

2012 考研英语（一）完形

The ethical judgments of the Supreme Court justices have become an important issue recently. The court cannot 1 its legitimacy as guardian of the rule of law 2 justices behave like politicians. Yet, in several instances, justices acted in ways that 3 the court's reputation for being independent and impartial.

Justice Antonin Scalia, for example, appeared at political events. That kind of activity makes it less likely that the court's decisions will be 4 as impartial judgments. Part of the problem is that the justices are not 5 by an ethics code. At the very least, the court should make itself 6 to the code of conduct that 7 to the rest of the federal judiciary.

This and other similar cases 8 the question of whether there is still a 9 between the court and politics.

The framers of the Constitution envisioned law 10 having authority apart from politics. They gave justices permanent positions 11 they would be free to 12 those in power and have no need to 13 political support. Our legal system was designed to set law apart from politics precisely because they are so closely 14.

Constitutional law is political because it results from choices rooted in fundamental social 15 like liberty and property. When the court deals with social policy decisions, the law it 16 is inescapably political—which is why decisions split along ideological lines are so easily 17 as unjust.

The justices must 18 doubts about the court's legitimacy by making themselves 19 to the code of conduct. That would make rulings more likely to be seen as separate from politics and, 20, convincing as law.

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|---------------------|-----------------|----------------|----------------|
| 1. A. emphasize | B. maintain | C. modify | D. recognize |
| 2. A. when | B. lest | C. before | D. unless |
| 3. A. restored | B. weakened | C. established | D. eliminated |
| 4. A. challenged | B. compromised | C. suspected | D. accepted |
| 5. A. advanced | B. caught | C. bound | D. founded |
| 6. A. resistant | B. subject | C. immune | D. prone |
| 7. A. resorts | B. sticks | C. leads | D. applies |
| 8. A. evade | B. raise | C. deny | D. settle |
| 9. A. line | B. barrier | C. similarity | D. conflict |
| 10. A. by | B. as | C. through | D. towards |
| 11. A. so | B. since | C. provided | D. though |
| 12. A. serve | B. satisfy | C. upset | D. replace |
| 13. A. confirm | B. express | C. cultivate | D. offer |
| 14. A. guarded | B. followed | C. studied | D. tied |
| 15. A. concepts | B. theories | C. divisions | D. conventions |
| 16. A. excludes | B. questions | C. shapes | D. controls |
| 17. A. dismissed | B. released | C. ranked | D. distorted |
| 18. A. suppress | B. exploit | C. address | D. ignore |
| 19. A. accessible | B. amiable | C. agreeable | D. accountable |
| 20. A. by all means | B. at all costs | C. in a word | D. as a result |

2013 考研英语（一）完形

People are, on the whole, poor at considering background information when making individual decisions. At first glance this might seem like a strength that ___1___ the ability to make judgments which are unbiased by ___2___ factors. But Dr. Uri Simonsohn speculated that an inability to consider the big ___3___ was leading decision-makers to be biased by the daily samples of information they were working with. ___4___, he theorised that a judge ___5___ of appearing too soft ___6___ crime might be more likely to send someone to prison ___7___ he had already sentenced five or six other defendants only to forced community service on that day.

To ___8___ this idea, he turned to the university-admissions process. In theory, the ___9___ of an applicant should not depend on the few others ___10___ randomly for interview during the same day, but Dr. Simonsohn suspected the truth was ___11___.

He studied the results of 9,323 MBA interviews ___12___ by 31 admissions officers. The interviewers had ___13___ applicants on a scale of one to five. This scale ___14___ numerous factors into consideration. The scores were ___15___ used in conjunction with an applicant's score on the Graduate Management Admission Test, or GMAT, a standardised exam which is ___16___ out of 800 points, to make a decision on whether to accept him or her.

