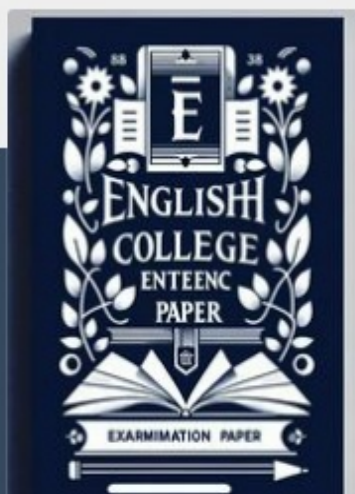


2018年高考阅读理解双语对照



2018年高考阅读理解双语对照

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Washington, D.C. Bicycle Tours

华盛顿特区自行车游览

Cherry Blossom Bike Tour in Washington, D.C.

华盛顿特区樱花自行车游览

Duration Tour

游览时长

This small group bike tour is a fantastic way to see a world-famous cherry trees with beautiful flowers of Washington, D.C. Your guide will provide a history lesson about the trees and the famous monuments where they blossom. Reserve your spot before availability — the cherry blossoms—disappear!

这个小团体自行车游览是一种绝佳的方式，让你在华盛顿特区欣赏世界著名的樱花树和它们美丽的花朵。你的导游将提供关于这些树木和它们盛开的著名纪念碑的历史课程。在樱花消失之前预订你的位置吧！

Washington Capital Monuments Bicycle Tour

华盛顿首都纪念碑自行车游览

Duration:3 hours (4 miles)

时长：3小时（4英里）

Join a guided bike tour and view some of the most popular monuments in Washington, D.C.

Explore the monuments and memorials on the National Mall as your guide shares unique facts and history at each stop. Guided tour includes bike, helmet, cookies and bottled water.

加入一个有导游的自行车游览，观看华盛顿特区最受欢迎的纪念碑。在国家广场探索纪念碑和纪念物，你的导游将在每个停靠点分享独特的事实和历史。导游游览包括自行车、头盔、饼干和瓶装水。

Capital City Bike Tour in Washington, D.C.

华盛顿特区城市自行车游览

Duration:3 hours

时长：3小时

Morning or Afternoon, this bike tour is the perfect tour for D. C. newcomers and locals looking to experience Washington, D.C. in a healthy way with minimum effort. Knowledgeable guides will entertain you with the most interesting stories about Presidents, Congress, memorials, and parks. Comfortable bikes and a smooth tour route(路线) make cycling between the sites fun and relaxing.

早晨或下午，这个自行车游览非常适合华盛顿特区的新手和当地人，他们希望以最少的努力以健康的方式体验华盛顿特区。知识渊博的导游将用最有趣的故事娱乐你，讲述总统、国会、纪念物和公园的故事。舒适的自行车和平滑的游览路线使在景点之间的骑行变得有趣和放松。

Washington Capital Sites at Night Bicycle Tour

华盛顿首都夜间景点自行车游览

Duration:3 hours(7miles)

时长：3小时（7英里）

Join a small group bike tour for an evening of exploration in the heart of Washington, D.C. Get up close to the monuments and memorials as you bike the sites of Capitol Hill and the National Mall. Frequent stops are made for photo taking as your guide offers unique facts and history. Tour includes bike, helmet, and bottled water. All riders are equipped with reflective vests and safety lights.

加入一个小团体自行车游览，在华盛顿特区的心脏地带享受一个晚上的探索。当你骑自行车游览国会山和国家广场的遗址时，近距离接触纪念碑和纪念物。频繁的停靠点供拍照，你的导游提供独特的事实和历史。游览包括自行车、头盔和瓶装水。所有骑行者都配备了反光背心和安全灯。

1. Which tour do you need to book in advance?

- A. Cherry Blossom Bike Tour in Washington, D.C.
- B. Washington Capital Monuments Bicycle Tour.
- C. Capital City Bike Tour in Washington, D.C.
- D. Washington Capital Sites at Night Bicycle Tour.

