

《六级标准预测试卷》

图书基本信息

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内容概要

《考场大赢家:六级标准预测试卷(阅读、写作加强版)》11套预测题,紧扣考试大纲,把握命题趋势,切中考试要点。赠3本“考前小灶”系列小册,标准预测,直击2010年6月六级考试!贴心解析:何老师点评:梳理写作结构,聚焦亮点词汇和短语;何老师密授增分表达:标准、地道的遣词造句方法;解析与原文对照连线,解题思路一目了然;排除选项指导:正确答题的保障;注意事项指导:点拨做题技巧。

录音停顿及播放次数与真题录音完全一致,搜索题型就可听到想听的听力材料。310分钟录音,英音、美英穿插。

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作者简介

何维银，兼任教育部考试中心与北京外国语大学合作举办的“全国外语翻译证书考试”评委和全国公共英语等级考试第五级（PETS-5）北京考点评委。多年从事大学英语四、六级一线教学工作，并多次参与大学英语四、六级考试、专业英语四、八级考试、全国研究生入学考试等考前辅导培训和阅卷工作。

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章节摘录

The food you eat does more than provide energy. It can have a dramatic effect on your bodys ability to fight off heart disease, cancer, diabetes, high blood pressure, stroke, and weak bones. With remarkable consistency, recent research has found that a diet high in plant-based foods——fruits, vegetables, dried peas and beans, grains, and starchy staples such as potatoes——is the bodys best weapon in thwarting (阻止) many health-related problems. These foods work against so many diseases that the same healthy ingredients you might use to protect your heart or ward off cancer will also benefit your intestinal tract and bones. Heres what is currently known about these different disease-fighting foods.

Cancer Fighters Preventing cancer is a compelling reason to load up your cart in the produce department. Scientists have recently estimated that approximately 30 to 40 percent of all cancers could be averted if people ate more fruits, vegetables, and plant-based foods and minimized high-fat, high-calorie edibles that have scant nutritional value. Up to 70 percent of cancers might be eliminated if people also stopped smoking, exercised regularly, and controlled their weight. In the past, researchers had linked fat consumption with the development of cancers, but they currently believe that eating fruits, vegetables, and grains may be more important in preventing the disease than not eating fat. "The evidence about a high-fat diet and cancer seemed a lot stronger several years ago than it does now," says Melanie Polk, a registered dietitian and director of nutrition education at the American Institute for Cancer Research. Although scientists are still not certain about the specifics, theyre beginning to close in on the healthful constituents of plant-based foods. In particular, theyre looking closely at two components——antioxidants and phytochemicals.

The antioxidants (carotenoids, such as beta carotene and lycopene, and vitamins C and E) found in fruits, vegetables, and other plant-based foods fight free radicals (自由基) , which are compounds in the body that attack and destroy cell membranes. The uncontrolled activity of free radicals is believed to cause many cancers. The phytochemicals present in fruits and vegetables protect the body by stunting the growth of malignant cells. Phytochemicals, naturally occurring substances, include indoles in cabbage or cauliflower, saponins in peas and beans, and isoflavones in soymilk and tofu.

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