

21世纪高等院校“十二五”重点 规划教材

大学英语

阅读教程

第2册

College English Reading



• 主 编 马玉玲

• 副主编 白颜鹏 张慧成 李秀平 郑昱霞



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内 容 简 介

本书以教学大纲及考试大纲为依据,严格按照2013年12月四级改革新题型编写,涵盖四级阅读部分的所有题型。本书选材广泛,题材新颖,试题编写针对性强,是一本实用而有特色的大学英语阅读教程。在学习本书后,读者可在提高应试技巧的同时切实增强自身的英语阅读能力。

本书可供高等学校一、二年级学生学习英语阅读使用,同时也可供其他英语学习爱好者参考。

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前言

“得阅读者得天下”，这是学生对阅读理解重要性的精辟概括。阅读理解在大学英语四级考试中占有很大的比重，提高阅读速度和效率是决胜大学英语四级考试阅读理解题的关键。

从2013年12月的考试开始，全国大学英语四、六级考试的试卷结构和测试题有了新的调整。整个阅读理解所占的比例仍为35%，考试时间为40分钟。词汇理解（选词填空）占5%。长篇阅读（即原来的快速阅读）占10%，篇章长度和难度依然不变。改变后的长篇阅读题型为匹配题，即篇章后附有10个句子，每句一题，每句所含的信息出自篇章的某一段落，要求考生找出与每句所含信息相匹配的段落。有的段落可能对应两题，有的段落可能不对应任何一题。仔细阅读占20%，包含两篇文章，每篇文章后有5个选择题。整个阅读环节（Section A、Section B、Section C）由“选词+段落+精读”构成，时间依然很紧张。阅读题型的变革，对于学生的要求比较高，尤其是准备参加四、六级考试的学生，要特别注意提高阅读能力。因此，大量的训练必不可少，唯有训练加技巧才能铸就阅读效率和实力。

1. 编写总则

本系列教材以《大学英语课程教学要求》为准则，以先进的外语教学理论为指导，教材的总体设计体现知识性、鲜活性、趣味性、实用性，注重培养学生的人文素质。本系列教材分为长篇阅读、仔细阅读、词汇理解和翻译四部分，其编写坚持做到“四个结合”：语言知识与语言技能相结合、单项技能与综合应用能力相结合、语言教学与文化传授相结合、课堂教学与自主学习相结合。本系列教材的编写注重对学生的“多维度”“一体化”培养，即语言能力、学习策略、文化素养的同步培养。在教学模式上，本系列教材着重构建多层次、立体化的教学模式。

2. 选材要求

在编写过程中，我们力图使内容具有时代感、趣味性、思想性和知识性。题材广泛，包括人物传记、社会、文化、日常知识、科普常识等，所涉及的背景知识都能为学生所理解；体裁多样，包括叙述文、说明文、议论文等；文章的语言难度中等，超出大纲四级词汇表的范围，都用汉语注明词义。

3. 练习特点

我们在设计教材练习形式时既考虑到非英语专业学生学习的特点，也考虑到学生在学习过程中可能会遇到的困难，在形式上练习做到多样化、有新意，难度呈坡度状，提倡课堂互动，鼓励学生“learn to do”和“do to learn”。本书每单元的习题均附有答题卡及参考答案

与解析，使学生既能够在课堂上使用本书，也可以在老师的指导下通过自学来提高阅读能力。

4. 教学目标

教学目标设计体现教学的层次性，目标进度呈阶梯状，即一般要求、较高要求和更高要求。教学起始目标为一般要求，最终目标是更高要求。

阅读理解在某种程度上不仅考查学生的英语水平，同时也考查学生的知识面和知识结构，所以本书为一些文章提供了实用的背景知识，既能增强学生对短文的理解，又有助于拓展学生的知识面。同时，每篇文章都标出文章的词数及建议阅读答题时间，让学生更好地掌握考试节奏。

