

1. 阅读理解

If you are a movie fan, here are the latest movies highly recommended by viewers and critics.

The Irishman (2019) Rate: 8.7/10 14,071

R | 3h 29min | Biography, Crime, Drama | 27 November 2019 (USA)

Legendary director Martin Scorsese spent a long time developing crime epic The Irishman; talk of the director reuniting with his old muse Robert De Niro for the project was happening as far back as 2010.

Director: Martin Scorsese

Writers: Charles Brandt (book), Steven Zaillian (screenplay)

Stars: Robert De Niro, Al Pacino, Joe Pesci | See full cast & crew »

Frozen II (2019) Rate: 7.3/10 13,162

PG | 1h 43min | Animation, Adventure, Comedy | 22 November 2019 (China)

Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom.

Directors: Chris Buck, Jennifer Lee

Writers: Jennifer Lee (screenplay by), Jennifer Lee (story by) | 4 more credits »

Stars: Kristen Bell, Idina Menzel, Josh Gad | See full cast & crew »

Ford v Ferrari (2019) Rate: 8.3/10 35,096

PG-13 | 2h 32min | Action, Biography, Drama | 13 November 2019 (France)

American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary race car for Ford and challenge Ferrari at the 24 Hours of Le Mans in 1966.

Director: James Mangold

Writers: Jez Butterworth, John-Henry Butterworth | 1 more credit »

Stars: Matt Damon, Christian Bale, Jon Bernthal | See full cast & crew »

Joker (2019) Rate: 8.8/10 488,619

R | 2h 2min | Crime, Drama, Thriller | 4 October 2019 (USA)

In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: the Joker.

Director: Todd Phillips

Writers: Todd Phillips, Scott Silver | 3 more credits »

Stars: Joaquin Phoenix, Robert De Niro, Zazie Beetz | See full cast & crew »

【1】Which of the movies lasts the shortest time?

- A. The Irishman. B. Joker.
C. Frozen II. D. Ford v Ferrari.

【2】According to the passage, the Irishman and Joker are similar in that _____.

- A. they are both tragedies B. they are both about crime
C. they are produced in the USA D. they are released in the same month

【3】What can we learn from the passage?

- A. Frozen II has got the highest rating.
B. Arthur Fleck is ill-treated by some revolutionaries.
C. Carroll Shelby and Ken Miles are very determined.
D. Martin Scorsese wrote the stories for the movie himself.

2. 阅读理解

Every year, millions of people make the same New Year's resolution(决心): to lose weight. But there's a problem that requires as much resolution to change as weight: the societal prejudice surrounding weight and obesity.

For decades, researchers have documented negative attitudes toward overweight people - a form of prejudice known as "weight bias (偏见)." People with obesity are commonly viewed as lazy, unintelligent, unattractive, and lacking willpower and self-control. Weight - based discrimination is found in educational, employment and health care settings, yet minimal legal protection exists for those who are targeted. In addition to experiencing weight bias from others, people with obesity tend to accept weight-biased beliefs, leading to lower self-worth.

Some people argue that bitter messages about weight are necessary to motivate those with obesity to take responsibility for their health and lose weight. After all, critics say, it's their own fault that they are "fat," and, if they really wanted to, they could control their weight. In this view, promoting body acceptance would only weaken behavior change and encourage obesity.

The problem with this argument is that it flies in the face of hundreds of scientific studies showing the negative health effects associated with experiencing and accepting weight-biased beliefs. The psychological effect of being undervalued due to one's weight may not seem surprising: increased risk for depression, anxiety, and even self-harming thoughts and attempts in youth.

Also worth noting are the effects of weight bias on weight gain and obesity-related health. Studies show that weight bias is stressful, and when people are under stress, they tend to eat more. Further, when people worry about being judged due to their weight, they avoid fitness and health care setting.

In the coming year, whether or not weight loss is a goal, we can all make efforts to get rid of weight bias and be a little kinder to ourselves and others.

【1】What do we know about obese people?

- A. They are fond of making resolutions.
B. They are lacking in self-control.
C. They care little about others' opinions.
D. They tend to undervalue themselves.

【2】Why do some people support bitter messages about weight?

- A. They can encourage obese people to lose weight.
B. They can improve self-worth in obese people.
C. They can promote body acceptance.
D. They can relieve depression.