**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

Don’t ignore the difference teenagers can make.

John Michael Thomas, 14,Florida

When John Michael Thomas decided to honor his friend and classmate Elizabeth Buckley, who died from cancer, he remembered how much she loved peacocks(孔雀).

He wanted to build a life-sized peacock fountain in Elizabeth’s favorite park in the city in memory of his friend. He thought it could be a place for people to relax and be inspired.

John Michael raised $52,000 to build the fountain.

Barrett Smith, 13, Utah

The wheels began to turn for Barrett Smith when he heard about Karma Bike Shop, a place where young people can earn free bikes by reading and performing community service.

Barrett visited Karma’s owner with his idea: he would collect and repair used bikes and donate them to the shop.

He expected to get about 10 donated bikes. In the end, Barrett received 39.

Zachary Blohm, 15, Wisconsin

The 25-year-old playground at an elementary school near Milwaukee, Wis., was so small that only 70 of its 575 students could play on it at a time.

That’s when Zachary Blohm saved the day(扭转局面). He and some volunteers wanted to build a huge playground. To raise money, Zachary planned T-shirt and bake sales, sold tickets and more. He held monthly money-raising events for more than a year. Overall, he collected $130,000—enough to finish his project.

Jack Zimmerman, 16, New Jersey

For some people, finding a meal is as simple as opening the refrigerator. For more than 366,000 hungry kids in New Jersey, it’s not that easy.

That fact didn’t sit well with Jack Zimmerman, who organized a drive to lessen childhood hunger in his state. His goal: create 40,000 packaged meals that could be donated to those in need.

On game day, Jack and his volunteers started their work. After the final count, the team had packaged 47,124 meals—well above Jack’s goal.

1.The peacock fountain was built in a park　　　.

A.to encourage people

B.to cure a cancer sufferer

C.for the love of animals

D.in memory of a teenager

2.What did Barrett do for Karma Bike Shop?

A.He repaired bikes there.

B.He donated bikes to it.

C.He helped it win customers.

D.He offered a reading service there.

3.What do the four people have in common?

A.They’re top students.

B.They like various public activities.

C.They care about others.

D.They’re money raisers for the poor.

B

Anyone who cares about what schools and colleges teach and how their students learn will be interested in the memoirs(回忆录) of Ralph W. Tyler, who is one of the most famous men in American education.

Born in Chicago in 1902, brought up and schooled in Nebraska, the 19-year-old college graduate Ralph Tyler became hooked on teaching while teaching as a science teacher in South Dakota and changed his major from medicine to education.

Graduate work at the University of Chicago found him connected with honorable educators Charles Judd and W. W. Charters, whose ideas of teaching and testing had an effect on his later work. In 1927, he became a teacher of Ohio State University where he further developed a new method of testing.

Tyler became well-known nationally in 1938, when he carried his work with the eight-year study from Ohio State University to the University of Chicago at the invitation of Robert Hutchins.

Tyler was the first director of the Center for Advanced Study in the Behavioral Sciences at Stanford, a position he held for fourteen years. There, he firmly believed that researchers should be free to seek an independent spirit in their work.

Although Tyler officially retired in 1967, he never actually retired. He served on a long list of educational organizations in the United States and abroad. Even in his 80s he traveled across the country to advise teachers and management people on how to set objectives(目标) that develop the best teaching and learning within their schools.

4.Who are most probably interested in Ralph W. Tyler’s memoirs?

A.Top managers. B.Language learners.

C.Serious educators. D.Science researchers.

5.The underlined words “hooked on teaching” in Paragraph 2 probably mean 　　　.

A.attracted to teaching B.tired of teaching

C.satisfied with teaching D.unhappy about teaching

6.Where did Tyler work as the leader of a research center for over 10 years?

A.The University of Chicago. B.Stanford University.

C.Ohio State University. D.Nebraska University.

7.Tyler is said to have never actually retired because 　　　.

A.he developed a new method of testing

B.he called for the free spirit in research

C.he was still active in giving advice

D.he still led the eight-year study

C

Two weeks ago, a 5-year-old girl named Sunshine Oelfke emptied out her piggy bank(存钱罐)onto the living room floor and immediately started counting. Her grandmother, Jackie Oelfke, thought she was playing as she carefully lined up the coins, but then she saw the girl put the coins into a plastic bag and place it in her backpack.

