**The Lantern Festival**

The Lantern Festival has been part of Chinese New Year Celebrations since the Han Dynasty(206 BC－221 AD).It is usually held on the 15th day of the first month of the lunar calendar，and it marks the end of New Year festivities(庆祝活动).The lanterns come in all shapes and sizes.Some are created in the form of animals，insects，flowers，people or even machines or buildings.Others show something about popular stories and traditional values.

Like most Chinese festivals，the Lantern Festival has its own special food，called “tang yuan”.These are round，glutinous rice(糯米) dumplings with sweet or spicy fillings.The dumplings are said to symbolize both the first full moon and family reunion and completeness.Part of the Lantern Festival tradition involves a game to guess riddles attached to the lanterns.In the old days the riddles were obscure(费解的) literary allusions(典故) to the Chinese classics.Stilt-walking(踩高跷)，drumming and dragon and lion dancing are the main entertainment forms of the Lantern Festival.

阅读短文，判断正(**T**)误(**F**)

1.Lantern Festival is a Chinese traditional festival which is observed only in the north of China.(F)

2.Lantern Festival marks the end of the New Year Celebration.(T)

3.Lantern Festival has a lot of entertainment forms such as Stilt-walking，drumming and dragon and lion dancing.(T)

Ⅰ.阅读理解



**A**

**Halloween** is a great time in the lives of both children and adults.However，even the best Halloween can be ruined by trees filled with toilet paper and egg residues(残留物) that won’t wash off.How can you keep your home safe on Halloween？There are some measures you can take.

Make it known that you’re at home.Pranksters are less likely to **play a trick** if they know someone is at home.You may want to close the glass on your screen door and open your front door so that you can see everyone moving around outside.This also allows pranksters to see that you’re at home.

Turn on the lights inside your home and outside.Having all the lights on lets pranksters know that you’re not only at home，but you’re awake.If a prankster knows you’re awake，he’ll be more likely to skip your house and head for another one.Even if you need to get in bed early，keep all the lights on except in your bedroom.Pranksters aren’t going to know which room is your bedroom.

Ask the police to patrol(巡查) the area.It’s a policeman’s job to keep citizens safe，especially on Halloween.In some cities the crime rate can increase fast on October 31.A polite call to your local police station should get you the service you need.Above all，no pranksters are going to throw eggs at your house when the policemen are patrolling the area.

Set up a neighborhood watch.One of the best ways to keep your home safe on Halloween is to get the neighbors involved.No one wants his trees covered with toilet paper.Ask your neighbors to keep their eyes open and to follow the same steps you’ve taken to help keep your home safe.If the entire neighborhood is lit up，pranksters are less likely to stop by.

1.The underlined word “Pranksters” in Paragraph 2 probably means those who .

A.like Halloween very much

B.play practical jokes on people

C.often commit a crime at night

D.enter one’s house by force

2.How can you make pranksters know you are at home and skip your house?

A.By moving around outside your house.

B.By closing your front door.

C.By turning on inside and outside lights.

D.By staying up and being awake.

3.According to the fourth paragraph，we can learn .

A.a policeman’s main task is to patrol the area

B.the crime rate increases fast in some cities

C.you have to pay for a policeman to patrol your area

D.the policemen can help a lot with your home safety on Halloween

4.The last paragraph stresses the importance of .

A.neighborhood teamwork

B.keeping homes safe

C.being on one’s guard

D.informing everyone of the danger

**B**

Almost all cultures **celebrate** the end of one year and the beginning of another in some way.Different cultures celebrate the beginning of a new year in different ways，and at different times on the calendar.

In Western countries，people usually celebrate New Year at midnight on January 1st.People may go to parties，dress in formal clothes—like tuxedos(小礼服) and evening gowns，and drink champagne(香槟) at midnight.During the first minutes of the New Year，people cheer and wish each other happiness for the year ahead.But some cultures prefer to celebrate the New Year by waking up early to watch the sunrise.They welcome the New Year with the first light of the sunrise.

It is also a common Western **custom** to make a New Year’s promise，called a resolution.New Year’s resolutions usually include promises to try something new or change a bad habit in the new year.

Many cultures also do special things to get rid of bad luck at the beginning of a new year.For example，in Ecuador，families make a big doll from old clothes.The doll is filled with old newspapers and firecrackers.At midnight，these dolls are burned to show the bad things from the past year are gone and the new year can start afresh (重新).Other common traditions to keep away bad luck in the new year include throwing things into rivers or the ocean，or saying special things on the first day of the new year.

Other New Year traditions are followed to bring good luck in the new year.One widespread Spanish tradition for good luck is to eat grapes on New Year’s Day.The more grapes a person eats，the more good luck the person will have in the new year.In France，people eat pancakes for good luck in the new year.In the United States，some people eat black-eyed peas for good luck—but to get good luck for a whole year you have to eat 365 of them!

