

2024届10月质量监测考试

英语

试卷满分：150分 考试时间：120分钟

注意事项：

1. 答题前，考生先将自己的姓名、准考证号填写清楚，将条形码准确粘贴在条形码区域内。
2. 全部答案在答题卡上完成，答在本试题上无效。
3. 回答选择题时，选出每小题答案后，用2B铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案用0.5mm的黑色笔迹签字笔写在答题卡上。
4. 考试结束后，将本试题和答题卡一并交回。

第一部分 听力 (共两节，满分30分)

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节 (共5小题；每小题1.5分，满分7.5分)

听下面5段对话。每段对话后有一个小题，从题中所给的A、B、C三个选项中选出最佳选项。听完每段对话后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例: How much is the shirt?

- A. £19.15. B. £9.18. C. £9.15.

答案是C。

1. How did the man go to work today?

- A. By taxi. B. By subway. C. By bus.

2. What does the man ask the woman to do?

- A. Do her homework. B. Go to the mall with him. C. Buy him some milk.

3. Where does the conversation probably take place?

- A. At a gas station. B. At a parking lot. C. On the road.

4. What did the man do first last Saturday?

- A. He visited a museum. B. He went to the park. C. He watched a movie.

5. What is Mary doing?

- A. Watching TV. B. Listening to the radio. C. Reading books.

第二节 (共15小题；每小题1.5分，满分22.5分)

听下面5段对话或独白。每段对话或独白后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题5秒钟；听完后，各小题将给出5秒钟的作答时间。每段对话或独白读两遍。

听第6段材料，回答第6、7题。

6. Why does the man talk to the woman?

- A. To return a book. B. To borrow a book. C. To change a book.

7. What will the man probably do next?

- A. Go to another place. B. Wait for a call. C. Check on the computer.

听第7段材料，回答第8至10题。

8. What test will the speakers take next week?

- A. Biology. B. History. C. Chemistry.

9. What do we know about the geography class?

- A. There is no homework.
B. The man isn't interested in it.
C. The woman can't do the exercises alone.

10. How does the woman feel about math?

- A. It's easy. B. It's boring. C. It's hard.

听第8段材料，回答第11至13题。

11. Who might the woman be?

- A. The man's friend. B. A hairdresser. C. The man's manager.

12. What is the man going to do this afternoon?

- A. Look for a job. B. Have a party. C. Deliver a speech.

13. How does the man sound in the end?

- A. Pretty angry. B. A bit excited. C. Very sorry.

听第9段材料，回答第14至16题。

14. What is the probable relationship between the speakers?

- A. A couple. B. Business partners. C. Fellow workers.

15. How many phone calls has the woman made?

- A. Six. B. Four. C. Eight.

16. What does the man offer to do for the woman?

- A. Drive her home. B. Bring her a cup of coffee. C. Treat her to supper.

听第10段材料，回答第17至20题。

17. When do people tend to suffer from SAD?

- A. In spring. B. In summer. C. In winter.

18. What is the sign of SAD?

- A. A lack of interest in foods. B. Tiredness at work. C. Difficulty falling asleep.

19. What activity is highly recommended to deal with SAD?

- A. Hiking. B. Skating. C. Running.

20. What does the speaker mainly talk about?

- A. Eating habits. B. Favorite sports. C. A kind of illness.

第二部分 阅读理解 (共两节, 满分40分)

第一节 (共15小题; 每小题2分, 满分30分)

阅读下列短文, 从每题所给的A、B、C和D四个选项中, 选出最佳选项。

A
During the summer holidays, you might be eager to get out and about. What would you like to do? There are plenty of helpful websites and apps with good ideas.

The Wildlife Trusts charity has a map of walks all over the UK. You can zoom in to find the ones

nearest where you live, read about them and plan a visit. Another good website for finding places to walk is AllTrails, where you can search for the name of a nearby city or park to explore with your family or friends.

One fun way to explore your neighborhood is through wildlife. The Week Junior Science+Nature's summer scavenger hunt (寻宝游戏) asks you to track down 10 natural objects, including clouds and creepy-crawlies. There's also a photo competition for young nature lovers.

Summer is the best time for butterfly-spotting, and iRecord Butterflies is a free app that helps you to identify the ones you see. It also uses the data to protect these beautiful creatures.

