

新概念英语（新版）自学辅导丛书

新概念英语 4

NEW CONCEPT ENGLISH

精彩美文同步阅读

宋德伟 顾玉梅 等 编著

Self-study
Guide

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内 容 提 要

英语阅读能力的提高离不开大量的泛读。为帮助《新概念英语》学习者进行阅读拓展训练,本书精选了各式文章,内容编排完全与原教材的结构设计同步,每篇文章的最后还给出了难点词汇、习语的解释,同时配有大量的阅读理解试题以及试题的答案与解析,用来供学习者检测阅读效果,也可帮助学习者熟悉并适应各种英语试卷的模式。除此之外,书中的部分精美文章还配有美籍专家的配乐朗读录音,学习者可以登陆我社网站 <http://www.waterpub.com.cn/Softdown/> 免费下载。

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编写说明

英语阅读能力训练向来是中国学生学习的重点，同时也是各种英语考试的测试重点，分数比重最高达 45%。学习《新概念英语》的读者一方面为教材中短小精悍、丰富幽默的短文赞叹不已，另一方面也感觉到单靠有限的几篇课文是无法满足广泛的阅读需求的。教材中的各种文章结构比较严谨，语法点较为丰富，非常适合学生做精读训练，掌握各种句法结构。但英语阅读能力的提高离不开大量的泛读。适量和适度的泛读不但可以帮助学习者巩固精读过程中学习到的各种知识点，同时还可以拓展学习者的视野，提高英语语感，为提高英语考试成绩奠定良好的基础。

本系列图书的编写正是基于以上思路完成的。编者在从事《新概念英语》的教学过程中，除了指导学生进行正常的课文学习外，还给学生提供了大量课外阅读的素材，收到非常好的教学效果。

本系列图书中的大部分文章是编者在执教过程中不断收集和整理的，内容的编排完全与教材的结构设计同步，学习者在学完课文后就可以直接进行相应的阅读拓展训练。书中所精选的各式文章不但在难度和词汇量上基本和教材课文保持一致，还配有大量的阅读理解试题，用来检测学习者的阅读效果，同时也能帮助学习者熟悉并适应各种英语试卷的模式。除此之外，每篇文章的最后还给出了难点词汇、习语的解释及试题答案与解析供学习者参考。

特别提示

书中部分精美文章（带有  标志）还配有美国专家的朗读录音。录音还加入了罗扎诺夫推荐的巴洛克时代的神秘记忆音乐。这种把音乐与学习有机结合的音乐暗示法，是当今世界上影响最大的学习方法之一，它运用一些特定频率的音乐，让大脑处于最佳学习状态。这种特定频率的音乐可以诱发大脑中的 α 脑波。 α 脑波可以诱引大脑产生脑内啡。脑内啡这种物质具有十分强大的生命运动功能，不仅可以保护大脑，而且可以提高记忆力，增加免疫力等。在淡淡的记忆音乐背景下，欣赏精美的英文录音，对于英语学习者来说，一定是一件非常快乐的事情。

参与本书编写的同志有宋德伟、顾玉梅、满春玲、韩松、赵玲、王海涛、明红丹、杨蕾、靳萌和高向云等，就职于北京外国语大学的外教 Christian Laura 女士通读了全部书稿。北京书友佳苑教育咨询中心外语录音棚的李可义同志为本书录制了 MP3 录音并配乐，在此一并表示感谢。

编者希望能与所有使用《新概念英语》的学习者共同就学习方法进行探讨，欢迎感兴趣的学习者写信到：

tingxiebar@qq.com

我们期待着您的关注和参与，并祝您的英语学习之路——一帆风顺！

编者

2010年1月



► 学习英语为什么要选择《新概念英语》

英国著名英语教育专家路易·乔治·亚历山大(L. G. Alexander)先生与北京外国语大学何其莘教授联合编写的《新概念英语》是完全针对中国学生英语学习特点而编写的一套英语教材，侧重于听、说、读、写四种语言技能的综合训练，注重实际运用能力；语言活泼，趣味性强。自出版以来，《新概念英语》以其严密的体系性、严谨的科学性、精湛的实用性、浓郁的趣味性深受广大英语学习者的青睐。

这套教材语言最大的特点就是用往往看似平淡无奇的常用词准确而传神地表达出丰富的意象。亚历山大先生在课文的甄选和编排上表现出了深厚的功力和慧眼卓识。这些课文文思兼优、雅俗共赏，难度由浅入深，篇幅由短到长，层层递进，有条不紊。

