

专题：摘要写作-2023年上海十六区高三英语一模汇编

1. 宝山区

When you're having fun with your friends, you take selfies. When you visit famous places, you take selfies. When you are in beautiful spots, you take selfies. But sometimes you don't look very attractive in the photos. And, of course, if you're going to post them, you want to look your best. What can you do?

Instead of posting a photo you don't like, you can turn to photo retouching. When you retouch an image, you improve its appearance. Many apps offer you the ability to do that. Their easy-to-use tools help you smooth your skin, make your teeth straighter and whiter, and more. Within the apps, you can also change your facial features. You can make your eyes rounder and brighter. You can change the shape of your face or your nose. You can also change the direction of the light source or add highlights. All in all, you can make yourself look like you wish you looked.

Now you've uploaded your retouched photos to social media. People leave positive comments, and you get a lot of likes. That's great, right? Maybe not. With so many people sharing personal images of their lives, it's almost like a contest.

Who looks the best, takes perfect selfies and lives up to social media's standard of beauty? You need to be part of that crowd so that you don't feel left out. Worse yet, you feel if you're not part of that crowd, you may be criticized for your looks. Maybe you think that if you don't look like the influencers you follow, you're not good enough. People generally retouch themselves to have larger eyes, thinner chins and brighter skin. Does everyone now look the same? It seems like a lot of people are trying to match up to unrealistic beauty ideals. That isn't good for anyone's self-image.

Perhaps it's time to post the real you and only lightly retouched, if at all.

2. 崇明区

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Chatbots

What if instead of clicking on link after link on a company's website, you could type a question and get an immediate, customized answer? Some companies are working to make this a reality using chatbots. Chatbots are computer programs that can communicate with human beings by phone, on messaging apps or on websites.

There are two types of chatbots: open and closed. A closed chatbot follows a script, which may or may not involve using AI (artificial intelligence) to understand users' messages. An open chatbot uses AI both to figure out what users want and to generate responses. Open chatbots are able to learn from their conversations and thus improve their ability to communicate over time. This means that open chatbots can respond to a wider range of inquiries, compared with closed chatbots. Communicating with them feels more natural, but if they have not been correctly trained, users may have a bad experience with them.

One significant advantage of chatbots is that they are available all the time, even in the middle of the night. Plus, a single chatbot can cater to multiple users at once. This means that users can get immediate answers to their questions rather than waiting for a human representative. Chatbots have the potential to overcome several technological problems people face. These include difficulty in searching websites and trouble finding basic information and answers to simple questions.

However, in order for chatbots to work, humans are still *indispensable* (不可或缺的). Someone has to program the chatbots initially, train them, and maintain and improve the chatbot system. Further, even open chatbots may not have the answers to detailed questions, and many people simply prefer speaking to a human rather than a chatbot. Thus, chatbots are unlikely to completely replace human agents. Rather, they will help users resolve simple problems so that customer service representatives can focus on more difficult issues.

3.奉贤区

Why Camping Can Be So Much Fun?

When you go on holiday, where do you like to stay? If you haven't tried camping, maybe you should join the increasing number of people who are enjoying the simple pleasures of camping.

By grabbing your tent, and some additional things, it's easy to head off to the countryside and enjoy a night

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or two under the stars. Many campers are dumping the trappings of their modern, busy life to do this, encouraged by experts who say a few peaceful nights in the middle of nowhere might be a good way to relax and improve our sleep patterns and well-being. It is also, of course, a good low-budget holiday option.

For the adventurous, wild camping is an ideal way to escape from reality. Armed with just some food and a sleeping bag, you're free from rules, away from other people, and able to enjoy the back-to-basics experience. But for those who still want some home comforts, a campsite is a more suitable place to fix your tent. Here you have facilities such as washrooms, a shop and maybe even a restaurant. And for the most luxurious camping experience, you could try glamping, a type of camping associated with extreme comforts and luxury.

More recently, sales of camping equipment have jumped as more people have chosen a vacation spent at hometown due to travel restrictions caused by the pandemic. One camping retailer, Halfords, reported a sharp rise in demand for products such as stoves, cool boxes and camping chairs. With the addition of soft pillows, powerful torches and lamps to light up your tent and a better selection of easy-to-cook food, you can almost guarantee a comfortable and enjoyable camping expedition. So maybe it's time to give camping a try.

4. 虹口区

Are Oceans Silent?

Most sea creatures, from whales and dolphins to fish, sharks and shrimps, respond to sound, and many can produce it. They use it to hunt and to hide, find mates and food, send messages and give warnings, establish territories, warn off competitors, confuse their targets, deceive enemies, and sense changes in water and conditions. Marine animals click bones, *grind teeth and belch gases* (磨牙打嗝); use special organs to make various noises. Far from the 'silent deep', the oceans are so noisy.

Into this age-long confused noise, in the blink of an evolutionary eye, has entered a new thunder: the trembling sound of mighty engines as 46,220 large ships passed the world's shipping courses. Scientists say that background noise in the ocean has increased roughly by 15 *decibels* (分贝) in the past 50 years. It may not sound like much in overall terms, but it is enough, according to many marine biologists, to mask the normal sounds of

ocean life going about its business. At its most intense, some even say noise causes whales to become disoriented, dolphins to suffer from ‘the bends’, fish to go deaf, leave their breeding grounds or fail to form groups—enough to disorganize the basic biology of two thirds of the planet.

“Undersea noise pollution is like the death of a thousand cuts”, says Sylvia Earle, chief scientist of the U.S. National Oceanic and Atmospheric Administration. “Each sound in itself may not be a matter of critical concern, but taken all together, the noise from shipping, earthquake-related surveys, and military activity is creating a totally different environment than existed even 50 years ago. That high level of noise is bound to have a hard, sweeping impact on life in the sea.

5.黄浦区

The risk of pre-schooling

“Young children learning to read is one of the most important things primary education does. It’s fundamental to children making progress in life,” says Dominic Wyse, a professor of primary education at University College London, in the UK. “While learning literacy is vital to children, the way we teach it really matters.”

In a 2022 report, he states that English school system’s intense focus on phonics – a method that involves matching the sound of a spoken word or letter, with individual written letters, through a process called “sounding out” – could be failing some children. A reason for this is that the tests used to assess that early learning may have little to do with the skills actually needed to read and enjoy books or other meaningful texts. For example, the tests may ask pupils to “sound out” and spell nonsense words, to prevent them from simply guessing, or recognising familiar words. Since nonsense words are not meaningful language, children may find the task difficult and puzzling. It doesn’t end up being meaningful, it ends up being memorising rather than understanding context.

Children who attend intensive preschools do not have higher academic abilities in later grades than those who did not attend such preschools, several studies now show. Early education can however have a positive impact on social development – which in turn feeds into the likelihood of graduation from school and university

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as well as being associated with lower crime rates. In short, attending preschool can have positive effects on later achievement in life, but not necessary on academic skills.

Too much academic pressure may even cause problems in the long run. A study published in January 2022 suggested that those who attended a preschool with a strong academic emphasis, showed lower academic achievements a few years later, compared to those who had not gained a place.

6.嘉定区

Why Laughter Yoga Makes You Smile

“Friends, I must tell you, laughter yoga is not a comedy.” Dr Madan Kataria, the creator of laughter yoga, an exercise programme involving prolonged laughter, said. Laughter yoga, a combination of breathing exercises and deliberate (故意的) laughter, came from humble beginnings, but has mushroomed into a global movement. Hundreds of clubs, usually free to attend, have now been established across Asia, Europe and North America.

“I had read so much about the benefits of laughter, and how acting out emotions, especially through facial expressions, can create them,” Kataria tells me. But he realised he wouldn’t often see people laughing in Mumbai. “The idea struck me: why not start a laughter club? Laughter reduces stress,” Kataria goes on, following some yogic postures, “it makes your immune (免疫) system stronger and keeps your mind positive!” Five people attended Kataria’s first meet-up in Mumbai in 1995. He initially asked participants to tell jokes to force laughter, but as attendances grew Kataria learned that laughing for no reason at all was the best method. “We started just faking laughter,” he says. “And then people started laughing for real. It was infectious; we couldn’t stop.”

Laughter yoga addresses a deep-seated need to laugh that is being stifled (遏制). Young children can laugh hundreds of times a day. But as we get older, the fun begins to stop —our brains learn how to adapt our emotions in tune with the needs of others. We develop empathy (同理心). But so are we told to stop laughing and be serious about life. There's often a sense that if you're laughing, you're not properly learning, or working, or focusing, or paying respect. Sometimes this is justified, but not always. Perhaps that is the recipe for the growing popularity of

laughter yoga.

7. 金山区

“Digital Hoarding” Could Be an Increasing Problem

As data storage has become more accessible than ever, the amount of digital “stuff” we all have put aside is on the rise, too.

In a recent paper published in the journal *Information & Management*, we have investigated a rising phenomenon called “digital hoarding”, which happens when an individual constantly acquires digital content, feels difficulty in getting rid of it, and gradually gets more and more digital content without an intended purpose.

