

2018 年 12 月第一套

选词填空

Millions die early from air pollution each year. Air pollution costs the global economy more than \$5 trillion annually in **welfare** costs, with the most serious **damage** occurring in the developing world.

批注 [闫1]: n. 幸福, 福祉(well-being)
社会保障金

The figures include a number of costs **associate with** air pollution. **Lost income alone (amounts to) \$225 billion a year.**

批注 [闫2]: v. 联合; 与...联系在一起; 和...来往

批注 [闫3]: 单是收入损失就高达每年 2250 亿美元。
lose...alone 单是

The report includes both indoor and outdoor air pollution. Indoor pollution, which includes **sources** like home heating and cooking, has remained **constant** (over the past several decades) despite **advances** in the area. Levels of outdoor pollution have grown rapidly along with rapid growth in industry and transportation.

批注 [闫4]: a.连续发生的, 重复的,不间断的
不变的,固定的(fixed)

批注 [闫5]: n.发展;前进;进步;预付;求爱;涨价;
v.促进(further);建议;提前;

Director of Institute for **Health Metrics and Evaluation Chris**(美国卫生计量与评估研究所) Murray **described** it as an “urgent call to action.” **One of the risk factors (for premature deaths) is the air (we breathe), (over which) (individuals have little control), he said.**

批注 [闫6]: n.主任;经理;导演
director: a person in charge of a film/movie or play who tells the actors and staff what to do
producer: a person who is in charge of the practical and financial aspects of making a film/movie or a play

The effects of air pollution are worst in the developing world, where in some places **lost-labor** income **equals** nearly 1% of GDP. Around 9 in 10 people in low and middle-income countries live in places where they **regularly** experience dangerous levels of outdoor air pollution.

批注 [闫7]: (过早死亡的)危险因素之一是空气(我们呼吸的),(对此)(个人是几乎无法控制的.)他说
premature a.过早的;不成熟的

But the problem is not limited exclusively to the developing world.Thousands die prematurely in the U. S. as a result of related illnesses. In many European countries, where diesel (柴油) **vehicles** have become more common in recent years, that number reaches tens of thousands.

批注 [闫8]: 劳动收入损失/误工/白费力气

批注 [闫9]: 但是这一问题并不仅仅局限于发展中国家
exclusively a.完全的;专有的;排他的

A) ability

C) **consciously**

批注 [闫10]: a.自觉的; 有意识的

J) innovated

L) relates

N) **undermine**

批注 [闫11]: v.逐渐削弱;逐渐减少效力

段落匹配

Food-as-Medicine Movement Is Witnessing Progress

A) Several times a month, you can find a doctor in the aisles of Ralph's market in Huntington Beach, California, wearing a white coat and helping people learn about food. On one recent day, this doctor was Daniel Nadeau, wandering the cereal aisle with Allison Scott, giving her some idea on how to feed kids who persistently avoid anything that is healthy. "Have you thought about trying fresh juices in the morning?" he asks her. "The frozen oranges and apples are a little cheaper, and fruits are really good for the brain. Juices are quick and easy to prepare; you can take the frozen fruit out the night before and have it ready the next morning."

B) Scott is delighted to get food advice from a physician who is program director of the nearby Mary and Dick Allen Diabetes Center, part of the St. Joseph Hoag Health alliance. The center's "Shop with Your Doc" program sends doctors to the grocery store to meet with any patients who sign up for the service, plus any other shoppers who happen to be around with questions.

C) Nadeau notices the pre-made macaroni (通心粉) -and-cheese boxes in Scott's shopping cart and suggests she switch to whole grain macaroni and real cheese. "So I'd have to make it?" she asks, her enthusiasm fading at the thought of how long that might take, just to have her kids reject it. "I'm not sure they'd eat it. They just won't eat it."

D) Nadeau says sugar and processed foods are big contributors to the rising diabetes rates among children. "In America, over 50 percent of our food is processed food," Nadeau tells her. "And only 5 percent of our food is plant-based food. I think we should try to reverse that." Scott agrees to try more fruit juices for the kids and to make real macaroni and cheese. Score one point for the doctor, zero for diabetes.

E) Nadeau is part of a small revolution developing across California. The food-as-medicine movement has been around for decades, but it's making progress (as physicians and medical institutions) make food (a formal part) (of treatment), rather than relying solely on medications (药物). By prescribing nutritional changes or launching programs such as "Shop with Your Doc", they are trying to prevent, limit or even reverse disease by changing what patients eat. "There's no question people can take things a long way toward

批注 [词12]: n. 走廊; 过道

批注 [词13]: n. 谷物

批注 [词14]: a. 一次又一次的; 契而不舍的

批注 [词15]: n. 结盟, 联盟

批注 [词16]: a. 预先做的

批注 [词17]: n. 加工食品

批注 [词18]: 只要遵循医生的建议, 就不会有患糖尿病的风险

批注 [词19]: ad. 仅仅; 只; 单独地

批注 [词20]: 但是随着目前医生和医疗机构将食物作为正式治疗的一部分, 而非仅仅依靠药物, 这一运动正在取得进展.

批注 [词21]: v. 开处方; 命令; 指示

reversing diabetes, reversing high blood pressure, even preventing cancer by food choices," Nadeau says.

F) In the big picture, says Dr. Richard Afile, CEO and president of St. Joseph Hoag Health, medical institutions across the state are starting to make a philosophical switch to becoming a health organization, not just a health care organization. That feeling echoes the beliefs (of the Therapeutic Food Pantry program) (at Zuckerberg San Francisco General Hospital), (which completed its pilot phase) and is about to expand (on an ongoing basis) to five clinic sites (throughout the city). The program will offer patients several bags of food prescribed for their condition, along with intensive training in how to cook it. "We really want to link food and medicine, and not just give away food," says Dr. Rita Nguyen, the hospital's medical director of Healthy Food Initiatives. "We want people to understand what they're eating, how to prepare it, the role food plays in their lives."

