

Passage 2

It seems intuitive (直觉的) that children's schoolwork will get worse if they spend too much time gazing at their phones instead of getting to bed or getting some exercise. And that is broadly what a published study has found. But is it the final word, and should parents be panicked into pulling the plug on their kids' devices?

Researchers in Canada analyzed lifestyle data from questionnaires taken by 4,520 US children aged 8 to 11. The children also performed a variety of standard cognition tests.

Jeremy Walsh at the Children's Hospital of Eastern Ontario Research Institute in Ottawa, Canada, and his colleagues evaluated how well the children met various Canadian government guidelines. These suggest limiting screen time to 2 hours a day, sleeping for 9 to 11 hours a night and spending at least an hour being physically active.

More than a third—1,655 children—met the guideline for limiting screen time, and their average performance in the cognitive tests was 4.5 per cent higher than that of the 1,330 children who met none of the guidelines. The gain was even higher, at 5.2 per cent, for those meeting both the screen-time and sleep recommendations.

So, armed with these results, should parents be clamping down on screen use? Walsh himself says the findings are temporary. "All these results need to be tempered by the fact that it was only a snapshot of children at one point in time," he says.

Another limitation is that the survey didn't reveal what the children were doing on their screens, which could be educational or trivial (无聊的). "The study is limited by treating all screen time as equal," says Heather Kirkorian at the University of Wisconsin-Madison. "To truly understand the impact of digital media on children, researchers must understand not only how much, but also how, what, where and with whom they're watching."

It is also unclear whether the questionnaires can produce accurate data. "The 8- to 11-year-old children reported their own screen and physical activity behavior, and many may have struggled to do this accurately," says Kirsten Corder at the University of Cambridge. "Data like these are likely to have different types of error which can make it harder to be certain about the results."

However reliable the results, researchers agreed that parents should try to set some limits on screen time, especially when bedtime approaches. "Screen time before bed is doubly problematic because it keeps kids up later, and exposure to light impairs (损害) sleep quality," says Eduardo Esteban Bustamante at the University of Illinois in Chicago.

Walsh has similar feelings: "We show that excessive screen time before bed has a

negative impact on sleep, which is important for development of cognition and the brain generally," he says.

26. What does "a snapshot" mean in Paragraph 5?
 - A. A dim view.
 - B. A vivid image.
 - C. A clear photo.
 - D. A brief glimpse.
27. According to Paragraph 6, what is the limitation of the survey?
 - A. It doesn't cover an adequate number of children.
 - B. It doesn't take into consideration children's gender.
 - C. It fails to show the types of children screen activities.
 - D. It fails to display the impact of phones on children's health.
28. Why does Corder doubt the data from the questionnaires?
 - A. They may not be relevant.
 - B. They may not be valid.
 - C. They may not be up-to-date.
 - D. They may not be complete.
29. What does Eduardo Esteban Bustamante say about screen time before bed?
 - A. It is damaging.
 - B. It is unavoidable.
 - C. It should be forbidden.
 - D. It should be monitored.
30. Which of the following is the main idea of this passage?
 - A. Parents should restrict children's screen time.
 - B. US children spend too much time using phones.
 - C. US children must follow the government guidelines.
 - D. Parents should balance children's sleep and exercise.

PART TWO

III. 用国际音标标出下列单词中划线字母或字母组合的读音, 并将答案写在答题卡(纸)的相应位置。(本大题共 20 小题, 每小题 0.5 分, 共 10 分)

注意: 使用新式或老式音标均可。

- | | |
|---------------------|-----------------------|
| 31. <u>instead</u> | 32. <u>talent</u> |
| 33. <u>species</u> | 34. <u>among</u> |
| 35. <u>wood</u> | 36. <u>author</u> |
| 37. <u>decision</u> | 38. <u>heart</u> |
| 39. <u>under</u> | 40. <u>picnic</u> |
| 41. <u>touch</u> | 42. <u>travel</u> |
| 43. <u>state</u> | 44. <u>drill</u> |
| 45. <u>south</u> | 46. <u>voice</u> |
| 47. <u>reality</u> | 48. <u>expression</u> |
| 49. <u>young</u> | 50. <u>rough</u> |

IV. 完形填空。将答案写在答题卡(纸)的相应位置。(本大题共 20 小题, 每小题 0.5 分, 共 10 分)

A. 从下列单词中选择适当的词填空, 每个词只能用一次。

those	out	made	sooner
but	preparations	understand	proverb
them	habit	get	for

A man put in tremendous effort to catch a train but unfortunately missed it. Another man who had seen his almost successful attempt said, "If you had just run a little faster, you would have 51 it."

