

terest in food, particularly if they are depressed and in low spirits. 3

Respect the elderly person. Always be respectful to the elderly. Even though they become aged and may be losing their physical strength, they are still people with emotions and ideas.

4 Aging is simply a part of the natural cycle: you are born, you're a kid, you grown into your teen years, adult years, and one day you will be elderly too. Have respect for them and their lives.

Visit frequently. If the elderly don't live with you, do visit them frequently. Visiting will provide an emotional connection and improve the mental well beings of your loved one. 5 You can see whether they have been watering the plants, opening their mails or engaging with other hobbies, all of which may indicate that they need additional assistance. Get friends and family members to help.

A. Keep an eye on their health.

B. Don't judge them by their physical condition.

C. Consider a home caregiver to help the elderly person.

D. Visiting will also allow you as the caregiver to check up on their health and well-beings.

E. Encourage them to maintain friendships, stay active, develop new interests and keep in touch with other family members.

F. There are many different ways to care for the elderly, whether by caring for them in the comfort of their own homes or bringing them to your home.

G. By encouraging them to participate in these shared meals, they can be more willing to have food and these shared meals can make eating more enjoyable.

(广东南海执信中学 黄欣欣)

(十五)

How to Improve Your Knowledge of English

English is quickly becoming known as the world language. Many people are obliged to learn English properly to help a business or career succeed on the international stage. 1

1. Read any English language newspaper aloud and slowly.

Go as slowly as possible in order to understand the meaning of what you are reading, including nuances (细小的差别). 2, its idioms make it a more difficult language to adequately master.

2. Find some children's books.

3. Reading these books will give you a better understanding of the words, and you will improve your vocabulary through the reading.

3. 4

Go through this dictionary once a week so that you recall the meanings of these words and use those words in your daily

conversation with your friends and in your written communications. This will sensitize you to the new words.

4. Read aloud as often as you can.

If you are shy of others, you will be only a victim. Therefore, you should never hesitate to take the initiative and engage people in conversation. 5

A. Follow these strategies to attain your goal.

B. Prepare your own dictionary of words. and use those words.

C. Speaking aloud helps people understand the particular meaning of a word

D. While the structure of English is fairly simple in comparison to many other languages.

E. Some children's books are easy to read and carry interesting messages as well

F. Reading aloud will help provide you with the extra confidence that you can speak the words clearly and in the right context.

G. Watch films with non-native English speech and practice speaking with the same accent and syntax.

(湖北武汉高中 袁潇霞)

(十六)

Spending hours a day sitting at a desk is known to have consequences for your health, 16

A new study shows that taking brief breaks from work to stand up and move around has sustained (可持续的) benefits for your mood and energy levels, 17

To find out how different methods of activity effected workers, a professor team investigated three movement conditions across 30 adults. Participants were first given a number of tests to assess their health, along with self-perceived energy, mood, and appetite. In one trial, the participants sat for 6 hours straight, getting up only to use the bathroom. 18. The third experiment called for six 5-minute microbouts (提神) of moderate intensity walking every hour.

19 The researchers also found that the effects of the microbouts surpassed those associated with an early workout, as the benefits of that type of activity wore off after some time. Participants showed an increase in energy and vigor levels, along with "improved mood, decreased feelings of fatigue, and affected appetite",

20, while the effects of a single bout of activity performed early in the morning did not last throughout the day. Neither regimen (养生之道) was found to effect cognitive function, for better or worse.

But, the results suggest that, even a little bit of activity, spread throughout the day, is a practical, easy way to improve