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https://www.100test.com/kao_ti2020/277/2021_2022_07_E5_B9_B4_E8_81_8C_E7_A7_c91_277521.htm 第3篇：Losing Weight
Girls as young as 10 years old are dieting and in danger of developing unhealthy attitudes about weight, body image and food, a group of Toronto researchers reported Tuesday. Their study of 2,279 girls aged 10 to 14 showed that while the vast majority had healthy weights, nearly a third felt they were overweight and were trying to lose pounds. Even at the tender age of 10, nearly 32 per cent of girls felt “too fat” and 31 per cent said they were trying to diet. McVey, a researcher at the Hospital for Sick Children in Toronto, and her colleagues analyzed data collected in a number of surveys of southern Ontario school girls between 1993 and 2003, reporting their findings in Tuesday’s issue of the Canadian Medical Association Journal. Nearly 80 per cent of the girls had a healthy body weight and only 7.2 per cent were considered overweight using standard weight-to-height ratios. Most researchers suggest the rate of overweight children in this country is several times higher than that figure. Nearly 30 per cent of the girls reported they were currently trying to lose weight, though few admitted to dangerous behavior such as self-induced vomiting. Still, a test that measured attitudes towards eating showed 10.5 per cent of survey participants were already at risk of developing an eating disorder. “We’re not talking about kids who’ve been prescribed a diet because they’re above average weight or overweight. We’re talking about

children who are within a healthy weight range. And they have taken it upon themselves to diet to lose weight , ” McVey said , acknowledging she found the rates disturbing . She said striking a balance between healthy weights and healthy attitudes towards food and body image is a complex task , with no easy solutions . 词汇

: overweight adj . 超重的 ; 过重的 induce vt . 引起 , 导致 prescribe vt . 处方 ; 开药 ; 嘱咐 1 . The study showed that most of the girls A) were overweight . B) were on a diet . C) had unhealthy attitudes about weight D) had a healthy body weight . 2

. What percentage of the girls considered themselves overweight? A) Nearly 80 percent . B) 7 . 2 percent . C) Nearly 30 percent . D) 10 . 5 percent . 3 . The survey participants were girls A) who were 10 . B) who were 14 . C) who were 10 to 14

. D) who were 10 to 18 . 4 . What kind of institution does the lead researcher work with? A) A school . B) A hospital . C) An association . D) A charity . 5 . Unhealthy attitudes about weight

, body image and food may A) lead to an eating disorder . B) result from self-induced vomiting . C) make it easier to gain weight

. D) bring about greater competition . 第五部分：补全短文（每

题2分，共10分）阅读下面的短文，文章中有5处空白，文章后有6组文字，请根据文章的内容选择5组文字，将其分别放

回文章原有位置，以恢复文章原貌。请将答案涂在答题卡相应的位置。 Weight Worries May Start Early for Slim Women There is a range of reasons why thin women think they ' re too heavy , but the distorted body image may often have its roots in childhood , the results of a new study suggest. Researchers found that among more

than 2 . 400 min women they surveyed , nearly 1 0 percent thought they were too heavy . (1).According to the study authors , led by Dr . Susanne Kruger Kjaer of the Danish Cancer Society , Copenhagen , society ' s “ ideal ” female body is moving toward an underweight physique? ____2____.To investigate body image among thin women , the researchers gave questionnaires to 2,443 women ages 27 to 38 whose body mass index was at the low end of normal.(3).Overall , almost 1 0 percent of the women thought they were too heavy . Those who reported certain “ severe life events ” in childhood or adolescence , such as having a parent become ill or having their educational hopes dashed , were more likely than others to have a distorted body image . (4).In contrast , traumatic events in adulthood , such as serious illness or significant marital problems, were not related to poor body image , the researchers report—(5)underweight adj . 重量不足的physique n . 体格questionnaire n . 调查表dash vt . 使(希望、计划等)破灭 , 挫败traumatic adj . 使人不快的A The same was true of 4 women who started having sex or drinking alcohol when they were younger than 1 5 years old . B Experiences ' in childhood . including having an ill parent , or starting to drink or have sex at a particularly young age , were among the risk factors for having a distorted body image? C “ Our results indicate that the risk of being dissatisfied with (one ' s)own body weight may be established early in life , ” Kjaer and her colleagues write . D Research suggests that many normal-weight women wish to weigh less . E If worries have altered your appetite or weight , it will help to talk to someone about it . F The women were

asked about factors ranging from childhood experiences to
current exercise habits . 100Test 下载频道开通 , 各类考试题目
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