G) In Southern California, Loma Linda University School of Medicine is offering specialized training for its resident physicians in Lifestyle Medicine—that is a formal specialty in using food to treat disease. Research findings increasingly show the power of food to treat or reverse diseases, but that does not mean that diet alone is always the solution, or that every illness can benefit substantially from dietary changes. Nonetheless, physicians say that they look at the collective data and a clear picture emerges: that the salt, sugar, fat and processed foods in the American diet contribute to the nation's high rates of obesity, diabetes and heart disease. According to the World Health Organization, 80 percent of deaths from heart disease and stroke are caused by high blood, pressure, tobacco use, elevated cholesterol and low consumption of fruits and vegetables.

H) "It's a different paradigm (范式) of how to treat disease," says Dr. Brenda Rea, who helps run the family and preventive medicine residency program at Loma Linda University School of Medicine. The lifestyle medicine specialty is designed to train doctors in how to prevent and treat disease, in part, by changing patient's nutritional habits. The medical center and school at Loma Linda also has a food cupboard and kitchen for patients. This way, patients not only learn about which foods to buy, but also how to prepare them at home.

I) Many people don't know how to cook, Rea says, and they only know how to heat things up. That means depending on packaged food with high salt and sugar content. So teaching people about which foods are healthy and how to prepare them, she says, can actually transform a patient's life. And beyond that, it might transform the health and lives of that patient's family. "What people eat can be medicine or poison," Rea says. "As a physician,

批注 [词22]: adj. 哲学的; 处事不惊的

批注 [词23]: 这与扎克伯格旧金山综合医院治疗性食品供应项目供应的理念相通, 该项目已经完成试点阶段, 并将持续扩展到全市的五家诊所. 该项目将为患者提供几袋针对他们病情的食物, 同时还会开设烹饪强化培训.
pilot phrase 试点阶段
on an ongoing basis 在一致的基准下

批注 [词24]: ad. 大大地; 非常的

批注 [词25]: ad. 尽管如此

批注 [词26]: 部分地; 在某种程度上

批注 [词27]: heat up 加热; 升温

nutrition is one of the most powerful things you can change to reverse the effects of long-term disease."

J) Studies have explored evidence that dietary changes can slow inflammation (炎症), for example, or make the body inhospitable to cancer cell. In general, many lifestyle medicine physicians recommend a plant-based diet—particularly for people with diabetes or other inflammatory conditions.

K) "As what happened with tobacco, this will require a cultural shift, but that can happen," says Nguyen. "In the same way physicians used to smoke, and then stopped smoking and were able to talk to patients about it, I think physicians can have a bigger voice in it."

36. More than half of the food Americans eat is factory-produced.

37. There is a special program that **assigns** doctors to give advice to shoppers in food stores.

批注 [词28]: v. 分配; 指派

38. There is growing evidence from research that food helps patients recover from various illnesses.

39. A healthy breakfast can be prepared quickly and easily.

40. Training a patient to prepare healthy food can change their life.

41. One food-as -medicine program not only prescribes food for treatment but teaches patients how to cook it.

42. Scott is not keen on cooking food herself, thinking it would simply be a waste of time.

43. Diabetes patients are advised to eat more plant-based food.

44. Using food as medicine is no novel idea, but the movement is making headway these days.

45. Americans' high rates of various illnesses result from the way they eat.

仔细阅读 (一)

California has been facing a drought for many years now, with certain areas even having to pump freshwater hundreds of miles to their distribution system. The problem is growing as the population of the state continues to expand. New research has found (deep water

reserves) (under the state) (which could help solve their drought crisis). Previous drilling of wells could only reach depths of 1,000 feet, but due to new pumping practices, water deeper than this can now be extracted (抽取). The team at Stanford investigated the aquifers (地下蓄水层) below this depth and found that reserves may be triple what was previously thought.

It is profitable to drill to depths more than 1,000 feet for oil and gas extraction, but only recently in California has it become profitable to pump water from this depth. The aquifers range from 1,000 to 3,000 feet below the ground, which means that pumping will be expensive and there are other concerns. **The biggest concern of pumping out water from this deep is the gradual settling down of the land surface.** As the water is pumped out, the **vacant** space left is **compacted** by the weight of the earth above.

Even though pumping from these depths is expensive, it is still cheaper than desalinating (脱盐) the ocean water in the largely coastal state. Some desalination plants exist where feasible, but they are costly to run and can need constant repairs. Wells are much more reliable sources of freshwater, and California is hoping that these deep wells may be the answer to their severe water shortage.

One problem with these sources is that the deep water also has a higher level of salt than shallower aquifers. This means that some wells may even need to **undergo** desalination after extraction, thus increasing the cost. Research from the exhaustive study of groundwater from over 950 drilling logs has just been published. New estimates of the water reserves now go up to 2,700 billion cubic meters of freshwater.

46. How could California's drought crisis be solved according to some researchers?

- A) By building more reserves of groundwater.
- B) By drawing water from the depths of the earth.
- C) By developing more advanced drilling devices.
- D) By upgrading its water distribution system.

47. What can be inferred about extracting water from deep aquifers?

- A) It was **deemed** vital to solving the water problem.
- B) It was not considered worth the expense.

