**单元达标测评**

(满分:120分;时间:100分钟)

**第一部分　阅读**(共两节,满分50分)

**第一节**(共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

A

Fantastic fall festivals you won’t want to miss

Seymour Apple Festival

Admission to the Seymour Apple Festival is free and so is the entertainment! More than 15,000 people from all over the region come out to take part in the activities, ranging from drawings, vendor booths, food, apple contests to bike-decorating contests.

Marionville Apple Festival

The popular Marionville Apple Festival is home to countless activities and events. The carnival pony rides and games will keep the kids busy, while adults will enjoy watching the pie-eating contest and browsing dozens of craft vendor booths.

Humansville Fall Festival

The Humansville Fall Festival may be hosted by a small town, but that doesn’t mean it’s lacking big fun. Perfect for all ages, this fall festival is celebrating its 70th year and will provide three full days of fun. This year’s festival will feature live music from fantastic local musicians, which will definitely make it different from the ones in other years.You’ll also find fun carnival rides, talented artisans selling their goods, and an amazing parade to wrap up the event on Saturday.

Southside Fall Festival

The Southside Fall Festival is perfect for family celebrations, with an alcohol-free environment and free admission. Enjoy a colorful parade and float contest, delicious food vendors, live music, karaoke, and more.

Fall Into Arts Festival

Make sure to bring kids along for this festival that celebrates all things creative. The Fall Into Arts Festival features a host of kid-friendly activities like Lego, sand art, bubble stations, sidewalk chalk, a jump house, and more. Parents will have plenty to do as well, with an excellent variety of artists, festival food, a mini film festival, and much more.

1.Which festivals are free of charge?

A.The Southside Fall Festival and Fall Into Arts Festival.

B.The Seymour Apple Festival and Southside Fall Festival.

C.The Humansville Fall Festival and Fall Into Arts Festival.

D.The Seymour Apple Festival and Marionville Apple Festival.

2.What makes the Humansville Fall Festival special this year?

A.Fun activities on Saturday. B.The duration of the festival.

C.The area of the hosting town. D.Musicians’ live performances.

3.The Fall Into Arts Festival is specially welcomed by 　　　.

A.movie lovers B.modern artists

C.visitors of all ages D.families with kids

B

The old Chinese saying “as happy as spending the New Year” might be outdated(过时的) now in the busy modern world. The Spring Festival is regarded as the most important festival for Chinese people and an occasion for all family members to get together, like Christmas in the West. But many traditional customs accompanying the Spring Festival, however, have weakened in practice.

Setting off fireworks was once the most typical custom of the Spring Festival. People thought the sputtering(噼啪) sound could help drive away evil spirits. However, the activity has been completely or partially forbidden in big cities for years as the government has taken security, noise and pollution factors into consideration.

“In recent years, some cities have begun to allow people to light fireworks for limited hours during the Spring Festival, surrendering to public demand. Respecting folk traditions is a gesture of respect toward public opinion,” said Zhou Xing, a folklore researcher.

“As people gain more income and it becomes easier to buy daily goods, the New Year holiday is just like any other. After long workdays, many people use the New Year holiday to take a rest, rather than visiting friends and neighbors. The process of making and enjoying the family dinner on New Year’s Eve is the most important thing. However, many families would like to eat out to save time and energy,” said Li Shunzhi, a resident of Harbin, Heilongjiang.

“I enjoy the holidays very much in the countryside. My family has been preparing for the Spring Festival more than two weeks before the holiday, cleaning the house, buying holiday goods and decorating the house with paper cuttings. On New Year’s Eve, the whole family stays up to see the New Year in, and in the days to follow, a series of activities such as lion dancing, dragon lantern dancing, lantern festivals and temple fairs will be held. Without the ancient traditions, the holiday is nothing to us,” said Zhang Hui, from Hebei.

4.Which of the following is WRONG according to the passage?

A.Setting off fireworks has been forbidden in some big cities for years.

B.Nowadays, people can light fireworks in some cities during the Spring Festival.

C.People believe that the sound of fireworks can drive away evil spirits.

D.In the past, setting off fireworks couldn’t be seen almost anywhere.

5.What Li Shunzhi said implies　　　.

A.what people do during the festival now is different from the past

B.people would like to have the family dinner on New Year’s Eve

C.people prefer to visit friends and neighbors rather than take a rest

D.the New Year holiday is just like any other day

6.What can we learn from the last paragraph?

