

2010年职称英语考试卫生A阅读理解练习(1)职称英语考试

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[https://www.100test.com/kao\\_ti2020/645/2021\\_2022\\_2010\\_E5\\_B9\\_B4\\_E8\\_81\\_8C\\_c91\\_645355.htm](https://www.100test.com/kao_ti2020/645/2021_2022_2010_E5_B9_B4_E8_81_8C_c91_645355.htm) Vegetarian A strict vegetarian is a person who never in his life eats anything derived from animals. The main objection to vegetarianism on a long-term basis is the difficulty of getting enough protein, the body-building elements in food. If you have ever been without meat or animal foods for some days or weeks, say, for religious reasons, you will have noticed that you tend to get physically weak. You are glad when the fast is over and you get your reward of a great meat meal.采集者退散 Proteins are built up from approximately twenty food elements called “ amino-acids ” , which are found more abundantly in animal protein than in vegetable protein. This means you have to eat a great deal more vegetable than animal food in order to get enough of these amino-acids. A great deal of the vegetable food goes to waste in this process and from the physiological point of view there is not much to be said in favor of life-long vegetarianism. The economic side of the question, though, must be considered. Vegetable food is much cheaper than animal food. However, since only a small proportion of the vegetable protein is useful for body-building purposes, a consistent vegetarian, if he is to gain the necessary 70 grams of protein a day, has to consume a greater bulk of food than his digestive organs can comfortably deal with. In fairness, though, it must be pointed out that vegetarians claim they need far less than 70 grams of protein a day. Whether or not vegetarianism should be

advocated for adults, it is definitely unsatisfactory for growing children, who need more protein than they can get from vegetable sources. There is a lacto-vegetarian diet which includes milk and milk products. Meat and cheese are the best sources of usable digestible protein and next come milk, fish and eggs. Slow and careful cooking of meat makes it more digestible and assists in the breaking down of the protein content by the body. When cooking vegetables, however, the vitamins, and in particular the water-soluble vitamin C, should not be lost through over-cooking. 31. A

vegetarian is a person who \_\_\_\_\_. A. eats the meat of animals only B. eats the vegetable only C. drinks milks only D. eat nothing at all 32. Compared with vegetable protein, animal protein contains

\_\_\_\_\_ A. more proteins B. more nutrients 本文来源:百考试题网 C. more minerals D. more amino-acids 33. The word

“ lacto-vegetarian ” in Paragraph 4 means \_\_\_\_\_ A. very strict vegetarian B. they eat fish C. not strict vegetarian D. not-vegetarian

百考试题论坛 34. From the passage, we know that \_\_\_\_\_. A. to gain enough protein, one must consume much more vegetable food than animal food B. cooking vegetables for a long time makes it more digestible C. milk is the best source of usable animal protein D. the most common deficiencies in Western diets are those of vitamins 35.

Which of the following best reflects the authors attitude? A.

Vegetarianism is good for ones health. B. Vegetarianism should be advocated for adults. C. One should have a well-balanced diet containing elements of all foods. D. A lacto-vegetarian diet is the best as it provides adequate nutrition. 相关推荐 : 2010年职称英语考

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