

### P3 回答练习要求:

1. 反复朗读这个回答, 甚至背诵
2. 做填空练习。在可以顺畅填空成功之前不要停止练习。

说明: 以下回答中的部分生词, 来自相应的阅读文章。

#### 1. How important are the first few years of a child's life? (本题来自文章 *Princess Kate launches new passion project focused on kids*)

They're extremely important. These years play a key role in a child's future life in a variety of aspects, like physically, cognitively, socially and emotionally. I've read that toddlers that constantly interact with their parents ... like for example, if a mom always talks to her daughter, reads to her, smiles at her, chances of this girl becoming a well-rounded teenager and adult are very high. But the problem is, many people don't know the benefits of these things, so we need high-profile figures to help raise people's awareness.

*play a key role in sth* 在...中扮演关键角色

*aspect* 方面

*cognitively* 在认知方面

*toddler* 学步的孩童

*constantly* 不断地

*interact with sb* 和某人互动

*chances* 几率

*well-rounded* 全面发展的

*high-profile figures* 引人注目的人物、地位很高的人物

*raise people's awareness* 提升人们的认识/了解

They're e\_\_\_\_\_t. These years p\_\_\_\_\_e in a child's future life in a v\_\_\_\_\_,  
like physically, cognitively, socially and emotionally. I've read that t\_\_\_\_\_s that c  
t with their parents ... like for example, if a mom always talks to her daughter, reads to her, smiles  
at her, chances of this girl becoming a w\_\_\_\_\_d teenager and adult are very high. But the  
problem is, many people don't know the benefits of these things, so we need h\_\_\_\_\_s to  
help raise people's a\_\_\_\_\_s.

#### 2. What are the impacts of artificial intelligence? (本题来自文章 *Why US Schools Are Blocking ChatGPT*)

Um, I don't know that much about artificial intelligence, only that it can come up with answers to some of our questions instantly. But one thing I've heard is that it might interfere with how people develop as students and then later as members of society. We don't only acquire information at school, we also develop our critical-thinking and problem-solving skills, which are essential to academic and lifelong success. However, with the interference of AI, which can provide quick and

easy answers to questions, we might find it harder to gain and sharpen these skills.

*come up with* 想出、提出...

*instantly* 立即、马上

*interfere with sth* 干涉、妨碍...

*acquire/gain information* 获得信息

*critical-thinking and problem-solving skills* 批判性思维和解决问题的能力

*be essential for academic and lifelong success* 对学术和终身成功至关重要

*sharpen skills* 打磨、磨炼技能

Um, I don't know much about artificial intelligence, only that it can catch answers to some of our questions instantly. But one thing I've heard is that it might interfere with how people develop as students and then later as managers. We don't only learn at school, we also develop our critical-thinking skills, which are essential to academic and lifelong success. However, with the interference of AI, which can provide quick and easy answers to questions, we might find it harder to gain and sharpen skills.

### 3. What are some ways for people to relax? (本题来自文章 *Four easy stress relievers for students*)

We can relax in a variety of ways, like doing some meditation, listening to some calming music, taking a short nap, taking a walk or jogging around the neighborhood. In my case, I like to meditate for 5 minutes every day, which I think more people should take up. So after some work or studying, you take a break, close your eyes, empty your mind, focus on your breathing and try to stay in the present. This is one of the most relaxing things people can do and it also works wonders in various other ways.

*meditation* n. 冥想

*calming* 令人平静的

*jog* 慢跑

*in my case* 我自己的情况是

*take sth up* 开始从事、喜欢上...

*take a break* 休息一下

*empty your mind* 清空大脑

*stay in the present* 活在当下

*work wonders* 有惊人的效果

We can relax in many ways, like doing some meditation, listening to some calming music, taking a short nap, taking a walk or jogging around the neighborhood. In my case, I like to meditate for 5 minutes every day, which I think more people should take up. So after some work or studying, you take a break, close your eyes, empty your mind, focus on your breathing and try to stay in the present. This is one of the most relaxing things people can do and it also works wonders in various other ways.

**4. What makes a person truly happy? (本题来自文章 *The Decision to Become a Nurse*)**

Wow, that's a big question. It's hard to say, but I've just read about someone who decided to become a nurse because she's passionate about helping others. She discovered her passion and just decided to pursue a career in healthcare. She said, and I quote, "I've found my calling in life. Although this career comes with many challenges, it is incredibly rewarding." So perhaps one way to find true happiness is just to find your calling, and to be able to make a meaningful impact in the world.

*be passionate about sth* 对某事充满热情

*pursue a career in healthcare* 在医疗领域从事工作

*quote* 引用某人说的话

*find one's calling* 找到自己的使命

*incredibly rewarding* 非常有成就感/收获感

*make a meaningful impact in the world* 在世界上产生有意义的影响

Wow, that's a big question. It's h\_\_\_\_\_, but I've just r\_\_\_\_\_o decided to become a nurse because she's p\_\_\_\_\_. She d\_\_\_\_\_n and just decided to p\_\_\_\_\_. She said, and I quote, "I've f\_\_\_\_\_g in life. Although this career c\_\_\_\_\_, it is i\_\_\_\_\_g." So perhaps one way to f\_\_\_\_\_s is just to find your calling, and to be able to m\_\_\_\_\_t in the world.