A.Zhang Hui often spends two weeks preparing for the Spring Festival.

B.Zhang Hui is used to spending the Spring Festival with his family.

C.Zhang Hui always takes part in a series of activities after the Spring Festival.

D.Zhang Hui lives in the urban area.

7.What does the whole passage mainly talk about?

A.The Spring Festival is as lively as before.

B.The Spring Festival is outdated now.

C.The Spring Festival is losing its qualities.

D.The Spring Festival in China is more important than Christmas in the West.

C

You are driving to school. You look up to see a pretty hot-air balloon. Whoa! You almost went through a stop sign! In a driverless car, you can look at the balloon. The car sees the stop sign without your help and stops the car. Car makers and others are already testing driverless cars or AVs (automated vehicles) in the U.S. and other countries.

Most cars already have some driverless technology like the anti-lock braking system (ABS). When a car is slipping on an icy road, the ABS can tap the brakes quickly. The wheels turn slowly but do not stop. The driver can then control the car safely. Many cars also have parallel parking technology. These cars can park themselves along a street. No driver is needed.

A driverless car can see the road better than people with the help of radar, cameras, and lasers. Radar helps the car see things up to 100 meters away even in darkness or rain. Cameras help the car see objects that are close. Lasers that work like radar, called lidar, spin on the roof and build a 3D model of the world around the car. Automated vehicles use GPS to find the best way from one place to another. All the information from the radar, cameras, lasers, and the GPS goes to the Controller Area Network bus, which lets all those devices talk to one another. The CAN bus uses the information to direct the car and to tell the car to go or stop.

Problems still exist with AVs. Hackers(黑客)may take over the car. There will probably be fewer jobs for people who drive taxis and trucks. A robo-taxi can find you and take you to your destination without a taxi driver. Automated trucks may roll along highways without a truck driver.

In the future, you can be the driver of your car, or you can look out of the window while the car drives you.

8.Why is a pretty hot-air balloon mentioned in Paragraph 1?

A.To tell that there are always interesting things to see while driving.

B.To show how interesting it is to drive to school.

C.To show the strength of driverless cars.

D.To tell the possible danger while driving.

9.What kind of thing does the underlined word in Paragraph 3 belong to?

A.Cars. B.Equipment.

C.Information. D.Automated vehicles.

10.Which of the following ideas will the author agree on?

A.There will be no human drivers in the future.

B.All the truck drivers will be out of work in the future.

C.All the driverless cars will be safe in the future.

D.Not all the cars will be driven automatically in the future.

11.Which of the following is the best title of the text?

A.A driverless car B.A car with GPS

C.No driver in the future D.A flying car

D

A record of 6.15 million trips was made by Chinese mainland tourists to overseas destinations during the seven-day Spring Festival holiday, which ended on Sunday, according to the China National Tourism Administration(CNTA). That is an increase of 7 percent compared with the last year’s Spring Festival. About 374,000 trips were organized by travel agencies, a 2.5 percent increase.

The CNTA also reported growth from individual and high-end(高端的) travelers and said that in addition to top and coastal cities, inland cities such as those in Guangxi—became important source markets. With many Chinese now traveling abroad during the Spring Festival, their choice of destinations has expanded along with their growing interest in foreign cultures and services.

“Chinese tourists are increasingly willing to experience local cultures and services, including staying in private homes, appreciating plants and watching monkeys,” Li Xuejing, an agency’s marketing manager, said.

Miss Guo, a Chinese tourist, who was vacationing on an island in Philippines, said,“I now pay more attention to relaxation and enjoyment during the holidays instead of shopping or choosing gifts for relatives.”

Another choice is Britain. Though the devaluation(货币贬值) of the pound is a factor, Britain’s rich history and famous education tradition have caught the eye of Chinese.

12.How many trips were made to foreign countries during the seven-day Spring Festival holiday?

A.6,150,000. B.2,500,000.

C.7,000,000. D.374,000.

13.What can we learn about some inland cities in Guangxi?

A.They’re reported to have become important tourist attractions.

B.They’re famous for all kinds of plants and monkeys.

C.They have many hot springs.

D.They have become important source markets.

14.What will Miss Guo do on her vacation according to the text?

A.Go shopping for gifts.

B.Study foreign cultures.

C.Relax and enjoy herself.

D.Chat with her relatives.

15.Where does the text probably come from?