Digital hoarding can quickly increase out of control, too — perhaps even more quickly than in the physical world, due to several reasons. First, the digital hoarder is less likely to notice the space limitations in the digital world. While the boundaries of a physical space are clear, such boundaries are less noticeable in digital spaces. Second, hoarding of physical objects happens in fixed boundaries, while digital spaces are “expandable” — you can get additional digital storage with minimum effort at very little or zero cost. Third, to hoard physical items, a person needs to expend some effort, such as purchasing them. By contrast, most digital contents are either self-created, free, or available on a *subscription* (订阅) basis. Fourth, compared with physical stuff, digital contents can be multiplied, for example, by making copies, with very minimal effort.

In the modern world, it is unavoidable that digital content plays an important role in our lives. Therefore, the potential of serious mental health impacts from digital hoarding is a real possibility.

If you think you’re holding onto too much digital content, you can try cleaning your digital footprint, reducing unnecessary digital content, coming up with simple methods to organize your files, pictures and videos. What’s more, reassess the importance of many social networks, including groups in many communication apps, and keep only those essential to you.

8.静安区

The music in you

Any party goer can tap her heel to an unfamiliar song without realizing it. Yet when asked on site, she might reply: "Music? I don't know anything about that."

Maybe you've heard a variation on this theme: "I don't have a musical bone in my body." Most of us make music publicly just a few times a year, when it's someone's birthday and the cake comes out. Privately, it's a different story. We belt out tunes in the shower and create rhythm tracks on our steering wheel. But when we think about musical expertise, we tend to imagine professionals who specialize in performance, people we'd pay to hear. As for the rest of us, our bumbling private efforts, rather than illustrating that we share an irresistible urge to make music, seem only to demonstrate that we don't enjoy essential musical capacity.

But the more psychologists investigate musicality, the more it seems that nearly all of us are musical experts, in quite a surprising sense. A lot of the most interesting and substantial elements of musicality are things that we all share. We aren't talking about instinctive, inborn universals here. Our musical knowledge is the product of long experience; maybe not years spent over an instrument, but a lifetime spent absorbing music from the open window of every passing car.

In fact, for all its remarkable power, music is in good company. Many of our feelings are governed by a similar rule. We don't know how we come to like certain food more than others. We don't know why we fall in love. Yet in the very act of making these choices we reveal the effects of a host of instinctive mental processes. The fact that we respond to music so naturally and normally actually speaks to its strength and universality.

9.闵行区

Is Leather Good or Not?

For thousands of years, humans have used leather to make everything from clothing to furniture to footwear. The skin of animals is a material that is strong, hard-wearing and flexible. These qualities make leather a popular material for many different products, but more people are becoming concerned about the potential harm caused by items they buy. Should we respect ancient traditions or is having real leather not as important as it used to be?

The treatment of animals raised for their skins is a massive issue. According to the Food and Agriculture Organisation (FAO), more than 2.29 billion cows, pigs and goats are killed each year for their hides. This does not include the animal skin of fancier leather products, such as sheep, crocodiles, kangaroos and lizards.

There's also an environmental problem. Producing leather is a very polluting process, because it requires treating the skins with chemicals. During the procedure, called tanning, chemicals change the *fibres* (纤维) inside the leather, making it tougher. A tanning facility uses more than 60,000 litres of water for every tonne of leather produced. It uses huge amounts of poisonous chemicals, including substances containing heavy metals such as chromium, which when washed out ends up in nearby soil and drinking water that people use.

However, the making of leather is not entirely negative. Selling animal skin is a key source of income for remote populations such as the Inuit people in Canada. Every day, cows, pigs and goats are killed for their meat to be sold in supermarkets. It's respectful not to waste anything, and without leather their skins would have to be buried or burned.

Although there are alternatives to leather, some of these fabrics are only 85% to 90% *biodegradable* (可生物降解的). Vegan leather can be made from plastics which take years to biodegrade, so it's actually worse for the planet.

10. 普陀区

Graduates Turn to Teaching

China has witnessed a 66-fold increase in the number of applicants for teaching qualification tests over the

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past decade, and experts say the popularity has mainly been driven by more graduates chasing stable jobs.

According to the latest figures from the Ministry of Education, the number of applicants for teaching exams each year has grown from 172,000 to 11.44 million in the past decade.

Experts said the sharp increase corresponds with the increase in teachers' salaries and status within society, and it is expected to bring about an overall improvement in quality teaching. However, another big reason for the enthusiasm for teaching posts is that the challenging and complicated employment situation is driving graduates toward stable jobs such as working as teachers and government officials.

Chu Zhaohui, a senior researcher at the National Institute of Education Sciences, said the popularity of teaching posts is closely associated with people's changing perception of the economic situation, job stability and security, which are major concerns for graduates.

In view of the coronavirus epidemic in recent years, many college graduates just want a stable job, so teaching suddenly becomes a very popular profession, and many students from well-known universities have joined the competition. Of course, everyone has their own ideas. Take Wang Lin for example. Wang Lin, who graduated from a famous university, said she had wanted to be a history teacher since middle school, inspired by her own history teacher. She added she had a good impression of her teachers from an early age and was grateful to those who had taught her. In fact, there are many such cases.

While passing the teaching qualification test is the first step to becoming a teacher in China, landing a post at schools in big cities can be very competitive.

11.青浦区

Want to join the online fitness program?

Online training is one of the fastest growing section of the fitness industry. A 2015 study found that more than half of all smartphone users had downloaded a fitness or health app. If you're considering joining the online fitness community, consider these benefits and drawbacks.

There are many reasons that online training may work for you. As long as you have access to

pre-downloaded videos or a WiFi connection for streaming videos, you can work out wherever you are.

Besides, compared with similar offline programs, most online fitness programs range in cost between \$10 and \$20 per month. This is due in part to the wider audience and the greater opportunity to sell programs to more people.

All this growth is incredibly positive — it provides health and fitness resources to the general consumer wherever they happen to be, without requiring access to a gym or fitness studio. But it's not without problems.

The first thing to think about when considering an online fitness program is “know yourself.” If you struggle with self-motivation, you don't like exercising at home, and you prefer a social workout environment, online fitness may not be for you. Not to mention the fact that very few online fitness programs enable the instructor to see you, check your form, and offer modifications or corrections based on your performance. This means you might perform exercises incorrectly, or even unsafely, without knowing it, which is particularly concerning for beginners and those recovering from injuries, as they're more likely to perform exercises incorrectly.

Therefore, like any training format, there are pros and cons to consider when deciding if it is right for you. Take time and make the most suitable decision to reap more benefits.

12.松江区

Out of Sight, Out of Mind

Technology has made paying all sorts of bills incredibly easy. The real-time budget apps, which capture our spending and pay our bills automatically, should theoretically give us more control over our money. But why, in real life, do they do the opposite?

It helps to think about how we used to pay. My parents describe a process that would involve three separate points of contact whenever they paid for something with a credit card: first, at the cash register, then when a bill came in the mail and finally when they wrote a check to cover it. While each of the checkpoints is technically still there, automation has given us a chance to skip the second and the third. For bills paid automatically through a banking app, even the first checkpoint can be gone. We know that it is happening in the background, but it's so far

out of view that it might as well not be there. How do we get that connection back, without giving up the convenience that technology has brought us?

The good news is that though technology has taken away something, it can also give. Much of the battle is simply recognizing what we've lost. If we want to be smart about our money and have thorough control over it, we need to bridge that gap between what we spend on and how much we pay. We can start using personal-finance apps to do more than make our lives easier. These apps can send us notifications when each automatic payment is being made and categorize purchases, sending us instant spending reports. Admittedly, those tools require the user to sign up for these services and make conscious efforts to take full advantage of them. In this way, they are arguably better practice than balancing a checkbook on a Saturday morning.

13.徐汇区

Why Don't We Use the Math We Learn in School?

How much of the math you've learned in school is used in everyday life? For the majority of people, the answer is surprisingly little. Clearly, some people learn math very well and apply it in everyday problem-solving settings. The question is why most people don't, in spite of spending many years practicing it.

The first explanation blames the failure of education. One of the major barriers to using a skill in real life is automaticity. We tend to find the least-effort solution to our problem. If struggling through a math problem is hard for you, you'll find a different way to solve it that doesn't rely on math. The familiar model for teaching mathematics revolves around teachers telling students certain rules, applying those rules to examples and students then practicing problems similar to the examples seen in class. By teaching in this way, a lot of the work and deep thought that went into the creation of these mathematical rules is lost. In that sense, people were never taught math thoroughly enough to use it automatically in real life.

The second explanation is a little different. It argues that people may develop competence in math classes, but they struggle to translate real-life problems into a format where they can use their mathematics knowledge. This seems most apparent in the case of applying *algebra* (代数). Students struggle with algebra, but they

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particularly struggle with word problems. Yet, the equivalent real-life problems are typically much harder than word problems. From this perspective, what people struggle with is not doing math, but recognizing where and how to apply math to real problems.

Educational researchers now emphasize the importance of transfer and deep understanding. They believe we need to give students more training in noticing and converting everyday situations into the math problems they know how to solve. By using real-life math applications, students can make connections between math and everyday life.

