

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the **ANSWER SHEET**. (10 points)

Thinner isn't always better. A number of studies have 1 that normal-weight people are in fact at higher risk of some diseases compared to those who are overweight. And there are health conditions for which being overweight is actually 2. For example, heavier women are less likely to develop calcium deficiency than thin women. 3, among the elderly, being somewhat overweight is often an 4 of good health.

Of even greater 5 is the fact that obesity turns out to be very difficult to define. It is often defined 6 body mass index, or BMI. BMI 7 body mass divided by the square of height. An adult with a BMI of 18 to 25 is often considered to be normal weight. Between 25 and 30 is overweight. And over 30 is considered obese. Obesity, 8, can be divided into moderately obese, severely obese, and very severely obese.

While such numerical standards seem 9, they are not. Obesity is probably less a matter of weight than body fat. Some people with a high BMI are in fact extremely fit, 10 others with a low BMI may be in poor 11. For example, many collegiate and professional football players 12 as obese, though their percentage body fat is low. Conversely, someone with a small frame may have high body fat but a 13 BMI.

Today we have a(n) 14 to label obesity as a disgrace. The overweight are sometimes 15 in the media with their faces covered. Stereotypes 16 with obesity include laziness, lack of will power, and lower prospects for success. Teachers, employers, and health professionals have been shown to harbor biases against the obese. 17 very young children tend to look down on the overweight, and teasing about body build has long been a problem in schools.

Negative attitudes toward obesity, 18 in health concerns, have stimulated a number of anti-obesity 19. My own hospital system has banned sugary drinks from its facilities. Many employers have instituted weight loss and fitness initiatives. Michelle Obama has launched a high-visibility campaign 20 childhood obesity, even claiming that it represents our greatest national security threat.

1. [A] denied
[B] concluded
[C] doubted
[D] ensured
2. [A] protective
[B] dangerous
[C] sufficient
[D] troublesome

3. [A] Instead
[B] However
[C] Likewise
[D] Therefore
4. [A] indicator
[B] objective
[C] origin
[D] example
5. [A] impact
[B] relevance
[C] assistance
[D] concern
6. [A] in terms of
[B] in case of
[C] in favor of
[D] in respects of
7. [A] measures
[B] determines
[C] equals
[D] modifies
8. [A] in essence
[B] in contrast
[C] in turn
[D] in part
9. [A] complicated
[B] conservative
[C] variable
[D] straightforward
10. [A] so
[B] while
[C] since
[D] unless
11. [A] shape
[B] spirit
[C] balance
[D] taste

12. [A] start
[B] qualify
[C] retire
[D] stay
13. [A] strange
[B] changeable
[C] normal
[D] constant
14. [A] option
[B] reason
[C] opportunity
[D] tendency
15. [A] employed
[B] pictured
[C] imitated
[D] monitored
16. [A] compared
[B] combined
[C] settled
[D] associated
17. [A] Even
[B] Still
[C] Yet
[D] Only
18. [A] despised
[B] corrected
[C] ignored
[D] grounded
19. [A] discussions
[B] businesses
[C] policies
[D] studies
20. [A] for
[B] against
[C] with
[D] without