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https://www.100test.com/kao_ti2020/213/2021_2022__E8_80_83_E8_AF_95_E5_A4_A7_EF_c82_213803.htm Passage 10 Breakfast is regarded as the most important meal during the day especially for those children and teenagers who are still budding. But a recent survey among primary and middle school students in major cities across the country showed that a large proportion of students do not eat their breakfast timely and properly. Many primary school students in Shanghai eat breakfast on their way to school during the morning rush. And since students have to arrive there before 8 a.m., some even take their first meal of the day into school to eat. A total of 7 per cent of students questioned in a recent city survey said they didn't eat breakfast at a regular time, either due to lack of time or appetite. Meanwhile, 80 per cent of the students said they regularly ate breakfast at home, while the remainder brought food off the street on the route to school. National nutrition standards state that breakfast should provide 30% of the daily recommended energy and nutrients (营养学) needed for the body. Experts say that students who don't get a proper breakfast many suffer from a lack of concentration, restlessness and fatigue. Research also shows that an improper breakfast is one of the main reasons for the rising number of obese children in the country. Skipping breakfast can lead to over-secretion of digestive enzymes(消化酶), which is harmful to the digestive system. This effects the appetite and children may over-eat later in the day. Medical experts also point out that people's life styles

affect their breakfast eating habits. Sleeping late and getting up late among local families has resulted in many parents neglecting their children's breakfast. Experts are now calling for more public awareness about the importance of eating a regular breakfast, to benefit the health of local children and their parents.

1. Breakfast is _____.

A. regarded as the most important meal only for children and teenagers.
B. always skipped by the students who are lack of appetite
C. necessary in that it can prevent you from over-eating later in the day.
D. beneficial to the children who are growing

2. Skipping breakfast can cause _____.

A. overweight
B. a bad appetite
C. an unbalanced life style
D. some serious diseases

3. Breakfast provides nearly _____ of the energy and nutrients need for the body daily.

A. half
B. a quarter
C. one third
D. all

4. According to a recent survey, _____.

A. a total of 7 percent of students eat breakfast on the way to school
B. less than half of students regularly eat breakfast at home
C. more than 10 percent of students buy food off the street as their breakfast
D. the majority of students don't have breakfast regularly

5. The main purpose of this passage is to _____.

A. analyze the results of a recent survey
B. blame the parents for their children's skipping breakfast
C. call for public awareness about the importance of eating a regular breakfast
D. tell people why some children and teenagers who are still budding are overweight.

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