

英语综合类阅读理解题型与解题（1）PDF转换可能丢失图片或格式，建议阅读原文

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1. According to the context, the word fast in the phrase break the fast in the second paragraph most probably means a ) a period of quick actions. b ) a habit of eating. c ) a strict rule. d ) a period of not eating.

2. All of the following are likely to happen to a person if he does not have breakfast EXCEPT a ) he will find it hard to pay close attention to what he is doing. b ) he will tend to lose his temper. c ) he will become very talkative. d ) he will feel the lack of strength.

do = tend to do 可能 probably possibly may/maybe happen to 发生在.....人身上 “except” 除了 A.B.C.D. 例如：除了B选项，其它三项应在文章中都提到过，主要是考察举例、类比性质的题。

3. Which of the following is a suggestion made by the author to improve a persons appetite for breakfast? a ) Drinking a glass of milk before going to bed. b ) Eating a big dinner in the evening. c ) Not eating too much for dinner in the evening. d ) Having some juice and a toast for dinner. improve 提高 appetite for ... 胃口

4. According to the passage, which of following eating habits is helpful to those who want to lose weight? a ) Eating as little as possible. b ) Eating no breakfast for the day. c ) Eating a number of small meals throughout the day. d ) Eating three regular big meals a day. habit 习惯 the habit of doing lose weight=be on diet 节食

5. According to the author, which of the following will result from not eating breakfast? a ) Eating more than usual. b ) Losing weight. c

) Burning extra calories more quickly. d ) Developing a healthy eating habit. 本题属于举例，类比，从中选一个，即文中观点

1. Breakfast is not only the most important meal of the day, it is also the most neglected or skipped. Common reasons for not eating breakfast include lack of time, not feeling hungry, traditional dislike for breakfast, and dieting. 问题1. According to the context, the word fast in the phrase break the fast in the second paragraph most probably means 2. Breakfast simply means “ break the fast. ” Your body spends at least six to twelve hours each night in a fasting state. In the morning your body needs energy to rev up into high gear for the days work ahead. fast=quick快 fasting adj. 禁食的 state状态 a ) a period of quick actions. b ) a habit of eating. c ) a strict rule. d ) a period of not eating. 答案： d period 一段时间 问题2. All of the following are likely to happen to a person if he does not have breakfast EXCEPT 3. If you skip breakfast, you are likely to concentrate less effectively in the late morning, feel irritable, short-tempered, tired, or weak. a ) he will find it hard to pay close attention to what he is doing. b ) he will tend to lose his temper. c ) he will become very talkative. d ) he will feel the lack of strength. skip跃过，跳过 skip classes 翘课 concentrate v. 集中精力 = pay attention to less irritable ( adj. ) =angry temper脾气 hot-temper急躁的脾气 short-temper发脾气，暴躁，急性子 weakstrong ( n. strength ) weaklack of strength lose ones temper=short-tempered发脾气 talkative话多的 答案： c 4. When you choose not to eat breakfast, your body stays in slow gear. Also, people who skip breakfast often binge later in the day at other meals or eat a

high-calorie snack in the morning. Breakfast eaters tend to eat less fat during the day, have more strength and endurance and better concentration and problem-solving ability. 问题3. Which of the following is a suggestion made by the author to improve a person's appetite for breakfast? 5. Not hungry in the morning? Well, what time was dinner? Did you have a large evening snack? A large dinner or a large bedtime snack can cause you to not feel hungry in the morning. It makes sense to eat more in the morning when there is a full day of activity ahead of you. Instead, we tend to have our largest meal in the evening when we are gearing down for sleep. snack 零点, 小食品, 小吃 a) Drinking a glass of milk before going to bed. b) Eating a big dinner in the evening. c) Not eating too much for dinner in the evening. d) Having some juice and a toast for dinner. 答案: c 6. A good breakfast should provide up to 1/3 of your total calorie needs for the day. On the average, we eat 400 less calories for breakfast than for dinner. If breakfast doesn't appeal to you in the morning, try eating a lighter dinner earlier in the evening or save half your dinner for breakfast in the morning. 7. If you still aren't hungry in the morning, start with something small like juice or toast or have a nutritious mid-morning snack later when you are hungry. 3题答案: c 问题4. According to the passage, which of the following eating habits is helpful to those who want to lose weight? 8. So, you say you're on a diet. Some people fear eating breakfast will make them hungrier during the day and they will eat more. It is true that eating breakfast is likely to make you feel hungry throughout the day. That's because your body is working correctly, you've fuelled your

metabolism. Although you may feel as if you are eating more all day long in reality you are probably not. 9. Also, eating smaller meals frequently throughout the day is another way to keep your internal furnace stocked. Mini-meals, or “ grazing, ” prevent the drop in metabolism that can come when there are long periods between meals. Your body's strategy for food deprivation is to work more efficiently and burn calories more slowly, making it harder to lose weight. 10. Not eating breakfast can also cause you to overeat, since a fall in blood sugar often makes you feel ravenously hungry later. To make matters worse, since your body is in a slowed state it will not be able to burn those extra calories very efficiently. If you feed your body healthy snacks and meals through out the day, you are less likely to become famished and stuff yourself as soon as you begin to eat. a ) Eating as little as possible. b ) Eating no breakfast for the day. c ) Eating a number of small meals throughout the day. d ) Eating three regular big meals a day. a number of 很多 regular 正常的 答案

: c 问题5. According to the author, which of the following will result from not eating breakfast? 10. Not eating breakfast can also cause you to overeat, a ) Eating more than usual. b ) Losing weight. c ) Burning extra calories more quickly. d ) Developing a healthy eating habit. overeat 吃得过多 oversleep 睡过头了 答案 : a

11. Since breakfast is the first and most important meal of the day, choosing the right fuel is important. The best breakfast foods are fruits, juice, lean meat, and grain products such as breads, rice, noodles, and cereals. 12. Why not start each day with your metabolism in high gear, working to fill yourself with energy, build

new body cells, help you concentrate effectively and work efficiently, and burn excess fat? In other words, why not eat breakfast? 100Test  
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