

2011职称英语阅读判断练习题(7) 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_E8_81_8C_E7_A7_B0_c91_646724.htm 阅读下面这篇短文，短文后列出了7个句子，请根据短文的内容对每个句子做出判断。如果该句提供的是正确信息，请在答题卡上把A涂黑；如果该句提供的是错误信息，请在答题卡上把B涂黑；如果该句的信息文章中并没有提及，请在答题卡上把C涂黑。 Breakfast Studies show that children who eat breakfast do better in school . It doesn't take much further thought to believe that adults will feel better and perform better at work as well . Whether you work at home , on the farm , at the office , at school , or on the road , it is not a good idea to skip (故意略去) breakfast . If we don't eat breakfast , we are likely to become tired when our brains and bodies run low on fuel . By mid-morning , a lot of us grab a cup of coffee , or wolf down a sugary candy bar to wake up again . This might work for a few minutes , but by lunchtime we are hungry , bad-tempered , and perhaps our mood might make us a little more likely to make unhealthy choices at lunch . Eating a good breakfast sets the tone for the rest of the day . People who eat breakfast are generally more likely to maintain a healthy weight . Many people believe that they will lose weight if they skip meals , but that isn't a good idea . The body expects to be refueled a few times a day, so start with a healthy breakfast . A healthy breakfast should contain some protein (蛋白质) and some fiber (纤维) . Protein can come from meat , eggs , beans , or soy (大豆) . Fiber can be found in whole cereals (

谷物) , grains or in fruits A good example of a healthy breakfast might be something simple like a hard boiled egg , an orange , and a bowl of whole grain cereal with soy milk . 1 Adults who eat breakfast will perform better at work . A Right B Wrong C Not mentioned 2 It is okay to skip breakfast if you work at home . A Right B Wrong C Not mentioned 3 Men are more likely to skip breakfast than women . A Right B Wrong C Not mentioned 19 A person who skips breakfast is more likely to eat unhealthily at lunch . A Right B Wrong C Not mentioned 4 Skipping breakfast is a good strategy for losing weight . A Right B Wrong C Not mentioned 5 A simple breakfast cannot be a healthy breakfast . A Right B Wrong C Not mentioned 6 People who eat breakfast are seldom in a bad mood . A Right B Wrong C Not mentioned 参考答案 ABCABBC 相关推荐 : #0000ff>2011职称英语3月26日开考 六提醒确保考试顺利 #0000ff>2011年3月份职称英语考试最后冲刺诀窍 #0000ff>2011职称英语临考技巧 : 如何回答细节性问题 #0000ff>2011职称英语阅读判断练习题(1) 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