**话题五 健康积极的生活方式和态度**

**第一部分 话题词汇积累**

**单词&短语**

1. recipe n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.physician n.\_\_\_\_\_\_\_\_\_\_\_\_\_

3.authority n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 4.automatic adj.\_\_\_\_\_\_\_\_\_\_\_\_\_

5.autonomous adj.\_\_\_\_\_\_\_\_\_\_\_\_\_ 6.awesome adj.\_\_\_\_\_\_\_\_\_\_\_\_\_

7.awful adj.\_\_\_\_\_\_\_\_\_\_\_\_\_ 8.bandage n.\_\_\_\_\_\_\_\_\_\_\_\_\_

9.bankrupt adj.\_\_\_\_\_\_\_\_\_\_\_\_\_ 10.bachelor n.\_\_\_\_\_\_\_\_\_\_\_\_\_

11.barely adv.\_\_\_\_\_\_\_\_\_\_\_\_\_ 12.bargain n.\_\_\_\_\_\_\_\_\_\_\_\_\_

13.basically adv.\_\_\_\_\_\_\_\_\_\_\_\_\_ 14.battery n.\_\_\_\_\_\_\_\_\_\_\_\_\_

15.belly n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 16.belongings n.\_\_\_\_\_\_\_\_\_\_\_\_\_

17.best-seller n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 18.bet v.&n.\_\_\_\_\_\_\_\_\_\_\_\_\_

19.betray v.\_\_\_\_\_\_\_\_\_\_\_\_\_ 20.bid v.&.n.\_\_\_\_\_\_\_\_\_\_\_\_\_

21.biography\_\_\_\_\_\_\_\_\_\_\_\_\_ 22.blank adj.\_\_\_\_\_\_\_\_\_\_\_\_\_

23\_\_\_\_\_\_\_\_\_\_\_\_\_v.&n.试图，尝试；企图；攻击

24.\_\_\_\_\_\_\_\_\_\_\_\_\_adj.有吸引力的，有魅力的

25.\_\_\_\_\_\_\_\_\_\_\_\_\_n.观众，听众；读者；撞见；拜会

26.\_\_\_\_\_\_\_\_\_\_\_\_\_adj.可得到的；有空的

27.\_\_\_\_\_\_\_\_\_\_\_\_\_v.避免；回避；避开；防止；躲避

28.\_\_\_\_\_\_\_\_\_\_\_\_\_adj.&v.醒着的；唤醒

29.\_\_\_\_\_\_\_\_\_\_\_\_\_n.&v.奖品，奖金；授予

30..\_\_\_\_\_\_\_\_\_\_\_\_\_n.出身，个人背景

31.\_\_\_\_\_\_\_\_\_\_\_\_\_n.行李；担子；辎重

32.\_\_\_\_\_\_\_\_\_\_\_\_\_v.&n.平衡，均衡

33.\_\_\_\_\_\_\_\_\_\_\_\_\_n.洗澡；沐浴；浴室；浴盆

34.\_\_\_\_\_\_\_\_\_\_\_\_\_n.&v.战役；与……战斗

35.\_\_\_\_\_\_\_\_\_\_\_\_\_n.屏障，障碍；障碍物；界线

36.\_\_\_\_\_\_\_\_\_\_\_\_\_n.初学者；新手，创始人

37.\_\_\_\_\_\_\_\_\_\_\_\_\_n.行为，举止；态度；反应

38.\_\_\_\_\_\_\_\_\_\_\_\_\_n.相信；信念；信赖；信仰；教义

39.\_\_\_\_\_\_\_\_\_\_\_\_\_v.敲打；(心脏等)跳动；打败

40.\_\_\_\_\_\_\_\_\_\_\_\_\_v.弯曲；弯腰；(路)转弯

41.\_\_\_\_\_\_\_\_\_\_\_\_\_v.&n.咬伤；刺痛

42.attend to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

43..使人们关注\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

44.对生活采取积极的态度\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

45..平均，一般地\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

46.意识到，察觉到\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

47.支持某人\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

48.from bad to worse\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

49..禁止某人做某事\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

50.bear...in mind\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

51.首先，第一\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

52.代表\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

53..信任，信赖；信仰\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

54.属于；归属，归于\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

55.对……有益\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

56.make the best of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

57.\_数以十亿计的\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

58.生孩子；引起\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

59.bit by bit\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

60.be to blame(for sth.)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**词汇拓展**

