

2011年职称英语综合类完形填空备考习题(5) PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/646/2021_2022_2011_E5_B9_B4_E8_81_8C_c91_646645.htm 考查应试者正确把握文章内容

，以及在一定语境中准确使用词语的能力。本部分为1篇300-450词的短文，文中有15处空白，每处空白给出4个选项，要求应试者根据短文的内容从4个选项中选择1个最佳答案。

A Health Profile A health profile is a portrait of all of the factors that influence your health. To draw your health profile, you will1 what diseases run in your family, what health hazards you may be exposed to2 work, how your daily3 compares to the recommended standards, how much time per week you4 exercising and what type of exercise you engage5 , how stressful your work and family environments are, what kinds of illnesses you get regularly, and 6 or not you have any one of a number of addictions.7 this portrait, your should have a checkup to determine how your blood, heart, and lungs are functioning. This checkup will serve 8a baseline, to which you can then compare later tests. 9 this profile is thoroughly drawn. you can begin to think about setting health priorities based10 your particular portrait. For example, if you drink two martinis every evening, have a high-stress11 , are overweight, smoke a pack of cigarettes a day, and use marijuana occasionally on weekends, you should quit smoking first, followed 12 losing the excess weight, reducing the stress of your job. giving up your marihuana habit, and then finally giving some13to those martinis if you want to prevent first cancer, and then heart disease. Even for the youthful working

person who has never been sick a day in his life, who is in excellent health, a good look at all health habits and at work and home environments may suggest changes that will benefit him in the future.

1.need to know 需要知道 2.at work 在工作 3.daily diet 日常饮食
4.spend much time exercising 花时间锻炼 5.engage in 从事
6.whether or not 是否 7.to complete this profile 为了完成 8.serve as
a baseline作为基点 9.once 一旦 10.based on 以...为基础 11.have a
high-stress job 压力巨大的工作 12.followed by 跟随 13.give some
thought to 考虑 14.in excellent health 身体健康 15.benefit 有益于
来源：www.examda.com 健康概貌 健康概貌是对所有影响健康的因素的一个概述。要描述健康概貌，你要知道有过怎样的家庭病史，在工作时你可能面临什么不利健康的因素，你每日的饮食和推荐的标准相比之下如何，你一个星期当中花费多少时间锻炼，从事什么样的锻炼活动，你的工作和家庭环境给你造成的压力有多大，你经常得什么样的病，是否有一些不良的嗜好。为把这一切描述清楚，你应该进行一次体验，以确定你的血液、心脏、肺功能是否正常。把这个检测作为一个基点，将以后的检验结果和它做比较。一旦有了这样一个完整的描述，你可以开始考虑根据这个健康概貌确立优先要做的事情比如，如果你每天喝两杯马提尼酒，工作压力很大，过度肥胖，每天抽一包烟，周末偶尔食用大麻，你首先应该停止抽烟，然后减去多余的体重，减轻工作的压力，戒掉吸食大麻的习惯，最后如果你想首先预防癌症，其次预防心脏病的话，那么就该考虑一下马提尼酒里该不该喝。即使对于那些从没得过病的年轻上班族来说，他们身体很好，但认真看看自己工作和家庭生活中的全产健康习惯，做出一

些调整会使其在未来受益。 相关推荐：[#0000ff>2011年职称英语综合类经典阅读题汇总](#) [#0000ff>2011年职称英语综合类概括大意汇总](#) [#0000ff>2011年职称英语综合类完形填空备考习题\(3\)](#) [#0000ff>2011年职称英语综合类完形填空备考习题\(4\)](#)
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