

銘傳大學 104 學年度研究所碩士在職專班招生考試

應用英語學系碩士在職專班

「英文(含寫作、閱讀、翻譯)」試題

(第 1 頁共 5 頁) (限用答案本作答)

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Part 1: Reading Comprehension (1) Please choose the best answer to the question (2%*5)

When clients ask nutritionist Joy McCarthy for one easy diet change, her answer is always the same: Start cooking your own food. "It's completely transforming," says McCarthy, author of "Joyous Health: Eat and Live Well Without Dieting." "I often tell people, 'Do you want to feel better? Do you want to have more energy?' Because great health starts in the kitchen." "There are so many reasons ...," celebrity nutritionist Kimberly Snyder says before launching into a long list. Here are the four big ones:

You'll make better choices

Vegetables look much more appetizing when you're standing in the middle of the farmer's market than when you're staring at a fast-food menu. Instead of being led by hunger -- and glossy hamburger photos -- you'll choose more often what's best for your body. "That step of picking up your own food will cut out more and more processed foods," Snyder says. And healthier choices at the grocery store lead to healthier meals at home. People who cooked meals at home at least six days a week consumed fewer calories than those who frequently ate out, a study published recently in the journal Public Health Nutrition found. "When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all," study author Julia Wolfson told the Johns Hopkins Center for a Livable Future.

You'll eliminate the guessing game

Unless you're BFFs with the chef, you probably have no idea what's actually in that restaurant meal you're eating. Do they use olive oil or vegetable oil to cook the meat? Is there added sugar in the sauce? What about food coloring? Is the spinach organic or covered in pesticides? How much salt is in that soup? Cooking at home eliminates the guesswork. It also eliminates the chance that your food will contain an allergen or ingredient that could make you sick. Think about it this way, McCarthy says: You're not going to go to a gas station that doesn't label its pumps, and put diesel into a car that takes premium gasoline. "But humans do that all the time. We put the wrong fuel in all the time."

You'll eat more mindfully

Eating has become just another chore on many people's to-do lists, Snyder says. "Get your shoes shined, pick up the dry cleaning, order food." Cooking opens your eyes to not just what's in your food but also how you eat it. After all, who makes a six-layer lasagna from scratch and then eats it while zoned out in front of the TV?

Eating mindfully means you savor each bite and recognize when you're full -- both of which aid digestion, Snyder says. Sitting down to regular meals with friends or family can also help improve your relationships.

"Cooking brings you back to a nurturing home space. It creates an environment that's supportive and helps you fight stress," Snyder says.

You'll find it's easier than you think

"If you can read, you can cook," McCarthy says. "I don't think you need talent because there are so many amazing cookbooks out there." Start simply -- with a breakfast smoothie or one dinner a week. Then build up your repertoire. Though you may dream of mimicking your favorite "Top Chef" techniques, grilling a few chicken breasts and steaming broccoli is fast and nutritious. "The simplest foods are the healthiest," Snyder says.

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1. What is the main idea of this article?
 - (a) asking people to eat mindfully
 - (b) promoting the book written by McCarthy
 - (c) persuading people to cook at home
 - (d) telling people it is risky to eat in a restaurant
2. According to the article, which of the following statement is true?
 - (a) cooking your own meals at home can help lose weight
 - (b) vegetables look more attractive than burgers
 - (c) people love farmers market than fast food restaurant
 - (d) to make better choices, one need to become a vegetarian
3. Which of the following is the synonym of "eliminate" in the article?
 - (a) to overuse
 - (b) to beat
 - (c) to run away
 - (d) to find out
4. What is the closest meaning of "savor" in the article?
 - (a) appreciate
 - (b) take over
 - (c) chew
 - (d) none of the above
5. According to the article, which of the following statement is true?
 - (a) To eat mindfully, we should always with our family and friends.
 - (b) It is so difficult to cook at home, even if we have a good kitchen.
 - (c) We could never be able to identify the ingredients in our meal even if we cook on our own.
 - (d) If we cook our own meal, we can become much more healthier.

