



LingoSheets

六级英语 阅读练习

4 篇 · 16 题 · 含解析

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The Attention Economy • 阅读

六级阅读 · LingoSheets

Attention has become one of the most valuable resources of the digital age. Every platform competes for the minutes we spend scrolling, watching and clicking. The business model is simple: the longer we stay, the more advertisements we see. To keep us engaged, algorithms learn what holds our gaze and show us more of it. This can be useful, but it also creates a problem. Content that provokes strong emotions spreads faster than content that informs, so outrage and fear travel further than nuance. Researchers call this the attention economy, and they warn that it rewards speed over accuracy. Some platforms have responded with features that limit endless scrolling or label unreliable sources. Critics say these measures are too small. They argue that users need media literacy — the ability to ask who made a claim, what evidence supports it, and what the platform gains from our attention.

Questions

1. 1. What is the platforms' business model?

- A. The longer users stay, the more ads they see B. Selling hardware C. Paid subscriptions only D. Donations

2. 2. What spreads faster?

- A. Content that provokes strong emotions B. Accurate content C. Long articles D. Paid content

3. 3. What do critics say about platform measures?

- A. They are too small B. They are illegal C. They are perfect D. They should be removed

4. 4. What is the main idea?

- A. The attention economy rewards engagement over accuracy B. Ads should be banned
C. Scrolling is healthy D. Media literacy is unnecessary

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答案与解析

1. **1. A** — the longer we stay, the more advertisements we see.
2. **2. A** — Content that provokes strong emotions spreads faster.
3. **3. A** — Critics say these measures are too small.
4. **4. A** — rewards speed over accuracy; users need media literacy.

Urban Green Spaces • 阅读

六级阅读 · LingoSheets

More than half of the world's population now lives in cities, and the proportion is rising. As cities grow, green spaces are often the first thing to be cut when land is scarce. Yet research suggests that parks are not a luxury. Access to trees and grass is linked to lower stress, better sleep and even stronger social ties. One study found that children who live near green areas are more active and less likely to become overweight. Green spaces also cool cities during heatwaves and absorb rainwater, reducing floods. The problem is distribution: wealthy neighbourhoods tend to have more parks than poorer ones. City planners are experimenting with small interventions — pocket parks, rooftop gardens and trees along streets — that can be added without large areas of land. The lesson is that green space does not have to be a large park to matter; even a few trees can change how a street feels.

Questions

1. **1. What often happens to green spaces as cities grow?**

- A. They are cut when land is scarce B. They are always protected C. They double D. They move underground

2. **2. Which is a benefit of green spaces?**

- A. Cooling cities during heatwaves B. More traffic C. Higher rents D. Less rain

3. **3. What is the distribution problem?**

- A. Wealthy areas tend to have more parks B. Poor areas have more parks C. No city has parks D. Parks are all private

4. **4. What is the main idea?**

- A. Small green interventions can matter B. Parks are a luxury C. Cities should stop growing D. Trees cause floods

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答案与解析

1. **1. A** — green spaces are often the first thing to be cut.
2. **2. A** — cool cities during heatwaves and absorb rainwater.
3. **3. A** — wealthy neighbourhoods tend to have more parks than poorer ones.
4. **4. A** — even a few trees can change how a street feels.

The Science of Sleep • 阅读

六级阅读 · LingoSheets

Sleep is not a passive state. While we sleep, the brain sorts memories, clears waste and regulates hormones. Adults need seven to nine hours, yet many routinely get less. The consequences go beyond feeling tired. Chronic sleep loss is associated with weakened immunity, weight gain and poorer concentration. One reason people sleep badly is that modern life blurs the line between day and night. Bright screens delay the release of melatonin, the hormone that signals darkness. Caffeine stays in the body for hours, and alcohol, though it may help people fall asleep, fragments sleep later in the night. Experts recommend regular times, a dark cool room and a wind-down routine. They also warn against chasing perfect sleep: worrying about sleep can itself keep people awake. For most people, small consistent changes matter more than expensive gadgets.

Questions

1. 1. What does the brain do during sleep?

- A. It sorts memories and clears waste B. It stops working C. It only rests D. It produces caffeine

2. 2. What delays melatonin?

- A. Bright screens B. Darkness C. Cool rooms D. Regular times

3. 3. What does alcohol do to sleep?

- A. It fragments sleep later in the night B. It improves deep sleep C. It removes caffeine
D. It cures insomnia

4. 4. What is the main idea?

- A. Small consistent changes help sleep B. Gadgets are essential C. Sleep is passive D. Caffeine is harmless

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答案与解析

1. **A** — the brain sorts memories, clears waste.
2. **A** — Bright screens delay the release of melatonin.
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Remote Work and Cities • 阅读

六级阅读 · LingoSheets

When remote work became common, some predicted the end of cities. Why pay high rent if you can work from anywhere? The reality has been more complicated. Many workers still value offices for collaboration, training and friendship, so hybrid arrangements have become the norm. Cities have not emptied, but their centres have changed. Office buildings are being converted into flats, and demand has shifted towards neighbourhoods with cafes, parks and good transport. This has consequences for public finances: fewer commuters mean less spending on transport and lunch, and lower property values can reduce tax income. Some cities are responding by making centres more residential and by investing in public spaces rather than offices. The pandemic did not kill the city, but it changed what people expect from one.

Questions

1. 1. What has become the norm?

A. Hybrid work B. Full remote work C. No offices D. Longer commutes

2. 2. What is happening to office buildings?

A. They are being converted into flats B. They are all abandoned C. They are expanding
D. They are sold abroad

3. 3. What is a consequence for public finances?

A. Lower tax income B. Higher transport spending C. More commuters D. Free housing

4. 4. What is the main idea?

A. The pandemic changed what people expect from cities B. Cities died C. Remote work ended D. Offices are growing

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答案与解析

1. **A** — hybrid arrangements have become the norm.
2. **A** — Office buildings are being converted into flats.
3. **A** — lower property values can reduce tax income.
4. **A** — it changed what people expect from one.