

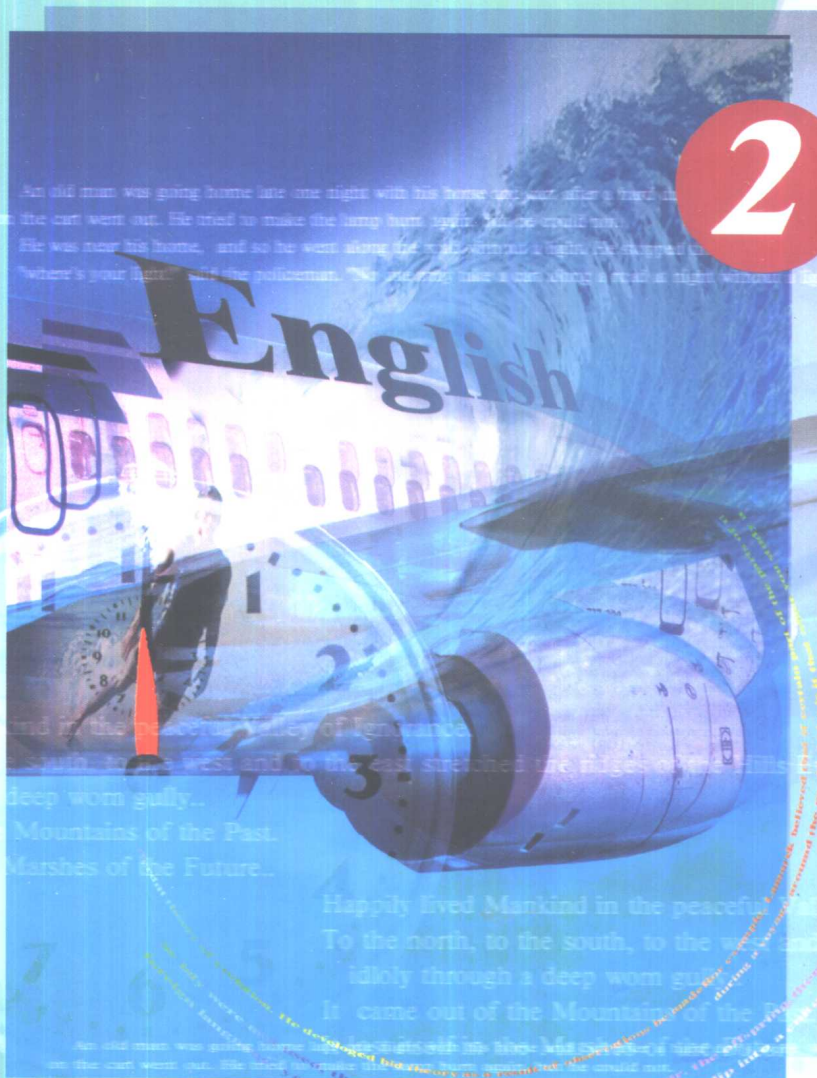
新编大学英语

NEW COLLEGE ENGLISH

自主综合训练

陈大宝 主编

2



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

项目主编：罗飞今 宋毛平

项目策划：霍光汉 洪志娟

新 编 大 学 英 语

New College English

自主综合训练

2

主 编：陈大宝

副主编：刘卫红 李金凤

编 委：谢有兰 刘晓妍

刘 芳

外 语 教 学 与 研 究 出 版 社

Foreign Language Teaching and Research Press

(京)新登字 155 号

图书在版编目(CIP)数据

新编大学英语 自主综合训练 2/陈大宝主编. - 北京:外语教学与研究出版社,2000

ISBN 7-5600-1906-4

I. 新… II. 陈… III. 英语-高等学校-教学参考资料 IV. H31

中国版本图书馆 CIP 数据核字(2000)第 30812 号

版权所有 翻印必究

新编大学英语

自主综合训练 2

主编:陈大宝

* * *

责任编辑:杨学义

执行编辑:何琳

出版发行:外语教学与研究出版社

社址:北京市西三环北路 19 号(100089)

