

# No green peace

植物远比你想象的更神奇!

PAGE 4

Plants may be quiet but they are not still. They fight, defend and help each other.



## Pressing topics

“Z世代”热议两会话题

Gen Zers share their thoughts about the two sessions.

PAGE 7



## Turning red

皮克斯探索成长的烦恼

Whenever Mei Lee is stressed, she turns into a red panda.

PAGE 8

## Uneasy sleep

为什么越玩手机越睡不着?

What happens when we play with our phones before bedtime? PAGE 6

### TEENS 使用指南

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XINHUA PHOTOS

## XI'S WORDS | 英语 豪猪

**Food security is among a country's most fundamental interests. Of all things, eating matters most.**

Xi Jinping.

Chinese President

“粮食安全是‘国之大者’。悠悠万事，吃饭为大。”

3月6日，国家主席习近平看望了全国政协十三届五次会议的农业界、社会福利和社会保障界委员并参加联组会。

在会上，习总书记指出，粮食安全是“国之大者”。悠悠万事，吃饭为大。民以食为天（food is the most basic necessity of the people）。经过艰苦努力，我国以占世界9%的耕地、6%的淡水资源，养育了世界近1/5的人口，从当年4亿人吃不饱到今天14亿多人吃得好，有力回答了“谁来养活中国”的问题（this is a powerful answer to the question “Who will feed China?”）

Fundamental 指“十分重大的，最根本的”。Matter 作动词，指“事关紧要”。例如，it doesn't matter 意为“没关系”。

两会是中国每年举行的重要政治会议。今年，两会将在三月四日至十一日期间举行。会议讨论了与经济和社会发展有关的议题。关于其中一些话题，习主席在不同场合有过多次论述，让我们一起来看看。

- 中国经济是一片大海，而不是一个小池塘。狂风骤雨可以掀翻小池塘，但不能掀翻大海。

The Chinese economy is not a pond, but an ocean. Big winds and storms may upset a pond, but never an ocean.

——2018年11月5日，出席首届中国国际进口博览会开幕式并发表主旨演讲

- 教育兴则国家兴，教育强则国家强。

A thriving education makes a thriving country, while a powerful education makes a powerful country.

——2018年5月2日，到北京大学考察并与师生座谈

- 人民至上、生命至上，保护人民生命安全和身体健康可以不惜一切代价。

People's life and health should be considered as the top priority. We are willing to protect people's life and health at all costs.

——2020年5月22日，参加十三届全国人大三次会议内蒙古代表团审议时强调

TEENS

# Paralympic dreams

## 冬残奥运动员插上“隐形的翅膀”



词数 120

建议阅读时间 4分钟

The Beijing 2022 Winter Paralympics took place from March 4 to 13. About 600 athletes from around the world *competed* (竞争) in 78 events. China sent its largest team, including 68 male (男性的) and 28 female athletes.

During the Paralympics, athletes took to the ice and snow, showing skills and breaking world *records* (纪录). They cheered for each other and *overcame* (战胜) difficulties. Their spirit has encouraged millions. China brought home the most

*medals* (奖牌) in the country's Winter Paralympics history.

Beijing worked hard to create a *disability-friendly* (残疾人友好型) environment for athletes, and got praise from the International Paralympic Committee (IPC). The country has about 85 million people with disabilities. In 2021, 23.9 percent of them took part in cultural and sports activities, according to a white paper on China's paraports.

TEENS

# Meet Percy the porcupine

## 美国展出世界上最大的豪猪木偶



What a giant *porcupine* (豪猪)! Don't worry. It's a *puppet* (木偶) named Percy. Standing at about two *stories* (层) tall, it might be the world's largest animal puppet, said the Los Angeles Times.

With 2,000 *quills* (刺) in its body, Percy has a big nose the size of a small car. After more than 20,000 hours, Percy was brought to life. It takes four *puppeteers* (操纵木偶的人) to move its eyes and mouth.

On March 1, Percy made a stop in Los Angeles to meet students there. Then she headed to the San Diego Zoo.

TEENS



VCG

A LOOK OUTSIDE | 异国同龄



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Ashlyn So fights against Asian hate. ASHLYNSO.COM

# Standing together

美国女孩倡导将亚裔历史纳入美国教材

词数 200 测试见IV版
建议阅读时间 6分钟


You're never too young to fight for the right thing, and 14-year-old American Ashlyn So is showing this. She has done a lot of work in the "Stop Asian Hate" movement (运动). Because of this, she was named one of Seventeen magazine's Voices of Change.

So is an Asian American. She saw *hatred* (仇恨) toward those in her community. In January 2021, a teenager ran up to Vichar Ratanapakdee. He pushed the elderly Thai man to the ground. Ratanapakdee died **as a result**.

Like many others across the country, So was angry. The next month, she *organized* (组织) her first "Stand for Asians" rally (集

会). It took place in San Mateo Central Park, California. Around 300 people came to watch her speak.

"I used to be really shy," she told Seventeen. "But this situation has given me a lot of energy. I saw what was going on, and I knew I had to say something about it. I could no longer be **quiet**."

Since then, she has called for teaching Asian-American history in schools. She wants to *remind* (提醒) everyone that Asian-American history is a big part of American history. It's important for young people to learn about the *discrimination* (歧视) that her community has faced. **TEENS**

STAR LETTER | 青春随笔



Athlete Li Duan at the opening ceremony. XINHUA

# Lighting up the human spirit

观冬残奥会开幕式有感



词数 150 建议阅读时间 5分钟

Li Duan can't see the light, but he lit up the sky at the opening ceremony (仪式) of the Beijing 2022 Paralympic Winter Games. Watching Li on TV, I was deeply moved.

