The Price***

Going on safari is not cheap whichever way you do it, but the price range can be enormous. Unfortunately, safaris in most cases are a case of “you pay for what you get”. [**Show more...**](javascript:toggle7();)

***7) Fly-in safari or not***

Using small charter planes is sometimes an absolute necessity for camps in remote areas, where road transfers are just not practical or viable. These flights can increase the overall cost of the safari substantially but generally they are worth it and allow you the flexibility to visit a variety of safari camps in different locations. [**Show more...**](javascript:toggle9();)

***8) Use an Agent***

As you can see from all the information and options detailed above, there is great deal to understand and unless you go on safari several times a year it is impossible to know all this stuff. [**Show more...**](javascript:toggle11();)

[**CONTACT US NOW TO HELP YOU PLAN YOUR SAFARI**](http://www.victoriafalls-guide.net/safari-itinerary-enquiry.html)

We are qualified travel agents who know this area intimately!

Click on the below buttons for some fantastic safari ideas

60. Which is a determining factor in choosing a Safari camp?

A. Means of transport. B. Accommodation.

C. Weather patterns. D. Game guides.

61. John is planning to have an African Safari in August 2018. He should book it in \_\_\_\_\_\_.

A. July 2018 B. January 2018

C. July 2017 D. October 2017

62. Which of the following is **FALSE** about African Safari?

A. You can have a good price but same experience if you travel in low season.

B. If you visit different camps in remote areas, flights may be unavoidable.

C. The more money you pay, the better experience you’ll get.

D. Not all the parks have the same species of animals.

**(C)**

A busy brain can mean a hungry body. We often seek food after focused mental activity, like preparing for an exam. Researchers think that heavy bouts of thinking drain energy from the brain, whose capacity to store fuel is very limited.

So the brain, sensing that it may soon require more calories(卡路里) to keep going, apparently stimulates bodily hunger, and even though there has been little in the way of physical movement or calorie consumption, we eat. This process may partly account for the weight gain so commonly seen in college students.

Scientists at the University of Alabama at Birmingham and another institution recently experimented with exercise to **counter** such immoderately post-study food consumption.

Gary Hunter, an exercise physiologist at U.A.B., oversaw the study. Hunter notes that tough activity both increases the amount of blood sugar and lactate(乳酸盐) — a byproduct of intense muscle contractions(收缩) — circulating in the blood and increases blood flow to the head. Because the brain uses sugar and lactate as fuel, researchers wondered if the increased flow of fuel-rich blood during exercise could feed an exhausted brain and reduce the urge to overeat.

Thirty--eight healthy college students were invited to U.A.B.’s exercise lab to report what their favorite pizza was. At a later date, the volunteers returned and spent 20 minutes dealing with selections from college and graduate--school entrance exams. Next, half the students sat quietly for 15 minutes, before being given pizza. The rest of the volunteers spent those 15 minutes doing intervals on a treadmill: two minutes of hard running followed by about one minute of walking, repeated five times. Hunter says, that should stimulate the release of sugar and lactate into the bloodstream. These students were then allowed to gorge on pizza, too. But by and large, they did not overeat. In fact, the non-exercisers, however, consumed about 100 calories more.

The study has limitations, of course. We only looked at lunch, Hunter says; the researchers do not know if the runners consumed extra calories at dinner.　　　　They also cannot tell whether other types of exercise would have the same effect as running, although Hunter says they suspect that if an activity causes someone to break into a sweat, it should also increase blood sugar and lactate, feeding the brain and weakening hunger’s call.

63. According to the passage, \_\_\_\_\_\_ may cause many college students to overeat and gain weight.

A. a lot of energy-consuming mental activities

B. numerous physical movements or calorie burning

C. failure to resist the temptation of delicious food

D. bodily hunger caused by physical growth

64. The underlined word “counter” is closest in meaning to \_\_\_\_\_\_.

A. stimulate B. maximize C. balance D. prevent

65. What can be inferred from the passage?

A. Running is more beneficial than walking.

B. Sweating in exercise can make people hungrier.

C. The amount of blood sugar and lactate can affect people’s appetite.

D. When the brain feels exhausted, people tend to do exercise for relaxation.

66. Which of the following statements is **FALSE**?

A. Mental activities can make people feel hungry.

B. Physical exercise can make people refreshed and stay hungry.

C. Sugar and lactate can help energize and restore people’s brain.

D. It’s uncertain what types of exercise can effectively feed the brain.

**（D）**

|  |
| --- |
| A. When something comes from within you, you always try your best to analyze it in a scientific  way.  B. Psychologists call this private speech -- language that is spoken out loud but directed at yourself.   1. C. So words to the self, spoken silently or aloud, are so much more than just chatter. 2. D. We keep the private speech we use as children inside -- but we never truly put away the out-loud 3. version.   E. According to the well-known saying, talking to yourself is the first sign of madness.   1. F. Self-talk is efficient because when we are vocal about our thoughts, it makes a larger impact on 2. our brain. |

Self-talk helps us all

Talking to yourself may seem a little shameful. If you've ever been overheard criticizing yourself for a foolish mistake or practicing a speech, you'll know the social problems it can cause. \_\_\_\_\_\_\_\_\_\_67\_\_\_\_\_\_\_\_\_\_

But there's no need for embarrassment. Talking to ourselves, whether out loud or silently in our heads, is valuable. Far from being a sign of insanity, self-talk allows us to plan what we are going to do, manage our activities and control our emotions.

For example, take a trip to any preschool and watch a small girl playing with her toys. Your are very likely to hear her talking to herself: offering herself directions and talking about her problems. \_\_\_\_\_\_\_\_\_\_68\_\_\_\_\_\_\_\_\_\_ We do a lot of it when we are young.

As children, according to the Russian Psychologist LevVygotsky, we use private speech to control our actions in the same way that we use public speech to control the behavior of others. As we grow older, we keep this system inside.

Psychological experiments have shown that this so-called inner speech can improve our performance in tasks like telling what other people are thinking. Our words give us an interesting view of our actions. One recent study suggested that self-talk is most effective when we talk to ourselves in the second person: as "you" rather than "I".

\_\_\_\_\_\_\_\_\_\_69\_\_\_\_\_\_\_\_\_\_ If you want proof, turn on a sports channel. You're sure to see an athlete shouting at himself or herself.

Talking to ourselves seems to be a very good way of solving problems and working through ideas. Hearing different points of view means our thoughts can end up in different places, just like a regular dialogue, and might turn out to be one of the keys to human creativity.

Both kinds of self-talk -- silent and out loud -- seem to bring many different benefits to our thinking. \_\_\_\_\_\_\_\_\_\_70\_\_\_\_\_\_\_\_\_\_