网 址: <http://www.fltrp.com.cn>

印 刷:北京华威冶金印刷厂

开 本:787×1092 1/16

印 张:11.25

字 数:222 千字

版 次:2000 年 10 月第 1 版 2000 年 11 月第 2 次印刷

印 数:31001—66000 册

书 号:ISBN 7-5600-1906-4/G·815

定 价:12.90 元

* * *

如有印刷、装订质量问题出版社负责调换

前 言

《新编大学英语》是一套按照“以学生为中心的主题教学模式”编写的教材，它侧重于提高学生的英语语言应用能力，培养学生听、说、读、写、译等方面的综合能力，具有很强的时代性，充分体现了新教学大纲的要求，同时又兼顾到大学英语教学的目的和特点。《新编大学英语自主综合训练》共分4册，分别与《新编大学英语》1—4册配套，旨在帮助使用本教材的学生和其他英语学习者更好地巩固课文中的语言知识，扩大知识面，提高语言应用能力。

本书为第二册，由12个单元组成，分别按《新编大学英语》第二册课文顺序编写，每单元由 Reading Comprehension, Translation, Vocabulary, Structure, Cloze 和 Situational Conversation 6部分组成。

本书的内容与特色如下：

(1) 每单元的 Reading Comprehension 围绕课文主题进行选材，并适当增加有关内容。为增强学生的笔头能力，在形式上采取选择、翻译、简答等多种题型，充分体现了培养学生实际应用语言能力的宗旨。同时增大了阅读量，使学生在大量阅读中提高自身的英语水平。

(2) Translation 部分旨在提高学生的翻译能力。

(3) Vocabulary 和 Structure 两部分是根据课文中的重点词汇和句型编写的练习，是课文知识的延伸和补充，可使学生课后进一步巩固课文所学的语言知识。

(4) Cloze 部分是检查学生英语综合应用能力的训练，所选的短文具有很强的知识性、趣味性和可读性。

(5) Situational Conversation 部分是训练学生在特定的语言环境中运用语言的能力。

本书附有参考答案，学习者可根据自身的需要，在学完每课后进行自我测试。

本书的不足之处，请读者批评指正。

Table of Contents

前 言	I
Unit 1 Food	1
Part I Reading Comprehension	1
Part II Translation	8
Part III Vocabulary	8
Part IV Structure	10
Part V Cloze	11
Part VI Situational Conversation	12
Notes	13
Key to the Exercises	15
Unit 2 Personality	16
Part I Reading Comprehension	16
Part II Translation	23
Part III Vocabulary	24
Part IV Structure	25
Part V Cloze	26
Part VI Situational Conversation	27
Notes	28
Key to the Exercises	29
Unit 3 Career Planning	30
Part I Reading Comprehension	30
Part II Translation	36
Part III Vocabulary	37
Part IV Structure	38
Part V Cloze	39
Part VI Situational Conversation	40
Notes	41
Key to the Exercises	43
Unit 4 Learning Skills	44
Part I Reading Comprehension	44
Part II Translation	49
Part III Vocabulary	50
Part IV Structure	52
Part V Cloze	52
Part VI Situational Conversation	53
Notes	54

Key to the Exercises	56
Unit 5 Language	57
Part I Reading Comprehension	57
Part II Translation	64
Part III Vocabulary	65
Part IV Structure	66
Part V Cloze	67
Part VI Situational Conversation	68
Notes	69
Key to the Exercises	72
Unit 6 Nature and Nurture	73
Part I Reading Comprehension	73
Part II Translation	78
Part III Vocabulary	79
Part IV Structure	80
Part V Cloze	81
Part VI Situational Conversation	82
Notes	84
Key to the Exercises	86
Unit 7 Music	87
Part I Reading Comprehension	87
Part II Translation	92
Part III Vocabulary	93
Part IV Structure	94
Part V Cloze	95
Part VI Situational Conversation	96
Notes	97
Key to the Exercises	99
Unit 8 Creativity	100
Part I Reading Comprehension	100
Part II Translation	106
Part III Vocabulary	106
Part IV Structure	108
Part V Cloze	109
Part VI Situational Conversation	110
Notes	112
Key to the Exercises	114
Unit 9 Gender Differences	116
Part I Reading Comprehension	116
Part II Translation	121
Part III Vocabulary	122
Part IV Structure	123