教材中所选文章一般以幽默故事为主，满足不同专业、爱好的学习者的阅读口味。这些课文的题材是相当广泛的，涉及社会、政治、人物、艺术、考古、科技和自然等方方面面。每篇课文的语言风格大体一致，即便是科技类文章行文，也是活泼生动的，没有多少刻板的学习气。课文不仅宜于阅读，而且还可以作为学习写作的良好范本。

► 《新概念英语 4》的学习重点

第四册教材涵盖了文化、经济、哲学、艺术、体育、政治、美学、心理学、社会学、伦理学、教育学、天文学等三十多个学科门类，语言文字精美独到，句型结构复杂多变而又不失简洁酣畅。同时诸多文章里蕴含着深厚的哲思、美学及西方文化中独特的思维方式，这使得该教材成为每一位欲掌握英语语言精华的学习者不可多得、不可不学的读物。同时还扩充、辨析有关的词汇，使学习者在领略语言优美的同时，学会如何将英语、汉语进行自由切换。

► 《新概念英语 4》的读者对象

高级英语学习者——

- ⇒ 已经学完《新概念英语》第二册、第三册或任何中高级英语教程的英语学习者
- ⇒ 已经具备一定英文基础的成人英语自学者
- ⇒ 在工作中经常使用英语，需进一步提高英语综合能力素质的高级管理者
- ⇒ 将自己的英语水平再提高一个层次，美化英语语言的学习者
- ⇒ 计划参加 CET-6、考研、GRE、MAT 考试并作长期准备者
- ⇒ 高级英语培训班的学员
- ⇒ 参加 PETS 五级考试的考生
- ⇒ 欲全方位提高超难文章阅读理解水平和翻译写作能力的高级英语学习者

► 《新概念英语 4》的学习目标

学完第四册后能够达到的水平——

- ↪ 熟练掌握各门学科，如历史、人文、天文、地理、哲学、化学、物理等，所需的中高级词汇
- ↪ 告别空洞的问候式英语口语，为日常交流提供地道的人文背景
- ↪ 深刻了解西方文化中的三大主线：哲学、宗教及美学
- ↪ 获得解读深奥英语文章（如 GRE、GMAT、考研阅读文章）的钥匙，全面提高阅读能力
- ↪ 写出经典、简洁、具有深邃思想的英语文章
- ↪ 学完四册后，可达到 8000 以上的词汇量

► 学习《新概念英语 4》的最佳方法：背诵

背诵是最古老，也是最有效的学习方法。

背诵可以帮助你练习发音，增加词汇，提高口语表达的流利程度！

背诵可以帮助你培养语感，强化写作，全面拓展自己的知识范围！

俗话说“熟读唐诗三百首，不会作诗也会吟。”

英语作为一种交际性很强的语言学习科目，如果能达到“不会作诗也会吟”的境界，那何愁学不好呢？既然“会吟”，那么，困扰中国教育学家多年的“哑巴英语”这一难题不就迎刃而解了吗？把“吟”的内容背诵下来，这在无形中不就解决了有些学习者为之头痛的写作难题吗？真可谓“一举三得”。

背诵可以帮助学习者加深对课文的理解，提高阅读能力，锻炼记忆力；还可以帮助学生学习中用词造句、布局谋篇的方法，培养和提高作文能力。有则外国谚语说：“能背诵多少书籍，就能获得多少知识。”可见，背诵是英语学习能力提升中一个重要的方面。

对于大多数英语学习者而言，特别是大学生和已经在备考 GRE 及托福的朋友们，十多年的英语无论学得好与坏，在大量的英语阅读和接触中，他们的脑海中已经蕴藏了大量典范的句子，只不过由于日常生活中实在是太少运用，已使这一部分记忆变成惰性了。正如 GRE 单词，很多学习者到最后也只能达到见词生义而不能把词运用在生活中一样。为什么呢？这是因为这些学习者实在很难再碰到这些词汇。思维需要不断地激活，才能让这部分记忆经常地活动于大脑皮层。背诵其实就是每天在不断地刺激这部分惰性思维。久而久之，当我们再写作文时，大脑皮层活跃的是你十多年积累而一直没有被应用的英语句子。所以背诵是一剂良好的催化剂，值得广大英语学习者尝试一下。

