

Wrong! While we can't change the body type we are born with, we can't blame our genes for making us fat. There's plenty of evidence that fatness runs in families, and the main reason is that they share the same habits of eating too much and exercise too little.

I am fat because I burn calories slowly

Wrong! Fatness is not caused by a slow metabolism (新陈代谢). In fact, although fat people consume more energy than slim people, they also fail to realize how much they eat! Keeping a diary can help you work out your daily food intake more accurately.

Exercise is boring

Wrong! Anything will become boring if you do it repetitively. The key is to develop a balanced and varied program that's fun as well as progressive. If you enjoy a Sunday walk, take a different route. If you do Yoga, try a tai chi class. If you like swimming, set yourself a distance or time challenge.

No pain, no gain

Wrong! Exercise is not meant to hurt. Indeed, pain is your body telling you something's wrong, and continuing to exercise could lead to serious injury. You may experience mild discomfort as you begin to exercise regularly, but this is your body adapting

to the positive changes in your lifestyle and the aches should disappear relatively quickly. If they don't, rest and seek medical advice.

1. What does the author think about being fat?

- A. It is the family genes that make people fat.
- B. People are fat because they consume too little energy.
- C. A diary of exercise can prevent people from becoming fat.
- D. It is the consequence of people's unbalanced lifestyle.

2. What is the author's opinion about "No pain, no gain" in exercising?

- A. Keeping fit is essentially a painful experience.
- B. Exercise should be stopped if continuous pain is felt.
- C. Pain in exercise is a precondition for reaching your goal.
- D. Getting used to pain leads to positive changes in your body.

3. What is the purpose of the passage?

- A. To declare the importance of keeping fit.
- B. To clarify some misconceptions about fatness and exercise.
- C. To confirm what has long been believed about keeping fit.
- D. To explain some medical facts about being fat and doing exercise.

(五)

主题语境	主题	语境	语篇类型	文章长度	建议用时	实际用时	正确率
人与自我	生活与学习	书店书籍	说明文	252 words	6 mins	____ mins	____/4

(江苏卷)

Hi, everybody !

Welcome to our newly-opened Richards Cinema Bookstore!

Now let me introduce to you some of the new film books in our store.

Are you Chinese film fans? OK, here comes the latest 25 *New Takes* about Chinese films. It is a collection of 25 fresh readings of different Chinese films from the 1930s to the present. In recent years, Chinese films are very popular in the States, such as *Crouching Tiger* and *Hidden Dragon*, *Hero*, and *Flowers of Shanghai*.

Do you like French films? Well, here is *The French Cinema Book*. It covers French films from the 1890s to the beginning of the 21st century. It is written for all lovers of French cinema: students and teachers, specialists and fans, and so on.

Maybe you are Indian film fans and star-chasers. Then here is *Encyclopedia* (百科全书) of *Indian Cinema*. The book is a complete introduction to all the best Indian films. It also offers a full list of names of the famous and successful film stars in the past ten years. You know, the Indian film industry is the largest in the world after our Hollywood.

If you like British films, we have *The British Cinema Book*. It is a good review of British cinema. This book contains a good many nice pictures.

In our bookstore, you can also find books about Mexican, Japanese, Australian, German and Italian films.

Well, please help yourselves to some coffee or tea, and have a good time here!

1. Who is the speaker of the passage likely to be?

- A. The author of 25 *New Takes*.
- B. A tourist in the cinema bookstore.
- C. The manager of the cinema bookstore.
- D. A reader of *Encyclopedia of Indian Cinema*.

2. How many Asian countries does the speaker refer to when he talks about the film books?

- A. Two.
- B. Three.
- C. Four.
- D. Nine.

3. What is the purpose of the speaker?

- A. To satisfy the customers' various tastes.
- B. To keep the authors in the cinema bookstore.
- C. To offer the tourists chances to meet the film stars.
- D. To take the readers into film producers.