批注 [词29]: 新的研究已经发现地下深水储备可以帮助他们解决干旱危机
reserves a. 储备; 补给

批注 [词30]: 从这个深度抽水, 最大的顾虑是地表会逐渐下陷
settle down 坐下; 躺下; 下陷

批注 [词31]: vacant (available, unoccupied)
a. 空的; 没有被占用的

批注 [词32]: v. 压紧
a. 小型的; 袖珍的; 紧密的

批注 [词33]: v. 经受; 经历(不好的事情)

批注 [词34]: v. 认为; 视为; 相信

C) It may not provide quality freshwater.

D) It is bound to gain support from the local people.

48. What is mentioned as a consequence of extracting water from deep underground?

A) The sinking of land surface.

B) The harm to the ecosystem.

C) The damage to aquifers.

D) The change of the climate.

49. What does the author say about deep wells?

A) They run without any need for repairs.

B) They are entirely free from pollutants.

C) They are the **ultimate** solution to droughts.

D) They provide a steady supply of freshwater.

50. What may happen when deep aquifers are used as water sources?

A) People's health may improve with cleaner water.

B) People's water bills may be lowered considerably.

C) The cost may go up due to desalination.

D) They may be exhausted sooner or later.

批注 [词35]: a. 最终的; 极端的; 根本的

仔细阅读 (二)

The AlphaGo programs victory is an example of how smart computers have become.

But can artificial intelligence (AI) machines act **ethically**, meaning can they be honest and fair?

批注 [词36]: a. 合乎道德的; 道德正确的

One example of AI is driverless cars. They are already on California roads, so **it is not too soon to** ask whether we can program a machine to act ethically. As driverless cars improve, they will save lives. They will make fewer mistakes than human drivers do.

批注 [词37]: it is not too soon to ...
...不算为时过早

Sometimes, however, they will face a choice between lives. Should the cars be programmed to avoid hitting a child running across the road, even if that will put their passengers at risk? What about making a sudden turn to avoid a dog? What if the only risk is damage to the car itself, not to the passengers?

Perhaps there will be lessons to learn from driverless cars, but they are not super-intelligent beings. Teaching ethics to a machine even more intelligent than (we are) will be the bigger challenge.

About the same time as AlphaGo's **triumph**, Microsoft's 'chatbot' took a bad turn. The software, named Taylor, was designed to answer messages from people aged 18-24. Taylor was supposed to be able to learn from the messages she received. She was designed to slowly improve her ability to handle conversations, but some people were teaching Taylor **racist** ideas. When she started saying nice things about Hitler, Microsoft turned her off and deleted her ugliest messages.

AlphaGo's victory and Taylor's defeat happened at about the same time. This should be a warning to us. It is one thing to use AI within a game with clear rules and clear goals. It is something very different to use AI in the real world. The unpredictability of the real world may bring to the surface a troubling software problem.

Eric Schmidt is one of the bosses of Google, which owns AlphaGo. He thinks AI will be positive for humans. He said people will be the winner, whatever the outcome. Advances in AI will make human beings smarter, more able and "just better human beings."

51. What does the author want to show with the example of AlphaGo's victory?

- A) Computers will **prevail** over human beings.
- B) Computers have **unmatched** potential.
- C) Computers are man's potential **rivals**.
- D) Computers can become highly intelligent.

52. What does the author mean by AI machines acting ethically?

- A) They are capable of predicting possible risks.
- B) They weigh the gains and losses before reaching a decision.
- C) They make **sensible** decisions when facing moral dilemmas.

批注 [词38]: n.巨大成就;伟大胜利

批注 [词39]: a.持有种族偏见的

批注 [词40]: v.战胜;普遍存在;流行

批注 [词41]: a.无与伦比的

批注 [词42]: n.竞争对手

批注 [词43]: adj.明智的;理智的

D) They sacrifice everything to save human lives.

53. What is said to be the bigger challenge facing humans in the AI age?

A) How to make super-intelligent AI machines share human feelings.

B) How to ensure that super-intelligent AI machines act ethically.

C) How to prevent AI machines doing harm to humans.

D) How to avoid being over-dependent on AI machines.

54. What do we learn about Microsoft's "chatbot" Taylor?

A) She could not distinguish good from bad.

B) She could turn herself off when necessary.

C) She was not made to handle novel situations.

D) She was good at performing routine tasks.

55. What does Eric Schmidt think of artificial intelligence?

A) It will be far superior to human beings.

B) It will keep improving as time goes by.

C) It will prove to be an **asset** to human beings.

D) It will be here to stay whatever the outcome.

批注 [词44]: a. 有价值的东西; 资产财产

2018 年 12 月第二套

选词填空

Have you ever used email to apologize to a colleague? Delivered a warning to a subordinate (下属) with a voice-mail message? **Flown by plane** across the country just to deliver important news in person? The various communication options at our **fingertips** today

批注 [词45]: 坐飞机飞行

批注 [词46]: fingertip n. 指尖

can be good for convenience and productivity-and at the same time very troublesome. With so many ways to communicate, how should a manager choose the one that's best--- particularly when the message to be delivered is bad or unwelcome news for the recipient? We've surveyed business communication consultants and etiquette experts to come up with the following guidelines for effectively using the alternative ways of delivering difficult messages.

批注 [词47]: n. 指导方针; 行动纲领

First of all, choose how personal you want to be. A face-to-face communication is the most intimate. Other choices, in descending order of personalization, are : a real-time phone call, a voice-mail message, a handwritten note, a typewritten letter, and the most unfriendly is email. Some of these may change order according to the specific situation or your own preferences; for example, a handwritten note might seem more personal than voice-mail. How do you decide on the best choice for the difficult message you've got to deliver? "My primary concern is: How can I soften or civilize this message?" says etiquette expert Dana Casperson. "So when I apologize, usually choose in-person first, or a phone conversation as my top alternative, and maybe a handwritten note next. Apologizing by email is something I now totally avoid."