5. 使用对象

本书适合非英语专业在校生及意图提高自身阅读能力的其他读者使用。通过本书的学习和练习，可以提高学生快速阅读、仔细阅读、精读、略读、泛读方面的能力，以及通过阅读解决问题的能力。在大量的阅读之后，学生应认真完成各项练习，细心体会其中的技巧，并在练习中熟练地掌握技巧，然后再利用技巧来解决问题，提高理解能力和准确判断能力，以便在大学英语四级考试中取得更好的成绩。

本书共9个单元，由北京交通大学海滨学院负责组织编写。全书由马玉玲担任主编，负责书稿的审校和定稿；由白颜鹏、张慧成、李秀平、全斌担任副主编，协助主编审稿、定稿并参与具体的编写工作。其他具体参与编写的人员为：孙杰、王文峰、杨玲玲、史云来、连芳、段建丽、马艳丽、邓倩、张慧成、宁江涛、张克民、曹艳雯。

由于编者水平有限，书中错误及疏漏之处在所难免，敬请广大读者批评指正。

编 者

2014年10月

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Unit 1

Food and Health



Early to bed and early to rise, makes a man healthy, wealthy, and wise.

— Benjamin Franklin

I. Long Passage Reading (长篇阅读)

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **the Answer Sheet**.



6 “Fake” Foods Worth Eating

[A] **Fake Candy Bars: Unreal Candy** — Like M&M’s? Snickers (士力架)? Reese’s? Then you’ll love the healthier counterparts Unreal Candy has developed for these indulgences — sans corn syrup, hydrogenated fats (氢化植物油), GMOs (转基因食物), preservatives (防腐剂) and artificial colors and flavors. Using real cane sugar and organic blue agave, these “unjunked” treats slash between 9 and 14 grams of sugar from their mainstream friends.



[B] **Fake Chicken: Beyond Meat** — Compared to real chicken, plant-based Beyond Meat — created from soy and pea protein — packs a higher nutritional material (a 120-calorie serving boasts 20 grams of protein) for less money. Their delicious Chicken-Free Strips shreds just as well as any boneless, skinless breast.

[C] The plant-based egg substitute is lactose-free, soy-free and gluten-free, lacks any cholesterol (胆固醇), and eliminates the risk of food safety concerns like antibiotics use or avian flu. If you’re vegan, allergic, or concerned about the humane treatment of chickens, Beyond Eggs satisfies your taste buds without environmental or ethical worries. What’s more, it’s 18% cheaper than battery cage eggs. Debuting in August, their products will be sold in retail outlets as well as to industrial food manufacturers and restaurant suppliers.

[D] **Fake Eggs: Beyond Eggs** — As a powder made of legumes, grains, starches, fats and natural gums, Beyond Eggs recreates the real deal across the edible spectrum from baked goods to scrambled “eggs”. They’ve also got a line of “Just Mayo” that tastes so good — no yoking around — it’ll fool any Earl of Sandwich.

[E] “When you cut it up and combine it with, say, chopped tomato and lettuce and mayonnaise with some seasoning in it, and wrap it in a burrito, you won’t know the difference between that and chicken,” says food writer and cook Mark Bittman. “I didn’t, and this is the kind of thing I do for a living.” So Meatless Monday-ers to seasoned vegans: Get it at Whole Foods Market (around \$12 a pound) or in meals at a Tropical Smoothie Café.

[F] You won’t feel bad on these new, healthier versions of favorites like candy, eggs, cheese, and meat, and you might just help change the world along the way.

[G] **Fake Cheese: Kite Hill** — Though dairy-free cheeses are readily available, many are unappealing mixes of soy protein (a no-go for people with allergies and soy sensitivity), vegetable oils and artificial ingredients like starches and gums. Lyrical Foods, Inc. has changed the game with its Kite Hill line of artisanal (手工艺的) cheeses made from almond and macadamia milk that includes only natural ingredients.