答案：A

2. What will you do on the Capital City Bike Tour?

- A. Meet famous people. B. Go to a national park.
- C. Visit well-known museums. D. Enjoy interesting stories.

答案：D

3. Which of the following does the bicycle tour at night provide?

- A. City maps. B. Cameras.
- C. Meals. D. Safety lights.

答案：D

Adults understand what it feels like to be flooded with objects. Why do we often assume that more is more when it comes to kids and their belongings? The good news is that I can help my own kids learn earlier than I did how to live more with less.

成年人理解被物品淹没的感觉。为什么我们经常假设在孩子和他们的财物方面，越多越好呢？好消息是，我可以帮助我自己的孩子比我更早地学会如何少即是多。

I found the pre-holidays a good time to encourage young children to donate less-used things, and it worked. Because of our efforts, our daughter Georgia did decide to donate a large bag of toys to a little girl whose mother was unable to pay for her holiday due to illness. She chose to sell a few larger objects that were less often used when we promised to put the money into her school fund(基金) (our kindergarten daughter is serious about becoming a doctor)

我发现在假期前是一个鼓励年幼的孩子捐赠不常用物品的好时机，而且这奏效了。因为我们的努力，我们的女儿乔治亚决定将一大袋玩具捐赠给一个因为母亲生病无法支付假期费用的小女孩。她选择卖掉一些不常用的较大物品，当我们承诺将钱放入她的学校基金时（我们的幼儿园女儿非常认真地想成为一名医生）。

For weeks, I've been thinking of bigger, deeper questions: How do we make it a habit for them? And how do we train ourselves to help them live with, need, and use less? Yesterday, I sat with my son, Shepherd, determined to test my own theory on this. I decided to play with him with only one toy for as long as it would keep his interest. I expected that one toy would keep his attention for about five minutes, ten minutes, max. I chose a red rubber ball-simple, universally available. We passed it, he tried to put it in his mouth, he tried bouncing it, rolling it, sitting on it, throwing it. It was totally, completely enough for him. Before I knew it an hour had passed and it was time to move on to lunch.

几周以来，我一直在思考更大、更深层次的问题：我们如何让这成为他们的习惯？以及我们如何训练自己帮助他们学会生活、需要和使用更少的东西？昨天，我和我的儿子谢泼德坐在一起，决心测试我自己关于这一点的理论。我决定只用一个玩具和他一起玩，只要它能保持他的兴趣。我预计一个玩具最多能吸引他的注意力五到十分钟。我选择了一个红色橡胶球——简单普遍可得的。我们经过了它，他试图把它放进嘴里，他试图弹跳它，滚动它。坐着它，扔它。对他来说这完全是，完全足够了。在我意识到之前，一个小时已经过去了，该是吃午饭的时候了。

We both became absorbed in the simplicity of playing together. He had my full attention and I had his. My little experiment to find joy in a single object worked for both of us.

我们都沉浸在一起玩耍的简单乐趣中。他得到了我的全部注意力，而我得到了他的。我那个寻找单一物品中的快乐的小实验对我们两个都奏效了。

1. What do the words "more is more" in paragraph 1 probably mean?

A. The more, the better. B. Enough is enough.

C. More money, more worries. D. Earn more and spend more.

答案：A

2. What made Georgia agree to sell some of her objects?

A. Saving up for her holiday B. Raising money for a poor girl

B. Adding the money to her fund D. Giving the money to a sick mother

答案：C

3. Why did the author play the ball with Shepherd?

A. To try out an idea

B. To show a parent's love

C. To train his attention

D. To help him start a hobby

答案：A

4. What can be a suitable title for the text?

A. Take It or Leave It B. A Lesson from Kids

C. Live More with Less D. The Pleasure of Giving

答案：C

While famous foreign architects are invited to lead the designs of landmark buildings in China such as the new CCTV tower and the National Center for the Performing Arts, many excellent Chinese architects are making great efforts to take the center stage.