“That aroused my curiosity,” Jackie told CBS News.“Nobody messes with the piggy bank.” After observing Sunshine at work a few minutes long, Jackie decided to find out why the little girl broke into her savings.

“What are you doing with that money?” Jackie asked her granddaughter.

“I’m taking it to school,” Sunshine replied.The little girl finally stated the real reason why she needed the money.“I’m going to take it for milk money. My friend Layla doesn’t get milk—her mom doesn’t have milk money but I do.”

Jackie’s heart melted at Sunshine’s words. Choked with strong feelings, Jackie held her sweet granddaughter tightly in her arms.

Last week, Jackie and Sunshine met with her teacher, Rita Hausher, and handed her the $30 the kindergartner had saved. There are 20 kids in Sunshine’s class and about half don’t get milk. It costs $0.45 a carton(纸盒).The total adds up to about $180 a month for every child in the class to have milk every day.

After dropping Sunshine off at school, Jackie posted a tearful video on Facebook to explain her granddaughter’s plan.To her surprise, dozens of people offered to donate toward the cause.Within a week, Jackie raised more than $1,000. Now every student in Sunshine’s class can get free milk for the rest of the year.

Jackie said Sunshine didn’t see her kind act as a big deal. She was just trying to look out for her friends.“She doesn’t understand the effect she’s brought about,” said Jackie.“But now she knows she can do whatever she puts her mind to.”

8.Why did Sunshine empty her piggy bank?

A.She wanted to play with the coins.

B.She needed to train her counting skills.

C.She intended to pay for her friend’s milk.

D.She hoped to show off her savings in class.

9.How did Jackie feel upon hearing Sunshine’s words?

A.Touched. B.Curious. C.Proud. D.Relieved.

10.In Jackie’s eyes, what did Sunshine learn from the experience?

A.Many hands make light work.

B.Two heads are better than one.

C.A friend in need is a friend indeed.

D.Nothing is impossible to a willing heart.

11.What is the best title for this passage?

A.Jackie’s Piggy Bank

B.Small Coins, Big Deeds

C.A Moved Grandmother

D.The Piggy Bank and Milk

D

Gwendolyn Brooks was the first African American to win a Pulitzer Prize for Literature. Gwendolyn Brooks wrote hundreds of poems during her lifetime. She had more than 20 books published. She was known around the world for using poetry to increase understanding about black culture in America.

Her poems described conditions among the poor, racial inequality (种族不平等) and drug use in the black community. She also wrote poems about the struggles of black women. But her skill was more than her ability to write about struggling black people. She was an expert at the language of poetry. She combined traditional European poetry styles with the African American experience.

In her early poetry, Gwendolyn Brooks wrote about the South Side of Chicago. The South Side of Chicago is where many black people live. In her poems, the South Side is called Bronzeville. It was “A Street in Bronzeville” that gained the attention of literary experts in 1945.Critics praised her poetic skill and her powerful descriptions about the black experience during the time. The Bronzeville poems were her first published collection.

In 1950, Gwendolyn Brooks became the first African American to win the Pulitzer Prize for Literature. She won the prize for her second book of poems called “Annie Allen”. “Annie Allen” is a collection of poetry about the life of a Bronzeville girl as a daughter, a wife and a mother. She experiences loneliness, loss, death and being poor. Ms. Brooks said that winning the prize changed her life.

Her next work was a novel written in 1953 called “Maud Martha”. “Maud Martha” received little notice when it was first published. But now it is considered an important work by some critics. Its main ideas about the difficult life of many women are popular among female writers today.

In some of her poems, Gwendolyn Brooks described how what people see in life is affected by who they are. One example is this poem, “Corners on the Curving Sky”.

By the end of the 1960s, Gwendolyn Brooks’ s poetry expanded from the everyday experiences of people in Bronzeville. She wrote about a wider world and dealt with important political issues.

12.What does the text mainly talk about?

A.The life of Gwendolyn Brooks.

B.The poems of Gwendolyn Brooks.

C.The understanding about black culture.

D.The struggle of black women.

13.What can we learn about Gwendolyn Brooks from the second paragraph?

A.She mainly wrote about struggles of black women.

B.She was good at using the language of poetry.

