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When it comes to the most refreshing Chinese YouTube figure of 2019, most people think of Li Ziqi, a Chinese vlogger whose videos focus on the beautiful scenery and the rural life in the Chinese countryside. With more than 7.5 million subscribers on YouTube, Li also has more than 1.9 million likes, and close to 3 million followers on her Facebook page. Experts from China claim that Li Ziqi is a better advocate for Chinese culture than the country's state media.

Li's fans think it is the spirit of craftsmanship behind her works that makes Li's video clips attractive. She strictly follows the authentic traditional steps and procedures in making traditional Chinese food and handicrafts, such as peach flower wine and silk. Sometimes she spends several months producing one of the videos.

Li Ziqi's videos are rather unique. Most of the videos have English titles to ensure better recommendations by the algorithms (计算程序). In fact, most of her videos that are produced in a professional and delicate way involve very little speaking at all. Instead, they focus on the visual aspects, and the natural sounds of the landscape. Li's videos convey a more universal message. People can enjoy these videos with little or no background or knowledge about the country. Therefore, Li's videos can be enjoyed by many with different language backgrounds.

【1】What can we learn about Li Ziqi's video clips?

- A. They promote the sales of Chinese food and handicrafts.
- B. They present the culture of life in urban areas of China.
- C. There are images and natural sounds in her videos rather than language work.
- D. They are false rather than honest records of local life in China in her fans' view.

【2】What's the author's tone toward Li Ziqi's video clips?

- A. Positive B. Negative
- C. Neutral D. Vague

【3】What is the author's purpose in writing the passage?

- A. To provide guidance on cooking and making traditional handicrafts.
- B. To suggest a way of attracting more followers on YouTube.
- C. To give an example of how to gain worldwide popularity with short videos.
- D. To introduce Li Ziqi's unique tricks of attracting audience.

2. 阅读理解

Recently, as the British doctor Robert Winston took a train from London to Manchester, he found himself having to listen to a loud conversation of a fellow passenger woman. Boiling with anger, Winston took her picture and sent it to his more than 40,000 followers on the Tweek. By the time the train reached the station in Manchester, some journalists were waiting for the woman. And when they showed her the doctor's messages, she used just one word to describe Winston's actions: rude. Winston's tale is a good example of increasing rudeness, fueled by social media in our age. Studies show that rudeness spreads quickly and virally, almost like the common cold. Just witnessing rudeness makes it far more likely that we, in turn, will be rude later on. Once infected, we are more aggressive, less creative and worse at our jobs. The only way out is to make a conscious decision to do so. We must have the courage to call it out, face to face. We must say, "Just stop." For Winston, that would have meant approaching the woman, telling her that her conversation was frustrating other passengers and politely asking her to speak more quietly or make the call at another time.

The anger we feel at the rude behavior of a stranger can drive us to do out-of-place things. Research discovered that the acts of revenge (报复) people had taken ranged from the ridiculous to the disturbing. Winston did shine a spotlight on the woman's behavior—but in a way that shamed her.

When we see rudeness occur in public places, we must step up and say something. And we can do it with grace, by handling it without a bit of aggression and without being rude ourselves. Because once rude people can see their actions through the eyes of others, they are far more likely to end the rudeness themselves. As this wave of rudeness rises, civilization needs civility (举止文明).

【1】Robert Winston's reaction to the woman's behavior at the train can be described as _____.

- A. a way of returning good for evil B. an answer to the call of the journalists
- C. a good example of stopping rudeness D. an act of answering rudeness with rudeness

【2】Being infected with rudeness can possibly lead to _____.

- A. wiser decisions B. more frustrated passengers
- C. poorer work performance D. more face-to-face communication

【3】What can be a suitable title for the text?

- A. What to say to a rude person. B. Civilization Calls for Civility.
- C. How to Fix Rudeness Spread Online D. Rude Behavior Makes a Rude Man

3. 阅读理解

The human body is designed to move. But modern lifestyles and office jobs rarely give us the chance to move around. As we know, we're sitting while we're eating; we sit in the car and we sit while we watch TV. And many of us sit for many hours at work.

New research shows that sitting less than three hours a day might extend your life by two years. Peter Katzmarzyk, a scientist at the University of Louisiana in the southern United States, says that sitting is ubiquitous in our lives, meaning it is something we do all the time, everywhere.

However, Mr. Katzmarzyk says that does not mean you can sit for the rest of your waking hours. He also says you may exercise often, "We can't throw away physical activity. It's extremely important. We have 60 years of research showing us that."

Mr. Katzmarzyk and his colleagues are part of a new generation of researchers studying how sitting all day affects length of life. "Studies that have assessed the relationship between sitting and mortality (死亡率) or television viewing and mortality are very rare. There's only been a few of them, actually five or six now, in the last four or five years." They found that cutting television time to less than two hours a day could add one point four years to life.

Luckily, change is already coming to some offices, especially in the design of desks. A "standing desk" lets people stand while they work. Another new design is called the "treadmill desk." A treadmill is an exercise machine that lets you walk in one place. Even some U.S. schools are beginning to experiment with desks that are part bicycle to keep children moving. That's one of the strategies that many companies are using now.

Mr. Katzmarzyk also says studying this problem has inspired his team to make a few changes in their own lives.

【1】The underlined word "ubiquitous" is closest in meaning to _____.

- A. dangerous B. impressive
- C. comfortable D. common

【2】Which view agrees with the opinion of Mr. Katzmarzyk?

- A. Sitting long may help people live longer.
- B. Exercise is important and don't sit too long.