

大学英语四级模拟试卷第17组（阅读2）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_121985.htm Passage Two

Questions 26 to 30 are based on the following passage. For more than a decade, dieticians and nutritionists harangued us to lower the amount of fat in our diet. As it happens, their message was only partly correct. S2 Although all fats are high in calories, certain fats, like the omega-3 fatty acids commonly found in fish, are actually good for us, provided we consume them in moderation. Not only do omega-3s reduce the risk of clot formation in blood vessels, they also lower the amount of triglycerides, another fatty substance in the blood. S3 The bottom line is that folks who eat 6 to 8 oz. of fatty fish a week experience significantly fewer heart attacks and strokes. Still on the consume-sparing lists are saturated fats, commonly found in red meats and whole-milk dairy products. Recent studies also suggests that another group fats, called trans-fatty acids, found in abundance in crackers and cookies prepared with hydrogenated oils, may be an even more dangerous promoter of high cholesterol than saturated fats. The most immediate benefit from adopting a healthy diet is that it can lower blood pressure. Even if you don't have hypertension, decreasing your blood pressure makes your blood vessel springier and can help stabilize potentially dangerous plaques in the arteries. Two major studies have shown that DASH (Dietary Approaches to Stopping Hypertension) diet- which emphasizes fruits and vegetables, promotes low-fat dairy and high-fiber grains,

permits modest portions of lean meat and reduces sodium intake can lower blood pressure as effectively as taking a prescription anti-hypertension drug. Just as important, the foods are filling, taste good and aren't that different from what most Americans are used to eating.

26. Which of the following is the best title for the passage?
A) To Eat Right. B) Go on Diet. C) Get Fit. D) Healthy Habits.

27. Which of the following about omega-3 fatty acids is not true according to the passage?
A) They are not fats actually. B) They are good to our health if taken properly. C) They can reduce clot formation in blood vessels. D) They can lower the amount of triglycerides.

28. The author states that trans-fatty acids _____.
A) are not on the consume-sparingly list. B) are found commonly in red meat. C) may promote high cholesterol. D) are not so dangerous as saturated fats.

29. The "DASH" might include all of the following except _____.
A) emphasizing fruits and vegetables B) promoting low-fat dairy and high-fiber grains C) reducing sodium intake D) encouraging large portions of lean meats

30. The word "harangue" in the first sentence most probably mean _____.
A) threaten B) ask C) order D) talk/persuade ...into

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