

五年高考练

阅读理解

主题语境：人与自我——生活方式

语篇类型：说明文

建议用时：8

(2020 全国新高考 I ,D,★★)

According to a recent study in the *Journal of Consumer Research*, both the size and consumption habits of our eating companions can influence our food intake. And contrary to existing research that says you should avoid eating with heavier people who order large portions (份), it's the beanpoles with big appetites you really need to avoid.

To test the effect of social influence on eating habits, the researchers conducted two experiments. In the first, 95 undergraduate women were individually invited into a lab to ostensibly (表面上) participate in a study about movie viewership. Before the film began, each woman was asked to help herself to a snack. An actor hired by the researchers grabbed her food first. In her natural state, the actor weighed 105 pounds. But in half the cases she wore a specially designed fat suit which increased her weight to 180 pounds.

Both the fat and thin versions of the actor took a large amount of food. The participants followed suit, taking more food than they normally would have. However, they took significantly more when the actor was thin.

For the second test, in one case the thin actor took two pieces of candy from the snack bowls. In the other case, she took 30 pieces. The results were similar to the first test: the participants followed suit but took significantly more candy when the thin actor took 30 pieces.

The tests show that the social environment is extremely influential when we're making decisions. If this fellow participant is going to eat more, so will I. Call it the "I'll have what she's having" effect. However, we'll adjust the influence. If an overweight person is having a large portion, I'll hold back a bit because I see the results of his eating habits. But if a thin person eats a lot, I'll follow suit. If he can eat much and keep slim, why can't I?

词汇积累

- 1.intake *n.*(食物、饮料等的)摄取量,吸入量
- 2.contrary to 与.....相反
- 3.portion *n.*(食物的)一份
- 4.undergraduate *n.*本科生
- 5.viewership *n.*(电视节目或频道的)观众人数
- 6.follow suit 仿效;跟着做;照着做

1.What is the recent study mainly about?

A.Food safety.

B.Movie viewership.

C.Consumer demand.

D.Eating behavior.

2.What does the underlined word “beanpoles” in paragraph 1 refer to?

A.Big eaters.

B.Overweight persons.

C.Picky eaters.

D.Tall thin persons.

3.Why did the researchers hire the actor?

A.To see how she would affect the participants.

B.To test if the participants could recognize her.

C.To find out what she would do in the two tests.

D.To study why she could keep her weight down.

4.On what basis do we “adjust the influence” according to the last paragraph?

A.How hungry we are.

B.How slim we want to be.

C.How we perceive others.

D.How we feel about the food.

答案全解全析

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◎语篇解读 本文是一篇说明文,主题语境为人与自我,主题语境内容为生活方式。到底和胖人一块用餐吃得多还是和瘦人一块用餐吃得多呢?本文旨在培养学生养成良好的饮食习惯,保持身体健康。

1.D 细节理解题。本题题干意为:最近这项研究主要是关于什么的?根据文章第一句话“根据《消费者研究杂志》上的一项最新研究,和我们一块用餐的同伴的体型和吃饭习惯都会影响我们的食物的摄入量”可知这项研究是关于我们的饮食行为的。故选 D 项。A:食品安全;B:电影观众人数;C:消费者需求。

2.D 词义猜测题。本题题干意为:第一段中画线单词“beanpoles”指的是什么?画线单词所在的句子表示:现有的研究表明你应该避免和那些较重的要大份饭菜的人一块用餐,与此相反的是你需要真正避开那些瘦高个且饭量大的人。画线单词与前面的 heavier people 相反,故选 D 项。A:大胃王;B:超重的人;C:吃饭挑剔的人。

3.A 推理判断题。本题题干意为:研究人员为什么雇用这位演员?作者在第二、三、四段描述了研究人员雇用这位演员和那些参与者做的两个测试,发现这位演员的饮食摄入量都会影响参与者的饮食量。由此推断出雇用她的目的就是测试她是如何影响参与者的。故选 A 项。B:测试一下参与者是否能认出她;C:为了弄明白她会在这两次测试中做什么;D:研究她为什么能够保持体重下降。

4.C 推理判断题。本题题干意为:根据最后一段,我们在什么基础上“调整这种影响”?根据最后一段第二、三句话(如果这个同伴吃得多,我也要吃得多。我们称之为“我要有她有的东西”效应)推断出我们要想调整这种影响,就是要调整我们如何看待别人。故选 C 项。A:我们到底有多饿;B:我们想要自己有多苗条;D:我们对食物的感觉。

长难句分析

原句 And contrary to existing research that says you should avoid eating with heavier people who order large portions, it's the beanpoles with big appetites you really need to avoid.

分析 这是一个主从复合句。contrary to...作状语,其中 that 引导定语从句,修饰 research;you really need to avoid 是定语从句。

句意 现有的研究表明,你应该避免和那些要大份饭菜的胖子一起吃饭,和现有的研究相反,你真正需要避免的是那些大胃口的瘦高个子。