14.浦东新区

The problem of electronic waste

We have gradually come to realise that in two ways in particular, modern hi-tech can be bad for the planet. The first is its energy use; the worldwide scale of information technology is so enormous that electronics now produce fully two percent of global carbon emissions, which is about the same as the highly controversial emissions of aeroplanes. The other is the hardware, when it comes to the end of its natural life. This, increasingly, is pretty short. We have hardly noticed this important stream of waste, so much so that a Greenpeace report on the untraced and unreported e-waste two years ago referred to it as “the hidden flow”. We need to be aware of it.

The latest United Nations Environment Programme (UNEP) report estimates that worldwide, electronic waste is mounting by about 40 million tons a year. So what can we do about it?

The European Union has recognised the problem by adopting a key principle: producer responsibility. In other words, making it the duty of manufacturers of electronic goods to ensure their safe disposal at the end of their lives. In practice, an EU regulation now means that electronics dealers must either take back the equipment they sold you, or help to finance a network of drop-off points, such as public recycling sites. Its main feature is quite ambitious: it aims to deal with “everything with a plug”.

The new UN report suggests that all countries could do something about the problem with a change in design.

Groups such as Greenpeace have led the way in putting pressure on major manufacturing companies to find substitutes for the toxic chemicals inside their products. Encouragingly, they have had some success in forcing them to develop non-poisonous alternatives to these. This may be the real way forward.

15.杨浦区

Should Hand Feeding Dolphins Be Encouraged?

Some tourist centers train Indo-Pacific bottlenose dolphins to approach beachside public sighting areas or boats by hand-feeding them small amounts of fish every day. Because hand-fed males aggressively attack each other over the food, putting themselves and nearby humans in danger, tourist centers focus their hand feeding only on female dolphins, says Valerie Senigaglia at Murdoch University in Perth, Australia

But recent studies have shown that only 38% of the *calves* (崽) of hand-fed wild dolphins survive to three years of age, which is much lower than the average 77% survival rate for wild calves in general. To better understand why, Senigaglia and her colleagues evaluated the social behavior of dolphins around the Bunbury coast in Western Australia. In particular, they observed the individual behavior and movement of 35 dolphins, including 13 that had been hand-fed using a small boat. They regularly followed each dolphin for periods lasting from 20 minutes to 3 hours for two years in a row for a total of 180 hours.

They found that hand-fed dolphins swam in relatively large groups, but more readily broke away from them to join different ones. In general, they created weak ties with other group members. “You can feel lonely in a room full of people and it’s the same thing for dolphins,” says Senigaglia. Free-swimming dolphins that are fed by hand become less socially involved with their peers. As a result, their calves may grow up lacking vital social skills—which could explain, at least in part, why they are twice as likely to die before reaching adulthood as wild calves generally.

No wonder animal right activists are calling on the practice of hand-feeding dolphins to be stopped.

16.长宁区

Men may eat more in summer

Winter may be seen as the time to fill up with food, but in fact, sunny summer months are when men eat more calories—unlike women.

The effect seems to occur because sunlight makes the skin release an appetite-stimulating *hormone* (激素), says Carmit Levy at Tel Aviv University in Israel. Levy and her colleagues noticed the effect in experiments in mice, in which male animals exposed to *UV light* (紫外线) ate more food.

To see if humans do the same, the team used data on about 3000 people who had filled in questionnaires as part of the Israeli government's national health and nutrition survey. Between March and September, the men consumed about 17 per cent more calories per day than they did during the rest of the year, while the women's food intake stayed about the same.

Human appetite is influenced by many complex systems, but a substance called ghrelin, a hormone produced in the body that stimulates appetite, seems to be the only hormone that directly stimulates eating. It was thought to be mainly produced by the stomach when empty. "It tells the brain to eat more," says Caroline Gorvin at the University of Birmingham, UK.

Further investigation revealed that exposing male mice to *UVB* (紫外线 B 段波) radiation, which is present in sunlight, raised levels of ghrelin production by fat cells in their skin. This was blocked by the female sex hormone, which may explain why the effect wasn't seen in the female mice or the women. Boosted ghrelin production was also seen in men's skin samples that were exposed to UV light in the lab.

Skin hasn't previously been thought to play a role in appetite, says Gorvin. The reason for the effect is unclear, but it may be an adaptive response to fuel greater physical activity in summer, says Levy.

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Perhaps it's time to post the real you and only lightly retouched, if at all.

【答案】It's about selfies. When you post them, you can use photo retouching to get better looks for positive comments and likes. If all always do such things follow the crowd or avoid being despised, each may look identical. Actually, many can not achieve their goals. It is better to post real you with little retouching if necessary.

【解析】

【导语】本文是一篇说明文。文章主要介绍说明了关于自拍的现象和相关的建议。人们通常发布自拍，是为了获得更好的正面评论和点赞，所以会对照片进行修饰。如果所有的人都做这样的事，随波逐流或避免被轻视，那么每个人看起来可能都一样。事实上，许多人无法实现他们的目标。因此作者建议，如果有必要，最好贴出真实的你，稍作修饰。

【详解】1.要点摘录

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2.缜密构思

将第1、2两个要点进行重组, 将第3、4两个要点进行整合, 将第5点整合。

3.遣词造句

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【点睛】[高分句型1] When you post them, you can use photo retouching to get better looks for positive comments and likes.运用一个when引导的时间状语从句, 对第一、二和三段的内容进行了概括。when引导时间状语从句, for引导的表原因的状语等表达高级。

[高分句型2]: It is better to post real you with little retouching if necessary.用it作为形式主语, 不定式作为真正的主语, 对第五段进行了概括, 表达非常高级。

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One significant advantage of chatbots is that they are available all the time, even in the middle of the night. Plus, a single chatbot can cater to multiple users at once. This means that users can get immediate answers to their questions rather than waiting for a human representative. Chatbots have the potential to overcome several technological problems people face. These include difficulty in searching websites and trouble finding basic information and answers to simple questions.

However, in order for chatbots to work, humans are still *indispensable* (不可或缺的). Someone has to

program the chatbots initially, train them, and maintain and improve the chatbot system. Further, even open chatbots may not have the answers to detailed questions, and many people simply prefer speaking to a human rather than a chatbot. Thus, chatbots are unlikely to completely replace human agents. Rather, they will help users resolve simple problems so that customer service representatives can focus on more difficult issues.

【答案】One possible version:

Chatbots are communication computer programs. Closed chatbots follow fixed instructions while open chatbots can respond more flexibly using AI. Chatbots' advantages include working round the clock and communicating with several people at the same time. However, chatbots won't replace humans because chatbots are programmed by humans. Additionally, chatbots can't answer detailed questions and many people just dislike them. (58 words)

【解析】

【导语】这是一篇说明文。文章主要介绍了一种聊天机器人, 包括它的类型和优势, 以及人们对它的看法。

【详解】1.要点摘录

① Chatbots are computer programs that can communicate with human beings by phone, on messaging apps or on websites.

② A closed chatbot follows a script, which may or may not involve using AI (artificial intelligence) to understand users' messages. An open chatbot uses AI both to figure out what users want and to generate responses. Open chatbots are able to learn from their conversations and thus improve their ability to communicate over time.

③ One significant advantage of chatbots is that they are available all the time, even in the middle of the night. Plus, a single chatbot can cater to multiple users at once.

④ However, in order for chatbots to work, humans are still indispensable (不可或缺的). Someone has to program the chatbots initially, train them, and maintain and improve the chatbot system.

⑤ Further, even open chatbots may not have the answers to detailed questions, and many people simply prefer speaking to a human rather than a chatbot.

2.缜密构思

将每个要点进行精简

3.遣词造句

Chatbots are communication computer programs.

Closed chatbots follow fixed instructions while open chatbots can respond more flexibly using AI.

Chatbots' advantages include working round the clock and communicating with several people at the same time.

However, chatbots won't replace humans because chatbots are programmed by humans.

Additionally, chatbots can't answer detailed questions and many people just dislike them.

【点睛】[高分句型 1]Closed chatbots follow fixed instructions while open chatbots can respond more flexibly

using AI. 用 while 连接的并列句, 对第二段部分内容进行总结, 表达高级。

[高分句型 2] However, chatbots won't replace humans because chatbots are programmed by humans. 用 because 引导的原因状语从句对最后一段部分内容进行总结, 表达高级。

3. 奉贤区

Why Camping Can Be So Much Fun?

When you go on holiday, where do you like to stay? If you haven't tried camping, maybe you should join the increasing number of people who are enjoying the simple pleasures of camping.

By grabbing your tent, and some additional things, it's easy to head off to the countryside and enjoy a night or two under the stars. Many campers are dumping the trappings of their modern, busy life to do this, encouraged by experts who say a few peaceful nights in the middle of nowhere might be a good way to relax and improve our sleep patterns and well-being. It is also, of course, a good low-budget holiday option.

For the adventurous, wild camping is an ideal way to escape from reality. Armed with just some food and a sleeping bag, you're free from rules, away from other people, and able to enjoy the back-to-basics experience. But for those who still want some home comforts, a campsite is a more suitable place to fix your tent. Here you have facilities such as washrooms, a shop and maybe even a restaurant. And for the most luxurious camping experience, you could try glamping, a type of camping associated with extreme comforts and luxury.