1.blame v.……归咎于；责怪；指责n.(坏事或错事的)责任；责备；指责

【搭配】 blame sb.for sth./doing sth.为某事责备某人

blame sth.on sb.把某事归咎于某人

be to blame for应(为……)承担责任

accept/bear/take the blame for sth.对某事负责任

put/lay the blame for sth.on sb.将某事归咎于某人

Many children are afraid of being\_\_\_\_\_\_\_\_\_\_\_for making mistakes in speaking English.

许多孩子害怕讲英语时犯错误被责备。

He\_\_\_\_\_\_\_\_\_\_the failure on me.=He blamed me for the failure.他把失败归咎于我。

The children were not to\_\_\_\_\_\_\_\_\_\_\_\_for the accident.那次事故怪不着孩子们。

We were ready to take the\_\_\_\_\_\_\_\_\_\_\_\_for what had happened.我们愿对所发生的事负责。

2.benefit vt.有益于，有助于；使受益；得益，受益，

n.利益，好处；救济金，津贴；义演，义卖；恩惠，恩泽

His work didn't\_\_\_\_\_\_\_\_\_\_\_\_him;he got no money for it.他的工作没使他受益，因为他分文未得。

We all\_\_\_\_\_\_\_\_\_\_\_\_from her success.我们大家都得益于她的成功。

He had the\_\_\_\_\_\_\_\_\_\_\_\_of a good education.他得益于良好的教育。

This will be of great\_\_\_\_\_\_\_\_\_\_\_\_to us all.这将对我们所有的人大有益处。

【辨析】 benefit和profit的区别

benefit通常既可指个人情况(如身体、智力或精神状态等)的好转或改善，又可指对实现某个目标等带来的好处。

profit着重于物质方面的受益，常用于财富或知识等方面的得益。

**活学活用**

一、阅读下列句子，在空白处填入1个单词或用括号内所给单词的适当形式填空。

1.The study is an attempt\_\_\_\_\_\_\_\_\_\_\_(get)a better idea of why people live where they do.

2.They may refuse to trade, even when offered\_\_\_\_\_\_\_\_\_\_\_(attract)prices.

3. He was having to whisper in order to avoid\_\_\_\_\_\_\_\_\_\_\_(overhear)by their nosy neighbors.

4.This young man was influenced by bad people and became corrupt without being aware\_\_\_\_\_\_\_\_\_\_\_it.

5.It is our\_\_\_\_\_\_\_\_\_\_\_(believe)that improvements in health care will lead to a stronger,more prosperous economy.

二、翻译句子

1. Officials believe that more than one person maybe to blame for the fire.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. According to the best available information,the facts are these.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Although modeling can be of great benefit in meeting these challenges,most traditional modeling approaches cannot address them.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.一般人平均需要花上两年的时间才能将它学完。(on average)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.让我们努力工作，将来为我们的国家做出更大的贡献。(contribution)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

参考答案

单词&短语

1.处方；食谱，菜谱 2.医生，内科医生 3.权威；授权；官方 4.自动的；无意识的 5.自治的；自主的 6.了不起的；令人敬畏的 7.糟糕的；可怕的 8.绷带 9.破产的10.学士(学位);单身汉 11.仅仅，几乎没有 12.n.特价商品v.讨价还价 13.基本上；大体上 14.电池 15.腹部；胃 16.所有物；财产 17.畅销书 18.打赌 19.出卖，背叛 20.出价，投标 21.传记 22.adj.空白的；茫然的n.空白处 23.attempt 24.attractive 25.audience26.available 27.avoid 28.awake 29.award 30.background 31.baggage 32.balance 33.bath 34.battle35.barrier 36.beginner 37.behavior 38.belief 39.beat40.bend 41.bite