A.A guide book. B.A newspaper.

C.A science magazine. D.An advertisement.

**第二节**(共5小题;每小题2.5分,满分12.5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。

You can’t help spending much money during the festival season. However, it’s not impossible to save. Here are some tips you can take to prevent yourself from overspending.

Surround yourself with people who make you feel good. There’s a common trick played by the advertising industry.　16　, the advertising industry tries their best to appeal to your emotions in order to motivate you to buy their products. So, instead of falling into their marketing trap, surround yourself with the people you love and make yourself feel good.

Don’t buy anything hotheadedly. Ever heard of the saying that a fool and his money are soon parted?　17　.

Consider renting.　18　. After all, how often will you be wearing that special dress?

　19　. When it comes to clothes, you should often pick out the unused. Selling them on eBay or Carousell can give you extra cash to go shopping.

Remind yourself of the things you have. You may not know about yourself. Every time you look at your closet(壁橱) and organize it, you find just how many items of clothing you have. 　20　.

A.If you are in a bad mood

B.Sell items you don’t need

C.Put away the clothes you don’t wear

D.When you are attracted to buy certain products

E.This prevents you from wanting to go shopping even more

F.It warns you not to be a man who doesn’t think twice about parting with his money

G.Renting a dress or a bag for a special occasion could actually save you more money

16.　　　 17.　　　 18.　　　 19.　　　 20.

**第二部分　语言运用**(共两节,满分30分)

**第一节**(共15小题;每小题1分,满分15分)

阅读下面短文,从每题所给的A、B、C、D四个选项中选出可以填入空白处的最佳选项。

I’m a big fan of pop music and I enjoy listening to music quite a lot. Although people can listen to 　21　 music on their music players when they are travelling, working or studying, 　22　 festivals and concerts are becoming more and more　23　. This is because I believe they offer two main 　24　.

The first one is that the sound is much　25　at live concerts where the music and voices come　26　 from the musicians. This makes it a much more emotional(有感染力的) 　27　 because you have direct contact with the 　28　 and you react to them and they react to you.

The second advantage is the atmosphere. 　29　 listening to a recording　30　 on your personal music player, at a concert you are 　31　 with a huge crowd of people and 　32　the music together. This means it is a 　33　 as well as an artistic experience.

The main problem is that you cannot listen to live music whenever you want as you can on a personal music player. Besides, the noise from the audience sometimes damages the quality of the sound.

In my opinion, however, the best way to enjoy music is in the wonderful atmosphere of a live concert. It is more 　34　 because you are surrounded by other 　35　 who are dancing with you happily.

21.A.recorded B.live C.soft D.loud

22.A.culture B.tradition C.music D.art

23.A.special B.difficult C.successful D.popular

24.A.questions B.advantages C.challenges D.results

25.A.higher B.lower C.worse D.better

26.A.quickly B.directly C.frequently D.suddenly

27.A.example B.lesson C.experience D.talk

28.A.performers B.audience C.producers D.strangers

29.A.According to B.Instead of C.Except for D.Along with

30.A.patiently B.quietly C.together D.alone

31.A.listening B.playing C.working D.singing

32.A.writing B.providing C.studying D.enjoying

33.A.personal B.practical C.social D.physical

34.A.exciting B.interesting C.surprising D.puzzling

35.A.teams B.classes C.volunteers D.fans

**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。

There are all kinds of festivals and celebrations 　36　 the world, which are held for different 　37　 (reason). Some festivals are held 　38　 (commemorate)the dead or satisfy the ancestors in case(以免) 　39　 might return either to help 　40　 to do harm while other festivals are held to commemorate famous people or gods, such as the Dragon Boat Festival and Christmas Day. Harvest festival and Thanksgiving are happy events 　41　 the food 　42　 (gather) for the winter and the agricultural work is over. And the 　43　 (much) energetic and important festivals are the ones 　44　 look forward to the end of winter and the coming of spring, such as the Lunar New Year, at which people have a great time. Some Western countries have very 　45　(excite) carnivals. Festivals let us enjoy life.

36.　　　 37.　　　 38.　　　 39.　　　 40.

41.　　　 42.　　　 43.　　　 44.　　　 45.

