

◆ 大学英语系列教材

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# Practical College English: Reading

## 实用大学英语 阅读教程 1

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重庆大学出版社

实用大学英语  
阅读教程  
1

# Practical College English: Reading

实用大学英语  
阅读教程

# 1

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## 内容提要

《实用大学英语阅读教程1》是根据国家最新颁布的《中国英语能力等级量表》编写而成的。该教材针对目前大学生因缺乏英语阅读理解策略而造成阅读效率普遍低下的现实,以技能为导向,每个单元的第一部分均以阅读微技能为标题,便于读者有效地学习和掌握一系列阅读技能。同时,教材采用了当前国内外英语阅读能力测试最新题型,以帮助学生通过阅读实践,掌握阅读理解策略,达到《中国英语能力等级量表》描述的英语阅读5~6级水平。

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# 前言

《实用大学英语阅读教程》(以下简称“本套教材”)是在习近平新时代中国特色社会主义思想指导下,为全面落实党中央提出的“立德树人”教育要求编写的教材。本套教材参照国家最新颁布的《中国英语能力等级量表》,针对目前大学生因缺乏阅读理解策略而造成阅读效率普遍低下的现实,内容设置上均以技能为导向,并采用当前国内外英语阅读能力测试最新题型,旨在提高大学生的英语阅读水平。本套教材共分为《实用大学英语阅读教程 1》和《实用大学英语阅读教程 2》两册,每册各 8 个单元。其编写特色如下:

## 一、强调选材主题的思想性

本套教材的主题既关注大学生生活与学习,又贴近社会热点。强调在提高语言技能的同时,拓展学生的视野,培养学生的批判性思维能力及跨文化交际能力,提升学生的人文情怀。

## 二、注重选材的真实性和时效性

本套教材所选材料贴近现实生活,以思想有一定高度、政治正确、能够启发学生思考的原版资料为主要编写素材。

## 三、突出阅读技能的培养

本套教材反映了先进的教育思想和理念,高度关注信息化环境下的教学变革。遵循以技能为导向的编写原则,每个单元的第一部分均以阅读微技能为标题,有助于学生有针对性地学习和掌握阅读技能。各项微技能的编排由浅入深,《实用大学英语阅读教程 1》主要介绍最基本的阅读技巧,如快速查找信息、区分文章细节等;《实用大学英语阅读教程 2》强调深层阅读技巧,如判断句子之间的关系、理解文章的组成结构、判断作者的态度、区分事实和观点、批判式阅读等。这种循序渐进的编排方式有助于学生各项技能的逐层建构和综合运用能力的逐步提高。

## 四、兼顾考与学的需求

本套教材选材和练习设计兼顾了学生对学习与测试的多种需求,遵照《中国英语能力等级量表》对英语阅读理解能力与阅读理解策略的分级描述,并参照国内外英语阅读测试的最新题型和考试模式,帮助学生有效地掌握阅读理解策略,达到《中国英语能力等级量表》描述的英语阅读 5~6 级水平。

### 五、兼顾课堂教学和自主学习

本套教材兼顾课堂教学和自主学习,部分内容可供学生课外自主学习使用。

在本套教材的编写过程中,编者参阅了最新的真实语料,吸收了很多领域的素材。在此,谨向原材料编者致以衷心的感谢!

由于编者水平有限,疏漏与瑕疵在所难免,敬请各位同仁和读者不吝批评指正,以期再版时修订完善!

编者  
2023年5月



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# Unit

# 1



## Part 1 Reading Skill: Skimming for the Main Idea (1)

### Section A Exploratory Reading

**Skim the following passage and complete the following three multiple choice questions.**

While it is possible for people with great talent or drive to achieve with a bad attitude, it doesn't happen very often, and it takes an incredible amount of effort. And even if they do achieve some degree of success, they aren't happy. (And they make the people around them miserable too.) Most often, people with a bad attitude don't get very far in life.

On the other hand, even barely average people can do great things when their attitudes are great. In *The Winner's Edge* (优势), Denis Waitley observed, "The winner's edge is not in a gifted birth, a high IQ, or in talent. The winner's edge is all in the attitude, not *aptitude* (才能). Attitude is the criterion for success."

