

英语阶梯阅读丛书

英语阶梯阅读

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前 言

新世纪需要的是新型人才，因此教育要迎接新的挑战，面向现代化、面向世界、面向未来。英语教学的改革更是刻不容缓。英语语言素质不仅表现在掌握英语语言知识的深度，更表现在灵活运用英语的能力上。听、说、读、写四种技能中，阅读能力的培养一直是英语教学中的重要一环，在各项英语测试中对阅读水平的重视程度也是显而易见的。

如何更快更好地提高学生的阅读水平，从而全面提高其语言应用能力，是值得每一位教学者思考的问题。本着用发展的眼光探索英语教学改革新思路的出发点，我们编写了这套《英语阶梯阅读丛书》。

丛书是根据 2000 年颁布的《英语教学大纲》的要求，结合作者多年的教学经验精心编写完成的。丛书与新教材同步，伴教伴学，其突出的特点是立足课本，夯实基础，注重语境，强化语篇意识，突出能力培养。丛书不仅具有科学性、创新性，更具有很强的针对性和实用性。

本书为《英语阶梯阅读 2》，共设 10 个单元，每单元

选择的文章风格迥异、内容丰富、形式多样；力求贴近生活，与时俱进。书后给出测试题参考答案。

希望该书能成为教师教学的好帮手，学生学习的好伙伴，在减轻学习负担的同时，为全面实施英语素质教育做出贡献。由于时间仓促，水平有限，书中难免有不尽如人意之处，恳请广大读者不吝赐教。

杨 冰

2005 年 5 月

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Unit 13

Healthy Eating

Passage A

Today our knowledge of food and what it does for our bodies are far more advanced than that of the old times. Now we know about vitamins and how each kind of vitamin helps in the growth of a particular part of our body. There are on the market all kinds of vitamins which one can take to make up for one's lack of certain important things, which are needed for good health. Of course, if we eat well and properly, the food that we eat will take care of our body and so there is no need to take any kinds of vitamins unless our doctor tells us that our bodies are short of something, which can be supplied by them.

Generally speaking, everything we eat does some good to our body, but if we eat too much of one kind of food and pay too little attention to others, we may have too much of one

kind and not enough of others. Then we may be in trouble.

We are often told that we must eat some meat at each meal in order to get the necessary proteins (蛋白质). That is only partly true , for proteins are not found only in meat. We can also get them from some vegetables.

The best advice about what to eat is that we should eat all kinds of food but never too much of any.

1. One may take certain vitamins when _____.
 - A. one wants to encourage the growth of a particular part of the body
 - B. one eats all kinds of food
 - C. one's health is harmed by the lack of certain things which can be supplied by vitamins
 - D. one eats well and properly
2. The main idea of the second paragraph is that _____.
 - A. our health will be harmed if we eat everything
 - B. all kinds of food should be eaten to keep good balance
 - C. we should eat all kinds of food but not too little
 - D. we should eat more of some kinds of food than others
3. Proteins are found _____.
 - A. only in meat
 - B. in all kinds of food
 - C. more in vegetables than in meat
 - D. in some vegetables as well as in meat
4. Which of the following statements is TRUE ?
 - A. All kinds of food are good to our health no matter how much we eat.

- B. Meat is the best food of all.
 - C. Too much of any kind of food is bad to one's health.
 - D. Vitamins are more useful than natural food.
5. The main topic of this passage is _____.
- A. food and health
 - B. vitamins and proteins
 - C. meat vegetables and proteins
 - D. food and vitamins

Passage B

No good breakfast

Breakfast is the first meal of the day and it provides you with the energy that you will need in the morning. If you do not eat a good breakfast, you may feel hungry later in the morning and this may affect your performance. If you are having problems taking breakfast, for example, you will throw up after breakfast, try something light. Even a glass of milk or just a piece of bread is better than nothing.

Heavy dinner

Heavy meal late of night makes our digestive system work overtime even after we fall asleep. This may cause insomnia or dreams and we will not have a good rest. So it is best to eat our last meal early in the evening.

Taking in too much salt

Salt can cause high blood pressure, which will cause stroke, heart disease, and so on.

