

1. 阅读理解

The other day I walked along with my friends towards the cafeteria and outside I could see a crowd made up mostly of girls. I couldn't make out what was happening. We came closer and were able to see that a lady was cutting a girl's hair. Beside there was a poster which encouraged people to donate about 10 inches of their hair in order to make wigs (假发) for patients who suffered from cancer and had lost all or most of their hair.

I was moved by the courage of those girls who were excitedly waiting their turn to get their hair cut. My friends sensed this and asked me if I was considering donating my hair. I told them I would like to but I was a little anxious about how I would end up looking. But finally, I made up my mind.

I asked one of my friends to braid (编) my hair and the rest of them started cheering me on so I would not back off. We went outside and I was now in line. It was finally my turn so I walked towards the lady; she sat me down on a chair and didn't even spend 30 seconds cutting my braid. More than half of my hair was put in a bag and I couldn't hide my joy. I just couldn't help but think about a person who would be happy with her new image. I knew I would never meet her, but I felt pleased with the act of kindness that I made that day.

【1】What were the girls waiting to do?

- A. Cut a girl's hair.
- B. Drink special coffee.
- C. Buy wigs for some patients.
- D. Donate their hair to cancer patients.

【2】What made the author anxious at first?

- A. The long line. B. Her friends' opinions.
- C. Her look with short hair. D. The courage of those girls.

【3】What can we learn from the last paragraph?

- A. The author's kindness also made her day.
- B. People are usually happy with new images.
- C. People should try hard to help cancer patients.
- D. The author looked forward to meeting that patient.

2. 阅读理解

The beach may seem like an inviting place to run on a cool summer morning, but is running on the sand good for your body? It can be, but it's important to be aware of the challenges that some beach runners experience before you get ready.

Running on the beach can be a good thing. It's certainly different from running on a track or a pavement. For starters, sand can be a challenge because it has an uneven (不平坦的) surface. As you push off, you're going to lose some of your push as the sand moves. So, you're not going to be able to push yourself forward as you would on a track or a pavement. But this unevenness has an upside; It gives your body an extra workout, forcing you to exercise muscles that don't get as much use during runs on firm surfaces. For example, your feet, ankles and lower back might feel sorer and more tired than usual after a beach run just because the surface is constantly moving and changing step to step.

You also might feel sore afterward because beaches tend to slope (倾斜) down to the water. If you're going for a long run on the beach, you might notice that one side of your body might feel sorer because you're putting more pressure on it due to the slope.

Some beach runners prefer to run barefoot — not wearing anything on feet. However, if you're not used to barefoot running, start slowly and don't run long distances at first. That's because running barefoot uses more different muscles than running with shoes does, and it's important to strengthen these muscles and adapt your feet. If you want to run barefoot and as long as you run carefully enough into it, go for it!

Running on the sand can be a smart choice for you, because running on softer ground surfaces can reduce muscle damage.

【1】Why is it difficult to run on the beach for starters?

- A. Running on its uneven surface takes much effort.
- B. People need to run carefully on its smooth surface.
- C. The soft surface makes people fall over easily.
- D. It's hard to keep one's balance on its hard surface.

【2】Which of the following best explains "upside" underlined in Paragraph 2?

- A. Character. B. Reason.
- C. Advantage. D. Challenge.

【3】The passage can probably be found in _____.

- A. A primary school textbook
- B. A sports magazine
- C. A tourist guide
- D. A scientific report

3. 阅读理解

The biggest challenge faced by travelers especially those who like to have a hiking trip is how to ensure a steady supply of clean clothes. Now, thanks to a great invention called Scrubba Wash Pack, that worry may be a thing of the past.

The portable (手提的) washing machine was invented by Ash Newland in 2010, while planning to climb Mt. Kilimanjaro. Struck by the limited packing space, he got inspiration (灵感) from traditional washboards to create a bag that could be used to clean clothes. Then he gave up his career as a lawyer and focused on perfecting the bag's design. By 2012, the bag was ready for the public. It weighed only 180 grams and required very little storage space, making it perfect for anyone wishing to travel light.

Not surprisingly, the bag worth 55 dollars was an instant hit with travelers, university students and even passengers. However, Newland was not satisfied. He still saw a flaw (缺点) with his invention — dirty clothes had to be carried around in a separate bag! The recently introduced Scrubba Wash Pack solves that problem.

In order to make the pack active, dirty clothes are placed inside the bag along with two to three liters of water. The bag is then shut tightly to ensure all air is squeezed out (挤出去) and the clothes are massaged for a few minutes. After a quick wash, they are clean and ready to be dried. According to Newland, the pack can clean anything from jeans to smelly socks! What's even more amazing is that with a capacity to hold 13-liters of water, it can be used to wash more clothes at a time.

The best part is that the 99-dollar pack that will be available for sale later this year, only weighs 300 grams and is completely foldable, making it easy to store when it's not in use. With the Scrubba Wash Pack, wandering through foreign cities searching for a washing shop, or paying for washing machines may soon be a thing of the past!

【1】What led Ash Newland to create the Scrubba Wash Bag?

- A. His job requirements. B. His personal experience.
- C. His interest in invention. D. A traditional washboard.

【2】Why wasn't Ash Newland satisfied with his former invention?