

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

To write his 2010 book, *The 5-Factor World Diet*, nutritionist Harley Pasternak traveled to the healthiest countries around the world to learn more about what made their meals extra nourishing.

He noted that Japanese people ate a wonderful variety of seaweeds, and that Chinese people tried to include at least five different colors in every meal. Pasternak also came away with some valuable observations about how different the North American way of life was, compared with many other countries.

For starters, Americans eat much bigger portions than people in other countries. "We don't prioritize eating seasonally or locally, and we also add lots of salt, sugar and thickening agents to our foods," explained Pasternak. Contrast that to the healthy Mediterranean, Nordic and Okinawan diets listed in Pasternak's book. They all seem to stick to the ethos(特质) of regional, seasonal produce.

For example, a traditional Mediterranean diet includes fruits, vegetables, whole grains, nuts and olive oil as the main components of nutritional intake. Fish, chicken and red wine make moderate appearances, while red meat, salt and sugar are used much less often. The benefits of a traditional Mediterranean diet have been studied since the 1970s, and researchers have found that living that olive oil life can help people lose weight, lower their heart disease risk and reverse diabetes.

Most other healthy eating cultures also make meals an event—say, multiple courses around the family table, or a glass or two of red wine at a long lunch—as opposed to hastily wolfing down handfuls of cereal above the kitchen sink and calling it dinner.

Each of the healthy eating cultures has its own unique feature. But Pasternak did take note of one unifying factor in all of the healthy societies he observed. "The only overlapping feature in most of these healthy countries is that they all walk way more than the average American," said Pasternak, "So really, regardless of what you're eating, if someone's walking four miles more than you each day, they're going to be a lot thinner and live a lot longer than you."

46. What characterizes Japanese and Chinese foods?

- A) Variety.
- B) Flavor.
- C) Color.
- D) Naturalness.

47. What is typical of Americans in the way of eating?
- A) They emphasize nutrition.
 - B) They tend to eat quite a lot.
 - C) They prioritize convenience.
 - D) They care about flavors.
48. What features are in Mediterranean, Nordic and Okinawan diets?
- A) Fruits and vegetables.
 - B) Olive oil and red wine.
 - C) Seasonal local produce.
 - D) Unprocessed ingredients.
49. What do people in most healthy eating cultures have in common?
- A) They get the whole family to eat at a table.
 - B) They eat their meals regularly and punctually.
 - C) They consume plenty of cereal for breakfast.
 - D) They attach great importance to their meals.
50. Compared with the average American, people in healthy societies _____.
- A) walk at least 4 miles a day
 - B) do considerably more walking
 - C) pay more attention to body shape
 - D) consume a lot more organic food