Another cool app worth checking is Seek by iNaturalist, which includes information about all sorts of wildlife, including bugs, fish and plants. And you can take part in monthly challenges. It's been designed for families to use.

Finally, there's Parkrun, where adults and young people get together to run in thousands of local parks. The Junior Parkrun website has a map showing you when and where these events take place, to help find your nearest one.

21. Which of the following attracts those who love taking photos of nature?
- A. AllTrails.
 - B. The Wildlife Trusts.
 - C. The iRecord Butterflies.
 - D. The Week Junior Science+Nature.
22. How many apps are mentioned in this text?
- A. One.
 - B. Two.
 - C. Three.
 - D. Four.
23. What is the advantage of the Junior Parkrun?
- A. Identifying the most special local parks.
 - B. Allowing people of all ages to get together.
 - C. Having much experience of organizing events.
 - D. Offering a map to show different times and places of the events.

B

Gently holding a baby hummingbird (蜂鸟) between her hands, Lattouf says, "Hello, cute little guy. Are you very hungry?" It's the newest patient at Lattouf apartment in Mexico City where she has nursed hundreds of the tiny birds back to health over the past decade. Under Lattouf's caress (爱抚), the bird relaxes little by little.

This is often how Lattouf's days have gone since she turned her apartment into a clinic (诊所) for sick, injured or baby hummingbirds. Most of the hummingbirds are in the bedroom where Lattouf sleeps. They stay there until they are strong enough to fly and feed themselves. Then she moves them to a neighboring room to prepare them to finally be freed.

With dozens of the tiny birds buzzing overhead, Lattouf explained that she began caring for them a year after surviving colon (结肠) cancer in 2011. It started with one hummingbird that had an eye injured by another bird. A veterinarian (兽医) friend encouraged her to try to help it. The bird became her close partner, staying on her computer screen while she worked. "It wrote me a new life," she said of the nine months when the bird lived with her. It helped pull Lattouf out of the sadness and loneliness she had experienced after her husband's 2009 death followed by her cancer. Later, friends began bringing her more hummingbirds.

Lattouf says she never turns away a bird. "Most come to me as babies. Many come to me broken,"

she said. Some have injuries to wings after running into things or falling from nests. Some get sick because of drinking polluted water from hummingbird feeders, which are popular in the city. Now the demand for her services has jumped because someone put a video about her work on the social platform TikTok that has been viewed more than 1.5 million times.

The city is filled with threats to hummingbirds like constant construction projects that replace flower gardens with concrete. But Lattouf remains optimistic. "We do everything possible," she said.

24. What do we know about Lattouf?

- A. She tried to save hummingbirds.
- B. She wanted to be a nurse.
- C. She liked to live in Mexico.
- D. She used to be a doctor.

25. What inspired Lattouf to start caring for hummingbirds?

- A. Her love for hummingbirds.
- B. Her needs for a partner.
- C. Her encounter with an injured one.
- D. Her friend's encouragement.

26. How has the need for her services increased sharply?

- A. She has worked hard.
- B. She has shared videos about the tiny bird.
- C. More people get to know her services by TikTok.
- D. She has accepted every injured hummingbird.

27. Which of the following best describes Lattouf?

- A. Brave and realistic.
- B. Outgoing and active.
- C. Generous and optimistic.
- D. Humorous and energetic.

C

I really need a snack! Should I eat a banana or a bowl of ice cream? Well, ice cream, of course ..., but wait. Am I making the right choice?

A snack is any food that you eat between meals. Eating a snack isn't a bad thing. But be sure to think about what you're about to put in your stomach! If you want to eat between meals, reach for something healthy. Snacks such as nuts, fruit, low-sugar yogurt and popcorn are good choices. These snacks have important nutrients. Yogurt and nuts, for example, have protein.

Snacks that contain lots of sugar, salt and fat are unhealthy. A sweet candy bar can make you feel energetic when you eat it. But after a while, your body may crash. You may feel uncomfortable or unable to focus on anything. But snacking on healthy food can keep you full of energy through the day.

Not all sugars are bad for you. Fresh fruit has natural sugars that your body needs. But snacks such as candy and chips have added sugars. Your body is in a hurry in digesting (消化) that kind of sugar. Then you get a sugar spike (糖峰值), and shortly after that you may break down. Foods with added sugar also don't have many nutrients.