[H] It all started when the dad of 13-year-old Nicky Bronner confiscated his Halloween candy for being too unhealthy, and Nicky set out to prove his dad wrong. After talking to doctors and food scientists, he soon realized dad was right — so he teamed up with chef Adam Melonas to create Unreal. And believe us, if these gourmet-tasting treats pass teens' tests, you know the stuff is good. Sate your sweet tooth at CVS, Target or Stop & Shop.

[I] **Fake Beef: Modern Meadow** — Think of start-up Modern Meadow like a cow-less cattle ranch: The company is in the works to manufacture slabs of beef using 3D printing of lab-grown muscle cells. (They're also looking to culture leather.) Modern Meadow has received over \$2 million dollars in funding, and while no products are on the shelves yet (the company's still working on its prototype research), stay tuned.



[J] **Fake Peanut Butter: No-Nut Butter** — Made out of non-genetically modified golden peas, this imitation PB by The Sneaky Chef is just as good as the real deal. It tastes exactly like other nut spreads but is completely, 100-percent peanut, tree nut and soy free, making it a perfect alternative for those with allergies or sensitivities. Try the nut-free spread in a classic peanut butter and jelly sandwich or as a base in Asian-inspired peanut sauces. Look for it in 18 oz jars at Whole Foods Market or at NetGrocer.com

[K] Using nut milks, cultures, enzymes and salt, the company produces four kinds of cheese, including the killer creamy truffle, dill and chive Cassucio that will win over any casein connoisseur at your next wine and “cheese” night. Pick up your wedge at Whole Foods Market nationwide later this summer (They're currently available at select Whole Foods Markets in California) for around \$14-15 per 6 oz (盎司).

1. Plant-based Beyond Meat packs a higher nutritional punch for less money.
2. A food writer says, after a combination of tomato and lettuce, people won't know the difference between Beyond Meat and chicken.
3. Beyond Egg is cheaper than battery cage eggs.
4. Unreal Candy contains sans corn syrup, hydrogenated fats and other junked materials.
5. Snickers and Reese's are not real candy.
6. Nicky Bronner realized he was wrong after a conversation with doctors and food scientists.
7. Many dairy-free cheeses are made from starches and gums.
8. You can take your favorite kind of cheese easily by using the appropriate price at Whole Foods Market nationwide later this summer.
9. This kind of butter is totally peanut, tree nut and soy free, but tastes like nut spreads very much.



10. The company is trying to produce slabs of beef using 3D printing of lab-grown muscle cells.

Background Information

1. hydrogenated fat 氢化植物油

Hydrogenated fat is an artificial fat which includes the well-known creamer, margarine, cocoa butter replacer and so on. It is a common edible oil which was added in hydrogen at a certain temperature and pressure. Hydrogenated edible oil increases hardness to maintain a solid shape, and enhances its plasticity, fusion, emulsification to make food crisper. It is also able to extend the shelf life of food, which is widely used in food processing.

氢化植物油是一种人工油脂，包括人们熟知的奶精、人造黄油、代可可脂等。它是普通植物油在一定的温度和压力下加入氢催化而成。经过氢化的植物油硬度增加，保持固体的形状，可塑性、融合性、乳化性都增强，可以使食物更加酥脆。同时，还能够延长食物的保质期，因此被广泛地应用于食品加工。

2. M&M's 巧克力豆

M&M's is one of the series food which is manufactured by the US multinational food company Mars — the world's largest pet food and snack food manufacturers. It is one of the world's largest chocolate brands. The fragrant milk chocolate, colorful crackers, sugar-coated and distinctive cartoon character M&M's, passing the colorful chocolate fun to the people. After 70 years of development, swept far, M&M's becomes tempting chocolate in people's heart.