现在有很多英语学习者都通过背诵《新概念英语》课文来提高自己的英语水平；很多重点中学的教师都要求其学生能够熟练背诵或默写《新概念英语》的第二册或第三册；部分准备考研及托福考试的考生也都通过背诵《新概念英语》来提高其英语口语和写作水平。实践证明，《新概念英语》教材中短小精悍、生动有趣的课文最适合用来背诵。

► 应如何进行有效的英文背诵

每个人都会根据自己的学习特点采取不同的背诵方式，下面给大家推荐几种不同的背诵方法。

一、明确目的，集中精力

背诵一篇英语文章或者一段必须掌握的语句，最忌讳东张西望，漫不经心，注意力分散。如果是一篇很简单的文字，背了几天后仍老出错，这肯定是用心不专的缘故。至于出现“前记后忘”的现象，这是正常的，这时千万不要向这种暂时困难屈服而打退堂鼓。

二、反复阅读与再现相结合

背诵一篇短文，仅仅读几遍是行不通的，一定要熟读到滚瓜烂熟的程度才行。单纯地反复阅读效果并不好，学习者应该在文章还没有完全记住前积极进行尝试再现，回忆不起来时再读。这样容易记住，保持时间也长。对于特别生疏的语句，注意要多尝试再现几次。因为尝试再现是一种比阅读更积极的智力活动，又是一种自我检查的过程，使人更能集中精力，掌握识记内容的重点、难点，并及时改正记忆中的错误。开始时可短一些，容易一些，然后作一定幅度的调整。

在背诵过程中如果“卡壳”，应该进行追忆。追忆是有意和间接再现的形式，它需要付出很大的意志力，克服一定的困难，多方面寻找线索，进行积极灵活的思维。因此，不能一“卡壳”就立即停止背诵。文章通过理解消化，已纳入自己的知识系统，语句通过熟读试背，也已朗朗上口，如果再反复朗读几遍，就能流利地背诵下来。

复习背诵的时间用得越多，记住的效果就越佳。早晨背诵过的课文或知识，晚上睡前以及第二天起床后，应进行一次复背，并在每周六或周日再作适当的温习背诵，以后过一个月再复背一次。这样，可保证很长一段时期不会遗忘。

三、加强默写，强化训练

所谓“眼过千遍，不如手抄一遍”。这也是运用内部语言背诵的一种形式，既动脑，又动手，可加深对文章的记忆。因为文字本身就是一种图形和符号，经常默写可帮助促进右脑的开发。采取默写手段，可有效地巩固已经背诵了的课文和知识，而且对加深记忆大有好处。一篇文章，就这样一段一段地把它“吃掉”。最后，遵循“整体→部分→整体”的原则，按照背诵各段的方法，再把全篇串联起来，进行背诵。如果能切实做到循序渐进，长期进行默写训练，那么一定会有助于提升背诵的质量和效果。

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Lesson 1

Passage

A

Track-1. mp3

Using a public telephone may well be one of the minor irritations of life, demanding patience, determination and a strong possibility of failure, together on occasion with considerable unpopularity.

The hopeful caller (shall we call him “George”?) waits till six o’clock in evening to take advantage of the so-called ‘cheap-rates’ for a long-distance call. The telephone box, with two broken panes of glass in the side, stands at the junction of two main roads with buses, lorries and cars roaring past. It is pouring with rain as George joins a queue of four depressed-looking people. Time passes slowly and seems to come to a standstill while the person immediately before George carries on an endless conversation, pausing only to insert another coin every minute or so.

Eventually the receiver is replaced and the caller leaves the box. George enters and picks up one of the directories inside, only to discover that someone unknown has torn the very page he needs. Nothing for it but to dial Directory Enquiries, wait patiently for a reply (while someone outside bangs repeatedly on the door) and finally note down the number given.

At last George can go ahead with his call. Just as he is starting to dial, however, the door opens and an unpleasant-looking face peers in with the demand, “Can you hurry up?” Ignoring such barbarity, George continues to dial and his unwanted companion withdraws. At last he hears the burr-burr of the ringing tone, immediately followed by rapid pips demanding his money, but he is now so upset that he knocks down the coins he has placed ready on the top of the box. Having at last located them, he dials again: the pips are repeated and he hastily inserts the coins. A cold voice informs him, “Grand Hotel, Chalfont Wells,” “I’ve an urgent message for a Mr. Smith who is a guest in your hotel. Could you put me through to him? I’m afraid I don’t know his room number.”

The response appears less than enthusiastic and a long long silence follows. George inserts more coins. Then the voice informs him, “I’ve been trying to locate Mr. Smith but the hall porter reports having seen him leave about a minute ago.”

