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[https://www.100test.com/kao\\_ti2020/287/2021\\_2022\\_\\_E5\\_85\\_A8\\_E5\\_9B\\_BD\\_E8\\_81\\_8C\\_E7\\_c91\\_287238.htm](https://www.100test.com/kao_ti2020/287/2021_2022__E5_85_A8_E5_9B_BD_E8_81_8C_E7_c91_287238.htm) 第一篇:A Health

Profile 态度，姿态剖面，侧面，外形 A health profile is a portrait of all of the factors that influence your health. To draw 获得 your health profile, you will \_\_\_\_\_1\_\_\_\_\_ what diseases run in your family, what health hazards 冒险，危险，冒险 you may be exposed to \_\_\_\_\_2\_\_\_\_\_ work, how your daily \_\_\_\_\_3\_\_\_\_\_ compares to the recommended standards, how much time per week you \_\_\_\_\_4\_\_\_\_\_ exercising and what type of exercise you engage \_\_\_\_\_5\_\_\_\_\_, how stressful your work and family environments are, what kinds of illnesses you get regularly, and \_\_\_\_\_6\_\_\_\_\_ or not you have any one of a number of addictions. \_\_\_\_\_7\_\_\_\_\_ this portrait 类型，模型，标本, you(r) should have a checkup to determine how your blood, heart, and lungs are functioning. This checkup will serve \_\_\_\_\_8\_\_\_\_\_ a baseline, to which you can then compare later tests. \_\_\_\_\_9\_\_\_\_\_ this profile is thoroughly drawn, you can begin to think about setting health priorities 优先，重点. 优先权 based \_\_\_\_\_10\_\_\_\_\_ your particular portrait. For example, if you drink. Two martinis every evening, have a high-stress \_\_\_\_\_11\_\_\_\_\_, are overweight, smoke a pack of cigarettes a day, and use marijuana occasionally on weekends, you should quit smoking first, followed \_\_\_\_\_12\_\_\_\_\_ losing the excess weight, reducing the stress of your job, giving up your marijuana habit, and then finally giving some \_\_\_\_\_13\_\_\_\_\_ to those martinis 马提尼酒 if you want to prevent first

cancer, and then heart disease. Even for the youthful working person who has never been sick a day in his life, who is \_\_\_\_\_ 14 \_\_\_\_\_ excellent health, a good look at all health habits and at work and home environments may suggest changes that will \_\_\_\_\_ 15 \_\_\_\_\_ him in the future.

1. A) know B) have known C) need know D) need to know  
2. A) with B) in C) on D) at  
3. A) diet B) meals C) food D) dinner  
4. A) use B) devote C) spend D) take  
5. A) on B) in C) with D) about  
6. A) if B) whether C) either D) neither  
7. A) To complete B) Completing C) Completion D) To be completed  
8. A) as B) for C) on D) about  
9. A) Unless B) Once C) If D) Although  
10. A) around B) with C) about D) on  
11. A) work B) task C) job D) place  
12. A) on B) with C) after D) by  
13. A) thought B) idea C) thinking D) talk  
14. A) for B) in C) with D) on  
15. A) reap B) harvest C) benefit D) lead

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