You need to eat a variety of foods in order to stay healthy. As a result, when you want to eat a snack, be creative! Here is a simple recipe you can try. All you need is some Greek yogurt and some fresh fruit.

1. Cover the bottom of a pan with some parchment paper.
2. Spread some Greek yogurt on the paper.
3. Cut up some fresh fruit. Put it on the yogurt.
4. Put the pan in the freezer until it's totally hard.
5. Take out your frozen treat. Break it into pieces. Then enjoy it with your friends!

28. What is a snack according to the text?

- A. The fruit you have after lunch.
- B. The food you eat between meals.
- C. The ice cream you enjoy at noon.
- D. The drink you need in the morning.

29. What does the underlined word "crash" mean in paragraph 3?
 A. Get mad. B. Stay calm. C. Meet a decline. D. Have problems.
30. What is the result of eating added sugars?
 A. A sugar spike may come out. B. Energy will be full through the day.
 C. Too many nutrients will get together. D. The body may digest added sugar slowly.
31. Where is the text probably taken from?
 A. A health website. B. A travel brochure. C. A sports magazine. D. A medical book.

A heatwave has hit many countries in Europe, pushing temperatures over 40°C. A heatwave is a long period of unusually hot weather. The heat is expected to continue until the end of July.

The Italian Island of Sardinia reached 46°C on 18 July. The Italy government has asked people to dress in linen (a thin, light material) and to stay indoors between 10 am and 6 pm. The government has asked people to drink plenty of water but avoid alcohol, fizzy drinks and coffee, which can make you feel thirstier. In Rome, the country's capital, people aged over 70 can go to swimming pools for free to help them keep cool.

Wildfires have broken out in many places. In Greece, which recorded 41°C on 18 July, fires near the capital, Athens, have destroyed huge areas of forest and thousands of people have been moved to safety. Heatwaves can make fires worse because hot weather dries plants, which fuel the fires.

In the US, temperatures in Death Valley, California, hit 53°C on 18 July, close to the hottest ever recorded on Earth. On 16 July, the US National Weather Service issued warnings in parts of the country, affecting more than 80 million people.

Despite the high temperatures in many European countries, the UK is not experiencing a heatwave. This is because a different weather pattern has brought rain and lower temperatures to the UK.

The heatwave in Europe is being caused by a weather pattern that has stopped the air from moving very much. That means the hot, dry weather has got stuck and temperatures have kept rising. Earth is also experiencing a natural climate pattern called El Nino(厄尔尼诺), which causes the water in the eastern Pacific Ocean to warm up more than usual. This can lead to hot weather around the world. Temperatures in some parts of Europe were expected to fall on 20 July.

32. Which place was the hottest on 18 July according to the text?
 A. Rome. B. Athens.
 C. Death Valley. D. Sardinia.
33. Why did Italy government advise people to drink water instead of coffee?
 A. Because drinking coffee is unhealthy.
 B. Because drinking coffee makes it hard to fall asleep.
 C. Because you may feel thirstier after drinking coffee.
 D. Because drinking coffee may cause your body temperature to rise.
34. Why does the author mention the UK in paragraph 5?
 A. To list an example. B. To provide a figure.
 C. To draw a conclusion. D. To introduce an exception.
35. Which is probably the best title?
 A. Wildfire Broke Out B. Heatwave Sweeps Europe and the US
 C. El Nino Causes Hot Weather D. UK Experienced High Temperatures

第二节 (共5小题; 每小题2分, 满分10分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Ways to fight tiredness

Everyone gets tired — it's a normal part of human existence. A good night's sleep will often leave us feeling well rested. 36 We can get overtired and feel a bit run-down which may affect our daily lives — but what can we do about it? Here are some things that may stop you getting overtired.

37 Eating healthy meals and snacks regularly, around 3-4 times per day, could improve your energy levels. Giving your body the fuel it needs could help you to be more energised, and therefore, less tired. If you're feeling overtired, you might not want to exercise. However, regular physical activity may actually mean you are less tired in general. 38 And being more active could help you to lose weight, which can also aid you in the battle against tiredness.