Part V	Cloze	124
Part VI	Situational Conversation	125
Notes	126
Key to the Exercises	128
Unit 10	Risks	130
Part I	Reading Comprehension	130
Part II	Translation	136
Part III	Vocabulary	136
Part IV	Structure	138
Part V	Cloze	139
Part VI	Situational Conversation	140
Notes	141
Key to the Exercises	143
Unit 11	School Life	144
Part I	Reading Comprehension	144
Part II	Translation	150
Part III	Vocabulary	151
Part IV	Structure	152
Part V	Cloze	153
Part VI	Situational Conversation	154
Notes	155
Key to the Exercises	157
Unit 12	Time	158
Part I	Reading Comprehension	158
Part II	Translation	164
Part III	Vocabulary	165
Part IV	Structure	166
Part V	Cloze	167
Part VI	Situational Conversation	168
Notes	170
Key to the Exercises	171

Unit 1 Food

Part I Reading Comprehension

Section A

Directions: Read the following 2 passages and do the comprehension questions.

Passage 1

To quote an old dumpling proverb: *Nothing tastes better than jiaozi, and nothing feels more comfortable than bed.*

This old saying may sound a bit odd to Chinese teenagers or Westerners, but to one from north China who is old enough to remember the simple life, the saying makes perfect sense.

When there wasn't enough food, *jiaozi* or stuffed dumplings were the best way of making a tiny amount of meat go a long way. My grandmother used to make them with fatty pork. She chopped the meat into small pieces and mixed it with finely diced vegetables in a large bowl. The mixture didn't look very appetizing. But then she would roll out some wheat-flour dough and wrap the filling into little parcels which she dropped into a saucepan of boiling-hot water.

That was when the transformation took place—the little parcels puffed up, turning into the hot, steamy and attractive *jiaozi* that I loved so much. One of my earliest memories is of my grandmother serving them to me with soy sauce, vinegar, garlic, and sesame oil.

Ever since then I have loved *jiaozi*. But there is a big difference between home-made *jiaozi* and the restaurant kind. The ones you get in restaurants are usually very oily and rich and full of non-traditional fillings like sea food. Also the pastry skin is often thick and hard because it has been mass-produced, rather than being rolled-out and shaped by hand.

But now I've changed my opinion about restaurant dumplings. I've found an eatery which serves *jiaozi* just like those my grandmother used to make.

Like all good finds, I discovered it by accident.

It was a hot day and already lunch time, when I finished business at the Bank of China, in Wangfujing. I strolled out of the bank, turned left, and walked a few hundred yards down the road when I saw two interesting restaurants. One served *yuntou*—dumpling soup and the other served *jiaozi*—stuffed dumplings without soup. I decided to go for the non-liquid variety.

The restaurant was small and simple with little decoration, but it was nice and clean. The menu was equally simple with nothing but *jiaozi* and cold dishes on offer.

The names of the dishes were plain and straightforward, telling eaters what the fillings were. There were seven kinds of fillings to choose from. Pork, shrimp and egg were the most expensive at 35 yuan for half a kilogram, while the pork and cabbage variety were retailing for a mere 16 yuan per half kilogram. Other fillings included pork with chive or fennel or long beans or celery, and mutton with leek.

I decided to treat myself and, of course, my friend. So I ordered 50 grams of each variety, apart from the mutton ones which we left out because we didn't think they would go with the rest of our meal. As if that wasn't enough, I also picked three cold dishes: young leek with bean curd, cucumber with

garlic, and stewed pig ear. The cold dishes weren't so good, but the *jiaozi* were up to granny's standards. I couldn't hide my amazement. They looked and tasted just like the real, home-made thing. Even the wrappings were hand-made, and the fillings were full of vegetables. They served us our six different kinds of *jiaozi* in one big dish, so each time I ate one in my mouth I had to figure out what flavor it was. My favorite was the chive one, but my friend liked the most expensive ones with the pork and shrimp and egg fillings.

I didn't count how many *jiaozi* we ate but we definitely ordered too many. 300 grams for two people is usually just right, but in this restaurant, I advice you to order less, if you don't want to end up wasting food. However, if you do over-order, don't worry. The food is pretty cheap.

We ate ourselves silly and downed plenty of soft drinks and beer, and the bill only came to a total of 50 yuan.

Well, you know what they say: There's no place like home.