当著名的外国建筑师被邀请来主导中国地标性建筑的设计，比如新的央视大楼和国家大剧院时，许多杰出的中国建筑师正在付出巨大努力，以占据中心舞台。

Their efforts have been proven fruitful. Wang Shu, a 49-year-old Chinese architect, won the 2012 Pritzker Architecture Prize

他们的努力已经证明是富有成效的。王澍，一位49岁的中国建筑师，赢得了2012年普利兹克建筑奖。

— which is often referred to as the Nobel Prize in architecture — on February 28. He is the first Chinese citizen to win this award.

王澍荣获了被誉为建筑界诺贝尔奖的凯悦建筑奖，颁奖日期为2月28日。他是首位获得此殊荣的中国公民。

Wang serves as head of the Architecture Department at the China Academy of Art (CAA). His office is located at the Xiangshan campus(校园) of the university in Hangzhou, Zhejiang Province. Many buildings on the campus are his original creations.

王澍担任中国美术学院建筑系主任。他的办公室位于浙江省杭州市的象山校区。校园内的许多建筑都是他的原创作品。

The style of the campus is quite different from that of most Chinese universities. Many visitors were amazed by the complex architectural space and abundant building types. The curves(曲线) of the buildings perfectly match the rise and fall of hills, forming a unique view.

这个校园的风格与大多数中国大学截然不同。许多游客对复杂的建筑空间和丰富的建筑类型感到惊叹。建筑的曲线与山丘的起伏完美融合，形成了独特的景观。

Wang collected more than 7 million abandoned bricks of different ages. He asked the workers to use traditional techniques to make the bricks into walls, roofs and corridors. This creation attracted a lot of attention thanks to its mixture of modern and traditional Chinese elements(元素).

王澍收集了超过700万块不同年代的废弃砖块。他要求工人使用传统技术将这些砖块制成墙壁、屋顶和走廊。这一创作因其融合了现代与传统中国元素而吸引了众多关注。

Wang's works show a deep understanding of modern architecture and a good knowledge of traditions. Through such a balance, he had created a new type of Chinese architecture, said Tadao Ando, the winner of the 1995 Pritzker Prize.

王澍的作品展现了对现代建筑的深刻理解和对传统的良好知识。通过这种平衡，他创造了一种新型的中国建筑，1995年普利兹克奖得主安藤忠雄如是说。

Wang believes traditions should not be sealed in glass boxes at museums. "That is only evidence that traditions once existed," he said.

王澍认为传统不应该被封闭在博物馆的玻璃盒子里。“那只是证明传统曾经存在过的证据，”他说。

"Many Chinese people have a misunderstanding of traditions. They think tradition means old things from the past. In fact, tradition also refers to the things that have been developing and that are still being created," he said.

“许多中国人对传统有误解。他们认为传统意味着过去的事物。实际上，传统也指的是那些一直在发展并且仍在创造中的事物，”他说。

"Today, many Chinese people are learning Western styles and theories rather than focusing on Chinese traditions. Many people tend to talk about traditions without knowing what they really are," said Wang. [

“如今，许多中国人在学习西方风格和理论，而不是关注中国的传统。许多人在谈论传统时，并不了解它们真正的含义，”王澍说。

The study of traditions should be combined with practice. Otherwise, the recreation of traditions would be artificial and empty, he said.

研究传统应该与实践相结合。否则，传统的再现将是人为和空洞的，他说。

1. Wang's winning of the prize means that Chinese architects are _.

- A. following the latest world trend
- B. getting international recognition
- C. working harder than ever before
- D. relying on foreign architects

答案：B

2. What impressed visitors to the CAA Xiangshan campus most?

- A. Its hilly environment. B. Its large size.
- C. Its unique style. D. Its diverse functions.

答案：C

3. What made Wang's architectural design a success?

- A. The mixture of different shapes. [
- B. The balance of East and West.
- C. The use of popular techniques.
- D. The harmony of old and new.