**Choose the best answer.**

- Which one of the following is the key word in the passage?  
A. Effort.                      B. Attitude.                      C. Success.                      D. Edge.
- The passage mainly tells us that \_\_\_\_\_.  
A. people with great talent can always achieve great success  
B. successful people tend to make those around them unhappy  
C. good attitude contributes greatly to one's success  
D. it takes talented people great effort to become successful
- The main idea of Para. 1 is that \_\_\_\_\_.  
A. people with a bad attitude can still be successful  
B. people with a bad attitude are unhappy  
C. people with a bad attitude usually will not be very successful  
D. people with a bad attitude make people around unhappy

#### **Explanations**

- The key is B. The topic of the passage centers around people's attitude, so B is the correct answer.
- The key is C. The last sentence in Para. 2 "*Attitude is the criterion for success.*" best summarizes the main idea of the passage.
- The key is C. The last sentence in Para. 1 is the conclusion made on people with a bad attitude. Pay attention to organizers like "*while, even if, most often*" as they can guide

you to follow the author's thought.

### **Reading Skill: Skimming for the Main Idea (1)**

Skimming is defined as reading quickly to get the main idea of a text. It is a technique used in previewing or for getting an overview of a text. When skimming, your eyes read rapidly over the page, just pick out the main ideas and topics. Scanning also involves rapid movement through a text, but it aims at searching for specific information rather than the main points.

Skimming enables you to quickly go through the text without paying attention to all parts of it. It is valuable preparation for intensive reading as it allows you to select what is essential to read and to gain an overview of the structure of the material.

Strategies for skimming involve reading:

- 1) the title, subtitles, subheading;
- 2) the first and last paragraphs;
- 3) the first sentence of each paragraph;
- 4) words in bold type, italics, digits, or tables.

## ◉ Section B Trying Your Hand ◉

### **Consolidation Exercises**

**Skim the following passage and complete the following three multiple choice questions.**

Reading is becoming more and more important in the new knowledge economy and remains the most effective human activity for transforming information into knowledge.

If top readers read at speed of above 1,000 words per minute (wpm) with near 85% comprehension, they only represent 1% of readers. Average readers are the majority and only reach around 200 wpm with a typical comprehension of 60%. This seems surprising since most readers, actively reading work documents, newspapers, magazines, books or the contents of a computer display are practicing daily for at least one hour. With such an intense training everyone should be close to top performance.

Unfortunately, this is far from the real situation. The average reader is five times slower than the good reader. Things are even worse if we consider reading efficiency as well as speed. Reading efficiency is reading speed *weighted by* (乘以) comprehension rate and it amounts to  $200 \times 60\%$  or 120 efficient words per minute (ewpm) for the average reader and to  $1,000 \times 85\%$  or 850 ewpm for top readers. Thus, an efficiency ratio of seven divides these two categories.

**Choose the best answer.**

1. Compared with the average reader, the accomplished reader reads with \_\_\_\_\_.
  - A. higher speed and worse reading comprehension
  - B. higher speed and better reading comprehension
  - C. higher speed and the same reading comprehension
2. Which is the reading speed of average readers?
  - A. Above 1,000 wpm.
  - B. 850 wpm.
  - C. Around 200 wpm.
3. \_\_\_\_\_ read with a comprehension of 85%.
  - A. Average readers
  - B. Top readers
  - C. The majority of readers

**Explanations**

1. The key is B. You can find the answer from the figures in the first and second sentence in Para. 2.
2. The key is C. The second sentence in Para. 2 provides the answer. Pay attention to figures, words in bold type, etc., which can help you grasp the key points.
3. The key is B. The first sentence in Para. 2 provides the answer.

**Part 2 Reading Comprehension****◎ Section A Reading in the Context ◎**

**Read the passage with 10 missing words or phrases. Learn to guess their meanings from the context and then select one word for each blank from a list of choices given in a word bank following the passage. Each word or phrase should be selected only once.**

Rapidly melting ice in the Alps is revealing all sorts of ancient artefacts. Researchers are now against the clock to protect these *antiquities* (文物, 古物) before it's too late.