---

**5. What are some trends in the post-pandemic world? (本题来自文章 *The long road for Greece's digital nomads*)**

Well, I can't think of some trends, but one is that more and more people are choosing to work from home. Of course, if they can work from home, they can work from anywhere, right? I've learned that Greece has been trying to attract a community of remote workers in order to boost its tourism and economy after over a decade of crisis. But not only in Greece, there's a hub for digital nomads in Bali and Portugal and many other places. So yeah, more and more people are considering moving somewhere ... somewhere beautiful, especially. Perhaps you can look at the sea out of your window as you work, which is really cool!

*work from home* 在家里工作

*remote workers* 远程工作者

*boost sth* 推动、促进...

*crisis* 危机

*a hub for digital nomads* 数字游民的中心/枢纽

Well, I can't t\_\_\_\_\_f some trends, but one is that more and more people are c\_\_\_\_\_. Of course, if they can work from home, they can w\_\_\_\_\_, right? I've learned that

Greece has \_\_\_\_\_ to attract a community of residents in order to bring \_\_\_\_\_ after over a decade of crisis. But not only in Greece, there's a huge \_\_\_\_\_ in Bali and Portugal and many other places. So yeah, more and more people are considering moving somewhere ... somewhere beautiful, especially. Perhaps you can look at the sea out of your window at \_\_\_\_\_, which is really cool!

---

**6. What are the differences between country life and city life? (本题来自文章 *Surge in housing prices in San Francisco*)**

Off the top of my head, the cost of living is one big difference. There are more high-paying jobs in the city, so there's been a wave of people moving to urban areas, but this has led to a rise in housing prices. It's incredibly expensive to buy an apartment, it's also costly to rent one, which is definitely the case in Beijing, where I live. So a large number of people struggle to find affordable housing here. Residents in Beijing have to turn to alternative options, like co-living. But it's more important for the government to take action to address the housing crisis. By contrast, the cost of living in the countryside is lower, but at the same time, you can't find that many good job opportunities.

*off the top of my head* 我立刻想到的是

*cost of living* 生活成本

*high-paying job* 高薪的工作

*a wave of people* 很多人、蜂拥

*urban* 城市的

*lead to a rise in housing prices* 导致房价上涨

*incredibly* 难以置信地、非常

*costly* 昂贵的

*... is the case* 是这样的

*struggle to find affordable housing* 难以找到经济实惠的住房

*resident* 居民

*turn to alternative options* 转向其他选择

*co-living n.* 共同居住 (在同一间/一栋房子)

*take action to address the housing crisis* 采取行动解决住房危机

Off the top of my head, the \_\_\_\_\_ is one big difference. There are more \_\_\_\_\_s in the city, so there's been a wave of people moving to \_\_\_\_\_s, but this has \_\_\_\_\_s. It's \_\_\_\_\_e to buy an apartment, it's also \_\_\_\_\_y to rent one, which is definitely the case in Beijing, where I live. So a large number of people \_\_\_\_\_g here. \_\_\_\_\_s in Beijing have to \_\_\_\_\_s, like co-living. But it's more important for the government to \_\_\_\_\_n to a \_\_\_\_\_. By contrast, the cost of living in the countryside is lower, but a \_\_\_\_\_e, you can't find that many good j\_\_\_\_\_s.

---

**7. Why is it easy for some people to give up when they're trying to achieve some goals? (本**

题来自文章 *What should you do in your 20s*)

Wow, this is a difficult question ... first, let me think about how we can stick to a goal and not give up easily. I believe it's important to start small. Like if you're trying to develop the habit of running every day, don't run too much on the first day ... um, you can run one kilometer for a week, and then one and a half the next week. So start small and challenge yourself to add something little each week. This way, it'll be a healthy habit that you can hold onto. So yeah, some people give up easily just because they start big, rather than small, and then they find it very hard to persist.

*stick to a goal* 坚持目标

*develop a habit* 培养一个习惯

*this way* 这样的话

*hold onto sth* 坚持...

*persist* 坚持、持之以恒

Wow, this is a difficult question ... first, let me think about how we can s\_\_\_\_\_l and n\_\_\_\_\_p easily. I believe it's important to s\_\_\_\_\_l. Like if you're trying to d\_\_\_\_\_, don't run too much on the first day ... um, you can run one kilometer for a week, and then one and a half the next week. So start small and c\_\_\_\_\_k. This way, it'll be a h\_\_\_\_\_t that you can h\_\_\_\_\_o. So yeah, some people give up easily just because they start big, rather than small, and then they f\_\_\_\_\_t.

8. How can people do a better job of saving money? (本题来自文章 *Your friends' social media posts are making you spend more money*)

Well, first of all, I wanna say that it's true that people don't save money like they used to and part of the reason is that ... because of social media, other people's spending is more visible than ever, and since we're social creatures, we want to keep up with the Joneses. So for instance, if one of my friends has just bought a Mercedes and posted some pictures on social media, it might make me want to have a similar car. So I guess it's a good idea not to use too much social media if our goal is to save more money, hahah.