**第三部分　写作**(共两节,满分40分)

**第一节**(满分15分)

　　假定你是李华。你的澳大利亚朋友Albert对中国的传统节日非常感兴趣。在端午节来临之际,他写信询问有关端午节的习俗。请你用英语回一封信,向他介绍中国的端午节。要点包括:

1.介绍中国的端午节(时间、意义、风俗等);

2.欢迎他来中国并邀请他来观看龙舟赛。

注意:

1.词数80左右;

2.可以适当增加细节,以使行文连贯;

3.开头和结尾已给出,不计入总词数。

Dear Albert,

I’m glad to know you show great interest in Chinese traditional festivals.

Yours,

Li Hua

**第二节**(满分25分)

阅读下面短文,根据其内容写一篇60词左右的内容概要。

Are you sometimes a little tired and sleepy in the early afternoon? Many people feel this way after lunch. They may think that eating lunch is the cause of the sleepiness. Or, in summer, they may think it is the heat. However, the real reason lies inside their bodies. At that time—about eight hours after you wake up—your body temperature goes down. This is what makes you slow down and feel sleepy. Scientists have tested sleeping habits in experiments where there was no night or day. The people in these experiments almost always followed a similar sleeping pattern. They slept for one long period and then for one short period about eight hours later.

In many parts of the world, people take naps(小睡) in the middle of the day. This is especially true in warmer climates, where the heat makes work difficult in the early afternoon.

Researchers are now saying that naps are good for everyone in any climate. A daily nap gives one a more rested body and mind and therefore is good for health in general. In countries where naps are traditional, people often suffer from less problems such as heart disease.

Many working people, unfortunately, have no time to take naps. Though doctors may advise taking naps, employers do not allow it! If you do have the chance, however, here are a few tips about making the most of your nap. Remember that the best time to take a nap is about eight hours after you get up. A short sleep too late in the day may only make you feel more tired and sleepy afterward. This can also happen if you sleep too long.

If you do not have enough time, try a short nap—even ten minutes of sleep can be helpful.

**答案全解全析**

**单元达标测评**

第一部分　阅读

第一节

A

语篇解读　本文是一篇广告布告类阅读,主要介绍了几个秋季的节日。

1.B　细节理解题。根据Seymour Apple Festival部分第一句Admission to the Seymour Apple Festival is free and so is the entertainment!可知,该节日的门票是免费的,娱乐活动也是免费的;根据Southside Fall Festival部分第一句The Southside Fall Festival is perfect for family celebrations, with an alcohol-free environment and free admission.可知,此节日也是免费入场。

2.D　细节理解题。根据Humansville Fall Festival部分第三句This year’s festival will feature live music from fantastic local musicians, which will definitely make it different from the ones in other years.可知,今年的音乐节将以当地优秀音乐家的现场音乐为特色,使它有别于往年。

3.D　 细节理解题。根据最后一段Make sure to bring kids along for this festival that celebrates all things creative. The Fall Into Arts Festival features a host of kid-friendly activities like Lego, sand art, bubble stations, sidewalk chalk, a jump house, and more. Parents will have plenty to do as well, with an excellent variety of artists, festival food, a mini film festival, and much more.可知,该节日既有许多孩子喜爱的活动,也有为父母准备的活动,故特别受到有孩子的家庭的欢迎。

B

语篇解读　本文是一篇纪实性记叙文,主要叙述了中国春节的传统习俗逐渐消失的现象以及人们在春节期间的不同做法和对春节的看法。

4.D　细节理解题。根据第二段第一句Setting off fireworks was once the most typical custom of the Spring Festival.可知,过去放鞭炮是过春节最典型的传统习俗,应该到处可见,显然D选项与此不符。故选D。

5.A　细节理解题。根据第四段Li Shunzhi所说的内容可知,哈尔滨的这位居民所说的这段话应该是感慨现在和以前过年的差异。故选A。

6.B　推理判断题。根据最后一段中的My family has been preparing the Spring Festival以及Without the ancient traditions, the holiday is nothing to us等内容可推知,Zhang Hui习惯按照旧习俗与家人一起过春节。故选B。

7.C　主旨大意题。根据第一段最后一句But many traditional customs accompanying the Spring Festival, however, have weakened in practice.并结合全文内容可知,本文主要讲述了中国春节逐渐失去年味这一现象。故选C。

C

语篇解读　本文是一篇说明文,介绍了未来的无人驾驶车辆的便利、安全、工作原理以及对社会方方面面的影响等。

8.C　推理判断题。根据第一段第五句In a driverless car, you can look at the balloon.可知,坐在无人驾驶的汽车里可以看到车外美丽的热气球而车正常安全行驶,与此相反,在有人驾驶的汽车里边开车边看热气球就会出事故。从而展现出无人驾驶汽车的优点。故选C。

