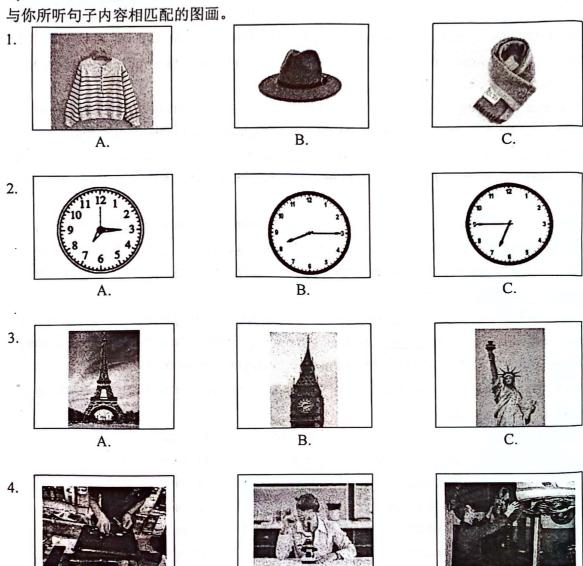
本步

存名

第 I 卷 (共 80 分)

一、听力理解(本题共20小题,每小题1分,共20分)

A) 在下列每小题内, 你将听到一个或两个句子并看到供选择的 A, B, C 三幅图画。找出



B) 下面你将听到十组对话,每组对话都有一个问题。根据对话内容,从每组所给的 A、

B.

- B、C 三个选项中找出能回答所提问题的最佳选项。
- 5. What does the girl's uncle do?

A.

- A. A farmer.
- B. A shopkeeper.
- C. A driver.
- 6. What is the probable relationship between the two speakers?
 - A. Father and daughter.
- B. Brother and sister.
- C. Mother and son.

C.

7. What animals does the woman think are the most dangerous?			
A. Snakes.	B. Tigers.	C. Lions.	
8. Who is wearing a blue jac	ket?		
A. Jane.	B. The girl.	C. Jenny.	
9. When will the boy have be	asketball practice?		
A. At 4:00.	B. At 5:00.	C. At 6:00.	
10. What does the man's tead	cher look like?		
A. She wears glasses.	B. She has short hair.	C. She has big eyes.	
11. What does the boy do at	night now?		
A. He goes climbing.	B. He watches TV.	C. He reads books.	
12. How wide is the River W	hitewater?		
A. 2 meters.	B. 15 meters.	C. 17 meters.	
13. Where did the girl spend	her last summer holiday?		
A. At home.	B. At school.	C. On the beach.	
14. What does the man think	of the film?		
A. Disappointing.	B. Boring.	C. Great.	
C) 听下面长对话或独白。	每段长对话或独白后都有几	个问题,从题中所给的 A、B、C 三	
个选项中选出最佳选项。			
听下面一段材料,回答第	15 至第 17 题。		
15. What is the boy doing?			
A. Building a snowhouse.	B. Making a snowman.	C. Digging a hole.	
16. Where has the boy's mot	her gone?		
A. To a shop.	B. To a neighbor's house.	C. To a restaurant.	
17. How did the boy get out	of their house?		
A. Through the door.	B. Through a window.	C. Through a hole.	
听下面一段材料,回答第	18 至第 20 题。		
18. Where does Salina want	to go to a summer school?		
A. In the center of London	n.B. In the countryside.	C. Near a city.	
19. Why does Georgia want	to learn English at a summer s	school?	
A. To pass her exams.			
B. To make some foreign	friends.		
C. To improve her speakir	ng skills.		
20. What is Lily interested in	1?		
A. English movies.	B. Concerts.	C. Dancing.	