*other people's spending is more visible than ever* 其他人的支出比以往任何时候都更加明显透明  
(你可以通过社交媒体了解到)

*social creature* 社会化动物

*keep up with the Joneses* 和别人攀比

*Mercedes* 奔驰

Well, f\_\_\_\_\_, I wanna say that i\_\_\_\_\_t people don't save money l\_\_\_\_\_o and p\_\_\_\_\_n is that ... because of social media, other people's spending is m\_\_\_\_\_, and since we're s\_\_\_\_\_, we want to k\_\_\_\_\_. So for instance, if one of my friends has just bought a Mercedes and p\_\_\_\_\_, it might make me want to have a similar

car. So I guess it's a g\_\_\_\_\_ a if our goal is to save more money, hahah.

---

**9. Should high school students go on field trips? (本文来自文章 *Community gardening fosters a team spirit while producing fruits and veggies*)**

They should. In fact, not only high school students, but students of all levels should have the opportunity to go on field trips. One such trip would be to visit farms in the countryside or big gardens in the city. This kind of experience can educate the youth about farming, gardening, biology, nutrition and even life. I mean, students can learn the notion "You reap what you sow". In terms of biology ... um, a field trip like this can teach kids how a plant starts as a seed and then how it grows and then how it get harvested. So yeah, field trips are good.

*go on field trips* (野外/实地考察/学习)

*educate the youth about gardening, biology, nutrition and life* 在园艺、生物、营养和生活方面教育青少年

*notion* 概念

*You reap what you sow* 种瓜得瓜种豆得豆

*seed* 种子

*harvest sth* 收获、收割...

They should. In fact, not only high school students, but students o\_\_\_\_\_s should have the o\_\_\_\_\_y to g\_\_\_\_\_. O\_\_\_\_\_p would be to visit farms i\_\_\_\_\_e or big gardens in the city. This kind of experience can e\_\_\_\_\_t farming, g\_\_\_\_\_g, biology, n\_\_\_\_\_n and even life. I mean, students can learn the notion "Y\_\_\_\_\_w", I\_\_\_\_\_f biology ... um, a field trip like this can teach kids how a plant starts as a seed and then how it grows and then how it get harvested. So yeah, field trips are good.

---

**10. How do you think education will be different in the future? (本文来自文章 *Technology and education*)**

There's no doubt that digital technology will be an integral part of future education. Education is already accessible, interactive and efficient now with the help of modern technology, and it's going to be more so in the future. For example, virtual reality simulations will enable students to interact with teachers and professors from other countries as if they were in the same room together. Also students will be able to learn from home and at their own pace. Yeah, education will absolutely be revolutionized.

*digital technology* 数字科技

*an integral part of sth ...* 的必要组成部分

*accessible, interactive and efficient* 易于使用的、交互式的、高效的

*virtual reality simulations* 虚拟现实模拟

*enable sb to do sth* 使某人能够...

*interact with sb* 和某人互动

*as if ...* 好像、貌似...

*learn at their own pace* 按照自己的节奏学习

*revolutionize sth* 给...带来革命性剧变

There's no doubt that d\_\_\_\_\_y will be a\_\_\_\_\_f future education. Education is already a\_\_\_\_\_t now with the help of modern technology, and it's going to be more so in the future. For example, v\_\_\_\_\_s will enable students to i\_\_\_\_\_h teachers and professors from other countries as if they were in the same room together. Also students will be able to learn from home and a\_\_\_\_\_e. Yeah, education will absolutely be r\_\_\_\_\_d.

---

**11. What are the reasons why birth rates in many countries have been falling?** (本题来自文章 *World population forecasted to decline for the first time in centuries*)

Many factors contribute to this, including improvements in access to modern contraception and the education of girls and women. In terms of the latter, um, girls are getting secondary and tertiary education now. Because they're better educated, they can also be very competitive in the job market, so staying employed and even going up the job ladder might be more important to them than getting married and having kids. This is certainly the case in China where the population fell for the first time in 60 years last year.

*contribute to sth* 促成...

*access to sth* 可以获得... (的情况)

*contraception n.* 避孕技术

*the latter* 后者

*secondary and tertiary education* 中等和高等教育

*competitive in the job market* 在工作市场上有竞争力

*stay employed* 保持有工作的状态

*go up the job ladder* 在职场不断向上

*this is the case* 是这样的

Many factors c\_\_\_\_\_o this, including improvements in a\_\_\_\_\_n and the education of girls and women. I\_\_\_\_\_, um, girls are getting s\_\_\_\_\_n now. Because they're b\_\_\_\_\_, they can also be very c\_\_\_\_\_, so staying e\_\_\_\_ and even g\_\_\_\_\_r might be more important to them than getting married and having kids. This is certainly t\_\_\_\_\_e in China where the population fell for the first time in 60 years last year.

---

**12. What do you think is a healthy lifestyle?** (本题来自文章 3 *evidence-backed reasons to say no to early*)

Living a healthy lifestyle requires several things, including eating a healthy diet, getting enough

sleep and exercising consistently. In terms of sleep, well, sleep deprivation can lead to problems like high blood pressure, obesity and depression, but it seems that almost everyone, including myself, is not sleeping enough, so our life suffers. Then, as for exercise, not only is it good for our physical health, but it also helps reduce stress, which is incredibly important, because nowadays, a large majority of us are under so much pressure, both at home and in the workplace.