Breathing heavily, George replaces the receiver, just as the knocking on the door starts again.

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

1. The main intention of the passage is to provide _____.

- A. instructions about how to use a public box
 B. advice about how to deal with public telephone problems
 C. criticism of the efficiency of the telephone system
 D. an account of possible annoyance in using a public telephone
2. Which of the following calls are you unlikely to make at the 'cheap rate' mentioned in the passage?
 A. to discuss your account in a bank in Scotland
 B. have a chat with an elderly relation
 C. to ask about a friend in hospital who has just had an operation
 D. to express Christmas greetings to cousins in Australia
3. George can at least be thankful that _____.
 A. the call box is in a convenient position
 B. the telephone itself is working
 C. he can use the directory in the box to find the number
 D. he is able to give his message to the hotel receptionist
4. Why does George have to dial a second time?
 A. He hasn't remembered to put the money in the box.
 B. He hasn't got enough money with him.
 C. He has got to find the money to put in the box.
 D. He can't find the number he wants in the directory.
5. What are George's feelings when he completes his call?
 A. He has some difficulty in controlling his annoyance.
 B. He is very disappointed at missing his friend.
 C. He is annoyed with himself for being so stupid.
 D. He is depressed at the thought of having to try again to get through.

► 答案与解析

1. D. 答案依据本篇第一句 Using a public telephone may well be ... the minor irritation of life. 这里 irritation 的意义与 D 选项中的 annoyance 同义。
2. A. 从第二段第一句...waits till six o'clock in the evening to take advantage of the so-called "cheap-rate" for a long distance call., 我们可以知道便宜电话在晚上六点之后实行, 所以在四个选项中最不可能进行的谈话是 A 项。
3. B. 答案依据为文章第四段第一句 At last he can go ahead with his call. 从该句可以推断出 George 的“谢天谢地”的心情。
4. C. 答案依据文章第四段中 Having at last located them (coins), he dials again.
5. A. 文章中的 irritation 是文章的文眼。用公用电话处处惹人烦。George 打公用电话, 一样“难逃厄运”。



The island of Great Britain being small (compare the size of Australia), the natural place for holiday relaxation and enjoyment is its extensive coastline, above all its southern and eastern coasts, though Blackpool, which is probably the best known and most crowded seaside town, and the favorite resort of the mass-population of industrial Lancashire, is on the north-west coast. Distant and little-inhabited areas like Northern Scotland, are too remote for the development of large seaside resorts.

For most children, going to the seaside suggests a week or fortnight of freedom on the beach, ideally a sandy one providing ample opportunity for the construction of sandcastles, fishing in pools for stranded shrimps, paddling in shallow water or swimming in deep. Children's entertainment may include the traditional knockabout puppet show "Punch and Judy", donkey rides. Their parents spend sunny days swimming in the sea and sunbathing on the beach. Not that the British sun can be relied on and the depressing sight of families wandering round the town in raincoats and under umbrella is only too common. However, there are always the shops with their tourist souvenirs, plenty of cafes and, if the worst comes to the worst, the cinema to offer a refuge.

The average family is unlikely to seek accommodation in a hotel as they can stay more cheaply in one of the many boarding houses, whose owners spend the summer letting rooms to help add enough to their savings to see the winter through.

Nowadays even when an increasing number of people fly off to European resorts where a well-developed sun-tan can be assured, the British seaside is still the main attraction for families, especially those with young children. As they queue for boat trips, cups of tea or ice-cream under grey skies and in drizzling rain, the parents are reliving their own childhood.

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

- A reason suggested in the first paragraph for the appeal of the British seaside is that _____.
 - it is within easy reach
 - it is an ideal place for children
 - most holiday resorts are in the warmer south and east
 - a large number of people enjoy going there
- Children enjoy the seaside because _____.
 - they can be sure of a sandy beach to play on
 - they are allowed to do as they like there
 - it offers a period of enjoyable escape from school routine
 - there are a variety of enjoyable ways of spending time there
- It is suggested that as a form of holiday entertainment the cinema _____.
 - is visited only if there is nothing better to do

- B. is the only place there is to go in bad weather
 C. is the best place there is to go in bad weather
 D. has nothing whatever to recommend it
4. What reason is suggested for running a boarding-house?
 A. The owners earn their living by doing this.
 B. This helps to pay for the upkeep of a large house.
 C. The money they earn will keep them through the winter.
 D. The resulting supplementary income will ensure a living for several months.
5. What attraction has the British seaside got for many parents in comparison with European resorts?
 A. They can take their families with them in their own country.
 B. There are more ways of enjoying themselves there.
 C. They can recall their old good times.
 D. It takes them less time to get there.