Dr. Simonsohn found if the score of the previous candidate in a daily series of interviewees was 0.75 points or more higher than that of the one ___17___ that, then the score for the next applicant would ___18___ by an average of 0.075 points. This might sound small, but to ___19___ the effects of such a decrease a candidate could need 30 more GMAT points than would otherwise have been ___20___.

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|--------------------|---------------|-----------------|----------------|
| 1. A. grants | B. submits | C. transmits | D. delivers |
| 2. A. minor | B. objective | C. crucial | D. external |
| 3. A. issue | B. vision | C. picture | D. moment |
| 4. A. For example | B. On average | C. In principle | D. Above all |
| 5. A. fond | B. fearful | C. capable | D. thoughtless |
| 6. A. in | B. on | C. to | D. for |
| 7. A. if | B. until | C. though | D. unless |
| 8. A. promote | B. emphasize | C. share | D. test |
| 9. A. decision | B. quality | C. status | D. success |
| 10. A. chosen | B. studied | C. found | D. identified |
| 11. A. exceptional | B. defensible | C. replaceable | D. otherwise |
| 12. A. inspired | B. expressed | C. conducted | D. secured |
| 13. A. assigned | B. rated | C. matched | D. arranged |
| 14. A. put | B. got | C. gave | D. took |
| 15. A. instead | B. then | C. ever | D. rather |
| 16. A. selected | B. passed | C. marked | D. introduced |
| 17. A. before | B. after | C. above | D. below |
| 18. A. jump | B. float | C. drop | D. fluctuate |
| 19. A. achieve | B. undo | C. maintain | D. disregard |
| 20. A. promising | B. possible | C. necessary | D. helpful |

2014 考研英语（一）完形

As many people hit middle age, they often start to notice that their memory and mental clarity are not what they used to be. We suddenly can't remember ___1___ we put the keys just a moment ago, or an old acquaintance's name, or the name of an old band we used to love. As the brain ___2___, we refer to these occurrences as "senior moments." ___3___ seemingly innocent, this loss of mental focus can potentially have a(n) ___4___ impact on our professional, social, and personal ___5___.

Neuroscientists, experts who study the nervous system, are increasingly showing that there's actually a lot that can be done. It ___6___ out that the brain needs exercise in much the same way our muscles do, and the right mental ___7___ can significantly improve our basic cognitive ___8___. Thinking is essentially a ___9___ of making connections in the brain. To a certain extent, our ability to ___10___ in making the connections that drive intelligence is inherited. ___11___, because these connections are made through effort and practice, scientists believe that intelligence can expand and fluctuate ___12___ mental effort.

Now, a new Web-based company has taken it a step ___13___ and developed the first "brain training program" designed to actually help people improve and regain their mental ___14___.

The Web-based program ___15___ you to systematically improve your memory and attention skills. The program keeps ___16___ of your progress and provides detailed feedback ___17___ your performance and improvement. Most importantly, it ___18___ modifies and enhances the games you play to ___19___ on the strengths you are developing—much like a(n) ___20___ exercise routine requires you to increase resistance and vary your muscle use.

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|---------------------|------------------|------------------|-----------------|
| 1. A. where | B. when | C. that | D. why |
| 2. A. improves | B. fades | C. recovers | D. collapses |
| 3. A. If | B. Unless | C. Once | D. While |
| 4. A. uneven | B. limited | C. damaging | D. obscure |
| 5. A. wellbeing | B. environment | C. relationship | D. outlook |
| 6. A. turns | B. finds | C. points | D. figures |
| 7. A. roundabouts | B. responses | C. workouts | D. associations |
| 8. A. genre | B. functions | C. circumstances | D. criterion |
| 9. A. channel | B. condition | C. sequence | D. process |
| 10. A. persist | B. believe | C. excel | D. feature |
| 11. A. Therefore | B. Moreover | C. Otherwise | D. However |
| 12. A. according to | B. regardless of | C. apart from | D. instead of |
| 13. A. back | B. further | C. aside | D. around |
| 14. A. sharpness | B. stability | C. framework | D. flexibility |
| 15. A. forces | B. reminds | C. hurries | D. allows |
| 16. A. hold | B. track | C. order | D. pace |
| 17. A. to | B. with | C. for | D. on |
| 18. A. irregularly | B. habitually | C. constantly | D. unusually |
| 19. A. carry | B. put | C. build | D. take |
| 20. A. risky | B. effective | C. idle | D. familiar |