*exercise consistently* 持续/经常锻炼身体

*sleep deprivation n.* 睡眠缺乏

*obesity n.* 肥胖症

*depression n.* 抑郁

*incredibly* 难以置信地、非常

*a large majority of ...* 大多数...

L\_\_\_\_\_e requires several things, including e\_\_\_\_\_, getting enough sleep and e\_\_\_\_\_. In terms of sleep, well, s\_\_\_\_\_n can l\_\_\_\_\_s like h\_\_\_\_\_, o\_\_\_\_y and d\_\_\_\_\_, but it seems that almost everyone, including myself, is not sleeping enough, so our life s\_\_\_\_\_. Then, as for exercise, not only is it good for our p\_\_\_\_\_, but it also helps r\_\_\_\_\_, which is i\_\_\_\_\_, because nowadays, a large majority of us are u\_\_\_\_\_, both at home and in the w\_\_\_\_\_e.

### 13. Why are gyms so popular nowadays? (本题来自文章 *Walking to Work Benefits You in Many Ways*)

This is pretty obvious, right? People can work out at a gym and this is good for their health, both physically and mentally. But ... what I want to say is ... a gym membership is not a must for those who want to improve their health. I know many people who spend so much time commuting every day, and they say they're tired and stressed, and then they go to gyms to reduce stress. I actually think that they could make the most of their commutes and perhaps walk to, or ... of course, bike to work. These are mini workouts and also good money-savers.

*work out* 健身

*gym membership* 健身房会员 (身份)

*a must* 必须的东西

*commute* 通勤

*stressed* 感到压力大的

*make the most of sth* 充分利用...

*bike v.* 骑自行车

*mini workout* 小型健身、短时健身

*money-saver* 省钱的方式

This is pretty o\_\_\_\_\_, right? People can w\_\_\_\_\_m and this is good for their health, both p\_\_\_\_\_. But ... what I want to say is ... a g\_\_\_\_\_p is not a m\_\_t for those who want to improve their health. I know many people who s\_\_\_\_\_g every day, and they

say they're t\_\_\_\_\_d, and then they go to gyms to reduce stress. I actually think that they could m\_\_\_\_\_s and perhaps walk to, or ... of course, b\_\_\_\_\_k. These are mini workouts and also good m\_\_\_\_\_s.

---

**14. Do you think most major cities in the world are lacking a sense of community now? (本题来自文章 *Why you should think carefully about your neighborhood when choosing a place to live*)**

Yeah, I think so. I believe it's mainly because people move homes a lot. A lot of us hop to entirely different towns and cities and even countries in order to have better job opportunities, but this separation from where we are born and raised has a cost. For example, in Beijing, where I'm currently living, it's really hard to see a sense of community as almost everybody comes from somewhere else and ... it seems like there should be other reasons too, like the fact that most people live in apartment buildings and seldom see each other.

*hop to entirely different cities* 去到完全不同的城市

*separation n.* 分离、分开

*be born and raised* 出生长大

*have a cost* 有代价

*sense of community* 社区感、人与人之间温暖的感觉

Yeah, I think so. I believe it's m\_\_\_\_\_e people move homes a lot. A lot of us h\_\_\_\_\_t towns and cities and even countries in order to have b\_\_\_\_\_, but this separation from where we are b\_\_\_\_\_d has a cost. For example, in Beijing, w\_\_\_\_\_, it's really hard to see a s\_\_\_\_\_y as almost everybody c\_\_\_\_\_e and ... it seems like there should be other reasons too, like t\_\_\_\_\_t most people live in a\_\_\_\_\_s and s\_\_\_\_\_r.

---

**15. How has technology impacted education? (本题来自文章 *Four Reasons to Take Notes by Hand*)**

Technology has positively impacted education in many ways, like it's made education more interactive, accessible and efficient. But there have been negative effects too. For instance, many students make notes on digital devices now, which sounds fine, but these notes aren't really of high quality, because when we're writing something via a keyboard, we tend to take verbatim notes and that involves a shallower form of cognitive processing, which means we don't remember as much. However, if we switch to pen and paper, it forces us to think, so it helps us pay more attention.

*positively impact sth* 积极影响..

*interactive, accessible and efficient* 交互式的、易于使用的、高效的

*digital devices* 数码设备

*via a keyboard* 通过一个键盘

*take verbatim notes* 逐字记录

*involve a shallower form of cognitive processing* 涉及较浅形式的认知处理/处理信息时思考不够、流于表面

*switch to pen and paper* 转换到纸笔 (书写)

*force sb to do sth* 逼着某人做某事

*pay attention* 集中注意力

Technology has p\_\_\_\_\_d education in many ways, like it's made education more interactive, accessible and efficient. But there have been n\_\_\_\_\_s too. For instance, many students make notes on d\_\_\_\_\_s now, which sounds fine, but these notes aren't really o\_\_\_\_\_, because when we're writing something v\_\_\_\_\_, we tend to t\_\_\_\_\_s and that involves a shallower form of cognitive processing, which means we don't remember as much. However, if we s\_\_\_\_\_, it forces us to think, so it helps us p\_\_\_\_\_n.