Hundreds of athletes from different countries and regions competed on the stage of the Paralympics. They take part in events like para ice hockey, wheelchair curling and para snowboard.

"Courage, determination, inspiration

I REVIEW | 书影酷评

## Warmth in dark times

这部电影记录了疫情中的伤痛和温暖

😊😊 词数 180 建议阅读时间 6分钟

Recently, I saw a film called *Embrace Again* (《穿过寒冬拥抱你》). It really touched me. It shows how common people helped each other during the early days of the COVID-19 pandemic in Wuhan.

One story is about a *food delivery* (外卖员) woman named Wu Ge. When she sends some medicine to a piano teacher named Ye Ziyang, Ye passes out. Wu is afraid because she isn't sure if he has COVID-19. But she still chooses to send Ye to the hospital. Later, the two become good friends and experience a lot together.

Another story is about A Yong, a deliveryman. He *organizes* (组织) a team of volunteers to help send *goods* (货物) to hospitals. Even though he cannot be with his family during Spring Festival, his son, an animation fan, sees him as a superhero.

Besides, there are also many funny parts that make you laugh. These everyday heroes have their own problems and worries. This makes the stories more closely *connected* (连接的) with us.

The pandemic is not yet over. The movie might be a good *reminder* (提醒) that we still need to look out for each other.

BY LIU YICHUAN, 14, NANHAI EXPERIMENTAL MIDDLE SCHOOL, GUANGDONG



ALIBABA PICTURES

and equality" are the *values* (价值观念) of the Paralympic Games. These athletes with *disabilities* (残疾) are brave. They work so hard and never give up.

With a strong mind, an athlete is full of power. Everyone at the Games is a hero. We should be kind and warm to them, and learn from their spirit.

BY WANG RUIHAN, 12, BEIJING 171 MIDDLE SCHOOL

TUTOR: ZHANG JING

## Meet England's longest, best-known river

你了解泰晤士河吗? 😊 词数 150 测试见IV版  
建议阅读时间 5分钟

The River Thames is the longest river in England and the second longest in the United Kingdom, after the River Severn. But the Thames is the most famous. That's probably (或许) because it's in London, the capital city. The Thames goes through London and other parts of the south of England.

Some of the best-known places in London are by the Thames: the Big Ben clock on the north side of the river; the London Eye on the south side, with its view (风景) of the city; and St Paul's Cathedral (圣保罗大教堂), which had to be built again after the Great Fire of London in 1666. Some of the many bridges over the River Thames are also famous: Westminster Bridge, Tower Bridge and Millennium Bridge.

It's famous for art, too. Some of the UK's most well-known artists have painted the Thames, including Turner and Constable in the 18th and 19th centuries (世纪). Turner is famous for painting water – the sea and rivers – while Constable is famous as a painter of fields (田野) and forests.



The Tower Bridge crosses the River Thames. BRITISH COUNCIL



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### NEWS BITE | 环球趣闻

## Little boy gets a big toy

英国男子为儿子造可爱微型消防车 😊

Declan is a 7-year-old boy from the UK. He loves *Fireman Sam*, a British cartoon TV series. His dad, Chris Purdy, built him a mini working fire engine! He bought a child-sized fire truck online. Then, he added a five-year-old *mobility scooter* (电动代步车) to it. Finally, he added lights and accessories (配件). Purdy spent three months building the fire truck. It can even go 8 miles per hour (12 kph). Declan loves his new vehicle and he asks to ride it every weekend.



Declan (right) and his father on their working fire engine. TEENS



## Watch plants fight for sunlight

原来植物也会竞争、防御、合作 😊 词数 360 测试见IV版  
建议阅读时间 12分钟

"Plants are the basis of all life, including ourselves. We depend upon (依赖) them for every mouth of food that we eat and every lungful (一大口) of air that we breathe."

David Attenborough said this at the beginning of *The Green Planet* (《绿色星球》), a BBC documentary series about plants. He's right. It is plants that bring us fruits and vegetables. Plants also give us the oxygen (氧气) we need.

But do you know enough about plants? *The Green Planet* shows the secret (秘密) lives of plants as we have never seen before. Though they can't walk or talk, they act like animals in many ways.

### Fighting

Plants fight against each other to live. In tropical (热带的) forests, they fight for sunlight. The forest floor is like a battlefield (战场). Only two percent of the sunlight gets to it, according to the series. A *Monstera* (龟背竹属植物) spreads (伸展) its big leaves to reach sunlight. At the same time, a *vine* (藤本植物) catches it to get a ride. But a *balsa* (轻木) tree wins over both of them because it grows faster.

### Helping each other

Plants also help each other and even communicate. In deserts, the roots (根) of *Euphrates poplar* (胡杨) are connected (相连接的). If a tree finds water, it will share it with others through the roots. Studies also show that plants use *fungus* (真菌) in the soil (土壤) as a way to "talk" to each other. It's kind of like how Wi-Fi works. If a tomato plant gets a leaf disease (疾病), it tells nearby plants about it.

### Defending

Each kind of plant has its own ways to protect itself. Some trees make *poisonous sap* (有毒的汁液). Some flowers give off a bad smell. The documentary shows us a *corpse flower*. It grows a meter wide. Looking closely, it has *whiskers* (须) and teeth. Its *petals* (花瓣) are the color of blood. More dangerously, it gives off a *pungent* (刺鼻的) smell to keep animals away. Attenborough calls it "the pungent smell of death". TEENS

### Why are plants important?



- Plants take in carbon dioxide (二氧化碳) and make oxygen (氧气) humans and animals need.
- Plants make 98% of the oxygen we breathe.