答案：D

4. What should we do about Chinese traditions according to Wang?

A. Spread them to the world. B. Preserve them at museums.

C. Teach them in universities. D. Recreate them in practice.

答案：D

Cities usually have a good reason for being where they are, like a nearby port or river. People settle in these places because they are easy to get to and naturally suited to communications and trade. New York City, for example, is near a large harbour at the mouth of the Hudson River. Over 300 years its population grew gradually from 800 people to 8 million. But not all cities develop slowly over a long period of time. Boom towns grow from nothing almost overnight. In 1896, Dawson, Canada, was unmapped wilderness(荒野). But gold was discovered there in 1897, and two years later, it was one of the largest cities in the West, with a population of 30,000.

城市通常有它们所在位置的良好理由，比如附近的港口或河流。人们选择在这些地方定居，因为它们便于到达，自然适合通讯和贸易。例如，纽约市位于哈德逊河口附近的一个大港口。在300多年的时间里，它的人口逐渐从800人增长到800万。但并非所有城市都是经过长时间慢慢发展起来的。繁荣城镇几乎是一夜之间从无到有地发展起来的。1896年，加拿大的道森还是一片未被标记的荒野。但在1897年那里发现了金子，两年后，它成为了西部最大的城市之一，人口达到了3万。

Dawson did not have any of the natural conveniences of cities like London or Paris. People went there for gold. They travelled over snow-covered mountains and sailed hundreds of miles up icy rivers. The path to Dawson was covered with thirty feet of wet snow that could fall without warming. An avalanche(雪崩) once closed the path, killing 63 people. For many who made it to Dawson, however, the rewards were worth the difficult trip. Of the first 20,000 people who dug for gold, 4,000 got rich. About 100 of these stayed rich men for the rest of their lives. 道森没有像伦敦或巴黎这样的城市所具备的自然便利条件。人们去那里是为了金子。他们穿越覆盖着雪的山脉，航行数百英里穿过冰冷的河流。通往道森的道路被三十英尺厚的湿雪覆盖，这种雪可以在不融化的情况下连续下落。一次雪崩封闭了道路，导致63人死亡。然而，对于许多到达道森的人来说，奖励是值得艰难的旅程的。在最初的2万名淘金者中，有4000人变得富有。大约有100人从此成为了终身富翁。

But no matter how rich they were, Dawson was never comfortable. Necessities like food and wood were very expensive. But soon, the gold that Dawson depended on had all been found. The city was crowded with disappointed people with no interest in settling down, and when they heard there were new gold discoveries in Alaska, they left Dawson City as quickly as they had come. Today, people still come and go — to see where the Canadian gold rush happened. Tourism is now the chief industry of Dawson City — its present population is 762.

但无论他们多么富有，道森从未舒适过。像食物和木材这样的必需品非常昂贵。但很快，道森所依赖的金子都被找到了。这个城市挤满了失望的人，他们对定居没有兴趣，当他们听说阿拉斯加有新的金子发现时，他们就像来时一样迅速地离开了道森市。今天，人们仍然来来往往——来看看加拿大淘金热发生的地方。旅游业现在是道森市的主要产业——其现在的人口是762。

1. What attracted the early settlers to New York City?

- A. Its business culture.
- B. Its small population.
- C. Its geographical position.
- D. Its favourable climate.

答案： C

2. What do we know about those who first dug for gold in Dawson?

- A. Two-thirds of them stayed there.
- B. One out of five people got rich.
- C. Almost everyone gave up.
- D. Half of them died.

答案： B

3. What was the main reason for many people to leave Dawson?

- A. They found the city too crowded.
- B. They wanted to try their luck elsewhere.
- C. They were unable to stand the winter.
- D. They were short of food.

答案： B

4. What is the text mainly about?

- A. The rise and fall of a city.
- B. The gold rush in Canada.
- C. Journeys into the wilderness.
- D. Tourism in Dawson.