42.照料；处理；接待 43.call/draw attention to 44.have/take/adopt a positive attitude to/towards life 45.on average 46.be aware of 47.back sb. up 48.每况愈下49.ban sb. from doing sth. 50.把……记在心里 51.to begin with 52.on behalf of sb./on sb.'s behalf 53.believe in 54.belong to 55.be of benefit to/be beneficial to56.充分利用 57.billions of 58.give birth to 59.一点点地；渐渐 60.(对某事)负有责任；应受责备

词汇拓展

1.blamed;blamed;blame;blame

2.benefit;benefited;benefit;benefit

活学活用

一、1.to get2.attractive 3. being overheard 4. of 5.belief

**第二部分 话题阅读训练**

A（语法填空）

Many people are concerned 1 the benefits of living a healthy lifestyle, but what does that actually mean? Healthy living is about taking 2 (responsible) for your decisions and choices for today and for the future. A healthy lifestyle generally 3 (regard) as a “balanced life” in 4 one makes “wise choices”. It is a valuable resource for reducing health problems, relieving life stress, and improving quality of life.

The right nutrition is necessary to live a healthy lifestyle. Your body requires a well-balanced diet every day in order to maintain the proper amounts of vitamins, proteins and minerals 5 (need) by your body. Physical fitness keeps your weight in check, prevents heart attacks and other 6 (harm) effects. Basically there are so many benefits of exercising that you really can live a full life with it.

Emotional stress plays 7 important role in many illnesses, both directly and indirectly. People are also more likely 8 (smoke), overeat, drink too much, argue with others and so on, when they are feeling stressed. Thus, stress management is 9 (current) a new lifestyle, and relaxation techniques are a key part of having a healthy lifestyle. Being healthy 10 (be) so important, so don’t hesitate to start a healthy lifestyle right now.

答案：1. with/about 2. responsibility 3. is regarded 4. which 5. needed 6. harmful 7. an 8. to smoke 9. currently 10. is

【解析】这是一篇说明文。文章主要介绍了健康生活方式的好处以及重要意义。

1. with/about 考查介词。句意：许多人关心健康生活方式的好处，但这到底意味着什么呢？结合句意表示“关心”可知短语为be concerned with/about。故填with/about。

2. responsibility 考查名词。句意：健康的生活就是为你今天和未来的决定和选择负责。设空作宾语，表示“责任感”，应用名词形式。故填responsibility。

3. is regarded 考查时态和语态。句意：健康的生活方式通常被认为是一种“平衡的生活”，一个人可以做出“明智的选择”。结合句意表示“被认为是……”，可知短语为be regarded as，根据后文makes可知为一般现在时，主语为A healthy lifestyle，谓语用单数。故填is regarded。

4. which 考查定语从句。句意：健康的生活方式通常被认为是一种“平衡的生活”，一个人可以做出“明智的选择”。此处为“介词+关系代词”结构，定语从句修饰先行词balanced life，作介词的宾语，指物，故用关系代词which。故填which。

5. needed 考查非谓语动词。句意：你的身体需要每天均衡的饮食，以保持身体所需的适当数量的维生素、蛋白质和矿物质。分析句子结构可知need在句中应用非谓语动词形式，与逻辑主语the proper amounts of vitamins, proteins and minerals构成被动关系，故用过去分词作定语。故填needed。

6. harmful 考查形容词。句意：身体健康可以控制你的体重，防止心脏病发作和其他有害影响。修饰后文名词effects应用形容词harmful，作定语。故填harmful。

