

## 外研版英语初三下册Module6Unit3拓展训练

### 1. 阅读理解

Think of a simple object—a piece of chalk, for example. Are you remembering its name, its shape, its color or its size? Are you remembering what it is used for, or the sound it makes when the teacher writes on the blackboard? Scientists say that memory includes different parts of the brain, such as language and the ability of sense. They believe that you begin to create a memory when you notice something with your senses. Then, messages are sent to different brain cells, which join together to form connections. A new connection goes into your short-term memory. It is stored there for about 30 seconds, and then it is either lost or stored in your long-term memory.

Having a good memory means making lots of connections and storing them in your long-term memory. To do this, you need to keep your brain in good shape. Eat plenty of brain food such as fish oil, fruit and vegetables. Laughter also makes your brain more active. Also, don't forget to exercise. So do some sports or just move around a lot in the house. Finally, get plenty of sleep. This will make your memories grow stronger.

When you want to remember new information, you must pay special attention. Use your senses—sight, smell, hearing and touch—and keep repeating the information. To do well in your exams this year, turn off the TV, silence your mobile, and review your work regularly. To remember something special, use your imagination to create visual (视觉的) connections. For example, you need to take a pencil, an eraser, your ID card and chips to your next exam. Imagine the ID card as the body of an animal, the pencil its long neck, and the eraser its head. Your animal is hungry, so now imagine it eating a bag of chips. It may sound crazy, but it's fun and it works. Another way is to do something different to your room. Turn a picture upside-down, or tie a sock around the door handle to remind (提醒) yourself of something to remember!

【1】 At the beginning, the writer gives an example to \_\_\_\_\_.

- A. lead in the topic of the article
- B. show the importance of chalk
- C. let readers remember the word
- D. make readers know his favorite

【2】 How many ways are mentioned to have a good memory in Paragraph 2?

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

【3】 The main idea of the third paragraph is \_\_\_\_\_.

- A. how to do well in exams
- B. how to remember new information
- C. why review your work
- D. what to eat to make memories stronger

【4】 Which of the following is TRUE according to the passage?

- A. Memory has nothing to do with languages.
- B. Laughter can help to improve our memory.
- C. A picture of eating chips is the most useful.
- D. Our brain is difficult to keep in good shape.

### 2. 完型填空

Alicia was a young woman who liked to exercise for her health. In fact, she walked five kilometers