答案： A

Welcome to Holker Hall & Gardens

欢迎来到霍尔克霍尔和花园

Visitor Information

游客信息

How to Get to Holker

如何到达霍尔克

By Car: Follow brown signs an A590 from JB6, M6. Approximate travel times: Windermere-20 minutes, Kendal-25 minutes, Lancaster-45 minutes, Manchester-1 hour 30 minutes.

自驾：从JB6，M6的A590跟随棕色标志。大约行驶时间：温德米尔-20分钟，肯德尔-25分钟，兰卡斯特-45分钟，曼彻斯特-1小时30分钟。

By Rail: The nearest station is Cark-in-Cartmel with trains to Carnforth, Lancaster Preston for connections to major cities & airports.

铁路：最近的车站是Cark-in-Cartmel，有通往Carnforth，兰卡斯特和普雷斯顿的火车，可连接至主要城市和机场。

Opening Times

开放时间

Sunday-Friday (closed on Saturday) 11:00 am-4:00pm, 30 March-2nd November.

周日-周五（周六关闭）上午11:00-下午4:00，3月30日至11月2日。

Admission Charges

入场费

Hall & Gardens Gardens

霍尔克大厅和花园 花园

Adults: £12.00 £8.00

成人：£12.00 £8.00

Groups £9 £5.5

团体：£9 £5.5

Producers: Market 13th April

生产者：4月13日市场

Join us to taste a variety of fresh local food and drinks. Meet the producers and get some excellent recipe ideas.

加入我们，品尝各种新鲜的当地食品和饮料。见见生产者，获取一些优秀的食谱创意。

Holker Garden Festival 30th May

霍尔克花园节5月30日

The event celebrate its 22nd anniversary with a great show of the very best of gardening, making it one of the most popular events in gardening.

该活动庆祝其22周年，展示了最好的园艺作品，使其成为最受欢迎的园艺活动之一。

National Garden Day 28th August

国家花园日 8月28日

Holker once again opens is gardens in aid of the disadvantaged. For just a small donation you can take a tour with our garden guide.

霍尔克再次开放其花园以帮助弱势群体。只需捐赠一小笔款项，您就可以在花园导游的带领下参观。

Winter Market 8th November

冬季市场 11月8日

This is an event for all the family. Wander among a variety of shops selling gifs while enjoying a live music show and nice street entertainment.

这是一个适合全家人的活动。在各种商店间漫步，选购礼物，同时享受现场音乐表演和精彩的街头娱乐。

1. How long does it probably take a tourist to drive to Holker from Manchester?

A.20minutes. B.25 minutes. C.45 minutes. D.90 minutes.

答案：D

2. How much should a member of a tour group pay to visit to Hall & Cardens?

A.£12.00.B. B.19.00. C.A8.0 D.45.50

答案：B

3. Which event will you go to if you want to see a live music show?

A. Producers' Market. B. Holker Garden Festival.

C. National Garden Day. D. Winter Market.

答案：D

We've all been there: in a lift, in line at the bank or on an airplane, surrounded by people who are, like us, deeply focused on their smartphones or, worse, struggling with the uncomfortable silence.

我们都曾经历过这样的时刻：在电梯里，在银行排队，或者在飞机上，周围都是像我们一样，全神贯注于他们的智能手机，或者更糟糕的是，忍受着令人不舒服的沉默。

What's the problem? It's possible that we all have compromised conversational intelligence. It's more likely that none of us start a conversation because it's awkward and challenging, or we think it's annoying and unnecessary. But the next time you find yourself among strangers, consider that small talk is worth the trouble. Experts say it's an invaluable social practice that results in big benefits.

