

1. 阅读理解

Coit Tower

Coit Tower provides 360-degree views of San Francisco and the bay, including the Golden Gate Bridge. The most fantastic views can be seen from the observation deck, which is reached by an elevator. It costs \$7 to get on the elevator. It is 4.9 miles from Coit Tower to Golden Gate Bridge.

Crissy Field

Crissy Field, a former army airport located south of the Golden Gate Bridge in the Presidio, was rebuilt in 2001 and offers wide walking and cycling trails between the Marina Green and Fort Point. It offers wonderful views of the Golden Gate Bridge, picnic areas and a small sandy beach which is popular with families. Along Crissy Field, visitors can stop for lunch at the Warming Hut, the Beach Hut Cafe or the House of Air. Distance from Golden Gate Bridge: 2.4 miles from the Marina Green.

Fort (堡垒) Point

For a close view of the bridge, visit Fort Point, which is a Civil War time brick fort which can be entered through the Marine Drive park at Crissy Field. Although Fort Point never had any military(军事的) action, the Golden Gate Bridge's chief engineer, Joseph Strauss, redesigned the bridge to preserve the fort as a "fine example of some kind of art." Distance from Golden Gate Bridge: 1.2 miles.

Lands End

Lands End near Lincoln Park offers a perfect view of the Golden Gate Bridge. Visitors can walk along a paved sidewalk near the 17th hole of the Lincoln Park Municipal Golf Course. Here, there are several benches and photo opportunities to picture the beauty of the bridge. Distance from Golden Gate Bridge: 3.0 miles.

【1】Where can visitors have a picnic?

- A. At Coit Tower. B. At Crissy Field.
C. At Fort Point. D. At Lands End.

【2】Why did Joseph redesign the bridge?

- A. To offer wide walking and cycling.
B. To picture the beauty of the bridge.
C. To take a close view of the bridge.
D. To save the fort as an art.

【3】What is the purpose of the text?

- A. To introduce some places to view Golden Gate Bridge.
B. To introduce some great places in Golden Gate Bridge.
C. To compare the four famous places in San Francisco.
D. To introduce the history of Golden Gate Bridge.

2. 阅读理解

There are many ways to help improve your health like eating healthy food. Taking exercise and getting medical help. But the easiest and cheapest way to improve your health is just to sleep eight hours or more every night. The general sleeping rule is that the younger you are, the longer sleep you need. But regardless of (不管) age, some people need to sleep more while for some a few hours is enough.

The problem with sleep is that more and more people in the world are not sleeping enough. According to the World Health Organization over half the people in the world may be sleep-deprived. Having less sleep not only makes people feel tired but also causes accidents. In the United States alone, sleepy drivers cause at least 100,000 traffic accidents a year. Also sleep problems can cause medical problems such as high blood pressure (血压).

Why are so many people sleep-deprived? Part of the reasons may be cultural. In the American culture, people put a higher value on work than on sleep. In fact, people who sleep a lot are usually seen as "lazy". Also, you can sometimes hear some people say proudly that they don't have much time to sleep. They only sleep four or five hours a night. It seems that the less you sleep, the more work you'll do.

How do we teach these people to learn the value of sleep? Perhaps they may listen to the advice of Dr. James Maas an expert in sleep. He says, "Sleep is like a credit (信用卡) card. When you sleep less, you are only borrowing time. You always have to pay it back. The more hours you don't sleep, the more hours you should sleep to 'pay back' the hours on your 'sleep credit card.'"

For those who value work more than sleep, they should listen to what a famous person once said. "Don't think you will be doing less work because you sleep during the night. That is a foolish idea which is held by people who have no imagination. You will be able to do more."

【1】According to the writer, the easiest and cheapest way to improve health is to _____.

- A. eat healthy food every day B. take exercise as much as possible
C. get medical help whenever necessary D. sleep eight hours or more every night

【2】What does "sleep-deprived" mean in Paragraph 2?

- A. Having a good sleep. B. Excited about sleep.
C. Having less sleep. D. Interested in sleep.

【3】According to Dr. James Maas, what is sleep like?

- A. An hour. B. A report.
C. A credit card. D. A piece of paper.

【4】What is the best title of the passage?

- A. The Value of Sleep B. The Value of Study
C. The Ways of Eating Less D. The Ways of Making Money

3. 阅读理解

There are various ways in which to read body language so that you can understand how someone is feeling. Reading emotional clues (线索) is one of them.

Crying is considered to be caused by an explosion of emotion in most cultures. Often times crying is considered a sign of sadness, but crying can also be an expression of happiness. Crying can also come about through laughter and humor. Thus, when judging crying, you'll need to look for other signs to determine the meaning of the crying. Crying can also be forced in order to gain sympathy or to cheat others. This practice is known as "crocodile tears", an expression that draws on the wrong idea that crocodiles "cry" when catching prey (猎物).

Signs of threat include v-shaped eye brows, wide eyes, and an open or down-turned mouth. In a similar way, arm tightly crossed over the other is a common sign that the person is angry and is closing himself off to you.

When people show anxiety, they display increased facial movements, and their mouth made into a thin line. Individuals who are anxious may also play with their hands, unable keep them in one spot. Anxiety can also have nervous legs. It can be conveyed when people seemingly unconsciously (无意识地) tap their feet or have nervous legs.