

英语阅读训练：Eat Bright, Eat Right! 初中升学考试 PDF 转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/533/2021_2022__E8_8B_B1_E8_AF_AD_E9_98_85_E8_c64_533911.htm 词数 about 230 难度

建议用时 3 minutes When it comes to food, color rules!

Bright fruits and colorful vegetables are the key to a healthy diet.

They provide the body with important nutrients, such as vitamins and minerals, and help fight illness. Health experts recommend that kids eat five or more servings (份) of fruits and vegetables a day.

Here are some rainbow colors to brighten your plate. Red Foods: cherries (樱桃), cranberries (越橘), radishes (萝卜), red apples, strawberries, tomatoes Promote memory Help the heart

Reduce cancer risks White Foods: cauliflower (花菜), onions, mushrooms, potatoes Help the heart Reduce cancer risks

Orange / Yellow Foods: apricots (杏), butternut squash (冬南瓜), cantaloupes (甜瓜), carrots, corn, oranges Strengthen

eyesight Build a strong immune system Help the heart Blue /

Purple Foods: blueberries, eggplants (茄子), plums (李子), purple grapes Reduce cancer risks Promote memory Green

Foods: asparagus(芦笋)、Broccoli(茎椰菜)、green beans、green peppers, lettuce(生菜), spinach(菠菜), peas strengthen

bones and teeth Reduce cancer risks Strengthen eyesight 1.

Which of the following food groups can reduce cancer risks? A.

Apples, potatoes and oranges. B. Green beans, eggplants and corn.

C. Purple grapes, mushrooms and apricots. D. Tomatoes,

cauliflower and peas. 2. Which of the following can prevent people

from getting infected? A. Corn. B. Cherries. C. Blueberries. D. Spinach. 3. What does the title “ Eat Bright, Eat Right ” mean? A. It ’ s right for you to eat in a bright environment. B. It ’ s wise of you to eat bright and colorful fruits and vegetables. C. Healthy food can make you bright. D. Eating with your right hand can make you bright. Key: 1-3 DAB百考试题编辑整理 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