

2008年职称英语考试综合类课堂笔记一百四十六 PDF转换可能丢失图片或格式，建议阅读原文

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5. What did scientists (科学家) think (插入结构) was true (正确的 , 真实的 , 忠实的) ?

A) Each person has a fixed (固定的) weight range (范围) .

B) Each person has a weight range of 9 kg . C) Each person wants to

control (控制 , 管理) his weight . D) Each person wants to eat

to his heart ' s content (尽兴地) . 5 . A . 细节题。利用问题

句中的细节信息词 (Scientists) 和备选项A和备选项B中的共

有词 (weight range) 共同作为答案线索 , 在文章中查找答案

相关句 : You hear this : “ No Wonder you are fat . An you ever

do is eat . ” You feel sad : “ I skip my breakfast and supper . I run

every morning and evening . What else can I do? ” Basically you

can do nothing . Your genes , not your life habits , determine your

weight and your body constantly tries to maintain it . Albert

Stunkard of the University of Pennsylvania found from experiments

that , “ 80 percent of the Children of two obese parents become

obese , as compared with no more than 14 percent of the offspring

of two parents of normal weight . ” How can obese people become

normal or even thin through dieting? Well , dieting can be effective

. but the health costs are tremendous . Jules Hirsch , a research

physician at Rockefeller University, did a study of eight fat people

. They were given a liquid formula providing 600 calories a

day1.After more than 10 weeks , the subjects lost 45kg on average

. But after leaving the hospital , they all regained . The results were

surprising : by metabolic measurement , fat people who lost large amounts of weight seemed like they were starving . They had psychiatric problems. They dreamed of food or breaking their diet. They were anxious and depressed ; some were suicidal . They hid food in their rooms . Researchers warn that it is possible that weight reduction doesn ' t result in normal weight , but in an abnormal state resembling that of starved non-obese people . (第4段) Thin people , however, suffer from the opposite : They have to make a great effort to gain weight . (第4题答案相关句) Ethan Sims , of the University of Vermont , got prisoners to volunteer to gain weight . In four to six months , they ate as much as they could . They succeeded in increasing their weight by 20 to 25 percent. But months after the study ended , they were back to normal weight and stayed there. This did not mean that people are completely without hope in controlling their weight. It means that those who tend to be fat will have to constantly battle their genetic inheritance if they want to significantly lower their weight . The findings (发现) also provide (提供) evidence (证据 , 迹象) for something scientists (科学家) thought was true (正确的 , 真实的 , 忠诚的) --- each person has a comfortable (舒适的) weight range . The range might be as much as (大约) 9kg . Someone might weigh 60-69 kg without too much effort. But going above or below the natural weight range is difficult . The body resists by feeling hungry or full and changing the metabolism to push the weight back to the range it seeks . 答案相关句 (最后一段的第一句话) 说 : 结论还证实了科学家认为是正确的一点 , 即每个人的体重

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