2015 考研英语（一）完形

Though not biologically related, friends are as “related” as fourth cousins, sharing about 1% of genes. That is 1 a study, published from the University of California and Yale University in the Proceedings of the National Academy of Sciences, has 2.

The study is a genome-wide analysis conducted 3 1, 932 unique subjects which 4 pairs of unrelated friends and unrelated strangers. The same people were used in both 5.

While 1% may seem 6, it is not so to a geneticist. As James Fowler, professor of medical genetics at UC San Diego, says, “Most people do not even 7 their fourth cousins but somehow manage to select as friends the people who 8 our kin.”

The study 9 found that the genes for smell were something shared in friends but not genes for immunity. Why this similarity exists in smell genes is difficult to explain, for now. 10, as the team suggests, it draws us to similar environments but there is more 11 it. There could be many mechanisms working together that 12 us in choosing genetically similar friends 13 “functional kinship” of being friends with 14!

One of the remarkable findings of the study was that the similar genes seem to be evolving 15 than other genes. Studying this could help 16 why human evolution picked pace in the last 30,000 years, with social environment being a major 17 factor.

The findings do not simply explain people’s 18 to befriend those of similar 19 backgrounds, say the researchers. Though all the subjects were drawn from a population of European extraction, care was taken to 20 that all subjects, friends and strangers, were taken from the same population.

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|----------------------|-----------------|------------------|---------------|
| 1. A. what | B. why | C. how | D. when |
| 2. A. defended | B. concluded | C. withdrawn | D. advised |
| 3. A. for | B. with | C. by | D. on |
| 4. A. separated | B. sought | C. compared | D. connected |
| 5. A. tests | B. objects | C. samples | D. examples |
| 6. A. insignificant | B. unexpected | C. unreliable | D. incredible |
| 7. A. visit | B. miss | C. know | D. seek |
| 8. A. surpass | B. influence | C. favor | D. resemble |
| 9. A. again | B. also | C. instead | D. thus |
| 10. A. Meanwhile | B. Furthermore | C. Likewise | D. Perhaps |
| 11. A. about | B. to | C. from | D. like |
| 12. A. limit | B. observe | C. confuse | D. drive |
| 13. A. according to | B. rather than | C. regardless of | D. along with |
| 14. A. chances | B. responses | C. benefits | D. missions |
| 15. A. faster | B. slower | C. later | D. earlier |
| 16. A. forecast | B. remember | C. express | D. understand |
| 17. A. unpredictable | B. contributory | C. controllable | D. disruptive |
| 18. A. tendency | B. decision | C. arrangement | D. endeavor |
| 19. A. political | B. religious | C. ethnic | D. economic |
| 20. A. see | B. show | C. prove | D. tell |

2016 考研英语（一）完形

In Cambodia, the choice of a spouse is a complex one for the young male. It may involve not only his parents and his friends, 1 those of the young woman, but also a matchmaker. A young man can 2 a likely spouse on his own and then ask his parents to 3 the marriage negotiations, or the young man's parents may make the choice of a spouse, giving the child little to say in the selection. 4, a girl may veto the spouse her parents have chosen. 5 a spouse has been selected, each family investigates the other to make sure its child is marrying 6 a good family.

The traditional wedding is a long and colorful affair. Formerly it lasted three days, 7 by the 1980s it more commonly lasted a day and a half. Buddhist priests offer a short sermon and 8 prayers of blessing. Parts of the ceremony involve ritual hair cutting, 9 cotton threads soaked in holy water around the bride's and groom's wrists, and 10 a candle around a circle of happily married and respected couples to bless the 11. Newlyweds traditionally move in with the wife's parents and may 12 with them up to a year, 13 they can build a new house nearby.

