



Traditional Chinese breakfast

Many Asians begin their day with a warm bowl of congee, a watery rice. Many different seasonings are used to make congee. Congee can be sweet or salty; seasoned with everything from chicken to mushrooms.

Often, mince (肉馅) is used to add to the rice. In Chinese Food, congee serves two purposes—besides warming the body, it takes the place of a beverage, as the Chinese don't normally serve cold drinks.



一、根据背景文章, 猜测下列词汇的含义

congee	_____
seasonings	_____
Asians	_____
add	_____
warm	_____

A Good Breakfast

A good breakfast is important. You can easily understand it. By breakfast time you have not eaten anything about twelve hours. Your body needs food for morning activities.

One good breakfast should be rice or bread, an egg, milk and fruit. On a cold morning a cup of hot drinks is necessary (必需的). A good breakfast helps you to smile more easily. It helps you to be more friendly and also to work better and play more happily. Your whole day will be more fun after you have enjoyed a good breakfast.



二、根据短文内容, 判断正误 (T or F)

- () 1. It's not very important to have a good breakfast.
- () 2. Food is needed in the morning because you have had nothing to eat for the whole night.
- () 3. Only rice or bread will be a good breakfast.
- () 4. If you get up late, you will not eat your breakfast.
- () 5. A good breakfast is helpful to you.

三、根据短文内容选择最佳答案

- () 1. Why do we need food in the morning?
 - A. Because we've had nothing to eat for the whole night.
 - B. Because we have not eaten anything for 8 hours.
 - C. Because we have plenty of time to eat something.
- () 2. A good breakfast will be _____.
 - A. only rice or bread
 - B. rice, bread and milk
 - C. bread or rice, an egg, fruit and milk
- () 3. What is important?
 - A. To get up late.
 - B. To have plenty of food.
 - C. To have a good breakfast.
- () 4. What does a good breakfast help us to do?
 - A. To smile.
 - B. To make us fat easily.
 - C. To help us to be more friendly and to do everything better and happily.

四、用以下词或词组造句

eg: important

It's important to have healthy diet.

1. easily

2. necessary

3. enjoy

4. smile

5. better



参考答案:

一、根据背景文章, 猜测下列词汇的含义

congee	粥
seasonings	配料
Asians	亚洲人
add	添加
warm	(使)温暖

二、根据短文内容, 判断正误 (T or F)

1-5 FFFFT

三、根据短文内容选择最佳答案

1-4 ACCC

四、用以下词或词组造句

1. My grandma can't move easily.
2. It is necessary to read more books.
3. Enjoy yourself at home.
4. He smiled after he heard the good news.
5. You could be a better man.

更多精彩内容扫一扫



(本版由新东方泡泡少儿教育供稿)

(图片摘自网络)