---

**16. What are the reasons why cities are crowded? (本文来自文章 *Fighting for the Future of a Small Town in Texas*)**

Because people love to go to cities. In China, populations of small towns and villages have been dwindling over the years and folks are leaving for large cities. This is mainly because of the good job opportunities promised in those places. Although there's overcrowding in Beijing, and there's not much of a sense of community here, a lot of people still come, hoping to find good work and make a better living. So I believe it's necessary for towns and villages to address the problems they've been facing and try to attract people back.

*dwindle* 减少

*folks* 人们

*overcrowding n.* 过于拥挤

*sense of community* 社区感、人与人之间温暖的感觉

*make a better living* 过更好的生活

*address the problems* 设法解决这些问题

*face sth* 面对、面临...

Because people love to go to cities. In China, p\_\_\_\_\_s of small towns and villages h\_\_\_\_\_s and f\_\_\_\_\_s are leaving for large cities. This is m\_\_\_\_\_e of the good j\_\_\_\_\_s promised by those places. Although there's o\_\_\_\_\_g in Beijing, and there's not much of a s\_\_\_\_\_y here, a lot of people still come, hoping to find good work and m\_\_\_\_\_g. So I believe it's n\_\_\_\_\_y for towns and villages to a\_\_\_\_\_s they've been f\_\_\_\_\_g and try to attract people back.

---

**17. What are the negative effects of not getting enough sleep? (本文来自文章 *You Have to Prioritize Your Sleep*)**

Well, there are tons of negative effects. Um, good sleep allows people to better retain information and recall it when needed, so those who are sleep deprived can't absorb as much information as they want. This is particularly a problem for students who sacrifice their sleep to study. Their hope is to perform better in the classroom and in exams, but the reality is, they are not reaching their full potential because of the lack of sleep. So I think teachers have to play a larger role in encouraging students to get more sleep every day, for their health and also for their academic performance.

*tons of...* 很多

*allow sb to do sth* 使某人能够..

*better retain information and recall it when needed* 更好地保留信息, 并在需要时进行调用

*be sleep deprived* 缺乏睡眠的

*absorb sth* 吸收...

*particularly* 尤其

*sacrifice their sleep* 牺牲他们的睡眠

*perform v. performance n.* 表现

*reality* 现实

*reach their full potential* 充分发挥他们的潜力

*play a larger role in sth* 在...方面扮演更为重要的角色

*encourage* 鼓励

*academic* 学术的、学业的

Well, there are t\_\_\_\_f negative effects. Um, good sleep a\_\_\_\_\_n and recall it when needed, so those who are s\_\_\_\_\_d can't a\_\_\_\_b as much information as they want. This is particularly a problem for students who s\_\_\_\_\_p to study. Their hope is to p\_\_\_\_\_r in the classroom and in exams, but t\_\_\_\_s, they are not r\_\_\_\_\_l because of the lack of sleep. So I think teachers have to p\_\_\_\_\_e in encouraging students to get more sleep every day, for their health and also for their a\_\_\_\_\_e.

---

### 18. What can we do to combat traffic congestion? (本题来自文章 *Car tax*)

I believe there are various things governments and individuals can do to alleviate traffic congestion, but I'm not an expert on this, so there's only one thing I can think of now - the congestion charge. For example, in London, a tax is levied on any vehicle entering the center of the city, and this has been remarkably successful in reducing the number of vehicles traveling on the road and also encouraging people to use public transportation. So perhaps this can also be carried out in other major cities across the world.

*individual* 个体、个人

*alleviate sth* 缓解、减轻...

*expert* 专家

*think of sth* 想出...

*congestion charge* 拥堵费

*levy a tax on sth/sb* 对...征税

*remarkably successful* 极为成功

*carry sth out* 实施...

*major city* 主要城市

I believe there are various things governments and individuals can do to a \_\_\_\_\_n, but I'm not a \_\_\_\_\_s, so there's only one thing I can t\_\_\_\_\_f now - the c\_\_\_\_\_. For example, in London, a t\_\_\_\_\_d on a \_\_\_\_\_y, and this has been r\_\_\_\_\_l in reducing the number of vehicles traveling on the road and also e\_\_\_\_\_. So perhaps this can also be c\_\_\_\_\_t in o\_\_\_\_\_d.

---

**19. How can elderly people better enjoy their retirement? (本题来自文章 *For Some Retirees, It's Not Time to Stop Learning*)**

Well, this is something that I've thought about before. My plan is to keep learning when I'm retired, so perhaps retirement is not a time to slow down; it might be a good idea for senior citizens to attend some institutes that offer classes especially for retirees. Or if they're knowledgeable about a subject, they could teach at these institutes too, even without any official teaching experience. What they do at an institute like this is engage in meaningful activities, have fun, or perhaps dig deeper into an area that they've learned about before. Having such a stimulating environment should be beneficial to elderly people.

*senior citizens=elderly people* 老年人

*attend an institute* 参加/加入这样一种学院/学校/机构

*retiree* 退休人员

*knowledgeable* 知识丰富的

*official teaching experience* 正式的教学经验

*engage in sth* 参加、参与...

