

## 《中考英语阅读理解专项训练及答案（57）》

Breakfast is the most important meal of the day. It gives you energy for the morning and helps you concentrate in class. But do you know what a healthy breakfast should include?

First, a healthy breakfast should have some protein. You can get protein from foods like eggs, milk, and yogurt. Protein helps your body grow and repair itself.

Second, a healthy breakfast should include some fiber. Fiber comes from foods like whole-grain bread and cereal. It helps your digestive system work well.

Lastly, a healthy breakfast should have some fruit or vegetables. They provide vitamins and minerals that are essential for your health.

So, remember to include these three things in your breakfast: protein, fiber, and fruit or vegetables. A healthy breakfast will help you start the day off right!



( ) 16. What is the most important meal of the day?

A. Lunch. B. Dinner. C. Breakfast. D. Snack.

( ) 17. What helps your body grow and repair itself?

A. Protein. B. Fiber. C. Vitamins. D. Minerals.

( ) 18. Where does fiber come from?

A. Eggs. B. Milk. C. Whole-grain bread. D. Fruit.

( ) 19. What do fruit and vegetables provide?

A. Protein. B. Fiber. C. Vitamins and minerals. D. Energy.

( ) 20. What is the main idea of the passage?

A. The importance of breakfast.

B. The types of breakfast.

C. How to make a healthy breakfast.

D. The benefits of a healthy breakfast.

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答案及解析：

16、正确答案是：C. Breakfast.

在文章第一段中明确提到“Breakfast is the most important meal of the day.”，即早餐是一天中最重要的一餐，因此C选项是正确的。

17、正确答案是：A. Protein.

在文章第二段中提到，蛋白质有助于身体生长和修复，因此A选项“蛋白质”是正确答案。

18、正确答案是：C. Whole-grain bread.

在文章第三段中提到，纤维来自全麦面包和谷物，因此选项C“全麦面包”是正确答案。

19、正确答案是：C. Vitamins and minerals.

在文章第四段中提到，水果和蔬菜提供了维生素和矿物质，这些是维持健康所必需的。因此，正确答案是C，即水果和蔬菜提供维生素和矿物质。

20、正确答案是：A. The importance of breakfast.

文章主要讲述了早餐的重要性，包括它对身体的好处和如何制作健康的早餐。因此，文章的主旨大意是强调早餐的重要性。



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