M&M's 是世界最大宠物食品和休闲食品制造商美国跨国食品公司玛氏 (Mars) 公司推出的系列产品之一，是世界第一大巧克力品牌。香浓牛奶巧克力，五彩薄脆糖衣包裹，性格鲜明的 M&M's 卡通形象，向人们传递了色彩缤纷的巧克力乐趣。历经 70 年的发展，风靡至今，M&M's 成为人们心中挡不住的诱人巧克力。

3. Whole Foods Market 美国有机商品超市

Whole Foods Market is a supermarket chain, was built in 1980 and now has 187 stores throughout the United States. It is not a general food retailer, but the leader of United States "New Life Movement". Whole Foods Market advocates high quality of life, green and healthy food and environmental protection. It was known as "Google of organic food industry", and its owner is also called the "Bill Gates of green industry". Whole Foods Market advocated to sale the food of processing less, meanwhile containing no GMOs, artificial food colorings and preservatives.

美国有机商品超市是一家连锁超市，建于 1980 年，现已有 187 家商店，分布于全美各地。它可不是一般的食品零售商，它是美国“新生活运动”的引领者。美国有机商品超市提倡高质量生活、绿色健康食品 and 环境保护，被称为“有机食品界的谷歌”，而它的老板就是“绿色食品业的比尔·盖茨”。美国有机商品超市提倡销售加工处理较少且不含有转基因、人造色素和防腐剂的食品。



Summary

From this passage, we know there are six “fake” foods 1 eating: Fake Chicken, Fake Eggs, 2, Fake Cheese, Fake Peanut Butter and Fake Beef. Compared to real chicken, plant-based Beyond Meat — created from soy and pea protein — 3 for less money. When you eat it with the combination of chopped tomato and lettuce and mayonnaise, you won’t know the difference between that and chicken. If you’re vegan, allergic, Beyond Eggs 4. Fake Candy Bars are 5 candy, bad for people’s health. Though dairy-free cheeses are readily available, many are unappealing mixes of soy protein, vegetable oils and artificial ingredients like starches and gums.



Translation Practice

1. Debuting in August, their products will be sold in retail outlets as well as to industrial food manufacturers and restaurant suppliers.
2. You won’t feel bad on these new, healthier versions of favorites like candy, eggs, cheese, and meat, and you might just help change the world along the way.
3. It all started when the dad of 13-year-old Nicky Bronner confiscated his Halloween candy for being too unhealthy, and Nicky set out to prove his dad wrong.

II. Careful Reading (仔细阅读)

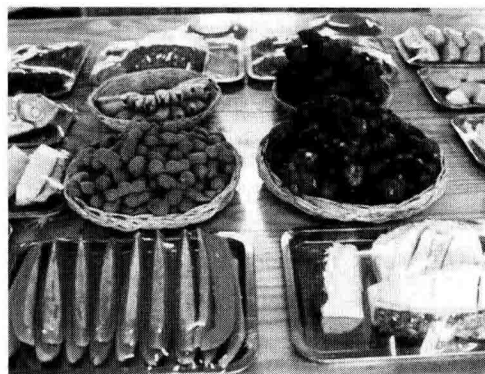
Directions: There are two passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter on **the Answer Sheet**.



Passage One

Hearing the words “You have diabetes (糖尿病)” can strike fear in anyone’s heart, because diabetes leads to so many other frightening health problems: blindness, hearing loss, heart disease, stroke, high blood pressure, kidney disease, and more.

Living with diabetes is more common than most of us know — in fact, more than 25 million Americans have been diagnosed with diabetes. If you or a loved one suffers from the disease, you know that most complications can be





prevented by keeping blood glucose levels in check, being physically active, and eating a clean diet.

It's a lot of information to digest, and many who are first diagnosed are overwhelmed with the enormity of lifestyle changes. One of the biggest is usually a complete overhaul of their diet.

But, unless you're nutritionist or dietician, it can be complicated to learn how to track calories, fat, protein, carbohydrates (碳水化合物), fiber, and cholesterol (胆固醇). Diabetics need to eat a balanced mix of foods that keep their blood sugar from crashing. This involves monitoring their glucose levels multiple times a day, usually before and after meals. And, that entails a meal plan that details what foods they will eat throughout each day to keep their levels steady.