Divorce is legal and easy to 14, but not common. Divorced persons are 15 with some disapproval. Each spouse retains 16 property he or she 17 into the marriage, and jointly-acquired property is 18 equally. Divorced persons may remarry, but a gender prejudice 19 up: The divorced male doesn't have a waiting period before he can remarry 20 the woman must wait ten months.

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|--------------------|-----------------|-------------------|----------------|
| 1. A. by way of | B. on behalf of | C. with regard to | D. as well as |
| 2. A. decide on | B. provide for | C. compete with | D. adapt to |
| 3. A. close | B. arrange | C. renew | D. postpone |
| 4. A. In theory | B. Above all | C. In time | D. For example |
| 5. A. Unless | B. Lest | C. After | D. Although |
| 6. A. into | B. within | C. from | D. through |
| 7. A. or | B. since | C. but | D. so |
| 8. A. test | B. copy | C. recite | D. create |
| 9. A. folding | B. piling | C. wrapping | D. tying |
| 10. A. passing | B. lighting | C. hiding | D. serving |
| 11. A. association | B. meeting | C. collection | D. union |
| 12. A. deal | B. part | C. grow | D. live |
| 13. A. whereas | B. until | C. for | D. if |
| 14. A. avoid | B. follow | C. challenge | D. obtain |
| 15. A. isolated | B. persuaded | C. viewed | D. exposed |
| 16. A. wherever | B. whatever | C. whenever | D. however |
| 17. A. changed | B. brought | C. shaped | D. pushed |
| 18. A. invested | B. divided | C. donated | D. withdrawn |
| 19. A. warms | B. clears | C. shows | D. breaks |
| 20. A. while | B. so that | C. once | D. in that |

2017 考研英语（一）完形

Could a hug a day keep the doctor away? The answer may be a resounding “yes!”
____1____ helping you feel close and ____2____ to people you care about, it turns out that hugs can bring a ____3____ of health benefits to your body and mind. Believe it or not, a warm embrace might even help you ____4____ getting sick this winter.

In a recent study ____5____ over 400 healthy adults, researchers from Carnegie Mellon University in Pennsylvania examined the effects of perceived social support and the receipt of hugs ____6____ the participants’ susceptibility to developing the common cold after being ____7____ to the virus. People who perceived greater social support were less likely to come ____8____ with a cold, and the researchers ____9____ that the stress-reducing effects of hugging ____10____ about 32 percent of that beneficial effect. ____11____ among those who got a cold, the ones who felt greater social support and received more frequent hugs had less severe ____12____.

“Hugging protects people who are under stress from the ____13____ risk for colds that’s usually ____14____ with stress,” notes Sheldon Cohen, a professor of psychology at Carnegie. Hugging “is a marker of intimacy and helps ____15____ the feeling that others are there to help ____16____ difficulty.”

Some experts ____17____ the stress-reducing, health-related benefits of hugging to the release of oxytocin, often called “the bonding hormone” ____18____ it promotes attachment in relationships, including that between mothers and their newborn babies. Oxytocin is made primarily in the central lower part of the brain, and some of it is released into the bloodstream. But some of it ____19____ in the brain, where it ____20____ mood, behavior and physiology.

