

1.

Airplanes are known for "making" people sick. Fortunately, I've got the inside scoop on some practices that will keep you healthy on the plane and a head start on staying healthy during your travels.

Start taking immunity support products BEFORE you begin your trip.

Immunity support products come in a variety of forms. They are designed to prepare your body for physical stress by loading you up on the vitamins, minerals and antioxidants (抗氧化) that support great immune system functioning.

If your body is weak at the beginning of the trip, any germ or bacteria is going to have easy access to your system. Get those defenses in place a few days before travel and give your body the best chance to stay healthy.

Antibacterial wipes are your best friend.

Take a minute to think about that airplane. How many people are touching literally every surface with hands that have blocked a sneeze, been coughed into, held the handrail of the moving sidewalk?

Take along plenty of individually wrapped antibacterial wipes and use them everywhere. Wipe down the armrests, the seat belt buckle, the tray table and the remote control for the in-flight entertainment.

Wear slip-on shoes.

Many articles instruct passengers to wear socks on the airplane for comfort. However, if you walk down the aisle in your socks, or even worse, use the restroom, the bottom of those socks are going to pick up all kinds of dirt. So wear shoes when you move around on the plane! Let your shoes provide a barrier to whatever might be lying on the floor.

【1】Why do planes easily make people sick according to the writer?

- A. People lack practice to keep fit.
- B. There are many bacteria on the plane.
- C. People have too much entertainment during the flight.
- D. People's immune system fails to work on the plane.

【2】How can we protect ourselves from getting sick on the plane?

- A. By wearing socks.
- B. By stopping feeling stressful.
- C. By blocking coughing with hands.
- D. By taking some supportive products.

【3】What's the best title for the passage?

- A. Advice on safety B. A worthwhile trip
- C. Stay healthy on a flight D. Be careful of your flight

2.

When Rachel Ratelle saw a news video of a burned koala trying to climb a tree to safety in fire-ravaged (火灾肆虐的) Australia, she decided to do something about it. She looked up wildlife rescue and relief agencies in Australia to find out what they needed most. Besides donations, many organizations asked for hand-sewn and knitted pouches (袋子) and wraps for koalas and other animals that were burned or had lost their homes and parents in the fires.

This idea attracted Ratelle, but there was just one problem.

"I'd never sewn in my life," said Ratelle, 17, a senior at Rancho Buena Vista High School in Vista, US. "Giving money seemed like something too simple. But I wanted to directly help these animals by doing something myself, so I decided to learn how to sew."

Over the next few months, Ratelle bought her own sewing machine and taught herself how to sew via videos online. Then she bought 18 yards of fabric and sewed 25 pouches of different sizes and shipped them off to Fir Australian Wildlife Needing Aid (FAWNA), one of several relief organizations that have rushed to rescue koalas, kangaroos and other species suffering from burns. A week later, she received a photo from FAWNA with a baby kangaroo in one of her larger pouches. "It made me feel like I contributed to the world and it showed how a simple act of kindness can go a long way," said Ratelle, who hopes to study biology for a future career as a nurse practitioner.

"I plan to use my new sewing skills to help animals and people devastated by natural disaster," she said.

Several craft union websites around the world have called for Australian relief by making the animal pouches. Karen Newberry and her two daughters Madison, 12 and Rochelle, 8, from San Diego also offered their help in such a way. For Newberry, "It was a big push that made us crafters, sewers realize there's something more we can do than just make things for ourselves," she said.

【1】What do the first two paragraphs mainly talk about?

- A. What inspired Ratelle to learn to sew.
- B. What is needed to save koalas and other species.
- C. The poor living conditions of wild animals in Australia.
- D. Different ways to help koalas and other animals in Australia.

【2】How did Ratelle feel when she received a photo from FAWNA?

- A. Surprised. B. Calm. C. Proud. D. Moved.

【3】What does the underlined word "devastated" mean?

- A. Ruined B. Challenged C. Reduced D. Abandoned

【4】What do Newberry's words in the last paragraph suggest?

- A. People should stay united through difficult times.
- B. Life is not easy for crafters and sewers in Australia.
- C. It is challenging for crafters and sewers to do relief work.
- D. Crafters and sewers can do more to help animals.

3.

As spring arrives, farmers around the world are making decisions about what crops to plant and how to manage them. In the U. S., farmers typically have big data to help make these decisions. These data have a clear upside. They make farms more productive. In the U.S., the past five years have seen a series of good harvests for both corn and soybean. A big part is generated by effectively using data to produce more food from the same amount of land, seed and fertilizer.

In the poorer parts of the world, however, the picture is much different. Many farmers are guided only by their history with the land and their community's traditions. Their skills and knowledge are impressive, but they suffer from a poverty of data. They rely on technical advisors for advice from governments and academic centers who often