

高三英语第十一期·语法填空自测

限时：8 分钟

Section A

Directions: After reading the passages below, fill in the blanks to make the passages coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

We have all had the experience of returning home from a wonderful holiday abroad only __1__ (find) that our trousers no longer fit.

The need to buy a bigger pair is, however, not the only downside of eating and drinking too much — a study says that being even marginally overweight can increase your risk of dying prematurely, especially __2__ you are a man.

The study, published in The Lancet, was one of the largest ever conducted, involving body mass index data from more than 10m people in North America, Europe, Asia, Australia and New Zealand. It provides further evidence that the obesity epidemic — well known in the US and UK — has spread to east Asia __3__.

The study's authors said they were concerned that recent research papers __4__ (suggest) that being overweight but not obese was somehow protective against disease. The results of this meta-analysis show those reports were incorrect, they said.

“We were able to use much stricter methodology to show that actually being overweight and slightly obese are associated with an increased risk of mortality,” said Emanuele Di Angelantonio, a lecturer at Cambridge university who worked on the Lancet study.

The analysis illustrated the health risks __5__ obesity poses. Men who are 35 years old and have a normal weight have a 19 per cent risk of dying before age 70, while the number is only 11 per cent for women.

But when you add obesity __6__ the equation, the risk for men rises to a 29 per cent chance of dying of all causes before age 70, while for women it rises to just 14 per cent. The excess risk for men caused by obesity is thus three times that for women. Going from __7__ the US terms grade-one obesity, defined as a BMI of 25-29.9, to grade two, which is a BMI over 40, causes a rapid, hockey-stick-shaped increase in risk. BMI is defined as your weight in kilogrammes divided by the square of your height in metres.

While the study did not look at causes, other research has shown that obese men tend to have more heart attacks and strokes as well as diabetes and fatty liver disease than women.

The logical conclusion is that obese people need to lose weight but Dr Di Angelantonio acknowledged that this can be difficult. A meta-analysis published in the British Medical Journal in 2014 noted that while attempts to change diet and exercise behaviours were often successful, “__8__ people manage to maintain these changes in weight over the long term”.

__9__ if you are successful at changing diet and physical activity sufficiently to lose those extra kilos, there is a considerable health benefit, Dr Di Angelantonio said. If you are a man and you lose 10 per cent of your body weight, your risk of dying is reduced by 20 per cent, he said. If you are a woman and lose 10 per cent of your body weight, your risk is reduced by 10 per cent.

“Losing weight is a very difficult business and studies show most people tend to regain the lost weight in 12-24 months,” Dr Di Angelantonio said. “That’s __10__ we need new strategies for increasing physical activity and healthy eating.”

答案由高三英语第十二期提供（每周一期）

高三英语第十期选词填空答案：

1-5 HADIE 6-10 BFGCI