There's also a common misconception that diabetics have to adhere to a strict list of only healthy foods. Not true! Diabetics can eat almost anything in moderation, just like someone who doesn't have the disease. This is where having a detailed meal plan comes in handy.

Fortunately, there's a company called Quality Health that offers diabetes sufferers a Free Diabetes Meal Plan, where all the challenging work in creating a 7-day meal plan is done for you. The first in a series, this 7-day plan features meals and snacks for every day of the week. The recipes are tasty and designed to help you meet your diabetes management goals. You can even share them with family and friends who want to eat healthier.

1. According to the first paragraph, which disease is NOT caused by diabetes?
 - A. Heart disease.
 - B. Eyesight damage.
 - C. High blood pressure.
 - D. Kidney disease.
2. If you have diabetes, and try to keep complications far away, which one is NOT true?
 - A. Doing more exercises.
 - B. Taking less sugar.
 - C. Always checking blood glucose levels.
 - D. Having clean food and drink.
3. Diabetics should notice some tips. Which one of the following statements is NOT true?
 - A. Paying attention to the accurate daily intake of calories, fat, protein.
 - B. Monitoring their glucose levels several times a day.
 - C. Eating a measured diet.
 - D. Insisting on eating an absolute list of only healthy foods.
4. What does the underlined phrase in Para. 5 mean?
 - A. It means the detailed meal plan plays an important role.
 - B. It means the detailed meal plan can handle the situation.



- C. It means the purpose of having a detailed meal plan finally comes true.
D. It means diabetics can have a detailed meal plan anywhere.
5. About Quality Health, which one of the following statements is TRUE?
- A. Diabetics can eat meals for free.
B. It can do you any hard work.
C. It will design a 7-day meal plan for you.
D. You can eat any amount of meals and snacks.

Sentence Explanation

1. This involves monitoring their glucose levels multiple times a day, usually before and after meals.
这包括要一天多次监测他们的血糖水平，通常是在饭前和饭后进行。
monitor: v. keep an eye on 监控，监测
Officials had not been allowed to monitor the voting.
官员们未曾获许监控选举。
2. Fortunately, there's a company called Quality Health that offers diabetes sufferers a Free Diabetes Meal Plan, where all the challenging work in creating a 7-day meal plan is done for you.
幸运的是，有一家名为“质量健康”的公司为糖尿病患者提供“免费糖尿病患者饮食计划”，并且会做一些具有挑战性的工作来为你创作一个“七日饮食计划”。

Passage Two

If you live in Chicago or Dallas and have a few pounds to lose, you might spot Downsize Fitness and think you'll give this new gym a try. Forget it. This is a club that won't take you as a member — unless you have at least fifty pounds to lose. And they weigh you to make sure.

A gym that rejects the svelte (苗条的) and toned? Could this work? When Downsize's founder Francis Wisniewski got his brainstorm almost two years ago, he couldn't believe it wasn't already out there.



Weighing 360 pounds, the 39-year-old hedge fund manager wouldn't set foot in a regular gym. He was all too aware that most clubs were filled with “women in tight clothes running 5-minute miles” while he struggled to do 15 minutes on the elliptical (椭圆的) machine. “I was also embarrassed about how I looked,” he said, “and how much I sweated.” His business partner got him a full-time trainer to work with him at home.

In November 2011, a 299-pound Wisniewski opened the first Downsize Fitness in Chicago and in September 2012, another in Dallas. The gym's program is inspired by the approach used on “The Biggest



Loser” reality show, which tailors workout regimens to help overweight individuals drop pounds. Downsize’s stated goal is to help the obese lose weight in an environment where they feel comfortable and free of judgment. A complete membership of \$250/month (with a 6-month contract) includes personal training and nutrition counseling in small groups of three to six members. Most trainers know what it takes to shed pounds since they were formerly obese themselves. And while they won’t judge you, they will hold you “accountable”. Skip a few workouts? Expect a call or text to check up on you. Oh, and you can also compete for a prize in the \$25,000 weight loss challenge.

