

**2020 学年长宁区第一学期高三英语教学质量检测试卷**  
(满分 140 分， 考试时间 120 分钟)

**I. Listening Comprehension**

**Section A**

**Directions:** In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

- |   |   |
|---|---|
| 1. A. \$10.   | B. \$17.  |
| C. \$100.   | D. \$70.  |
| 2. A. At a department store.                        | B. At an airport.                                   |
| C. At a hospital.                                   | D. At a hotel.                                      |
| 3. A. Patient and doctor.                           | B. Coach and athlete.                               |
| C. Student and teacher.                             | D. Boss and secretary.                              |
| 4. A. Looking at a map.                             | B. Going on a diet.                                 |
| C. Attending a party.                               | D. Talking to Mary.                                 |
| 5. A. Go for an outing.                             | B. Buy some clothes.                                |
| C. Go swimming.                                     | D. Forecast the weather.                            |
| 6. A. She fully agrees with the man.                | B. She is uncertain about the weather.              |
| C. She disagrees with the man.                      | D. She thinks the man is always late.               |
| 7. A. Dr. Brian is always busy on Mondays.          | B. A waiter visited Dr. Brian last Monday.          |
| C. Patients can usually see Dr. Brian as scheduled. | D. Dr. Brian forgot to put the man on the schedule. |
| 8. A. She speaks highly of the man's decision.      | B. She is crazy about skydiving in the countryside. |
| C. She advises the man to go on holiday with Marc.  | D. She suggests that the man reconsider his plan.   |
| 9. A. Tom survived the accident unbelievably.       | B. The police helped him come out of the car.       |
| C. The wall was knocked down completely.            | D. Tom's car was still in good condition.           |
| 10. A. It's convenient to shop in supermarkets.     | B. Convenience stores are not really convenient.    |
| C. Certain items sell well in convenience stores.   | D. Customers pay more in convenience stores.        |

**Section B**

**Directions:** In Section B, you will hear two short passages and one longer conversation, and you will be asked several questions on each of the passages and the conversation. The passages and the conversation will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper and decide which one would be the best answer to the question you have heard.

**Questions 11 through 13 are based on the following passage.**

11. A. The balance between school work and exercise.  
B. The link between a healthy body and a healthy mind.  
C. The change of the timetable in public schools.  
D. The strong scientific evidence of staying healthy.
12. A. By allowing students to do physical exercise.  
B. By asking students to do problem-solving tasks.  
C. By doing experiments on American students.  
D. By persuading teachers to improve students' grades.
13. A. Students had more chances to do exercise.  
B. Physical education courses became popular.  
C. Students did better in their school work.  
D. Running for 40 minutes a day was required.

**Questions 14 through 16 are based on the following passage.**

14. A. Sisters. B. Classmates.  
C. Relatives. D. Pen friends.
15. A. The club encouraged its members to make friends.  
B. Making a long-distance call at that time was costly.  
C. Writing to each other helped to improve school work.  
D. Instant communication wasn't available for average people.
16. A. Maggie and Tessa had met before.  
B. Maggie's long blond hair was eye-catching.  
C. Tessa called Maggie with a cellphone.  
D. Maggie's grandchildren spotted Tessa.

**Questions 17 through 20 are based on the following conversation.**

17. A. The great demand for tourists. B. The endangered food supplies.  
C. The difficulty to keep warm. D. The extreme and changeable weather.
18. A. It's going to rain. B. A clear sky will appear soon.  
C. It's going to snow. D. It will be unseasonably warm.
19. A. Once a week. B. Three times a day.  
C. Every other day. D. Twice a week.
20. A. To enjoy a bird's-eye view of Alaska. B. To learn how to fly a bush plane there.  
C. To experience sending mails to St Lawrence. D. To help to take food supplies to Alaska.

## II. Grammar and vocabulary

### Section A

**Directions:** After reading the passage below, fill in the blanks to make the passage coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

For perhaps the first time in the history of modern education, millions of primary and secondary students may begin the new school year from home. Pupils in England should return to schools in September, but Covid-19 cases 21 (rise), so this may not be possible. Scientists also warn that there will be many more cases when pupils return to schools. Some parents may choose not to send their children back 22 their family's safety.

