

四川省2021年英语高考模拟卷（2）

阅读理解（共15小题；每小题2分，满分30分）

1. 阅读理解

阅读理解

If it really is what's on the inside that counts, then a lot of thin people might be in trouble.

Some doctors now think that the internal(内部的) fat surrounding important organs like the heart or liver could be as dangerous as the external fat which can be noticed more easily.

“Being thin doesn't surely mean you are not fat,” said Dr Jimmy Bell at Imperial College. Since 1994, Bell and his team have scanned nearly 800 people with MRI machines to create “fat maps” showing where people store fat.

According to the result, people who keep their weight through diet rather than exercise are likely to have major deposits of internal fat, even if they are slim.

Even people with normal Body Mass Index scores can have surprising levels of fat deposits inside. Of the women, as many as 45 percent of those with normal BMI scores (20 to 25) actually had too high levels of internal fat. Among men, the percentage was nearly 60 percent.

According to Bell, people who are fat on the inside are actually on the edge of being fat. They eat too many fatty and sugary foods, but they are not eating enough to be fat. Scientists believe we naturally store fat around the belly first, but at some point, the body may start storing it elsewhere.

Doctors are unsure about the exact dangers of internal fat, but some think it has something to do with heart disease and diabetes(糖尿病). They want to prove that internal fat damages the body's communication systems.

The good news is that internal fat can be easily burned off through exercise or even by improving your diet. “If you want to be healthy, there is no shortcut. Exercise has to be an important part of your lifestyle.” Bell said.

(1) What is the passage mainly about?

- A. Thin people may be fat inside. B. Internal fat is of no importance. C. Internal fat leads to many diseases. D. Thin people don't have diabetes.

(2) According to the passage, which of the following is WRONG?

- A. Exercise can help to reduce the internal fat. B. People can get rid of internal fat by improving diet. C. Men are more likely to have too much internal fat. D. People with heart disease all have internal fat.

(3) From the last paragraph, we can find that _____.