More recently, sales of camping equipment have jumped as more people have chosen a vacation spent at hometown due to travel restrictions caused by the pandemic. One camping retailer, Halfords, reported a sharp rise in demand for products such as stoves, cool boxes and camping chairs. With the addition of soft pillows, powerful torches and lamps to light up your tent and a better selection of easy-to-cook food, you can almost guarantee a comfortable and enjoyable camping expedition. So maybe it's time to give camping a try.

【答案】Nowadays, a growing number of people choose to camp outdoors in that it's easy to access and with low-budget. Moreover, various types of camping cater to our different needs, such as adventurous wild camping, cozy campsite camping and luxurious camping, which brings us peace and benefits our health. With the travel restrictions during the pandemic, sales of camping equipment soar. (60 字)

【解析】

【导语】本文是一篇说明文。文章主要介绍了露营的意义和露营的种类, 以及在疫情的影响下, 露营装备销量暴增的现象。

【详解】1. 要点摘录

①If you haven't tried camping, maybe you should join the increasing number of people who are enjoying the simple pleasures of camping.

②By grabbing your tent, and some additional things, it's easy to head off to the countryside and enjoy a night or

two under the stars.

③It is also, of course, a good low-budget holiday option.

④For the adventurous, wild camping is an ideal way to escape from reality. But for those who still want some home comforts, a campsite is a more suitable place to fix your tent.

⑤Here you have facilities such as washrooms, a shop and maybe even a restaurant. And for the most luxurious camping experience, you could try glamping, a type of camping associated with extreme comforts and luxury.

⑥More recently, sales of camping equipment have jumped as more people have chosen a vacation spent at hometown due to travel restrictions caused by the pandemic.

2. 缝密构思

将第1、2两个要点进行重组, 将第3、4、5、6要点进行整合。

3. 遣词造句

It might be fun to consider joining others and enjoy the simple pleasure of camping.

It's easy and also cheap to head off to the countryside and have a holiday.

Wild camping can be fun the adventurous while different types of campsites can also be found if you're looking for a more comfortable environment.

Due to the pandemic, the sales of camping equipment have increased a lot.

【点睛】【高分句型1】Nowadays, a growing number of people choose to camp outdoors in that it's easy to access and with low-budget.(运用中 in that 引导原因状语从句)

【高分句型2】Moreover, various types of camping cater to our different needs, such as adventurous wild camping, cozy campsite camping and luxurious camping, which brings us peace and benefits our health.(用 which 引导了非限制性定语从句)

4. 虹口区

Are Oceans Silent?

Most sea creatures, from whales and dolphins to fish, sharks and shrimps, respond to sound, and many can produce it. They use it to hunt and to hide, find mates and food, send messages and give warnings, establish territories, warn off competitors, confuse their targets, deceive enemies, and sense changes in water and conditions. Marine animals click bones, *grind teeth and belch gases* (磨牙打嗝); use special organs to make various noises. Far from the 'silent deep', the oceans are so noisy.

Into this age-long confused noise, in the blink of an evolutionary eye, has entered a new thunder: the trembling sound of mighty engines as 46,220 large ships passed the world's shipping courses. Scientists say that background noise in the ocean has increased roughly by 15 *decibels* (分贝) in the past 50 years. It may not sound like much in overall terms, but it is enough, according to many marine biologists, to mask the normal sounds of ocean life going about its business. At its most intense, some even say noise causes whales to become disoriented, dolphins to suffer from 'the bends', fish to go deaf, leave their breeding grounds or fail to form groups—enough to disorganize the basic biology of two thirds of the planet.

"Undersea noise pollution is like the death of a thousand cuts", says Sylvia Earle, chief scientist of the U.S.

National Oceanic and Atmospheric Administration. “Each sound in itself may not be a matter of critical concern, but taken all together, the noise from shipping, earthquake-related surveys, and military activity is creating a totally different environment than existed even 50 years ago. That high level of noise is bound to have a hard, sweeping impact on life in the sea.

【答案】Oceans are never silent as marine creatures mostly produce various sounds to go about their businesses. Now oceans are getting even noisier as humans do more activities there. The resulting noise is loud enough to change the environment and exercise a disturbing impact on marine life.

【解析】

【导语】本文是一篇说明文。文章介绍了海洋里不平静的原因是生物会发出各种声音去进行它们自己的事情, 随着人类在海洋中的活动越来越多, 海洋也变得越来越嘈杂, 由此产生的噪音污染对生物产生了不良的影响。

【详解】1.要点摘录

- ①Marine animals can produce various noises, making the ocean noisy.
- ②There are various noises made by human behaviors.
- ③Undersea noise pollution cause a disturbing impact on marine life.

2.缜密构思

将第1、2两个要点进行重组, 将第3个要点进行整合。

3.遣词造句

The oceans are so noisy that they are far from the ‘silent deep’.

Most sea creatures, from whales and dolphins to fish, sharks and shrimps, not only respond to sound, but also can produce it.

That high level of noise is bound to have a hard, sweeping influence on marine animals.

【点睛】[高分句型1]: Scientists say that background noise in the ocean has increased roughly by 15 *decibels* (分贝) in the past 50 years. 运用了一个复杂的主从复合句作为事实佐证了第二段的论点。其中 that 引导的宾语从句表达高级。

[高分句型2]: Marine animals click bones, *grind teeth and belch gases* (磨牙打嗝); use special organs to make various noises. 运用了并列的动词短语是对第一段的论点进行的举例说明。其中并列短语和不定式做目的状语的运用表达高级。

5.黄浦区

The risk of pre-schooling

“Young children learning to read is one of the most important things primary education does. It’s

fundamental to children making progress in life,” says Dominic Wyse, a professor of primary education at University College London, in the UK. “While learning literacy is vital to children, the way we teach it really matters.”

In a 2022 report, he states that English school system's intense focus on phonics – a method that involves matching the sound of a spoken word or letter, with individual written letters, through a process called “sounding out” – could be failing some children. A reason for this is that the tests used to assess that early learning may have little to do with the skills actually needed to read and enjoy books or other meaningful texts. For example, the tests may ask pupils to “sound out” and spell nonsense words, to prevent them from simply guessing, or recognising familiar words. Since nonsense words are not meaningful language, children may find the task difficult and puzzling. It doesn't end up being meaningful, it ends up being memorising rather than understanding context.

Children who attend intensive preschools do not have higher academic abilities in later grades than those who did not attend such preschools, several studies now show. Early education can however have a positive impact on social development – which in turn feeds into the likelihood of graduation from school and university as well as being associated with lower crime rates. In short, attending preschool can have positive effects on later achievement in life, but not necessary on academic skills.

Too much academic pressure may even cause problems in the long run. A study published in January 2022 suggested that those who attended a preschool with a strong academic emphasis, showed lower academic achievements a few years later, compared to those who had not gained a place.

【答案】Learning literacy is important for children, and how they learn it counts. A study shows too much phonics learning negatively affects children because passing the tests only requires meaningless pronunciation and spelling instead of understanding. Although pre-schooling does good to the development of society, studies also show too much of it has nothing to do with later academic achievements.

【解析】

【导语】本文是一篇议论文。文章从英国所做的一项学前儿童的自然拼读实验得出结论：参加强化学前教育的孩子在以后的学习能力上和没有参加学前教育的孩子相差无几，相反太多的学业压力会对孩子未来的学术成就产生消极影响。

【详解】1.要点摘录

- ① While learning literacy is vital to children, the way we teach it really matters.
- ② In a 2022 report, Dominic Wyse states that English school system's intense focus on phonics could be failing some children. Because the tests used to assess that early learning may have little to do with the skills actually needed to read and enjoy books or other meaningful texts.
- ③ Children who attend intensive preschools do not have higher academic abilities in later grades than those who

did not attend such preschools.

④People who attended a preschool with a strong academic emphasis showed lower academic achievements a few years later.

2.缜密构思

将第1、2两个要点重组, 将第3、4两个要点进行整合。

3.遣词造句

Though learning literacy is important to children, the way to teach really matters.

There will be many problems in the long run caused by too much academic pressure.

In short, attending preschool which is necessary on academic skills can have positive effects on later achievement in life.

【点睛】[高分句型1]: A reason for this is that the tests used to assess that early learning may have little to do with the skills actually needed to read and enjoy books or other meaningful texts. (运用了 that 引导的表语从句, that 引导的宾语从句)

[高分句型2]: Children who attend intensive preschools do not have higher academic abilities in later grades than those who did not attend such preschools, several studies now show. (运用了 who 引导定语从句)

6.嘉定区

Why Laughter Yoga Makes You Smile

“Friends, I must tell you, laughter yoga is not a comedy.” Dr Madan Kataria, the creator of laughter yoga, an exercise programme involving prolonged laughter, said. Laughter yoga, a combination of breathing exercises and deliberate (故意的) laughter, came from humble beginnings, but has mushroomed into a global movement. Hundreds of clubs, usually free to attend, have now been established across Asia, Europe and North America.

“I had read so much about the benefits of laughter, and how acting out emotions, especially through facial expressions, can create them,” Kataria tells me. But he realised he wouldn’t often see people laughing in Mumbai. “The idea struck me: why not start a laughter club? Laughter reduces stress,” Kataria goes on, following some yogic postures, “it makes your immune (免疫) system stronger and keeps your mind positive!” Five people attended Katana’s first meet-up in Mumbai in 1995. He initially asked participants to tell jokes to force laughter, but as attendances grew Kataria learned that laughing for no reason at all was the best method. “We started just faking laughter,” he says. “And then people started laughing for real. It was infectious; we couldn’t stop.”