批注 [词48]: a. 密切的; 详尽的; 精通的

批注 [词49]: n. 礼仪; 礼节; 规矩

- D) escape
- H) prompt
- I) reward
- J) silent
- O) witnessed

段落匹配

How a Poor, Abandoned Parisian Boy Became a Top Chef

A) The busy streets in Paris were uneven and caked in thick mud, but there was always a breathtaking sight to see in the shop windows of Patisserie de la Rue de la Paix. By 1814, people crowded outside the bakery, straining for a glimpse of the latest sweet food created by the young chef who worked inside.

批注 [词50]: n/v. 一瞥; 一看

B) His name was Marie-Antoine Carême, and he had appeared, one day, almost out of nowhere. But in his short lifetime, which ended exactly 184 years ago today, he would forever revolutionize French gourmet food (美食), write best-selling cook books and think up magical dishes for royals and other important people.

C) Carême's childhood was one part tragedy, equal part mystery. Born the 16th child to poor parents in Paris in either 1783 or 1784, a young Carême was suddenly abandoned at the height of the French Revolution. At 8 years old, he worked as a kitchen boy for a restaurant in Paris in exchange for room and board. By age 15, he had become an apprentice (学徒) to Sylvain Bailly, a well-known dessert chef with a successful bakery in one of Paris's most fashionable neighborhoods.

D) Carême was quick at learning in the kitchen. Bailly encouraged his young apprentice to learn to read and write. Carême would often spend his free afternoons at the nearby National Library reading books on art and architecture. In the back room of the little bakery, his interest in design and his baking talent combined to work wonders—he shaped delicious masterpieces out of flour, butter and sugar.

E) In his teenage years, Carême fashioned eatable copies of the late 18th century's most famous buildings—cookies in the shape of ruins of ancient Athens and pies in the shape of ancient Chinese palaces and temples. Sylvain Bailly, his master, displayed these luxuriant creations—often as large as 4 feet tall—in his bakery windows.

F) Carême's creations soon captured the discriminating eye of a French diplomat, Charles Maurice de Talleyrand-Perigord. Around 1804, Talleyrand challenged Carême to produce a full menu for his personal castle, instructing the young baker to use local, seasonal fruits and vegetables and to avoid repeating main dishes over the course of an entire year. The experiment was a grand success and Talleyrand's association with French nobility would prove a profitable connection for Carême.

G) French Emperor Napoleon Bonaparte (拿破仑 波拿马) was known to (be unimpressed) by (the declining taste) of early 18th century cooking, but under (pressure) (to entertain Paris's high society), he too called Carême (to his kitchen) (at Tuileries Palace). In 1810, Carême designed the extraordinary cake for the wedding of Napoleon and his second bride, Marie-Louise of Austria. He became one of the first modern chefs to focus on the appearance of his table, not just the flavor of his dishes. "I want order

批注 [词51]: n. 学徒; 徒弟

批注 [词52]: a. 有识别力的; 有鉴赏力的

批注 [词53]: n. 贵族

批注 [词54]: 众所周知, 因为 18 世纪初期初期烹饪品味下降, 法国皇帝拿破仑对没事并不感兴趣, 但迫于取悦巴黎上层社会的压力, 他也聘请卡莱姆到他在图勒皇宫的厨房工作。
unimpressed a. 印象平平的; 没有深刻印象的

and taste. A well-displayed meal is enhanced one hundred percent in my eyes," he later wrote in one of his cook books.

H) In 1816, Carême began a culinary (烹饪的) journey which would forever mark his place as history's first top chef. He voyaged to England to cook in the modern Great Kitchen of the prince regent (摄政王), George IV, and crossed continents to prepare grand **banquets** for the tables of Tsar Alexander I of Russia. Never afraid to talk up his own accomplishments, a boastful Carême made a fortune as wealthy families with social ambitions invited him to their kitchens. Later, in his cook books, he would often include a sketch of himself, so that people on the street would be able to recognize-and admire-him.

I) Carême's cooking displays became the symbol of fine French dining; they were plentiful, beautiful and imposing. Guests would fall silent in wonder as servants carried Carême's fancy creations into the dining hall. For a banquet celebrating the Grand Duke Nicholas of Russia's visit to George IV's Brighton Pavillion on Jan. 18, 1817, the menu featured 120 different dishes, highlighting eight different soups, 40 main courses, and 32 desserts.

J) As he traveled through the homes of early 19th century nobility, Carême **forged** the new art of French **gourmet** food. Locked in hot kitchens, Carême created his four "mother sauces." These sauces-béchamel, velouté, espagnole and allemande-formed the central building blocks for many French main courses. He also perfected the soufflé-a baked egg dish, and introduced the standard chef's uniform-the same double-breasted white coat and tall white hat still worn by many chefs today. The white clothing conveyed an image of cleanliness, according to Carême-and in his realm, appearance was everything.

K) Between meals, Carême wrote cook books that would be used in European kitchens for the next century. His manuals including The Royal Parisian Baker and the massive five-volume Art of French Cooking Series (1833-1847, completed after his death) first systematized many basic principles of cooking, complete with drawings and step-by-step directions. **Long before television cooking shows, Carême walked readers through common kitchen tasks, instructing them to "try this for yourself, at home" as famous American Chef Julia Child might do, many years later.**

L) **In the end, however, it was the kitchen that did Carême in.** Decades of working over coal fires in tight, closed spaces with little fresh air (to ensure his dishes would not get cold) had **fatally** damaged his lungs. On Jan. 12, 1833, Carême died just before he turned 50.

