

大学英语四级考试阅读笔记(23)英语四级考试 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/645/2021_2022__E5_A4_A7_E5_AD_A6_E8_8B_B1_E8_c83_645202.htm oklput"> Questions 21

to 25 are based on the following passage: 21. People who are cognitively healthy are those _____. A) whose minds are alert and receptive B) who are highly intelligent. 百考试题论坛 C) who can remember large amounts of information D) who are good at recognizing different sounds 22. According to Fozards argument, people can make their brains work more efficiently by _____. A) constantly doing memory work B) making frequent adjustments C) going through specific training D) taking part in various mental activities 23. The findings of James and other scientists in their work _____. A) remain a theory to be further proved B) have been challenged by many other experts C) are practised by the researchers themselves D) have been generally accepted 24. Older people are generally advised to _____. A) keep mentally active by challenging their brains B) keep fit by going in for physical activities C) maintain mental alertness through specific training D) maintain a balance between individual and group activities 25. What is the passage mainly about? A) How biochemical changes occur in the human brain. B) Why people should receive special mental training as they age. C) How intellectual activities influence brain-cell health. D) Why people should keep active not only physically but also mentally. Researchers have established that when people are mentally engaged, biochemical changes occur in the brain that allow it to act

more effectively in cognitive (认知的) areas such as attention and memory. This is true regardless of age. 注：1."it"指代"brain"来源：考试大的美女编辑们 2.mentally engaged 动脑筋，思考问题 3.第一句是主题句www. Examda.CoM考试就到百考试题 People will be alert (警觉的) and receptive (愿意接受的) 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. 注：1.第一段 attention and memory 对应 alert and receptive 2.active mind 思维活跃 3.sound adj.健康的 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 necessarily 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. 注：1.convince 相信，确信 2.双引号之内句子不重要 3.be less interest than 某事好处不如某事好处多 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." 注：1.本段第二句中but之前是大众观点，后面是作者观点 2.age v. 变老 24.

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题干的关键词出现了，但该句没有正确对应的选项，所以从上或下一句来找 People will be alert (警觉的) and receptive (愿意接受的) 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. 22. According

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英语四六级阅读理解
主旨题名师精解 注：第三段首句中的"theory"等同于"findings"

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 necessarily 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.

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Researchers have established that when people are mentally engaged, biochemical changes occur in the brain that allow it to act more effectively in cognitive (认知的) areas such as attention and memory. This is true regardless of age. 大学英语四级考试阅读笔记汇总 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