

## 2020-2021学年北师大版（2019）必修一模块综合检测 1

### 阅读理解

#### 1. 阅读理解

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Teenagers who spend hours in front of the television may have a poorer diet as young adults.

A study, which involved nearly 1,400 high school students found those who watched TV for five hours or more every day had less healthy diets than other students five years later. Why does this happen? Should the parents take any measures?

On the one hand, people who spend a lot of time in front of the TV, especially teenagers, may snack (吃零食) more, and that may influence their longterm diet quality.

On the other hand, TV ads for fast food, sweets and snacks make teenagers eat more of those foods. TV time might also replace exercise time for some kids.

The researchers found a clear relationship between TV time during high school and diet quality of the young. While the heaviest TV viewers were eating the most junk food, those who'd watched fewer than two hours every day had the most fruits and vegetables.

As far as I am concerned, children should watch no more than two hours of television per day. And parents should set a good example by eating right, being physically active and curbing their own TV time.

(1) According to the passage, heavy TV viewers are easy to \_\_\_\_.

A. eat more fruits    B. eat fewer vegetables    C. eat less junk food    D. eat more food high in calcium(钙)

(2) The underlined word "curbing" in the last paragraph can be replaced by "\_\_\_\_".

A. adding    B. checking    C. controlling    D. stopping

(3) What suggestion does the author give the parents?

A. They must watch TV with their children.    B. They should stop the children from watching TV.  
C. They should pay attention to nutrition in diets.    D. They can't do what they don't want their children to do.

#### 2. 阅读理解

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Sarah came running in. "Look what I found." Over the top of the paper I was reading came a crispy long object that caused me to jump. It was a snake skin that had been shed by one of our many garden snakes.

"Isn't it beautiful?" said my wideeyed sevenyearold.

I stared at the organic wrapper and thought to myself that it really wasn't that beautiful, but I have learned never to appear uninterested with children. They see only good quality and excellence in the world