

河北省定州市第二中学2021-2022学年高二上学期考试试题及答案之五

1. _____

Many people think of guys as being carefree when it comes to their appearance. But in fact, a lot of guys spend plenty of time in front of the mirror. They care just as much as girls do about their body image.

Body image is a person's opinions and feelings about his or her own body and physical appearance. 1. You appreciate your body for its capabilities and accept its imperfections.

2. Here are some ideas:

Recognize your strengths. Different body types are good for different things. What does your body do well? Maybe your speed, strength, or coordination makes you better than others at a certain sport. That may be basketball, table tennis, mountain biking, dancing, or even running. Or perhaps you have non-sports skills, like drawing, painting, singing, playing a musical instrument, writing, or acting. 3.

Exercise regularly. Exercise can help you look good and feel good about yourself. Good physiques (体型) don't just happen. 4. A healthy habit can be as simple as exercising 20 minutes to 1 hour three days a week. Working out can also lift your spirits.

Respect your body! Practising good habits—regular showering, taking care of your teeth, hair, and skin; wearing clean cloths and so on—can help you build a positive body image.

5. Your body is just one part of who you are. Your talent for comedy, a quick wit (智慧), and all the other things make you unique. So try not to let small imperfections take over.

- A. Use this as an opportunity to discover what you're good at.
- B. Be yourself.
- C. Having a positive body image means feeling satisfied with the way you look.
- D. Just explore talents that you feel good about.
- E. They take hard work, regular workouts, and a healthy diet.
- F. The good news is that self-image and body image can be changed.
- G. So, what can you do to develop a positive body image?

2. _____

“So, what are you doing after graduation?” 1 However, you have to make up your mind as your last high school year begins. Whether your plans include college, heading straight for the workforce, or taking a year off, here are some practical tips to prepare yourself for the journey.

Going to College