

STEP準1級 模擬演習

Read the passage and choose the best answer from among the four choices for each question.

The Foods We Eat

We enjoy the cynical story of the old-fashioned doctor who insisted first on going straight to the kitchen of the afflicted household. Not until he had effusively thanked the cook for giving him a new patient did he dash upstairs to see how he could relieve the cook's victim. The fact is that everyone who runs a kitchen can, in the choice and preparation of food, decisively influence family health and happiness.

To live we must eat. To live in health we must eat intelligently. By whose intelligence? How directed? The intuitions and impulses of the present generation seem, alas, not to be the kind that led our forebears to search for greens each spring. The sensational press releases which follow the discovery of fascinating fresh bits and pieces about human nutrition confuse the layman. And the oversimplified and frequently ill-founded dicta of food faddists can lure us into downright harm.

On the positive, scientific side, we may turn to the helpful information contained in many source books on food and nutrition. They are extremely helpful in directing us to the basic elements of a sound diet. But no one chart or group of charts is the definitive answer for most of us, who are simply not equipped to evaluate the complex relationships of these elements, or to adapt them to the practicalities of daily living. Such studies are built up in terms of averages, and thus have greater value in presenting an overall picture than in solving the nutrition problems of one individual.

Nevertheless, by applying plain common sense to available mass data, we, as well as the experts, are inclined to agree that most Americans are privileged to enjoy a superabundance of foods, and that our nutritional difficulties have to do generally with not under- but overeating. Statistics on consumption also bear out other trends: first, that we eat too much of certain foods, and second, that many of us over-consume drugs as well as foods. Medication, which can be a lifesaver, may, when used habitually, have an adverse effect on the body's ability to profit fully from even the best dietary intake.

We must consider, too, that while great strides have been made in the keeping of foods, many of today's additives and preserving processes have a devitalizing effect on them. If fresh foods are available, and in their prime, start with fresh foods every time.

- (1) The person most responsible for family health and happiness is
 - 1 the physician in charge of the family.
 - 2 the person in charge of the kitchen.
 - 3 the cynical, old-fashioned doctor.
 - 4 the housewife or househusband who is good at cooking.

- (2) The article implies that it is desirable, in terms of health, to choose foods according to
 - 1 the kind of wisdom that led our forefathers to look for greens when spring came.
 - 2 the layman's intuitions and impulses.
 - 3 reports published on new discoveries about nutrition.
 - 4 food faddists' directions.

- (3) When we turn to the information contained in source books for food and nutrition, we
 - 1 need to understand these data completely in order to eat right.
 - 2 only need to look at one chart.
 - 3 should have no difficulty understanding them.
 - 4 should remember that these data do not apply to every individual.

- (4) According to those data on our consumption, we may well think that
 - 1 laymen and experts disagree about our nutritional problems.
 - 2 our nutritional problems are often caused by overeating.
 - 3 we are inclined to consume drugs too much instead of eating certain foods.
 - 4 when we make good use of medication, it will help keep our health.

- (5) Which of these statements is true?
 - 1 Most foods can now be preserved for years.
 - 2 Owing to today's additives and preserving processes, foods are deprived of some of their nutritional value.
 - 3 We must always buy fresh foods in their prime and preserve them.
 - 4 Only fresh foods have nutritional value.