

銘傳大學八十九學年度大學推薦甄選入學考試

(應英系) 第一節

閱讀測驗寫作 試題

Less salt without loss of taste

Although there is no direct evidence that salt is the cause of high blood pressure of ‘hypertension’, there are studies which inducing salt intake lower blood pressure. Some scientists are also concerned that excessive use of salt may cause asthma and kidney disease. Therefore most doctors would welcome a decision by food manufacturers to decrease the amount of salt in food.

Many food manufacturers, however, are reluctant to reduce the amount of salt. Salt is an important flavour enhancer and preservative. British Salt points out that salt is an essential nutrient and regular intake is required to maintain bodily functions. Moreover, according to British Salt, there are greater risk factors in hypertension, such as obesity, lack of exercise, alcohol intake and smoking. Another reason why food producers are not keen on lowering the amount of salt is probably that they fear that less salt will mean lower sales. Not only will the sale of processed food containing salt decrease, but also the sale of soft drinks.

A recent study, published in The Lancet of April 1999, proves that if manufacturers cut the salt content of food, it will not necessarily affect the taste of the product. Anthony Rodgers and Bruce Neal conducted a study to examine the difference in taste between bread were prepared, identical in all respects except for salt content. One loaf contained the standard quantity, one loaf 10% reduced and one 20% reduced. Sixty participants, who did not know the salt content, were asked to rate the taste on a scale from zero to ten. They also had to guess which loaf contained the standard, 10% reduced and 20% reduced quantity. Of the 180 guesses of salt content, 63 were correct, which is not different from what would be expected by chance.

The study by Rodgers and Neal indicates that small reductions in salt content will not necessarily affect sales. If food manufacturers decide to diminish the

amount of salt in food, blood pressure of the entire population will shift downwards, which may result in considerable health benefits. One of Britain's largest supermarkets, Asda, has already to decrease the amount of salt in its products. The Asda products will contain up to 25% less salt.

一、 Read the article and mention the positive and negative aspects of salt.

10%

Positive.

Negative.

二、 Explain what the difference of opinion is between doctors and the food manufactures. Use your own words. 10%

三、 Translate the following words in your native language. 30%

hypertension	
excessive	
reluctant	
flavour	
preservative	
nutrient	
obesity	
processed food	
soft drinks	
affect	
to conduct a study	
wholemeal bread	
participants	
to rate	
blood pressure	

四、 Fill in words from the wordlist above. Change the form of the word if necessary. 12%

Although salt is very useful because it adds .. (1).. and can be used as ..(2).., it can also ..(3).. your health, causing ..(4)..Therefore it is advisable not to eat too much ..(5).. and other products containing salt so that you keep your ..(6).. down.

- (1) _____ (2) _____ (3) _____ (4) _____
(5) _____
(6) _____

五、Composition : My favorite Food 38% (minimum words : 80)