9.B　词义猜测题。根据画线词所在句子Lasers that work like radar, called lidar, spin on the roof and build a 3D model of the world around the car.及前后内容可知,这种设备就是激光雷达,它在车顶上旋转,并建立一个汽车周围世界的三维模型,以帮助汽车正常行驶和躲避危险。故选B。

10.D　推理判断题。根据最后一段中的you can be the driver of your car, or you can look out of the window while the car drives you可知,你可以是你的车的司机,或者车自动驾驶时,你可以看着窗外。所以将来的车并不都是完全自动驾驶的车。故选D。

11.A　主旨大意题。根据全文对无人驾驶车辆的介绍可知,本文话题就是无人驾驶车辆,故选A。

D

语篇解读　本文是一篇说明文,主要介绍了中国人在春节假期选择去国外旅游的人数急剧增长的社会现象。

12.A　细节理解题。根据第一段第一句A record of 6.15 million trips was...according to the China National Tourism Administration(CNTA).可知,去国外旅游的人数达到六百一十五万。故选A。

13.D　细节理解题。根据第二段第一句中的in addition to top and coastal cities, inland cities such as those in Guangxi Zhuang—became important source markets可知,一些广西的内陆城市也成了重要的客源市场。故选A。

14.C　细节理解题。根据第四段中的I now pay more attention to relaxation and enjoyment during the holidays instead of shopping or choosing gifts for relatives.可知,郭小姐现在更注重放松和娱乐。故选C。

15.B　推理判断题。全文主要介绍了中国人在春节期间去国外旅游的人数急剧增长的社会现象,所以本文应该是选自报纸的新闻。故选B。

第二节

语篇解读　本文是一篇说明文,针对如何才能防止在节日期间受广告诱惑不考虑经济收入而乱购买东西这种情况的发生,作者给出了几条建议。

16.D　根据下文the advertising industry tries their best to appeal to your emotions in order to motivate you to buy their products并结合选项D中的信息buy certain products可知,当你被某类产品吸引时,广告行业就会尽其所能吸引你的情感,以激励你购买他们的产品。故选D。

17.F　根据上文a fool and his money are soon parted并结合选项F中的信息parting with his money可知,要珍惜钱,不能做一个不吝惜金钱的人。故选F。

18.G　根据设空上句Consider renting.并结合选项G中的信息Renting可知,对于不太常穿的衣服可以考虑租用,对你来说这样就会节省一笔钱。故选G。

19.B　根据本段内容,尤其是最后一句Selling them on eBay or Carousell can give you extra cash to go shopping.并结合选项B中的信息Sell可知,对于不用的衣服可以在易趣等网站上卖掉,这样也可以得到额外的一笔钱。故选B。

20.E　根据本段主题句Remind yourself of the things you have.以及本段内容可知,要经常提醒自己已经有的物品,尤其是在打理壁橱时,这样有助于阻止自己乱购物。故选E。

第二部分　语言运用

第一节

语篇解读　本文是一篇议论文。作者通过列举现场音乐会的优点和缺点以及与录制好的播放器播放的音乐进行对比,最终认为欣赏和享受音乐的最好方式是听现场音乐会。

21.A　根据空后的on their music players并结合上句中的listening to music quite a lot可知,音乐播放器上播放的应该是“录制的”音乐。recorded记录的,录制的;live现场的;soft柔软的;loud响亮的。故选A。

22.C　句意:尽管人们在旅行、工作或学习时可以在他们的音乐播放器上听录制的音乐,但是音乐节和音乐会变得越来越受欢迎。culture文化;tradition传统;music音乐;art艺术。故选C。

23.D　解析见上题。special特殊的;difficult困难的;successful成功的;popular受欢迎的。故选D。

24.B　根据下文The first one is...及The second advantage is...可知,音乐会有两个主要的优点。所以此处提到的是作者认为它们有两个主要的优点。question问题;advantage优点;challenge挑战;result结果。故选B。

25.D　根据下文...from the musicians. This makes it a much more emotional...可知,音乐和声音直接来自音乐家,所以现场的声音会更好些,这是音乐会的第一个优点。higher较高的;lower较低的;worse更差的;better更好的。故选D。