Laughter yoga addresses a deep-seated need to laugh that is being stifled (遏制). Young children can laugh hundreds of times a day. But as we get older, the fun begins to stop —our brains learn how to adapt our emotions in tune with the needs of others. We develop empathy (同理心). But so are we told to stop laughing and be serious about life. There’s often a sense that if you’re laughing, you’re not properly learning, or working, or focusing, or paying respect. Sometimes this is justified, but not always. Perhaps that is the recipe for the growing popularity of laughter yoga.

【答案】Laughter yoga, a combination of breathing exercises and deliberate laughter, is a new way to reduce stress and improve immunity. Dr. Madan started the first laughter club in 1995 and the method was laughing for no reason. It addresses a deep-seated need to laugh that is being stifled, which is the secret of its growing popularity.

【解析】

【导语】本文是一篇说明文。文化介绍了“笑声瑜伽”。笑声瑜伽是一项结合了呼吸练习和故意的大笑的运动, 因为笑声可以减轻压力, 增强您的免疫力, 保持积极向上的思想, 还解决了一种根深蒂固的大笑需求, 现已迅速发展成为一项全球运动。

【详解】1. 要点摘录

①Laughter yoga, a combination of breathing exercises and deliberate (故意的) laughter, came from humble beginnings, but has mushroomed into a global movement.

②The idea struck me: why not start a laughter club? Laughter reduces stress.

③It makes your immune (免疫) system stronger and keeps your mind positive!

④He initially asked participants to tell jokes to force laughter, but as attendances grew Kataria learned that laughing for no reason at all was the best method.

⑤Laughter yoga addresses a deep-seated need to laugh that is being stifled (遏制).Perhaps that is the recipe for the growing popularity of laughter yoga.

2. 缜密构思

将1、2、3三个要点结合, 将4、5两个要点整合。

3. 遣词造句

Laughter yoga, a combination of breathing exercises and deliberate laughter, is a new way to reduce stress and improve immunity.

Dr. Madan started the first laughter club in 1995 and the method was laughing for no reason.

It addresses a deep-seated need to laugh that is being stifled, which is the secret of its growing popularity.

【点睛】

【高分句型1】Laughter yoga, a combination of breathing exercises and deliberate laughter, is a new way to reduce stress and improve immunity. (运用了a combination of的名词短语作插入语)

【高分句型2】It addresses a deep-seated need to laugh that is being stifled, which is the secret of its growing popularity. (运用了which引导的非限制性定语从句)

7. 金山区

“Digital Hoarding” Could Be an Increasing Problem

As data storage has become more accessible than ever, the amount of digital “stuff” we all have put aside is

on the rise, too.

In a recent paper published in the journal *Information & Management*, we have investigated a rising phenomenon called “digital hoarding”, which happens when an individual constantly acquires digital content, feels difficulty in getting rid of it, and gradually gets more and more digital content without an intended purpose.

Digital hoarding can quickly increase out of control, too — perhaps even more quickly than in the physical world, due to several reasons. First, the digital hoarder is less likely to notice the space limitations in the digital world. While the boundaries of a physical space are clear, such boundaries are less noticeable in digital spaces. Second, hoarding of physical objects happens in fixed boundaries, while digital spaces are “expandable” — you can get additional digital storage with minimum effort at very little or zero cost. Third, to hoard physical items, a person needs to expend some effort, such as purchasing them. By contrast, most digital contents are either self-created, free, or available on a *subscription* (订阅) basis. Fourth, compared with physical stuff, digital contents can be multiplied, for example, by making copies, with very minimal effort.

In the modern world, it is unavoidable that digital content plays an important role in our lives. Therefore, the potential of serious mental health impacts from digital hoarding is a real possibility.

If you think you’re holding onto too much digital content, you can try cleaning your digital footprint, reducing unnecessary digital content, coming up with simple methods to organize your files, pictures and videos. What’s more, reassess the importance of many social networks, including groups in many communication apps, and keep only those essential to you.

【答案】Digital content is important to us, and meanwhile, overstocking digital materials is popular. However, digital hoarding becomes uncontrollable because hoarders seldom know the space limitations in the expandable digital space. Moreover, digital contents are easy to get and shoot up. To keep mentally healthy, you should reduce digital footprint and avoid some unimportant social networks.

【解析】

【导语】这是一篇说明文。文章提出了“数字囤积”这一现象，分析了导致这种现象的原因，给人们带来的负面影响，以及如何减少数字足迹。

【详解】1.要点摘录

- ①In the modern world, it is unavoidable that digital content plays an important role in our lives.
- ②In a recent paper published in the journal *Information & Management*, we have investigated a rising phenomenon called “digital hoarding”
- ③First, the digital hoarder is less likely to notice the space limitations in the digital world.
- ④Second, hoarding of physical objects happens in fixed boundaries, while digital spaces are “expandable”— you can get additional digital storage with minimum effort at very little or zero cost.

⑤Third to hoard physical items, a person needs to expend some effort, such as purchasing them

⑥Fourth, compared with physical stuff, digital contents can be multiplied, for example, by making copies, with very minimal effort.

⑦If you think you're holding onto too much digital content, you can try cleaning your digital footprint, reducing unnecessary digital content, coming up with simple methods to organize your files, pictures and videos. What's more, reassess the importance of many social networks, including groups in many communication apps, and keep only those essential to you.

2.缜密构思

将①②, ③④, ⑤⑥六个要点进行整合, 将⑦要点进行精简

3.遣词造句

Digital content is important to us, and meanwhile, overstocking digital materials is popular.

However, digital hoarding becomes uncontrollable because hoarders seldom know the space limitations in the expandable digital space. Moreover, digital contents are easy to get and shoot up.

To keep mentally healthy, you should reduce digital footprint and avoid some unimportant social networks.

【点睛】[高分句型 1]Digital content is important to us, and meanwhile, overstocking digital materials is popular.

用一个简单句对第二段和第四段部分内容进行总结。

[高分句型 2]To keep mentally healthy, you should reduce digital footprint and avoid some unimportant social

networks.用一个简单句对最后一段内容进行总结, 其中使用了不定式作状语, 表达高级。

8.静安区

The music in you

Any party goer can tap her heel to an unfamiliar song without realizing it. Yet when asked on site, she might reply: "Music? I don't know anything about that."

Maybe you've heard a variation on this theme: "I don't have a musical bone in my body." Most of us make music publicly just a few times a year, when it's someone's birthday and the cake comes out. Privately, it's a different story. We belt out tunes in the shower and create rhythm tracks on our steering wheel. But when we think about musical expertise, we tend to imagine professionals who specialize in performance, people we'd pay to hear. As for the rest of us, our bumbling private efforts, rather than illustrating that we share an irresistible urge to make music, seem only to demonstrate that we don't enjoy essential musical capacity.

But the more psychologists investigate musicality, the more it seems that nearly all of us are musical experts, in quite a surprising sense. A lot of the most interesting and substantial elements of musicality are things that we all share. We aren't talking about instinctive, inborn universals here. Our musical knowledge is the product of long experience; maybe not years spent over an instrument, but a lifetime spent absorbing music from the open window of every passing car.

In fact, for all its remarkable power, music is in good company. Many of our feelings are governed by a similar rule. We don't know how we come to like certain food more than others. We don't know why we fall in love. Yet in the very act of making these choices we reveal the effects of a host of instinctive mental processes.

The fact that we respond to music so naturally and normally actually speaks to its strength and universality.

【答案】Most of us make music publicly several times a year, but we don't think we have a talent for music. According to psychologists' investigation, nearly all of us are musical experts. Our musical knowledge comes from long experience. In fact, we respond to music so naturally and normally actually, which demonstrates its strength and universality.

【解析】

【导语】本文是一篇说明文。文章介绍了我们大部分人一年有几次都会在公开场合制造音乐, 但是我们却认为自己没有音乐才能。根据心理学家对音乐性的研究可知, 几乎所有人似乎都是音乐专家。我们的音乐知识是长期经验的产物。事实上, 我们对音乐的反应如此自然和正常, 实际上说明了它的力量和普遍性。

【详解】1 要点摘录

- ①Most of us make music publicly just a few times a year
- ②As for the rest of us, our bumbling private efforts, rather than illustrating that we share an irresistible urge to make music, seem only to demonstrate that we don't enjoy essential musical capacity.
- ③But the more psychologists investigate musicality, the more it seems that nearly all of us are musical experts, in quite a surprising sense.
- ④Our musical knowledge is the product of long experience.
- ⑤The fact that we respond to music so naturally and normally actually speaks to its strength and universality.

2.缜密构思将第1、2两个要点进行重组, 将第3、4、5几个要点进行改写。

3.遣词造句

Most of us make music publicly a few times a year, but we don't think we are talented for music.

Psychologists' investigation shows that nearly all of us are musical experts.

Long experience shapes our musical knowledge.

The fact that we respond to music so naturally and normally actually shows its strength and universality.