7. an 考查冠词。句意：情绪压力在许多疾病中扮演重要角色，无论是直接的还是间接的。结合句意，表示“扮演重要角色”可知，短语为play an important role in。important第一个音节是元音。故填an。

8. to smoke 考查非谓语动词。be likely to do ...是一个固定句型，故填to smoke。

9. currently 考查副词。句意：因此，压力管理目前是一种新的生活方式，而放松技术是拥有健康生活方式的关键部分。此处修饰动词应用副词currently，作状语。故填currently。

10. is 考查主谓一致。句意：健康是如此重要，所以不要犹豫，现在就开始健康的生活方式。陈述客观事实用一般现在时，且主语为动名词短语，谓语用单数。故填is。

B（阅读理解）

As people across the globe struggled with higher levels of stress, depression and anxiety this past year, many turned to their favorite comfort foods: ice cream, pizza, hamburgers. But studies in recent years suggest that the high-sugar and high-fat foods when we are stressed or depressed, as comforting as they may seem, are the least likely to benefit our mental health. Instead, whole foods such as vegetables, fruit, fish, eggs, nuts may be a better bet.

Historically, nutrition research has focused largely on how the foods we eat affect our physical health, rather than our mental health, though. Over the years, large population studies have found that people assigned to follow a Mediterranean diet for three months had greater reductions in symptoms of depression after three months compared to a control group.

Public health experts around the world have started encouraging people to adopt lifestyle behaviors like exercise, sound sleep, a heart-healthy diet and avoiding smoking that may reduce inflammation (发炎) and have benefits for the brain. Individual clinicians are already including nutrition into their work with patients. Dr. Drew Ramsey, a clinical professor at the Columbia University, begins his meetings with new patients by exploring their diet. He asks what they eat, learns their favorite foods, and finds out if foods that he considers important for the connection are missing from their diets, such as plants, seafood.

Dr. Ramsey said he does not wat people to think that the only factor involved in brain heath is food. “Lots of people get their food exactly right, live very active lives, and still have significant troubles with their mental health,” he said. But he also teaches people that food can be empowering. “We can’t control our genes,” he said. “But we can control how we eat, and that gives people actionable things that they can do to take care of their brain health on a daily basis.”

1．What do previous nutrition studies mainly focus on?

A．How our diets affect our mental health. B．How our diets affect our physical health.

C．How our mental health affects our diets. D．How our physical health affects our diets.

2．Why are individual clinicians including nutrition into their work with patients?

A．They try to cater to their patients’ needs.

B．They are questioning public health experts.

C．They want to prove the effectiveness of healthy diets.

D．They have accepted the findings of large population studies.

3．Which of the following might Dr. Ramsey agree with?

A．Some connection exists between our diets and mental health.

B．People can control their genes as well as how they eat.

C．People living active lives will not have mental problems.

D．Eating a healthy diet is going to cure depression.

4．What is the main idea of the text?

A．People with anxiety usually turn to food for comfort.

B．The daily diet is the factor connected with brain health.

C．Controlling the way we eat is likely to benefit our mental health.

D．Having a high-sugar diet can reduce symptoms of depression.

答案：1．B 2．D 3．A 4．C

【解析】

这是一篇说明文。文章主要介绍了人们所吃的食物会影响心理健康，控制饮食方式可能有益于人们的心理健康。

1．细节理解题。根据第二段“Historically, nutrition research has focused largely on how the foods we eat affect our physical health, rather than our mental health, though. (然而，从历史上看，营养研究主要关注我们所吃的食物如何影响我们的身体健康，而不是我们的心理健康)”可知，以前的营养研究主要关注我们的饮食如何影响我们的身体健康。故选B项。

2．推理判断题。根据第二段“Over the years, large population studies have found that people assigned to follow a Mediterranean diet for three months had greater reductions in symptoms of depression after three months compared to a control group. (多年来，大量的人口研究发现，与对照组相比，被指定遵循地中海饮食法三个月的人在三个月后抑郁症状的减轻程度更大)”可知，大量人口研究结果显示，遵循地中海饮食法的人会减轻病症，所以个别临床医生要求将营养纳入他们对患者的工作是因为他们接受了大量人口研究的结果。故选D项。

