基礎閱讀 **11-15**

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11.

Being cyberbullied can make you feel helpless, but there are steps you can take to protect yourself and seek help. Dr. Sameer Hinduja and Dr. Justin W. Patchin of the Cyberbullying Research Center advise victims not to respond to "minor teasing or name calling." That's because sometimes bullies are encouraged by your reaction and response. You should also reach out to your parents, a favorite teacher, and even police officers. They can help you deal with cyberbullying. There is no reason to suffer alone when you are the target of bullying.

There are also a few things you should not do when being cyberbullied. First, you should never **forward** bullying content or messages. If someone sends you a bullying message, sending it to a friend only expands the problem. You never know how far an email chain can go. Also, you should never believe the bully. Don't let bullies destroy your self-esteem. No one deserves to be harassed. Cyber bullies' cowardly and destructive actions are often more about their own problems than they are about you. When bullying gets you down, talk about it with someone you trust and let them help you regain control of your life.

( ) (1) What does "you" in the passage refer to? (A) Bullies. (B) Parents whose children are bullied. (C) People who are bullied. (D) Friends of bullies.

( ) (2) Why is Dr. Sameer Hinduja mentioned? (A) He used to be a victim of bullying. (B) His children were bullied. (C) He used to be a bully at work. (D) He is an expert on bullying.

( ) (3) Why shouldn't we respond to name calling from bullies? (A) It lowers our self-esteem. (B) It only makes them want to hurt us more. (C) It might hurt the bullies' feelings. (D) It helps the bullies know more about us.

( ) (4) Which word is closest in meaning to **forward**? (A) Send. (B) Receive. (C) Write. (D) Read.

( ) (5) According to the passage, why do bullies harass people? (A) They have their own problems. (B) They think they are too proud. (C) They want friends. (D) They want money.

12.

Why is a koala drinking water an indicator of a potential water problem in Australia? Well, normally koalas obtain almost all the water they need from their food, eucalyptus leaves. The unusual behavior of consuming extra water is associated with climate change, according to researchers. In other words, Australia has been getting hotter and drier over the past few decades, causing the leaves to become less succulent. Taking steps to secure fresh water will certainly be crucial for Australians, especially if the population keeps growing.

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Australia's dryness is the result of several factors. First of all, cold ocean currents and the lack of mountains make it hard to form rainclouds. Also, human activity such as deforestation is one of the major factors leading to desertification, eventually causing a loss of usable water. Besides, the **continent's** demand for water is increasing rapidly as its population booms. For the time being, Australia may seem to have just enough water to satisfy its needs; however, to prevent a possible crisis in the near future, both humans and koalas may need to change their behaviors and adapt.

( ) (1) What is this passage mainly about? (A) Why Australia still has sufficient water. (B) Why koalas depend on eucalyptus leaves. (C) What is causing Australia's water crisis. (D) What has brought about drastic climate change.

( ) (2) Which of the following is NOT mentioned as a reason for the dryness in Australia? (A) Climate change. (B) Irregular rainfall. (C) Intensive farming. (D) A fast-growing population.

( ) (3) What does the word "continent" in the second paragraph refer to? (A) Australia (B) population (C) deforestation (D) human behavior

( ) (4) Which of the following can be inferred from the passage? (A) Many people immigrate to Australia because of its mild climate. (B) Animal protection is sometimes contradictory to environmentalism. (C) Koalas' need for water has remained steady despite population growth. (D) Australians have not yet faced the severest consequences of a water shortage.

( ) (5) What is the author's attitude throughout the passage? (A) Bitter. (B) Ironic. (C) Serious. (D) Humorous.

13.

Palliative care may also be called supportive care, symptom management, or comfort care. It can be given separately from hospice care, but it is often a part of hospice care if cancer is no longer being treated because it has worsened. Palliative care does not treat the cancer itself. Instead, it's used to prevent or treat symptoms and side effects as early as possible.

As part of hospice care, palliative care looks at how the cancer experience is affecting the whole person and helps to relieve symptoms, pain, and stress. It gives patients options and allows them and their caregivers to take part in planning their care. It's about ensuring that all their care needs are addressed. The specialized professionals who are part of the palliative care team can help look for and manage mental, physical, emotional, social, and spiritual issues that may come up.

The main goal of including palliative care in hospice services is to help patients be comfortable while allowing them to enjoy the last stage of life. This means that discomfort, pain, nausea, and other side effects are managed to make sure that you feel as good as possible, yet are alert enough to enjoy the people around you and make important decisions.

( ) (1) What is this article mainly about? (A) What hospice care is and who it serves. (B) Important decisions to make in life. (C) What palliative care is and what its purpose is. (D) Why palliative care is also called supportive care.