I be made one follows. A second of off following		N题 1 分,共 15 分	,
从下列每小题所给的	A、B、C、D 四个	·选项中,选出可以	填入空白处的最佳选项。
21. Cambridge is on _	River Cam a	nd has pop	oulation of about 120,000.
A. the; a	B. a; a	C. the; the	D. a; /
22. —Pandas do not ha	ive many babies, and	d baby pandas often	die.
—Exactly. The	is getting very	difficult.	
A. pollution	B. conversation	C. situation	D. attention
23. I saw several girls	at the door, but	of them is my	sister.
A. either	B. neither	C. none	D. both
24. Last Friday, we we	nt camping in the co	untrysideT	ony because he was ill.
A. besides	B. expect	C. beside	D. except
25. Earthquakes alway	s happen suddenly.	Be calm and be	when you are with other
people.			
A. harmful	B. helpful	C. painful	D. peaceful
26. He eats fr	uit or vegetables for	meals, so he gets ill	easily.
A. silently	B. simply	C. probably	D. hardly
27. —Let's play footba	all on the playground		
-It's so hot outsid	e. I prefera	t home rather than _	out.
A. to stay; go	B. staying; going	C. to stay; to go	D. staying; go
28. —Mr. Wang will ch	neck our homework t	his afternoon.	you it?
—Not yet. I'm doir			
	ng it right now. B. Had; finished	C. Will; finish	D. Have; finished
A. Did; finish 29. The small local school	ng it right now. B. Had; finished	C. Will; finish tudents five	D. Have; finished e years ago.
A. Did; finish 29. The small local school	ng it right now. B. Had; finished ool with only forty soon. B. closed down	C. Will; finish tudents five	D. Have; finished e years ago. D. counted down
A. Did; finish 29. The small local school A. sat down 30. Soon some steps	ng it right now. B. Had; finished ool with only forty soon. B. closed down	C. Will; finish tudents five C. wrote down pollution for the he	D. Have; finished e years ago. D. counted down alth of human beings.
A. Did; finish 29. The small local school A. sat down 30. Soon some steps	ng it right now. B. Had; finished cool with only forty some B. closed down to stop the air B. were taken	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken	D. Have; finished e years ago. D. counted down alth of human beings. D. will take
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken	ng it right now. B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills,	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken	D. Have; finished e years ago. D. counted down alth of human beings. D. will take
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to le	B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills, B. or	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our	B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills, B. or	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but uilin for a vi	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit.
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our A. What an excited	ng it right now. B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills, B. or family will go to Greater street	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; si	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days'
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our A. What an excited	ng it right now. B. Had; finished ool with only forty s B. closed down to stop the air B. were taken sarn more skills, B. or family will go to Gud; six days' g; six-day	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; si D. What exciting; s	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days'
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to letter A. and 32 news! Our A. What an excited C. What an exciting	ng it right now. B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills, B. or family will go to God; six days' g; six-day nother run in the more	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; sin D. What exciting; straing.	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days'
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our A. What an excited C. What an excitin 33. —I often see your m	B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills, B. or family will go to Go d; six days' g; six-day nother run in the more ad weather stops her.	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; sin D. What exciting; straing.	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days'
A. Did; finish 29. The small local school A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our A. What an excited C. What an excitin 33. —I often see your m —Yes, ba	B. Had; finished ool with only forty s B. closed down to stop the air B. were taken tarn more skills, B. or family will go to God; six days' g; six-day to mother run in the more did weather stops her. B. as soon as	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; si D. What exciting; sening.	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days' ix-day D. unless
A. Did; finish 29. The small local sche A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our A. What an excited C. What an excited C. What an excitin 33. —I often see your m —Yes, ba A. when 34. —Hi, Tony. I hear th	B. Had; finished ool with only forty s B. closed down to stop the air B. were taken tarn more skills, B. or family will go to God; six days' g; six-day to mother run in the more did weather stops her. B. as soon as	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; si D. What exciting; sening. C. since day. Do you ask her	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days' ix-day D. unless
A. Did; finish 29. The small local sche A. sat down 30. Soon some steps A. are taken 31. We'd better try to le A. and 32 news! Our A. What an excited C. What an excited C. What an excitin 33. —I often see your m —Yes, ba A. when 34. —Hi, Tony. I hear th	B. Had; finished ool with only forty s B. closed down to stop the air B. were taken earn more skills, B. or family will go to Go d; six days' g; six-day nother run in the more ad weather stops her. B. as soon as nat Betty cried yester e exam, but she woul	C. Will; finish tudents five C. wrote down pollution for the he C. will be taken we may not ha C. but ailin for a vi B. What excited; si D. What exciting; sening. C. since day. Do you ask her	D. Have; finished e years ago. D. counted down alth of human beings. D. will take ve chances to find jobs. D. so isit. x days' ix-day D. unless ?



