

1.

Dance is one of the most wonderful forms of human communication. In many cultures, dance has both historic and cultural significance, which is communicated through learned gestures and expressions. Here are a bit more details about three of the world's most beautiful dances.

Kathakali

Kathakali is a storytelling dance, during which performers use a variety of gestures, and eyes and facial expressions to communicate meanings. Costumes, hair styles, makeup and face paint, and jewelry also all hold specific meanings in the performance of kathakali. There are nine facial expressions used to express emotions ranging from sadness and anger to curiosity. Through their expressions, it should be completely clear to the viewer what the performer is intending to convey.

Tango

The dance has its roots in an African slave dance called candombe, which is also a type of music. One key factor of a candombe performance is a partnered dance, which has over time developed into the modern tango. If you can keep your eyes on one part of the tango, just focus on the dancers' legs and feet. The tango is typically performed low to the ground, with both performers' step-work often taking place at the same time. It's complex and communicative.

Flamenco

One of the most interesting facts about the flamenco is that it began as a song. Over time, flamenco developed to include its now-famous passionate accompanying dance. One of the key factors of flamenco is palmas. It may look like simple, rhythmic clapping, but palmas are performed at different speeds, and strengths, and it is essential that the flamenco dancer understands how to make use of his or her hands as part of the performance.

【1】What is special about kathakali?

- A. It is intended to convey a romantic story.
- B. It involves many expressions to attract viewers.
- C. It's a dance to tell a story and express many feelings.
- D. It is a dance where people can learn how to exchange feelings.

【2】What should you pay attention to in a tango?

- A. The dancers' arms and hands.
- B. The dancers' legs and feet.
- C. The dancers' facial expressions.
- D. The dancers' eyes and hands.

【3】In which dance does dancers' clapping play an important role?

- A. Kathakali.
- B. Flamenco.
- C. Tango.
- D. Candombe

2.

Thomas Panek has completed 20 marathons, however, he made history on Sunday at the New York City Half Marathon.

While visually impaired (视觉障碍) runners usually use human guides, Mr Panek became the first person to complete the race supported by guide dogs. A trio of Labradors - Westley, Waffle and Gus - each accompanied (陪伴) him for a third of the race. The team finished in two hours and 21 minutes.

Mr Panek, who lost his sight in his early 20s, showed that while he appreciated the support of human volunteers, he missed the feeling of independence. In 2015, Mr Panek established the Running Guides programme which trains dogs to support runners.

When selecting his companions for the race, Mr Panek chose siblings Waffle and Westley to join Gus, who is his full-time guide dog. "The relationship is really important. You can't just pick up the harness (挽带) and go for a run with these dogs," Mr Panek said. "You're training with a team no matter what kind of athlete you are, and you want to spend time together in that training camp."

Each dog sets its own pace — Westley runs an eight minute mile, while his sister Waffle can cover the same distance in six minutes—and helps Mr Panek avoid obstacles such as kerbs (路缘) and cones (椎体). Each dog wears a special harness and set of running boots, to protect their paws.

Gus was chosen to run the final leg of the race and cross the finish line with Mr Panek. He retired from his duties as a guide dog at the end of the race.

According to Mr Panek, guide dogs give visually impaired people the freedom to "do whatever it is a sighted person does, and sometimes, even run a little faster than them".

【1】In which way did Thomas Panek make history?

- A. He set a new record of time in running the half marathon.
- B. He is the first blind person who take part in the marathon.
- C. He finished the competition with help of human volunteers.
- D. He is the first blind person finishing half marathon with guide dogs.

【2】What can we learn about Thomas Panek?

- A. He stopped running after he lost sight.
- B. He enjoyed running with human volunteers.
- C. He is the founder of the Running Guides programme.
- D. He got the gold medal at the New York City Half Marathon.

【3】What do you know about the three dogs?

- A. They didn't get training before the race.
- B. Westley runs faster than Waffle.
- C. Gus is Panek's full-time guide dog.
- D. Westley retired after the race.

【4】The passage is _____.

- A. an essay
- B. a news report
- C. a biography
- D. a review

3. 阅读理解

It would be nice if eating a particular food could magically protect you against all the boring illnesses. It's not that simple, of course. Hand washing remains your best defense against picking up illnesses, and sleep is a strong defense too. But what you eat does play an important part. Though it isn't because of just one or two foods, what you eat in your daily diet have an effect on how weak or strong your immunity(免疫力) is.

We'd better eat fruits and vegetables every day. They contain key vitamins needed in the immune system. For example, Vitamin C and A in foods help immune system work well to keep us healthy. Remember that eating the actual fruit or veggie is better than eating single-vitamin supplements(补品).

Getting too little protein(蛋白质) can weaken your immune system. Protein-rich foods supply the amino acids(氨基酸) you need to build important proteins in the body. Animal foods like beef and pork also contain zinc(锌), which your body uses to make t-cells.

Fermented foods are foods that are naturally protected by bacteria(细菌), and they're good for the micro biome(微生物). That's the name for the bacteria that live in your stomach, where a lot of cells in immunity actually live. Fermented foods like yogurt help beneficial bacteria develop fast in the stomach, leaving less room for harmful