

<<阶梯作业>>

图书基本信息

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### 内容概要

为了帮助广大师生更好地理解教科书内容，为教学提供适当的课时作业，我们组织部分一线骨干教师和教研员编写了这套《阶梯作业》丛书。

丛书编写严格以学科课程标准和杭州市现行初中教科书为依据，以《杭州市初中教学基本要求说明》和《杭州市各类高中招生文化考试命题实施细则》为编制练习题的范围和要求，充分体现新课程的教学理念，坚持面向全体学生，充分考虑学生的学习量，以课内及校内完成作业为主，同时设定不同难度梯度的练习块，供不同层次的学生选做，体现新课程背景下“减负增效”的新要求。

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## 章节摘录

Will it matter if you don't have your breakfast?

A short time ago, a test was given in the United States. People of different ages, from 12 to 83, were asked to have a test. During the test, these people were given a kinds of breakfasts, and sometimes they had no breakfast at all. Scientists wanted to see how well their bodies worked when they had eaten different kinds of breakfasts. The results show that if a person eats a right breakfast, he or she will work better than if he or she has no breakfast. If a student has fruit, eggs, bread and milk before going to school, he will learn more quickly and listen more carefully in class. The result is opposite to what some people think. Having no breakfast will not help you lose weight. This is because people become so hungry at noon that they eat too much for lunch. They will gain weight instead of losing it. You will lose more weight if you reduce your other meals. ....?

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