Forest McKinney, a 42-year-old audio-visual engineer in Plano, TX, who recently joined the Dallas



gym, may be exactly who Wisniewski had in mind. At standard gyms, neither the machines nor the exercises worked for him. At 6'2" and carrying an extra 200 pounds, he couldn't, for example, do ten jumping jacks. Or even one. "It's not gonna happen," he says. "It's not a healthy or good option for me." At Downsize, his trainer substitutes leg extensions that give him some of the benefits without the dangers.

1. What is the necessary requirement for a man to join in the club in the first paragraph?
 - A. Living in Chicago or Dallas.
 - B. Having a few pounds to lose.
 - C. Willing to give this new gym a try.
 - D. Having at least fifty pounds to lose.
2. According to the third paragraph, which element arouses Francis Wisniewski's desire for opening a gym?
 - A. He was 39 years old and weighing 360 pounds.
 - B. He couldn't put his feet on the floor of a regular gym.
 - C. He felt embarrassed about his sweated outward appearance.
 - D. Most clubs were filled women who wear tight clothes.
3. What's the feature of Wisniewski's gym program?
 - A. It is affected by the reality show of "The Biggest Loser".
 - B. It customizes exclusive exercise program for overweight individuals.
 - C. It helps to build a comfortable environment.
 - D. It includes personal training and nutrition counseling.
4. About the trainers, which saying is NOT true?
 - A. Most trainers know how to lose weight.
 - B. They were fat formerly.
 - C. They will account you as their customer.
 - D. They will call or text you to check up on you.



5. What is the passage mainly about?

- A. The importance of choosing an appropriate gym.
- B. The feature of the gym that only takes overweight members.
- C. How to be a successful manager.
- D. How to lose weight quickly.

Sentence Explanation

1. When Downsize's founder Francis Wisniewski got his brainstorm almost two years ago, he couldn't believe ...

两年前，当“减重”创始人弗朗西斯·维希涅夫斯基灵机一动（想出这个主意）的时候，他不敢相信……

brainstorm: *n.&v.* 集思广益，头脑风暴，灵机一动

2. The gym's program is inspired by the approach used on "The Biggest Loser" reality show, which tailors workout regimens to help overweight individuals drop pounds.

健身房的灵感来源于真人秀“最大的输家”中使用的方法——为超重者量身打造强化身体训练课程来减肥。

inspire: *v.* fill with revolutionary ideas 使产生灵感

regimen: *n.* 强化身体训练的课程

His spirit will be carried on, and it will inspire all of us to achieve more.

他的精神将得到传承，并激励我们所有人取得更大的成就。



Translation Practice

1. It's a lot of information to digest, and many who are first diagnosed are overwhelmed with the enormity of lifestyle changes. One of the biggest is usually a complete overhaul of their diet.
2. A gym that rejects the svelte and toned? Could this work? When Downsize's founder Francis Wisniewski got his brainstorm almost two years ago, he couldn't believe it wasn't already out there.
3. Most trainers know what it takes to shed pounds since they were formerly obese themselves. And while they won't judge you, they will hold you "accountable". Skip a few workouts? Expect a call or text to check up on you.

III. Banked Cloze (词汇理解)

Directions: In this section, there are three passages. For each of them, there are ten blanks and a list of choices given in a word bank. Firstly, you are required to match the English words in the word bank with



their Chinese meanings. Then, you are required to select one word for each blank from the list of choices given in the word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **the Answer Sheet**. You may not use any of the words in the bank more than once.