【点睛】[高分句型1] Most of us make music publicly several times a year, but we don't think we have a talent for music. (运用了省略 that 引导的宾语从句, 概括了第一段和第二段)

[高分句型2] In fact, we respond to music so naturally and normally actually, which demonstrates its strength and universality. (运用了 which 引导的非限制性定语从句, 表达非常高级。)

9.闵行区

Is Leather Good or Not?

For thousands of years, humans have used leather to make everything from clothing to furniture to footwear.

The skin of animals is a material that is strong, hard-wearing and flexible. These qualities make leather a popular material for many different products, but more people are becoming concerned about the potential harm caused by items they buy. Should we respect ancient traditions or is having real leather not as important as it used to be?

The treatment of animals raised for their skins is a massive issue. According to the Food and Agriculture Organisation (FAO), more than 2.29 billion cows, pigs and goats are killed each year for their hides. This does not include the animal skin of fancier leather products, such as sheep, crocodiles, kangaroos and lizards.

There's also an environmental problem. Producing leather is a very polluting process, because it requires treating the skins with chemicals. During the procedure, called tanning, chemicals change the *fibres* (纤维) inside the leather, making it tougher. A tanning facility uses more than 60,000 litres of water for every tonne of leather produced. It uses huge amounts of poisonous chemicals, including substances containing heavy metals such as chromium, which when washed out ends up in nearby soil and drinking water that people use.

However, the making of leather is not entirely negative. Selling animal skin is a key source of income for remote populations such as the Inuit people in Canada. Every day, cows, pigs and goats are killed for their meat to be sold in supermarkets. It's respectful not to waste anything, and without leather their skins would have to be buried or burned.

Although there are alternatives to leather, some of these fabrics are only 85% to 90% *biodegradable* (可生物降解的). Vegan leather can be made from plastics which take years to biodegrade, so it's actually worse for the planet.

【答案】People have used leather for various purposes for its unique qualities but concern about its potential harm and continuous employment is rising. Slaughter for animals' skins on a large scale and the environmental problem caused by chemicals involved in the processing course are main issues. While, as a source of income for some people and with good biodegradability compared with alternatives, leather use is also positive.

【解析】

【导语】本文是说明文。文章讲述了由于皮革的独特品质，人们将其用于各种用途，但对其潜在危害和持续使用的担忧日益增加。一些人认为与替代品相比，皮革具有良好的生物降解性，使用皮革也是积极的。

【详解】1 要点摘录

- ① For thousands of years, humans have used leather to make everything from clothing to furniture to footwear.
- ② but more people are becoming concerned about the potential harm caused by items they buy.
- ③ The treatment of animals raised for their skins is a massive issue.
- ④ This does not include the animal skin of fancier leather products, such as sheep, crocodiles, kangaroos and lizards.
- ⑤ There's also an environmental problem.

⑥The making of leather is not entirely negative.

⑦Selling animal skin is a key source of income for remote populations such as the Inuit people in Canada.

⑧Although there are alternatives to leather, some of these fabrics are only 85% to 90% biodegradable (可生物降解的)

2.缜密构思

将第1, 2个要点进行整合, 将第3、4、5三个要点进行整合, 将第6, 7, 8个要点进行整合。

3.遣词造句

Humans have used leather to make everything but care about its potential harm and continuous employment is rising.

The treatment of animals raised for their skins and the environmental problem are massive issues.

The making of leather is not entirely negative because it is a source of income for some people and with good biodegradability compared with alternatives.

【点睛】[高分句型 1] Slaughter for animals' skins on a large scale and the environmental problem caused by chemicals involved in the processing course are main issues. (运用非谓语动词对原文第二、三段进行了概括。)

[高分句型 2] While, as a source of income for some people and with good biodegradability compared with alternatives, leather use is also positive.(用 with 复合结构作状语对最后一段进行了概括, 表达非常高级。)

10.普陀区

Graduates Turn to Teaching

China has witnessed a 66-fold increase in the number of applicants for teaching qualification tests over the past decade, and experts say the popularity has mainly been driven by more graduates chasing stable jobs.

According to the latest figures from the Ministry of Education, the number of applicants for teaching exams each year has grown from 172,000 to 11.44 million in the past decade.

Experts said the sharp increase corresponds with the increase in teachers' salaries and status within society, and it is expected to bring about an overall improvement in quality teaching. However, another big reason for the enthusiasm for teaching posts is that the challenging and complicated employment situation is driving graduates toward stable jobs such as working as teachers and government officials.

Chu Zhaohui, a senior researcher at the National Institute of Education Sciences, said the popularity of teaching posts is closely associated with people's changing perception of the economic situation, job stability and security, which are major concerns for graduates.

In view of the coronavirus epidemic in recent years, many college graduates just want a stable job, so teaching suddenly becomes a very popular profession, and many students from well-known universities have joined the competition. Of course, everyone has their own ideas. Take Wang Lin for example. Wang Lin, who graduated from a famous university, said she had wanted to be a history teacher since middle school, inspired by her own history teacher. She added she had a good impression of her teachers from an early age and was grateful to those who had taught her. In fact, there are many such cases.

While passing the teaching qualification test is the first step to becoming a teacher in China, landing a post at schools in big cities can be very competitive.

【答案】China has witnessed a tremendous increase in the number of applicants for teaching qualification tests over the past decade. The sharp increase is expected to bring about an overall improvement in quality teaching. What's more practical reason is the challenging and complicated employment situation. Passing the teaching qualification test is the first step to becoming a teacher in China.

【解析】

【导语】本文是一篇说明文。文章介绍说, 在过去的十年里, 中国参加教师资格考试的人数有了巨大的增长。预计这一急剧增长将带来教学质量的全面提高。更现实的原因是就业形势的挑战和复杂。在中国, 通过教师资格考试是成为一名教师的第一步。

【详解】1 要点摘录

- ①China has witnessed a 66-fold increase in the number of applicants for teaching qualification tests over the past decade, and experts say the popularity has mainly been driven by more graduates chasing stable jobs.
- ②Experts said the sharp increase corresponds with the increase in teachers' salaries and status within society, and it is expected to bring about an overall improvement in quality teaching.
- ③However, another big reason for the enthusiasm for teaching posts is that the challenging and complicated employment situation is driving graduates toward stable jobs such as working as teachers and government officials.
- ④While passing the teaching qualification test is the first step to becoming a teacher in China, landing a post at schools in big cities can be very competitive.

2.缜密构思 将第1个要点进行总说, 将第2、3、4三个要点进行分说。

3.遣词造句

China has witnessed a tremendous increase in the number of applicants for teaching qualification tests over the past decade.

The sharp increase is expected to bring about an overall improvement in quality teaching.

What's more practical reason is the challenging and complicated employment situation.

Passing the teaching qualification test is the first step to becoming a teacher in China.

【点睛】[高分句型1] What's more practical reason is the challenging and complicated employment situation.运用主语从句对原文第二段进行了概括。

[高分句型2] Passing the teaching qualification test is the first step to becoming a teacher in China.用动名词作主语对最后一段进行了概括, 表达非常高级。

11.青浦区

Want to join the online fitness program?

Online training is one of the fastest growing section of the fitness industry. A 2015 study found that more than half of all smartphone users had downloaded a fitness or health app. If you're considering joining the online fitness community, consider these benefits and drawbacks.

There are many reasons that online training may work for you. As long as you have access to pre-downloaded videos or a WiFi connection for streaming videos, you can work out wherever you are.

Besides, compared with similar offline programs, most online fitness programs range in cost between \$10 and \$20 per month. This is due in part to the wider audience and the greater opportunity to sell programs to more people.

All this growth is incredibly positive — it provides health and fitness resources to the general consumer wherever they happen to be, without requiring access to a gym or fitness studio. But it's not without problems.

The first thing to think about when considering an online fitness program is "know yourself." If you struggle with self-motivation, you don't like exercising at home, and you prefer a social workout environment, online fitness may not be for you. Not to mention the fact that very few online fitness programs enable the instructor to see you, check your form, and offer modifications or corrections based on your performance. This means you might perform exercises incorrectly, or even unsafely, without knowing it, which is particularly concerning for beginners and those recovering from injuries, as they're more likely to perform exercises incorrectly.

Therefore, like any training format, there are pros and cons to consider when deciding if it is right for you. Take time and make the most suitable decision to reap more benefits.

【答案】The advantages and disadvantages of online training should be both considered when people decide whether to take part in. Easy access and lower prices of online training programs contributes to its popularity. However, for those who lack self-motivation and need in-person instruction, these programs aren't suitable and may even be unsafe. Hence, think twice before making the decision. (58 words)

【解析】

【导语】本文是一篇说明文。文章主要分析了人们参加在线健身项目时应该注意的一些事项, 例如其优、缺点。线上健身项目价格低廉、获取方式简单, 但不适合没有自制力的人。所以做决定前一定要综合考量。

【详解】1. 要点摘录

- ①If you're considering joining the online fitness community, consider these benefits and drawbacks.
- ②As long as you have access to pre-downloaded videos or a WiFi connection for streaming videos, you can work out wherever you are.
- ③Besides, compared with similar offline programs, most online fitness programs range in cost between \$10 and \$20 per month.
- ④If you struggle with self-motivation, you don't like exercising at home, and you prefer a social workout environment, online fitness may not be for you.