(724 词, 选自《大学英语阅读精选》)

1. The main idea of this passage is that _____.
 - A) the author loved the dumplings made by his grandmother
 - B) the dumplings served in that restaurant are as good as home-made ones
 - C) the author loved dumplings more than any other food
 - D) the fillings in dumplings are quite different
2. When there wasn't enough food, the author thought _____.
 - A) the pastry skin of dumplings was thick and hard
 - B) it was very easy to find a restaurant serving dumplings
 - C) the mixture of the dumplings served in the restaurant was as good as the home-made one
 - D) dumplings were the best form of food to make a small amount of meat go a long way
3. According to the author, the right average amount of *jiaozi* ordered for each customer is _____.
 - A) 150 grams
 - B) 300 grams
 - C) 600 grams
 - D) 50 grams
4. Which of the following statements was not mentioned in the passage?
 - A) The restaurant was not big.
 - B) The restaurant was nice and clean.
 - C) The restaurant offered *jiaozi* and cold dishes.
 - D) The restaurant offered dumpling soup.
5. According to the passage, the author ordered _____.
 - A) *jiaozi* only
 - B) *jiaozi* and some cold dishes
 - C) mutton *jiaozi* only
 - D) pork, shrimp and egg

Passage 2

Regardless of your age, no doubt you want to do all you can to slow down the clock. While genetics plays a strong role in determining how well you age, scientific evidence is mounting that diet is important as well. By regularly eating specific foods and nutrients, you may reduce or even prevent signs of aging from wrinkles and dry skin to serious age-related diseases. It's never too late to start.

Maintain a steady weight. Repeatedly gaining and losing weight permanently weakens the elastic

fibers supporting your skin. Once skin loses its elasticity, it will no longer shrink to fit a trimmer body, but will remain slack and wrinkly. Large and rapid variations in body weight can prematurely age your face. Aging also causes the underlying fat to thin accentuating existing wrinkles and causing skin to sag, says dermatologist Robert L. Warner, M.D..

No specific food will prevent or ease facial lines. But you can slow your rate of wrinkling by eating the right foods to keep the fat layers under your skin sufficiently plump to maintain a smooth complexion. The best diet provides enough calories each day to maintain a normal weight for your body frame. A healthy adult male, weighing 145 pounds, needs at least 1760 calories per day, plus another 540 to 2520 calories, depending on how active he is. A woman weighing 110 pounds needs a minimum of 1310 calories per day, plus another 414 to 1656.

These calories should come from nutritious foods. For example, while one baked sweet potato, eight ounces of orange juice or ten potato chips provide about 100 calories, only the sweet potato and orange juice supply quality calories, the sweet potato is rich in vitamin A, which helps skin cells shed smoothly; the juice provides vitamin C, which helps form collagen, the supportive substance that gives youthful skin its elastic quality. Good sources of vitamin A include dark-green, orange and deep-yellow vegetables and orange-colored fruits; citrus fruits are a good source of vitamin C.

Drink plenty of water. Once you're past your 20s, many of your skin's natural moisturizers sweat and oil glands shut down, and the top layer of skin thins out. As a result, skin no longer holds moisture well. Also, if you don't drink enough water to replace what you lose every day through urination and perspiration, your body pulls what it needs from your cells, including skin cells, resulting in drier, older-looking skin.

To minimize dryness, drink at least eight to ten eight-ounce glasses of water a day. Don't count drinks such as coffee, tea and cola as part of your daily intake. They contain caffeine, a diuretic that may increase water loss from the skin, as will alcohol.

Strengthen your defenses. Another symptom of aging you can offset with diet is lowered resistance to illness. Your immune system defends your body against unfriendly invaders such as bacteria and viruses. Research suggests that in older people, infections linger because the immune system is weakened. Aging weakens the function of lymphocytes, white blood cells that help fight disease.

However, vitamin E may strengthen the immune system. In an American study, researcher Simin Nikbin Meydani gave 32 healthy adults over age 60 large doses of vitamin E twice a day for a month. As a result, their lymphocyte function was significantly improved. Foods rich in vitamin E include dark-green, leafy vegetables, legumes, nuts and whole-grain cereals.

Smart eating habits may also help prevent other age-related conditions:

To reduce your risk of heart disease, stick to diet basics: Keep daily cholesterol intake under 300 milligrams and get no more than 30 percent of your total calories from fat. Hike your intake of polyunsaturated or monounsaturated fats and soluble fiber(found in oat bran, dried beans and barley); they help reduce blood-cholesterol levels.