Another thing that can leave us feeling weary and drained is stress. Reducing your stress levels may help you to feel less tired on a regular basis. Taking up an activity like yoga or going for a walk could help you to unwind and feel more refreshed. And you may think if you're feeling tired, that a good cup of coffee will perk you up. However, the Royal College of Psychiatrists recommends anyone feeling tired to cut down on their caffeine intake, especially after mid-afternoon. 39

Finally, if you do find yourself feeling overtired constantly for days or weeks, you may be suffering from fatigue or exhaustion. 40 However, for most of us, the odd day of feeling overtired might be fixed with a change in lifestyle and a few good nights' sleep.

- A. Get regular exercise.
- B. First, let's look at physical health.
- C. In this way, they can get better sleep at night.
- D. Try to introduce relaxing activities into your day.
- E. However, sometimes we feel more than just general tiredness.
- F. Activities like jogging or cycling could also help you get fitter.
- G. If so, it is best to see a doctor as this may be a sign of an underlying health problem.

第三部分 语言知识运用 (共两节, 满分45分)

第一节 (共20小题; 每小题1.5分, 满分30分)

阅读下面短文, 从短文后各题所给的A、B、C和D四个选项中, 选出可以填入空白处的最佳选项。

As a child, I was fascinated by the world of theater and began taking classes at the age of 7. Throughout my teenage years, I actively 41 plays, television shows, and movies. 42 provided me with an opportunity to explore and 43 things that I may not have had the courage to attempt in real life. One of the most significant 44 of acting was the ability to step outside of my comfort zone and transform into someone else, 45 and bold on stage.

Despite this, in my everyday life, I was often plagued (困扰) by 46 and hesitance. Acting allowed me to explore different time periods and 47, as I donned (穿上) various costumes and immersed (投入) myself in different eras and worlds. I played a variety of 48, ranging from aliens to ringmasters, and 49 a diverse set of skills along the way.

Performing was an excellent way for me to 50 my shyness and inhibitions. I gained a

newfound confidence in myself and learned to be more 51 and daring. 52, after a while, I grew tired of living inside someone else's 53 and was ready to forge(打造) my own path. I was fortunate to have received unwavering 54 and guidance from my family, who had always 55 me of the importance of education and self-worth.

Looking back, my time as a 56 actor was a period of significant self-discovery and 57. Through acting, I gained 58 insights into myself and the world around me. I will always be 59 for the experiences and lessons I 60 during my time in the spotlight.

- | | | | |
|------------------------|----------------|---------------------|-----------------|
| 41. A. participated in | B. carried out | C. dealt with | D. applied for |
| 42. A. Studying | B. Dancing | C. Acting | D. Teaching |
| 43. A. predict | B. confirm | C. influence | D. experience |
| 44. A. results | B. benefits | C. features | D. rules |
| 45. A. generous | B. familiar | C. confident | D. strange |
| 46. A. curiosity | B. excitement | C. misunderstanding | D. nervousness |
| 47. A. places | B. cities | C. groups | D. cultures |
| 48. A. sports | B. roles | C. matches | D. songs |
| 49. A. missed | B. challenged | C. changed | D. acquired |
| 50. A. overcome | B. ignore | C. remove | D. hide |
| 51. A. adventurous | B. casual | C. skillful | D. funny |
| 52. A. Moreover | B. Therefore | C. Otherwise | D. However |
| 53. A. task | B. plan | C. story | D. future |
| 54. A. persuasion | B. support | C. permission | D. comfort |
| 55. A. reminded | B. inform | C. assured | D. warned |
| 56. A. emotional | B. creative | C. popular | D. professional |
| 57. A. freedom | B. growth | C. adaptation | D. satisfaction |
| 58. A. suitable | B. acceptable | C. valuable | D. flexible |
| 59. A. eager | B. sorry | C. grateful | D. ready |
| 60. A. heard | B. supposed | C. expected | D. learned |

第二节 (共10小题; 每小题1.5分, 满分15分)

阅读下面短文, 在空白处填入1个适当的单词或括号内单词的正确形式。

Forget about "military-style travel" during which people tend to visit as many places as possible in the least amount of time. A more 61 (relax) and leisurely alternative, such as "Citywalk", is becoming the norm (常态) among urban youngsters.

Unlike military-style travel, Citywalk is about walking around a city on foot, soaking up (感受) the atmosphere and 62 (find) unusual things that even a resident of the city might not 63 (notice) before. It can be a special event 64 people embark (开始) on a journey led by tour guides or 65 (simple) explore the streets.

