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https://www.100test.com/kao_ti2020/241/2021_2022__E6_A8_A1_E6_8B_9F_E8_AF_95_E9_c73_241143.htm Section Use of English Directions: Read the following text. Choose the best word (s) for each numbered blank and mark A, B, C or D on ANSWER SHEET 1. (10 points) Responsibilities. We all have them. most of us have more than wed like. That doesnt change the reality that, sooner or later, we all have to 1_____ up to them. But perhaps it does explain our ___2___ to add to the ever-growing list. Theres already so much to do in a day, why tack on an 3_____ burden? Unfortunately, its this kind of defeatist mentality 4 ___keeps people from enhancing their lives through proper 5 and exercise. Here is the salient point, though: The health and fitness benefits youll derive from 6_____ the necessary work are worth whatever sacrifices you must make 7_____ the way. I cant count how many times Ive heard the same 8 . Each time, I always give the same response: Yes, I say, working out is work. So is taking the 9 to eat right. 10 yourself on the couch or having drinks with friends after work is a lot easier than exercising, and hitting the McDonalds drive thru takes a lot less time than cooking a 11 at home. But channel surfing, margaritas and a Quarter Pounder. With Cheese arent going to produce some of the things worth having a low cholesterol level or the 12_____ to go shirtless on the beach. Those benefits demand a ___13_____ effort. Im not saying you should eschew the ___14___ night on the town or gourmet meal at a five-star restaurant. Both have their ___15_____ and are

components of a well-rounded life. I've enjoyed my ___16___ of revelry and fine ___17___ and look forward to those special opportunities to experience more of the good life. But I've managed to find a balance between those ___18 pleasures and a permanent ___19___ to a regular workout and a healthy diet. Because, ___20___, it is the latter that will have a lasting improvement on the overall quality of my life.

1. [A] come [B] catch [C] confront [D] face
2. [A] resistance [B] reluctance [C] persistence [D] existence
3. [A] exact [B] external [C] extra [D] extensive
4. [A] that [B] which [C] what [D] who
5. [A] food [B] nutrition [C] diet [D] recreation
6. [A] setting in [B] putting in [C] getting in [D] cutting in
7. [A] along [B] by [C] on [D] in
8. [A] reasons [B] questions [C] doubts [D] excuses
9. [A] chance [B] effort [C] time [D] interest
10. [A] Throwing [B] Planting [C] Sitting [D] Placing
11. [A] dish [B] dinner [C] meal [D] hamburger
12. [A] pride [B] confidence [C] enthusiasm [D] inspiration
13. [A] long time [B] long range [C] long term [D] long distance
14. [A] additional [B] emotional [C] occasional [D] sensational
15. [A] place [B] position [C] location [D] attraction
16. [A] share [B] part [C] portion [D] section
17. [A] meal [B] diet [C] dining [D] eating
18. [A] short dated [B] short lived [C] short legged [D] short tempered
19. [A] coherence [B] experience [C] adherence [D] remembrance
20. [A] in a word [B] in the end [C] in the future [D] in a nutshell

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