问题出在哪里？可能我们所有人都在某种程度上损害了我们的交谈智能。更有可能的是，我们没有人开始交谈，因为交谈尴尬且具有挑战性，或者我们认为它是烦人且不必要的。但是下次当你发现自己置身于陌生人之中时，考虑一下，闲聊是值得麻烦的。专家表示，这是一种宝贵的社会实践，能带来巨大的好处。

Dismissing small talk as unimportant is easy, but we can't forget that deep relationships wouldn't even exist if it weren't for casual conversation. Small talk is the grease(润滑剂) for social communication, says Bernardo Carducci, director of the Shyness Research Institute at Indiana University Southeast. " Almost every great love story and each big business deal begins with small talk, " he explains. " The key to successful small talk is learning how to connect with others, not just communicate with them. "

将闲聊视为不重要很容易，但我们不能忘记，如果没有闲聊，深厚的关系甚至都不会存在。印第安纳大学东南分校羞涩研究中心主任贝尔纳多·卡杜奇说：“几乎每一个伟大的爱情故事和每一个大的商业交易都是从闲聊开始的。”他解释说：“成功的闲聊的关键是学会如何与他人建立联系，而不仅仅是与他们交流。”

In a 2014 study, Elizabeth Dunn, associate professor of psychology at UBC, invited people on their way into a coffee shop. One group was asked to seek out an interaction(互动) with its waiter; the other, to speak only when necessary. The results showed that those who chatted with their server reported significantly higher positive feelings and a better coffee shop experience. " It's not that talking to the waiter is better than talking to your husband, " says Dunn. " But interactions with peripheral(边缘的) members of our social network matter for our well-being also. "

在2014年的一项研究中，英属哥伦比亚大学的心理学副教授伊丽莎白·邓恩邀请人们进入咖啡店。一组人被要求与服务员进行互动；另一组则只在必要时说话。结果显示，那些与服务员聊天的人报告说，他们有更积极的积极情绪和更好的咖啡店体验。邓恩说：“这并不是说与服务员交谈比与你的丈夫交谈更好。但是，与我们社交网络边缘成员的互动对我们的幸福感也很重要。”

Dunn believes that people who reach out to strangers feel a significantly greater sense of belonging, a bond with others. Carducci believes developing such a sense of belonging starts with small talk. " Small talk is the basis of good manners, " he says.

邓恩相信，那些主动与陌生人接触的人会感到更强烈的归属感，与他人的联系。卡杜奇认为，培养这种归属感始于闲聊。“闲聊是良好礼仪的基础，”他说。

1. What phenomenon is described in the first paragraph?

- A. Addiction to smartphones.
- B. Inappropriate behaviours in public places.
- C. Absence of communication between strangers.
- D. Impatience with slow service.

答案：C

2. What is important for successful small talk according to Carducci?

- A. Showing good manners. B. Relating to other people.
- C. Focusing on a topic. D. Making business deals.

答案：B

3. What does the coffee-shop study suggest about small talk?

- A. It improves family relationships. B. It raises people's confidence.
- C. It matters as much as a formal talk. D. It makes people feel good.

答案：D

4. What is the best title for the text?

- A. Conversation Counts B. Ways of Making Small Talk
- C. Benefits of Small Talk D. Uncomfortable Silence

答案：C

Teens and younger children are reading a lot less for fun, according to a Common Sense Media report published Monday.

根据周一发布的一份常识媒体报告，青少年和年幼儿童的娱乐阅读量大幅减少。

While the decline over the past decade is steep for teen readers, some data in the report shows that reading remains a big part of many children's lives, and indicates how parents might help encourage more reading.

尽管过去十年的下降对青少年读者来说非常严重，但报告中的一些数据显示，阅读仍然是许多儿童生活的重要组成部分，并指出父母如何可能帮助鼓励更多阅读。

According to the report's key findings, " the proportion(比例) who say they 'hardly ever' read for fun has gone from 8 percent of 13-year-olds and 9 percent of 17-year-olds in 1984 to 22 percent and 27 percent respectively today. "

根据报告的主要发现，“声称他们‘几乎从不’为了乐趣而阅读的比例，已经从1984年的13岁儿童中的8%和17岁青少年中的9%，分别增长到今天的22%和27%。”

The report data shows that pleasure reading levels for younger children, ages 2—8, remain largely the same. But the amount of time spent in reading each session has declined, from closer to an hour or more to closer to a half hour per session.

