

well-being. Though the study had its limitations, professor Gropel says “it’s clear that moving matters”.

A. It is true.

B. Overall, microbouts of activity led to sustained effects a-long the day

C. and it could even help to reduce the desire for food while you’re at work

D. but scientists now say just five -minute walking stints could counteract some of the risks

E. In another, they started the day with 30 minutes of moder-ate walking on a treadmill

F. These experiments revealed a number of benefits linked to the 5-minute activity sessions

G. Secondly, the participants just show great enthusiasm to the experiment and assess their movement conditions

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(十七)

It’s necessary and significant to establish a tradition of eat-ing together as a family these days. Here are the reasons:

1. Enjoy quality family time.

1. You think you earn enough money for your children to have anything they want, you love them and help them, but do you pay enough attention to them? If you parents have busy schedules and don’t always have free time to spend with your kids, get into a habit of eating together as a family. This is a good way to enjoy quality family time and show your children that you are a real family.

2. 2

You want to be proud of your grown-up kids, don’t you? So when you have small kids, eating together as a family is an easy way to show and teach them good table manners, of course, if yours are good. Your children will learn when it’s best to eat, how to be on time so that other family members don’t starve, and how to behave at the table. 3

3. Create wonderful memories.

When your children grow up, they will never forget those fun and precious family mealtimes. They will know how important it is to eat together as a family, and will definitely teach their kids to do the same. 4 It sounds like a critical(极重要的) reason to start creating those wonderful memories right now.

In a word, there are many benefits of eating together as a family. Start with your family. Teach your children to appreciate family time. 5 They will thank you down the road.

A. Learn good table manners.

B. Show them how to behave well at the table.

C. Whether you accept it or not, most parents take their kids

for granted.

D. Thus, no one will ever say to your children that they have bad table manners.

E. When you eat together as a family each day, your children learn to respect both parents.

F. It’s an excellent opportunity to become a family unit and improve your relationship with kids.

G. Your family tradition of eating together as a family will pass down from generation to generation.

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(十八)

Many of you have already heard a lot of advice on how to make a conversation, things like look the person in the eye, look, nod and smile to show that you’re paying attention. 1. It is crap(废话). There is no reason to learn how to show you’re paying attention if you are in fact paying attention.

2. We’ve had them before. We know what it’s like. There is no reason why most of your interactions can’t be like that.

Here are 3 basic rules, if you just choose one of them and master it, you’ll already enjoy better conversations.

Don’t multitask(多任务化).

And I don’t mean just set down your cell phone or whatever is in your hand. 3. Don’t think about your argument you had with your boss. If you want to get out of the conversation, get out of the conversation, but don’t be half in it and half out of it.

4.

Start your questions with who, what, when, where, why or how. Try asking them things like, “What was that like?” “How did that feel?” Because then they might have to stop for a moment and think about it, and you’re going to get a much more interesting response.

Go with the flow.

We’ve heard interviews often in which a guest is talking for several minutes and then the host comes back in and asks a ques-tion which seems like it comes out of nowhere. 5.

We’re sitting there having a conversation with someone, and then we remember that time that we met Hugh Jackman in a cof-fee shop. And we stop listening. Stories and ideas are going to come to you. You need to let them come and let them go.

A. I mean, be present.

B. Try not to repeat yourself.

C. Use open-ended questions.

D. And we do the exact same thing.

E. So I want you to forget all of that.

F. We’ve all had really great conversations.