C.Her writing skills were not as good as her ability.

D.Her poems were mainly about the African experience.

14.How does the author develop the passage mainly?

A.By providing examples. B.By comparing opinions.

C.By using statistics(统计数据). D.By describing experiences.

15.What would the author most probably talk about in the next part?

A.The difficulties Gwendolyn Brooks would meet.

B.The poems related to political issues.

C.The award Gwendolyn Brooks gained.

D.The racial inequality the black had to face.

**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。

Forgiveness

To forgive is a virtue, but no one has ever said it is easy.When someone has deeply hurt you,it can be extremely difficult to let go of your hate.However,forgiveness is possible,and it can be surprisingly beneficial to your physical and mental health.People who forgive show less sadness,anger and stress and more hopefulness,according to a recent research.

　16　Try the following steps:

Calm yourself.　17　You can take a couple of breaths and think of something that gives you pleasure:a beautiful scene in nature, or someone you love.

Don’t wait for an apology.Many times the person who hurts you does not intend to apologize. He may have wanted to hurt you or just doesn’t see things the same way. 　18　Keep in mind that forgiveness does not necessarily mean becoming friends again with the person who upsets you.

Take the control away from your offender(冒犯者).Rethinking about your hurt gives power to the person who caused you pain.Instead of focusing on your wounded feelings,learn to look for the love,beauty and kindness around you.

　19　If you understand your offender,you may realize that he or she was acting out of unawareness,fear,and even love.You may want to write a letter to yourself from your offender’s point of view.

Don’t forget to forgive yourself.　20　But it can rob you of your self-confidence if you don’t do it.

A.Why should you forgive?

B.How should you start to forgive?

C.Recognize the benefits of forgiveness.

D.Try to see things from your offender’s angle.

E.For some people,forgiving themselves is the biggest challenge.

F.To make your anger die away,try a simple stress-management technique.

G.If you wait for people to apologize,you could be waiting an awfully long time.

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。

One evening, Catherine was at home as usual. As her　21　swung between what she was going to do with her life and her dinner plans for the evening, she was unexpectedly 　22　 by an urgent call from her sister “Get over here! Turn on NBC and check these guys out. They are just like you...” One Facebook message and a phone interview later, Catherine　23　herself on a bus with 8 strangers in the middle of the sweltering desert of Utah, picking up trash and　24　awareness of zero-waste and climate change.

With a deep　25　of the environment and a desire to make a　26　, Catherine, Davey, and a group of self　27　“environmental pick-up artists” went on a coast to coast road side trash pick-up. As they walked, sometimes only　28　0.9 miles on an entire day, they 　29　　and steadily made their way across the United States for three years, picking up a total of 201,678 pounds of trash.

Catherine and Davey　30　wonderful stories of hope and inspiration with us that fueled their efforts to continue their journey. After spending weeks silently　31　how she would have enough money to fly home for her two-week spring break, Catherine found a blank, unidentified envelope　32　with $850 cash in the desert, just enough to get her home and back. After their bus　33　outside of Denver, they unexpectedly got　34　and arrived in Yosemite National Park three weeks later, just in time for the “Yosemite Facelift” where volunteers from all over the state came together with a　35　of cleaning up trash all over the park. Together, their team learned to simply devote themselves to their task, and surrender to the journey.

21.A.memory B.balance C.thoughts D.position

22.A.blamed B.interrupted C.moved D.frightened

23.A.rejected B.cheered C.found D.taught

24.A.abandoning B.shaking

C.raising D.illustrating

25.A.pride B.trust C.tension D.love

26.A.difference B.promise C.mistake D.plan

27.A.corrected B.described C.repeated D.discovered

28.A.driving B.fixing C.riding D.covering

29.A.slowly B.secretly C.helplessly D.frequently

30.A.heard B.shared C.wrote D.read

31.A.worrying about B.replying to

C.depending on D.meeting with

32.A.equipped B.supplied C.decorated D.filled

33.A.set off B.broke down

C.headed for D.held on

34.A.rest B.practice

C.understanding D.help

35.A.purpose B.question C.decision D.lesson

**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。

According to a study published in the Nature Sustainability in February, China and India are 　36　(main) responsible for making the Earth greener over the past two decades. Since 2000, the Earth’s green leaf area 　37　(increase) by 5 percent, or over 5 million square kilometers. That’s 　38　 area equal to the total area of the Amazon rainforest. It is basically the result of many big tree-planting 　39　(project) in China and intensive agriculture(集约农业) in both countries.