3．推理判断题。根据最后一段“But we can control how we eat, and that gives people actionable things that they can do to take care of their brain health on a daily basis. (但我们可以控制我们的饮食方式，这让人们可以采取行动，每天都可以照顾自己的大脑健康)”可知，拉姆齐博士认为控制饮食方式可以让人们采取行动照顾自己的大脑健康，所以他同意饮食和心理健康之间存在某种联系。故选A项。

4．主旨大意题。根据第一段“But studies in recent years suggest that the high-sugar and high-fat foods when we are stressed or depressed, as comforting as they may seem, are the least likely to benefit our mental health. (但是最近几年的研究表明，当我们感到压力或抑郁时，高糖和高脂肪的食物虽然看起来很舒服，但对我们的心理健康最不可能有好处)”以及最后一段“But we can control how we eat, and that gives people actionable things that they can do to take care of their brain health on a daily basis. (但我们可以控制我们的饮食方式，这让人们可以采取行动，每天都可以照顾自己的大脑健康)”可知，文章主要介绍了人们所吃的食物会影响心理健康，控制饮食方式可能有益于人们的心理健康。故选C项。

（C）完形填空

TikTok, a social media app dedicated to short-form videos, has emerged as a major firer of food trends — from mushroom coffee and pancake cereal to cloud bread and feta pasta. But another trend, the #whatieatinaday trend, is dominating TikTok, which is nearing 9 billion \_\_\_\_1\_\_\_\_.

Even though #whatieatinaday posts may be \_\_\_\_2\_\_\_\_ to serve as healthy inspiration for others, there’s a growing feeling that these video diaries of daily eats will likely do more harm than good — especially among young girls or people with a history of disordered eating.

The \_\_\_\_3\_\_\_\_ message these posts send is that if you eat like them, then you can eventually look like them. Yet what someone else eats in a day doesn’t mean it’s right for you, since these “\_\_\_\_4\_\_\_\_” videos are not a completely accurate representation of what someone typically eats.

Often the overly *stylized* (程式化) meals do not \_\_\_\_5\_\_\_\_ a nutritionally adequate diet. The posts are \_\_\_\_6\_\_\_\_ the *illusion* (幻想) of an ideal day of eating, along with an ideal body size.

Younger audiences, especially girls and young women, internalize the message that they must eat like these creators to achieve and maintain not only health, but also social \_\_\_\_7\_\_\_\_. The biggest harm with this trend is that it normalizes disordered or \_\_\_\_8\_\_\_\_ eating behaviors. This could prevent someone struggling with an eating disorder from \_\_\_\_9\_\_\_\_ support or treatment.

Even if the #whatieatinaday posts are displaying a \_\_\_\_\_\_10\_\_\_\_\_\_ day of eating, the subtext message of “eat like me, and you will look like me” is harmful because people will not necessarily achieve the same body size as the \_\_\_\_\_\_11\_\_\_\_\_\_ even if they copied their day of eating bite for bite.

\_\_\_\_\_\_12\_\_\_\_\_\_, what might be a healthy, adequate day of satisfying meals for one person may be inadequate and unsatisfying to another. Even worse, someone looking at these posts may conclude that they need to be eating half as much to \_\_\_\_\_\_13\_\_\_\_\_\_.

People making these videos are overwhelmingly thin, young, able-bodied and white. There is a complete lack of body \_\_\_\_\_\_14\_\_\_\_\_\_. And this encourages harmful comparisons to unrealistic body standards that are \_\_\_\_\_\_15\_\_\_\_\_\_ to the vast majority of people. Therefore, those of us from marginalized communities are once again unable to see positive representations of our varying bodies, foods and cultural representation in these harmful posts.”