Teachers are worried about children who 23 (fall) behind in their school work. Parents and carers are feeling anxious about the need to balance work and home schooling. But an experiment by an 18th-century French schoolmaster, Jackboot, may help them to worry less about home schooling.

Jackboot had to teach in Belgium. His pupils spoke only Flemish, and he spoke only French. He gave his students a novel 24 (write) in his mother tongue and a French dictionary. He encouraged them to teach themselves. It worked.

Learning does not only happen when someone older puts information into the learner's mind. Think about how often children and even adults learn from trial and error, from learning to ride a bike to 25 (use) a new technology. Learning happens when you ask children difficult questions at the dinner table, encourage them to build a tree-house or find things for themselves on Wikipedia.

In the 18th century, when only the sons of rich men got a school education, Jackboot wanted to show 26 poor children could learn. Parents could teach them by encouraging and asking questions. It's the same today. 27 students have the right resources 28 (explore) ideas for themselves, many people can "teach" – including carers and parents during a pandemic (流行病). However, some poorer students will do worse 29 they do not have access to the Internet.

Jackboot showed that learning does not only happen in a classroom and that human beings are learning beings: they know hardly anything at birth 30 seek out and develop incredible capacities. That should

make us less worried about children during this difficult time and more hopeful about ourselves.

## Section B

**Directions:** Fill in each blank with a proper word chosen from the box. Each word can be used only once. Note that there is one word more than you need.

A. curiosity	B. inspired	C. vision	D. communication	E. possibilities	
F. committed	G. hooked	H. investigate	I. challenging	J. recognize	K. attention

I've always been an optimist and I suppose that is rooted in my belief that the power of creativity and intelligence can make the world a better place. For as long as I can remember, I've loved learning new things and solving problems in seventh grade. So when I sat down at a computer for the first time, I was 31. It was an old Teletype machine. But it changed my life. When my friend and I started Microsoft, we had a 32 of "a computer on every desk and in every home," which probably sounded too optimistic, but we believed personal computers would change the world. And they have.

After 30 years, I'm still as 33 by computers as I was back in seventh grade. I believe computers are the most incredible tool we can use to feed our 34 and inventiveness to help us solve problems. Computers have transformed how we learn, giving kids everywhere a window into all of the world's knowledge. They're helping us build 35 around the things we care about and stay close to the people who are important to us, no matter where they are.

Like my friend Buffett, I feel particularly lucky to do something every day that I love to do. He calls it "tap-dancing to work." My job at Microsoft is as 36 as ever, but what makes me "tap-dance to work" is when we show people something new, like a computer that can 37 your handwriting or your speech, and they say, "I didn't know you could do that with a PC!"

I believe that my own fortune brings with it a responsibility to give back to the world. My wife and I have been 38 to improving health and education in a way that can help as many people as possible. I'm still optimistic, and I believe that progress on even the world's toughest problems is possible. We're seeing new drugs for deadly diseases, and new 39 paid to the health problems in the world.

I'm excited by the 40 I see for medicine, for education and of course for technology. And I believe that through our natural inventiveness, creativity and willingness to solve tough problems, we're going to make some amazing achievements in all these areas in my lifetime.

## III. Reading Comprehension

### Section A

**Directions:** For each blank in the following passage there are four words or phrases marked A, B, C and D. Fill in each blank with the word or phrase that best fits the context.

Since Peter Singer published *Animal Liberation* in 1975, animal rights activists thought animals should be granted the same rights as humans. Referring to scientific studies showing animals 41 "human characteristics", they argue animals should be protected with the same rights. So why don't animals have the same legal status (身份) as humans?

The line of reasoning in favor of granting animals equal rights to humans 42 the fact that scientists have found characteristics in animals we normally 43 with humans. A group of scientists showed monkeys demonstrate self-consciousness at the same level as humans. This has usually served as a justification for human rights, so why don't we grant equal rights to monkeys?

The truth is, 44 convincing scientific evidence, the argument for granting at least some animals the same rights as humans can't be justified philosophically. An adequate argument for animal rights would require further philosophical inquiry and not just descriptive 45. We can feel pity for animals being treated badly and strive to protect them from such treatment. This, 46, doesn't mean animals should enjoy the same legal status as humans.