China and India contribute 　40　 one third of the increasing greening, but contain only 9 percent of the planet’s land area covered in vegetation(植被). China was the major contributor, 　41　(add) 25 percent to this increase, while India added 6.8 percent.

Over the past few decades, China has made great efforts to green the land. In 1978, China 　42　(begin) a national-level forestation project—the Three-North Shelter Forest Program, also 　43　(know) as the “Great Green Wall”. The program has seen many trees planted in northern China to act as windbreaks(防风林). By the end of 2017, the forest coverage rate had reached 13.57 percent, compared to 5.05 percent 40 years ago.

In the light of(鉴于) China’s 　44　(succeed) in greening the desert, the UN believes the country is a good example for others 　45　(follow) and has lessons to share with the world.

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,你和你的留学生朋友Eric约定好下周日一起参加在市里举办的中国国画展(the traditional Chinese painting exhibition),但你因故不能赴约。请给他写一封邮件,内容包括:

1.表示歉意;2.解释原因。

注意:

1.词数120左右;

2.可以适当增加细节,以使行文连贯;

3.开头和结尾已为你写好,不计入总词数。

Dear Eric,

Yours sincerely,

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。

Many people are longing for the benefits of living a healthy lifestyle, but what does that actually mean? Healthy living is about taking responsibility for your decisions and making smart health choices for today and for the future. A healthy lifestyle is generally characterized as a “balanced life” in which one makes “wise choices”. A healthy lifestyle is a valuable resource for reducing health problems, for relieving life stress, and for improving the quality of life.

The right nutrition is necessary to live a healthy lifestyle.Your body requires a well-balanced diet every day in order to maintain(维持)the proper amounts of vitamins, nutrients and minerals needed to maintain a healthy body.

You will need to include fitness as part of your life. Physical fitness keeps your weight in check, helps you sleep better at night, prevents heart attacks and other health problems, and generally lives a longer life. Basically there are so many benefits of exercising that you really can’t live a full life without it.

Emotional stress plays an important role in many illnesses, both directly and indirectly. People are also more likely to smoke, overeat, drink too much, work too hard, argue with others and so on, when they are feeling stressed. Thus, stress management is an important part of your new lifestyle, and relaxation techniques are truly a key part of living a healthy lifestyle.

Being healthy is so important. Just change one thing in your life today. Have a healthy life beginning now. Living a healthy lifestyle will bring you happiness, health and the life you dream. You can feel your best at all times of the day.

**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　本文是一篇说明文。文章主要介绍了四位青少年的善举。

1.D　细节理解题。根据第一则人物介绍的第一段中的When John Michael Thomas decided to honor his friend and classmate Elizabeth Buckley和第二段中的He wanted to build a life-sized peacock fountain in Elizabeth’s favorite park in the city in memory of his friend.可知,孔雀喷泉建在一个公园里是为了纪念一位青少年,故选D。

2.B　细节理解题。根据第二则人物介绍中的Barrett visited Karma’s owner with his idea: he would collect and repair used bikes and donate them to the shop.可知,Barrett为Karma自行车商店捐赠自行车。故选B。

3.C　推理判断题。根据文中所提供的关于四个人物的事迹(为纪念朋友建造孔雀喷泉;为车店捐赠自行车;为建大操场筹集资金;为减少饥饿儿童而组织活动)可推断出,这四个人物都很有爱心,他们的共同点是关心他人,故选C。

B

语篇解读　本文是一篇人物传记。文章讲述了美国教育家Ralph W. Tyler一生从事教育研究工作,直至晚年仍不断为教育事业奔走服务,贡献力量。

4.C　细节理解题。根据文章第一段中的Anyone who cares about what schools and colleges teach and how their students learn...可以看出非常有可能对Ralph W. Tyler的回忆录产生兴趣的是教育工作者。故选C。

5.A　词义猜测题。根据第二段中的while teaching as a science teacher in South Dakota and changed his major from medicine to education可知,他弃医从教,说明对教育很痴迷。be hooked on意为“着迷于……的”。故选A。

