

《高考英语真题七选五6（含答案解析）》

2024年全国甲卷

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

What is moderation(适度)? Basically, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not too full. _____36_____ But it doesn't mean saying goodbye to the foods you love.

Take your time. It's important to slow down and think about food as something nutritious rather than just something to eat in between meetings. _____37_____ It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full.

Eat with others whenever possible. Eating alone, specially in front of the TV or computer, often leads to mindless overeating. And be careful about the foods you keep at hand. It's more challenging to eat in moderation if you have unhealthy snacks at the ready, like cookies. _____38_____

Control emotional(情绪的)eating. _____39_____ Many of us also turn to food to deal with unpleasant emotions such as sadness, loneliness, or boredom. But by learning healthier ways to manage emotions, you can regain control over the food you eat and your feelings.

_____40_____ A healthy breakfast can start your metabolism (新陈代谢), while eating small, healthy meals keeps your energy up all day. Avoid eating late at night. Try to eat dinner earlier and fast for 14 -16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

- A. Eat properly throughout the day.
- B. We don't always eat just to satisfy hunger.
- C. Don't swallow a meal on the way to work.
- D. Most of us need to double the amount we eat.
- E. Instead, surround yourself with healthy choices.

F. For many of us,moderation means eating less than we do now.

G. That won't lead to cheating or giving up on your new eating plan.

答案解析：

36. 此处前面提到适度意味着只吃身体需要的食物，后面说但这并不意味着告别你喜爱的食物，因此这里需要一个转折，说明大多数人需要比现在吃得少，才能达到适度的饮食。故选F。

37. 此处前面提到放慢速度，将食物视为营养品而不是会议间的零食，后面说实际上大脑需要几分钟才能告诉身体已经吃了足够的食物，所以这里需要一个建议，不要在上班路上狼吞虎咽地吃饭。故选C。

38. 此处前面提到如果手边有像饼干这样的不健康零食，控制饮食会更加具有挑战性，后面应该是一个建议，建议周围放一些健康的选择。故选E。

39. 此处开始讲述控制情绪化饮食，后面提到许多人也会为了应对不愉快的情绪而转向食物，因此这里需要一个观点，我们并不总是为了满足饥饿而吃饭。故选B。

40. 此处需要一个总起句，来概括下面关于如何全天适当饮食的建议，健康早餐可以启动新陈代谢，而吃小份健康餐可以保持全天的能量。故选A。