Most women know that during the first three decades of life, milk and other high-calcium foods can help reduce the risk of osteoporosis by building strong, dense bones; maintaining a high-calcium diet until menopause helps keep them that way. When estrogen levels fall after menopause, however, calcium can no longer be absorbed well by the bones. But new research shows that boron may slow bone loss in the critical years following menopause. Good sources of boron include apples, nuts, raisins, grape juice and

green vegetables.

Food is not a quick fix for aging. But a sound diet—plenty of fiber, water and vitamin-rich, deep-colored fruits and vegetables is bound to have a positive effect on your overall health and looks.

(800 词, 选自《英语扩充词汇阶梯阅读》)

6. What is the main idea of the passage?
 - A) Some foods have a positive effect on overall health and looks.
 - B) Food that prevent one from getting old.
 - C) Food that rich in high-calcium can build strong bones.
 - D) All foods are nutritious and good for our health.
7. According to paragraph one, what can determine how well one ages?
 - A) genetics
 - B) nutritious foods
 - C) nothing
 - D) genetics and a sound diet
8. What does the word “aging” in line 4 mean?
 - A) late part of life
 - B) years old
 - C) growing old
 - D) long period of life
9. According to the passage, what may strengthen the immune system?
 - A) vitamin A
 - B) vitamin E
 - C) vitamin C
 - D) high-calcium foods
10. What can we conclude from the passage?
 - A) A sound diet can determine whether one will have a long life.
 - B) The more nutritious food you eat, the healthier you'll be.
 - C) A sound diet isn't the only factor to determine a long life.
 - D) Foods rich in vitamin C will do good to your skin.

Section B

Directions: Read the following 2 passages and answer the questions.

Passage 3

Your daughter-in-law has invited you to dinner and she's eager to please. There's shrimp, beef, rice, noodles, corn, broccoli, and raspberry pie and chocolate truffle candy.

If you're like most people, you'll want to try a little of everything. But watch out. “A wide variety of foods at one meal can cause you to eat much more,” says health and behavior expert Thomas Wadden. “That's because each different food has its own satiety level.” However, you can learn to turn off your hunger switch. Scientists have discovered that appetite is controlled by biochemical signals. Certain foods trigger the desire to eat more, while others tend to suppress that desire. Here's how to control the urge to overeat.

Don't skip meals. People “who skip breakfast or lunch tend to overeat in the evening”, notes obesity specialist Dr. C. Wayne Callaway. “This is common among chronic dieters.”

A problem is that during meal-skipping, the body's store of glycogen, used as a fuel, drops. That signals the body to demand food and could make you hungry.

Drown your appetite. “Drinking water is the number-one way to artificially reduce appetite,” says

nutrition expert Dr. George Blackburn. The reason: liquids freshen the mouth and take up a lot of room in the stomach, and when the stomach is full the desire to eat is reduced.

Aim for 64 ounces of liquids daily. In addition to water, good choices are skim milk, herbal tea and low-calorie fruit juices. Don't gulp down entire glassfuls of liquid as if it were medicine, or you'll never continue. Sip three to four ounces at a time throughout the day.

Soup it up. In 1989, researcher Barbara Rolls and her colleagues at Johns Hopkins University in the United States invited 12 men to lunch for two weeks. On different days the men received one of three appetizers, tomato soup, cheese and crackers, or fresh fruit. Calories in each appetizer were equal. Then the men ate a main course. Tomato soup beat the other two in reducing the number of entree calories consumed. Soup lowered later calorie intake by 25 percent compared with cheese and crackers. The key may be the large volume of space that soup takes in the stomach.

Snack sensibly. Mother always warned against eating before mealtime. Now scientists are rethinking that advice.

A large meal, especially one that's sugary, stimulates the body to produce insulin over a longer period; this, in turn, removes excess sugars from the bloodstream and encourages fat storage and production. With smaller, more frequent meals, less insulin is released over a shorter period. According to some scientific thinking, this helps in the weight wars by lessening the amount of fat produced and stored.

Nutritionists call this small-meal approach grazing, and for it to be effective, you have to munch the right foods. "You cannot graze on candy and ice cream because your insulin levels and appetite will increase," says nutrition-research specialist James Kenney. "But if you graze on low-fat, high-fiber foods such as carrots, peaches, oranges, red peppers, whole-wheat pasta, potatoes or oatmeal, you'll keep your appetite down."

