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50. The author advises students to _____. A. read and think critically B. take as many notes as possible C. speak bravely D. take a lot of courses 51 . When a student has difficulties acquiring language skills, it is advisable for him or her to _____. A. turn to the teacher immediately B. exchange ideas with a partner C. seek advice from books D. memorize more words 52. Which of the following is TRUE according to the passage? A. Most students are confused by traditional teaching. B. Most teachers fail to teach students how to learn. C. Taking notes in class is not so important. D. Learning how to learn is just as important as what to learn. 53. When speaking before an audience, it is important for a student to _____. A. give his own comments B. speak clearly enough C. show his knowledge from books D. notice others reaction

Passage 5 Americans today have different eating habits than in the past. There is a wide selection of food available. They have a broader knowledge of nutrition, so they buy more fresh fruit and vegetables than ever before. At the same time, Americans purchase increasing quantities of sweets, snacks and sodas. Statistics show that the way people live determines the way they eat. American life styles have changed. They now include growing numbers of people who live alone, single parents and children, and double-income families. These changing life styles are responsible for the increasing number of people who

must rush meals or sometimes skip them altogether. Many Americans have less time than ever before to spend of all American homes now have microwave ovens. Moreover, Americans eat out nearly four times a week on the average. It is easy to study the amounts and kinds of food that people consume. The United States Department of Agriculture (USDA) and the food industry-growers, processors, marketers and restaurateurs compile sales statistics and keep accurate records. This information not only tells and tastes. Red meat, which used to be the most popular choice for dinner, is no longer an American favorite. Instead, chickens, turkey, and fish have become more popular. Sales of these foods have greatly increased in recent years. This is probably a result of the awareness of the dangers of eating food which contains high levels of cholesterol, or animal fat. Doctors believe that cholesterol is a threat to human health. According to a recent survey, Americans also change their eating patterns to meet the needs of different situations. They have certain ideas about which foods will increase their athletic ability, help them lose weight, make them alert for business meetings, or put them in the vegetables, which supply them with carbohydrates, to give them strength for physical activity, such as sports. Adults choose foods rich in fiber, such as bread and cereal, for breakfast, and salads for lunch to prepare them for business appointments. For romantic dinners, however, Americans choose shrimp and lobster. While many of these ideas are based on nutritional facts, some are not. Americans awareness of nutrition, along with their changing tastes and needs, leads them to consume a wide variety of foods-foods for health, for

fun, and simply for good taste. 54. Americans have different eating habits today chiefly because _____. A. there are more shops and restaurants in the country . B. a great number of families have microwave ovens. C. their life styles are different now. D. they are busier with their work than before. 55. People have reduced their eating of red meat for the sake of _____. A. keeping healthy. B. losing weight. C. eating more other foods. D. saving money. 56. Some people believe that eating salads _____. A. makes them physically strong. B. keeps them alert for business meeting. C. helps them lose weight. D. makes them romantic. 57. Which of the following is TRUE according to the passage? A. American meats become rich and time-consuming. B. Modern household machines have brought about a great revolution to Americans eating habit. C. Peoples eating patterns are becoming more scientific. D. People eat totally different things for different occasions. 58. Information about what and how much people eat can be obtained from _____. A. every family B. restaurants only. C. farmers only. D. several different sources

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