

大学英语四级模拟试卷第16组（问答）英语四级考试 PDF转换可能丢失图片或格式，建议阅读原文

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Questions(15 minutes)Directions: In this part there is a short passage with five questions or incomplete statements. Read the passage carefully. Then answer the questions or complete the statements in the fewest possible words. Researchers have established that when people are mentally engaged, biochemical changes occur in the brain that allow it to act more effectively in cognitive areas such as attention and memory. This is true regardless of age. People will be alert and receptive if they are faced with information that gets them to think about things they are interested in. And someone with a history of doing more rather than less will go into old age more cognitively sound than someone who has not had an active mind. Many experts are so convinced of the benefits of challenging the brain that they are putting the theory to work in their own lives.

“ The idea is not necessary to learn to memorize enormous amounts of information, ” says James Fozard, associate director of the National Institute on Aging. “ Most of us don ’ t need that kind of skill. Such specific training is of less interest than being able to maintain mental alertness. ” Fozard and others say they challenge their brains with different mental skills, both because they enjoy them and because they are sure that their range of activities will help the way their brains work. Gene Cohen, acting director of the same institute, suggests that people in their old age should engage in

mental and physical activities individually as well as in groups.

Cohen says that we are frequently advised to keep physically active as we age, but older people need to keep mentally active as well. Those who do are more likely to maintain their intellectual abilities and to be generally happier and better adjusted. “ The point is, you need to do both, ” Cohen says. “ Intellectual activity actually influences brain-cell health and size. ” Questions: (注意：答题尽量简短，超过10个词要扣分)。

S1 . What is the passage mainly about?\_\_\_\_\_

S2 . In what areas will the brain act more actively when people are mentally engaged?\_\_\_\_\_

S3 . What kind of people are more cognitively healthy?\_\_\_\_\_

S4 . According to Fozard ’ s view, how can people make their brains work more efficiently?\_\_\_\_\_

S5 . What does Cohen advise older people to do?\_\_\_\_\_

S1. Why people should keep mentally active.S2. In cognitive areas such as attention and memory.S3. People who have active mind. (People who think about things actively.)S4. By taking part in various mental activities. (By challenging their brains with various mental activities.)S5. They should keep mentally active as well as physically active.

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