

试题原文

注：请大家先按照搜索式阅读解题法做完题目，再看下面的讲解视频。

Passage Two

The ideas about healthy eating have not changed much from your great-grandmother's time. Eat a variety of foods, don't gain weight and avoid too much salt and sugar. But scientists keep changing their advice. In a 2012 U.S. poll, half of the respondents (受访者) said it was easier to do taxes than to figure out what is healthy to eat. Why isn't it simpler?

For one thing, nutrition or food science is really new research. It is not yet reliable. And, there's lots of money to be made in the food business. So companies will say their food is healthy even if it isn't.

In 2011, the U.S. government put out dietary guidelines about cholesterol (胆固醇) and total fat. The panel of scientists wrote that a healthy diet is "lower in red and processed meat" because these meats lead to higher death rates from cancer and heart disease. After strong objections from the meat industry, that caution was dropped in 2016.

The 2016 U.S. nutrition guidelines have 204 pages. They are very complicated, making many believe that they have, at times, contributed to worsening health. For instance, warnings that the fat in butter and cream produced heart attacks made people switch to nondairy creamer. But these contain the trans fats that scientists now think are more harmful.

Furthermore, warnings to avoid fat altogether led Americans to eat significantly more carbohydrates (碳水化合物). The carbohydrates in "fat-free" diets increase sugar in the blood, leading to more weight gain.

Some nutritionists think the guidelines should be easier to understand, which would put them more in line with the eating advice given by the World Health Organization (WHO).

21. According to the first paragraph, as to what is healthy to eat, people ().

- A. prefer traditional food
- B. are somewhat confused
- C. trust the advice of scientists
- D. keep changing their choices

22. The example of the meat industry implies that ().

- A. food science is not reliable
- B. food business has strong power
- C. nutrition scientists are wrong
- D. food preference is changing

23. What do we know about nondairy creamer?

- A. It contains harmful trans fat.
- B. It increases sugar in the blood.
- C. It raises the cholesterol level.
- D. It leads to more weight gain.

24. Some nutritionists think that compared with the WHO advice, the U.S. guidelines ().

- A. lack reliability
- B. make no sense
- C. seem too complicated
- D. do more harm than good

25. What seems to be the author's attitude towards the U.S. nutrition guidelines in 2016?

A. Indifferent.

B. Supportive.

C. Unclear.

D. Dissatisfied.

视频讲解

