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https://www.100test.com/kao_ti2020/203/2021_2022__E8_80_83_E8_AF_95_E5_A4_A7_EF_c82_203695.htm Passage 22 We can help control weight by watching our food intake, the exercise we get, or both. To keep the same weight, we must balance calories(卡路里) found in food and those used by the body. To lose weight, we must get fewer calories from food than the body uses. To gain weight, we must get more. It takes about 3,500 extra calories to make a pound of stored fat. For each pound to be gained or lost, there must be 3,500 calories more or 3,500 calories less in the diet than the body uses. If you plan to lose or gain weight by watching the amount of food eaten without changing activities, the rate of loss or gain will depend on the number of calories you subtract from or add to your diet each day. For example, to lose two pounds a week a person would have to take in 7,000 calories fewer each week than the body uses. Or one would need 1,000 calories fewer each day. A person whose caloric need is 2,400 calories a day would cut down to 1,400 calories a day. It's a good idea not to go below 1,200 calories a day without a doctor's supervision(指导), because it is hard to get the minerals and vitamins we need from foods when diets have fewer calories than this. The same figure---3,500 calories per pound of stored fat---can be used as a general guide in planning meals to add or maintain weight. However, there are so many differences in people, in food, and in the amount of energy used in carrying out activities that the figure may not be just right for you. Leisure time probably offers the

best chance for increased or decreased activities for weight control. Long hours spent in hard exercise are not necessary to keep weight under control. For many persons it is recommended. Regular, less strenuous(费力的)exercise can be effective for those who want to lose or maintain weight while eating enough food to be satisfied.

1. The author states that one may lose weight most rapidly by _____.
- A. increasing exercise and decreasing food intake
 - B. increasing exercise and increasing food intake
 - C. decreasing exercise and decreasing food intake
 - D. decreasing exercise and increasing food intake
2. For a person on a diet, a doctor would probably advise him _____.
- A. to have extra sleep
 - B. to take vitamin pills
 - C. to drink more water
 - D. to do moderate exercise
3. To keep weight under control, one should _____.
- A. exercise strenuously for several hours a day
 - B. develop a regular schedule of exercise
 - C. participate in several sports
 - D. eat less and do hard exercise
4. The author implies that weight control is _____.
- A. an area of great misunderstanding
 - B. based on luck
 - C. harmful
 - D. a matter of self-control
5. The purpose of the passage is _____.
- A. to persuade the reader not to eat sweets
 - B. to identify one cause of gaining weight
 - C. to prove that weight can be regulated
 - D. to show the reader how to lose weight
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