Reading Comprehension (2): please choose the best answer to the question (2%*10)

Hundreds of people are dead as the worst Ebola virus outbreak in history sweeps through West Africa. It began as a handful of cases in Guinea in March but quickly spread to neighboring Sierra Leone and Liberia. Medecins Sans Frontieres (MSF) describes Ebola as "one of the world's most deadly diseases." "It is a highly infectious virus that can kill up to 90% of the people who catch it, causing terror among infected communities," it says. There is also no vaccination against it.

What is Ebola?

The Ebola virus causes viral hemorrhagic fever, which according to the U.S. Centers for Disease Control and Prevention (CDC), refers to a group of viruses that affect multiple organ systems in the body and are often accompanied by bleeding. The virus is named after the Ebola River in the Democratic Republic of Congo (formerly Zaire), where one of the first outbreaks occurred in 1976. The same year there was another outbreak in Sudan. The WHO says there are five different strains of the virus -- named after the areas they originated in. Three of these have been associated with large outbreaks of hemorrhagic fever in Africa.

What are Ebola's symptoms?

Early symptoms include sudden onset of fever, weakness, muscle pain, headaches and a sore throat. These symptoms can appear two to 21 days after infection. The WHO says these nonspecific early symptoms can be mistaken for signs of diseases such as malaria, typhoid fever, meningitis or even the plague. MSF says some patients may also develop a rash, red eyes, hiccups, chest

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pains and difficulty breathing and swallowing. The early symptoms progress to vomiting, diarrhea, impaired kidney and liver function and sometimes internal and external bleeding. Ebola can only be definitively confirmed by five different laboratory tests.

How is it treated?

There are no specific treatments for Ebola. MSF says patients are isolated and then supported by health care workers. "This consists of hydrating the patient, maintaining their oxygen status and blood pressure and treating them for any complicating infections," it says. There have been cases of health care workers contracting the virus from patients, and the WHO has issued guidance for dealing with confirmed or suspected cases of the virus. Caregivers are advised to wear impermeable gowns and gloves and to wear facial protection such as goggles or a medical mask to prevent splashes to the nose, mouth and eyes. MSF says it contained a 2012 outbreak in Uganda by placing a control area around its treatment center. An outbreak is considered over once 42 days -- double the incubation period of the disease -- have passed without any new cases.

How does Ebola virus spread?

The WHO says it is believed that fruit bats may be the natural host of the Ebola virus in Africa, passing on the virus to other animals. Humans contract Ebola through contact with the bodily fluids of infected animals or the bodily fluids of infected humans. MSF says that while the virus is believed to be able to survive for some days in liquid outside an infected organism, chlorine disinfection, heat, direct sunlight, soaps and detergents can kill it. MSF epidemiologist Kamiliny Kalahne said outbreaks usually spread in areas where hospitals have poor infection control and limited access to resources such as running water. "People who become sick with it almost always know how they got sick: because they looked after someone in their family who was very sick -- who had diarrhea, vomiting and bleeding -- or because they were health staff who had a lot of contact with a sick patient," she said.

Can plane passengers become infected?

While the CDC acknowledges it's possible a person infected with Ebola in West Africa could get on a plane and arrive in another country, the chances of the virus spreading during the journey are low. "It's very unlikely that they would be able to spread the disease to fellow passengers," said Stephen Monroe, deputy director of CDC's National Center for Emerging Zoonotic and Infectious Diseases. "The Ebola virus spreads through direct contact with the blood, secretions, or other body fluids of ill people, and indirect contact -- for example with needles and other things that may be contaminated with these fluids." He added that most people who have become infected with Ebola lived with or cared for an ill patient. "This is not an airborne transmission," said Dr. Marty Cetron. "There needs to be direct contact frequently with body fluids or blood." Travelers should take precautions by avoiding areas experiencing outbreaks and avoid contact with Ebola patients. "It is highly unlikely that someone suffering such symptoms would feel well enough to travel," IATA said in a statement.

"In the rare event that a person infected with the Ebola virus was unknowingly transported by air, WHO advises that the risks to other passengers are low. Nonetheless, WHO does advise public health authorities to carry out contact tracing in such instances." This means determining who had contact with the affected person.

