

2008年职称英语考试综合类课堂笔记七十八 PDF转换可能丢失图片或格式，建议阅读原文

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答案与解析：1. 分析文章标题：Eat (吃) healthy (健康的，有益于健康的) Eat healthy = eat healthy (food)? Eat healthy = eat (to be) healthy? 结合文章开头语句进行进一步理解：“Clean (清扫/sao) your plate” and “Be a member of the clean-plate club!” Just about every kid in the US has heard this from a parent or grandparent . often , its accompanied by an appeal : “ Just think about those Starving orphans in Africa! ” Sare , we should be grateful for every bite of food . Unfortunately, many people in the US take too many bites³. Instead of (不是，代替) staying (保持，停留) “ clean the plate ” , perhaps (或许) we should save (节省) some food (食物) for (为了) tomorrow (明天) . According to news reports , US restaurants are partly to blame for the growing bellies . A waiter puts a plate of food in front of each customer, with two to four times the amount recommended by the government , according to a USA Today story⁴. Americans traditionally associate quantity with value and most restaurants try to give them that . They prefer to have customers complain about too much food rather than too little . Barbara Rolls , a nutrition professor at Pennsylvania State University, told USA Today that restaurant portion Sizes began to grow in the 1970s , the same time that the American waistline began to expand. Health experts have tried to get many restaurants to serve smaller portions . Now,

apparently, some customers are Calling for this too . The restaurant industry trade magazine QSR reported last month that 57 percent of more than 4 , 000 people surveyed believe restaurants serve portions that are too large ; 23 percent had no opinion ; 20 percent disagreed . But a closer look at the survey indicates that many Americans who can't afford fine dining still prefer large portions . Seventy percent of those earning at least \$150 , 000 per year prefer smaller portions ; but only 45 percent of those earning less than \$25 , 000 want smaller. It's not that working class(工作阶层) Americans/工薪阶层 don't want to eat healthy. It's just (仅仅) that , after long hours at low-paying (低收入的) jobs , getting less (较少) on their plate (盘子 , 餐具) hardly (几乎不) seems like a good deal(划算). They live from paycheck to paycheck , happy to save a little money for next year ' s Christmas presents . 分析：根据文章中开头及结尾部分的语句可推断出文章标题中提到的eat healthy 的含义是“少吃点以保持身体健康”。 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com