

随着国家教育改革的推进,提升学生的核心素养已成为全社会的共识,也是广大家长关心的问题。为全面提升学生综合素质,郑报融媒除开展丰富多彩的社会实践活动外,还邀请我市知名中学的教师,和广大小学士一起“穿越火线”。你是全能小学士吗?快来一试身手吧!

## 来吧,和名师一起“穿越火线”

### 第二部分:疑是蓬莱境,申南作胜游——信阳(之二)

#### ■练兵场上展智慧



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(二)

#### Tips of Effective Tea Drinking

Drinking tea offers numerous benefits. It refreshes the mind, clears heat within the human body and helps people lose weight. As you add a cup of tea to your daily routine, please check the following tips which help you reap the maximum health benefits.

1.Drink it hot.Tea oxidizes quickly after brewing, and its nutrients diminish overtime. It is suggested that you drink it hot to get the best out of tea.

2.Do not drink too much strong

tea. It is likely to upset your stomach and cause insomnia if you make the tea too strong. Usually you can mix 4 grams (0.13 ounce) of tea leaves with 250 milliliters (0.44 pint) to make a cup of tea. An overall amount of 12 - 15 grams (0.4 - 0.5 ounces) of tea leaves is suitable for daily consumption.

3.The best time to drink is in between meals. Do not drink tea soon after or before meals. Otherwise it may quench appetite when your stomach is empty, or cause indigestion when your stomach is full.

4.Do not drink with medication. Tea contains large amount of Tannin, which will react with certain elements in the medicine, thus reduce medical effects. You can drink tea a couple of hours after you take medicine.

5.Green tea is the best option for office workers. Green tea contains catechins that help prevent computer radiation and supplement moisture content of the human body.

根据短文内容,选择最佳选项。

13.Which is NOT the benefits of drinking tea according to the passage?(3分)

A.Refresh the mind  
B.Clear the heat with the human body  
C.Help people lose weight  
D. Help you get a good memory.

14.How many tips are mentioned in this passage?(3分)

A.two B.three C.four D.five

15.If 4 grams of tea leaves can make a cup of tea with 250 milliliters, how much tea can you get if you have 8 grams of tea leaves?(3分)

A.250 milliliters  
B.500 milliliters  
C.1000 milliliters  
D.1500 milliliters

16.How many grams of tea leaves is suitable for daily consumption?(3分)

A.10 grams B.14 grams  
C.16 grams D.20 grams

17.When is the best time to drink tea?(3分)

A.6:00 B.12:00  
C.15:30 D.18:00

18.Which is the reason why we can't drink tea with medication?(3分)

A.Because it can reduce the medical effects.

B.Because it can make your stomach full.  
C.Because it can make you hungry.  
D.Because it can make you excited.

19.What's the meaning of the word "option"?(3分)

A.价值 B.改变 C.选择 D.益处

20.What tea is the best choice for office workers?(3分)

A.Red tea B.Black tea  
C.Green tea D.White tea

21.Which is NOT TRUE according to the passage?(3分)

A.It is likely to upset your stomach when you drink hot tea.

B.It may cause indigestion when your stomach is full if you drink tea with meals.

C.Do not drink with medication because tea contains large amount of Tannin.

D. You can drink tea a couple of hours after you take medicine.

栏目内容由郑北一中学校提供。该校是一所集小学、初中、高中的12年一贯制学校。其教育教学有早期教育的深耕和改革、课堂学习方式的变革、家长教育的常态化三大特色,学校以为社会输出具有自主、自立、自省精神的“世界公民”为己任。

听小学士为你说新闻,看小学士的才艺表演,听教师为你读经典。新增三个栏目:《明星小学士》《听教师读经典》《小学士说新闻》,扫码可以看视频听声音。这是一份有“声”有“色”的报纸,我们将用报纸满足您对视听的欲望。向日葵面向全市小学生约稿,有您参与更精彩!

#### ■张严明校长读经典

#### 是种子,就微笑吧



郑州市中原区伊河路小学校长 张严明

许多人都有类似的感受,生活的节奏越来越快,却让人越来越感到慌张。

我们的内心正在成为海量信息与新生事物的跑马场,我们忙不迭地更换时装、车、包,生怕自己被世界遗忘;我们急急忙忙旅游、急急忙忙拍照、急急忙忙离去,似乎生怕驻足原地,就会忘记前行的方向。于是,我们变得焦躁不安却又心安理得,见怪不怪于新事物的出

现与消亡,不是因为淡定,而是因为迷惘。

可不可以不着急,可不可以不慌张,可不可以停下来,喘口气,想想自己来时的方向?

还记得汪国真的诗句吗?“如果你是种子,何必为还没有结出果实而着急,如果你就是你,那就静静微笑,沉默不语。”(摘自《人民日报》)

#### 《跨越自己》 汪国真

我们可以欺瞒别人  
却无法欺瞒自己  
当我们走向枝繁叶茂的五月  
青春就不再是一个谜  
向上的路  
总是坎坷又崎岖  
要永远保持最初的浪漫  
真是不容易  
有人悲哀  
有人欣喜  
当我们跨越了一座高山  
也就跨越了一个真实的自己

#### ■付海英校长读经典



郑州市郑东新区康平小学校长 付海英



#### ■《明星小学士》

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