

1. cheat - _____ - _____
2. climb- _____ - _____
3. exercise- _____ - _____
4. join- _____ - _____
5. live- _____ - _____
6. stay- _____ - _____
7. want- _____ - _____
8. work- _____ - _____
9. copy- _____ - _____
10. cry- _____ - _____
11. study- _____ - _____
12. try- _____ - _____
13. mop- _____ - _____
14. plan- _____ - _____
15. cut- _____ - _____
16. put- _____ - _____
17. read- _____ - _____
18. build- _____ - _____
19. feed- _____ - _____
20. find- _____ - _____
21. get- _____ - _____
22. have- _____ - _____
23. keep- _____ - _____
24. lose- _____ - _____
25. make- _____ - _____
26. teach- _____ - _____

27. think- _____ - _____

28. come- _____ - _____

29. run- _____ - _____

30. be- _____ - _____

31. begin- _____ - _____

32. do- _____ - _____

33. drive- _____ - _____

34. eat- _____ - _____

35. go- _____ - _____

36. know- _____ - _____

37. see- _____ - _____

38. speak- _____ - _____

39. swim- _____ - _____

40. take- _____ - _____

41. wake- _____ - _____

班級: _____

姓名: _____

分數: _____

(每格 1 分 / 用 100 分扣)

閱讀素養專區

Exercise is important in a healthy life. However, spending time and money going to a gym every day doesn't sound easy for everyone. The good news is that now you can work out and enjoy the fun of exercise RIGHT AT HOME. With the help of technology, virtual exercise and classes have gone viral these years. By getting onto the Internet, you can watch the videos on your cellphone or computer right where you are. All you need to do is follow the trainers and make sure you have a space large enough to move around in. There are many kinds of online classes to choose from. Some are about only body stretches. Others are about more difficult exercise. Some are free while others may cost you a lot.

In other words, you can choose your favorite class and try a different one every time. However, as with many kinds of exercise, there are always good things and bad ones. Let's take a look at the real experiences from those virtual exercise users.

Joanna



I have taken some virtual classes since last year. It's really convenient because I don't need to go to the gym to work out. Exercising at home saves me a lot of time. I can make my own exercise plan and change it anytime. If there isn't a gym near your place, you can give these online classes a try.

Albert



These virtual exercise classes are not right for me. I enjoy nature a lot and love making friends. Doing exercise alone at home is not interesting at all. When I go hiking in the mountains, I can take in fresh air and share my life with other people. However, I have already paid a lot for those online classes. How can I get my money back?

Mike



Virtual exercise classes are not new to me. I was too heavy, and my family worried about my health. They pushed me to take online classes and find time to exercise at home. Those virtual exercise classes are fun, and some of them make you feel like you are in a game. They really make exercise less boring. I will keep taking these classes and make myself healthier.

★ work out 運動 technology 科技 virtual 虛擬的 Internet 網路 trainer 訓練者
online 線上的 stretch 伸展 while 然而 boring 無聊的

C) 1. If a video has gone viral, what does it mean?

- (A) The quality (品質) of the video has become poor.
- (B) The video has become more and more expensive.
- (C) The video has become more and more popular.
- (D) The video has become less and less famous.

1. 由文中的上下文可推知越來越多人選擇在家運動，只需要網路連線，使用電腦或手機跟著教練做動作等，可知這件事越來越受歡迎。

) 2. Which is true about the reading?

- (A) You need to spend money on all virtual exercise classes.
- (B) You can't change your virtual exercise classes or try different ones.
- (C) Everyone has a wonderful experience about virtual exercise classes.
- (D) The Internet is important to virtual exercise classes.

2. (A)有些線上虛擬課程是免費的，並非所有的課程都要付費(B)使用者可自由選擇或換線上課程(C)由實際使用經驗指出，Albert並不覺線上課程適用(D)文中有提只需連上網路，便可使用上運動課程。