► 答案与解析

1. A. 答案依据在文章第一段最后一句 Distant and little-inhabited areas like Northern Scotland are too remote for the development of large seaside resorts. 根据这句话, 我们可以知道“偏远”是很多地区不能吸引游客的原因。由此, 我们可以反推出 A 选项是符合题意的。
2. D. A 选项与文章第二段中的 Not that the British sun can be relied on and the depressing sight of families wandering round the town in raincoats and under umbrella is only too common. 不符。B 选项与 C 选项则曲解了文章的内容。而 D 选项正好是对第二段前半部分进行了概括。
3. A. 第二段最后一句 However, ... plenty of cafes and, if the worst comes to the worst, the cinema to offer a refuge. 依据此句, 可以知道在坏天气时, 在商店和咖啡馆里可以消磨时光, 实在再没有更好的地方, 去电影院也好。故应选 A。
4. D. 第三段倒数第二句 ... will add enough to their savings to see the winter through 中的 add enough to their savings 正好可以用 D 选项中的 the resulting supplementary income 来诠释。ensure a living for several months 意义同 see the winter through。
5. C. 在文章最后一段最后一句中 the parents are reliving their own childhood when... 是问题的答案依据。四个选项中只有 C 选项符合题意。

Lesson 2

Passage

A

Track-2. mp3

In October 1987, the National Board for Professional Teaching Standards began its work to set new standards of accomplishment for the teaching profession and to improve the quality of education available to all children.

Teachers are committed to their students and their learning. They must act on the belief that all students can learn. They must recognize individual differences in their students and adjust their practice accordingly. They must know that their mission extends beyond the cognitive capacity of their students. They must be concerned with their students' self-concept, with their motivation, and with the development of character.

Teachers must know the subjects they teach and how to teach them. They must command specialized knowledge of how to convey a subject to the students. Teachers are responsible for managing and monitoring the students' learning. They must call on multiple methods to meet their goals, knowing and being able to employ a variety of instructional skills. Teachers must think systematically about their practice and learn from experience, seeking from the advice of others and drawing on education research and scholarship to improve their practice.

As members of learning communities, teachers contribute to school effectiveness by collaborating with other professionals. They take advantage of community resources, cultivating knowledge of their school's community as a powerful resource for learning.

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

1. "Teachers are committed to students and their learning." The sentence means that _____.
 - A. teachers should meet all the demands of students
 - B. teachers should set very high demands on students.
 - C. teachers should be very kind to students
 - D. teachers must be responsible for students and their learning
2. According to the author, if a student performs poorly at school, it may be the duty of _____.
 - A. society
 - B. teachers
 - C. parents
 - D. other students

3. Teachers' task should go beyond developing the learning ability of students and they should _____.
 - A. know the subject they teach
 - B. transmit valued knowledge
 - C. respect their students, know about their interests and develop their character
 - D. seek the advice of others
4. School effectiveness mainly depends on _____.
 - A. teachers who work together
 - B. students
 - C. teaching material
 - D. school leaders
5. The best title for this message is _____.
 - A. How to Manage Students Learning
 - B. Learning from Experience
 - C. Relations Between Teachers and Students
 - D. Toward High Standards for Teachers

► 答案与解析

1. D. 从文章的第二段知道该句是文章的主题句。本段其他文字对第一句话进行了说明。通过阅读该段, 可推断出正确答案。A, B 和 C 选项皆不能全面地解释该主题句。
2. B. 依据文章第三段第三句 Teachers are responsible for managing and monitoring student learning 可以推论出学生在校表现不好, 老师责任难推。
3. C. 依据文章第二段最后两句, C 选项正好解释了 self-concept, motivation, and the development of character.
4. A. 依据文章最后一段第一句 teachers contribute to school effectiveness by collaborating with other professionals. 所以很明显 A 应为正确答案。
5. D. 文章首段中 began its work to set new standards of accomplishment for the teaching profession... 点明了文章要讨论的内容。只有 D 选项才符合这句话。

Passage

B



Exchange a glance with someone, then look away. Do you realize that you have made a statement? Hold the glance for a second time longer, and you have made a different statement. Hold it for 3 seconds, and the meaning has changed again. For every social situation, there is a permissible time that you can hold a person's gaze without being intimate, rude, or aggressive. If you are on an elevator, what gaze-time are you permitted? To answer this question, consider what you typically do. You very likely give other passengers a quick glance to size them up and to assure them that you mean no threat. Since being close to another person signals the possibilities of interaction. You need to emit a signal telling others

you want to be left alone. So you cut off eye contact, what sociologist Erving Goffman (1963) calls “a dimming of the lights”. You look down at the floor, at the indicator lights, anywhere but into another passenger’s eyes. Should you break the rule against staring at a stranger on an elevator, you will make the other person exceedingly uncomfortable, and you are likely to feel a bit strange yourself.

