Passage 1

According to Laurence Steinberg, professor of psychology at Temple University and the author of *Age of Opportunity: Lessons from the New Science of Adolescence*, there's not much parents can do to stop that. __1__ seems to be hard-wired into young brains, especially in adolescence.

Trying to get kids not to take risks, he says "is an uphill battle against __2__, and we're not going to win it," he says. "Going out in the world is a(n) __3__ risky thing to do." Kids have to take those risks in order to become adults.

So how can parents start __4__ that help kids take the healthy risks — and avoid dangerous ones?

Elementary age kids, as every parent has observed, aren't *prone* (倾向于) to __5__ thinking. So most parental risk-management for kids at that age involves keeping them immediately out of risky situations. Still, it's never too early for parents to encourage kids to think about __6__, both good and bad. So if kids have questions about risky situations, parents can __7__ ones of their own, like "Why do you want to do this? Do you think something good will happen? Do you think anything bad might happen?"

__8__ school kids are approaching adolescence, when body chemistry makes them more likely to engage in risks — both good and bad. So parents can talk with them about the __9__ that they're going to need to take more risks as they grow up and start conversations about how to __10__ whether something is a good risk or a bad one. Some risks are better than others, and this is a good time for parents to __11__ kids to think about questions like, what are the chances this will turn out well? What are the chances something might go wrong?

The risks high school kids are tempted to take might seem __12__. But understanding what motivates a kid to take a risk can help parents channel that motivation in positive ways and help kids __13__ dangerous risks. Kids take those dangerous risks not because they don't know better, says Steinberg. If you ask teenagers __14__ about risky behaviors, "they all know that they're risky." But "in the heat of the moment," says Steinberg, "the rational part of kids' brains is often __15__." So part of helping kids manage risk is helping them think about the kind of situations they do and don't want to be in before they get into them.

1. A. Risk-management B. Science-learning
   C. Risk-taking D. Brain-washing
2. A. rebellion B. evolution C. youth D. intelligence
3. A. inherently B. extremely C. bitterly D. disappointingly

4. A. instructions B. requests C. explanations D. conversations
5. A. positive B. long-term C. creative D. independent
6. A. consequences B. solutions C. measures D. wishes
7. A. suggest B. discover C. return D. consider
8. A. Primary B. Middle C. High D. Evening
9. A. plan B. requirement C. assignment D. fact
10. A. tell B. wonder C. express D. admit
11. A. convince B. remind C. encourage D. order
12. A. courageous B. unavoidable
C. endangered D. incomprehensible
13. A. select B. avoid C. identify D. justify
14. A. for the record B. with success C. in the abstract D. by the way
15. A. overpowered B. activated C. frightened D. outweighed

Passage 2

People around the world have eaten carrots for thousands of years, and food historians estimate that we've been enjoying orange carrots since the 1500s. Orange appears to be __1__ in the carrot world, however, since scientists working for the U. S. Department of Agriculture (USDA) and other institutions have been exploring more __2__ versions — think bright yellow, purple and red — to market. These rainbow-hued carrots grow around the world in countries in Central Asia and in the Mediterranean, but are still __3__ in the United States.

Why the fuss? It's not just about the color; researchers with the Agricultural Research Service at the Vegetable Crops Research Unit in Madison, Wisconsin have been playing with carrot stocks to __4__ even more nutrients into the antioxidant-rich vegetable. The team is lead by plant geneticist Philipp Simon, who has been __5__ for 35 years. "At first we were looking at how to make a more __6__ orange carrot, since consumers are shown to prefer a solid color," says Simon. "But in the 1980s there was a lot of information about the __7__ quality of *pigment*(色素). So we are trying to develop carrots that are unusual, but still __8__ to consumers."

Simon and his team not only want the carrots to be easy for American farmers to grow, but they want them to taste good and offer greater __9__ benefits too. Thanks to Simon's __10__, carrots today have about 75% more beta-carotene (a pigment used by the body to make vitamin A) than the carrots available 25 years ago. His team at the University of Wisconsin partners with USDA's Agricultural

Research Service, which supports scientists working on ways to improve Americans' nutritional __11__.