Such walks generally avoid famous scenic spots and shopping centers, and take you to places where you can have real interactions 66 the local people, eat at small but authentic restaurants, and gain 67 deeper understanding of the history and culture of the city.

Citywalkers have shared 68 (they) carefully planned routes on social media platforms, generating thousands of followers. On social media platform Xiaohongshu, there are more than 270,000

posts about Citywalk, while 69 (video) about Citywalk have attracted millions of views on short video platform Douyin.

Their posts usually include how long the walk is going to take, and interesting places and eateries (小餐馆) along the way. Some posts are more like a food tour, with walkers carefully planning out routes with certain places 70 (know) for their snack offerings in mind.

第四部分 写作 (共两节, 满分 35 分)

第一节 短文改错 (共 10 小题; 每小题 1 分, 满分 10 分)

假定英语课上老师要求同桌之间交换修改作文, 请你修改你同桌写的以下作文。文中共有 10 处语言错误, 每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加: 在缺词处加一个漏字符号 (Λ), 并在其下面写出该加的词。

删除: 把多余的词用斜线 (/) 划掉。

修改: 在错的词下划一横线, 并在该词下面写出修改后的词。

注意: 1. 每处错误及其修改均仅限一词;

只允许修改 10 处, 多者 (从第 11 处起) 不计分。

Have you wondered how your body knows when to wake up or why you need the toilet less at night? Influencing by light, body clocks use the sun to help your body to run on time. They repeat every 24 hours and almost every living thing has them. When the sun shines across the window in the morning, your body clock tells you it's time to wake up. When it's dark, your body feels sleepy. Not listening to your body clock, such as by going to bed late can mess up your sleep cycle, that makes you tired the next day. Scientists have found body clocks help our whole body run smooth. The Sleep Charity, which helps people to sleep better, recommend sticking to regular sleep patterns. So you're a night owl who stays up late or a morning lark who likes to get up early, try going to bed and get up at the same time every day. It also suggests getting lots of natural lights in the morning. Even if the sky is cloudy and grey, this can reset your body clock and make you to feel more awake.

第二节 书面表达 (满分 25 分)

假定你是李华, 准备参加这周五学校举办的以“Face Life with Courage”为主题的英语演讲比赛, 请你给外教 Mr. Smith 写一封邮件, 请求帮忙修改润色演讲稿。内容包括:

1. 稿件内容;

2. 请求指导。

注意: 1. 文章开头已给出;

2. 词数 80 左右。

Dear Mr. Smith,

I hope this email finds you well.

Thank you so much for your time and support. I'm looking forward to your early reply.

Yours,

Li Hua

2024届10月质量监测考试

英语 答题卡

学校 _____ 班级 _____

姓名 _____ 考场 _____



准考证号										
[0]	[0]	[0]	[0]	[0]	[0]	[0]	[0]	[0]	[0]	[0]
[1]	[1]	[1]	[1]	[1]	[1]	[1]	[1]	[1]	[1]	[1]
[2]	[2]	[2]	[2]	[2]	[2]	[2]	[2]	[2]	[2]	[2]
[3]	[3]	[3]	[3]	[3]	[3]	[3]	[3]	[3]	[3]	[3]
[4]	[4]	[4]	[4]	[4]	[4]	[4]	[4]	[4]	[4]	[4]
[5]	[5]	[5]	[5]	[5]	[5]	[5]	[5]	[5]	[5]	[5]
[6]	[6]	[6]	[6]	[6]	[6]	[6]	[6]	[6]	[6]	[6]
[7]	[7]	[7]	[7]	[7]	[7]	[7]	[7]	[7]	[7]	[7]
[8]	[8]	[8]	[8]	[8]	[8]	[8]	[8]	[8]	[8]	[8]
[9]	[9]	[9]	[9]	[9]	[9]	[9]	[9]	[9]	[9]	[9]

- 注意事项**
- 答题前，考生先将自己的姓名，考场座位号填写清楚，并认真核准条形码上的考场座位号、姓名及科目。
 - 选择题部分必须使用2B铅笔填涂；非选择题部分必须使用0.5毫米的黑色签字笔书写，字体工整、笔迹清楚。
 - 请按照题号顺序在各科目的答题区域内作答，超出答题区域书写的答案无效；在草稿纸、试题卷上答题无效。
 - 保持卡面清洁，不折叠，不破损。

