

07年职称英语考试全真模拟试题卫生类C级(二)5 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/277/2021_2022_07_E5_B9_B4_E8_81_8C_E7_A7_c91_277524.htm 第六部分：完型填空（每

题1分，共15分）阅读下面的短文，文中有15处空白，每处空白给出了4个选项，请根据短文的内容从4个选项中选择1个最佳答案，并涂在答题卡相应的位置上。 Eat for a Good and Healthful Life Food ___1___ us alive. It is our sustenance and our pleasure. But recently, research has shown that the eating habits of the average Americans may be dangerous to future health. The foods Americans now choose are oftentimes too ___2___ in calories and fats, so this article reports a new study: Diet and Health, Implications for Reducing Chronic Disease Risk. The study, conducted ___3___ the National Research Councils committee on Diet and Health, ___4___ that balancing nutrition, calories and activity is key ___5___ enjoying a long and healthful life. The report recommends that most Americans increase ___6___ activity to a moderate level and make changes in food ___7___ and calories intake to maintain ideal weight. Most of us --- even those of us at ideal weight --- need to eat ___8___ fat so that no more than 30% of our daily calories will come from fat. That means cutting ___9___ on red meat and whole milk dairy products. ___10___, eat fish, chicken without skin, lean meats, and low-fat and no-fat dairy products. The report of the Committee on Diet and Health recommends we eat five or more 1/2-cup servings of vegetables and fruits ___11___ --- especially green and yellow vegetables and citrus fruits. Eating more fruits and vegetables doesnt have to mean

increased calories intake. Many plant foods are nutrient-rich: they provide many vitamins and minerals for very few
__12__. Nutrient-rich foods are particularly important for Americans
__13__ age 50. As we __14__, we need to eat less because our bodies need __15__ calories to function properly. But we still need full measures of vitamins and minerals to release the energy in our foods and make us feel strong and healthy.

1. A remain B remains C keep D keeps
2. A full B rich C little D special
3. A by B at C with D for
4. A doubts B concludes C knows D reasons
5. A about B to C of D for
6. A mental B spare C physical D chemical
7. A choose B chooses C chose D choices
8. A little B much C less D more
9. A up B down C hard D off
10. A However B Or C Indeed D Rather
11. A day B daily C year D annually
12. A nutrition B nutritions C calorie D calories
13. A over B under C for D in
14. A older B old C age D grow
15. A less B. fewer C more D enough

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