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|-----------------------|-------------------|------------------|-------------------|
| 1. A. Unlike | B. Besides | C. Despite | D. Throughout |
| 2. A. connected | B. restricted | C. equal | D. inferior |
| 3. A. choice | B. view | C. lesson | D. host |
| 4. A. recall | B. forget | C. avoid | D. keep |
| 5. A. collecting | B. involving | C. guiding | D. affecting |
| 6. A. of | B. in | C. at | D. on |
| 7. A. devoted | B. exposed | C. lost | D. attracted |
| 8. A. across | B. along | C. down | D. out |
| 9. A. calculated | B. denied | C. doubted | D. imagined |
| 10. A. served | B. required | C. restored | D. explained |
| 11. A. Even | B. Still | C. Rather | D. Thus |
| 12. A. defeats | B. symptoms | C. tests | D. errors |
| 13. A. minimized | B. highlighted | C. controlled | D. increased |
| 14. A. equipped | B. associated | C. presented | D. compared |
| 15. A. assess | B. moderate | C. generate | D. record |
| 16. A. in the face of | B. in the form of | C. in the way of | D. in the name of |
| 17. A. transfer | B. commit | C. attribute | D. return |
| 18. A. because | B. unless | C. though | D. until |
| 19. A. emerges | B. vanishes | C. remains | D. decreases |
| 20. A. experiences | B. combines | C. justifies | D. influences |

2018 考研英语（一）完形

Trust is a tricky business. On the one hand, it's a necessary condition 1 many worthwhile things: child care, friendships, etc. On the other hand, putting your 2 in the wrong place often carries a high 3.

4, why do we trust at all? Well, because it feels good. 5 people place their trust in an individual or an institution, their brains release oxytocin, a hormone that 6 pleasurable feelings and triggers the herding instinct that prompts humans to 7 with one another. Scientists have found that exposure 8 this hormone puts us in a trusting 9: In a Swiss study, researchers sprayed oxytocin into the noses of half the subjects; those subjects were ready to lend significantly higher amounts of money to strangers than were their 10 who inhaled something else.

11 for us, we also have a sixth sense for dishonesty that may 12 us. A Canadian study found that children as young as 14 months can differentiate 13 a credible person and a dishonest one. Sixty toddlers were each 14 to an adult tester holding a plastic container. The tester would ask, “What’s in here?” before looking into the container, smiling, and exclaiming, “Wow!” Each subject was then invited to look 15. Half of them found a toy; the other half 16 the container was empty—and realized the tester had 17 them.

Among the children who had not been tricked, the majority were 18 to cooperate with the tester in learning a new skill, demonstrating that they trusted his leadership. 19, only five of the 30 children paired with the “20” tester participated in a follow-up activity.

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|---------------------|----------------|-----------------|-----------------|
| 1. A. on | B. like | C. for | D. from |
| 2. A. faith | B. concern | C. attention | D. interest |
| 3. A. benefit | B. debt | C. hope | D. price |
| 4. A. Therefore | B. Then | C. Instead | D. Again |
| 5. A. Until | B. Unless | C. Although | D. When |
| 6. A. selects | B. produces | C. applies | D. maintains |
| 7. A. consult | B. compete | C. connect | D. compare |
| 8. A. at | B. by | C. of | D. to |
| 9. A. context | B. mood | C. period | D. circle |
| 10. A. counterparts | B. substitutes | C. colleagues | D. supporters |
| 11. A. Funny | B. Lucky | C. Odd | D. Ironic |
| 12. A. monitor | B. protect | C. surprise | D. delight |
| 13. A. between | B. within | C. toward | D. over |
| 14. A. transferred | B. added | C. introduced | D. entrusted |
| 15. A. out | B. back | C. around | D. inside |
| 16. A. discovered | B. proved | C. insisted | D. remembered |
| 17. A. betrayed | B. wronged | C. fooled | D. mocked |
| 18. A. forced | B. willing | C. hesitant | D. entitled |
| 19. A. In contrast | B. As a result | C. On the whole | D. For instance |
| 20. A. inflexible | B. incapable | C. unreliable | D. unsuitable |

2019 考研英语（一）完形

Today we live in a world where GPS systems, digital maps, and other navigation apps are all available on our smart phones. ___1___ of us just walk straight into the woods without a phone. But phones ___2___ on batteries, and batteries can die faster than we realize. ___3___ you get lost without a phone or a compass, and you ___4___ can't find north, a few tricks to help you navigate ___5___ to civilization, one of which is to follow the land.