Melting glaciers and ice patches around the world have created an opportunity for archaeologists to 1 expand their understanding of how mountain life has changed through the millennia. One intriguing find revealed by melting ice was Ötzi, the Iceman who lived more than 5,000 years ago.

But archaeologists recognize such 2 are bittersweet. All around the world, archaeologists are facing huge challenge of surveying and cataloguing sites in time, because

thawing (融化) is 3 too fast for their limited resources.

Climate change is to blame for the 4 melting of glaciers, ice patches and *permafrost* (永冻土层). The rate of melting in the Alps is faster than in some parts of the world, because the level of warming at higher latitudes is greater than closer to the equator.

“In this year alone, we’ve lost about 6 per cent of the total glacier ice volume that is still present in Switzerland,” says Matthias Huss, a glaciologist and head of Glamos, an organization that monitors glaciers in Switzerland. “That is much more than ever before. In the last 5, we’ve typically seen 2 per cent ice volume lost per year. This year (2022) is three times more than the average of the last 10 years.”

Glaciologists put 2022’s dramatic ice loss down to a 6 of three factors: minimal snowfall, heat waves and Saharan dust. With little snowfall during winter, there was a thinner protective layer than usual by the start of the summer, so the snow melted sooner, 7 the ice, and so ice loss started earlier in the season. Dust blown across the Mediterranean from the Sahara Desert between March and May made Alpine snow 8, so it absorbed more solar radiation and melted faster. The final nail in the coffin was the *scorching* (酷热的) heatwave in the Alps from May through to the beginning of September.

The rate of melting across the Alps is so severe that the Glamos researchers are starting to 9 some measuring stations. The station at Corvatsch has been shut down, as there remains little ice on the glacier left to measure. Glaciologists 10 that 95 percent of the 4,000 or so glaciers dotted throughout the Alps could disappear by the end of this century.

A. discoveries

B. environmental

C. occurring

D. decade

E. introduce

F. determination

G. dirty

H. casually

I. combination

J. exposing

K. rapid

L. establish

M. abandon

N. dramatically

O. predict

## ● Section B Reading and Matching ●

**Read the following passage with 10 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.**

### Into the Unknown

[A] Four days earlier, and some 1,000 or so kilometers north-east, I was sitting in a conference room at the University of Copenhagen’s Department of Public Health, overlooking the beautiful lakes area. Around the table were health researchers Astrid Ledgaard Holm, Henning Langberg and Henrik Bronnum-Hansen. Ledgaard Holm, a

doctoral student, has investigated the health impacts of increased cycling. Studying physical activity, exposure to accidents and air pollution, she and colleagues found that the overall burden of disease—including heart disease, stroke, type II *diabetes* (糖尿病), breast cancer, *colon cancer* (结肠癌), *cardiopulmonary disease* (心肺疾病) and lung cancer—was reduced in people who cycled. The positive health effects of increased cycling were more than a third larger than the potential loss of health from bicycle accidents and air pollution.

- [B] Other studies investigating the health impacts of cycling have found similar positive benefits, although the degree varies. In a different study based in Copenhagen, researchers analyzed data from over 13,000 women and 17,000 men to explore the impact of physical activity on mortality. Even after adjusting for other factors, such as physical activity in leisure time, they found that people who did not cycle to work experienced a 39% higher death rate than those who did. In other words, cycling has prolonged people's life.
- [C] One of the most interesting insights the *Danish* (丹麦的) researchers share is how they've discovered that many *Danes* (丹麦人) don't consider cycling exercise. "People here can easily be riding back and forth 5 km per day, and if you ask them on a questionnaire if they are physically active, they will say 'No, I don't do any exercise'." Says Holm. For many here, she says, it's not a choice of activity, but your mode of transport.
- [D] What's immediately striking about cycling in Copenhagen is the incredible diversity of individuals on bicycles. Cycling in the morning rush-hour traffic on *Norrebrogade*, one of Copenhagen's busiest cycle routes, I see a woman in a long flowing black *jilbab* (穆斯林女式长袍) pedaling a cargo bike with two small children in the basket. I see men of all ages in suits; women in dresses, high-heeled boots and smart coats, flowing garments. I see university students and children cycling to school; babies fastened into child seats on the front or back of mum or dad's bike, and groups of children pedaling along in strong *Christiana* or streamlined *Bullit* bikes. Some children ride the cycle paths independently. Others are accompanied by parents cycling alongside, who guide their children with the occasional gentle hand on the back.
- [E] While cycling to interviews at the University of Copenhagen one morning, I came across a temporary memorial on the side of the street. At the intersection of *Store Kongensgade* and *Dronningens Tværgade* in the city center, a stretch of *tarmac* (柏油碎石路面), the length of a body was decorated with fresh flowers and candle jars inscribed with handwritten notes. I discovered later that it's where a 20-year-old woman on her bike was struck and killed several weeks earlier by a tourist bus making a right-hand turn.

