

图书基本信息

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## 内容概要

特色 作文：两篇范文+行文思路+词句点评 阅读：语篇分析+设题分析+全文翻译 听力：听前预测+听音关键+考点点睛 综合：解题线索+语法点拨+考点点睛 四级考试新题型标准听力5套 四级考试新题型预测作文30篇 四级考试主题高频词汇800个 四级考试真题难句分析100例 经常被模仿 从未被超越 历年排第一 超凡金品质 一重礼 六月献策，名师组合音频讲课 刮开密码，再给三套冲刺试题 二重礼 六月热身，再给三套冲刺试题 十套试卷经北京、天津、上海三十所高校6000名09年12月考试的考生考前试测，听力，阅读，综合，作文各项成绩与实考接近率达97% 十套试卷考前试测 各项成绩趋同实考 一作文题 两篇范文 同步点评 710分新题型 同时机考的考生可密码下载三套机考试卷

#### 作者简介

王长喜，中国人民大学知名教授，著名英语测试学专家，全国四、六级考试研究与辅导顶尖权威。授课风格立意高远，深入浅出、富于激情，各地讲座所到之处，万人空巷。

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## 章节摘录

"When I go to work in the morning, I see kids standing at the bus stop eating chips and drinking asoda," Mr. Menino said in a phone interview earlier this week. "I hope this will help them change their eating habits and lead to a healthier lifestyle." The mayor's attention to healthy eating dates to his days as a city councilman. Most recently he has appointed a well-known chef as a food policy director to promote local foods in public schools and to foster market gardens in the city. Although obesity is a complex problem unlikely to be solved just by eating more vegetables, supporters of the vegetable coupon program hope that physician intervention will spur young people to adopt the kind of behavioral changes that can help prevent lifelong obesity. Childhood obesity in the United States costs \$14.1 billion annually in direct health expenses like prescription drugs and visits to doctors and emergency rooms, according to a recent article on the economics of childhood obesity published in the journal Health Affairs. Treating obesity-related illness in adults costs an estimated \$147 billion annually, the article said.

Although the vegetable prescription pilot project is small, its supporters see it as a model for encouraging obese children and their families to increase the volume and variety of fresh produce they eat. "Can we help people in low-income areas, who shop in the center of supermarkets for low-cost empty-calorie food, to shop at farmers' markets by making fruit and vegetables more affordable?"

said Gus Schumacher, the chairman of Wholesome Wave, a nonprofit group in Bridgeport, Conn., that supports family farmers and community access to locally grown produce. If the pilot project is successful, Mr. Schumacher said, "farmers' markets would become like a fruit and vegetable pharmacy (药房) for at-risk families." The pilot project plans to enroll up to 50 families of four at three health centers in Massachusetts that already have specialized children's programs called healthy weight clinics. A foundation called CAVU, for Ceiling and Visibility Unlimited, sponsors the clinics that are administering the vegetable project. The Massachusetts Department of Agriculture and Wholesome Wave each contributed \$10,000 in seed money.

(Another arm of the program, at several health centers in Maine, is giving fresh produce coupons to pregnant mothers.) The program is to run until the end of the farmers' market season in late fall. One month after Leslie-Ann Ogiste, a certified nursing assistant in Boston, and her 9-year-old son, Makael Constance, received their first vegetable prescription coupons at the Codman Center, they have lost a combined four pounds, she said. A staff member at the center told Ms. Ogiste about a farmers' market that is five minutes from her apartment, she said.

"It worked wonders," said Ms. Ogiste, who bought and prepared eggplant, cucumbers, tomatoes, summer squash, corn, bok choy, parsley, carrots and red onions. "Just the variety, it did help." Ms. Ogiste said she had minced some vegetables and used them in soup, pasta sauce and rice dishes—the better to disguise the new good-for-you foods that she served her son. Makael said he did not mind. "It's really good," he said. ....

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