When you find yourself well ___6___ a trail, but not in a completely ___7___ area of land, you have to answer two questions: Which ___8___ is downhill, in this particular area? And where is the nearest water source? Humans overwhelmingly live in valleys, and on supplies of fresh water. ___9___, if you head downhill, and follow any H₂O you find, you should ___10___ see signs of people.

If you've explored the area before, keep an eye out for familiar sights—you may be ___11___ how quickly identifying a distinctive rock or tree can restore your bearings.

Another ___12___: Climb high and look for signs of human habitation. ___13___, even in dense forest, you should be able to ___14___ gaps in the tree line due to roads, train tracks, and other paths people carve ___15___ the woods. Head toward these ___16___ to find a way out. At night, scan the horizon for ___17___ light sources, such as fires and streetlights, then walk toward the glow of light pollution.

___18___, assuming you're lost in an area humans tend to frequent, look for the ___19___ we leave on the landscape. Trail blazes, tire tracks, and other features can ___20___ you to civilization.

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|--------------------|------------------|-----------------|----------------|
| 1. A. Some | B. Most | C. Few | D. All |
| 2. A. put | B. take | C. run | D. come |
| 3. A. Since | B. If | C. Though | D. Until |
| 4. A. formally | B. relatively | C. gradually | D. literally |
| 5. A. back | B. next | C. around | D. away |
| 6. A. onto | B. off | C. across | D. alone |
| 7. A. unattractive | B. uncrowded | C. unchanged | D. unfamiliar |
| 8. A. site | B. point | C. way | D. place |
| 9. A. So | B. Yet | C. Instead | D. Besides |
| 10. A. immediately | B. intentionally | C. unexpectedly | D. eventually |
| 11. A. surprised | B. annoyed | C. frightened | D. confused |
| 12. A. problem | B. option | C. view | D. result |
| 13. A. Above all | B. In contrast | C. On average | D. For example |
| 14. A. bridge | B. avoid | C. spot | D. separate |
| 15. A. from | B. through | C. beyond | D. under |
| 16. A. posts | B. links | C. shades | D. breaks |
| 17. A. artificial | B. mysterious | C. hidden | D. limited |
| 18. A. Finally | B. Consequently | C. Incidentally | D. Generally |
| 19. A. memories | B. marks | C. notes | D. belongings |
| 20. A. restrict | B. adapt | C. lead | D. expose |

2020 考研英语（一）完形

Even if families don't sit down to eat together as frequently as before, millions of Britons will nonetheless have got a share this weekend of one of that nation's great traditions: the Sunday roast. 1 a cold winter's day, few culinary pleasures can 2 it. Yet as we report now, the food police are determined that this 3 should be rendered yet another guilty pleasure 4 to damage our health.

The Food Standards Authority (FSA) has 5 a public warning about the risks of a compound called acrylamide that forms in some foods cooked 6 high temperatures. This means that people should 7 crisping their roast potatoes, reject thin-crust pizzas and only 8 toast their bread. But where is the evidence to support such alarmist advice? 9 studies have shown that acrylamide can cause neurological damage in mice, there is no 10 evidence that it causes cancer in humans.

Scientists say the compound is 11 to cause cancer but have no hard scientific proof. 12 the precautionary principle, it could be argued that it is 13 to follow the FSA advice. 14, it was rumoured that smoking caused cancer for years before the evidence was found to prove a 15.

Doubtless a piece of boiled beef can always be 16 up on Sunday alongside some steamed vegetables, without the Yorkshire pudding and no wine. But would life be worth living? 17, the FSA says it is not telling people to cut out roast foods 18, but reduce their lifetime intake. However, its 19 risks coming across as being pushy and overprotective. Constant health scares just 20 with no one listening.