*meaningful* 有意义的

*dip deeper* 深入挖掘/学习

*a stimulating environment* 一个对大脑有很好刺激 (令人们可以提升自己) 的环境

Well, this is something that I'\_\_\_\_\_. My plan is to k\_\_\_\_\_, so perhaps retirement is not a time to s\_\_\_\_\_n; it might be a g\_\_\_\_\_a for s\_\_\_\_\_s to attend some institutes that offer classes e\_\_\_\_\_. Or if they're k\_\_\_\_\_e about a subject, they could teach at these institutes too, even without any o\_\_\_\_\_. What they do at an institute like this is e\_\_\_\_\_, have fun, or perhaps d\_\_\_\_\_r into an area that they've learned about before. Having such a s\_\_\_\_\_g environment should be b\_\_\_\_\_e.

---

**20. Are there any problems associated with tourism? (本题来自文章 *Mount Tai*)**

Yeah, definitely. Despite the fact that tourism is beneficial to a city or country's economy, it also brings problems, especially when people don't practice responsible tourism. For instance, it can lead to some concerns about environmental impact and overcrowding. Um, one example is ... in China, one of the most iconic mountains is Mount Tai, which draws crowds of tourists and photography enthusiasts because of its stunning views, but that has put a strain on the local ecosystem and infrastructure. The good thing is that some measures have been implemented to limit the number of visitors.

*responsible tourism* 负责任的旅游业/旅游行为

*lead to some concerns* 带来一些担忧

*impact n.* 冲击, 影响

*overcrowding n.* 过度拥挤

*iconic mountain* 标志性山峰

*draw crowds of photography enthusiasts* 吸引大批摄影爱好者

*stunning views* 令人惊叹的景色

*put a strain on the local ecosystem and infrastructure* 给当地生态系统和基础设施带来压力

*implement measures to limit the number of visitors* 采取措施限制参观人数

Yeah, definitely. Despite the fact that tourism is b\_\_\_\_\_o a city or country's economy, it also brings problems, especially when people don't p\_\_\_\_\_m. For instance, it can l\_\_\_\_\_s about e\_\_\_\_\_t and o\_\_\_\_\_g. Um, one example is ... in China, one of the m\_\_\_\_\_s is Mount Tai, which d\_\_\_\_\_s because of its s\_\_\_\_\_, but that has put a strain on the local e\_\_\_\_\_e. The good thing is that some measures have been i\_\_\_\_\_d to limit the number of visitors.

---

**21. Why is childhood obesity a bigger problem in lower income countries? (本题来自文章 *More than half the world's population will be obese or overweight by 2035*)**

It's true that childhood obesity is a serious issue in today's world and in particular, obesity rates are rising rapidly in lower income countries due to unhealthy foods and inadequate healthcare services. For instance, hot dogs, French fries and other junk foods are usually cheaper and easier to get. Children who always eat these are likely to be overweight or obese. Policymakers must act with haste to prevent the situation from getting any worse, because obesity can lead to chronic conditions such as heart disease and diabetes.

*in particular* 尤其

*obesity rate* 肥胖率

*rise rapidly* 快速上升

*due to sth* 因为..., 由于...

*inadequate healthcare services* 不足的医疗服务

*French fries* 薯条

*overweight* 太胖的, 超重的 *obese* 过分肥胖的

*policymakers must act with haste to prevent the situation from getting any worse* 政策制定者必须立即采取行动, 防止情况进一步恶化

*lead to chronic conditions such as heart disease and diabetes* 肥胖会导致心脏病和糖尿病等慢性疾病

It's true that childhood obesity is a s\_\_\_\_\_e in today's world and in particular, o\_\_\_\_\_y in lower income countries due to unhealthy foods and i\_\_\_\_\_. For instance, hot dogs, French fries and other junk foods are usually cheaper and easier to get. Children who always eat these are l\_\_\_\_\_y to be o\_\_\_\_\_. P\_\_\_\_\_t with haste to p\_\_\_\_\_, because obesity can lead to c\_\_\_\_\_s such as heart disease and diabetes.

---

**22. What do you think about the young people today? (本题来自文章 *How to spend your time on what matters most*)**

Um, it's such a general question, so it's pretty hard to think of something right now. Well, I know a lot of young people want to be more productive at work or in their studies, but they're actually wasting so much precious time. Part of the reason is that they're ... I'm the same, actually ... we're always mindlessly filling our time with unproductive things, like watching TV, scrolling through social media or gaming. We should be aware of the time wasted and make better choices.

*general* 笼统的

*productive* 高产的, 富有成效的

*precious* 宝贵的

*mindlessly fill our time* 无意识地填满我们的时间

*scroll through social media* 浏览社交媒体

*be aware of sth* 对...有意识

*make better choices* 做出更好的选择

Um, it's such a general question, so it's pretty hard to t\_\_\_\_\_. Well, I know a lot of young people want to be more p\_\_\_\_\_k or in their studies, but they're actually wasting so much precious time. P\_\_\_\_\_n is that they're ... I'm the same, actually ... we're always m\_\_\_\_\_e with unproductive things, like watching TV, s\_\_\_\_\_a or gaming. We should be aware of the time wasted and m\_\_\_\_\_s.

---

**23. Why is coffee so popular? (本题来自文章 *6 awesome side effects of drinking coffee*)**

Um, yeah, it's true that coffee is the most popular beverage in the world. I think it's widely consumed for a few reasons. It gives people an energy boost, right? It helps us wake up in the morning, concentrate better, improve our workout performance and even reduces the risk of developing Alzheimer's disease. What's funny is that my mom used to be very against me drinking coffee, but she's begun to drink a cup every day now because she heard about the health benefits of coffee.