批注 [词55]: n. 宴会; 盛宴

批注 [词56]: v. 艰苦做成; 稳步前进; 假冒

批注 [词57]: n. 美食家; 讲究美食的人

批注 [词58]: 早在电视烹饪节目出现之前, 卡莱姆就带着读者了解常见的厨房任务, 指导他们"在家里自己尝试", 就像美国注明的厨师茱莉亚查尔德多年之后所做的那样
long before 在....之前
walk sb. 领着某人走

批注 [词59]: 然而, 最终厨房却成了卡莱姆的死因
do sb in. 杀死某人

批注 [词60]: a. 致命的; 灾难性的; 毁灭性的

M) But in his lifetime, Carême, ever confident, could see beyond his short domination in the kitchen.

He wanted to "set the standard for beauty in classical and modern cooking, and prove to the distant future that the French chefs of the 19th century were the most famous in the world," as he wrote in his papers.

N) Decades later, chef Auguste Escoffier would build upon Carême's concept of French cuisine (烹饪). But in the very beginning, there was just Carême, the top chef who elevated dining into art.

36. Carême was among the first chefs who stressed both the appearance and flavor of dishes.

37. Carême wanted to show to later generations that French chefs of his time were most outstanding in the world.

38. Carême benefited greatly from serving a French diplomat and his connections.

39. Carême learned his trade from a famous dessert chef in Paris.

40. Carême's creative works were exhibited in the shop windows by his master.

41. Carême's knowledge of art and architecture helped him create extraordinary desserts out of ordinary ingredients.

42. Many people in Paris were eager to have a look at the latest sweet food made by Carême.

43. Carême became extremely wealthy by cooking for rich and socially ambitious families.

44. Carême's writings dealt with fundamental cooking principles in a systematic way.

45. Carême's contribution to French cooking was revolutionary.

仔细阅读 (一)

Roughly the size of a soda can, sitting on a bookshelf, a relatively harmless **gadget** may be turning friends away from your home. **The elephant in your living room** is your Internet-

批注 [词61]: n. 小器具; 小装置

批注 [词62]: the elephant in the room 明摆着的难题; 众所周知却避而不谈的事

the white elephant 华而不实的东西

connected security camera, a device people are increasingly using for peace of mind in their homes. But few stop to think about the effect these devices may have on house guests. Should you tell your friends, for instance, that they're being recorded while you all watch the big game together?

"It's certainly new territory, especially as home security cameras become easier to install," says Lizzie Post, president of the Emily Post Institute, America's foremost manners advisors. "I think it will be very interesting to see what etiquette (礼仪) emerges in terms of whether you tell people you have a camera or not, and whether guests have a right to ask that it be turned off, if it's not a security issue."

Post wants to make clear that she's not talking about legal rights, but rather personal preferences. She also wants to explain that there are no right or wrong answers regarding manners on this front yet, because the technology is just now becoming mainstream. Besides, the Emily Post Institute doesn't dictate manners.

When it comes to security cameras, Post says it's a host's responsibility to make sure guests feel comfortable within their home. "I'm always **a fan of** being open and honest." For instance, if the host casually acknowledges that there is a camera in the room by telling a story about it, that may be enough to provide an opening for a guest to say if they are uncomfortable.

However, if a **contractor** is working in your home, you don't need to tell them that there are cameras watching. Then again, the air of accountability that the camera generates can also work in contractors' favor. "If anything does go wrong while they're in the house, they don't want to be blamed for it," she says. "In fact, the camera could be the thing that proves that they didn't steal the \$20, or knock the vase off the table."

46. For what reason may your friends feel **reluctant** to visit your home?

- A) The security camera installed may **intrude** into their privacy.
- B) They don't want their photos to be circulated on the Internet.
- C) The security camera may turn out to be harmful to their health.
- D) They may not be willing to **interact** with your family members.

47. What does Lizzie Post say is new territory?

- A) The effect of manners advice on the public.

批注 [词63]:的爱好者

批注 [词64]: n. 承包者; 承包商

批注 [词65]: a. 不情愿的; 勉强的

批注 [词66]: v. 闯入; 打扰

批注 [词67]: v. 交流; 沟通; 合作

B) Cost of applying new technologies at home.

C) The increasing use of home security devices.

D) Etiquette around home security cameras.

48. What is Lizzie Post mainly discussing with regard to the use of home security cameras?

A) Legal rights.

B) Moral issues.

C) Likes and dislikes of individuals.

D) The possible impact on manners.

49. What is a host's responsibility regarding security cameras, according to Lizzie Post?

A) Making their guests feel at ease.

B) Indicating where they are.

C) Turning them off in time.

D) Ensuring their guests' privacy.

50. In what way can the home security camera benefit visitors to your home?

A) It can satisfy their curiosity.

B) It can prove their innocence.

C) It can help them learn new technology.

D) It can make their visit more enjoyable.

仔细阅读 (二)

PepsiCo is to spend billions of dollars to develop drinks and snacks and reformulate existing ones with lower sugar, salt and fat, as consumers demand healthier options and regulatory pressure intensifies amid an obesity epidemic (流行病).

批注 [词68]: 在...过程中

The maker of Mountain Dew and Gatorade has been one of the earlier movers in the industry to offer products with reduced levels of unhealthy ingredients-PepsiCo claims a packet of its chips now contains less salt than a **slice** of white bread. However, its new 10-year plan makes clear it believes it still has a long way to go.

批注 [词69]: n. 薄片; 份额

Shifting eating habits, including a sharp drop in consumption of **sparkling** drinks, have forced **radical** change on the industry. But those shifts have yet to be reflected in record obesity levels, which stand at 36.5% overall in the US.