If grazing sounds like too much freedom to eat, schedule it in advance. Plan your day so that you can snack with healthful goodies every two hours or so.

Eat more complex carbohydrates. A few years ago, dieters were encouraged to dine on high-protein, low-carbohydrate foods—a hamburger patty with cottage cheese on a lettuce leaf, for example. Since then, such diets have been criticized as unhealthy and potentially dangerous. Foods high in complex carbohydrates and low in fat—rice, potatoes, corn and pasta—have made a big comeback, thanks in part to their ability to satisfy the appetite with fewer calories.

What's more, carbohydrates are digested and stored less efficiently than fat. "That means the metabolic rate goes up more when the body is metabolizing carbohydrates than when it's metabolizing fat," Kenney says, "A higher metabolic rate produces more body heat," which, he speculates, "may be associated with reduced appetite." Nutritionists recommend 6 to 11 daily servings of grains such as bread, cereal and pasta.

Know your own triggers. Whether it's sausage or popcorn, the smell, sight, sound and even texture of foods are powerful triggers to overeat. First, ask yourself why you want to eat. It may have nothing to do with hunger. "Our eating is so dependent on external cues that just seeing foods makes us want to eat," says Maria Simonson, former director of a health, weight and stress clinic.

Emotions are another reason people eat. "Eighty-five percent of my patients had psychological reasons for overeating," adds Simonson. "A major trigger is stress." Before you eat, ask yourself, "Am I eating because I'm hungry or because I'm upset?"

Keeping a food record can help identify your strongest cues. For a few days, write down everything you eat and what made you start thinking about food—an advertisement, emotion or aroma. That helps you out-think the next craving.

Everyone experiences food cravings at some time. When one occurs, some researchers suggest, picture it as following a wave pattern. “Imagine yourself a surfer,” says Linda Crawford, an eating-behavior specialist at weight and health-management center. “You have to ride that wave till the craving subsides.”

With a food craving, “It’s much easier to ride the wave if you distract yourself,” Crawford says, “Ideally, do something unconnected with eating, like taking a walk. In 20 minutes, the craving will probably diminish.” As in surfing, Crawford adds, “Practice makes perfect. The more you practice riding a wave, the easier it becomes.”

(858 词, 选自《当代美国短文赏读》)

11. What does the passage mainly discuss?
12. According to the passage, what’s the best artificial way of reducing appetite?
13. What is our eating mainly dependent on?
14. What does grazing mean in the passage?
15. How can we overcome food craving?

Passage 4

Like someone recalling long-lost friends, Johnathan Robinson, 38, misses his favorite snacks: fried chicken, fruit pies and cookies. Robinson, a senior vice president of a sales-promotion agency, came under new job pressures last year. In 12 months, he gained 15 pounds—much of it, he says, from snacking. He decided that 230 pounds was too much for his six-foot-five frame.

To slim down, Robinson ate lighter lunches, cut out red meat and greatly revised his snacking habits. Instead of fat-rich goodies, he ate fruits, vegetables, yogurt, whole-wheat crackers and oil-free popcorn. In six weeks he lost 15 pounds, and over this past summer he dropped another five. “Healthy snacking and a balanced diet made it easy for me to lose weight and keep it off,” says Robinson.

Indeed, medical research suggests that, done right, snacking makes people healthier and even helps control weight. In a recent study at Cornell University, 13 women ate as much as they wanted of 41 low-fat foods for snacks and meals. In 11 weeks they lost an average of 5.5 pounds.

A Canadian study by Dr. Jenkins, professor of medicine and nutritional sciences at the University of Toronto, produced even more unexpected results. For two-week periods, seven men ate the same healthy foods. During one period, they ate regular meals of breakfast, lunch and dinner. In the other part of the test, they ate the same foods divided into 17 mini-meals. When researchers tested the men’s blood, they found the nibbling diet lowered overall cholesterol 8.5 percent. Even better, low-density lipoprotein cholesterol (LDL), what doctors call bad cholesterol, dropped 13.5 percent. “That amount surprised even the researchers,” Jenkins says.

Medical science has learned the reason for these findings. Large, infrequent meals supply more calories than are needed for the complex mechanisms that regulate the digestive and metabolic processes; thus the body does not use all of the food as energy. The excess must be stored as fat.