老品

35. —I am going to take my driving test tomorrow.

A. Cheers B. Good luck C. Have fun D. What a pity 三、完形填空 (本大题共 10 小题, 每小题 1 分, 共 10 分)

阅读下面短文,掌握其大意,然后从各题所给的A、B、C、D四个选项中选出最佳选项。

When my mother was pregnant (怀孕的), the first thing my father did was to buy a TV. It was 1957 and TVs were a new technology then. He thought that with a baby, they'd be going out a lot less and that he would need to find ___ at home.

That was the first gift he gave me. But when I <u>37</u> other gifts my father has given me, the first would be a <u>38</u> of reading. He is always right in the middle of our study. He and my mother gave me a love of words and books. He has been <u>39</u> deaf in one ear since he was two years old, so we hardly listened to music. In my childhood, storybooks were king – not songs.

The second is respecting all. Even <u>40</u> my sister and I were little, the conversation around the dinner table was noisy but adult-level. Your age didn't <u>41</u>. If you voiced an opinion, you had to argue your case and give evidence (证据). He <u>42</u> everyone the same — child or adult, CEO or cleaner.

The __43 __ gift to his daughters, however, was that he took interest in our brains and never our appearances. Most __44 __ women I know had fathers who valued their intelligence (智慧). My father said that my mother was the most intelligent person he had ever met.

Over the years, my father taught me never to stand still and I should fight for change. I continue to 45 his lead.

36. A. freedom	B. fun	C. exercise	D. time
37. A. put away	B. count down	C. tidy up	D. think of
38. A. lot	B. thought	C. love	D. idea
39. A. completely	B. suddenly	C. finally	D. quietly
40. A. as soon as	B. before	C. when	D. unless
41. A. mean	B. matter	C. mind	D. say
42. A. talks	B. thinks	C. makes	D. treats
43. A. greatest	B. richest	C. dearest	D. coolest
44. A. attractive	B. beautiful	C. important	D. successful
45. A. learn	B. follow	C. obey	D. get

四、阅读理解(本大题共15小题,每小题2分,共30分)

阅读下面的材料,从每小题所给的A、B、C、D四个选项中选出最佳选项。

Α

To educate people to make healthy choices, a program called Shape Your Future from Oklahoma, the US, held a contest to find excellent young cooks. Those young cooks should create healthy and delicious recipes (食谱) with fruits and vegetables.

九年级英语试卷 第4页(共10页)



With his recipe Grilled Pineapple-Mango Shrimp Kebab, 13-year-old Nigel Jacob wor
first place. His dish sounds simple but is really healthy. To make it, Nigel uses pineapples
mangos, shrimp and a grill. He even adds orange juice into the sauce (调味汁). It makes the
shrimp taste better. Nigel's winning recipe is simple, healthy and fun! After the contest, a
reporter interviewed him.
Reporter: When did you start to cook?
Nigel: I started to learn to cook when I was seven. I thought it was fun and I wanted to
 Medical property in the control of the

have a try by myself.

Reporter: Is this your first time to think about a recipe?

Nigel: No, I like to make recipes. I'm interested in making new food.

Reporter: Have you ever had a disaster in your kitchen?

Nigel: Yes, a few years ago, I almost burned the whole kitchen with just microwave-cooked popcorn. Our house smelled like burnt popcorn for days.

Reporter:

Nigel: The more often you eat at home, the less you eat fast food and make unhealthy choices. When you cook your own food, you can choose to make healthy dishes.

Reporter: Some children might want to learn to cook for themselves and their families. What advice would you like to give them?

Nigel: Always get the help of your parents, especially if you are cooking for the first time. And you can make it fun too, and maybe at least once a week. Don't be afraid to try new recipes. Be creative.