There is a strong reason for 47 that rights only apply to humans. While fundamental rights surely are valuable in their nature, they would be worthless without a system to 48 them. That is why we expect other people to respect our rights.

The system that defends our rights is the fact that other people are obliged by 49 in their behaviors towards us. In our daily life, we experience numerous situations in which bad guys could 50 from violating(侵犯) our rights. Nevertheless, we see, of course, with some exceptions, that individuals cooperate and respect other people's rights. Rights and duties are two sides of the same coin, and one cannot 51 to have certain rights without having to observe the duties

If it is my claim to live freely on my property without being bothered, my neighbor's duty prevents him from violating my right to property and life. Suppose, however, he breaks in and damages my property. He will then be held responsible in a court of law, for he has 52 his duty to respect my rights. This is completely reasonable, but we will certainly face 53 if my property was violated by an elephant.

If we assume that animals are granted the same legal status as humans, 54 requires that we now drag the elephant into court. Remember, if an animal were to have such rights, it would logically also have social duties. Therefore, it is now 55 to the same legal procedures as humans. This raises practical questions: Who will defend the animal in court? And will the animal be able to comprehend what is going on?

- |                    |                 |                |                 |
|--------------------|-----------------|----------------|-----------------|
| 41. A. acquiring   | B. desiring     | C. displaying  | D. respecting   |
| 42. A. explores    | B. challenges   | C. overlooks   | D. emphasizes   |
| 43. A. treat       | B. associate    | C. deal        | D. bear         |
| 44. A. considering | B. despite      | C. instead of  | D. according to |
| 45. A. conclusions | B. performances | C. experiments | D. messages     |
| 46. A. in return   | B. for instance | C. therefore   | D. however      |
| 47. A. denying     | B. maintaining  | C. recognizing | D. suggesting   |
| 48. A. approve     | B. demand       | C. ensure      | D. reserve      |
| 49. A. contracts   | B. possession   | C. faith       | D. duties       |
| 50. A. profit      | B. keep         | C. learn       | D. result       |
| 51. A. afford      | B. claim        | C. pretend     | D. determine    |
| 52. A. assigned    | B. declared     | C. failed      | D. fulfilled    |
| 53. A. dangers     | B. questions    | C. charges     | D. obstacles    |
| 54. A. agreement   | B. justice      | C. criticism   | D. frustration  |
| 55. A. open        | B. addicted     | C. subject     | D. relevant     |

## Section B

**Directions:** Read the following three passages. Each passage is followed by several questions or unfinished statements. For each of them there are four choices marked A, B, C and D. Choose the one that fits best according to the information given in the passage you have just read.

### A

The first thing we notice about new people are their faces. The next time we see these people, we remember them because we remember their faces. This seems like a simple process. However, scientists found that it is not such a simple process. The section of the brain that is responsible for face recognition seems to work differently for different people. Some people have great difficulty remembering and recognizing faces, while others almost never forget a face.

Normal babies are born with a natural ability to recognize faces. In fact, their face recognition abilities are much better than their parents. Babies are highly skilled at face recognition at six months. But by nine months, they lose this skill. By nine months, a baby's face-recognition skills are about the same as an adult's.

Unfortunately, some people are not born with this ability to recognize faces. The part of the brain that is responsible for face recognition doesn't work for them. This condition is called face blindness. People with very severe face blindness cannot even recognize their own faces. In fact, people with this condition can sometimes be





stick to the most popular or most frequently used ones to be safe,” he tells CNBC Make It.

● **Understand the algorithms** (算法)

“ATS algorithms aren’t that different from the human algorithms,” Jon Shields, marketing manager at Jacobson, tells The Muse. “We’re all kind of skimming for the same things,” he says. The system first skims your application for specific key words, then it ranks candidates who match the job description well. This doesn’t mean you should copy and paste directly from the job description into your application. You should reuse expressions that are recognized industry terms. This is important when listing job titles, qualifications or achievements. If you’re not sure which ones to include, use an online tool to find the right words. Basically, even if you are highly qualified, unless you include the right search terms in your application, a human recruiter will never meet you.