*beverage* 饮品

*widely consumed* 被广泛饮用

*for a few reasons* 因为几个原因

*an energy boost* 能量的提升

*workout performance* 健身表现

*reduce the risk of sth* 降低...的风险

*develop Alzheimer's disease* 患阿尔茨海默症

*be against sth* 反对...

Um, yeah, i\_\_\_\_\_t coffee is the m\_\_\_\_\_e in the world. I think it's widely consumed f\_\_\_\_\_. It gives people an e\_\_\_\_\_, right? It helps us wake up in the morning, concentrate better, improve our w\_\_\_\_\_e and even r\_\_\_\_\_k of d\_\_\_\_\_. What's funny is that my mom used to be very against me drinking coffee, but she's begun to drink a cup every day now because she heard about the h\_\_\_\_\_s of coffee.

#### 24. Why do many people say they are having mental health problems? (本题来自文章 *Should We All Limit Our Daily Use of Social Media*)

Well, there must be a variety of reasons for this. One of these is social media, which negatively impacts our mental health. This is because many people try to create a perfect-looking life and compare it to others they see online. For instance, when you go on Instagram, you see tons of pictures of others vacationing on beautiful islands, enjoying wine, trying out all kinds of tasty food ... Then you look at yourself and think "Why is my life so terrible?" Um, one of my cousins was just like this before, and then she deleted a few social media apps and her mental health improved.

*negatively impact sth* 消极影响..., 对...有害

*vacation v.* 度假

*try sth out* 尝试, 品尝...

*tasty* 好吃的, 美味的

*delete sth* 删除...

Well, there must be a v\_\_\_\_\_y of reasons for this. One of these is social media, which n\_\_\_\_\_s our mental health. This is because many people try to c\_\_\_\_\_e and compare it to others they see online. For instance, when you go on Instagram, you see t\_\_\_\_\_f others vacationing on beautiful islands, enjoying wine, t\_\_\_\_\_d ... Then you look at yourself and think "Why is my life so terrible?" Um, one of my cousins was just like this before, and then she deleted a few social media apps and her m\_\_\_\_\_d.

---

#### 25. What can be done to improve a student's academic performance? (本题来自文章 *The firms cashing in on the demand for sleep aids*)

Well, many things can help, but one that's particularly important is getting enough sleep. It's common sense, right? But it's been overlooked by so many people for so long. There's evidence linking lack of sleep to ill health, and ill health leads to poor performance at school. Some things have to be done, like parents can buy their kids some blankets and pillowcases that are comfortable, students have to

exercise regularly, and before bed, they should engage in some relaxing activities like reading or meditation.

*overlook sth* 忽略..

*lack of sleep* 睡眠不足, 缺乏睡眠

*blanket* 毛毯, 毯子

*pillowcase* 枕套

*meditation n.* 冥想

---

**26. What measures do you think governments can take to protect endangered animal species? (本题来自文章 ‘Extinct’ lion spotted in Chad national park)**

Governments can take various measures to protect endangered animals, including creating protected areas such as national parks and enforcing strict laws and regulations about wildlife conservation. One good example of the success of these measures is that the population of a kind of lion in Chad is recovering. This is an endangered and precious species, so the fact that its population is increasing is hugely encouraging.

*take various measures* 采取多种措施

*endangered* 濒临灭绝的

*national park* 国家公园

*enforce laws and regulations* 强制实施法律和规定

*wildlife conservation* 野生动物保护

*recover* 恢复

*precious species* 珍贵的物种

*the fact that ...* ...的这件事/这个情况

*hugely encouraging* 非常令人鼓舞

Governments can t\_\_\_\_\_s to protect e\_\_\_\_\_, including c\_\_\_\_\_s such as national parks and e\_\_\_\_\_g strict laws and regulations about w\_\_\_\_\_. One good example of the success of these measures is that the population of a kind of lion in Chad is r\_\_\_\_\_. This is an endangered and p\_\_\_\_\_, so the fact that its population is increasing is hugely e\_\_\_\_\_g.

---

**27. What can be used to show someone's social status? (本题来自文章 *Why do some people still wear wristwatches*)**

If we're talking about someone having a great amount of wealth, well, it can be shown through the house they live in, the car they drive, and ... perhaps also the watch they wear. I think houses and cars are obvious, but as for watches ... most people wear them to tell the time, but now that we have our phones for that, watches have become fashion accessories and um, having a really expensive branded watch can make someone look like that they're wealthy and come from a higher social status, I think.

*a great amount of wealth* 大量财富

*obvious* 明显的

*as for ...* 关于、至于...

*tell the time* 看时间

*fashion accessory* 时尚配饰

*branded watch* 名牌手表

*wealthy* 富有的

If we're talking about someone having a g\_\_\_\_h, well, it can be s\_\_\_\_h the house they live in, the car they drive, and ... perhaps also the watch they wear. I think houses and cars are o\_\_\_\_s, but as for watches ... most people wear them to t\_\_\_\_e, but now that we have our phones for that, watches have become f\_\_\_\_s and um, having a really expensive branded watch can make someone look like that they're w\_\_\_\_y and come from a h\_\_\_\_s, I think.