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|------------------------|-------------------|-------------------|-------------------|
| 1. A. In | B. Towards | C. On | D. Till |
| 2. A. match | B. express | C. satisfy | D. influence |
| 3. A. patience | B. enjoyment | C. surprise | D. concern |
| 4 A. intensified | B. privileged | C. compelled | D. guaranteed |
| 5. A. issued | B. received | C. ignored | D. cancelled |
| 6. A. under | B. at | C. for | D. by |
| 7. A. forget | B. regret | C. finish | D. avoid |
| 8. A. partially | B. regularly | C. easily | D. initially |
| 9. A. Unless | B. Since | C. If | D. While |
| 10. A. secondary | B. external | C. conclusive | D. negative |
| 11. A. insufficient | B. bound | C. likely | D. slow |
| 12. A. On the basis of | B. At the cost of | C. In addition to | D. In contrast to |
| 13. A. interesting | B. advisable | C. urgent | D. fortunate |
| 14. A. As usual | B. In particular | C. By definition | D. After all |
| 15. A. resemblance | B. combination | C. connection | D. pattern |
| 16. A. made | B. served | C. saved | D. used |
| 17. A. To be fair | B. For instance | C. To be brief | D. in general |
| 18. A. reluctantly | B. entirely | C. gradually | D. carefully |
| 19. A. promise | B. experience | C. campaign | D. competition |
| 20. A. follow up | B. pick up | C. open up | D. end up |

2021 考研英语（一）完形

Fluid intelligence is the type of intelligence that has to do with short-term memory and the ability to think quickly, logically, and abstractly in order to solve new problems. It 1 in young adulthood, levels out for a period of time, and then 2 starts to slowly decline as we age. But 3 aging is inevitable, scientists are finding out that certain changes in brain function may not be.

One study found that muscle loss and the 4 of body fat around the abdomen are associated with a decline in fluid intelligence. This suggests the 5 that lifestyle factors might help prevent or 6 this type of decline.

The researchers looked at data that 7 measurements of lean muscle and abdominal fat from more than 4,000 middle-to-older-aged men and women and 8 that data to reported changes in fluid intelligence over a six-year period. They found that middle-aged people 9 higher measures of abdominal fat 10 worse on measures of fluid intelligence as the years 11.

For women, the association may be 12 to changes in immunity that resulted from excess of abdominal fat; in men, the immune system did not appear to be 13. It is hoped that future studies could 14 these differences and perhaps lead to different 15 for men and women.

16 there are steps you can 17 to help reduce abdominal fat and maintain lean muscle mass as you age in order to protect both your physical and mental 18. The two highly recommended lifestyle approaches are maintaining or increasing your 19 of aerobic exercise and following Mediterranean-style 20 that is high in fiber and eliminates highly processed foods.

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|----------------------|-----------------|-----------------|-----------------|
| 1. A. pauses | B. returns | C. peaks | D. fades |
| 2. A. alternatively | B. formally | C. accidentally | D. generally |
| 3. A. while | B. since | C. once | D. until |
| 4. A. detection | B. accumulation | C. consumption | D. separation |
| 5. A. possibility | B. decision | C. goal | D. requirement |
| 6. A. delay | B. ensure | C. seek | D. utilize |
| 7. A. modified | B. supported | C. included | D. predicted |
| 8. A. devoted | B. compared | C. converted | D. applied |
| 9. A. with | B. above | C. by | D. against |
| 10. A. lived | B. managed | C. scored | D. played |
| 11. A. ran out | B. set off | C. drew in | D. went by |
| 12. A. superior | B. attributable | C. parallel | D. resistant |
| 13. A. restored | B. isolated | C. involved | D. controlled |
| 14. A. alter | B. spread | C. remove | D. explain |
| 15. A. compensations | B. symptoms | C. demands | D. treatments |
| 16. A. Likewise | B. Meanwhile | C. Therefore | D. Instead |
| 17. A. change | B. watch | C. count | D. take |
| 18. A. well-being | B. process | C. formation | D. coordination |
| 19. A. level | B. love | C. knowledge | D. space |
| 20. A. design | B. routine | C. diet | D. prescription |