60. Applicant-tracking systems (ATSs) are used for \_\_\_\_\_.  
A. formatting the uploaded applications  
B. collecting applicants’ data from their applications  
C. helping companies find qualified candidates  
D. promoting applicants’ career development
61. Which of the following is **NOT** DEBORAH CAPRAS’ advice?  
A. Check the format used in your application before uploading it.  
B. Keep the structure and format of your application simple.  
C. Stick to the most popular or frequently used categories.  
D. Avoid using expressions that are recognized industry terms.
62. This brochure mainly talks about \_\_\_\_\_.  
A. where applicants should send their applications  
B. how applicants could get their applications past ATSs  
C. what applicants must do in preparing for an interview  
D. why ATS algorithms work in the same way as human’s

C

In 2020, we can expect new developments in voice technology. These include technology that can understand regional accents and gender-neutral (中性的) voice assistants. People have criticized products such as Alexa and Siri because they often misunderstand women and people with regional accents. In response to this criticism, the voice tech industry is trying to become more inclusive by introducing a range of new projects. One study asked people to read out different news headlines and then looked at what Alexa thought people had said. The difference between what the people said and what Alexa understood was 30% bigger for people with non-native accents. Recent research also shows that Google’s speech recognition is 13% more accurate for men than it is for women.

A project that wants to make voice tech more inclusive is Project Q. It is a gender-neutral voice assistant expected to be launched in 2020. “Current voice technology is gendered,” says Ryan Sherman, of Project Q. “Siri or Google Assistant mainly start out as female by default (默认), so we asked a question: why do we gender AI? Research shows that female voices are more compliant. Male voices indicate superiority and intelligence. All voice tech only offers two options.”

Project Q launched in 2019 with a prototype voice developed by non-binary (非二元性别的) linguists. They asked a sample of 4,500 people from across Europe whether it sounded male or female. The answers were split 50/50. “We want this voice to be used in voice assistants but also in metro stations, games, etc. There is huge potential,” says Sherman.

Other companies are also trying to diversify voice tech. Mozilla launched the Common Voice project in 2019 to find global voices to help diversify AI speech. “Companies that started years ago with voice recognition often got their data from public radio,” said Katharina Borchert, from Mozilla. “Those were mostly male, native speakers with really trained voices. There are not a lot of female voices, and it doesn’t have people with regional accents. That’s why the early version had real problems understanding women. So the larger the diversity of

speakers, the greater the quality in the end.”

The BBC is developing a voice assistant called Beeb to be launched in 2020, designed to respond to users’ requests. Mukul Devichand, executive editor of voice and AI, says it is also looking at how to respond better to regional accents. “We’ve been involving people from all corners of the country to make sure that our conversation assistant represents regional accents,” he says.

Dr Saul Albert, of Loughborough University, is not sure that these projects give full assistance and highlights one area that needs attention. “Amazon, Google and other technology companies are going to have to involve disabled people in design,” he says. “There are standard features in products like the Google Home and the Amazon Echo, as well as Google’s Euphonia project, which learns the voice patterns of users with speech impairments (障碍).”

Dr Leigh Clark, of Swansea University, is more optimistic, but he says there are still important things to remember when developing some of these projects: “If we have gender-neutral voices, do these become the norm or do these become another option for the user to choose?”

63. The products like Alexa and Siri were criticized, because \_\_\_\_\_.
- A. their voices got from Europeans were split into half male and half female
  - B. they had difficulty recognizing women and those with regional accents
  - C. regional accents and gender-neutral voice assistants were included
  - D. they boasted about the great efficiency of their voice assistants
64. How did the companies solve the problem of understanding women?
- A. By launching Project Q and developing Beeb.
  - B. By collecting voice data from public radios.
  - C. By adding regional accents to the data base.
  - D. By diversifying voice tech with global voices.
65. What’s the principle of designing voice assistants?
- A. Voice assistants mainly started out as female by default.
  - B. Standard features must be included in voice assistants.
  - C. The more diverse the speakers, the greater the quality in the end.
  - D. Users with speech impairments can’t have the priority in design.
66. What’s the best title of this passage?
- A. Expecting new developments in voice tech.
  - B. Responding to users with speech impairments.
  - C. Solving the problem of understanding women.
  - D. Developing voice assistants for metro stations.