⑤This means you might perform exercises incorrectly, or even unsafely, without knowing it.

2. 镇密构思

将第2、3两个要点进行重组, 将第4、5两个要点进行整合。

3. 遣词造句

It's necessary to consider the pros and cons before you join any online fitness programs.

It's easy to access and also cheap comparing to offline programs.

If you don't have enough self-motivation or exercise experience, it may not be your best option.

【点睛】【高分句型1】The advantages and disadvantages of online training should be both considered when people decide whether to take part in.运用一个复杂的主从复合句对原文第一段和第二段进行了概括。其中when引导的状语从句、should be both considered被动语态表达高级。

【高分句型2】However, for those who lack self-motivation and need in-person instruction, these programs aren't suitable and may even be unsafe.用who引导定语从句对第六段进行了概括, 表达非常高级。

12.松江区

Out of Sight, Out of Mind

Technology has made paying all sorts of bills incredibly easy. The real-time budget apps, which capture our spending and pay our bills automatically, should theoretically give us more control over our money. But why, in real life, do they do the opposite?

It helps to think about how we used to pay. My parents describe a process that would involve three separate points of contact whenever they paid for something with a credit card: first, at the cash register, then when a bill came in the mail and finally when they wrote a check to cover it. While each of the checkpoints is technically still there, automation has given us a chance to skip the second and the third. For bills paid automatically through a banking app, even the first checkpoint can be gone. We know that it is happening in the background, but it's so far out of view that it might as well not be there. How do we get that connection back, without giving up the convenience that technology has brought us?

The good news is that though technology has taken away something, it can also give. Much of the battle is simply recognizing what we've lost. If we want to be smart about our money and have thorough control over it, we need to bridge that gap between what we spend on and how much we pay. We can start using personal-finance apps to do more than make our lives easier. These apps can send us notifications when each automatic payment is being made and categorize purchases, sending us instant spending reports. Admittedly, those tools require the user to sign up for these services and make conscious efforts to take full advantage of them. In this way, they are arguably better practice than balancing a checkbook on a Saturday morning.

【答案】Technology simplifies the process of paying but robs us of the control over money. We lose track of the

connection between the purchases and the money spent because the process is not completely presented. To regain the control, we can turn to personal-finance apps consciously to get instantly notified. (49 words)

【解析】

【导语】这是一篇说明文。技术简化了支付过程，但剥夺了我们对金钱的控制。我们失去了购买和花费之间的联系，因为这个过程没有完整地呈现出来。为了重新获得控制权，我们可以有意识地使用个人理财应用程序，以获得即时通知。

【详解】1 要点摘录

①Technology has made paying all sorts of bills incredibly easy. The real-time budget apps, which capture our spending and pay our bills automatically, should theoretically give us more control over our money. But why, in real life, do they do the opposite?

②While each of the checkpoints is technically still there, automation has given us a chance to skip the second and the third. For bills paid automatically through a banking app, even the first checkpoint can be gone.

③We can start using personal-finance apps to do more than make our lives easier. These apps can send us notifications when each automatic payment is being made and categorize purchases, sending us instant spending reports.

2.缜密构思

将第 1、2、3 三个要点进行提炼主要意思。

3.遣词造句

Technology simplifies the process of paying but robs us of the control over money.

We lose track of the connection between the purchases and the money spent because the process is not completely presented.

To regain the control, we can turn to personal-finance apps consciously to get instantly notified.

【点睛】[高分句型 1] We lose track of the connection between the purchases and the money spent because the process is not completely presented. (because 引导的原因状语从句)。

[高分句型 2] To regain the control, we can turn to personal-finance apps consciously to get instantly notified. (动词不定式作目的状语)

13.徐汇区

Why Don't We Use the Math We Learn in School?

How much of the math you've learned in school is used in everyday life? For the majority of people, the answer is surprisingly little. Clearly, some people learn math very well and apply it in everyday problem-solving settings. The question is why most people don't, in spite of spending many years practicing it.

The first explanation blames the failure of education. One of the major barriers to using a skill in real life is automaticity. We tend to find the least-effort solution to our problem. If struggling through a math problem is hard for you, you'll find a different way to solve it that doesn't rely on math. The familiar model for teaching mathematics revolves around teachers telling students certain rules, applying those rules to examples and students then practicing problems similar to the examples seen in class. By teaching in this way, a lot of the work and deep

thought that went into the creation of these mathematical rules is lost. In that sense, people were never taught math thoroughly enough to use it automatically in real life.

The second explanation is a little different. It argues that people may develop competence in math classes, but they struggle to translate real-life problems into a format where they can use their mathematics knowledge. This seems most apparent in the case of applying *algebra* (代数). Students struggle with algebra, but they particularly struggle with word problems. Yet, the equivalent real-life problems are typically much harder than word problems. From this perspective, what people struggle with is not doing math, but recognizing where and how to apply math to real problems.

Educational researchers now emphasize the importance of transfer and deep understanding. They believe we need to give students more training in noticing and converting everyday situations into the math problems they know how to solve. By using real-life math applications, students can make connections between math and everyday life.

【答案】Most people don't use math in life, though they have learned it for years. One explanation is that we do not learn math well enough to use it effortlessly. The other is that we fail to recognize where and how to apply math to real problems. Educational researchers suggest more training in turning real-life situations into math problems. (59 words)

【解析】

【导语】这是一篇说明文。文章指出，大多数人学习数学多年，仍不会在生活中使用数学。关于这个问题，有两种解释。一种解释是，我们学得不够好，无法毫不费力地使用数学。另一个是我们不知道在哪里以及如何将数学应用于实际问题。教育研究人员建议要多训练如何把现实生活情境转化为数学问题。

【详解】1.要点摘录

- ① The question is why most people don't, in spite of spending many years practicing it.
- ② The first explanation blames the failure of education. In that sense, people were never taught math thoroughly enough to use it automatically in real life.
- ③ The second explanation is a little different. From this perspective, what people struggle with is not doing math, but recognizing where and how to apply math to real problems.
- ④ Educational researchers now emphasize the importance of transfer and deep understanding. They believe we need to give students more training in noticing and converting everyday situations into the math problems they know how to solve.

2. 镶密构思

将第1、2、3等三个要点进行重组，将第4个要点进行整合。

3. 谓词造句

Although spending many years practicing math, most people don't use it.

One explanation says that the failure of teaching math well enough to use it automatically is to blame.

Another explanation is that people struggle with recognizing where and how to apply math to real problems.

Educational researchers recommend more training in turning everyday situations into math problems.

【点睛】[高分句型 1]Most people don't use math in life, though they have learned it for years. (运用一个主从复合句对第一段进行概括。其中包含 though 引导的让步状语从句, 比较高级。)

[高分句型 2] One explanation is that we do not learn math well enough to use it effortlessly. (运用一个主从复合句对第二段进行概括。其中包含 that 引导的表语从句, 比较高级。)

14.浦东新区

The problem of electronic waste

We have gradually come to realise that in two ways in particular, modern hi-tech can be bad for the planet. The first is its energy use; the worldwide scale of information technology is so enormous that electronics now produce fully two percent of global carbon emissions, which is about the same as the highly controversial emissions of aeroplanes. The other is the hardware, when it comes to the end of its natural life. This, increasingly, is pretty short. We have hardly noticed this important stream of waste, so much so that a Greenpeace report on the untraced and unreported e-waste two years ago referred to it as "the hidden flow". We need to be aware of it.

The latest United Nations Environment Programme (UNEP) report estimates that worldwide, electronic waste is mounting by about 40 million tons a year. So what can we do about it?

The European Union has recognised the problem by adopting a key principle: producer responsibility. In other words, making it the duty of manufacturers of electronic goods to ensure their safe disposal at the end of their lives. In practice, an EU regulation now means that electronics dealers must either take back the equipment they sold you, or help to finance a network of drop-off points, such as public recycling sites. Its main feature is quite ambitious: it aims to deal with "everything with a plug".

The new UN report suggests that all countries could do something about the problem with a change in design. Groups such as Greenpeace have led the way in putting pressure on major manufacturing companies to find substitutes for the toxic chemicals inside their products. Encouragingly, they have had some success in forcing them to develop non-poisonous alternatives to these. This may be the real way forward.

【答案】We are increasingly aware that modern hi-tech can be bad for the planet, which includes its energy use and the hardware. The European Union has recognised the increasing electronic waste problem by adopting a key principle: producer responsibility. The new UN report suggests that all countries could do something about the problem with a change in design.

【解析】

【导语】本文是一篇说明文。文章介绍说, 我们已经逐渐意识到现代高科技对地球有害, 这包括它的能源使用和硬件。欧盟已经认识到日益严重的电子垃圾问题, 并采取了一项关键原则: 生产者责任。这份新的联合国报告表明, 所有国家都可以通过改变设计来解决这个问题。

【详解】1.要点摘录

①We have gradually come to realise that in two ways in particular, modern hi-tech can be bad for the planet. The first is its energy use; The other is the hardware, when it comes to the end of its natural life.