6.B　细节理解题。根据倒数第二段中的Tyler was the first director of the Center for Advanced Study in the Behavioral Sciences at Stanford, a position he held for fourteen years.可知Tyler在斯坦福大学的一个研究中心当了10多年的领导。故选B。

7.C　细节理解题。根据文章最后一段可知尽管Tyler在1967年退休,但他并未停止为美国国内及国外的教育机构服务,提供建议。故选C。

C

语篇解读　这是一篇记叙文。文章主要介绍了一个女孩为了给自己的朋友买牛奶,将自己攒的钱全部拿了出来。她的故事在Facebook上传开之后,感动了很多人,人们纷纷加入这一慈善事业中。

8.C　细节理解题。根据第四段中的I’m going to take it for milk money. My friend Layla doesn’t get milk—her mom doesn’t have milk money but I do.Sunshine的朋友没有牛奶,她要把存钱罐里的钱拿去帮朋友买牛奶。故选C。

9.A　推理判断题。根据第五段中的Jackie’s heart melted at Sunshine’s words.Choked with strong feelings, Jackie held her sweet granddaughter tightly in her arms.可知,听了Sunshine的话后,Jackie的心融化了。因为心情激荡,她哽咽了,她把孙女紧紧抱在怀里。由此可知,Jackie被Sunshine的话感动了。故选A。

10.D　推理判断题。根据最后一段中的But now she knows she can do whatever she puts her mind to.可知,Sunshine现在知道了:任何她投入心思的事情,她都能做到。即D选项:心之所愿,无事不成。故选D。

11.B　主旨大意题。文章主要介绍了一个女孩Sunshine为朋友买牛奶的行为引发了很大的影响。故本文B项“小硬币,大行为”是最佳标题。故选B。

D

语篇解读　本文是一篇人物传记,介绍了格温多林·布鲁克斯,她是第一位获得普利策文学奖的非洲裔美国人。

12.B　主旨大意题。根据全文及第一段中的Gwendolyn Brooks wrote hundreds of poems during her lifetime. She had more than 20 books published.可知本文主要介绍了格温多林·布鲁克斯的诗歌。故选B。

13.B　细节理解题。根据第二段中的She was an expert at the language of poetry.可知她擅长使用诗歌的语言。

14.A　推理判断题。作者通过多个事例来讲述文章,故选A。

15.B　推理判断题。最后一段中的She wrote about a wider world and dealt with important political issues.提出了她写的关于政治问题的东西,故下文可能继续介绍她关于政治问题的诗歌。

第二节

语篇解读　本文为说明文,主要介绍了宽恕别人和自己的方法。

16.B　第一段说明了宽恕的意义,空格后的各段介绍了宽恕的具体方法,由此可推断设空处应为一承上启下的过渡句,故选B。

17.F　根据段落中心句Calm yourself.和下文的关键信息think of something that gives you pleasure可确定F项(为使你的怒气消失,试试一个简单的压力管理方法。)符合语境。

18.G　根据中心句Don’t wait for an apology.可知本段讲述不要等道歉,故G项(如果你等别人道歉,你可能要等一段非常长的时间。)符合语境。

19.D　根据write a letter to yourself from your offender’s point of view可确定D项(尽量从你的冒犯者的角度看事情。)符合语境。

20.E　根据段落中心句Don’t forget to forgive yourself.可知本段主要讲述要宽恕自己,故E项(对有些人来说,宽恕自己是最大的挑战。)符合语境。

第二部分　语言运用

第一节

语篇解读　本文是一篇记叙文。文章讲述了为了保护环境,一群自称“环保拾荒艺术家”的人沿着海岸公路边捡垃圾的故事,他们的故事也激励了更多的志愿者加入了这样的行动中来。

21.C　正当她的思绪在她的生活和晚餐计划之间摇摆不定时。memory记忆;balance平衡;thoughts思想;position位置。故选C。

22.B　她的思绪被她姐姐的紧急电话打断了。blame责备;interrupt打断;move移动;frighten使害怕。故选B。

23.C　一条脸书上的信息和一次电话采访之后,凯瑟琳发现自己和8个陌生人坐在一辆公交车上,置身于犹他州酷热的沙漠之中。reject拒绝;cheer欢呼;find发现;teach教。故选C。