- The world's food supply (供应) depends on about 150 plant species.
- Just 12 plant species provide three-quarters of the world's food.



- Plants help clean water and reduce floods.
- A mature (成熟) evergreen (常绿) tree can hold more than 15,000 liters of water per year, reducing the risk of flooding.



- Some plants are useful as medicines.
- About 60% of the world's population relies on herbal (草本的) medicines.



- Plants provide habitats for animals and humans.
- Rainforests (雨林) only cover a small part of Earth's surface, yet they contain (容纳) more than half of the known species of animals and plants.



- Plants balance our climate. They help take carbon dioxide out of the atmosphere, which can slow down global warming.



- A 2015 study showed that indoor plants can reduce stress. Plants can also help you stay focused (精力集中) and work efficiently.

SOURCES: WORLD HEALTH ORGANIZATION, PLANET HEALTH ACTION, THE GREEN PLANET  
GRAPHICS BY LI YANG

### CLASSIC READING | 经典阅读

## Far from home, a writer's sad poem

### 春望

(唐 · 杜甫)

国破山河在，城春草木深。

感时花溅泪，恨别鸟惊心。

烽火连三月，家书抵万金。

白头搔更短，浑欲不胜簪。



### Spring View

On war-torn land streams flow and mountains stand;

In vernal town grass and weeds are overgrown. Grieved over the years, flowers make us shed tears;

Hating to part, hearing birds breaks our heart. The beacon fire has gone higher and higher; Words from household are worth their weight in gold.

I cannot bear to scratch my grizzled hair; It grows too thin to hold a light hairpin.

(Translated by Xu Yuanchong)

Poet Du Fu (712-770) wrote this famous poem in springtime. At that time, An Lushan's rebel army (叛军) caught him. They locked him up in Chang'an, the capital city of the Tang Dynasty (618-907). The poem shows his love for his motherland and how he missed his family.

The poet used *imagery* (意象) of flowers and birds to express his feelings and this is seen as *classic*. He saw flowers come to life in spring, but the broken country could not be easily restored (恢复). This made him cry.

The birds were singing freely, while the poet lost his freedom. He was alone without any families or friends. So the birds' singing made him panic (惊慌). This shows that he missed his family. The sad feelings went deeper in the next lines. As the war (战争) was going on, it was hard to get letters from family members. Thus, the letters were as valuable (有价值的) as gold.

诗歌翻译追求“音美”，表现之一就是押韵。在本诗翻译中，第二句押韵，grieved和hating引导的从句组成两个工整的押尾韵years and tears, part and heart。在翻译“烽火连三月”时，许渊冲先生用has gone higher and higher来表示，非常巧妙。关于“三月”的理解历来有多种解释，其中一种是说“三”是概数词，形容时间长。许先生采用了这种解释，没有说具体的几个月，只突出战争持续时间长。



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WORLD LENS | 图行天下



### Surprise! Sand 'flower' found on the Red Planet

NASA's Curiosity rover (火星车) has worked on Mars for 10 years. Recently, it found a little surprise: a sand "flower". It's just 1 centimeter wide. The "flower" is actually a rock with a *unique* (独特的) shape. Minerals (矿物质) inside water helped make it. We can find similar "flowers" in deserts (沙漠) on Earth. This finding shows that there might have been water on Mars.

TEENS

# Switch off for a good sleep

**睡前玩手机会导致失眠吗？**

词数 150 测试见IV版  
建议阅读时间 5分钟



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Playing with your phone before bedtime makes it hard to sleep. TUCHONG

Do you play with your phone before bedtime? You may want to read a book instead. According to a US study, looking at screens at night can cause us to sleep poorly.

In the evening, our bodies make *melatonin* (褪黑素). Melatonin helps us feel **sleepy** and relaxed. It's an important part of our sleep *cycle* (周期). Our electronic screens stop that cycle from working *normally* (正常地).

Why? Phones, computers and TVs make blue light. Blue light stops our bodies from making melatonin. Even just a little bit of blue light can have an *effect* (影响). Eight minutes of blue light can keep your *brain* (大脑) "awake" for another hour, according to the study. Even if you fall asleep, you may have lots of dreams. Your brain won't have a good rest.

It's even worse if you play an exciting game before bed. Games make our hearts **beat** faster, so we have a harder time falling asleep. Then, when we fall asleep, we don't get enough "deep sleep".

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### Use these tips to get a good night's sleep

Have a relaxing routine every night. Take a warm shower or read a book.



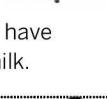
Sleep in a dark, quiet room that is not too warm or too cold.

Count sheep. It's the oldest trick, and it can actually work!



Don't eat a big meal or have caffeine. Instead, drink milk.

Don't run around or exercise three hours before bedtime.



### Battling e-waste

E-waste is the world's fastest-growing type of waste.



E-waste doesn't only come from computers but other *electronics* (电子产品) as well.



In 2019, the world *produced* (生产) 53.6 million tons of e-waste.

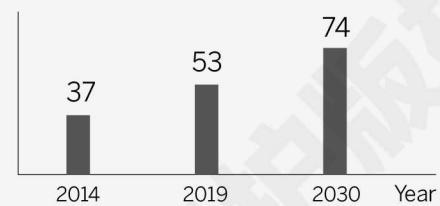
All adults in Europe

E-waste in 2019



The world's e-waste will reach 74.7 million tons by 2030. That's almost a *doubling* (两倍) of e-waste in just 16 years.

E-waste (million tons)



Today, only 15 – 20 percent of all e-waste is collected and recycled (回收利用).



### Why should we recycle e-waste?



E-waste has many valuable things in it, such as gold, silver and copper.