### Section C

**Directions:** Read the passage carefully. Fill in each blank with a proper sentence given in the box. Each sentence can be used only once. Note that there are two more sentences than you need.

- |  |
|--|
| <ul style="list-style-type: none"><li>A. The arguments among her New Zealand-based suppliers about the use of live animals became heated.</li><li>B. They can respond to questions, swim happily in tanks and are not harmed by close contact with visitors.</li><li>C. He added that the robots did not cost anything to keep and didn’t need temperature-controlled water.</li><li>D. A robotic bottlenose dolphin cost four times more than normal dolphins but would last much longer.</li><li>E. In nature, dolphins live in close family groups, but in captivity, they’re forced to interact with strangers.</li><li>F. He believed it’s time to change marine parks to be more humane and to make more money at the same time.</li></ul> |
|--|

Entrepreneurs in New Zealand are working with American designers to develop robotic dolphins that look almost exactly the same as real dolphins. \_\_\_\_\_ 67 \_\_\_\_\_ A robotic dolphin can nod an answer to a child. It might not sound attractive or may even sound worrying, but as marine parks around the world are under pressure to stop using real whales and dolphins, the creatures are an attractive alternative, their creators say.

“Marine parks have been making less money for more than ten years because many people think the parks

are cruel and because of the cost of live animals, but people still really want to learn about and experience these animals,” said Roger Holzberg, a Californian designer of the life-size robot bottlenose dolphins. \_\_\_\_\_ 68

“We have to persuade marine park owners that these dolphins can make them money, even more money than live animals,” Holzberg said. \_\_\_\_\_ 69 On average, bottlenose dolphins live for less than 20 years in captivity but 30 to 50 years in the wild.

Melanie Langlotz, one of the entrepreneurs behind the project, has a background in reality games. “It became clear that any large aquarium, in order to compete with any other aquarium, would need to have all the big animals on display, such as dolphins and sharks,” she said. “The bigger, the better.” \_\_\_\_\_ 70 Finally, the group decided to use robotic animals instead of live ones. The sample robotic dolphin, Langlotz said, weighs more than 270kg. A test audience was unable to guess the dolphin was not real, she added. Animal rights supporters also welcomed the change, hoping robotic dolphins would replace real ones in marine parks worldwide.

#### IV. Summary Writing

**Directions:** Read the following passage. Summarize the main idea and the main point(s) of the passage in no more than 60 words. Use your own words as far as possible.

If you're like most of the world, you make time for following friends on social media. That is not a bad thing at all. Positive posting and communication can help improve your confidence and sense of connection to others. It can be surprisingly easy, though, to unconsciously slip into less healthful behavior on social media, and that can lead to anxiety and depression. New research has identified which habits can lead to troubles.

Do you feel jealous every time you read on social media about your cousin's beautiful new home or your boss' exciting European vacation? “Surveillance” (监视) of those you know in order to get an inside look of their material success is a potentially destructive behavior, according to researchers at the University of Missouri. Measuring material or lifestyle achievements of someone you know can lead to negative feelings, and can easily lead you to create tension in a relationship where there was none.

A second study by the University of Missouri found that people who post often -- about anything and everything they are doing -- experience more troubles in their marriages and romantic relationships than those who don't post about their lives in detail. Another study by researchers at Boston University also found that heavy social media users are 32% more likely to think about leaving their husbands or wives.

This is most likely because over-sharing your life with others by direct messaging and posting images can create relationship conflict. Not only are you potentially developing bonds with new people, but also that bonding may deepen and affect your own relationship, according to the study of a doctoral student, Russell Clayton.