26.B　解析见上题。quickly快速地;directly直接地;frequently频繁地;suddenly突然地。故选B。

27.C　根据下文you react to them and they react to you可知,与表演者有直接的接触并且彼此之间有互动,显然这是以前没有过的“体验”。 example例子;lesson课;experience体验;talk谈话。故选C。

28.A　根据空前后的you have direct contact with the...and you react to them and they react to you可知,此处提到的互动显然是在“表演者”与“你们(听众)”之间进行的。performer表演者;audience观众;producer生产者;stranger陌生人。故选A。

29.B　在音乐会上听的显然“不是”录制歌曲。according to根据;instead of代替,而不是;except for除了……;along with和。故选B。

30.D　根据下文on your personal music player以及a huge crowd of people 可知,音乐会上,你不用独自地在你的私人音乐播放器上听录音,而是和一大群人一起听音乐。patiently耐心地;quietly安静地;together一起;alone独自地。故选D。

31.A　解析见上题。listen听;play演奏;work工作;sing唱歌。故选A。

32.D　根据空前后的a huge crowd of people and...the music together可知,显然是与一大群人一起“欣赏”音乐。write写;provide提供;study学习;enjoy欣赏。故选D。

33.C　根据上文可知,现场音乐会是和一大群人一起欣赏音乐,且观众和表演者之间有互动,所以它也是人与人之间心灵与感情的沟通方式,是一种“社会”体验。personal个人的;practical实践的;social社会的;physical身体的。故选C。

34.A　根据上句中的the wonderful atmosphere of a live concert以及下文dancing with you happily可知,更让人兴奋的是,你周围都是和你一起快乐跳舞的其他歌迷。exciting令人兴奋的;interesting有趣的;surprising令人吃惊的;puzzling令人困惑的。故选A。

35.D　解析见上题。team团队;class班级;volunteer志愿者;fan粉丝,此处指歌迷。故选D。

第二节

语篇解读　本文是一篇说明文,主要介绍了世界上有各种各样的节日和庆祝方式,它们的起因各不相同。

36.around/in　考查固定短语。根据空后的the world并结合空前的all kinds of festivals and celebrations可知,世界上有各种各样的节日和庆祝活动。around/in the world“在世界上”,故用介词around或in。

37.reasons　考查名词复数。根据下文内容可知,举办节日和庆祝活动的原因有许多,reason作“原因”讲时为可数名词,故用名词的复数形式。

38.to commemorate　考查不定式。此处表示某些节日举办的目的,故用不定式作目的状语。

39.they　考查人称代词。此处指代空前的ancestors,故用代词they。

40.or　考查连词。此处为either...or...“要么……要么……”结构,故填or。

41.because　考查连词。分析可知设空前后是因果关系,故填because。

42.is gathered　考查动词的时态和语态。根据主句中的谓语动词are可知,此处也用一般现在时,且food与gather之间为被动关系,故填is gathered。

43.most　考查形容词的最高级。根据空前的定冠词the并结合空后的energetic and important可知,此处应用形容词的最高级形式,故填most构成形容词最高级。

44.that　考查定语从句。设空处引导定语从句,修饰先行词ones,且关系词在从句中作主语,指物,故填that。

45.exciting　考查形容词。修饰名词应用形容词,此处意为“令人兴奋的”,故填exciting。

第三部分　写作

第一节

One possible version:

Dear Albert,

I’m glad to know you show great interest in Chinese traditional festivals. As the Dragon Boat Festival is approaching, I’m writing to introduce it to you.

The Dragon Boat Festival, one traditional Chinese festival, falls on May 5th of the lunar calendar. People celebrate it in memory of Qu Yuan, a Chinese poet. Then people in China will hold a variety of activities, such as holding dragon boat races, eating tasty rice dumplings.

If there is a chance, welcome to China to experience it personally. I’d like to invite you to watch dragon boat races, which take place annually. In this way, you will have a better understanding of the Dragon Boat Festival.

Yours,

Li Hua

第二节

One possible version:

Many people feel a little sleepy in the early afternoon. This is because their body temperature goes down at about eight hours after they wake up.(要点1)In many places of the world, people take naps, especially in warmer climates. (要点2) A nap is good for health. About eight hours after you get up is the best time to take a nap. Don’t sleep too late or too long. (要点3) If you don’t have enough time, a short nap is also helpful.(要点4)