**2025高考英语一轮复习外刊阅读与词汇专练**

**专题05 都给我冲？酸奶控注意了！**

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**【精编·外刊阅读】**

**Let’s Not Fool Ourselves About Yogurt**

**（文章来源：The Atlantic）**

**文中红色粗体为课标词，下面有专门的高频课标词训练和课标词梳理表格**

One thing I never say no to is yogurt. If I’m ordering a smoothie, I’ll gladly accept an **extra** spoonful. **Regardless** of its form, yogurt just seems like the healthy choice. Over the past 25 years, yogurt **consumption** in the **United** States has grown 142 **percent**, and sales are expected to rise **further**.

In yogurt we trust. Danone sells YoCrunch cups, **flavored** yogurt with toppings such as M&Ms and Snickers(士力架) pieces. If they all sound openly **dessert**-like, they should. The line between yogurt and ice cream is a lot less clear than you might think. Yogurt is just fermented milk, but it’s greater than the **sum** of its parts.

No wonder yogurt keeps selling. But the sugar, fat, **protein**, calcium, and calorie levels in supermarket yogurts **range** **widely**. A cup of blueberry Chobani might seem to be a **solid** breakfast **option**, but it **packs** 14 **grams** of sugar. Not all ingredients are harmful. Some Oikos Pro varieties, with added **protein**, **contain** more **protein** than three eggs. But for food advertisers, yogurt’s **virtues** are especially valuable in giving a **nutritious** sheen to products that may **lack** it. Even low-fat, zero-sugar yogurt isn’t always what it seems. Not all yogurt **contains** probiotics (益生菌), the **living** **bacteria** associated with gut health.

Yogurt’s probiotic **effects**, if any, may last only if you eat it **regularly**. As the New York University **nutrition** **professor** Marion Nestle has written, “Yogurt, it seems, has **performed** a **marketing** **miracle**: it is a fast-selling **dessert** with the **image** of a health food.” But if a food or nutrient has a “health halo(光环),” people will eat just about anything associated with it: sugary **protein** bars, fatty plant-based burgers, kale **chips**.

Yogurt **captures** the best and **worst** of America’s **approach** to eating: the **desire** to optimize health without giving up **junk**. “Healthy treats” have become an American **necessity**, producing **contradictory** inventions that include probiotic sodas, keto gummy bears, and skinny margaritas. Perhaps we’d be more satisfied without these unnecessary actions. An M&M-flavored yogurt won’t make you healthier, so just enjoy it for what it is: dessert.

**【原创 阅读理解】**

1. What sales trend does the author mention about yogurt?

A. Yogurt sales have remained relatively stable over recent years.

B. Yogurt sales have decreased due to health concerns.

C. Yogurt sales have seen significant growth and are expected to rise.

D. Yogurt sales are expected to decline in the near future.

1. What does "greater than the sum of its parts" in paragraph 2 mean?

A. Yogurt has more benefits than its ingredients suggest.

B. Yogurt contains various ingredients that work together.

C. Yogurt becomes healthier when mixed with other foods.

D. Yogurt provides more nutrition than other dairy products.

1. What makes yogurt attractive to food advertisers?

A. Yogurt is easy to produce and market widely.

B. Yogurt has a flavor that appeals to many people.

C. Yogurt is seen as healthy and easy to market.

D. Yogurt can be stored without spoiling quickly.

1. Why does the author say yogurt captures the best and worst of American dietary culture?

A. Yogurt is both very delicious and unhealthy.

B. Yogurt shows the aim to be healthy while enjoying treats.

C. Yogurt is popular but misunderstood by many.

D. Yogurt is a classic food that has evolved through the years.

**【原创 语法填空】**

Yogurt is a common food in many diets, often \_\_\_\_1\_\_\_\_ (see) as a very healthy choice. Its flexibility—\_\_\_\_2\_\_\_\_ smoothies to bowls with granola—makes it popular. Over the past 25 years, yogurt consumption in the United States \_\_\_\_3\_\_\_\_ (increase) by 142 percent, with sales continuing to rise.