#### V. Translation

**Directions:** Translate the following sentences into English, using the words given in the brackets.

72. 我在玩纵横字谜时拼错一个词，卡住了。(stick)
73. 这套房有两居室，小的那间可用做书房。(serve)
74. 尽管我们在生活中会遇到困难，但人人都有机会让他人的生活有所改变。(regardless)
75. 在互联网时代，便捷和风险共生，只有具有风险防范意识方能拥有安全感和获得感。(unless)

#### VI. Guided Writing

**Directions:** Write an English composition in 120-150 words according to the instructions given below in Chinese.

随着城市的发展，许多历史建筑被夷为平地。这些建筑所承载的文化和历史也随风而去。应该怎样对待这些历史建筑呢？请就此谈谈你的看法。



2020 学年第一学期高三英语教学质量检测试卷  
参考答案

一、听力

1--5 DBCBA      6--10 CCDAD      11--13 BCA

14--16 DAB      17--20 DCBA

二、语法与词汇

21. are rising/ have been rising    22. for    23. have fallen    24. written    25. using    26. how    27. If    28.  
to explore    29. because/ as/ since/for    30. but

三、阅读

31--35 GCBAD    36--40 IJFKE

41--45 CDBBA    46--50 DBCDA    51--55 BCDBC

56--59 BCBD    60--62 CDB    63--66 BDCA    67-70 BFCA

四、概要写作

It's normal to follow others on social media. Positive behaviors on it help improve your confidence and sense of connection to others while inappropriate behaviors may make you feel anxious and depressed. Reading too much of others' material success may cause negative feelings, and over-sharing your life with others may also create relationship conflicts. (57 words)

五、翻译

1. I got stuck    when I misspelled a word    in a crossword puzzle.  
1 分                      1 分                      1 分
2. There are two bedrooms in the flat,    the smaller of which serves as a study.  
1 分    1 分                      1 分
3. Each of us, regardless of    what difficulties we may encounter/meet in life,  
1 分    1 分  
has a great opportunity    to make a difference in the lives of others.  
1 分    1 分
4. In an age/era of the Internet,    when convenience and risks coexist,  
1 分    1 分  
we cannot have a sense of achievements and safety, unless we have  
1 分    1 分  
the consciousness of risk prevention.  
1 分

六、写作 (略)

## 长宁区 2020 学年第一学期高三英语教学质量检测试卷 听力文字稿

### I. Listening Comprehension

#### Section A

**Directions:** In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

1. W: Have you tipped the waitress?  
M: Yes. \$7. 10% of our bill, right?  
Q: How much did their meal cost?
2. M: Please put your baggage on the scale... Ok, here is your boarding pass and baggage tag. The boarding gate is 308 and the boarding time is 9:30.  
W: Thank you very much.  
Q: Where does this conversation most probably take place?
3. M: Mrs. Snyder, how can I make up for the class I missed? I had an accident in last week's football game.  
W: Well, we just finished Unit 6, so I'd like you to review that unit and finish the exercises on Page 36.  
Q: What is the probably relationship between the two speakers?
4. M: Your sister, Mary, didn't recognize me at first at Lucy's party yesterday.  
W: I'm not surprised. Why on earth don't you lose some weight?  
Q: What is the woman's suggestion?
5. W: Why are you wearing a coat today? It's getting warmer.  
M: You never know what the weather will be like in the mountain.  
Q: What will the two speakers probably do?
6. M: I'm certain we've never had as much rain as we're having lately.  
W: Haven't we, ever?  
Q: What do we learn from the woman's response?
7. M: When I went to see Doctor Brian last Monday, I spent over an hour in the waiting room.  
W: Really? Something must have come up that day.  
Q: What does the woman imply?
8. M: Marc and I have decided to go skydiving in the countryside this summer holiday.  
W: Are you crazy? Why don't you give it a second thought?  
Q: What does the woman mean?
9. W: It's surprising that Tom came out of an accident alive, and he called the police.  
M: That's true. It's very dangerous. You know, his car crashed into the wall and was completely damaged.  
Q: What was the consequence of the accident?
10. M: This is a very good convenience store. You can buy almost everything here!  
W: But you pay for the convenience. Things are expensive here. I prefer shopping in the supermarket.  
Q: What do we learn from the conversation?

#### Section B

**Directions:** In Section B, you will hear two short passages and one longer conversation, and you will be asked several questions on each of the passages and the conversation. The passages and the conversation will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper and decide which one would be the best answer to the question you have heard.

**Questions 11 through 13 are based on the following passage.**

Good morning, everyone. Last week, we discussed the link between a balanced diet and good health; this week we're looking at the link between a healthy body and a healthy mind. More than 2,000 years ago in ancient Rome, the poet Juvenal said, "A healthy body produces a healthy mind."