[F] Decades after streets were first painted with white crosses to mark fallen cyclists, cycling accidents, although rare, are still considered seriously here. Only one Copenhagen cyclist was killed in 2012, and no year from 1998 to 2012 has seen more than seven cyclists killed in the city, according to Statistics Denmark. These figures are quite something in a city where the population cycles an estimated 1.27 million km every day. The risk associated with being a cyclist in Copenhagen “has dropped by more than 70% over the last 15 years” according to Niels Torslov, the City of Copenhagen’s traffic director. “And it’s a very strong story about finding the right measures, and designing a road space in a way that protects the users, especially those cycling.”

[G] The use of cycling *helmets* (头盔) is growing among Copenhageners, noticeably more than in Amsterdam, where helmet wearing is still very much an exception. At the time of her accident, in 2006, Ann-Doerthe Hass Jensen was wearing a helmet, though clearly, as she says herself, a helmet protects your head but not your feet. She says that working at Copenhagen’s Center for Rehabilitation of Brain Injury, as she does, makes you crazy about helmets. “There is no way I would not have a helmet on.” She says.

[H] So, how do we make our cities better for cyclists? Safe-cycling cities, policies and legislation already exist, and can inspire others. In Oregon, Portland’s “vulnerable user law,” for example, is made according to a European safety concept, says Portland attorney Ray Thomas, a partner at Swanson, Thomas, Coon and Newton, who specializes in cycling law. In Copenhagen, in one of many unplanned interviews with cyclists on city streets, I came across a young American student—Mike Milan, from Greenville, South Carolina—who was studying architecture there. “As I’ve learned in my urban design class here, Copenhagen has tried to slow down the city to a human pace, and a human scale,” he said. His thoughts conceptually make the city’s transport philosophy clear, and are equally applicable to Amsterdam.

[I] “Making people feel safer on bikes should not mean equipping them with reflective helmets,” says Jack Harris, owner of London’s Tally Ho! Cycle Tours. “We need infrastructure that allows more people to get onto bikes.” The places that are serious about encouraging cycling as a safe, accessible and pleasant mode of transport have some tough decisions to make about vulnerable users, including cyclists, in the allocation of urban space.

- \_\_\_\_\_ 1. Researchers found that people who did not ride a bicycle to work had a higher death rate than those who did.
- \_\_\_\_\_ 2. Researchers found that cycling reduced the overall burden of disease in cyclists.
- \_\_\_\_\_ 3. A part of the road, where a 20-year-old woman on her bike was struck and killed by a tourist bus several weeks earlier, is decorated with fresh flowers and candle jars.
- \_\_\_\_\_ 4. More and more cyclists in Copenhagen are using cycling helmets.

- \_\_\_ 5. Researchers in Copenhagen found that cycling made people live longer.
- \_\_\_ 6. It's striking that there are various kinds of people cycling in Copenhagen.
- \_\_\_ 7. Less than seven cyclists died from cycling accidents from 1998 to 2012 in Copenhagen.
- \_\_\_ 8. There are already safe-cycling cities, policies and legislation, which can inspire others.
- \_\_\_ 9. Infrastructure that allows more people to get onto bikes is needed to make people feel safer on bikes.
- \_\_\_ 10. It is common for Danes to cycle 5 km per day, but they don't classify cycling as exercise.