②The latest United Nations Environment Programme (UNEP) report estimates that worldwide, electronic waste is mounting by about 40 million tons a year. The European Union has recognised the problem by adopting a key principle: producer responsibility.

③The new UN report suggests that all countries could do something about the problem with a change in design.

2.缜密构思 将第1个要点进行总说, 将第2、3两个要点进行分说。

3.遣词造句

We are increasingly aware that modern hi-tech can be bad for the planet, which includes its energy use and the hardware.

The European Union has recognised the increasing electronic waste problem by adopting a key principle: producer responsibility.

The new UN report suggests that all countries could do something about the problem with a change in design.

【点睛】[高分句型1] We are increasingly aware that modern hi-tech can be bad for the planet, which includes its energy use and the hardware.运用that引导宾语从句对原文第一段进行概括。

[高分句型2] The European Union has recognised the increasing electronic waste problem by adopting a key principle: producer responsibility.用动名词作宾语对第三段进行了概括, 表达非常高级。

15.杨浦区

Should Hand Feeding Dolphins Be Encouraged?

Some tourist centers train Indo-Pacific bottlenose dolphins to approach beachside public sighting areas or boats by hand-feeding them small amounts of fish every day. Because hand-fed males aggressively attack each other over the food, putting themselves and nearby humans in danger, tourist centers focus their hand feeding only on female dolphins, says Valerie Senigaglia at Murdoch University in Perth, Australia.

But recent studies have shown that only 38% of the *calves* (崽) of hand-fed wild dolphins survive to three years of age, which is much lower than the average 77% survival rate for wild calves in general. To better understand why, Senigaglia and her colleagues evaluated the social behavior of dolphins around the Bunbury coast in Western Australia. In particular, they observed the individual behavior and movement of 35 dolphins, including 13 that had been hand-fed using a small boat. They regularly followed each dolphin for periods lasting from 20 minutes to 3 hours for two years in a row for a total of 180 hours.

They found that hand-fed dolphins swam in relatively large groups, but more readily broke away from them to join different ones. In general, they created weak ties with other group members. “You can feel lonely in a room full of people and it’s the same thing for dolphins,” says Senigaglia. Free-swimming dolphins that are fed by hand become less socially involved with their peers. As a result, their calves may grow up lacking vital social

skills-which could explain, at least in part, why they are twice as likely to die before reaching adulthood as wild calves generally.

No wonder animal right activists are calling on the practice of hand-feeding dolphins to be stopped.

【答案】Reference

Hand-feeding dolphins is practised at some tourist centers. However, studies have found it leads to greater risk of their calves' premature death. By following the dolphins' behavior for two years, researchers concluded it was because hand-feeding made dolphins have weaker social ties, causing their calves to lack social skills. Therefore, animal activists are appealing for a ban on the practice. (60)

Dolphins are hand-fed in some tourist centers. However, studies show the survival rate of hand-fed dolphins' calves is half that of wild dolphins' calves. By observing their social behaviors, researchers find hand-fed dolphins' weak social ties lead to their calves' lack of social skills, which partly explain their greater possibility of death. Therefore, hand feeding dolphins should be discouraged. (60 words)

【解析】

【导语】本文是一篇议论文。文章讨论是否应该人工喂养海豚的问题。研究发现, 人工喂养增加小海豚过早死亡的风险。通过对海豚的行为进行两年的跟踪, 研究人员得出结论, 这是因为人工喂养使海豚的社会关系变弱, 导致它们的幼崽缺乏社交技能。因此, 动物保护主义者呼吁禁止这种做法。

【详解】1. 要点摘录

①Some tourist centers train Indo-Pacific bottlenose dolphins to approach beachside public sighting areas or boats by hand-feeding them small amounts of fish every day.

②But recent studies have shown that only 38% of the *calves* (崽) of hand-fed wild dolphins survive to three years of age, which is much lower than the average 77% survival rate for wild calves in general.

③In particular, they observed the individual behavior and movement of 35 dolphins, including 13 that had been hand-fed using a small boat. They regularly followed each dolphin for periods lasting from 20 minutes to 3 hours for two years in a row for a total of 180 hours.

④As a result, their calves may grow up lacking vital social skills-which could explain, at least in part, why they are twice as likely to die before reaching adulthood as wild calves generally.

⑤No wonder animal right activists are calling on the practice of hand-feeding dolphins to be stopped.

2.缜密构思

将第1、2、5三个要点进行重组, 将第3、4两个要点进行整合。

3.遣词造句

Hand-feeding dolphins is practised at some tourist centers. However, studies have found it leads to greater risk of

their calves' premature death. By following the dolphins' behavior for two years, researchers concluded it was because hand-feeding made dolphins have weaker social ties, causing their calves to lack social skills. Animal activists are appealing for a ban on the practice.

【点睛】[高分句型 1]However, studies have found it leads to greater risk of their calves' premature death. (运用了省略了 that 的宾语从句)

[高分句型 2]: By following the dolphins' behavior for two years, researchers concluded it was because hand-feeding made dolphins have weaker social ties, causing their calves to lack social skills. (运用了动名词作宾语, 省略了 that 的宾语从句, because 引导的表语从句, 现在分词作状语)

16.长宁区

Men may eat more in summer

Winter may be seen as the time to fill up with food, but in fact, sunny summer months are when men eat more calories—unlike women.

The effect seems to occur because sunlight makes the skin release an appetite-stimulating *hormone* (激素), says Carmit Levy at Tel Aviv University in Israel. Levy and her colleagues noticed the effect in experiments in mice, in which male animals exposed to *UV light* (紫外线) ate more food.

To see if humans do the same, the team used data on about 3000 people who had filled in questionnaires as part of the Israeli government's national health and nutrition survey. Between March and September, the men consumed about 17 per cent more calories per day than they did during the rest of the year, while the women's food intake stayed about the same.

Human appetite is influenced by many complex systems, but a substance called ghrelin, a hormone produced in the body that stimulates appetite, seems to be the only hormone that directly stimulates eating. It was thought to be mainly produced by the stomach when empty. "It tells the brain to eat more," says Caroline Gorvin at the University of Birmingham, UK.

Further investigation revealed that exposing male mice to *UVB* (紫外线 B 段波) radiation, which is present in sunlight, raised levels of ghrelin production by fat cells in their skin. This was blocked by the female sex hormone, which may explain why the effect wasn't seen in the female mice or the women. Boosted ghrelin production was also seen in men's skin samples that were exposed to UV light in the lab.

Skin hasn't previously been thought to play a role in appetite, says Gorvin. The reason for the effect is unclear, but it may be an adaptive response to fuel greater physical activity in summer, says Levy.

【答案】During sunny summer months, males eat more, according to a government's survey. Maybe sunlight makes the skin release an appetite-stimulating *hormone*, called ghrelin which could directly stimulates eating. Further investigation even found that ghrelin production increased sharply in male mice and men exposed to *UVB* radiation. Possibly, it is to adjust to greater physical activity in summer.

【解析】

【导语】这是一篇说明文。文章介绍了政府的调查显示和女性不同, 男性在夏天会吃的更多。原因可能是因为阳光会导致皮肤释放一种叫做生长激素释放肽的荷尔蒙, 能刺激胃口。并且, 研究表明暴露于紫外线 B 段波辐射的雄性小鼠和男性皮肤中的生长激素释放肽释放的激增。科研人员说这可能也是身体对夏天男性的身体活动需要摄取更多的食物所做出的适应性变化。

【详解】1.要点摘录

①Winter may be seen as the time to fill up with food, but in fact, sunny summer months are when men eat more calories—unlike women.

②The effect seems to occur because sunlight makes the skin release an appetite-stimulating *hormone* (激素), says Carmit Levy at Tel Aviv University in Israel.

③To see if humans do the same, the team used data on about 3000 people who had filled in questionnaires as part of the Israeli government's national health and nutrition survey.

④Human appetite is influenced by many complex systems, but a substance called ghrelin, a hormone produced in the body that stimulates appetite, seems to be the only hormone that directly stimulates eating.

⑤Further investigation revealed that exposing male mice to *UVB* (紫外线 B 段波) radiation, which is present in sunlight, raised levels of ghrelin production by fat cells in their skin. Boosted ghrelin production was also seen in men's skin samples that were exposed to UV light in the lab.

⑥Skin hasn't previously been thought to play a role in appetite, says Gorvin. The reason for the effect is unclear, but it may be an adaptive response to fuel greater physical activity in summer, says Levy.

2.缜密构思

将第 1、3 两个要点进行整合, 将第 2、4 两个要点进行整合, 将第 5、6 两个要点进行重组。

3.遣词造句

During sunny summer months, males eat more, according to a government's survey.

Maybe sunlight makes the skin release an appetite-stimulating *hormone*, called ghrelin which could directly stimulates eating.

Further investigation even found that ghrelin production increased sharply in male mice and men exposed to *UVB* radiation.

Possibly, it is to adjust to greater physical activity in summer.

【点睛】[高分句型 1] Maybe sunlight makes the skin release an appetite-stimulating *hormone*, called ghrelin which could directly stimulates eating. (运用 which 引导定语从句)

[高分句型 2] Further investigation even found that ghrelin production increased sharply in male mice and men exposed to *UVB* radiation. (运用了 that 引导宾语从句)