However, not all yogurt is the same. Products like Danone's YoCrunch, \_\_\_\_4\_\_\_\_ comes with toppings like M&Ms and Snickers pieces, blur the line between yogurt and dessert. \_\_\_\_5\_\_\_\_ yogurt is basically fermented milk, which has some good nutrients, some types are far from healthy.

Supermarket yogurts vary a lot in sugar, fat, protein, and calorie content. Some brands, such as Oikos Pro, add extra protein, making them much \_\_\_\_6\_\_\_\_ (appeal) to health-conscious buyers. Yet, \_\_\_\_7\_\_\_\_ so-called healthy image of yogurt often hides less desirable things, like high sugar content.

Probiotics, found in some yogurts, may offer health \_\_\_\_8\_\_\_\_ (benefit), but these effects may only last with regular use. This "health halo" leads people to choose other unhealthy products that \_\_\_\_9\_\_\_\_ (market) similarly, like sugary protein bars and fatty plant-based burgers.

Yogurt shows the best and worst of American eating habits: trying to be healthy while still \_\_\_\_10\_\_\_\_ (enjoy) junk food. “Healthy treats” like probiotic sodas and keto gummy bears have become common, showing this contradiction.

**【原创·课标高频词训练】**

1. The \_\_\_\_\_\_\_\_ (vary) of opinions presented during the meeting made it difficult to reach a consensus.
2. He pushed forward, \_\_\_\_\_\_\_\_ (regard) of the numerous obstacles that stood in his way.
3. They had \_\_\_\_\_\_\_\_ (pack) all their belongings into a single suitcase for the long journey ahead.
4. Faced with limited resources, they were left with no other \_\_\_\_\_\_\_\_ (optional) but to postpone the project.
5. The company aims to \_\_\_\_\_\_\_\_ (far) its influence in the global market by introducing new technologies.
6. The tea was subtly \_\_\_\_\_\_\_\_ (flavor) with a blend of herbs that enhanced its natural taste.
7. The \_\_\_\_\_\_\_\_ (affect) of the new regulations on small businesses has been more significant than expected.
8. He \_\_\_\_\_\_\_\_ (desire) to succeed pushing him to work harder than anyone else in the company.
9. The box \_\_\_\_\_\_\_\_ (contain) valuable artifacts from the ancient civilization, making it a key find for historians.
10. Excessive \_\_\_\_\_\_\_\_ (consume) of sugary drinks has been linked to various health problems, including obesity.
11. The researchers plan \_\_\_\_\_\_\_\_ (perform) additional tests to confirm the preliminary results.
12. A \_\_\_\_\_\_\_\_ (nutrition) breakfast is important to start the day with energy and focus.
13. The government emphasized the \_\_\_\_\_\_\_\_ (necessary) of immediate action to prevent the crisis from worsening.
14. The company’s latest \_\_\_\_\_\_\_\_ (market) strategy has successfully increased its online presence.
15. The artist managed \_\_\_\_\_\_\_\_ (capture) the essence of the landscape in his painting with remarkable detail.

**【梳理·外刊中的课标词】**

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| --- | --- | --- | --- |
| **词汇** | **中文** | **词汇** | **中文** |
| protein |  | dessert |  |
| virtue |  | variety |  |
| type |  | sum |  |
| solid |  | reputation |  |
| regardless |  | range |  |
| professor |  | percent |  |
| pack |  | option |  |
| nutrition |  | living |  |
| lack |  | image |  |
| gram |  | further |  |
| flavored |  | extra |  |
| effect |  | desire |  |
| cream |  | contradictory |  |
| contain |  | consumption |  |
| base |  | bar |  |
| approach |  | associate |  |
| worst |  | wide |  |
| united |  | regular |  |
| perform |  | nutritious |  |
| necessity |  | miracle |  |
| marketing |  | junk |  |
| chips |  | capture |  |
| bacteria |  |  |  |