填涂样例

正确填涂

错误填涂

此栏考生禁填 缺考标记 缺考考生，由监考员贴条形码，并用2B铅笔填涂左边的缺考标记。

选择题 (用2B铅笔填涂)

- | | | | |
|----------------|--------------------|--------------------------------|--------------------|
| 1 [A] [B] [C] | 16 [A] [B] [C] | 31 [A] [B] [C] [D] | 46 [A] [B] [C] [D] |
| 2 [A] [B] [C] | 17 [A] [B] [C] | 32 [A] [B] [C] [D] | 47 [A] [B] [C] [D] |
| 3 [A] [B] [C] | 18 [A] [B] [C] | 33 [A] [B] [C] [D] | 48 [A] [B] [C] [D] |
| 4 [A] [B] [C] | 19 [A] [B] [C] | 34 [A] [B] [C] [D] | 49 [A] [B] [C] [D] |
| 5 [A] [B] [C] | 20 [A] [B] [C] | 35 [A] [B] [C] [D] | 50 [A] [B] [C] [D] |
| 6 [A] [B] [C] | 21 [A] [B] [C] [D] | 36 [A] [B] [C] [D] [E] [F] [G] | 51 [A] [B] [C] [D] |
| 7 [A] [B] [C] | 22 [A] [B] [C] [D] | 37 [A] [B] [C] [D] [E] [F] [G] | 52 [A] [B] [C] [D] |
| 8 [A] [B] [C] | 23 [A] [B] [C] [D] | 38 [A] [B] [C] [D] [E] [F] [G] | 53 [A] [B] [C] [D] |
| 9 [A] [B] [C] | 24 [A] [B] [C] [D] | 39 [A] [B] [C] [D] [E] [F] [G] | 54 [A] [B] [C] [D] |
| 10 [A] [B] [C] | 25 [A] [B] [C] [D] | 40 [A] [B] [C] [D] [E] [F] [G] | 55 [A] [B] [C] [D] |
| 11 [A] [B] [C] | 26 [A] [B] [C] [D] | 41 [A] [B] [C] [D] | 56 [A] [B] [C] [D] |
| 12 [A] [B] [C] | 27 [A] [B] [C] [D] | 42 [A] [B] [C] [D] | 57 [A] [B] [C] [D] |
| 13 [A] [B] [C] | 28 [A] [B] [C] [D] | 43 [A] [B] [C] [D] | 58 [A] [B] [C] [D] |
| 14 [A] [B] [C] | 29 [A] [B] [C] [D] | 44 [A] [B] [C] [D] | 59 [A] [B] [C] [D] |
| 15 [A] [B] [C] | 30 [A] [B] [C] [D] | 45 [A] [B] [C] [D] | 60 [A] [B] [C] [D] |

非选择题 (答题区) (用0.5毫米的黑色墨水签字笔书写)

第三部分 语言知识运用 第二节

- | | | |
|-----------|-----------|-----------|
| 61. _____ | 62. _____ | 63. _____ |
| 64. _____ | 65. _____ | 66. _____ |
| 67. _____ | 68. _____ | 69. _____ |
| 70. _____ | | |

空白区域请勿答题

请在各题目的答题区域内作答，超出答题区域的答案无效

第四部分 写作 第一节

Have you wondered how your body knows when to wake up or why you need the toilet less at night? Influencing by light, body clocks use the sun to help your body to run on time. They repeat every 24 hours and almost every living thing has them. When the sun shines across the window in the morning, your body clock tells you it's time to wake up. When it's dark, your body feels sleepy. Not listening to your body clock, such as by going to bed late can mess up your sleep cycle, that makes you tired the next day. Scientists have found body clocks help our whole body run smooth. The Sleep Charity, which helps people to sleep better, recommend sticking to regular sleep patterns. So you're a night owl who stays up late or a morning lark who likes to get up early, try going to bed and get up at the same time every day. It also suggests getting lots of natural lights in the morning. Even if the sky is cloudy and grey, this can reset your body clock and make you to feel more awake.

第四部分 写作 第二节

Dear Mr. Smith,

I hope this email finds you well. _____

Thank you so much for your time and support. I'm looking forward to your early reply.

Yours,
Li Hua