- 46. Shape Your Future _____.
 - A. advises children to help cook at home
 - B. encourages people to live healthy lives
 - C. tells families to eat more fruits and vegetables
 - D. helps young cooks make their dreams come true
- 47. When did Nigel start to learn to cook?
 - A. At the age of 13.

B. When he was got the prize.

C. At the age of 7.

- D. When he was a baby.
- 48. The underlined part "a disaster" has the closest meaning with
 - A. a prize
- B. a surprise
- C. a dream
- D. an accident
- 49. Which of the following can be put in "
 - A. What do you like to cook best?
 - B. How do you improve your cooking skill?
 - C. What do your parents and friends think of your winning recipe?
 - D. How do you think cooking at home can help you eat more healthily?

九年级英语试卷 第5页(共10页)



- 50. Which of the following about Nigel are talked about in the interview?
 - (1) His future plan. (2) His practice in daily life.
- 3 His advice to other children.

- 4) His age when he started to cook.
- 5 His opinions on thinking about recipes.

- A. 1)3(4)
- B. 124
- C. 345
- D. 235

B

Look at the pictures of cute rabbits dressed in lion dance costumes. Can you guess what they are used for? Are they toys? Well, if you think so, think again. These cute "rabbits" are actually huabobo. It has been a popular traditional food in Shandong Province for more than 300 years.

Usually, huabobo is four or even six times bigger than mantou. It has become a necessary part of some important events. Local women use tools like knives, scissors and pens to shape the dough (生面团) into ducks, dragons, peaches, etc, before having them steamed. Then they color them. Their bright and beautiful colors are generally considered to express good wishes.

For example, huabobo in the shapes of rabbits and tigers is usually given to children to express the wish that a boy will be as strong as a tiger and a girl as lovely and clever as a white rabbit. And huabobo in the shape of yuan yang represents the wish that a newly-married couple will live happily together to an old age.

Huabobo is normally sweet in taste. The way to make huabobo has been passed down from generation (一代人) to generation in Shandong Province.

Huabobo tastes good, but most huabobo shops only serve it locally. That detail caught the attention of Zang Chaiyuan, a 25-year-old girl from Yantai. She wanted to introduce huabobo to more people.

Zang's love for huabobo has also led her to create new shapes. She also uses natural fruit and vegetable juice to color huabobo. What's more, she has found a way to store huabobo for over two months, making it more convenient to send it to other cities.

Using her creative works, Zang has managed to breathe new life into the traditional huabobo, allowing more young people to understand and taste this traditional food.

- 51. What purpose does Paragraph 1 serve in the passage?
 - A. To introduce a new topic for discussion.
 - B. To bring in the topic in an interesting way.
 - C. To provide background information.
 - D. To use an example to support the topic.
- 52. What are the steps in making huabobo?
 - ① Steam it. ② Color the dough.
- 3 Shape the dough.
 - B. $(3) \to (2) \to (1)$

4 Serve it.

A. $3\rightarrow 1\rightarrow 2$ C. ②→3)→4)











- 54. Which of the following is TRUE about huabobo?
 - A. Young people don't like it anymore.
 - B. It is used more widely than mantou.
 - C. Now it's easy for non-locals to taste it.
 - D. This traditional food is half a century old.
- 55. What role does Zang mainly play in introducing huabobo?
 - A. She makes huabobo more child-friendly.
 - B. She reduces the cost of making this food.
 - C. She improves the way she sends huabobo.
 - D. She helps keep this traditional food alive.

C

Renée Forrestall had no idea what was in store for her when she decided to relearn roller skating in the days leading up to her 60th birthday. The high school art teacher soon bought a new pair of skates, but she thought they were nothing like the ones she had as a teenager. They were uncomfortable to wear.

So Forrestall decided to buy a vintage (老式的) pair, which were popular among younger skaters, but she was shocked to learn how much they cost. To find a less-expensive pair, she considered searching in online secondhand shops. A few days later, she received a notice informing her that a man named James Bond was hoping to sell an old pair of skates for \$40. Bond had no idea what size they were, but he posted a picture of them next to a ruler, showing that they were about 25cm long.

