**Section Ⅱ　Learning About Language**

课后·训练提升

一、单句语法填空

**1**.It was the first time that he 　　　　　(visit) the Great Wall.

答案:had visited

**2**.When I was introduced to Mr Green,I got a feeling that I 　　　　　　　(meet) him somewhere before.

答案:had met

**3**.By the end of last term,more than 3,000 English words 　　　　　　　　(learn) by us.

答案:had been learnt/learned

**4**.It was really annoying;I couldn’t get access to the data bank you 　　　　　　　　　　　　(recommend).

答案:had recommended

**5**.We 　　　　　　　　　(hope) that you would come,but you didn’t.

答案:had hoped

**6**.Jones got the idea after he had talked with an elderly lady who 　　　　　　　　 (cheat) of her money.

答案:had been cheated

**7**.A rescue worker risked his life saving two tourists who 　　　　　　　　　　　　(trap) in the mountains for two days.

答案:had been trapped

**8**.I 　　　　　　　　　　　　　(teach) a good lesson by his experience.

答案:have been taught

**9**.After all of his hard work,John was disappointed to learn that his job application

　　　　　　　　　(reject).

答案:had been rejected

**10**.It was reported that an agreement 　　　　　　　 (reach) between the two companies and that they would carry out a project together.

答案:had been reached

二、完成句子

**1**.这个结构必须是稳固的。

This structure must 　　　　　　　　　　　　　　.

答案:be stable

**2**.你的职责包括打印信件和接听电话。

Your duties 　　　　　　　　　　　　　　　　　and answering the telephone.

答案:include typing letters

**3**.你愿意给我们的募捐捐款吗?

Would you like to 　　　　　　　　　　our collection?

答案:contribute to

**4**.我刚开门,他就告诉了我这件事。

　　　　　　　I opened the door 　　　　　　he told me the thing.

答案:Hardly had;when

**5**.这是他第三次犯同样的错误了。

　　　　　　　　　　　　　　　　　　　that he had made the same mistake.

答案:It was the third time

三、七选五阅读理解

If you’re trying to cut back on your snacking,take a moment to consider that nearly 94% of Americans snack at least once a day.　1　 But once you take measures to change your habits,you might find it’s not as difficult as you think.

　2　Meals that have a variety of nutrients are more likely to satisfy the desire your body has.It is very important to make sure your meals are balanced so that you ensure you do not have the desire for snacks.Make sure to have quality protein and fat at lunch,not foods like fast food.These can help carry away your hunger throughout the day.

Be sure to eat breakfast.Breakfast that is high in protein is observed to increase satiety(饱足) in the morning.　3　 Try to eat at least 35 grams of protein for breakfast,in order to help you feel fuller throughout the day.

Eat high-protein diets to help you feel full longer.Protein takes more time to digest.　4　 Check the labels on your food when comparing items in the grocery store.This will allow you to select foods to carry away hunger.

Make your meals longer.Take your time to chew your food to help digest it.It can also give your body time to let you know that you are full.　5

A.Eat balanced meals every day.

B.Avoid eating junk food in the evening.

C.This can help your meal last longer in your stomach.

D.It can also help people feel fuller in the evening.

E.Research shows that people who chew more slowly feel less hungry.

F.Research shows exercising regularly can decrease the chance that you want to snack.

G.It can be difficult to cut back on snacks when snacking is such a common part of a culture.

答案:1~5 GADCE

四、语篇填空

There has been a recent trend in the food service industry toward lower fat content and less salt.This trend,which was started by the medical community(医学界) **1**. a method of fighting heart disease,has had some unintended side **2**.　　　　　　　(effect) such as overweight and heart disease—the very thing the medical community was trying to fight.

Fat and salt are very important parts of a diet.They are required **3**.　　　　　　　(process) the food that we eat,to recover from injury and for several other bodily functions.When fat and salt **4**.　　　　　　　　(remove) from food,the food tastes as if it is missing something.As **5**.　　　　　　  result,people will eat more food to try to make up for that something missing.Even **6**.　　　　　　 (bad),the amount of fast food that people eat goes up.Fast food **7**.　　　　　　 (be) full of fat and salt;by **8**.(eat) more fast food people will get more salt and fat than they need in their diet.

Having enough fat and salt in your meals will reduce the urge to snack(吃点心) between meals and will improve the taste of your food.However,be **9**.　　　　　　(care) not to go to extremes.Like anything,it is possible to have too much of both,

**10**.　　　　　 is not good for the health.

答案:1.as　2.effects　3.to process　4.are removed　5.a　6.worse　7.is　8.eating　9.careful　10.which