One smartphone battery (电池) can pollute 600,000 liters (升) of water.



### What can we do?

- Try to *repair* (修理) your electronics instead of buying new ones.
- Check for recycling organizations (机构) and donate your broken electronics.
- Tell others to recycle e-waste.



During the *two sessions* (两会), people around the world talk about *issues* (话题) facing China. What issues do Generation Z (people born between 1995 and 2010) care about? TEENS did a *survey* (调查) to find out.

The survey lists 10 *categories* (类别), from social issues to education and culture. Each of them has a few *sub-issues* (子话题). As of March 10, more than 1,300 Gen Zers had taken part in the survey, including some from other countries. Let's take a look.

# Which issues interest Gen Z?

## “Z 世代”对这些大事有话说!

### No 1: Mental health of minors

According to the Report on National Mental Health Development in China (2019-2020), the *rate of depression* (抑郁率) among minors was nearly 25 percent, with 7.4 percent described as having “*major* (严重的) depression”. In November 2021, the Ministry of Education included *screening* (筛查) for depression in students’ health checks. The survey shows that teenagers think it’s time to deal with the problem.

“Some of my friends felt more and more stress from their parents’ high *expectations* (期待), as well as being *compared* (比较) with others. I saw they laughed less and less. We really need help with stress. My school has a *psychology* (心理) class every week. I suggest more, such as a *counseling hotline* (咨询热线) and more counselors.”

- Zhang Kexin, 14, from Beijing

### No 2: Promoting traditional culture

President Xi Jinping said: “Culture is a country and nation’s soul.” In 2019, China picked about 2,000 primary and middle schools for the *inheritance* (继承) of fine traditional Chinese culture, Xinhua reported. Schools try to *promote* (弘扬) traditional culture to students through

different activities.

“My school set up many clubs to help students understand the importance of traditional culture. I joined a paper-cutting workshop (工坊) and a hanfu club. I have learned a lot. Take paper-cutting as an example. It has not only helped me practice my *handicraft* (手工) skills but also let me know the beauty of art. It’s our duty to pass this great art to future generations (一代人).”

- Zhao Yan, 13,  
Liaoning Riwan Middle School

### No 3: Military talent cultivation

In 2021, President Xi Jinping pointed out that talent holds the key to the *high-quality* (高质量) development of the Chinese army (军队). He called for improving soldiers’ *scientific literacy* (科学素养) and *technological* (科技的) know-how.

“My grandfather used to be a soldier working on *submarines* (潜艇) and he got a *second-class merit* (二等功) for his excellent work. Since I was a little boy, I have heard a lot of war stories from him. He told me that today’s war is different as it is more about military talents and technology than just

### Top 5 topics in survey



SOURCE: TEENS, MARCH 2022

*weapons* (武器). Talents can make good use of *information* (信息) and technology to give their own country an *edge* (优势) in future wars. A talented army can decide the future of a country.”

- Zhang Hangming, 14,  
Tianjin TEDA No 1 Middle School

## More teenagers share their thoughts



It’s important for China to build “national fitness”. I love *rope skipping* (跳绳) and playing ping-pong. Doing exercises gives me

*energy* (活力) and makes me feel happy. However, some students are too busy with studies to do any exercises. They get sick easily. We should do more exercises to build *physique* (体质). Only strong people can build a strong nation.

- YIN PEIXIN, 11, WUHAN GANGHUA PRIMARY SCHOOL



I care about COVID-19 prevention and control measures (防治措施). I’m now studying in the UK. In February, the UK government ended *quarantine* (隔离) rules. It means that COVID-19 patients can go out. This would never happen in China! I think China’s “*dynamic zero-case*” policy (动态清零政策) sounds more *responsible* (负责任的). A country should protect its people in a pandemic.

- KEVIN XU, 16, BEDFORD SCHOOL, UK



The issue of environmental protection has caught my eye. The water in Tushan Lake, a lake near my school, used to be clear and people could swim in it. Now, because of pollution, the water has turned dark green, and you can see *duckweeds* (浮萍) and *oil floating* (漂浮) in it. We really feel sad about it. We hope one day we can make it clear again.

- WU LIJIE, 14, CHONGQING NO 2 FOREIGN LANGUAGE SCHOOL



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# Growing pains

Mei Lee turns into a red panda whenever she is stressed. PIXAR

## 《青春变形记》呈现别样成长故事



词数 160

建议阅读时间 5分钟

*Turning Red* is like no Pixar film before it. It is the first to be solely directed (导演) by a woman – Chinese-Canadian animator Domee Shi. It's also the first Pixar animation to have a heroine (女主角) from an Asian family. The film came out on Disney+ on March 11.

It tells the story of a Chinese-Canadian girl named Mei Lee. She is a straight-A student, but she has some problems. For example, her tiger mom has very high standards (标准) for her. Mei doesn't know if she should speak up or hide her feelings. One day, she finds that she turns into a big red panda when she is stressed.

"Mei Lee is this bubbly (活泼的), confident (自信的) but super dorky (呆呆的) 13-year-old Asian kid in Canada," director

Shi told The Wrap, "and what does that look like? What does her world look like? We really wanted the audience (观众) to feel what Mei's feeling."

TEENS

## Behind the film

The visual (视觉的) style of *Turning Red* is special. It uses soft pastel colors (淡彩色系). "I really feel like that captures (捕捉) the spirit of Mei," said Shi. The film team also learned a lot from the animes *Sailor Moon* (《美少女战士》) and *Ranma 1/2* (《乱马1/2》). The director watched these Japanese cartoons when she was Mei's age in the early 2000s.