Snacking, however, isn’t for everyone. People who simply can’t resist eating the wrong foods

shouldn't snack. But most of us can snack for both weight control and better health. if we follow these five guidelines, recommended by nutrition experts:

Avoid most processed snack. For years University of Colorado basketball player Bill Markham devoured candy bars, potato chips and other junk food. During basketball season, his high-calorie snacks weren't a problem. But every summer those binges pushed Markham's weight up ten pounds. When fall practice started, the six-foot-eleven athlete felt sluggish.

Last year, hoping to break the weight-gain cycle, the 22-year-old cut out all snacks and limited himself to three healthy meals a day. But he was always hungry. The lure of a candy bar—a quick sugar fix—was too hard to resist. Finally Markham turned to the team nutritionist.

"You're eating the wrong snacks," she told him. Her suggestions: yogurt, fruit, small homemade sandwiches. Markham enjoyed the new routine. And for the first time, he didn't gain weight in the summer.

Nutritionists have long warned that many such items provide empty calories at the cost of needed nutrients. Some processed snack foods are okay for everyday snacking. Nutritionists approve two favorites: pretzels (unsalted are best), because they're baked and not fried, and air-popped popcorn, which is low in calories and high in fiber.

Time your snacks right. "Eat when you're hungry, not when the clock says it's meal hour", says Alicia Moag-Stahlberg, a research dietitian. "Four to six hours after you eat, the liver consumes its store of carbohydrates, the food that the body converts to blood sugar," explains registered dietitian Evelyn Tribole, author of *Eating on the Run*. "When that happens, you may feel tired. A headache may set in." "To keep energy high," says Tribole, "never go more than five hours without a snack."

A recent nutrition study at Tufts University in the United States, suggests that an afternoon snack also improves brain power. Researchers analyzed the mental skills of eight students who ate a high-energy afternoon snack, then compared their performance after they switched to a caffeine-free, diet soft drink. When the students snacked they did 20 to 30 percent better on memory and concentration tests. One good time for the afternoon snack, say researchers, is between three and four o'clock.

Monitor snack-food labels. One psychologist often enjoyed a can of grape juice on his morning break. "It's only 90 calories," he told his colleague Jayne L. Newmark, a registered dietitian. Newmark looked at the label and shook her head. "It's 90 calories per serving," she said. "But the label says two servings per can. You're actually getting 180 calories."

Read snack-food labels carefully. Newmark suggests choosing snacks that meet these per-serving criteria:

Sodium: 250 mg. or less.

Fat: three grams or less for every 100 calories.

Fiber: four to five grams. (Not all snack foods that are nutritious will be fiber-rich, so be sure your snacks provide fiber).

Watch out for gimmicks. A product labeled light doesn't necessarily have fewer calories. It could be lighter in color, texture or taste. Snacks advertised as cholesterol-free aren't always fat-free. Cholesterol-free products contain no animal fat, but many are still high in saturated vegetable fat, which can raise your cholesterol level.

Exercise and the right kind of snacking are an ideal weight-loss combination, experts say. Both help control appetite and increase energy levels. Both boost the body's metabolic rate—the speed at which food

is utilized. Each time you eat a high-carbohydrate food, the digestive process burns up about ten percent of the calories.

Unanimously, nutritionists recommend exercise with a healthy snacking diet. That's because exercise—no matter how little you do—helps you feel good about yourself. When you feel good, you want to eat right. You're more likely to reach for the wholesome snack—and feel even better.

16. What's the best title for the passage?
17. What do "large, infrequent meals" in paragraph 5 refer to?
18. What can you infer from the passage?
19. What's the best way to slim down according to the nutritionist?
20. What's the good time for afternoon snack according to the researchers?

Part II Translation

Directions: Translate the following sentences into Chinese.

21. (Passage 1)

That was when the transformation took place—the little parcels puffed up, turning into the hot, steamy and attractive *jiaozi* that I loved so much.

22. (Passage 2)

Regardless of your age, no doubt you want to do all you can to slow down the clock.

23. (Passage 3)

Tomato soup beat the other two in reducing the number of entree calories consumed.

24. (Passage 3)

Foods high in complex carbohydrates and low in fat—rice, potatoes, corn and pasta—have made a big comeback, thanks in part to their ability to satisfy the appetite with fewer calories.

25. (Passage 4)

Healthy snacking and a balanced diet made it easy for me to lose weight and keep it off.