"We want to __12__ the colors for consumers since we are so much lacking in fruit and vegetable consumption in the U.S.," says Simon. "If we can get someone to eat another serving of carrots because it has an unusual color, that __13__ our consumers. We have a(n) __14__ not only with low intake of certain nutrients, but with obesity. Fruit and vegetable consumption is always listed as an area in which we can do __15__."

1. A. behind time	B. out of fashion	C. in trouble	D. beyond reach
2. A. beautiful	B. creative	C. attractive	D. colorful
3. A. new	B. ineffective	C. different	D. advanced
4. A. breed	B. establish	C. originate	D. fill
5. A. well-cultivated	B. warm-hearted	C. carrot-obsessed	D. newly-elected
6. A. consciously	B. uniformly	C. originally	D. imaginatively
7. A. superior	B. inherent	C. distinctive	D. nutritional
8. A. available	B. helpful	C. essential	D. acceptable
9. A. financial	B. health	C. social	D. long-term
10. A. insistence	B. commands	C. efforts	D. investigations
11. A. intake	B. value	C. relief	D. requirements
12. A. decide	B. invent	C. expand	D. leave
13. A. encourages	B. benefits	C. instructs	D. compliments
14. A. problem	B. agreement	C. conflict	D. connection
15. A. aggressively	B. faster	C. continuously	D. better

Passage 3

People who skip breakfast are more likely to have dangerous *plaque*（斑块）build-up in their arteries, which puts them at increased risk for *cardiovascular*（心血管的）disease, according to a new study.

Skipping breakfast has been __1__ with being heavier and having higher *cholesterol*（胆固醇）levels. But the new study linked it to the __2__ stages of atherosclerosis: the hardening and narrowing of arteries.

For the study, researchers analyzed __3__ data from more than 4,000 men and women, ages 40 to 54, living in Spain. The people were then split into three groups, __4__ how many calories they had for their morning meal: less than 5%, between 5 and 20% or more than 20%.

Only about 3% of people fell into the first category, meaning they skipped

breakfast __5__ or only had coffee, juice or another beverage. The majority — about 69% — ate low-calorie breakfasts (like toast or small pastries), while the remaining 28% ate larger, __6__ meals. Being in the first two categories was associated with several __7__ factors for heart disease. __8__, people who skipped breakfast also had the thickest waist and the highest body mass index, blood pressure, and cholesterol levels.

The study could not show a cause-and-effect relationship between skipping breakfast and any of these __9__. In fact, the authors point out that people who skipped breakfast also tended to have more unhealthy __10__ overall, including poor diets, frequent alcohol consumption and smoking. They were also more likely to be overweight or obese, so it's possible that they skipped breakfast as a(n) __11__ to lose weight.

But even when the authors adjusted for age, gender, smoking, drinking, cholesterol levels, waist circumference and daily intake of red meat and salt, the associations between breakfast-skipping and plaque __12__ — "suggesting that indeed skipping breakfast could be one of the risk factors grouping around the early onset and development of atherosclerosis," the authors wrote in their paper.

"The important message of this study is that skipping breakfast serves as a __13__ of poor dietary and lifestyle choices that are linked to atherosclerosis," they wrote in the paper. "Educating the public about simple lifestyle changes — including a(n) __14__ on a regular, hearty and nutritious breakfast — can help prevent the oncoming tsunami of diabetes and cardiovascular disorders. Indeed, the __15__ of the ages that breakfast is the most important meal of the day has been proven right in the light of emerging evidence," they concluded.

1. A. combined	B. equipped	C. associated	D. provided
2. A. early	B. distinct	C. advanced	D. critical
3. A. health	B. experimental	C. exercise	D. dietary
4. A. devoted to	B. based on	C. ranging from	D. dealing with
5. A. regularly	B. unconsciously	C. entirely	C. surprisingly
6. A. comprehensive	B. exclusive	C. absolute	D. substantial
7. A. complicating	B. contributing	C. risk	D. relevant
8. A. On average	B. By contrast	C. In return	D. For all
9. A. causes	B. measures	C. actions	D. facts
10. A. thoughts	B. lifestyles	C. shortcomings	D. possessions
11. A. strategy	B. opportunity	C. activity	D. ability
12. A. developed	B. left	C. remained	D. hid

13. A. marker	B. platform	C. determinant	D. consequence
14. A. dependence	B. agreement	C. lecture	D. emphasis
15. A. suggestion	B. wisdom	C. decision	D. announcement