

1.

While smartphones stand accused of a variety of crimes, these pocket computers can certainly be a force for good. Your phone is always with you, making it the perfect device to push you into a more beneficial way of living. Here are some of the best apps that can help.

Habitica

Habitica turns the goal of forming good habits into a game, with its own characters and scoring. It's a lot of fun, and the app also lets you build habits with friends and family. In addition to regular repeating habits, you can add a more general to-do list, and the rewards you get can be customized too — you could treat yourself to a meal out or an extra hour of games.

Smoke Free

If you've got a specific habit in mind, then you'll usually find specific apps to help, like Smoke Free. If you're determined to give up smoking, then this is one of the most comprehensive apps for giving you that extra push you need to make a permanent change. The app offers a host of useful features for people wanting to go smoke-free: The ability to see your progress over time, charts showing how your health is improving, day-by-day encouragement, and some advice on techniques for giving up smoking.

MyFitnessPal

You can find a ton of health and fitness apps for your phone, but MyFitnessPal stands out not just because it is easy to use, but because it makes practical suggestions for you. It can take in a host of data, from the calories (卡路里) you're taking in to the number of swims you're doing per week, and offer reports on calorie consumption and macronutrient (大量营养素) breakdown.

【1】What can Habitica help you to do?

- A. Win a tough game. B. Start a lasting friendship.
C. Find a fancy restaurant. D. Develop a pleasant habit.

【2】Which of the following can Smoke Free provide?

- A. The freedom to smoke. B. The ability to make progress.
C. Advice on how to quit smoking. D. Charts about your excellent health.

【3】What can we learn about the three apps mentioned in the text?

- A. They're cheap. B. They're practical.
C. They're free. D. They're interesting.

2.

The boy sat on his chair, with his hand above the keyboard. He thought about what to write.

He recalled that the competition deadline was merely a week away. But he still had not even started on his piece. He looked at the brochure again. "WRITING COMPETITION!" the title read. His mom had encouraged him to enter the writing competition, and now he was taking it on as his personal task for the holidays.

As the boy reflected on his previous writing efforts, he realized how hopeless his task of winning was. Every story he ever wrote was based on other stories. He had little imagination, and unfortunately, imagination was the key to writing.

Suddenly, he had a brainwave. This time, he came up with an original and imaginative story.

The words shot towards him like a storm of leaves. Words were coming easily, flowing through him, faster than he could type. He typed faster than he ever had before. He continued to type, amazed at how easy writing this story was. The boy could not stop writing. He looked at the word count and saw the number "248" staring right back at him. He was not even halfway yet.

Then he heard the call of his mother saying time for bed. He continued writing the piece, ignoring her. He had to make up for the time he had lost thinking about a topic to write.

Finally, he finished. The word count now read "498".

"Perfect," he thought, "just under the word limit." He knew this was the story that would win.

He went onto Google and searched for the competition. He found the page but there was no "Enter" button.

【1】What caused the boy to take part in the writing competition?

- A. A new computer. B. The prize money.
C. His own interest. D. His mom's advice.

【2】How did the boy finish his earlier writing?

- A. His mom helped him. B. He copied others' ideas.
C. His friends assisted him. D. He used his imagination.

【3】Why did the boy delay his writing?

- A. Because he was terribly lazy. B. Because he didn't know what to write.
C. Because he wasn't confident. D. Because he read too many stories.

【4】Which might be the maximum word limit for each entry?

- A. 100. B. 250.
C. 500. D. 1000.

3.

For several months, Cara has been working up the courage to approach her mom about what she saw on Instagram. Not long ago, the 11-year-old girl, like all the other kids in this story, discovered that her mom had been posting her photos for much of her life. "I've wanted to bring it up. It's strange to see myself up there, and sometimes there are pictures I don't like of myself," she said.

Like most other modern kids, Cara grew up immersed in social media. While many kids may not yet have accounts themselves, their parents, schools, sports teams, and organizations have been organizing an online presence for them since birth. The shock of realizing that details about your life have been shared online without your permission or knowledge has become an important experience in the lives of many teenagers. Recently a parenting blogger (博主) wrote in a Washington Post essay that despite (不顾) her 14-year-old daughter's horror at discovering that her mother had shared years of highly personal stories and information about her online, she simply could not stop posting on her blog and social media. The writer said that promising her daughter that she would stop posting about her publicly on the Internet "would mean shutting down a vital part of myself, which isn't necessarily good for me or her." average parents do the same. There's even a special word for it: sharenting. Almost a quarter of children begin their digital lives when parents upload their photos to the Internet, according to a study conducted by the Internet-security firm AVG. The study also found that 92 percent of kids under the age of 2 already have their own unique digital identity.

【1】How does Cara feel about her mom's behavior?