

大学英语四级模拟试卷第03组（阅读4）PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/121/2021_2022__E5_A4_A7_E5_AD_A6_E8_8B_B1_E8_c83_121907.htm Passage 4 Questions 36 to 40 are based on the following passage. The concept of personal choice in relation to health behaviors is an important one. An estimated 90 percent of all illnesses may be preventable if individuals would make sound personal health choice and do not like to see it restricted when it is within the legal and moral boundaries of society. The structure of American society allows us to make almost all our own personal decisions that may concern our health. If we so desire, we can smoke, drink excessively, refuse to wear seat belts, eat whatever foods we want, and live a completely sedentary life style without any exercise. The freedom to make such personal decisions is a fundamental aspect of our society, although the wisdom of these decisions can be questioned. Personal choices relative to health often cause a difficulty. As one example, a teenager may know the facts relative to smoking cigarettes and health but may be pressured by friends into believing it is the socially accepted thing to do. A multitude of factors, both inherited and environmental, influence the development of healthrelated behaviors, and it is beyond the scope of this text to discuss all these factors as they may affect any given individual. However, the decision to adopt a particular healthrelated behavior is usually one of personal choices. There are healthy choices and there are unhealthy choices. In discussing the morals of personal choice, Fries and Grapo drew a comparison. They suggest that to

knowingly give oneself over to a behavior that has a statistical probability of shortening life is similar to attempting suicide. Thus, for those individuals who are interested in preserving both the quality and quantity of life, personal health choices should reflect those behaviors that are associated with a statistical probability of increased vitality and longevity.³⁶ The concept of personal choice concerning health is important because _____. A) personal health choice help cure most illness B) it helps raise the level of our medical knowledge C) it is essential to personal freedom in American society D) wrong decisions could lead to poor health

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