

2011.12英语四级阅读：夏天的乐趣在哪 PDF转换可能丢失图片或格式，建议阅读原文

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在哪？ Step 1：Take a dip（泡个澡）Grab a towel，don a bathing suit，and cool off with a swim. Wear waterproof sunscreen and play a little Marco Polo. before you know it，you'll be having such a good time，you won't realize you've burned off all those ice cream calories. Drink plenty of water，even when you're swimming. You might not feel thirsty，but you're still moving around in the hot sun. Step 2：Get growing（种菜）Start a vegetable garden. Find a plot of land and map out areas for various veggies. Aerate and weed with a trowel，then plant summer produce like tomatoes，peppers，and cucumbers. Water regularly and watch the perfect complements to a summer barbecue come to life. Step 3：Find a sport（开展一项运动）Toss a ball around，shoot some hoops，ride a bike，spike a volleyball，toss a Frisbee，play some tennis，go for a run anything that gets you up and moving outdoors. Being active in the sun improves sleep，promotes vitamin D production，and boosts your mood just be sure to wear sunscreen.百考试题论坛 Step 4：Grab some reading material（阅读）Pick a book，stretch out in the shade，and read. Choose a book that interests you，rather than something you think you have to read. Try a masterpiece you've always meant to check out，and challenge yourself to finish it by Labor Day. Step 5：Go camping（野营）Explore the great outdoors with a

camping trip. Grab a canteen , food , pack up a tent and sleeping bag , throw it all in a backpack , and hit the road. Even if you ' re just in your own backyard , the summer months are the perfect time for a night away from the television. If you live in an area with fireflies , bring a mason jar on your trip and catch some to give your camp a little extra mood lighting. Step 6 : Look to the heavens ( 眺望夜空 ) Wait for night to fall , go outside , and stargaze.

Consult a star chart to find constellations , many of which were named centuries ago. Let your imagination run and find new shapes and images in the sky to inspire you as you consider your next fun summer activity. In August 1969 , Sly and the Family Stone ' s single " Hot Fun in the Summertime , " hit no. 2 on the Billboard Hot 100. 【词汇讲解】 1.waterproof adj. 防水的 , 耐水的 如 : I bought a waterproof watch. 我买了一块防水表。 These are waterproof fabrics. 这些是防水面料。 2.spike vt. 以大钉钉牢 , 使 .. 失效 , 用尖物刺伤 如 : The boss is bound to question the for the office party , so let ' s spike his guns by pointing out that he ' s getting the drinks very cheaply. 老板一定会对办公室聚会的食品所需的费用表示怀疑 , 我的酒非常便宜 , 从而打消他的疑虑。 3.pack up 打包 , 收好 , 停止工作 , 出故障 如 : It ' s time to pack up. 到收工的时候了。 My car has packed up. 我的汽车坏了。 4.stargaze vi. 眺望星星 , 耽入梦想 编辑推荐 100Test 下载频道开通 , 各类考试题目直接下载。 详细请访问 [www.100test.com](http://www.100test.com)