What should flight crew do if Ebola infection is suspected?

The CDC has issued guidance for airline crews on Ebola virus infections.

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"As with many other global infectious disease outbreaks, airline carriers, crew members, airports can be very important partners in that front line," said Cetron. "Being educated, knowing the symptoms, recognizing what to do, having a response protocol, knowing who to call, those are really, really important parts of the global containment strategy to deal with threats like this."

The CDC advises that when flight crew members encounter a passenger with symptoms that they suspect could be Ebola, such as fever and bleeding, that they keep the sick person away from other passengers. They've been instructed to wear disposable gloves and to provide the sickened person with a surgical mask to prevent fluids from spreading through talking, sneezing or coughing. The airline cleaning crew are also instructed to wear disposable gloves, wipe down surfaces including armrests, seat backs, trays and light switches. The CDC says that packages and cargo should not pose a risk, unless the items have been soiled with blood or bodily fluids.

When someone becomes ill on a flight, the captain is required by aviation regulations to report the suspected case to air traffic control, according to IATA.

6. Why does Ebola generate such great fear?

- (a) Because many people died because of it.
- (b) Because there is no vaccination for it.
- (c) Because it spreads very quickly.
- (d) All of the above.

7. What does the name "Ebola" origin from?

- (a) The place it is originated
- (b) The scientist who found it
- (c) The name of the African village that died from it
- (d) WHO named it

8. Which of the following is NOT one of the possible symptoms of Ebola?

- (a) headache
- (b) internal bleeding
- (c) high blood sugar
- (d) kidney impairment

9. Which of the following is the synonym of the word "onset" in paragraph 3?

- (a) crucial
- (b) start
- (c) deadly
- (d) termination

10. How can one patient be surely confirmed with Ebola?

Through

- (a) the five major symptoms
- (b) the five different lab tests
- (c) five viruses identified in West Africa
- (d) contact with another patient

11. Which of the following is the synonym for the word "impermeable" in paragraph 4?

- (a) irresistible
- (b) incomparable
- (c) sealed
- (d) invisible

12. Which of the following is a good method for us to protect ourselves from the Ebola virus?

- (a) constantly clean ourselves with soap
- (b) wear gowns all the time
- (c) avoid going to parks and malls
- (d) do not travel

13. According to the article, the Ebola virus could spread through contact of

- (a) bodily fluid of infected human
- (b) blood of the infected animal
- (c) contaminated needles
- (d) all of the above

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14. According to the article, "the chances of the virus spreading during the journey are low", why?

- (a) people might not travel
- (b) Ebola is not infectious
- (c) The virus is not as active as it was before
- (d) Human contracts Ebola only through bodily fluid

15. Which of the following a flight crew should not do if an Ebola-suspect case is on the flight?

- (a) Put the Ebola case in quarantine
- (b) wipe down seat backs
- (c) report to air traffic control
- (d) carefully exam the blood and all the other bodily fluid in order to confirm the case

Part 2: Translation (10%*2)

1. 中翻英：研究人員指出，在某些案例中，大聲斥責會變成一種情緒虐待；父母如果經常扯開嗓門，或外加羞辱、批評或剝奪孩子的自尊，孩子可能變得消沈、自尊心低落及愛挑釁。
2. 英翻中：Most stress-related health problems are a far cry from the phenomenon known as "death from overwork". But downsizing, rapid business expansion, outsourcing--trends that some have credited with increasing the nation's economic health--translate into increase in sick days, hospitalization, the risk of heart attack and a host of other stress-related problems, researchers find.

Part 3: Composition (50%)

According to a recent news, "Indonesia plans to begin measures to stop sending domestic workers to Taiwan in 2017, as the Southeast Asian country is moving forward with a plan to stop sending domestic workers abroad in an effort to protect the country's dignity". (<http://m.chinapost.com.tw/taiwan/2015/02/28/429924/Indonesia-to.htm>)

Please write a five-paragraph essay responding to this news and the following question: What kind of impact would this plan bring to the Taiwanese society?

試題完
End of exam