

## 1. 阅读理解

Places to Spend Christmas in Canada

Quebec City

Quebec City would be a great place to spend the holidays, with stone streets, soft white snow, and some of the most historic and striking architecture in Canada. And there's a lot going on in the capital of La Belle Province, including an authentic German Christmas market where you can drink hot wine and look for gifts, and the chance to meet Santa Claus himself at Fairmont Le Chateau Frontenac Hotel.

St. John's, Newfoundland

In St. John's, Newfoundland, people would disguise (伪装) themselves in whatever small objects they could find in their homes and show up on their neighbours' doorsteps singing, dancing and celebrating—and not removing their masks until the neighbours correctly guessed their identities. This fun and festive tradition lives on with an annual Christmas festival, complete with workshops and a big parade that shows these simple disguises.

Niagara Falls, Ontario

The illumination (照明) of the magnificent waterfalls is part of Niagara Falls' annual Winter Festival of Lights, which sees more than three million lights lighted throughout the city. There are also weekly fireworks over the falls during the whole festival, and a number of other festive events, including musicals, shopping fairs and concerts.

Saskatoon

There are few bigger thrills than being a kid at Christmas, especially if you live in Saskatoon. A recent study by the University of Toronto's Rotman School of Management found that Saskatoon has the highest number of candy and toy stores, in the country, and a very good probability of having snow on December 25. It's the perfect combination for a magical Christmas! Grown-ups will also appreciate the booming food scene.

【1】Which place will you go if you are interested in historic buildings?

A. Quebec City. B. St. John's.

C. Niagara Falls. D. Saskatoon.

【2】What is special about Niagara Falls, Ontario during Christmas?

A. Market. B. Wine.

C. Light. D. Snow.

【3】Who will be the most excited at Christmas in Saskatoon?

A. Babies. B. Children.

C. Grown-ups. D. Senior citizens.

## 2. 阅读理解

One man's white bread is another man's green vegetables.

That's the key from The Personalised Diet, a new book from Israeli authors Eran Segal and Eran Elinav. The authors say it's time to admit to ourselves that one-size-fits-all diets don't work, and when it comes to nutrition, it's about doing what works best for your body, not catching the latest diet fashion.

"For years, we've been trying to search for that silver-bullet diet and we've been miserably failing," Segal said. "And that's because the best diet for each person really has to be tailored to that individual."

They conducted a personalised nutrition project at Weizmann, where hundreds of volunteers agreed to have their blood sugar tested after meals. One participant in the study, a woman named Ruti, said she was surprised that it was tomatoes -- not ice cream or candies -- that were raising her blood sugar level. Ruti recalled, "I have now significantly reduced my intake of tomato and I'm feeling much more energetic, which still surprises me. I have already lost a couple of pounds, and I have high hopes that I have finally found the answer to my weight struggle, too."

The Israeli scientists found that some people can consume traditionally unhealthy foods with little or no rise in their blood sugar levels, while others have a stronger response, and therefore shouldn't eat those foods. It's those kinds of results that you can only find from a personalised diet.

"What we were surprised to find out was just like any other food, there is no such thing as good bread," Elinav said. "The response to bread was completely individualised."

【1】What is suggested in the first sentence?

A. Everyone has their own tastes.

B. Nutrition serves your body best.

C. People's response to the same food is different.

D. The latest diet doesn't fit each person.

【2】What does "that silver-bullet diet" refer to?

A. A diet that is low in fat.

B. A diet that begins a new diet trend.

C. A diet that works best for everyone.

D. A diet that provides all the nutrition.

【3】Ruti's example suggests that to control weight, one needs to .

A. eat much fewer tomatoes

B. control their blood sugar levels

C. struggle for weight loss constantly

D. eat according to his or her blood sugar level

【4】Why is Elinav's opinion on bread mentioned in the last paragraph?

A. To advise people not to eat unhealthy food.

B. To stress the need of the personalised diet.

C. To explain the popularity of white bread.

D. To show the importance of good bread.

## 3. 阅读理解

Before you throw your trash into the nearest can, think for a moment. Not all your garbage can be dumped into one trashcan. It needs to be sorted out with different things going into different bins. Waste classification, a practice that has long been normal in developed countries like Japan, is the new challenge for many Chinese urban residents. However, though initially you might need to rack your brains to figure out which trash goes into which can, in the long run, the result is well worth the effort.

Landfills, sites where waste is buried and covered over with soil, are a major method of disposing of residential waste in China. However, considering the environmental