**罗湖外语初中学校**

**初三英语学业水平评估试卷(第2周)**

**班级： 姓名：**

**阅读理解 第一节** 阅读下列短文，从每小题所给的A、B、C、D四个选项中选出最佳选项，并在答题卡上将相应字母编号涂黑。

People can travel without much money by staying in other people's house. Sometimes the travelers may sleep for a few nights on other people's couch (沙发) for free.This way of travelling is called couch surfing.

*Couch Surfing.org* is an organization that connects travelers all around the world. Members of it can find a place to stay when they travel or share their homes and hometowns with travelers from other places. In this way strangers can help strangers in order to make the world a better place.

The organization has millions of members in 238 different countries and it has changed the way of travel forever. Jamie from Australia has traveled in this way all over the world. “When I travelled before, I used to find a cheap hotel to save money, now I stay in really nice houses and apartments. But the best thing isn't the free living condition, it's the people you meet. A couch surfing host will usually cook you a meal which helps **break the ice**. Then they’ll often introduce you to their friends and take you to the places they enjoy: Couch surfing allows you to experience a country and its culture”

Why do people agree to let a stranger sleep on their couch? Delphine, an experienced host from Paris, has an answer. "They say that money makes the world go round but I try to help people go round the world without much money!" she says with a smile. So far she has recerved more than 100 travelers. “I enjoy meeting people from different cultures and I've made friends from all over the world," says Delphine, who is also a professional cook. “And of couse, I like sharing French food with them. Usually my guests love tryimg it but I 've had problems sometimes. Once I cooked roast lamb for a guest but unfortunately, when she got here, she told me she was only used to eating vegetables!”

The idea of travelling the world for free has even been made into a TV series. Alex and Zsolt from the US set out with no money at all. They relied on social networking websites like Facebook and Twitter to ask for help. They say, “wherever we went we were always provided with food. All over the world, food is a common bond." They travelled sixteen different countries and the results were turned into the TV show *Around the World for Free.*

1. According to Jamie, you can \_\_\_\_\_\_\_\_\_\_\_\_\_\_ when you couch surf.

A. know different people and their cultures B. always get a great meal

C. learn how to cook from the host D. stay in a dear hotel and make friends

2. Delphine is a couch surfing host because she \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. wants to provide vegetables B. wants to help people go round the world

C. expects to be a famous cook D. enjoys cooking for people

3. Couch surfing is a way for people \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. to travel with less money B. to get food from the locals

C. to meet other travelers D. to make money from their couches

4. Alex discovered that all over the world \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. it's not easy to travel without money B. it is important to bring your own food

C. people drink fine wine D. food brings people together

5. The underlined phrase “**break the ice**” probably means \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. enjoy their free living condition B. hit the ice into pieces

C. make people feel at home D. have icy drinks

**第二节 短文填空** 请阅读下面的短文，并从下列方框里的六个句子中选择五个还原到原文中，使原文的意思完整、连贯，并在答题卡上将相应的字母编号涂黑。

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| --- |
| A.She plays water polo five times a week and has to swim an hour every morning.  B. This may help both younger and adult people to deal with everyday stress.  C. If you do it regularly, it can make you fitter and stronger.  D. For example, teenagers sometimes put on weight due to growth or stress.  E. It also allows them to calm down and focus before any stressful event.  F. If she doesn’t know an answer, she simply takes a deep breath and focuses. |

**Yoga for Teens**

1. year-old Sienna tells us her secret for happiness

Sienna no longer panics when she has an important test to take. 6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ This is a simple, yet useful technique that she has learnt from doing yoga.

Sienna is a perfect example of how teenagers can benefit from yoga. 7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Like any other student she also goes to school so she has to get up very early to go to the swimming pool. On top of that she has to her her homework and at weekends she plays matches, too. “I’m so busy that I really need to have some time to relax,” she says.

Yoga has lots of health benefits, too. 8.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ It also improves balance and decreases the chance of getting sick. Teenagers who have tried doing it regularly all agree that it reduces anxiety and it even helps them sleep better. 9.\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Finally, doing yoga regularly also helps teens to become more confident about their changing bodies. 10.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ When this happens, the practice of yoga can prevent weight gain.