

<<上海交通大学点评历年真题.6级>>

图书基本信息

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内容概要

风靡全国，畅销十年，8000万读者的选择。
真题都一样，优劣看解析，统计十年考频，揭示命题规律。

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作者简介

陈幼平，上海交通大学副教授，商务英语课程组责任教授，上海交通大学科技外语系应用英语语言学
专业文学硕士，新加坡国立大学英语语言与文学系博士，旧金山国立大学国际关系研究系访问学者

。长期从事大学英语一线的教研工作，先后主编过星火英语大学英语四/六级考试点评历年真题、星火英
语大学英语四/六级考试全真试卷、星火英语大学英语四/六级考试一本全等系列丛书，前瞻性强，解
析详尽，答案权威，深受广大学生的爱戴和推崇。

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章节摘录

We humans, like all warm-blooded animals, can keep our core body temperatures pretty much constant regardless of what's going on in the world around us. We do this by altering our metabolic (新陈代谢的) rate, shivering or sweating. Keeping warm and staying cool take energy unless we are in the "thermo-neutral zone", which is increasingly where we choose to live and work. There is no denying that ambient temperatures (环境温度) have changed in the past few decades. Between 1970 and 2000, the average British home warmed from a chilly 13°C to 18°C. In the US, the changes have been at the other end of the thermometer as the proportion of homes with air conditioning rose from 23% to 47% between 1978 and 1997. In the southern states—where obesity rates tend to be highest—the number of houses with air conditioning has shot up to 70% from 37% in 1978. Could air conditioning in summer and heating in winter really make a difference to our weight?

Sadly, there is some evidence that it does—at least with regard to heating. Studies show that in comfortable temperatures we use less energy. 3. Less smoking Bad news: smokers really do tend to be thinner than the rest of us, and quitting really does pack on the pounds, though no one is sure why. It probably has something to do with the fact that nicotine (尼古丁) is an appetite suppressant and appears to up your metabolic rate.

Katherine Flegal and colleagues at the US National Centre for Health Statistics in Hyattsville, Maryland, have calculated that people kicking the habit have been responsible for a small but significant portion of the US epidemic of fatness. From data collected around 1991 by the US National Health and Nutrition Examination Survey, they worked out that people who had quit in the previous decade were much more likely to be overweight than smokers and people who had never smoked. Among men, for example, nearly half of quitters were overweight compared with 37% of non-smokers and only 28% of smokers. 4. Genetic effects Your chances of becoming fat may be set, at least in part, before you were even born. Children of obese mothers are much more likely to become obese themselves later in life. Offspring of mice fed a high-fat diet during pregnancy are much more likely to become fat than the offspring of identical mice fed a normal diet. Intriguingly, the effect persists for two or three generations. Grand-children of mice fed a high-fat diet grow up fat even if their own mother is fed normally—so your fate may have been sealed even before you were conceived. 5. A little older Some groups of people just happen to be fatter than others. Surveys carried out by the US National Centre for Health Statistics found that adults aged 40 to 79 were around three times as likely to be obese as younger people. Non-white females also tend to fall at the fatter end of the spectrum: Mexican-American women are 30% more likely than white women to be obese, and black women have twice the risk. In the US, these groups account for an increasing percentage of the population. Between 1970 and 2000 the US population aged 35 to 44 grew by 43%. The proportion of Hispanic-Americans also grew, from under 5% to 12.5% of the population, while the proportion of black Americans increased from 11% to 12.3%. These changes may account in part for the increased prevalence of obesity.

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