

2008职称英语考前每日一练(卫生类第45期 - A级) PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/499/2021_2022_2008_E8_81_8C_E7_A7_B0_c91_499262.htm 第2部分：阅读判断（第16～22题，每题1分，共7分）

阅读下面这篇短文，短文后列出了7个句子，请根据短文的内容对每个句子做出判断。如果该句提供的是正确信息，请在答题卡上把A涂黑；如果该句提供的是错误信息，请在答题卡上把B涂黑；如果该句的信息文章中并没有提及，请在答题卡上把C涂黑。

Breakfast Studies show that children who eat breakfast do better in school. It doesn't take much further thought to believe that adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip (故意略去) breakfast. If we don't eat breakfast, we are likely to become tired when our brains and bodies run low on fuel. By midmorning, a lot of us grab a cup of coffee, or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunchtime we are hungry, badtempered, and perhaps our mood might make us a little more likely to make unhealthy choices at lunch. Eating a good breakfast sets the tone for the rest of the day. People who eat breakfast are generally more likely to maintain a healthy weight. Many people believe that they will lose weight if they skip meals, but that isn't a good idea. The body expects to be refueled a few times a day, so start with a healthy breakfast. A healthy breakfast should contain some protein (蛋白质) and some fiber (纤维). Protein can come from meat, eggs, beans, or soy (大豆). Fiber can be

found in whole cereals (谷物) , grains or in fruits. A good example of a healthy breakfast might be something simple like a hard boiled egg, an orange, and a bowl of whole grain cereal with soy milk. 16 Adults who eat breakfast will perform better at work. A Right B Wrong C Not mentioned 17 It is okay to skip breakfast if you work at home. A Right B Wrong C Not mentioned 18 Men are more likely to skip breakfast than women. A Right B Wrong C Not mentioned 19 A person who skips breakfast is more likely to eat unhealthily at lunch A Right B Wrong C Not mentioned 20 Skipping breakfast is a good strategy for losing weight A Right B Wrong C Not mentioned 21 A simple breakfast cannot be a healthy breakfast A Right B Wrong C Not mentioned 22 People who eat breakfast are seldom in a bad mood. A Right B Wrong C Not mentioned

答案: 16 A 文章第一段中的第二句说, 不难想像成年人吃早餐的话也会感觉更好, 工作效率更高。 17 B 文章第一段的最后一句中讲到, 无论一个人在哪干活, 不吃早餐都不是个好主意。 18 C 文章自始至终并未提及男人是否比女人更有可能不吃早餐。 19 A 不吃早餐者午餐更有可能吃得不健康, 这一点从文章第二段中的第三句便可看到。 20 B 文章第三段的头两句说, 吃早餐者通常更有可能保持健康的体重, 而靠不吃早餐以达到减肥的目的却不是一个好主意。 21 B 从文章最后一段的最后一句可以得知, 健康的早餐未必一定很复杂, 简单的早餐也可以是健康的。 22 C 文章第二段只是说, 不吃早餐者等到中午时分通常会感到肚子饿, 脾气也不好, 但从未提及吃早餐者是否很少心境不佳。

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