批注 [词70]: a. 起泡的; 闪耀的; 妙趣横生的; 上乘的

批注 [词71]: a. 根本的; 彻底的; 完全的

Indra Nooyi, PepsiCo chairman, said the plan to make its products healthier was important for the company's growth. But on the subject of obesity, she pointed out that consumers' lifestyles have changed significantly, with many people being more sedentary (久坐不动的) not least because more time is spent in front of computers. She said PepsiCo's contribution was to produce healthier snacks that still tasted good.

"Society has to change its habits," she added. "We can't do much to alter **sedentary** lifestyles, but we can provide consumers with great-tasting products, low in salt, sugar and fat. In the past we had to have a taste trade-off. But we're breaking that trade-off."

批注 [词72]: a. 定居的; 需要久坐的

PepsiCo's plan for its foods and drinks is based on **guidelines** from the World Health Organisation, which last week backed using taxes on sparkling drinks to reduce sugar consumption. **Initiatives** also include efforts to reduce its environmental impact, water consumption and materials used in packaging by 2025.

批注 [词73]: n. 指导方针; 纲领

批注 [词74]: n. 新方案; 倡议; 主动性

PepsiCo did not say exactly how much it planned to invest to reach its goals. However, Dr Mehmood Khan, chief scientific officer, said the company had doubled research and development spending in the past five years and was "committed to sustaining investment", adding that companies cannot cost-cut their way to increasing sales. PepsiCo's research and development budget in 2015 was \$754 million.

51. Why is PepsiCo making a policy change?

- A) To win support from the federal government.
- B) To be more competitive in the global market.
- C) To satisfy the growing needs for healthy foods.
- D) To invest more wisely in the soft drink industry.

52. What does PepsiCo think it will have to do in the future?

-
- A) Invest more to develop new snacks.
 - B) Reduce levels of obesity in the US.
 - C) Change consumers' eating habits.
 - D) Keep on improving its products.

58. Why does PepsiCo plan to **alter** its products, according to Indra Nooyi?

批注 [词75]: n. 改变; 改动

- A) To ensure the company's future development.
- B) To adapt to its customers' changed taste.
- C) To help improve its consumers' lifestyles.
- D) To break the **trade-off** in its product design.

批注 [词76]: n. 权衡; 协调

54. What does Indra Nooyi say about the obesity epidemic?

- A) It is mainly caused by overconsumption of snacks.
- B) It results from high sugar and salt consumption.
- C) It is **attributable** to people's changed lifestyles.
- D) It has a lot to do with longer working hours.

批注 [词77]: a..可归因于

55. What has PepsiCo been doing to achieve its objective?

- A) Studying WHO's guidelines.
- B) Increasing its research funding.
- C) Expanding its market overseas.
- D) Cutting its production costs.

2018 年 12 月第三套

选词填空

A few months ago, I was down with a terrible cold which ended in a persistent bad cough. No matter how many different remedies I tried, I still couldn't get rid of the cough. Not only did it inconvenience my teaching but also my life as a whole. Then one day after class, a student came up to me and recommended traditional Chinese medicine. From her description, Chinese medicine sounded as if it had magic power that worked wonders. I was hesitant because I knew so little about it and have never tried it before. Eventually, my cough got so much worse that I couldn't sleep at night, so I decided to give it a try. The Chinese doctor took my pulse and asked to see my tongue, both of which were new experiences to me because they are both non-existent in Western medicine. Then the doctor gave me a scraping treatment known as "Gua Sha". I was a little scared at first because he used a smooth edged tool to scrape the skin on my neck and shoulders. A few minutes later, the (pressured strokes) started to produce a relieving effect and my body and mind began to sink deeper into relaxation. I didn't feel any improvement in my condition in the first couple of days, but after a few more regular visits to the doctor, my cough started to lessen. Then within a matter of weeks, it was completely gone!

- A) deepen
- F) licenses
- K) sensitive
- M) temporary
- N) tremble

批注 [词78]: n. 处理方法; 疗法

批注 [词79]: 几分钟后, 那些用力的刮擦开始产生缓解效果, 我的身体和思想开始陷入更深的放松状态

批注 [词80]: a. 颤抖; 哆嗦; 颤栗

段落匹配

Is it really ok to eat food that's fallen on the floor?

A) When you drop a piece of food on the floor, is it really OK to eat if you pick it up within five seconds? An urban food myth **contends** that if food spends just a few seconds on the floor, dirt and germs won't have much of a chance to contaminate it. Research in my lab has focused on how food becomes contaminated, and we've done some work on this particular piece of wisdom.

批注 [词81]: v.主张; 认为; 争夺

B) While the "five-second rule" might not seem like the most pressing issue for food scientists to get to the bottom of, it's still worth investigating food myths like this one because they shape our beliefs about when food is safe to eat.

C) So is five seconds on the floor the critical **threshold** (门槛) that separates a piece of eatable food from a case of food poisoning? It's a bit more complicated than that. It depends on just how many bacteria can make it from floor to food in a few seconds and just how dirty the floor is.

D) Wondering if food is still OK to eat after it's dropped on the floor is a pretty common experience. And it's probably not a new one either. A well-known, but inaccurate, story about Julia Child may have contributed to this food myth. Some viewers of her cooking show, The French Chef, insist they saw Child drop lamb on the floor and pick it up, with the advice that if they were alone in the kitchen, their guests would never know.

E) In fact it was a potato pancake, and it fell on the stovetop, not on the floor. Child put it back in the pan, saying, "But you can always pick it up and if you're alone in the kitchen, who's going to see it?" **But the misremembered story persists. It's harder to pin down the origins of the oft-quoted five-second rule,** but a 2003 study reported that 70% of women and 56% of men surveyed were familiar with the five-second rule and that women were more likely than men to eat food that had dropped on the floor.