报告数据显示，2至8岁年幼儿童的娱乐阅读水平基本保持不变。但是，每次阅读所花费的时间已经减少，从接近一小时或更多减少到每次接近半小时。

When it comes to technology and reading, the report does little to counsel(建议) parents looking for data about the effect of e-readers and tablets on reading. It does point out that many parents still limit electronic reading, mainly due to concerns about increased screen time. 当涉及到技术和阅读时，报告对于寻找有关电子阅读器和平板电脑对阅读影响数据的父母几乎没有提供建议。它确实指出，许多父母仍然限制电子阅读，主要是出于对增加屏幕时间的担忧。

The most hopeful data shared in the report shows clear evidence of parents serving as examples and important guides for their kids when it comes to reading. Data shows that kids and teens who do read frequently, compared to infrequent readers, have more books in the home, more books purchased for them, parents who read more often, and parents who set aside time for them to read.

报告中分享的最令人鼓舞的数据清楚地表明，父母在孩子的阅读方面充当榜样和重要指导者。数据显示，与不经常阅读的儿童和青少年相比，经常阅读的儿童和青少年家中有更多的书籍，为他们购买的书籍更多，父母阅读更频繁，以及父母为他们安排阅读时间。

As the end of school approaches, and school vacation reading lists loom(逼近) ahead, parents might take this chance to step in and make their own summer reading list and plan a family trip to the library or bookstore.

随着学校结束的临近，学校假期阅读清单即将到来，父母可以抓住这个机会，制定自己的夏季阅读清单，并计划一次家庭图书馆或书店之旅。

1. What is the Common Sense Media report probably about?

- A. Children's reading habits. B. Quality of children's books.
- C. Children's after-class activities. D. Parent-child relationships.

答案：A

2. Where can you find the data that best supports " children are reading a lot less for fun " ?

- A. In paragraph 2. B. In paragraph 3.
- C. In paragraph 4. D. In paragraph 5.

答案：B

3. Why do many parents limit electronic reading?

- A. E-books are of poor quality. B. It could be a waste of time.
- C. It may harm children's health. D. E-readers are expensive.

答案：C

4. How should parents encourage their children to read more?

- A. Act as role models for them. B. Ask them to write book reports.
- C. Set up reading groups for them. D. Talk with their reading class teachers.

答案：A

Many of us love July because it's the month when nature's berries and stone fruits are in abundance. These colourful and sweet jewels from British Columbia's fields are little powerhouses of nutritional protection.

我们中的许多人喜欢七月，因为这是大自然浆果和核果丰收的月份。这些来自不列颠哥伦比亚省田野的五彩缤纷、甜美的宝石是营养保护的小强人。

Of the common berries, strawberries are highest in vitamin C, although, because of their seeds, raspberries contain a little more protein(蛋白质), iron and zinc (not that fruits have much protein). Blueberries are particularly high in antioxidants(抗氧化物质). The yellow and orange stone fruits such as peaches are high in the carotenoids we turn into vitamin A and which are antioxidants. As for cherries(樱桃), they are so delicious who cares? However, they are rich in vitamin C.

在常见浆果中，草莓的维生素C含量最高，尽管由于它们的种子，覆盆子含有稍多一些的蛋白质、铁和锌（尽管水果中的蛋白质并不多）。蓝莓特别富含抗氧化剂。黄色和橙色的核果，如桃子，富含我们转化为维生素A的类胡萝卜素，它们也是抗氧化剂。至于樱桃，它们如此美味，谁会在乎呢？然而，它们富含维生素C。

When combined with berries or slices of other fruits, frozen bananas make an excellent base for thick, cooling fruit shakes and low fat "ice cream". For this purpose, select ripe bananas for freezing as they are much sweeter. Remove the skin and place them in plastic bags or containers and freeze. If you like, a squeeze of fresh lemon juice on the bananas will prevent them turning brown. Frozen bananas will last several weeks, depending on their ripeness and the temperature of the freezer.