It seemed to be the right size for Forrestall. So she immediately reached out to Bond. Two days later, she drove to Bond's house and learned that the skates had been sitting in his basement (地下室) for many years. They looked very dirty and yellowed with age; the laces (鞋带) were missing and the wheels were rock-hard.

But none of that mattered when Forrestall tried them on. She <u>slid</u> her feet into them and they fitted like a glove. She was very surprised at how they felt just like the skates that her mother bought for her years earlier. When pulling off the skates, Forrestall was shocked to see her name written in black marker inside them. She quickly recalled how she used to skate by herself for hours on end as a teenager while trying to heal (恢复) from the "personal loss" she suffered at the time. She always regretted selling them at a yard sale.

Finally, Forrestall bought the "old" pair of skates and repaired them.



学校

班级

姓名

中

56. What subject did Fo	orrestall teach at s	school?	pak haji pa pali sa seri ilike	
A. P.E.	B. Art.	C. Music.	D. Marketing.	
57. What did Forrestall	know about the c	old skates at first?		
1 Their price.	② Their colou	r. 3 Their length.	eria (1,982) magted attaches egiptic	
A. ①③	В. 23	C. ①②	D. ①②③	
58. How might Forresta	all feel when she	first saw the skates?	is to report this write live transfer and	
A. Scared.	B. Excited.	C. Surprised.	D. Disappointed.	
	ing words can be	est replace the underlin	ned word "slid" in Paragraph 4?	
A. washed	B. turned	C. put	D. held	
60. Which of the follow	ving can best desc	요즘 선물보다면서 마네티얼 그리고 안 된	Kepador L Bostert Dal d	
A. One is never to	E WE VENIE WITH LIKENY I	d balt, elein a Taopa	North No. Hike to meterno	
B. Never judge a b	ook by its cover.	do suoy ni su <u>tersin a</u> L	े चक्का प्रवास अस्ति । एक ने चक्का क्षा की	
C. When in Rome,	of all results for the contract of		nag con a a.V. (Se c	
		nd its way to us.	. O maa nga bassoo ee waa cii ,	
五、补全对话(本大局			A COCO	
			完整。(选项中有两项是多余的)	
Saus C	11(812) 121111 0 0	n topol you can about	Marana allaa m iy redik . Edada	
A. No, he didn't.		in more at man mail	Reporter Some object or m	
B. Cheer up!			is of our ear blue assisted in the	
C. I want to make f	riends with him.		Nigor advega gas das refe	
D. Thanks a lot.			l'	
	itter?	Salar Jeda - ip acidotic	And you can teal or thinkbe, or A	
F. Yes, he has.			l'a ereanve	
G. Did you try to ta	lk with him?		Value Vour I mare	
A: Hello, this is Betty.	s that Lingling s	neaking?	grant or merbit to seal rule. A	
B: Yes, this is Lingling.		road gathan	S. en outages prople to be	
A: I am a little upset. C		solerisgay bur silen	C. left: flamilius to our more	
B: Of course61	an you help me:	renir dreams contents	usiwa: solooo guun j esteji. 19	
A: I met a foreigner in t	he English Corne	er two days ago. He is	so friendly.	
B:62	the English Come	two days ago. The is	Life sun entre p	
A: Yes. But I was too no	omeous to talle fra	alv. I am afraid to talk	to strongers to object to de the	
		ery. I am arraid to talk	to strangers.	
B: Did he laugh at you?				
A: <u>63</u> But I fell d				
			ne. And remember it's natural to	
make mistakes. Don't b	e arraid.		lane proglik engine sekVisa	
A: OK. <u>65</u>			How do sold justice of	
B: You're welcome.	The British Co.	d Bilanda trainte pa V. La	all meaning has an alternative.	



