

閱讀寫作測驗試題

(限用答案本作答)

I. Reading Comprehension (60%, 3% each)

For the normal emotional and physical development of infants, sensory and perceptual stimulation is necessary. Healthy babies experience this stimulation while in contact with the mother or other adults who feed, diaper, or wash the infants. However, infants who are born prematurely or are sick miss these experiences during the early weeks of their lives when they live in incubators, an artificial environment devoid of normal stimuli. These babies tend to become listless and seem uninterested in their surroundings. However, when they are stimulated by being handled and spoken to and by being provided with bright objects such as hanging mobiles or pictures, they begin to respond by smiling, becoming more active physically, and gaining more weight rapidly.

(1)

1. What is the main idea expressed in the passage?
  - A. The importance of incubators for sick infants
  - B. The importance of stimulation for newborn infants
  - C. The prenatal care of babies
  - D. The improvement of the care of newborn infants
2. According to the passage, premature infants cared for in incubators, when compared with full-term infants, are likely to
  - A. be less active physically
  - B. gain weight more rapidly
  - C. receive more natural stimulation
  - D. respond more to bright objects
3. Infants whose environment has been stimulated will do all of the following EXCEPT
  - A. smile more
  - B. become more active
  - C. gain weight more quickly
  - D. be unaware of their surroundings
4. According to the passage, which of the following is a correct statement about infants and their stimulation needs?
  - A. Healthy infants fail to receive sufficient stimulation.
  - B. Sensory and perceptual stimuli may not be necessary for an infant.
  - C. Healthy infants who are not premature need no stimulation.
  - D. Incubators do not provide adequate infant stimulation.
5. According to the passage, it is NOT true to say which of the following?
  - A. Healthy babies usually experience sufficient stimulation.
  - B. Premature infants may spend several weeks in an incubator.

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- C. Infants in incubators fail to gain weight.
  - D. Bright objects can be a means of stimulating babies.
6. According to the passage, sensory and perceptual stimulation are provided to infants when adults do which of the following?
- A. Handle them
  - B. Put them in incubators
  - C. Become uninterested in them.
  - D. Act listless

(2)

Optimism, a balanced diet, and a daily routine are the key to a long and healthy life, according to scientific studies analyzed by a German women's magazine. Genetic factors account for longevity in only 25 percent of the world's population, for the rest it is the way they live their lives, the magazine *Fuer Sie* (For Her) reported, quoting a Swedish study. Regular working hours and bedtimes as well as a daily routine are factors that help prolong life, the study showed.

This was borne out in research conducted among monks and nuns by Professor Marc Luy from the University of Rostock in northern Germany. It showed people living a monastic life had a higher than average life expectancy, which Luy attributed to a lack of stress, the lack of pressures of everyday life, and the avoidance of working against the clock. Stress, the magazine said, was one of the main causes of circulatory diseases.

A study of 1,000 senior citizens in the Netherlands showed that people who are optimistic get more out of life and also live longer. One possible reason is that those with a positive outlook are better able to deal with problems. People with a negative outlook are more susceptible to illness, the study showed.

A good diet was cited as the reason for a high life expectancy on the Japanese island of Okinawa, where the world's highest number of people over 90 live. This was put down to a reduced intake of one-third less than the recommended 2,300 calories and meals that consist mainly of fish, vegetables, and soya products.

1. When you are working against the clock, you
  - A. have regular working hours
  - B. work too many hours each day
  - C. work according to the clock
  - D. work during daytime
2. What is the best definition for the underlined word prolong?
  - A. to work for a long time
  - B. to make longer
  - C. shorten
  - D. before long
3. The opposite meaning of positive is \_\_\_\_\_.
  - A. correct
  - B. aggressive
  - C. negative
  - D. progressive

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4. When you deal with problems, you try to \_\_\_\_\_ problems.  
A. sell      B. handle      C. ignore      D. put away
5. According to the article, people in Okinawa have about \_\_\_\_\_ calories a day.  
A. 2,300      B. 1,533      C. 2,000      D. 1,900
6. According to the article, monks and nuns live a monastic life. That implies they have a \_\_\_\_\_ life.  
A. simple and peaceful      B. stressful      C. hard      D. difficult
7. If you are an optimistic person, you are \_\_\_\_\_.  
A. seeing the bright side of everything  
B. all the time depressed  
C. feeling sorrowful  
D. feeling sad

(3)

Eating a healthy diet plays a crucial part in long and short-term health. What we eat can have a profound effect on our health. You will look and feel better if you make a habit of eating healthfully. You will have more energy and think more clearly. Your immune system will be stronger so you will not get sick as often. Some experts indicate that if you could develop a healthy eating pattern for life, your risk of getting serious diseases in later life will be reduced.

Indeed, it is not easy to maintain a healthy eating habit while being a college student, living away from home with busy schoolwork and where fast food is so readily available. However, keeping a healthy eating habit should not be a stressful experience. It is simpler and easier than you might think.

The following are some of the tips for your reference:

1. Eat a variety of nutrient-rich foods. Enjoy plenty of whole grains, fruits, and vegetables with small portions of fish, meat, and dairy products. Try to eat more raw vegetables and fresh fruit, including the skins when appropriate. Cooking vegetables can reduce their fiber content, and skins are a good source of fiber.
  2. Eat regular meals. Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.
  3. Listen to your body. Stop eating when you feel full. This will help you remain alert and let you feel your best.
1. What is the best meaning for the underlined word crucial?  
A. cruel      B. very important      C. easy      D. difficult
  2. When you say something is stressful, that means

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- A. It's very easy
  - B. It's very pleasant
  - C. It's simple
  - D. It's hard and difficult
3. What might happen if you skip a meal?
- A. You will save a lot of time.
  - B. You'll eat less for the next meal.
  - C. You will not be hungry any longer.
  - D. You might eat too much during the next meal.
4. If you want to stay healthy, you need to \_\_\_\_\_.
- A. eat plenty of meat everyday.
  - B. eat vegetable and fruit only
  - C. eat different kinds of nutritional food.
  - D. eat more fish.
5. What is the good reason for us to eat raw vegetables?
- A. You could save time.
  - B. You could save trouble.
  - C. You could save the fiber content of vegetables.
  - D. You could save money.
6. What is the best definition for the underlined word curb?
- A. increase    B. control    C. add    D. place
7. Based on the article, why should we stop eating when feeling full?
- A. You won't waste money.
  - B. You could have time to do other things.
  - C. You can lose weight.
  - D. You will feel your best.

II. Essay (40%)

Write a 300-word essay that covers the following issues.

- A. What is your English learning experience?
- B. Why do you choose English as your major?
- C. What do you expect to gain during these four years?