当与浆果或其他水果片结合时，冷冻香蕉是制作浓稠、清凉的水果奶昔和低脂“冰淇淋”的绝佳基础。为此，选择成熟的香蕉进行冷冻，因为它们更甜。去掉皮，将它们放入塑料袋或容器中冷冻。如果你喜欢，可以在香蕉上挤一些新鲜柠檬汁，以防止它们变棕。根据香蕉的成熟度和冰箱的温度，冷冻香蕉可以持续几周。

If you have a juicer, you can simply feed in frozen bananas and some berries or sliced fruit. Out comes a

如果你有榨汁机，你可以简单地将冷冻香蕉和一些浆果或水果片放入其中。

"soft-serve" creamy dessert, to be eaten right away. This makes a fun activity for a children's party; they love feeding the fruit and frozen bananas into the top of the machine and watching the ice cream come out below.

出来后是一种“软式”奶油甜点，应立即食用。这对于儿童派对来说是一个有趣的活动；他们喜欢将水果和冷冻香蕉喂入机器顶部，然后看着冰淇淋从下面出来。

1. What does the author seem to like about cherries?
A. They contain protein. B. They are high in vitamin A.

C. They have a pleasant taste. D. They are rich in antioxidants.

答案： C

2. Why is fresh lemon juice used in freezing bananas?

A. To make them smell better. B. To keep their colour.

C. To speed up their ripening. D. To improve their nutrition.

答案： B

3. What is " a juicer " in the last paragraph?

A. A dessert. B. A drink.

C. A container. D. A machine.

答案： D

4. From which is the text probably taken?

A. A biology textbook. B. A health magazine.

C. A research paper. D. A travel brochure.

答案： B

Summer Activities

夏季活动

Students should read the list with their parents/carers, and select two activities they would like to do. Forms will be available in school and online for them to indicate their choices and return to school. Before choices are finalised, parents/carers will be asked to sign to confirm their child's choices.

学生应与父母/照顾者一起阅读名单，并选择他们想要参加的两项活动。学校和网上将提供表格供他们表示选择并返回学校。在选择最终确定之前，将要求父母/照顾者签字确认他们孩子的选择。

Activity Description Member of staff Cost

活动 描述 员工成员 费用

Outdoor Adventure (OUT) Take yourself out of your comfort zone for a week, discover new personal qualities, and learn new skills. You will be able to take part in a number of activities from canoeing to wild camping on Dartmoor. Learn rock climbing and work as a team, and enjoy the great outdoor environment. Mr. Clemens £140

户外探险 (OUT) 让自己离开舒适区一周，发现新的个人品质，并学习新技能。你将能够参加从独木舟到在达特穆尔进行的野外露营等多项活动。学习攀岩并与团队合作，享受美好的户外环境。克莱门斯先生 £140

WWI Battlefields and Paris

第一次世界大战战场和巴黎

(WBP) On Monday we travel to London. After staying overnight in London, we travel on Day 2 to northern France to visit the World War I battlefields. On Day 3 we cross into Belgium.

Thursday sees us make the short journey to Paris where we will visit Disneyland Paris park, staying until late to see the parade and the fireworks. Our final day, Friday, sees us visit central Paris and tour the main sights. Mrs. Wilson £425

(WBP) 周一我们前往伦敦。在伦敦过夜后，我们在第二天前往法国北部参观第一次世界大战战场。第三天我们穿越比利时。周四我们将短暂前往巴黎，在那里我们将参观迪士尼乐园巴黎公园，逗留到晚上观看游行和烟花。最后一天，周五，我们将参观巴黎市中心并游览主要景点。威尔逊夫人 £425

Crafty

狡猾的

Foxes

狐狸

(CRF) Four days of product design centred around textiles. Making lovely objects using