TEENS

# A darker Batman story

## 《新蝙蝠侠》：走进超级英雄的幽暗过往



词数 140

建议阅读时间 4分钟

The hero of Gotham City returns. *The Batman* (《新蝙蝠侠》) is set to come out in Chinese mainland theaters on March 18.

The latest Batman is played by British actor Robert Pattinson. The 35-year-old is the youngest person to play Batman on the big screen.

The film tells the story of Bruce Wayne's double life. By day he is an antisocial billionaire (反社会的亿万富翁). At night he puts on a black cape (斗篷) and mask. He secretly protects (保护)

his city as Batman.

Along with a new actor, the film brings something new to the franchise (系列电影). It shows a darker side of Wayne's story. The film tells how he is troubled by his sad past. Because of the death of his parents, Wayne became obsessed (沉迷) with fighting crime (犯罪). But this might not be the best for him.

The new story makes fans excited. They also hope for more films in the future.

TEENS



A poster of *The Batman* DC

## 顶流

### A-lister

Because of the Beijing Winter Olympics and Paralympics, mascots Bing Dwen Dwen and Shuey Rhon Rhon have become A-listers. The former (前者) is a round-bodied panda covered in a layer of ice. The latter is a red lantern with snow on it. Keychains (钥匙链), dolls and other products (商品) with the mascots on them have sold well. Many internet users said they wish to own at least one.

伴随着北京冬奥会和冬残奥会，吉祥物冰墩墩和雪容融成为顶流，“一墩一融”甚至成为微博热搜话题。“顶流”用英文表示就是 a top-level celebrity with a huge fan base/ large following；简单点则可以用 top star 或者 A-lister 表示，后者也可翻译成“一线明星”。



XINHUA

## 逆袭

### turn the tables

The world welcomes a young Chinese chess talent. Lu Miaoyi, a 12-year-old from Hangzhou, won the IM ASK 5 chess tournament in Serbia on Feb 20. This helped her win the title of Woman International Master. Lu was the youngest player and the only girl in the tournament. Seen as an underdog, she surprised everybody with the win.

12岁中国女孩鹿妙夷成为了国际象棋女子国际大师。在塞尔维亚举行的IM ASK 5国际象棋公开赛中，她是全场唯一的女棋手，也是年龄最小的棋手。然而在高手云集的比赛中，她以黑马之姿一举逆袭夺冠。Turn the tables 可以表示“逆袭”、“扭转局势”。而“黑马”则可用 dark horse 或者 underdog 表示。

TEENS

## 各版语言点集萃

### 点词成金

#### Page 3

**as a result** 结果，因此

用法：一般置于句首，并与后面的句子用逗号隔开。区别：as a result of sth 由于……的原因。

He didn't study hard. As a result, he didn't pass the exam.

As a result of sleeping less last night, he is very tired in class.

**quiet** /'kwaɪət/ adj. 沉默的

用法：keep quiet about sth 不提某事或对某事保持沉默。quiet 也表示“轻声的，安静的，不爱说话的”。quietly adv. 安静地，轻声地。Young children just can't stay quiet on trains.

#### Page 5

**capital** /'kæpɪtl(ə)l/ n. 首都

用法：作可数名词，表示“首都，省会”，如：the capital of a country 国家的首都。还可以表示“(某一产业或活动的)有名之地，……之都”，

如：Porcelain Capital 瓷器之都。As we all know, Beijing is the capital city of China.

**classic** /'klæsɪk/ adj. 经典的

用法：一般用来指文艺作品质量高，经得起时间的考验，如：a classic novel 一部经典小说。

Huckleberry Finn is a classic book.

**lose** /lu:z/ v. 失去，丢失

用法：其过去式是 lost. lose heart 失去信心；lose hope 失去希望；lose weight 减肥；lose one's way 迷路。还可以表示“输掉”的意思，如：lose a game 输掉比赛。Dale lost his watch yesterday.

#### Page 6

**sleepy** /'sli:pɪ/ adj. 犯困的

用法：sleepy workers 困倦的工人。英语中有不少名词可以在词尾加 y 构成形容词，如：rain – rainy; health – healthy 等。区别：asleep adj./adv. 睡着的(地)，

熟睡的(地)，fall asleep 睡着了。Why do you feel sleepy when it rains?

**beat** /bi:t/ v. (心脏、脉搏)跳动

用法：也可以用作名词，如：the beat of my heart 我心脏的跳动。还表示“用力打”或“打败，击败”。Nicole's heart was beating fast.

#### Page 8

**Asian** /'eɪʃn(ə)n/ adj. 亚洲的

用法：Asian music 亚洲音乐。还可以用作可数名词，表示“亚洲人”。相关词：Asia n. 亚洲。

Asian films are making a mark on world cinema.

**speak up** 说出来

用法：通常指“坦白地说出来或毫无顾忌地说出来”，在某些场合，尤指为保护某人或抗议某事而说话，如：speak up for kids 为孩子们发声。也可以单纯指“大声说出来”。This isn't right. Someone has to speak up.

### 难句解析

❶ It's important for young people to learn about the discrimination that her community has faced. (Page 3)

释义：让年轻人了解到她所在的亚裔群体所面对的歧视很重要。

点拨：It's important for sb to do sth. 是固定句型，意为“某人去做某事是很重要的”。这个句式中的 important 也可以被其它形容词替换以表达相应的意思。本句中 discrimination 后面是由 that 引导的一个定语从句，用来解释说明是什么样的歧视。It's important for children to learn some life skills.

It's kind of like the Wi-Fi that we use.