Part III Vocabulary

Directions: For each of the following blanks four choices are given. Choose the most appropriate one.

26. _____ troublesome the problem is, he faces it with patience.

A) However

B) No matter

C) Despite

D) Although

27. Do _____ it in mind that we expect a report next week.
A) remember B) put C) leave D) keep
28. Trains stop here in order to _____ only.
A) get off B) pick up C) put up D) pull in
29. He showed me all the correspondence _____ the matter.
A) relate B) relate to C) relating to D) to relate to
30. The situation there _____ that I should be present.
A) asks B) requires C) orders D) insists
31. The deadline is only three days away, we can't _____ the waste of time in doing the work.
A) afford B) ignore C) agree D) take
32. Students _____ the use of the office duplicator.
A) are forbidden B) are avoided C) are prevented D) are controlled
33. Nothing _____ like success.
A) gains B) wins C) succeeds D) gets
34. It never _____ to me that the clue to the problem lies in such a simple experiment.
A) meet B) occurred C) recollected D) satisfied
35. _____ should we prevent the students from exploring new ideas.
A) In no case B) What C) If D) Only
36. Aunt Mary gave us sandwiches for our picnic and a bag of fruit _____.
A) in addition B) in addition to C) addition D) and addition
37. It is to the _____ advantage that street traffic should be well controlled.
A) average B) ordinary C) common D) mean
38. His interesting experience _____ a great novel.
A) makes B) does C) becomes D) goes
39. He has an _____ for writing.
A) appetite B) appearance C) appendix D) approve
40. While travelling in space, manned space-craft must be well _____ harmful radiation.
A) protected against B) prevented from C) provided with D) prevented for
41. I'm _____ to death of being blamed for everything that goes wrong.
A) sick B) terrible C) disgusting D) sicked
42. Columbus _____ America, but did not explore the new continent.
A) invented B) find C) look for D) discovered
43. It's difficult to _____ these result to any known causes.
A) relate B) combined C) connects D) put together
44. A hammer _____ in nails.
A) used to drive B) is used to driving
C) used to driving D) is used to drive
45. Joan of Arc _____ a heroine in France.
A) regard with B) was regarded as
C) thinks as D) was thought to be
46. The rumor quickly _____ through the village.
A) cover B) extend C) spread D) distributed

47. It's too far, too late and _____ too dangerous.
A) at first B) above all C) first of all D) firstly
48. _____ traffic coming from the left, especially at roundabouts.
A) By way of B) On the way to
C) Make way to D) Give way to
49. The newly-built plant is supplied with _____ machines.
A) plenty of B) many a
C) a great deal of D) a large amount of
50. In India the cow is a _____ animal.
A) sacred B) respective C) great D) serious
51. He has learned _____ English to read English novel.
A) effective B) good C) sufficient D) many
52. More and more people are beginning to realize the necessity of _____ nature.
A) favoring B) worth C) exchanging D) preserving
53. Born in Alabama, but _____ in Chicago, she studied chemical engineering and African-American culture and history at Stanford University.
A) lived B) schooled C) raised D) stay
54. You find yourself troubled or upset by having to share your partner in ways normally considered _____ among your circle of friends.
A) accurate B) advisable C) positive D) appropriate
55. She was thoroughly ashamed of _____ so much on such an ugly picture.
A) having spent B) costing C) expending D) having cost

Part IV Structure

Directions: For each of the following blanks four choices are given. Choose the most appropriate one.

56. The reason _____ he's late is because there was a breakdown on the railway.
A) that B) for what C) for which D) which
57. My new glasses cost me _____ the last pair that I bought.
A) three times as much as B) three times much than
C) three times as many as D) as three times much as
58. Insects thrive _____ from the hottest deserts to snow-clad peaks of lofty mountains.
A) everywhere B) where they are
C) far from being D) to which
59. _____ relatively costly, the diesel engine is highly efficient and needs infrequent servicing.
A) Even B) Above all C) It is D) There is
60. The little _____ I did is not worth mentioning.
A) which B) that C) for which D) for that
61. Although he knew little about the large amount of work done in the field, he succeeded _____ other more well-informed experimenters failed.
A) which B) that C) where D) what
62. I had just started back for the house to change my clothes _____ I heard voice.
A) as B) when C) after D) while