

2008职称英语考前每日一练(卫生类第39期 - B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\\_499268.htm](https://www.100test.com/kao_ti2020/499/2021_2022_2008_E8_81_8C_E7_A7_B0_c91_499268.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 sch001 . It doesnt 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 dont eat breakfast , we are likely to become tired when our brains and bodies run low on fuel . By mid-morning , 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 1unchtime we are hungry , bad-tempered , and perhaps our mood might make us a little more likely to make unhealthy choices at 1unch . 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 isnt 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之目的却不是一个好主意。 21 B 从文章最后一段的最后一句N-L . H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

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