For years, people had linked the two, but it was only in the 1960s that solid scientific evidence started appearing. In the decades that followed, study after study confirmed what the ancient poet had already known: keeping fit really does help the brain work better.

In the 2000s, a team of medical researchers found out that students who did exercise before or during classes performed better in their school work. They conducted an experiment where one group of students ran for thirty minutes a day, while another group didn't do anything in particular. The students were then given a problem-solving task. The students who had exercised did 10% better at solving the problem than those students who hadn't done it.

In another experiment, a different group of students did physical exercise for forty minutes each day instead of forty minutes a week, and their overall grades improved by 14%. As a result of these experiments, many schools across the US changed their timetables, allowing more time for physical activity. Students who had previously not been physically active during the school day now had a chance to exercise.

**(Listen again, please.)**

11. What is discussed in this week's program?
12. How did the researchers prove what the poet Juvenal had said?
13. What was the influence of these experiments on U.S schools?

**Questions 14 through 16 are based on the following passage.**

In the 21st century world, where instant communication is possible, it is easy to forget that things were once very different. Seventy years ago, Maggie Wilkinson and Tessa Langley became good friends. At that time, when smart-phones didn't exist and a mouse was something you wouldn't dare to have on your desk, they managed to make friends despite being 5,000 miles apart, using only pen and paper.

Maggie and Tessa, who are now in their eighties, have been writing to each other ever since. How did they do it? The answer is simple: they were both members of a club, which was set up to encourage friendships between children from different countries.

At first sight, Maggie was a shy English girl. She lived in a small flat in east London. The first letter from Tessa, in which she described her life and family, came as a big surprise. "It was so exciting," says Maggie, "I'd never travelled abroad before. Now, I was writing to an American girl on a huge farm in Colorado!"

Maggie and Tessa kept writing to each other for twenty-five years before their first meeting. Then, one summer, Tessa came to England on a family holiday and met up with her penfriend at Paddington Station in London. Maggie, whose long blond hair made her stand out from the crowd, was easy to spot. "I recognized Maggie from her photograph, but she was much taller than I thought," says Tessa.

Maggie and Tessa hit it off in person, just as they had on paper; now their grandchildren have also become friends. "They all get on very well with each other, but of course, they don't write paper letters!" laughed Tessa. "They keep in touch on social media."

**(Listen again, please.)**

14. What's the relationship between Maggie and Tessa?
15. Why did Maggie and Tessa write to each other?
16. Why did Tessa spot Maggie immediately at Station?

**Questions 17 through 20 are based on the following conversation.**

**Reporter:** Today, we're talking to Brad, a bush pilot from a national park in Alaska. The park is huge and its size is 20,000 square miles of mountain wilderness. It's not surprising that the most popular form of transport is bush plane. A bush plane pilot is an unusual job, and it's also very dangerous. Brad, what exactly are the dangers?

**Brad:** Well, the weather is unbelievably extreme and pretty changeable. A clear sky might suddenly become cloudy without warning, with very little visibility.

**Reporter:** What about today's flight? What's the weather forecast?

**Brad:** Well, they say it'll be unseasonably warm and sunny, but we'll see. There are clouds on the horizon, which tells me it's going to snow later. We might have to cancel the afternoon flight. When wet snow sticks to the plane wings, it's impossible to gain height.

**Reporter:** Better to be safe than sorry, I suppose. And where are you flying today?

**Brad:** I'm taking food supplies and mail to St Lawrence.

**Reporter:** How often do planes fly out there?

**Brad:** Usually three times a day, as long as the weather is good. On today's flight, there are a handful of tourists too. There's quite a demand for tours at the moment, so I'm going to fly over some remote glaciers and ice-falls—they're pretty awesome.

**Reporter:** It sounds like a fantastic experience.

**Brad:** It is. Come in and I'll take you for a quick tour.

**Reporter:** Sure, thank you.

**(Listen again, please.)**

17. What is the danger for a bush plane pilot?

18. What will the weather be like later if there are clouds on the horizon?

19. How often do bush planes fly out to St Lawrence if weather permits?

20. Why do tourists want to take such a flight?

**That's all for listening comprehension!**