Too little amount of fruits and vegetables

Fruits and vegetables can help to make our body healthier.

Not enough intake of water

Water makes up more than two-third of our body and it is necessary for many functions in the body. Most of us require at least 6 glasses of water every day.

Eating too much snack

Eating too much snack will make you fat. Most snacks are rich in sugar , salt and fat , which can cause health problems.

Too much fat and oil

Our body requires only a small amount of fat. The excess causes us to grow fat and leads to other diseases.

1. Good breakfast is very important because _____.
 - A. it is the first meal of the day
 - B. it may affect your performance
 - C. you may feel hungry in the morning
 - D. it provides you necessary energy you need
2. If you eat too much late at night , what will probably happen ?
 - A. You may wake up several times during the night.
 - B. You will have a good rest.
 - C. You will fall asleep quickly.
 - D. You will be happy when you wake up.
3. How much water does a person need every week according to the passage ?

A. At least 6 glasses.	B. At least 8 glasses.
C. At least 14 glasses.	D. At least 42 glasses.

4. _____ will make put on weight.
- A. Eating little fat and oil
 - B. Eating too much snack
 - C. Taking in too much salt
 - D. Eating too much fruits and vegetables
5. The best title for this passage is _____.
- A. The Key to Your Health
 - B. Breakfast and Dinner are Important
 - C. Unhealthy Eating Habits
 - D. Eat More Fruits and Vegetables

Passage C

Have you wondered about the amount of time we spend talking about food and been surprised? We are always asking questions such as “Have you ever eaten?” and “What did you have for lunch?” Yet, if you travel from one country to another, you might find that other nations think differently about food. People plan to think that what they eat is normal and what everyone else eats is strange. In most parts of Asia, for example, no meal is complete without rice but in England, rice is the exception and people prefer to eat potatoes, in the Middle East, bread accompanies every meal.

Eating, like so many things we do, becomes a habit that is difficult to change. The Americans seem to like drinking lots of orange juice and coffee; the English plan to drink tea four or five times a day; the Australians prefer to drink a lot of beer

People in different countries also like eating different kinds of meat , and even within countries , different regions will have different likes and dislikes , especially in large countries like China and the former Soviet Union. In the south of China , some people enjoy eating snakes but in the north of China , most people refuse to eat it. The French think that horse meat is delicious but most people are terrified at the thought of eating it. New Zealanders eat a lot of lamb and mutton , but never goat. The Japanese say that they do not like eating lamb and mutton because of its smell , but that they really enjoy eating raw fish more than anything else.

1. The topic people spend a lot of time talking about is _____.

2. Bread is necessary in every meal in _____.

3. The Australians like to drink _____.

C. beer

D. orange juice

4. According to the passage , which of the following is right ?

A. People like different things in different area.

B. French like horse meat while New Zealanders eat a lot of lamb and mutton.

C. North Chinese don 't eat snakes.

D. All of the above.

5. Japanese people like to eat _____ .

A. snakes

B. lamb and mutton

C. raw fish

D. chicken

Passage D

Food and drink of themselves are good and desirable , but their abuse can cause serious health and mental problems. Many doctors believe that overeating is one of the country 's main health problem since it places a great strain (过劳) on the heart.

Another area of concern is alcohol. The results of alcohol abuse are well known. The social drinker turned alcoholic ; the drunken driver 's contribution to highway deaths , the broken homes , etc. , all point to the dangers of misusing one of nature 's gifts.

Although the abuse of a thing is no argument against the use of it , reason and restraint (约束) should prevail (普遍).

1. The intake (吸入) of food and drink should be _____ .

- ### Passage E

The change will not affect the taste or the number of calories in the food. But by changing the cooking oil, McDonald's says, it hopes to cut by nearly half the amount of trans fatty acids (转换脂肪酸) in French fries and reduce the

amount of saturated fats (饱和脂肪) by 16 percents. Scientists believe that trans fatty acids and saturated fats raise cholesterol (胆固醇) levels and increase the risk of heart disease.