❷ Games make our hearts beat faster, so we have a harder time falling asleep. (Page 6)

释义：游戏会让我们的心跳加快，所以我们就会更难入睡。

点拨：have a hard time doing sth 表示“做某事有困难”，文中用 hard 的比较级形式，表示“更难”。类似的句式还有：have a good time doing sth 表示“做某事很开心”。

My uncle went to live in another city but he had a hard time finding a job.

### 实战演练

#### I. 根据首字母提示填空。

1. Drivers often feel s\_\_\_\_\_ while driving at night.

2. Naomi Osaka is one of few A\_\_\_\_\_ tennis players to win the US Open tournament.

3. Bordeaux, France is a world c\_\_\_\_\_ of wine (葡萄酒) .

#### II. 根据提示用正确的短语填空。

1. We should never \_\_\_\_\_ (lose) in the face of difficulties.

2. Bill won't \_\_\_\_\_ (speak) even when he gets really angry.

3. Shawn had to retake the test \_\_\_\_\_ (result) his spelling mistakes.

#### III. 单项选择。

1. Alice works too much and often forgets to eat. \_\_\_\_\_, she doesn't have good health.  
A. As a matter of fact B. As a whole  
C. As a result D. As a rule

2. Be \_\_\_\_\_! Your father is still sleeping in his room.

A. careful  
B. quiet  
C. interesting  
D. happy

3. It's important for us \_\_\_\_\_ a healthy lifestyle.  
(2020 四川遂宁)

A. to keep  
B. keep  
C. keeping  
D. kept

4. The White family had a good time \_\_\_\_\_ a picnic in the park yesterday.

A. to have  
B. had  
C. to having  
D. having

(参考答案见下期II版)

## 2022 国际英语教育中国大会

Global English Education China Assembly

7月29日-31日  
中国·北京杭州



登录大会官网tesol.i21st.cn或关注微信公众号“TESOL大会”报名并提交发言摘要。截止日期：4月30日。  
5月31日前报名现场参会，立享早鸟价。

限时特惠



# 开心写作坊话题：我的理想

广东省东莞外国语学校 陈菲菲

## ◆ 题目回放 ◆

2022年初，我们看到许多运动员在北京冬奥会的赛场上奋力超越自我，为实现理想而拼搏。理想是人生航程的灯塔，指引着我们前进的方向，有了理想便有了努力的动力。你的理想是什么？请根据提示以 My dream 为题，写一篇英语作文。

提示：1. 你的理想是什么？ 2. 为什么会有这样的理想？

要求：1. 包含提示中的内容，可适当增加细节； 2. 用词准确，意思完整，表达流畅；  
3. 词数：不少于60词。

## I. 技能点拨

理想的确立与个人的性格、爱好和追求相关联。因此，本文其实要求学生运用英语中关于个人爱好、性格和职业规划的知识来描述自己的理想以及树立理想的原因。本文主要会用到一般现在时、一般过去时和一般将来时，也会使用一些与职业相关的名词。同时，学生要注意选择句式和连接词来衔接两个要点，使文章逻辑合理，行文顺畅。

## II. 实用表达

### ● 关于职业

teacher 教师 artist 艺术家 musician 音乐家 designer 设计师 doctor 医生 nurse 护士 psychologist 心理学家 scientist 科学家 engineer 工程师

### ● 关于性格

cheerful 开朗的 outgoing 外向的 shy 害羞的 energetic 精力充沛的 creative 有创造力的 curious 有好奇心的 organized 有条理的

### 一些短语

take action to do sth 采取行动做某事； work as ... 以……为职业； get along well with 与……相处和睦； run a company 经营一家公司； so ... that ... 如此……以至于……； as ... as possible 尽可能……

## III. 写作语料

### ● 点明梦想

- When I grow up, I **want to be** an artist.
- I **would like to be** a teacher in the future.
- My dream is to** run my own business in the future.
- I **dream of** working as an engineer

someday.

5. I'm **going to be** a doctor to save lives.

### ● 说明原因

- It brings me great joy to listen to stories, so I also want to write stories to cheer others up.
- I am interested in fashion. That's why I would like to be a designer.
- I want to be an athlete because I love sports and I am energetic.
- Zhang Guimei's story is so touching that I have decided to be a teacher like her.

### ● 补充说明

- From now on, I am going to study hard for my dream.
- I decided to work hard and make my dream come true.

## IV. 小试牛刀

1. 我对太空非常好奇，所以我想成为科学家。

I \_\_\_\_\_ space so my dream is to be a scientist.

2. 我是个很有条理也很有创造力的人，这就是我想开公司的原因。

I am organized and \_\_\_\_\_.

\_\_\_\_\_ I would like to run a company.

3. 我想成为歌手，因为在舞台上唱歌让我很快乐。

I dream of being a singer because it \_\_\_\_\_ me \_\_\_\_\_ to sing onstage.

(参考答案见下期II版)

## FUN WRITING | 开心写作坊

### 征文：令我自豪的技能

俗话讲，技多不压身。要想生活得自如，我们就必须要学习各种各样的技能。你有没有在课上或课外学到一些生活或生存技能？哪项技能给你或你的生活带来了积极的变化且让你觉得很有成就感？请你以 A skill that I am proud of 为题目写一篇不少于60词的作文，讲讲你的故事吧。

要求：1. 包含以上内容，可适当增加细节；  
2. 用词准确，意思完整，表达流畅。

投稿要求：1. 截稿日期：3月28日（优秀稿件将会选登在4月4日出版的报纸上）；  
2. 投稿方式：请发送电子邮件至 haojianbo@i21st.cn；  
3. 邮件正文请务必附上你所在的省市、学校、班级、姓名和联系方式。

特别约稿

尊敬的老师：您好。

《开心写作坊》栏目旨在激发学生的写作兴趣，帮助学生提升写作技能。如果您有兴趣讲解本期主题，请于3月21日前发电子邮件申请：writetowin@i21st.cn。

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## ◆ 写作过程 ◆

开门见山点题：What is your dream in the future?

