

<<全新大学英语四级冲关预测试卷>>

图书基本信息

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内容概要

《全新大学英语四级冲关预测试卷》主要内容简介：在历年全国大学英语四六级考试中，西安交通大学出版社出版的“大学英语四六级710分冲关快训”系列图书准确把握四六级命题思路、命题规律和命题趋势，让考生利用有限的时间，直击考点。特别是其相关的预测试卷等部分内容多次命中四六级考试真题，无不印证了该系列书的权威性和有效性。

章节摘录

Want to maintain a healthy heart ?

Keep track of these six health measurements that can warn you of trouble ahead. Six measurements can tell where you stand in your battle against the heart attackers. Three you can check yourself — all you need is a pencil , tape measure and a watch with a second hand. The others you can get from your doctor. Write these numbers down and keep track of them over time , and they will speak volumes about the health of your heart. Daily Calorie Needs How much food do you actually eat ?

In a perfect world , you'd eat just enough to provide fuel for your body. In reality , many of us eat between 100 and 1000 calories more than we need most days of the week. An extra portion of curry here , an extra helping of meat there , a bag of potato chips — "just this once" — all add up to weight gain , and becoming overweight is among the worse things you can do for your heart. Few people know exactly how many calories they need each day , but you can work that out by multiplying your weight in kilograms by 28 to 33 depending on how active you are. Most women need just under 2 , 000 calories a day for good health , men generally about 2 , 550. That roughly equates to 300 to 400 calories for breakfast , 500 to 600 for lunch , 600 to 700 for dinner , and two or three snacks of roughly 100 to 200 calories each.

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