1．A．views B．statements C．analyses D．identities

2．A．emphasized B．simplified C．requested D．intended

3．A．moral B．scientific C．potential D．instant

4．A．modern B．staged C．educational D．labelled

5．A．prioritize B．commercialize C．recognize D．exchange

6．A．promoting B．representing C．spoiling D．perfecting

7．A．welfare B．equality C．desirability D．justice

8．A．individual B．instinctive C．restrictive D．changeable

9．A．attracting B．seeking C．losing D．offering

10．A．fixed B．balanced C．relaxing D．demanding

11．A．reader B．advertiser C．browser D．poster

12．A．Therefore B．Finally C．Additionally D．Meanwhile

13．A．lose weight B．share interests C．assume burden D．make contributions

14．A．language B．diversity C．warmth D．response

15．A．available B．predictable C．inadequate D．unachievable

答案：1．A    2．D    3．C    4．B    5．A    6．A    7．C    8．C    9．B    10．B    11．D    12．C    13．A    14．B    15．D

【导语】本文是一篇说明文。文章介绍了抖音段视频“每天吃什么”的流行和它引发的问题。

1．考查名词词义辨析。句意：但另一个趋势——“每天吃什么”——正在主导抖音，其浏览量已接近90亿次。A. views观点，观看；B. statements声明；C. analyses分析；D. identities身份。根据上文“TikTok”和“But another trend”可知，本段讲的是抖音段视频上的新趋势，结合“nearing 9 billion”可推知，这里说的是浏览量，观看量。故选A项。

2．考查动词词义辨析。句意：尽管“每天吃什么”发布的内容可能旨在为其他人提供健康的启发，但越来越多的人认为，这些记录日常饮食的视频日记可能弊大于利，尤其是在年轻女孩或有饮食失调史的人当中。A. emphasized强调；B. simplified简化；C. requested要求；D. intended打算，想要。根据“to serve as healthy inspiration for others”和“will likely do more harm than good”可知，为其他人提供健康的启发是最初的目的或打算，但事与愿违，结果与打算不一样。故选D项。

3．考查形容词词义辨析。句意：这些发布内容传递的潜在信息是，如果你像他们一样吃东西，那么你最终会像他们一样。A. moral有道德的；B. scientific科学的；C. potential潜在的；D. instant立刻的。根据上文可知，“每天吃什么”发布的是记录日常饮食的视频，结合句中“message these posts send is that if you eat like them, then you can eventually look like them.”可知，这些视频会让人们认为“你像他们一样吃东西，那么你最终会像他们一样”，这是这些发布内容传递的潜在信息。故选C项。

4．考查形容词词义辨析。句意：然而，别人一天吃什么并不意味着它就适合你，因为这些“筹划的”的视频并不能完全准确地反映一个人通常吃什么。A. modern现代的；B. staged组织的，筹划的；C. educational教育的；D. labelled贴上标签的。结合常识和句中“not a completely accurate representation of what someone typically eats.”可知，抖音上发布视频是经过筹划的，并不能真实准确地反应真实情况。故选B项。

5．考查动词词义辨析。句意：通常，过于程式化的饮食并没有优先考虑营养充足的饮食。A. prioritize优先考虑；B. commercialize使商业化；C. recognize认识；D. exchange交换。结合选项和“overly stylized (程式化) meals”可推知，过于程式化的饮食不会首先考虑营养问题。故选A项。

6．考查动词词义辨析。句意：这些发布内容在宣扬理想的饮食和理想的身材。A. promoting推销，促进；B. representing代表；C. spoiling损坏；D. perfecting完美，完善。根据句中“illusion (幻想) of an ideal day of eating”和“ideal body size”可推知，“每天吃什么”发布的内容是在推销它关于饮食和身材的理想概念。故选A项。