I want to work as a teacher.



解释原因：Why do you have this dream?

I am so thankful to my teachers that I have decided to be a good teacher like them.



补充：How will you achieve it?

Working as a teacher is not a relaxing or easy job, but I will work hard in my studies and learn from my teachers.

## ◆ 参考范文 ◆

### My dream

I have had a dream since I was 10 years old. I want to work as a teacher in the future.

I used to be a shy girl, afraid of answering questions in class. But my teachers were so kind that they often encouraged me to speak out. Then I started to feel more confident (自信的). I became quite outgoing. I am so thankful to them that I have decided to be a good teacher like them.

Working as a teacher is not a relaxing or easy job, but I will work hard in my studies and learn from my teachers. I'm sure I will make my dream come true.

## ◆ 优秀投稿 ◆

### My dream

A dream is like a beacon (灯塔). Without a dream, it's hard to find direction (方向). My dream is to be an excellent (优秀的) doctor.

I have an uncle who works as a doctor. He is busy and often works until midnight. He is never afraid of difficulties or dangers. In the past two years, thousands of doctors have taken part in the fight against COVID-19. Their work has saved many lives. My uncle is one of them. I am proud of him.

From him, I learned about the importance of being kind and responsible (有责任心的). That's why I want to be a doctor like him.

浙江省诸暨开放双语实验学校 袁艺纯

## 上期参考答案

### Page I

1. even 2. online  
3. realize

1. anything special  
2. took control of  
3. Thanks to

### III. BACD

应用文实战演练：CDBB

### Page II

### Page III

1-4 BCAD

5. exercising

6. shopping

7. cleaning the house

8. cooking

9. watching TV

10. sleeping

11. laughing

### Page IV

Day 1: 1. She comes from Basingstoke, UK.

2. By lifting the weight of a two-seat sofa over her head.

3. Her parents.

4. She dreams of becoming an Olympic weightlifter.

5. It is fun and exciting.

Day 2: CBD Day 3: DCAC

Day 4: CDBA

Day 5: 1-5 DACBB 6-10 CABDC

# Kindness is a key to happiness

## Getting started

Perhaps you have something that you like very much, like a toy or book. You find out that your best friend also really likes it. Would you give it to him or her? Why or why not?

## Reading



词数 190 建议阅读时间 7分钟

I bought a "new" car for myself. It was actually a **used** car. I spent around \$6,000 on it.❶ My old car was still in good condition (状态). A dealership (经销商) would take it for \$1,500.

I have a co-worker (同事). He is a great worker. He is **struggling** to get by and has been looking at used cars.❷ So I asked him how much he was looking to spend on a car. He was looking to spend \$300 to \$500. So I told him I'd sell him my old one for \$300.

My mom, who I work with, asked if I had any luck selling my car. I told her I **planned** on selling it to our co-worker for \$300.

She started crying. She told me how glad she was that she had brought up a **selfless** (无私的) kid who would help someone out so much.❸ She told me to give it to him for free and that she would **pay** me \$1,500. I didn't **expect** her to react (反应) that way at all and of course I didn't take her money either. I want to help more people like my kind mom does.

TEENS couldn't contact the author of this story. The author can contact TEENS if necessary.

## Comprehension test

### Choose the answer:

- What do we know about the writer's "new" car?  
A. It cost him \$1,500 to fix.  
B. It was actually a second-hand car.  
C. It didn't work as well as his old car.  
D. The dealership made \$4,500 by selling it.
- The writer's co-worker was looking to buy a used car because \_\_\_\_\_.  
A. he was too poor to buy a new one  
B. he could easily sell it again  
C. the writer bought a good used car  
D. he liked the writer's car

- How much did the writer make from his old car in the end?  
A. \$0.  
B. \$300.  
C. \$1,500.  
D. \$6,000.
- What can we learn from the writer's story?  
A. The writer's co-worker is selfish.  
B. The writer's mother is kind.  
C. The writer doesn't agree with his mom.  
D. The writer planned to make a lot of money by selling his car.



关注我们，进入公众号，发送J1767，收听本期音频。

## Word work

**used** /ju:st/ adj. 用过的

**struggle** /'stræg(ə)l/ v. 挣扎；

费力

**plan** /plæn/ v. 计划

**pay** /pei/ v. 支付

**expect** /ɪk'spekt/ v. 期待，预料

❶释义：他日子过得艰难，最近在考虑买二手车。

点拨：struggle 意为“奋力，挣扎”；get by 意为“勉强度日”。struggle to get by 更加突出了同事生活的窘迫程度。

has been looking at 是现在完成进行时，表示从过去开始一直持续的动作。

Mary struggled to get by on a small salary.

❸释义：她告诉我她真的太高兴了，因为她培养了一个如此乐于助人的无私的孩子。

点拨：how + adj./adv. + 主语 + 谓语，是典型的感叹句结构，用来加强情感传递。

Look how hard everyone is working!

How wonderful the trip is!

## Vocabulary in use

### Fill in the blanks:

- Write down how much money you will \_\_\_\_\_ (花费) the trip.
- They are \_\_\_\_\_ (计划) a trip to Yunnan next month.
- If you \_\_\_\_\_ me \_\_\_\_\_ (帮我脱困), I will help you in return.
- If you give something to someone \_\_\_\_\_ (免费), will that person value it?