## ◉ Section C Reading in Depth ◉

**Read the following three passages carefully and then finish the tasks below.**

### PASSAGE 1

Heart attack survivors who carry extra weight around their belly are at greater risk of another heart attack. New research has found, another reason why measuring your waist may be more important than stepping on the scale.

It's been known for a while that having a pot belly, even if you are slim elsewhere, increases the odds of having a first heart attack, but the latest study, which published Monday in the *European Journal of Preventative Cardiology* (心脏病学), is the first time researchers have found a link between belly fat and the risk of a subsequent heart attack or stroke.

The link was particularly strong in men, researchers said.

“Excessive belly fat not only increases your risk for a first heart attack or stroke, but also the risk for recurrent events after the first misfortune,” said Dr. Hanieh Mohammadi of the Karolinska Institute in Stockholm, in a news release.

“Maintaining a healthy waistline is important for preventing future heart attacks and strokes regardless of how many drugs you may be taking or how healthy your blood tests are.”

The study tracked more than 22, 000 Swedish patients after their first heart attack and looked at the link between their waistline and events caused by blocked blood vessels like fatal and non-fatal heart attacks and stroke. Patients were followed for nearly four years, with 1, 232 men (7.3%) and 469 women (7.9%) experiencing a heart attack or stroke.

Most patients—78% of men and 90% of women—had excessive belly fat, defined as a waistline of 94 cm (37.6 inches) or above for men, and 80 cm (32 inches) or above for women.

The study found that belly fat was associated with heart attacks and stroke independent of other risk factors like smoking, diabetes, high blood pressure. The researchers stressed that waistline was a more important marker than overall obesity and advised doctors to measure

their patient's waists to identify those at risk.

However, they said that the link was stronger and more linear in men, who made up nearly three-fourths of the patients included in the study, than women.

In women, Mohammadi said the relationship was "U-shaped" rather than linear, meaning that the mid-range waist measurement, rather than the narrowest, was least risky. What's more, the mid-range waist measurement was in the range traditionally recognized as at risk for excessive belly fat; more than 80 cm wide.

The reason for this could be down to the type of fat that tends to hang out on men's and women's bellies. Mohammadi said some studies have suggested that men may have more *visceral* (内脏的) fat that goes deep inside your body and wraps around your vital organs.

This fat can be turned into cholesterol that can start collecting along and hardening your arteries, perhaps ultimately leading to a heart attack or stroke.

"In women it is thought that a greater portion of the belly fat is constituted by *subcutaneous* (皮下的) fat which is relatively harmless," she said.

However, the lower numbers of women included in the study meant the findings had less "statistical power" and more research was needed to draw definite conclusions, Mohammadi said.

The risk of *cardiovascular* (心血管) diseases like heart attacks or strokes is considered to be higher in those with a waist measurement of above 94 cm in men and above 80 cm in women, according to the World Health Organization. The risk is thought to be substantially increased in men with a waist wider than 102 cm and 88 cm in women.

The authors said that belly fat was best tackled by a healthy diet and regular exercise. Earlier studies have shown that regular moderate aerobic exercises, like walking for at least 30 minutes a day, can help fight a widening waistline. Strength training with weights may also help but spot exercises like sit-ups that can tighten stomach muscles won't touch visceral fat.

### Questions 1-7

Do the following statements agree with the information given in the passage? Choose

**TRUE** if the statement agrees with the information

**FALSE** if the statement contradicts the information

**NOT GIVEN** if there is no information on this

- \_\_\_ 1. To fight a widening waistline, you can do regular exercise, such as strength training with weights.
- \_\_\_ 2. The link between belly fat and the risk of a heart attack or stroke was not new to researchers.
- \_\_\_ 3. The fat on women's bellies is relatively harmless.
- \_\_\_ 4. For women, the smaller their waist sizes are, the less likely they are to have a heart attack.
- \_\_\_ 5. You can prevent heart attacks and strokes just by taking medicine.