7．考查名词词义辨析。句意：更年轻的观众，尤其是女孩和年轻女性，内化了这样的信息：她们必须像这些创作者一样吃，以实现和保持健康，以及社会吸引力。A. welfare幸福；B. equality平等；C. desirability吸引力，欲求；D. justice公平。根据上文“The posts are 　　6　　the illusion (幻想) of an ideal day of eating, along with an ideal body size.”可知，“每天吃什么”发布的内容是在推销它关于饮食和身材的理想概念，所以年青女孩会认为这样做不仅可以保持健康，还可以保持好身材，提升社会吸引力。故选C项。

8．考查形容词词义辨析。句意：这种趋势最大的危害是它使紊乱的或限制性的饮食行为正常化。A. individual单独的；B. instinctive本能的；C. restrictive限制(性)的；D. changeable可改变的。根据“normalizes”可知，下文所说饮食行为是非正常的，与“disordered”是同一类别，结合选项，应选择使用“restrictive”作定语，表示将限制性的饮食行为正常化。故选C项。

9．考查动词词义辨析。句意：这可以防碍患有饮食失调症的人寻求支持或治疗。A. attracting吸引；B. seeking寻找；C. losing失去；D. offering提供。根据“someone struggling with an eating disorder”和“support or treatment”可知，患有饮食失调症的人会寻求支持或治疗。故选B项。

10．考查形容词词义辨析。句意：即使“每天吃什么”的发布内容展示的是均衡的饮食，但“像我一样吃，你就会像我一样”的潜台词是有害的，因为人们不一定会达到和发帖人一样的身材，即使他们完全按照其展示内容吃一天的食物。A. fixed固定的；B. balanced平衡的；C. relaxing令人轻松的；D. demanding苛刻的。根据上文“Even though #whatieatinaday posts may be 　　2　　to serve as healthy inspiration for others”可知，“每天吃什么”的发布内容能为人们提供健康的启发，所以它展示的是均衡的饮食。故选B项。

11．考查名词词义辨析。句意：即使“每天吃什么”的发布内容展示的是均衡的饮食，但“像我一样吃，你就会像我一样”的潜台词是有害的，因为人们不一定会达到和发帖人一样的身材，即使他们完全按照其展示内容吃一天的食物。A. reader读者；B. advertiser广告商；C. browser浏览器；D. poster海报，发帖人。根据下文“even if they copied their day of eating bite for bite”可知，这里说的拥有好身材的“每天吃什么”上的视频发布人。故选D项。

12．考查副词词义辨析。句意：此外，对一个人来说，健康、充足的一日三餐对另一个人来说可能是不充分和不满足的。A. Therefore因此；B. Finally终于；C. Additionally另外；D. Meanwhile与此同时。上文讲即使完全按照其展示内容吃一天的食物，人们不一定会达到和发帖人一样的身材，下文“what might be a healthy, adequate day of satisfying meals for one person may be inadequate and unsatisfying to another.”讲到食物因人而异，适合别人的不一定适合你，上下文都是讲模仿“每天吃什么”的发布内容的不妥之处，是并列关系，用副词additionally。故选C项。

13．考查动词短语辨析。句意：更糟糕的是，看到这些发布内容的人可能会得出这样的结论：他们需要吃一半的量才能减肥。A. lose weight减肥；B. share interests利益共享；C. assume burden承担负担；D. make contributions做出贡献。根据句中“eating half”可推知，少吃是为了减肥。故选A项。

14．考查名词词义辨析。句意：身体完全缺乏多样性。A. language语言；B. diversity多样性；C. warmth温暖；D. response反应。根据上文“People making these videos are overwhelmingly thin, young, able-bodied and white.”可知，制作视频的人都一个标准，身体缺乏多样性。故选B项。

15．考查形容词词义辨析。句意：这助长了对不切实际的身体标准进行有害的比较，这对绝大多数人来说是无法达到的。A. available可用的；B. predictable可预测的；C. inadequate不充分的；D. unachievable不可实现的。根据“unrealistic body standards”可推知，这样的身体标准是不切实际的，对大多数人来说是不可实现的。故选D项。