

2008年职称英语考试综合类课堂笔记一百三十九 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/502/2021_2022_2008_E5_B9_B4_E8_81_8C_c91_502530.htm 答案与解析：1. 分析文章标题

: The best way (道路, 方法) to reduce (减少) your weight (重量, 体重) 文章中会涉及到关于减少体重方法的介绍。

2. 直接解题：1. What determines (决定, 决心) your weight (体重)? A) Your working (工作的, 运转的) manner (方式, 礼貌). B) Your eating habit (习惯). C) Your life style (生活方式). D) Your genes (基因). 1. D. 细节题。利用被选项中的细节信息结构 (A: working manner. B: eating habit. C: life style. D: genes) 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 (选项B中eating的家族词汇)." 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 (基因), not your life habits (习惯), determine your weight (问题句中的核心结构) and your body constantly (不断地, 经常地) tries to maintain (保持, 维修, 主张) it. 答案相关句说: 你的基因而不是你的生活习惯决定了你的体重, 因此你的身体总是试图保持它。因此D是答案。

2. What did Jules Hirsch do in his study(研究, 学习)? A) He let the eight fat (肥胖的) people skip (跳跃, 跳过) supper (晚餐). B) He let the eight fat people skip breakfast. C) He let the eight fat people run (跑, 管理) every morning (早晨) and evening (傍晚, 晚会). D) He gave the eight fat people a liquid (液体的, 流动的,

液体) formula (配方 , 公式) providing (提供) 600 calories (卡路里) a day . 2. D。 细节题。利用问题句中的特征词(Jules Hirsch) , 被选项中的共有结构 (eight fat people) 及被选相中的一些细节信息词及特征结构 (A: supper. B: breakfast. C: every morning and evening. D: liquid formula, 600 calories) 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 . (第1题答案相关句) 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 (研究) physician (医生) at Rockefeller University, did a study (研究) of eight fat people . They were given (被给) a liquid formula (流食配方) providing 600 calories a day¹. After more than (超过) 10 weeks , the subjects(研究对象) lost 45kg on average (平均) . 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 diet². 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 . 答案相关句说 “ 八个肥胖者被给予一种流食配方 , 每天提供600热卡 ” , 因此D是答案。 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