## Sharing seconds

判断一个人的能力，应当看他贡献了什么，而不应当看他取得了什么；判断一个人的价值，应当看他能舍弃什么，而不应当看他能索取什么。

## Writing task

Have you ever done anything that deeply touched your parents? Describe your experience and share it with us. (150 words; Email: lishufang@i21st.cn; Subject: J1 writing)

# 阅读理解每日一练

## Day 1

### Standing together (P3)

#### Choose the answer:

- What worried So?
  - Her young age.
  - The "Stop Asian Hate" movement.
  - The death of Vichar Ratanapakdee.
  - Seeing her name in Seventeen.
- What did So do to fight discrimination?
  - She organized meetings.
  - She encouraged people to speak out in a park.
  - She wrote a series of stories for Seventeen.
  - She taught Asian history at school.
- According to the story, which of the following best describes So?
  - She is hardworking and angry.
  - She is easily upset.
  - She is friendly and beautiful.
  - She is brave and caring.

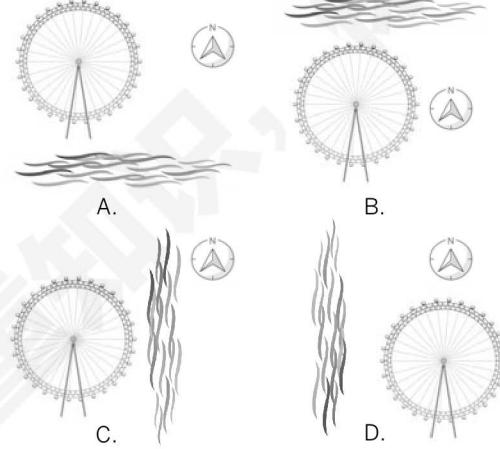
## Day 2

### Meet England's longest ... (P4)

#### Choose the answer:

- What can we learn about the River Thames from the first paragraph?
  - It is the longest river in the UK.
  - It is far from the capital city of the UK.
  - It is more famous than the River Severn.
  - It goes through many parts of the northern England.
- Which of the following pictures shows the location (位置) of the London Eye?
 

A. The London Eye is on land with waves in the background.  
 B. The London Eye is on land with a North arrow pointing up.  
 C. The London Eye is on land next to a tall building.  
 D. The London Eye is on land with a North arrow pointing down.



- Which did the Great Fire of London destroy (破坏) in 1666?
  - The Big Ben clock.
  - St Paul's Cathedral.
  - Westminster Bridge.
  - Tower Bridge.

- What is the last paragraph mainly about?
  - Artists living by the river.
  - Famous paintings about the river.
  - What people liked to paint in the 1800s.
  - Why the river is famous for art.

- What can we learn from the last paragraph?
  - Playing games helps us go to sleep quickly.
  - Getting enough deep sleep is important.
  - Our hearts beat more slowly when we play games.
  - It's good for us to play exciting games before bedtime.

- What is the story mainly about?
  - How to get a good sleep.
  - Why scientists need to study sleep.
  - How playing with phones leads to poor sleep.
  - Why some people have lots of dreams.

## Day 3

### Watch plants fight for ... (P4-5)

#### Answer the questions:

- What is *The Green Planet* about?
- 

- How are plants important to us?
- 

- Why does the writer call the forest floor a battlefield?
- 
- 

- How does a Monstera get sunlight?
- 
- 

- How do Euphrates poplar trees share water with each other?
- 
- 

- How does the corpse flower stop animals from coming close?
- 
- 

## Day 4

### Switch off for a good sleep (P6)

#### Choose the answer:

- What can we learn about melatonin?
  - Too much of it makes us sleep poorly.
  - It makes us feel hungry and tired.
  - It helps us fall asleep at night.
  - It stops our sleep cycle from going normally.
- How do electronic screens make it hard for us to sleep?
  - They cannot make us feel relaxed.
  - Their blue light breaks our sleep cycle.
  - They make more melatonin than our bodies need.
  - Our brains need more time to make dreams.
- What does the word "awake" in Paragraph 3 mean?
  - feeling nothing
  - dreaming a lot
  - having a rest
  - being sleepless

## Day 5

#### Cloze

Where did you live when you grew up? I 1 in a small town of about 20,000 people. It is called Gympie and it's on the east coast (海岸) of Queensland, Australia. Each weekday morning I 2 at about 7:00 am. I usually had cereal (谷物) for 3 and then got ready for school. My favorite cereal was called Weet-Bix.

As well as playing sport, I also played the saxophone (萨克斯管). Some mornings I went to school early for band practice 4 going to class. English and PE were my favorite subjects at school. My friends and I played tag (捉人游戏) or handball during our lunch breaks.

School 5 at 3:00 pm. After that I would usually go to 6 training. In summer I played cricket (板球) and in winter I played hockey (冰球). Sometimes I played tennis too!

When I finally got home I was very 7. I often took the time to rest while my mother or father cooked dinner. After dinner, I did my homework and read a book. I always went to 8 before 9:00 pm.

On weekends I played sports, visited a friend's house or watched TV.

Gympie was a great place to grow up!

- |                |              |
|----------------|--------------|
| 1. A. moved    | B. arrived   |
| C. lived       | D. dressed   |
| 2. A. made up  | B. woke up   |
| C. gave up     | D. stood up  |
| 3. A. lunch    | B. dinner    |
| C. supper      | D. breakfast |
| 4. A. while    | B. before    |
| C. since       | D. but       |
| 5. A. finished | B. started   |
| C. practiced   | D. taught    |
| 6. A. music    | B. sports    |
| C. safety      | D. job       |
| 7. A. excited  | B. tired     |
| C. angry       | D. busy      |
| 8. A. work     | B. eat       |
| C. read        | D. sleep     |