

1.

When looking for diet plans to gain muscle there are some great tips that can help you to ensure that you are eating to help you build the muscle that you want. Your diet is just as important as exercise when you attach importance to your diet, it can help you to reach your goal much faster.

You will find that you will eat lean meat almost daily. If you eat meat each day this can help you to keep your figure. The trick with beef is to find lean cuts and this is something that can provide you with protein. Fish and turkey will also be included in the diet. Chicken has some rules and you should always eat skinless and avoid frying.

Fiber is something that is not talked much about when looking for a muscle building diet, but this is basis part of the muscle building diet. Fiber has many benefits and will aid in digestion and help you to feel full. Oatmeal (燕麦片) is a great source of fiber, but you should avoid the premade oatmeal. Fruit and vegetables contain a lot of fiber and this can also aid in weight loss if this is a problem you are working on.

If you want to complete your workout more effectively, you need to make sure that you are drinking adequate amount of water each day. Your body is made up of water and you need to replenish (补充) this water source each day in order to be in the best shape. If you are completing a very intense workout, you will need to make sure that you are drinking even more water to stay hydrated(含水的).

When protein(乳清蛋白质) is a great way for busy individuals to get the protein they need on the go. You will use soy and tofu for sources of protein if you do not eat meat and this can be a wonderful alternative.

There are diet plans to gain muscle for every category. You can make minor adjustments to your diet that can have some great benefits.

21. What's the best title of the passage?

A. Proper diets can help build your muscle B. The diet is not as important as exercise

C. Diet plans are very important D. Paying attention to your diet

22. When you eat chicken, you should always\_\_\_\_\_.

A. eat chicken with skin B. eat baked chicken

C. not eat chicken with skin and the fried D. not eat boiled chicken

23. What's the main idea of Paragraph3?

A. Oatmeal is a great source of fiber B. Fruit and vegetables contain a lot of fiber

C. Losing weight needs fiber D. The function of fiber

2.

Papa, as a son of a dirt-poor farmer, left school early and went to work in a factory, for education was for the rich then. So, the world became his school. With great interest, he read everything he could lay his hands on, listened to the town elders and learned about the world beyond his tiny hometown. "There's so much to learn," he'd say. "Though we're born stupid, only the stupid remain that way." He was determined that none of his children would be denied (拒绝) an education.

Thus, Papa insisted that we learn at least one new thing each day. Though, as children, we thought this was crazy, it would never have occurred to us to deny Papa a request. And dinner time seemed perfect for sharing what we had learned. We would talk about the news of the day; no matter how insignificant, it was never taken lightly. Papa would listen carefully and was ready with some comment, always to the point.

Then came the moment—the time to share the day's new learning.

Papa, at the head of the table, would push back his chair and pour a glass of red wine, ready to listen.

"Felice," he'd say, "tell me what you learned today. "

"I learned that the population of Nepal is .... "

Silence.

Papa was thinking about what was said, as if the salvation (拯救) of the world would depend upon it. "The population of Nepal. Hmm. Well . . . " he'd say. "Get the map; let's see where Nepal is. " And the whole family went on a search for Nepal.

This same experience was repeated until each family member had a turn. Dinner ended only after we had a clear understanding of at least half a dozen such facts.

As children, we thought very little about these educational wonders. Our family, however, was growing together, sharing experiences and participating in one another's education. And by looking at us, listening to us, respecting our input, affirming (肯定) our value, giving us a sense of dignity, Papa was unquestionably our most influential teacher.

Later during my training as a future teacher, I studied with some of the most famous educators. They were imparting what Papa had known all along—the value of continual learning. His technique has served me well all my life. Not a single day has been wasted, though I can never tell when knowing the population of Nepal might prove useful.

24. What do we know from the first paragraph?

A. The author's father was born in a worker's family. B. Those born stupid could not change their life.

C. The poor could hardly afford school education. D. The town elders wanted to learn about the world.