

2008年职称英语考试综合类课堂笔记一百四十二 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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