

《中考英语阅读理解专项训练及答案（57）》

Breakfast is the most important meal of the day. It gives you energy for the morning and helps you concentrate in class. But do you know what a healthy breakfast should include?

First, a healthy breakfast should have some protein. You can get protein from foods like eggs, milk, and yogurt. Protein helps your body grow and repair itself.

Second, a healthy breakfast should include some fiber. Fiber comes from foods like whole-grain bread and cereal. It helps your digestive system work well.

Lastly, a healthy breakfast should have some fruit or vegetables. They provide vitamins and minerals that are essential for your health.

So, remember to include these three things in your breakfast: protein, fiber, and fruit or vegetables. A healthy breakfast will help you start the day off right!



() 16. What is the most important meal of the day?

A. Lunch. B. Dinner. C. Breakfast. D. Snack.

() 17. What helps your body grow and repair itself?

A. Protein. B. Fiber. C. Vitamins. D. Minerals.

() 18. Where does fiber come from?

A. Eggs. B. Milk. C. Whole-grain bread. D. Fruit.

() 19. What do fruit and vegetables provide?

A. Protein. B. Fiber. C. Vitamins and minerals. D. Energy.

() 20. What is the main idea of the passage?

A. The importance of breakfast.

B. The types of breakfast.

C. How to make a healthy breakfast.

D. The benefits of a healthy breakfast.

答案及解析：

16、正确答案是：C. Breakfast.

在文章第一段中明确提到“Breakfast is the most important meal of the day.”，即早餐是一天中最重要的一餐，因此C选项是正确的。

17、正确答案是：A. Protein.

在文章第二段中提到，蛋白质有助于身体生长和修复，因此A选项“蛋白质”是正确答案。

18、正确答案是：C. Whole-grain bread.

在文章第三段中提到，纤维来自全麦面包和谷物，因此选项C“全麦面包”是正确答案。

19、正确答案是：C. Vitamins and minerals.

在文章第四段中提到，水果和蔬菜提供了维生素和矿物质，这些是维持健康所必需的。因此，正确答案是C，即水果和蔬菜提供维生素和矿物质。

20、正确答案是：A. The importance of breakfast.

文章主要讲述了早餐的重要性，包括它对身体的好处和如何制作健康的早餐。因此，文章的主旨大意是强调早餐的重要性。

