

I. Live June U4

(A) reduce	(B) influential	(C) researchers	(D) accent
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- () 1. A team of _____ discovered that green tea has a number of health benefits.
 () 2. Dr. Webster told his patient to _____ stress in her life and improve her diet.
 _____ 3. Brenda o _____ lly eats meat, but she generally prefers fish or vegetarian food.
 _____ 4. William Wordsworth and Lord Byron are British poets who found i _____ n from nature.

Dishwashing is a chore that most people dislike doing. However, a recent study shows that it's a good way to practice mindfulness. Mindfulness, which is the practice of being fully in the __ (5) __ moment, has been shown to actually improve your state of mind. In a recent study, researchers found that people who washed their dishes mindfully lowered their nervousness levels by 27 percent. Practicing mindfulness has also been shown to lower __ (6) __ and improve sleep quality. To __ (7) __ these positive effects of mindfulness while dishwashing, you must try not to be distracted by your thoughts. Don't let them take over your mind. When you __ (8) __ your mind being distracted, focus on the sensory experience of dishwashing—the smell of the soap, the feeling of the plates, for example. Try to be totally focused on the task. Mindfulness works for all __ (9) __ of your life. It just takes a bit of practice.

(A) stress	(B) notice	(C) present	(D) aspects	(E) achieve
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5. () 6. () 7. () 8. () 9. ()

Kenny's washing machine broke a few weeks ago. He won't buy a new one at the moment because he wants to save money. Besides, he doesn't mind using the self-service laundry near his house. It only costs him NT\$60, and he enjoys chatting with other people doing their washing. The machine's cycle takes about half an hour. During that time, Kenny often goes to a nearby market to get some food to cook for lunch. Last week on laundry day, Kenny forgot to bring change and washing powder. He had to go back upstairs to get them.

- () 10. What does Kenny like about using the self-service laundry?
 (A) He gets to talk to his neighbors. (B) The machines are better than his old one.
 (C) He doesn't have to pay any money. (D) There is a nice restaurant next door.
 () 11. What does Kenny often do while his clothes are being washed?
 (A) He makes lunch for his family. (B) He reads in the self-service laundry.
 (C) He buys fresh produce. (D) He helps people do their laundry.
 () 12. Why did Kenny go back upstairs last laundry day?
 (A) He decided not to wash anything. (B) He needed to get some coins.
 (C) He forgot some of his laundry. (D) He had to check his washing machine.

13. 茱蒂應停止擔心報告的事並趕緊把它做完便是。

Judy should stop worrying about the report and just g _____ o _____.

14. 悲傷的感覺佔據葛瑞格的心思並使他開始哭泣。

Feelings of sadness t _____ o _____ Greg's mind, and he started to cry.