24.C　　提高零废品和气候变化的意识。raise awareness of提高……的意识。 abandon抛弃,遗弃;shake摇动;raise提高;illustrate阐明。故选C。

25.D　对环境深深的爱。pride骄傲;trust信任;tension紧张,焦虑;love爱。故选D。

26.A　带着对环境的热爱和想要有所作为的愿望。make a difference有影响,有作用。difference不同;promise承诺;mistake错误;plan计划。故选A。

27.B　他们把自己描述为“环保拾荒艺术家”。correct改正;describe描述;repeat重复;discover发现。故选B。

28.D　当他们行走时,有时一整天只走了0.9英里路。drive开车;fix安装;ride骑车;cover行走。故选D。

29.A　有时他们一整天只走了0.9英里路,所以比较缓慢。slowly缓慢地;secretly秘密地;helplessly无助地;frequently频繁地。故选A。

30.B　凯瑟琳和戴维与我们分享了关于希望和灵感的精彩故事。hear听到;share分享;write写;read读。故选B。

31.A　几个星期以来,凯瑟琳一直在默默地担心自己是否有足够钱乘飞机回家过两个星期的春假。worry about担心;reply to回答,答复;depend on依靠;meet with遇见,碰到。故选A。

32.D　她在沙漠里发现了一个空白的、身份不明的信封,里面装着850美元现金。be filled with用……装满。equip装备;supply提供;decorate装饰;fill装。故选D。

33.B　他们的车抛锚了。set off出发;break down抛锚;head for朝……出发;hold on坚持,继续。故选B。

34.D　车坏掉之后他们得到了意想不到的帮助。rest休息;practice实践;understanding理解;help帮助。故选D。

35.A　怀着清扫公园里所有垃圾的目的,他们聚到了一起。with a purpose of带着……的目的。purpose目的;question问题;decision决定;lesson课程。故选A。

第二节

语篇解读　本文主要介绍中国在沙漠绿化方面取得的成功。联合国认为,中国是其他国家学习的榜样,并可以与世界分享其经验。

36.mainly　考查副词。修饰形容词responsible应用副词,故填mainly。

37.has increased　考查动词的时态和主谓一致。根据时间状语Since 2000可知,此处用现在完成时,且主语是the Earth’s green leaf area,是单数形式,故填has increased。

38.an　考查不定冠词。句意:那相当于整个亚马孙雨林的面积。此处应该用不定冠词,且area以元音音素开头,故填an。

39.projects　考查名词复数。project是可数名词,根据many可知,应用复数形式,故填projects。

40.to　考查介词。contribute to意为“有助于,贡献”,是固定搭配。故填to。

41.adding　考查非谓语动词。分析句子可知,China和add之间是主动关系,故用现在分词。故填adding。

42.began　考查动词的时态。根据In 1978可知,此处用一般过去时,故填began。

43.known　考查非谓语动词。be known as意为“作为……而著名”,为固定搭配。故填known。

44.success　考查名词。根据In the light of China’s可知此处用名词,故填success。

45.to follow　考查非谓语动词。此处应用动词不定式作后置定语,修饰example,故填to follow。

第三部分　写作

第一节

One possible version:

Dear Eric,

I feel terribly sorry that I can’t attend the traditional Chinese painting exhibition to be held next Sunday with you. Therefore, I’m writing to apologize to you, wishing you could generously forgive my impolite behavior.

So attracted by traditional Chinese paintings are you that I guess you must be disappointed, for I’m afraid that I will fail to keep your appointment. You know it is the last thing I want to do. Unfortunately, my grandpa caught a serious cold several days ago due to climate change and he is still in hospital now. My family should take care of my grandpa these days, which is our absolute duty and fundamental responsibility. As a consequence, I can’t make any excuse to be absent. I sincerely hope that you can understand my situation.

Once again, I am deeply sorry for any inconvenience caused and please accept my sincere apology.

Yours sincerely,

Li Hua

第二节

One possible version:

A healthy lifestyle means a balanced life with higher quality of life but less health problems and stress.(要点1) In order to have a healthy lifestyle, keep the following in mind. First, have a well-balanced diet.(要点2) Second, stick to physical exercise.(要点3) Third, learn to manage stress.(要点4) In a word, living a healthy lifestyle will bring many benefits, so make a change now.(要点5)