"Perhaps," the man replied, "but I believe that it was more a matter of starting 52 rather than my running faster."

"Make hay while the sun shines" is a famous 53. It means we should utilize opportunities when they are there. Success is to 54 who make use of opportunities. Timely action is essential for success. School days are important in your life as you then make 55 for future achievements. Here you have ample opportunity not only to gain knowledge, 56 to build healthy and lasting friendships. With the support of teachers you 57 things better and sharpen your diverse potentials.

Today's world is increasingly competitive and calls 58 timely action. So you

should take care not to fall into the 59 of putting off things for another time. "Strike while the iron is hot." Rarely do opportunities repeat. Therefore look 60 for them and take care to utilize them. That will enable you to attain success in life.

B. 根据课文的内容在每个空白处填入一个恰当的词。

The writing of a dictionary is not a task of setting up ruling statements about the "true meanings" of words, but a task of 61, to the best of one's ability, what various words have meant to authors in the distant or immediate past. The writer of a dictionary is a historian, 62 a lawgiver. If, for example, we had been writing a dictionary in 1890, or even 63 late as 1919, we could have said that the word "broadcast" means "to scatter," but we could not 64 laid down that from 1919 on the most 65 meaning of the word should become "to send out programs by 66 or television." To regard the dictionary as an "authority," 67, is to look upon the dictionary writer as being 68 to see into the future, which neither he nor anyone 69 can do. In choosing our words when we speak or write, we can be guided by the historical record provided for us by the 70, but we should not be bound by it, because new situations, new experiences, new inventions, new feelings are always making us give new uses to old words.

V. 根据所学课文内容完成句子, 并将答案写在答题卡(纸)的相应位置。(本大题共 10 小题, 每小题 2 分, 共 20 分)

71. In "Night Watch," after the old man died, the young man told the nurse that _____.
72. In "A Fiddle and the Law," Pappy decided to ask his son to give himself up to the police because he liked the way the agent _____.
73. According to "Happiness," long-term happiness is based on _____.
74. In "Unreality of TV," the author thinks the world that is shown on TV is unreal, which is harmful to _____.
75. At the end of "The Story of an Hour," Louise Mallard died of _____.
76. According to "The Emotional Bank Account—Secrets of Happy Families," forgiving is as important as other deposits because when you forgive, you open the channel for _____.
77. According to "The English Character," the starting-point of the English sense of humor is self-dispraise, and its object is the ability _____.
78. In "I Got My B.A. by Sheer Luck," we learn that instead of by sheer luck, the author got his B.A. by _____.

79. In "The Outside Chance," the young man was too busy picking winners of the horse races to notice the news of the fire and missed the chance to _____.

80. In "The Letter 'A,'" although the mother was told that her son Christy was both physically and mentally defective, she was determined to treat her son the same as _____.

VI. 汉译英。将下列句子译成英语，并将答案写在答题卡（纸）的相应位置。（本大题共 10 小题，每小题 2 分，共 20 分）

81. 我看见一个小女孩儿坐在树荫下，眼睛盯着一只小鸟儿。

82. 她把所有跟这个主题相关的文章列了一个单子。

83. 我们在商务谈判中必须遵守平等互利的原则。

84. 只要集中所有资源开发新产品，我们就一定能成功。

85. 很难想象，这个国家高度依赖外援。

86. 让我们惊讶的是，她吃得很多，体重却没有增加。

87. 请认真核对这些数字，然后告诉我这个方案是否可行。

88. 我们俩看了那所房子，都觉得不适合我们。

89. 我们很有希望找到治愈这种疾病的方法。

90. 极端天气增多使人们越来越意识到保护环境的重要性。