Passage One

- A. associated
- B. mostly
- C. primarily
- D. becomes
- E. extremely
- F. actually
- G. published
- H. way
- I. higher
- J. play
- K. which
- L. out
- M. without
- N. strength
- O. white

- 1. 成为
- 2. 方法
- 3. 出版, 发行
- 4. 扮演
- 5. 哪一个
- 6. 没有, 在外面
- 7. 主要地, 多半地
- 8. 关联的, 联合的
- 9. 力量, 力气
- 10. 白色的
- 11. 首先, 主要地
- 12. 非常, 极其
- 13. 更高的
- 14. 向, 离去
- 15. 实际上, 事实上

The latest study finds an intriguing connection between weight-bearing exercises and a lower risk of diabetes.

While lifting weights is more often 1 with strengthening muscle and keeping bones healthy, those exercises 2 benefit what's known as red muscle, which gets its color from mitochondria (线粒体), the energy factories of cells. Red muscle is known as the core of endurance athletes' 3 and helps them to power through sustained workouts. But it turns 4 that another type of muscle, white muscle, which is more prevalent among sprinters, weightlifters and those who use resistance training, where short bursts of energy are critical, may 5 a role in regulating blood sugar.

White muscle also 6 more prevalent as people age, as the cells start to rely more on glucose (血糖) for energy. That is partly why researchers have long believed that the shift from red to 7 muscle can be harmful, since the dependence on glucose can encourage insulin resistance. Greater demand for sugar leads to 8 levels of the hormone insulin that can overwhelm cells and leave them unable to respond to the sugar-metabolizing hormone, which provides the ideal environment for diabetes. But in the latest research 9 in the journal *Nature Medicine*, scientists from the Life Sciences Institute at the University of Michigan question that view, reporting that white muscle may 10 keep blood sugar levels in check.



- | | | | | |
|---------------|--------------|--------------|-------------|--------------|
| A. associated | B. mostly | C. primarily | D. becomes | E. extremely |
| F. actually | G. published | H. way | I. higher | J. play |
| K. which | L. out | M. without | N. strength | O. white |

Passage Two

- | | |
|-----------------|---------------|
| A. changing | 1. 取得, 实现 |
| B. fitness | 2. 健身房 |
| C. exercise | 3. 离开, 脱落 |
| D. personalized | 4. 起作用, 工作 |
| E. out | 5. 转变, 改变 |
| F. work | 6. 个性化的 |
| G. achieving | 7. 健康 |
| H. gym | 8. 降低, 减少, 丧失 |
| I. off | 9. 身材 |
| J. lose | 10. 影响, 效果 |
| K. expensive | 11. 教练, 训练员 |
| L. effect | 12. 练习, 运动 |
| M. trainers | 13. 专业的, 专门的 |
| N. shape | 14. 向, 外面 |
| O. specialized | 15. 昂贵的 |

People are constantly looking to 1 weight, get into better 2 and eat healthier. Yet even though Americans spend billions of dollars on diets and health clubs, most still report that they aren't 3 their goals.

The reasons are simple. Distractions like work and family, plus daily temptations to snack or skip a workout make it easy to fall 4 an exercise and eating regimen. Because of that, many people seek out personal fitness 5 to design customized programs so that they stay on track; this strategy can make all the difference between success and failure.

Unfortunately, it can also be 6. The average cost of hiring a personal 7 trainer is more than \$400 a month, and a nutritionist is around \$300 a month. For most Americans, that \$700 monthly bill is simply not feasible (可行的).

However, a new website called Daily Burn is 8 that situation with a triple-threat solution: They deliver the benefits of having a trainer, a nutritionist, and a weight-loss support community — all without the insane costs or the need to physically meet.

Daily Burn understands that a “one size fits all” approach doesn't 9 for health and wellness, so each member gets a 10 plan that fits their lifestyle, schedule, and eating preferences. Just complete a fitness profile that covers your goals, strengths and weaknesses. Your uniquely tailored strategy gets you started immediately, and it adjusts as your workouts evolve, keeping you thoroughly