McDonald's new step is important because McDonald's is an industry leader and other fast food chains and food processors may follow the lead.

For McDonald's, the action comes at a time when Americans are becoming more and more concerned about obesity (肥胖) and are increasing pressure on food companies to offer healthy and nutritious (有营养的) food to consumers.

After three years of study, McDonald's officials say they are switching oil that is lower in saturated fats and trans fatty acids. McDonald's says the change will not cause higher costs for consumers.

Though there is more change, scientists say that the amount of trans fat in foods at McDonald's and at other fast food companies is still important.

1. More than 13,000 McDonald's restaurants in America will use a new kind of cooking oil to _____.

- A. lower the costs of the products
- B. make its food taste better than ever before
- C. cure the heart disease
- D. do good to the health of consumers

2. The underlined word "switching" here has the same meaning as "_____".

- | | |
|---------------|----------------|
| A. turning on | B. turning off |
| C. changing | D. studying |

3. The main idea of the passage is _____.
- A. McDonald's is a pioneer in food products
 - B. McDonald's is enlarging its restaurants in the world
 - C. fried foods can't keep up with the development of modern society
 - D. McDonald's is to use new cooking oil
4. When a new kind of cooking oil used in McDonald's , _____.
- A. the prices of McDonald's food will be a lot higher
 - B. consumers will find the taste of McDonald's foods different
 - C. many other food companies will do what McDonald's does
 - D. obesity will disappear in American society sooner or later
5. Which of the following is TRUE according to the passage ?
- A. If a person's cholesterol is high , it won't affect his health.
 - B. Heart disease is connected with the contents of cholesterol.
 - C. The Americans pay no attention to the action of McDonald's.
 - D. Most of American foods are lower in trans fatty acids.

Passage F

Two American scientists told the people in industrial nations that they would be much healthier if they ate more of the same kind of foods eaten by humans living more than 10 ,000 years ago.

The scientists say that the human body has changed very

little since human first appeared on earth , but the way we live has changed greatly. Our body has not been able to deal with these changes in life style and this has led to new kinds of sicknesses. These new sicknesses were not known in ancient times. So they are called “disease of civilization ”. Many cancers and diseases of the blood system , including heart attacks and strokes are examples of such diseases.

Scientists noted that early stone-age people used very little alcohol or tobacco , probably none. Ancient people also got a great deal of physical exercise , but a change in food is one of the main differences between life in ancient times and life today.

Stone-age people hunted wild animals for their meat , which had less fat than farm animals. They also ate a lot of fresh wild vegetables and fruits. They did not use milk and other daily products , and they made very little use of grains. But today , we eat a large amount of daily products and grain foods. We eat six times more salt than stone-age people. We eat more sugar. We eat twice as much fat but only one third as much protein and much less vitamin C.

People today probably do not want to live as people did thousands of years ago , but scientists say that we would be much healthier if we ate as those ancient people did ,cutting the amount of fatty , salty and sweet food.

1. The people in industrial nations would be much healthier if they ate _____.

A. more foods as humans living 10 000 years ago did

- B. as humans living 10 ,000 years ago ate
 - C. more kinds of food eaten by people living over 10 ,000 years ago
 - D. more of the same kinds of foods eaten by people over 10 ,000 years ago
2. New kinds of sicknesses have been found because _____.
- A. the human body has changed compared with human first appeared on earth
 - B. the way we live has changed a little
 - C. our body can 't deal with the changes in life style
 - D. the way we live today are proper for the human body
3. What is the main cause mentioned in the article why people suffer from a lot of new sicknesses ?
- A. Ancient people did a great deal of physical exercise.
 - B. People today have a lot of alcohol.
 - C. People today have more tobacco.
 - D. Food is quite different between life today and life in ancient times.
4. From this article , we know that _____ are not good to our health.
- A. protein and vitamin C
 - B. milk and grain foods
 - C. wild animals , vegetables and fruits
 - D. a huge amount of fatty , salty and sweet food
5. What is the meaning of the word "stone-age" ?
- A. A period that people use stones to hunt for their food.
 - B. A period that people like to collect stones.
 - C. A period that makes people like stones.