( ) (2) When is palliative care part of hospice care? (A) When cancer is no longer being treated. (B) When the patient has recovered from the cancer. (C) When it is free of side effects. (D) When the patient and his or her family

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are alert enough.

( ) (3) Which of the following is NOT a benefit of palliative care? (A) It gives patients options. (B) It allows the patient to plan the care on his or her own. (C) Professionals can help manage the patient's emotional issues. (D) Professionals can help with social issues that might come up.

( ) (4) What is the main goal of making palliative care part of hospice service? (A) Making the patients recover as soon as possible. (B) Allowing patients to enjoy their final days of life. (C) Making it possible for patients to be pain-free. (D) Saving money for the patient and his or her family members.

( ) (5) What can palliative care NOT do? (A) Prevent side effects. (B) Treat symptoms. (C) Address patients' needs. (D) Treat the cancer.

14.

Superstitions are irrational beliefs or practices. This name is commonly applied to beliefs and practices about luck or spirits. However, even though many people don't understand a superstition, they still believe it and follow the practice. These beliefs are not based on scientific knowledge; they are more or less connected with old ideas about magic. For example, a ghost marriage is one of the superstitions in Chinese tradition. The origins of Chinese ghost marriages are largely unknown. According to Chinese thinking, people believe their spirits go to another world after their death. Ghost marriages are arranged with marriageable men or women in the hope that they can live happily with no regrets. If the groom or bride dies, they still go through with the marriage so that they can be together in the afterlife. Chinese ghost marriages are usually set up by the family of the deceased and take place during the funeral. However, there are no official records of such weddings. Even though it is a fact that ghost marriages have no scientific basis, reports of them being conducted can still be found today.

( ) (1) According to superstition, what might happen to people if they don't follow a particular practice? (A) They might win a big fortune. (B) They might get bad luck. (C) They might meet ghostly beings. (D) They might become very spiritual.

( ) (2) Which situation fits the requirements of a ghost marriage? (A) A husband that dies before his wife. (B) A couple is getting married, but one dies first. (C) Married young couples. (D) A wife dies and her husband wants to remarry.

( ) (3) According to the passage, where does the tradition of ghost marriages come from? (A) We don't know. (B) From a very old book. (C) From normal marriage traditions. (D) From the fact that Chinese people honor ghosts.

( ) (4) Which of the following statements about ghost marriages is correct? (A) Young couples still get married so that they can be together in the afterlife. (B) Ghost marriages are held during wedding parties. (C) Chinese always practice ghost marriages today. (D) Ghost marriages allow people to live happily ever after.

( ) (5) According to the article, which statement is true about superstition? (A) People can marry anyone they want to. (B) No one nowadays practices anything related to superstition. (C) Superstitious practices cannot be found all over the world. (D) There is no scientific knowledge supporting

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the belief or practice.

15.

We often hear that breakfast is the most important meal of the day. Is it true? Does it matter what you eat for breakfast?

It is imperative that we start our day by getting fueled properly after going 8 or 10 hours without food. Breakfast is also an opportunity to **take in** important foods and nutrients needed to stay healthy. Research has shown that skipping breakfast can lead to over-consumption of calories later in the day.

As to the content of the meal, we don't really need anything huge for breakfast. That is, it's quality rather than quantity that matters. Quality foods provide the nutrients needed to keep us healthy, especially foods that we tend to under-consume. Cereal can be a healthy choice for breakfast. Despite this, it's high in added sugar. It is important to read the nutrition facts panel on a cereal box before you buy it. Topping the cereal with fresh fruit or adding a hardboiled egg on the side for more protein is good, too.

( ) (1) What is the passage about? (A) Nutrients provided by quality foods. (B) The importance and the content of breakfast. (C) Foods that people under-consume. (D) Cereal, a healthy choice for breakfast.

( ) (2) What does **take in** in the second paragraph mean? (A) To eat or drink. (B) To take care of. (C) To get in. (D) To digest food.

( ) (3) In this passage, why is breakfast important? (A) Because everybody says so. (B) Because it makes people perform better in the morning. (C) It gives people more energy than lunch or dinner does. (D) Skipping breakfast might make you eat more later in the day.

( ) (4) What is said about the quality and quantity of breakfast? (A) Organic foods are the best choice for breakfast. (B) The bigger a breakfast is, the better it is. (C) People need to eat a healthy breakfast. (D) Eating breakfast at home is the best choice.

( ) (5) In this passage, which of the following statements is true about breakfast? (A) Under-consumed foods are always healthy foods. (B) To read nutrition facts panel before buying cereal is recommended. (C) It's better that stomachs stay empty for at least 8 hours before breakfast. (D) Cereal is by all means a good choice for breakfast.

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