笙	TT	卷	((共	40	分)
N	11	11	,		TU	/3	/

六、完成句子(本大题共5小题,每小题2分,共10分)
根据所给中文意思完成句子,每空限填一词。
66. 在买衣服之前,她总是试穿一下。
Before buying clothes, she always them
67. 说话的时候,用手指着别人是不礼貌的。
others while talking is not polite.
68. 我不知道为什么她这么生气。
I have why she is so angry.
69. 把它抬起来放在椅子上。
it and put it on the chair.
70. 有些孩子喜欢午餐吃热狗喝可乐。
Some children like eating and drinking cola for lunch.
七、任务型阅读(本大题共5小题,每小题1分,共5分)
阅读下面短文,根据短文内容回答问题或完成句子。
In ancient China, people's names had three parts: their family name, given name and
courtesy name (字).
Take famous poet Li Bai as an example. His family name was Li, his given name was Bai,
and his courtesy name was Taibai.
People used their given names when they were among family members. But in social life,
they called each other by their courtesy names to show respect. This was mostly done among
people of similar age. If you were talking about yourself, or if your elders were talking about
you, the given name would be used instead of the courtesy name.
Men would get their courtesy name when they turned 20. It was a symbol of adulthood (成
人). Women would get their courtesy name after getting married.
One's courtesy name often had something to do with one's given name. For example,
Mencius' name was Meng Ke (孟轲). His courtesy name was Ziyu (子與). Both Ke and Ziyu
mean "carriage (马车)". Zhuge Liang's given name was Liang, which means "bright". His
courtesy name was Kongming (孔明), which means "bright" too.
71. In social life, courtesy names are mainly called by people to
72. Your name may be used among the communication of your elders.
73. Women would get their courtesy name after they
74. One's name often had something to do with one's given name.
75. Zhuge Liang's given name and courtesy name have the meaning.
八、综合填空(本大题共10小题,每小题1分,共10分)
根据短文内容及首字母提示,填写所缺单词,使短文意思完整。每空限填一词。
When you receive an invitation from others, please notice if it includes an RSVP. Some

九年级英语试卷 第9页(共10页)

people may ask, "What is an RSVP?" In fact, "RSVP" is a short form of French words



"répondez s'il vous plaît". An RSVP is a polite request (请求) from the sender to know w___76_ or not you'll attend their event. Just as Judith Martin, better known by the pen name Miss Manners, says, "If you receive an invitation w___77___ an RSVP on it, you'd better give your answer to the host as soon as possible." It's best to do it within 24 hours.

Many people don't RSVP because they don't want to let the host down. However, this usually c__78__ more trouble than a simple no. For example, if the host is unclear about the number of the guests, they won't know how much food to o__79__ or how many seats to prepare.

Normally, invitations with an RSVP will have i 83 on how to reply. A formal (正式 的) invitation, such as a wedding invitation, will have a reply card that you can return in its provided envelope (信封). Informal invitations may have a telephone number, an email a 84 or other ways to reply, with instructions too. The most i 85 thing to remember is that if you say you'll attend, you should be there.

九、书面表达(本大题共15分)

86. 随着 2024 年春节档电影《热辣滚烫》的爆火,我们看到了主演贾玲减肥 100 斤的励志故事。科学减肥、健康生活的话题再次引起人们热议。在接受采访时,贾玲结合自身经历,给我们提出了几条建议。假如你是学校的小记者,请你将主要内容进行梳理。

- 1. 学会控制日常饮食,吃低脂的食物,像鱼肉,水果和蔬菜;
- 2. 多喝水,每天至少八杯水,不容易感到饥饿
- 3. 选择适合自己的锻炼方式,比如跑步,游泳和瑜伽
- 4. 合理计划时间,养成良好的生活习惯
- 5. 要有坚强的意志
- 6. 你的观点......

参考词汇: diet 日常饮食 low-fat 低脂的 yoga 瑜伽写作要求:

- (1) 不得使用真实姓名和学校名。
- (2) 包含以上所有要点,可适当增加细节,使内容充实,行文连贯。
- (3) 字迹工整, 语言精练, 表达准确, 条理清楚。
- (4) 词数 80 词左右。(开头已给出,不计入总词数。)

With the success of YOLO (You Only Live Once) 《热辣滚烫》, the topic of losing weight in a healthy way becomes hot again. During the interview, Jia Ling, the main role, gives us some advice.

