Edward Patrick Eagan was born on April 26th 1897 in Denver, Colorado, and his father died in a railroad accident when Eagan was only one year old. He and his four brothers were raised by his mother, who earned a small income from teaching foreign languages.

Inspired by Frank Marriwell, the hero of a series of popular novels for boys, Eagan pursued an education for himself and an interest in boxing. He attended the University of Denver for a year before serving in the U.S. army as an artillery lieutenant during World War I. After the war, he entered Yale University and while studying there, won the US national amateur heavyweight boxing title. He graduated from Yale in 1921, attended Harvard Law School, and received a Rhodes scholarship to the University of Oxford where he received his A.M. in 1928.

While studying at Oxford, Eagan became the first American to win the British amateur boxing championship. Eagan won his first gold medal as a light heavyweight boxer at the 1920 Olympic Games in Antwerp, Belgium. Eagan also fought at the 1924 Olympics in Paris as a heavyweight but failed to get a medal. Though he had taken up the sport just three weeks before **the competition**, he managed to win a second gold medal as a member of four-man bobsled team at the 1932 Olympics in Lake Placid, New York. Thus, he became the only athlete to win gold medals at both the Summer and Winter Olympics.

(Adapted from "Peteson's Master TOEFL Reading Skills)

Question 29: What is the main idea of the passage?

A. Eagan's life shows that a man can be an athlete and a well-educated person.
B. Eagan's life shows that military experiences make athletes great.
C. Eagan's life shows how a wealthy student can achieve as much as a poor one.
D. Eagan's life shows how easy it is to win two gold medals in different Olympic sports.

Question 30: According to the passage, who was Frank Merriwell?

A. A teacher at Yale **B.** A student at Oxford
C. A fictional character **D.** A bobsledder at the Olympics

Question 31: The word "**Inspired**" in paragraph 2 in CLOSEST in meaning to _____.

A. stopped **B.** challenged **C.** calmed **D.** stimulated

Question 32: According to the passage, Eagan won all of the following **EXCEPT** _____.

A. British amateur boxing championship
B. U.S. national amateur heavyweight boxing title
C. Heavyweight boxing, Olympic gold medal
D. Light heavyweight boxing, Olympic gold medal

Question 33: The word **"the competition"** in paragraph 3 refers to _____.

A. sport **B.** 1932 Olympics **C.** gold medals **D.** Summer Olympics

Obesity is associated with a shorter lifespan and with an increased risk of many chronic diseases. The good news is that just being somewhat overweight does not reduce your longevity, and for those over the age of 65, it is actually better to be on the high side of normal than the low side.

A 2018 study (part of the Framingham heart study) looked at body mass index and mortality over a period of 24 years. For those who were obese, people **that** had a body mass index of 30 to 35 had a 27% increase in mortality, and those who had a body mass index of 35 to 40 had a 93% increase.

What weight is ideal? Among those who were overweight but not obese (had a body mass index between 25 and 30), mortality was only increased among those who also smoked. People with a body mass index on the high side of normal (e.g. 24) had the lowest mortality.

LIVEWORKSHEETS

There isn't any real magic when it comes to **maintaining** (or getting to) a normal body mass index. Eating a healthy diet, not too much and avoiding empty calorie, and exercising daily, even if it's fun activities such as gardening, are the true "secret."

In the past, eating breakfast was stressed as necessary for **optimal** health. Research is now changing that thought, and intermittent fasting (going for 13 or more hours each day without eating) may have some benefits. Though the concept and research to back it up are young, intermittent fasting may help with weight loss and appears to have benefits in cancer risk reduction as well.

If you are struggling, talk with your doctor. But keep in mind that fad diets do not work, and your greatest chance of success lies in adopting long-term healthy eating patterns and engaging in regular physical activity for life.

(Adapted from https://www.verywellhealth.com/)

Question 36: Which of the following best serves as the title for the article?

A. Knowledge of Obesity
B. Body Mass Index and Mortality
C. Is your breakfast really important?
D. Maintaining a Healthy Body Weight

Question 37: The word "**that**" in paragraph 2 refers to _____.

A. people
B. obese
C. mortality
D. study

Question 38: What is the increase in mortality for those who have a body mass index of 30 to 35?

A. 27%
B. 30%
C. 40%
D. 93%

Question 39: If your body mass index is on the high side of normal, you have _____.

A. the same mortality
B. the highest mortality
C. unidentified mortality
D. the lowest mortality

Question 40: The word "**maintaining**" in paragraph 4 most probably means _____.

A. complaining
B. distributing
C. preserving
D. involving

Question 41: The word "**optimal**" in paragraph 5 is closest in meaning to _____.

A. glamorous
B. superlative
C. motivated
D. envious

Question 42: Which of the following is inferred according to the article?

A. Being somewhat overweight does reduce your longevity.
B. Among those who were overweight, smoking increases mortality.
C. Eating a healthy diet does not mean avoiding empty calorie.
D. Greatest chance of success is fad diets.

LIVEWORKSHEETS