If you hold eye contact for more than 3 seconds, what are you telling another person? Much depends on the person and the situation. For instance, a man and a woman communicate interest in this manner. They typically gaze at each other for about 3 seconds at a time, then drop their eyes down for 3 seconds, before letting their eyes meet again. But if one man gives another a 3-second-plus stare, he signals, “I know you”, “I am interested in you,” or “You look peculiar and I am curious about you.” This type of stare often produces hostile feelings.

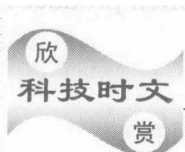
► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

1. It can be inferred from the first paragraph that _____.
 - A. every glance has its significance
 - B. staring at a person is an expression of interest
 - C. a gaze longer than 3 seconds is unacceptable
 - D. a glance conveys more meaning than words
2. If you want to be left alone on an elevator, the best thing to do is _____.
 - A. to look into another passenger’s eyes
 - B. to avoid eye contact with other passengers
 - C. to signal you are not a threat to anyone
 - D. to keep a distance from other passengers
3. By “a dimming of the lights” (Para. 1) Erving Goffman means “_____”.
 - A. closing one’s eyes
 - B. turning off the lights
 - C. ceasing to glance at others
 - D. reducing gaze-time to the minimum
4. If one is looked at by a stranger for too long, he tends to feel _____.
 - A. depressed
 - B. uneasy
 - C. curious
 - D. amused
5. The passage mainly discusses _____.
 - A. the limitation of eye contact
 - B. the exchange of ideas through eye contact
 - C. proper behavior in situations
 - D. the role of eye contact in interpersonal communication



► 答案与解析

1. D. D 选项概括了首段的内容。A 选项中的 significance 表述得不够准确。
2. B. 依据第一段最后三句话 So you cut off eye contact, ... Should you break the rule against staring at the a stranger on an elevator,...。前面是做法, 后面是举例。B 选项 avoid eye contact 符合该行为。
3. D. a dimming of the lights 应该是指 cut off eye contact, D 选项符合题意。
4. B. 依据文章第一段最后一句 the other person exceedingly uncomfortable, 这里 uncomfortable 意义就是 B 选项 uneasy。
5. D. 和第 1 题一样, glance 和 eye contact 这里应是同一回事。D 选项的表述是正确的。B 选项中的 exchange 表述不对。



不吃早餐影响工作效率

A third of office workers would rather grab a few minutes extra sleep than breakfast, according to a survey that estimated poor eating habits were costing companies dearly in terms of lost productivity.

A survey by Ipsos Mori found 17 percent of British office workers never have breakfast and 17 percent have it just one to three times a week.

It found eight percent of 1, 051 office staff questioned also regularly skip lunch, with these poor eating habits estimated to be costing companies 17 billion pounds (\$34 billion) a year or 97 million lost working days.

“Worryingly, of those who rarely or never eat lunch, 27 percent also never eat breakfast during the working week,” said Ipsos Mori researchers in a statement.

The survey, commissioned by food service company BaxterStorey, estimated skipping breakfast cost companies 8.1 billion pounds or 46.5 million lost working days, with many studies finding a link between eating breakfast and attention span, learning ability and general well-being.

When other poor eating habits such as having no breakfast and lunch or having no breakfast and snacks, are included, lost productivity rocketed to nearly 17 billion pounds.

The survey found most employees—92 percent—have lunch, with 68 percent opting for sandwiches, but most people don’t drink enough during the day. Only 11 percent had the recommended eight or more drinks during the working day.

“People who eat breakfast have better concentration, problem solving ability, mental performance, memory and mood. People who eat breakfast are also more physically energetic and have better coordination.” said nutrition specialist Matt Barker.

“Research tells us that scores on memory tests were about 15 percent lower in people who skipped breakfast. And those who skip it tend to eat sugary, fatty foods later in the day, reducing their productivity.”