批注 [词82]: 但这个误导人们的故事依然存在
persist v.坚持做; 持续存在

批注 [词83]: 这条经常被引用的五秒钟法则的起源很难确定
pin down 确定; 证实
oft = often

F) So what does science tell us about what a few moments on the floor means for the safety of your food? The earliest research report on the five-second rule is **attributed** to Jillian Clarke, a high school student participating in a research project at the University of Illinois. Clarke and her colleagues introduced bacteria to floor tiles (瓷砖) and then placed cookies on the tiles for varying times. They reported bacteria were transferred from the tiles to the cookies within five seconds, but didn't report the specific amount of bacteria that made it from the tiles to the food.

批注 [词84]: v. 把...归因于

G) But how many bacteria actually transfer in five seconds? In 2007, my lab at Clemson University published a study in the Journal of Applied Microbiology. We wanted to know if the

length of time (food is in contact with a contaminated surface) affected the rate of transfer of bacteria to the food. To find out, we introduced bacteria to squares of tile, carpet or wood. Five minutes after that, we placed either **bacon** or bread on the surface for 5, 30 or 60 seconds, and then measured the number of bacteria transferred to the food. We repeated this exact **procedure** after the bacteria had been on the surface for 2, 4, 8 and 24 hours.

批注 [词85]: n. 咸猪肉; 熏猪肉

批注 [词86]: n. 程序; 手续; 步骤

H) We found that the number of bacteria transferred to either kind of food didn't depend much on how long the food was in contact with the contaminated surface--whether for a few seconds or for a whole minute. The overall number of bacteria on the surface mattered more, and this decreased over time after the initial introduction. It looks like what's at issue is less how long your food stays on the floor and much more how contaminated with bacteria that patch of floor happens to be.

I) We also found that the kind of surface made a difference as well. Carpets, for instance, seem to be slightly better places to drop your food than wood or tile. When a carpet was contaminated, less than 1% of the bacteria were transferred. But when the food was in contact with tile or wood, 48-70% of bacteria were.

J) Last year, a study from Aston University in the UK used nearly identical parameters (参数) to our study and found similar results. **They also reported that 87% of people asked (either would eat) or (had eaten) food (fallen on the floor).**

批注 [词87]: 他们的报告指出, 87%的被调查者会吃或者曾经吃过掉在地上的食物

K) Should you eat food fallen on the floor then? From a food safety standpoint if you have millions or more bacteria on a surface, 0. 1% is still enough to make you sick. Also, certain types of bacteria are extremely harmful, and it takes only a small number to make you sick. For example, 10 bacteria or less of an especially deadly **strain** of bacteria can cause severe illness and death in people with **compromised immune systems**. But the chance of these bacteria being on most surfaces is very low.

批注 [词88]: n. 品系; 担忧; 压力; 损伤; 稟性; 旋律

批注 [词89]: 免疫系统

L) And it's not just dropping food on the floor that can lead to bacterial contamination. Bacteria are carried by various "media", which can include raw food, moist surfaces where bacteria have been left, our hands or skin and from coughing or sneezing (打喷嚏). Hands, foods and utensils (器皿) can carry individual bacteria living in communities contained within a protective film. These microscopic layers of deposits containing bacteria are known as **biofilms** and they are found on most surfaces and objects. Biofilm communities can harbor bacteria longer and are very difficult to clean. Bacteria in these communities also have an

批注 [词90]: 生物膜

enhanced resistance to sanitizers (清洁剂) and antibiotics compared to bacteria living on their own.

M) So the next time you consider eating fallen food, the odds are in your favor that you can eat it without getting sick. But in the rare chance that there is a micro-organism that can make you sick on the exact spot where the food dropped, you can be fairly sure that the bug is on the food you are about to put in your mouth.

N) Research or common sense tells us that the best thing to do is keep your hands, utensils and other surfaces clean.

36. A research project found bacteria made their way to the food on the floor in five seconds.

37. Whether food is contaminated depends much on the number of bacteria that get onto it.

38. Food contamination may result from various factors other than food dropping on the floor.

39. Males are less likely than females to eat food that may have been contaminated.

40. The author's research centers around how food gets contaminated.

41. Keeping everything clean is the best way to stay healthy.

42. **Chances are you will not fall sick because of eating food picked up from the floor.**

43. For a long time people have had the experience of deciding whether or not to eat food picked up from the floor.

44. Some strains of bacteria are so harmful that a tiny few can have deadly consequences.

45. Researchers found how many bacteria got onto the food did not have much to do with how long the food stayed on a contaminated floor.

批注 [91]: 你可能不会因为吃掉了从地上捡起来的食物而生病
Chances are... 可能

仔细阅读（一）

The latest in cat research reveals that the lovely animal seems to have a basic grasp on both (the laws of physics) and the ins and outs of cause and effect.

According to a newly published study, cats seem to be able to predict the location of hiding prey (猎物) using both their ears and an inborn (天生的) understanding of how the physical world works

In a recent experiment, Japanese researchers taped 30 domestic cats reacting to a container that a team member shook. Some containers rattled (发出响声); others did not. When the container was tipped over, sometimes an object fell out and sometimes it didn't.

It turns out that the cats were remarkably smart about what would happen when a container was tipped over. When an object did not drop out of the bottom of a rattling container, they looked at it for a longer time than they did when the container behaved as expected.

"Cats use a causal-logical understanding of noise or sounds to predict the appearance of invisible objects," lead researcher Saho Takagi says in a press release. The researchers conclude that cats' hunting style may have developed based on their common-sense abilities to infer where prey is, using their hearing.