5.Which culture celebrates New Year in the morning?

A.The passage doesn’t say.

B.Spain.

C.France.

D.The United States.

6.What is a resolution?

A.Something you say.

B.Something you eat.

C.Something you burn.

D.Something you wear.

7.What is the topic of the fourth paragraph?

A.Bringing good luck.

B.Remembering the past.

C.Planning for the next year.

D.Keeping away from bad luck.

8.Which is probably TRUE about eating black-eyed peas on New Year’s Day?

A.Black-eyed peas taste bad.

B.The peas are very difficult to cook.

C.One pea brings one day of luck.

D.It is bad luck to eat a lot of black-eyed peas.

**C**

The old Chinese saying “as happy as spending the New Year” might be outdated now in the busy modern world.The Spring Festival is regarded as the most important festival for Chinese people and an occasion for all family members to get together，like Christmas in the West.But many traditional customs accompanying the Spring Festival，however，have weakened in practice.

Setting off fireworks was once the most typical custom of the Spring Festival.People thought the sputtering(爆裂) sound could help drive away evil spirits.However，the activity has been completely or partially forbidden in big cities for years as the government has taken security，noise and pollution factors into consideration.

“In recent years，some cities have begun to allow people to light fireworks during limited hours at the Spring Festival，surrendering to(屈从于) public demand.Respecting folk traditions is a gesture of respect towards public opinion，” said Zhou Xing，a folklore researcher.

“As people **gain** more income and it becomes easier to buy daily goods，the New Year holiday is just like any other.After long workdays，many people use the New Year holiday to take a rest，rather than visiting friends and neighbors.The process of making and enjoying the family dinner on Spring Festival Eve is the most important thing.However，many families would like to eat out to save time and energy，” said Li Shunzhi，a resident of Harbin，Heilongjiang.

“I enjoy the holidays very much in the countryside.My family has been preparing for the Spring Festival more than two weeks before the holiday，cleaning the house，buying holiday goods and decorating the house with paper cuttings.On New Year’s Eve，the whole family stays up to see the New Year in，and in the days to follow，a series of activities such as lion dancing，dragon lantern dancing，lantern festivals and temple fairs will be held.Without the ancient traditions，the holiday is nothing to us，” said Zhang Hui，from Hebei.

9.Which of the following is WRONG according to the passage?

A.Setting off fireworks has been forbidden in some big cities for years.

B.Nowadays，people can light fireworks in some cities at the Spring Festival.

C.People believe that the sound of fireworks can drive away evil spirits.

D.In the past，setting off fireworks couldn’t be seen almost anywhere.

10.What Li Shunzhi said implies .

A.what people do during the festival now is different from the past

B.people would like to have the family dinner on Spring Festival Eve

C.people prefer to visit friends and neighbors rather than take a rest

D.the New Year holiday is just like any other day

11.What can we learn from the last paragraph?

A.Zhang Hui often spends two weeks preparing for the Spring Festival.

B.Zhang Hui is used to spending the Spring Festival with his family.

C.Zhang Hui always takes part in a series of activities after the Spring Festival.

D.Zhang Hui lives in the urban area.

12.What does the whole passage show?

A.The Spring Festival is as lively as before.

B.The Spring Festival is outdated now.

C.The Spring Festival is losing its qualities.

D.The Spring Festival in China is more important than Christmas in the West.

Ⅱ.七选五

As you’re busy with your studies，the weeks during the Spring Festival can be a time when training and healthy eating plans go out of the window.But you can continue running and avoid weight **gain** during the holiday season. 1C

**Pick a race**

Having a race on your calendar(日历) is a motivation to keep running during the holiday. G Check our *active*.*come* or *Running* *in* *the* *City* for events near you.

**Don’t skip breakfast**

If you’re going to a holiday party in the evening，don’t make the mistake of skipping breakfast.You may think you’re saving calories later. D

**Bring your own healthy dishes**

Chances are that most of the dishes at holiday gatherings are going to be high in taste and calories.Bring your own healthy appetisers to the party.The host will appreciate it，and you know there will be at least one wise choice on the buffet table.

**B**

If you’re heading to an evening event，eat regular meals and snacks every few hours up until party time.You won’t arrive at the party ready to attack appetisers.Make sure you include fibre at each meal because it keeps you full longer.

**Plan your runs**

It’s easy to say that you’ll keep running regularly during the holiday season，but sticking to it requires a strategy.Schedule your runs like appointments，so you make them the first thing during a busy week. F

A.Treat yourself

E.Buy yourself a gift of some new running shoes and clothes.

G.Once you choose one that lasts a few weeks，set a plan and stick to it.