---

**28. Some people argue that the use of robots is a threat to human jobs. Do you agree? (本题来自文章 *Robots Are Making French Fries Faster*)**

Well, I totally understand why some people are concerned about a future where robots take away many of our jobs. I've read an article recently about the release of a robot that automates the process of deep-frying foods, like French fries and onion rings. This speeds up the time for people to get their food and reduces the need for human employees. But perhaps new jobs will be created, like those that design and fix this kind of robot. So what I think is that robots, or automation, won't put us all out of work, but it will be very important for people to acquire new skills in order to stay employed.

*be concerned about sth* 担心、担忧...

*the release of a robot* 一款机器人的发行/上市

*automate sth* 将...自动化 *automation n.* 自动化

*deep-fry* 油炸

*French fry* 薯条 *onion ring* 洋葱圈

*speed sth up* 加速...

*the need for human employees* 对人类雇员的需求

*put sb out of work* 使某人失业

*acquire skills* 学习/获得技能

*stay employed* 保持有工作的状态

Well, I totally understand why some people are c\_\_\_\_t a future where robots t\_\_\_\_s. I've read an article recently about the r\_\_\_\_e of a robot that a\_\_\_\_s the process of deep-frying foods, like F\_\_\_\_s. This s\_\_\_\_e for people to get their food and r\_\_\_\_d for human employees. But perhaps n\_\_\_\_d, like those that design and fix this kind of robot. So what I think is that robots, or a\_\_\_\_n, won't put us all o\_\_\_\_k, but it will be very important for people to a\_\_\_\_s in order to s\_\_\_\_d.

---

**29. Why do many people say they can't concentrate nowadays? (本题来自文章 *The Ability to Concentrate is Getting More and More Important*)**

First of all, I wanna mention that concentration is an increasingly valuable skill in today's fast-paced and constantly changing world, but it's also true that many folks find it hard to focus on their task at hand. I think it's mainly because there are too many distractions and interruptions nowadays, in the workplace, at home and elsewhere. For instance, in the age of social media, we get too many notifications on our devices, and they are a huge distraction. So being able to avoid or ignore this kind of distraction is crucial if we want to be more productive, perform better, and ultimately achieve our goals.

*an increasingly valuable skill in today's fast-paced and constantly changing world* 在当今快节奏、不断变化的世界中一项越来越有价值的技能

*many folks=many people*

*task at hand* 手头的任务

*distractions and interruptions* 令人分心的事物和各种干扰

*in the workplace* 在工作场所

*elsewhere* 在别处

*in the age of social media* 在社交媒体时代

*notifications on our devices* 电子设备上的各种通知

*avoid sth* 避免... *ignore sth* 忽视...

*crucial* 至关重要的

*be more productive, perform better, and ultimately achieve our goals* 提高工作效率、表现更好、最终实现我们的目标

First of all, I wanna mention that concentration is an i\_\_\_\_\_l in today's f\_\_\_\_\_d and constantly changing world, but it's also true that many folks find it hard to f\_\_\_\_\_k at hand. I think it's m\_\_\_\_\_e there are too many d\_\_\_\_\_s nowadays, in the workplace, at home and elsewhere. For instance, in the a\_\_\_\_\_, we get too many n\_\_\_\_\_s on our devices, and they are a huge distraction. So being able to avoid or ignore this kind of distraction is c\_\_\_\_\_l if we want to be more p\_\_\_\_\_, p\_\_\_\_\_, and ultimately a\_\_\_\_\_s.

---

**30. Do you think people today are healthier or less healthy? (本题来自文章 *The truth about the 'eight glasses of water a day' rule*)**

Um, it's really hard to say. There are a few aspects of someone's life that we can look at: exercise, diet, sleep, hydration and so forth. Most people are aware of the importance of regular exercise, a balanced diet and enough sleep, but the importance of staying hydrated seems to be overlooked by many. Water makes up over half our body weight, so hydration is essential for health. We have to drink water regularly throughout the day to avoid the risk of dehydration, which can cause headaches and even dizziness. So yeah, in this regard, there's more to be done.

*aspect* 方面

*hydration* n. 补水

*be aware of sth* 清楚、了解...

*regular exercise* 定期的运动

*a balanced diet* 平衡的饮食

*stay hydrated* 保持水分充足

*be overlooked by many* 被很多人忽视

*water makes up over half our body weight* 水占我们体重的一半以上

*hydration is essential for health* 保持水分充足对健康至关重要

*throughout the day* 在一天当中

*avoid the risk of dehydration* 避免脱水的风险

*cause headaches and dizziness* 导致头疼和头晕

*in this regard* 在这方面

Um, it's really h\_\_\_\_y. There are a \_\_\_\_\_s of someone's life that we can look at: exercise, diet, sleep, hydration and so forth. Most people a\_\_\_\_\_f regular exercise, a b\_\_\_\_\_t and enough sleep, but the importance of s\_\_\_\_\_d seems to be o\_\_\_\_\_d by many. Water makes up over half our body weight, so hydration is e\_\_\_\_l for health. We have to d\_\_\_\_\_y throughout the day to a\_\_\_\_\_, which can c\_\_\_\_\_. So yeah, in this regard, there's more to be done.