Scientists have explored this idea with other endearing creatures: babies. Like cats, babies appear to engage in what's called "preferential looking"—looking longer at things that are interesting or unusual than things they perceive as normal.

When babies' expectations are violated in experiments like the ones performed with the cats, they react much like their animal friends. Psychologists have shown that babies apparently expect their world to comply with the laws of physics and cause and effect as early as two months of age.

Does the study mean that cats will soon grasp the ins and outs of cause and effect? Maybe. Okay, so cats may not be the next physics faculty members at America's most important research universities. But by demonstrating their common sense, they've shown that the divide between cats and humans may not be that great after all.

46. What do we learn from a newly published study about cats?

批注 [词92]: 对猫的最新研究表明, 这种可爱的动物似乎基本掌握了物理定律和因果关系的来龙去脉
reveal v.表明
have a basic grasp 基本掌握
ins and outs 来龙去脉
cause and effect 因果关系

批注 [词93]: 在新闻稿中

批注 [词94]: a. 讨人喜欢的

批注 [词95]: a. 遵从; 顺从; 答应

-
- A) They can be trained to understand the physical world.
 - B) They know what kind of prey might be easier to hunt.
 - C) They have a natural ability to locate animals they hunt.
 - D) They are capable of telling which way their prey flees.

47. What may account for the cats' response to the noise from the containers?

- A) Their inborn sensitivity to noise. C) Their special ability to perceive.
- B) Their unusual sense of direction. D) Their **mastery** of cause and effect.

批注 [词96]: v. 掌握; 征服; 统治权

48. What is characteristic of the way cats hunt, according to the Japanese researchers?

- A) They depend on their **instincts**. C) They wait some time before attack.
- B) They rely mainly on their hearing. D) They use both their ears and eyes.

批注 [词97]: n. 生物本能

49. In what way do babies behave like cats?

- A) They focus on what appears odd. C) They do what they prefer to do
- B) They view the world as normal. D) They are curious about everything.

50. What can we conclude about cats from the passage?

- A) They have higher intelligence than many other animals.
- B) They interact with the physical world much like humans.
- C) They display extraordinarily high intelligence in hunting.
- D) They can aid physics professors in their research work.

仔细阅读 (二)

Imagine you enter a car with no steering wheel, no brake or accelerator pedals (踏板). Under a voice-activated command, you say an address. "The fastest route will take us 15.3 minutes. Should I take it?" You say "yes" and you are on your way. The car responds and starts moving all by itself. All you have to do is sit back and relax.

How weird would it be if, one day in the future, everyone had such a car? No crazy driving, no **insults**, no **cutting in**; traffic laws would be respected and driving much safer. On the other hand, imagine the cost savings for local police enforcement and town budgets without all those speeding and parking tickets.

A new technology has the potential to change modern society in radical ways. There's no question that self-driving vehicles could be an enormous benefit. The potential for safer cars means accident statistics would drop: some 94% of road accidents in the U.S. involve human error. Older drivers and visually-or **physically-impaired** people would gain a new level of freedom. Maintaining safe speeds and being electric, self-driving cars would **drastically** reduce pollution levels and dependency on non-renewable fuels. Roads would be quieter, people safer.

But we must also consider the impact of the new technology on those who now depend on driving for their **livelihoods**. According to the U.S. Department of Labor, in May 2015 there were 505,560 registered school bus drivers. The American Trucking Association lists approximately 3.5 million professional truck drivers in the U.S.

The companies developing self-driving vehicles should be partnering with state and federal authorities to offer retraining for this massive workforce, many of whom will be displaced by the new technology. **This is similar to what's happening in the coal and oil industries, a situation that (fuels much of the current political discontent) (in this country).**

New technologies will, and should, be developed. This is how society moves forward. However, progress can't be one-sided. It is necessary for the companies and state agencies involved to consider the **ethical** consequences of these potential changes to build a better future for all.

51. What would be the impact of the extensive use of driverless cars?

- A) People would be driving in a more civilized way.
- B) It would save local governments a lot of money.
- C) More policemen would be **patrolling** the streets.
- D) Traffic regulations would be a thing of the past.

52. How would the elderly and the disabled benefit from driverless cars?

批注 [闫98]: 如果在将来的某一天, 每个人都有这样一辆汽车, 那会有多么神奇呢?

weird a. 怪异的, 神奇的; 不可思议的

批注 [闫99]: n. 屈辱; 侮辱

批注 [闫100]: v. 插嘴; 超车; 插入

批注 [闫101]: a. 身体损伤的; 物理损伤的

批注 [闫102]: ad. 彻底地; 激烈地

批注 [闫103]: 生计

批注 [闫104]: 这与煤炭公司和石油工业当前的情形相似, 这种情况加剧了美国当前的政治不满情绪

fuel v. 加剧

discontent a/v/n. 不满

批注 [闫105]: a. 伦理的; 道德的

批注 [闫106]: a. 正在巡逻的

-
- A) They could enjoy greater **mobility**. C) They would have no trouble driving.
B) They would suffer no road accidents. D) They could go anywhere they want.

53. What would be the negative impact of driverless cars?

- A) The conflict between labor and management intensify.
B) The gap between various sectors of society would be widened.
C) Professional drivers would have a hard time adapting to new road conditions.
D) Numerous professional drivers would have to find new ways of earning a living.

54. What is the result of the introduction of new technologies in energy industries?

- A) Political dissatisfaction. C) Fossil fuel conservation.
B) Retraining of employees. D) Business restructuring.

55. What does the author suggest businesses and the government do?

- A) Keep pace with technological developments.
B) Make new technologies affordable to everyone.
C) Enable everyone to benefit from new technologies.
D) Popularize the use of new technologies and devices.

批注 [词107]: a. 机动性; 移动性