

國立彰化師範大學 102 學年度第 2 學期學士班轉學生 招生考試試題

學系：共同科目

年級：二年級

科目：英文(與國文合為一考科各佔 50 分)

☆☆請在答案紙上作答☆☆

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I. 克漏字測驗 (共 20 分，每題 2 分)

Processed foods get a bad rap, which many of them deserve. They can be unnecessarily high in sodium and sugar, and __1__ with unrecognizable ingredients. Reducing your reliance on prepared and packaged foods is a positive step for your health.

__2__, if you are selective, you can find processed foods that are nutritionally sound, and the convenience makes it easier to eat well. Canned fruit retains many of the nutrients found in fresh fruits and it's a low-cost __3__, especially varieties canned in fruit juice. And frozen berries are an easy and healthy dessert. Canned lentils and beans are quicker to use than dried beans, while frozen vegetables are a no-chop alternative to fresh veggies. As they're snap-frozen soon after harvest, they can retain more __4__ than "fresh" vegetables that have been left for a week in the bottom of the fridge. You can also find breakfast cereals that don't contain too much sodium and sugar. There are also a number of good, prepared soups available from the fridge section at local supermarkets. Eat fresh foods and cook from scratch as often __5__ you can. But don't worry about having a few of these time-saving processed foods in the pantry and freezer.

1. (A) laden (B) lade (C) lading (D) to lade
2. (A) In addition (B) To sum up (C) Therefore (D) However
3. (A) attitude (B) energy (C) alternative (D) enforcement
4. (A) senses (B) nutrients (C) preservations (D) components
5. (A) than (B) so (C) as (D) when

When the study of folk literature began in earnest in the nineteenth century, scholars were surprised to find remarkable similarities between tales in societies as widely separated as those of ancient China, South America, Africa, and Europe. Cultural distinctions existed, of course, __6__ the basic themes, even plots, were to be very much alike. Cinderella stories, for example, have been discovered the world over. Since the discovery that the folktales of widely varied cultures were similar, two principal theories have been posed in an attempt to explain __7__ the tales originated.

Monogenesis – meaning literally “one beginning” – is the theory that all tales were ultimately __8__ a single source (such as a Mesopotamian culture) and were gradually disseminated throughout the world. *Polygenesis* – __9__ “many beginnings” – is the theory that tales emerged independently of each other in many different places throughout the world. Polygenesis attributes these marked similarities in form and content to the fundamental __10__

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in the human psyche – people around the world having similar hopes, fears, dreams, physical and emotional needs. Neither theory has yet been absolutely substantiated, and the truth may lie in somewhere in between – that some tales emerged independently and others were adopted from neighboring cultures.

6. (A) but (B) until (C) because (D) so
7. (A) that (B) what (C) how (D) since
8. (A) resulted in (B) derived from (C) consisted of (D) depended on
9. (A) meaning (B) means (C) meant (D) mean
10. (A) problems (B) histories (C) functions (D) similarities

II. 閱讀測驗 (共 10 分，每題 2 分)

For the past 50 years, the conventional wisdom among many psychiatrists was that depression is caused by a brain-chemical imbalance, such as low levels of the feel-good hormone serotonin. But this didn't explain why rates of depression have been steadily climbing in many parts of the world. Although traumatic life events, stress and economic fears can increase the risk of depression, the Western way of life may also be a contributor.

Enter the inflammation theory: inflammation occurs when you're injured or exposed to disease-causing germs. In response, your body's immune system releases proteins called cytokines to fight off harmful organisms and repair damage. But now some experts believe that chronic exposure to cytokines – from inflammation caused by stress, diet and environmental toxins – may contribute to depression, says Dr Charles Raison, associate professor in the department of psychiatry at the University of Arizona.

Scientists first made the connection in the 1980s when they injected animals with bacteria to trigger inflammation. The animals exhibited symptoms of depression: lethargy, loss of appetite and avoiding social contact. Subsequent studies by Raison and others have found that depressed people have higher levels of inflammatory chemicals such as C-reactive protein in their blood. Intrigued, Raison's team gave the infliximab – an anti-inflammatory drug that treats autoimmune diseases – to people with major depression and found that subjects with high levels of C-reactive protein reported greater improvement in depression symptoms than those without inflammation.

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While inflammation isn't likely the primary cause of depression, experts increasingly agree that it can prolong or worsen it. Treating depression in patients who have high levels of inflammation with anti-inflammatory drugs may have a big impact on their mood.

The lifestyle choices that boost emotional wellbeing (healthy diet, exercise, sufficient sleep) also reduce the risk of inflammation – and possibly depression. A Spanish study associated the Mediterranean diet with a reduced risk (30) of depression. Consisting mainly of a high intake of legumes, fruits, nuts, cereals, vegetables and fish, the Mediterranean diet is lower in meat, and there is less dairy consumption. However, more research is needed to see how certain nutrients and vitamins may or may not affect psychological wellbeing.

11. What is the article mainly about?
 - (A) To explain why depression is considered related to inflammation.
 - (B) To describe how certain vitamins may have impacts on mental health.
 - (C) To argue how Mediterranean diet can help reduce the risk of depression.
 - (D) To discuss the benefits of having balanced diet and doing regular exercise.
12. Where are you most likely to find this article?
 - (A) Bank statement.
 - (B) Museum brochure.
 - (C) Health magazine.
 - (D) Restaurant menu.
13. According to the article, who is Dr Charles Raison?
 - (A) A researcher who leads a research team.
 - (B) A doctor who promotes the Mediterranean diet.
 - (C) A scholar who suffers from serious mental disorder.
 - (D) A psychologist who believes in the healthy lifestyle.
14. According to the article, which of the following is the feature of the Mediterranean diet?
 - (A) Drink lots of milk.
 - (B) Have plenty of fruits.
 - (C) Eat a good deal of cheese.
 - (D) Eat a large amount of meat.

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15. According to the article, which of the following statements concerning the connections between depression and inflammation is correct?

- (A) The healthy lifestyle can enhance one's immune system.
- (B) The immune system releases cytokines to fight off the feeling of depression.
- (C) The drugs used to treat depression have great impacts on reducing the levels of inflammation.
- (D) Patients with depression have higher levels of inflammatory chemicals in their blood.

III. 英文作文 (共 20 分)

Based on your own experience, write a short but well-organized English composition to answer the question: **Do you prefer to call or text someone when you need to tell that person something? Please provide reasons to explain why you prefer to do so.**