

大学英语三级考前阅读辅导(三) PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/501/2021_2022__E5_A4_A7_E5_AD_A6_E8_8B_B1_E8_c82_501273.htm Increasingly, over the past ten years, people especially young people have become aware of the need to change their eating habits, because much of the food they eat, particularly processed foods, is not good for the health. Consequently, there has been a growing interest in natural foods. Natural foods, for example, are vegetable, fruit and grain which have been grown in soil that is rich in organic matter. In simple terms, this means that the soil has been nourished by unused vegetable matter, which provides it with essential vitamins and minerals. This in itself is a natural process compared with the use of chemicals and fertilizers, the main purpose of which is to increase the amount but not the quality of foods grown in commercial farming areas. Natural foods also include animals which have been allowed to feed and move freely in healthy farms. Compare this with what happens in the mass production of poultry: there are battery farms, for example, where thousands of chickens live crowded together in one building and are fed on food which is little better than rubbish. Chickens kept in this way are not only tasteless as food. they also produce eggs which lack important vitamins. There are other aspects of healthy eating which are now receiving increasing attention from experts on diet. Take, for example, the question of sugar. This is actually a non-essential food. Although a natural alternative, such as honey, can be used to sweeten food if this is necessary, we can in fact do without it. It is not that

sugar is harmful in itself. But it does seem to be addictive: the quantity we use has grown steadily over the last two centuries and in Britain today each person consumes an average of 200 pounds a year! Yet all it does is provide us with energy, in the form of calories. There are no vitamins in it, no minerals, and no fibre. (322 words)

Multiple Choice Questions: 1. People have become more interested in natural foods because _____. A) they are more health conscious B) they want to taste all kinds of foods C) natural foods are more delicious D) they want to return to nature 2. Soil that is rich in organic matter _____. A) has had chemicals and fertilizers added to it B) contains vegetable matter that has not been consumed C) has been nourished by fertilizers D) already contains large quantities of vitamins and minerals 3. Chickens raised in poultry farms are all of the following EXCEPT that _____. A) they are fed on food which is little better garbage B) they live in very crowded condition C) the eggs they produce lack vitamins D) they are allowed to move about and eat freely 4. According to the passage, _____. A) people need sugar to give them energy B) sugar is bad for the health C) the use of sugar is habit forming D) sugar only sweetens, but provides us with nothing useful 5. The best title for this passage is _____. A) People ' s Growing Interest in Natural Foods B) Natural Foods and a Healthy Diet C) Harmful Effects of Sugar D) The Importance of Fibre in Foods

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