

1.

Back in March, when the COVID-19 virus had just started its deadly influence across the country and people were terrified about a lack of every daily necessity, Jonny Blue focused on one particularly urgent need. Blue, a 33-year-old doctor saw reports of people buying and storing toilet paper. He came up with a simple yet clever solution.

One Saturday morning, Blue took a piece of cardboard, wrote "Share Your Toilet Paper" on it in huge letters, and camped out on the street corner. "It just inspired me to remind people that if you have a lot of something, that probably means there are people who don't have very much of it because you took it all," Blue said. "So sharing it is probably a good thing to keep in mind."

The response was immediate and positive, with motorists honking horns(鸣笛) in support. Drivers stopped to drop off spare rolls of toilet paper, and, just as quickly, Blue handed them out.

"This guy said he just ran out and was going to a bunch of stores and couldn't find any," Blue said as cars went by. "Somebody had given me some, so I gave it to him. He was excited. He was like, 'Do you want me to pay you?' I said, 'No, man. Take it.'"

A moment later, a driver in a white pickup truck slowed down just enough to take out a roll to add to Blue's collections.

"People are loving it," Blue said. "They're honking, smiling, laughing. It's kind of a hard time right now. People want a sense of community."

【1】What were people worried about at the beginning of the COVID-19 virus?

- A.Unfriendly neighbors. B.Expensive toilet paper.  
C.Lack of medical support. D.Not enough daily necessities.

【2】What is the purpose of Blue's action?

- A.To stop buying and storing. B.To encourage toilet paper sharing.  
C.To advise people to save toilet paper. D.To help people live a healthy lifestyle.

【3】What does the underlined word "them" in paragraph 3 refer to?

- A.Drivers. B.Letters. C.Motorists. D.Rolls of toilet paper.

【4】Which of the following best describes Blue?

- A.Professional. B.Humorous. C.Warm-hearted. D.Outgoing.

【5】What can be a best title for the text?

- A.The Toilet Paper Sharing B.Lack of Daily Necessities  
C.Influences of COVID-19 D.Useful Advice from a Doctor

2.

Jeremy grew up being active in sports. But he never thought about healthy eating until he found himself gaining weight several years after college. Last week, Jeremy hit a turning point when he found that he was too out of shape to play in a company football team. He decided to change his eating habits.

The first step Jeremy took toward healthy eating was to stop going to fast-food restaurants. Jeremy used to eat fast food as often as 4 times a week. To his surprise, he found that giving up fast food wasn't that difficult. Now, he says, "I don't even like it anymore." When Jeremy does go out to eat, he tries to pick menu items that he knows are healthier. He orders salads and lower-fat sandwiches instead of hamburgers, and he drinks water instead of soda pop. "I try to order things that are already prepared the way I would like them to be prepared."

Planning meals has been a key to Jeremy's success. It helps him avoid getting too hungry and eating fast food. Each week he plans what he will eat for each meal, and he shops for groceries (食品杂货) with his plan in mind. "It's a lot easier to make healthy choices when you're just planning ahead for it." Rather than cutting out certain foods, Jeremy sometimes includes his favourite foods in his eating plan. "That way I don't feel like I'm letting myself down by not sticking to my plan."

Jeremy's friends and family noticed when he started eating healthier. They have helped him to make a habit of his healthy eating changes. "It made me feel pretty good, especially when people started making comments about the changes I was making," he says. "You just get the positive energy."

【1】What made Jeremy decide to change his eating habits?

- A.Higher food prices. B.Weight gain in college.  
C.Dislike of unhealthy foods. D.Failing to join a football team.

【2】What did Jeremy think of giving up fast food?

- A.It was too easy for him. B.It made him uncomfortable.  
C.It was not as difficult as he thought. D.It meant stopping going out to eat.

【3】What played the most important role in Jeremy's healthy eating?

- A.Eating less at mealtimes. B.Making plans ahead of time.  
C.Following his friends' advice. D.Cutting out all unhealthy foods.

【4】How does Jeremy feel about people's comments?

- A.Surprised. B.Encouraged C.Worried. D.Interested.

【5】In which section of a newspaper may this text appear?

- A.Health. B.Science. C.Education. D.Entertainment.

3.

Jose Adolfo is a banker from Peru. He encourages children to save money and offers his customers cash for recycling plastic wastes. But the remarkable thing is that he is still a child himself.

By the age of 7, he decided to create a bank for children. He was motivated by seeing his classmates skipping lunch because they had spent the little money they had on sweets or football cards. What drove him even more was the poverty he saw among children.

With the support of a local company, the 14-year-old founded the Bartselana student bank which now has more than 2,000 customers between the ages of 10 and 18.

Children can withdraw (提取) money from several cashpoints of the bank. They can also monitor their balances online. What makes it different from traditional banks is that it sets savings goals for children. They have to reach those goals in order to withdraw their money.

The student bank really took off when he came up with the "Recycle Plan", a new way for the children to earn money by collecting recyclable plastic or paper waste.

Students can bring recyclable plastic bottles, used school books and old newspapers to the schools and put them into the collecting boxes. The recycling is weighed and the money goes to their bank accounts.

The bank recycles 4.4 tons of material a month and has collecting boxes in seven schools in Arequipa. More are on a waiting list. Increasingly the model is in demand in the rest of Peru and abroad.

His efforts have been noticed by Peru's environment ministry. "He's making an amazing change in financial (理财的) education that perhaps many adults could not come up with," said the Peru's environment minister, Lucia Ruiz. "He's achieving a double goal because he's not just designing a financial opportunity for children and