五、綜合測驗：10%

Do you enjoy airline meals? In 2016, the International Air Transport Association published a report on airline waste, __1.__ revealed that airlines produce about 5.2 million tons of waste annually. __2.__ airline meals are often not eaten, food is a huge contributor to airline waste. Thus, wasted airline food poses quite a serious environmental problem.

Considering that most airline customers expect to be __3.__ food during flights, some airlines are making an effort to provide food but produce less waste. For example, the airline EasyJet recently introduced "smart" meal plans __4.__ their in-flight services. EasyJet used to waste as __5.__ as 800,000 food items per year. With this plan, the airline could plan meals based on data regarding how consumers' needs are influenced by different causes, __6.__ flight duration* and time of day. The airline has used such data __7.__ the most suitable meals for individual flights. As a result, more food will be eaten __8.__ flights and less will be wasted.

Wasted food remains a major part of why air travel will likely be causing environmental damage for many years. For millions worldwide, food is __9.__ scarce that parents are forced to send their children out to work. __10.__, airlines must change their food policies. Doing so could lead to less waste and a more even distribution* of food throughout the world.

註：duration 持續時間　distribution 分配

(　)	1. (A) that	(B) it	(C) what	(D) which
(　)	2. (A) If	(B) Because	(C) Though	(D) Once
(　)	3. (A) served	(B) supported	(C) surrounded	(D) sponsored
(　)	4. (A) in	(B) at	(C) to	(D) with
(　)	5. (A) long	(B) often	(C) many	(D) much
(　)	6. (A) such as	(B) except for	(C) more than	(D) instead of
(　)	7. (A) determining		(B) to determine	
	(C) determined		(D) by determining	
(　)	8. (A) around	(B) among	(C) between	(D) during
(　)	9. (A) so	(B) very	(C) too	(D) much
(　)	10. (A) Suddenly	(B) Similarly	(C) Immediately	(D) Therefore

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六、文意選填：10%（請忽略選項大小寫）

(A) pleasant	(B) affected	(C) in comparison with	(D) solution	(E) with
(F) recipes	(G) from	(H) needless to say	(I) normal	(J) passengers

In addition to all the health problems and deaths it caused, the COVID-19 pandemic* of 2020–2021 stopped most travel worldwide. This __1.__ a number of travel-related businesses, including travel agencies, hotels, and airlines. To make up for their losses, some airlines tried a new idea: selling in-flight food on the ground. Thai Airways was the first to try this temporary __2.__. They began to sell meal boxes with both Thai and international __3.__ starting in April 2020. Later, they expanded* this program and created a restaurant that provided customers __4.__ a full in-flight experience. The waiters at this restaurant were cabin crew wearing their __5.__ uniforms. The smiling crew members welcomed the customers just as if they had been __6.__ on a flight. Diners sat in the same kind of seats that were used in airplane cabins. There were even different classes of meal available. __7.__, first class still got the best food.

__8.__ its usual income from flights, the airline's income from doing this was far less, even from the first-class meals. Nevertheless, the company hoped it could provide a(n) __9.__ experience for its customers. At least this in-flight restaurant could distract people __10.__ sad thoughts of what they were missing during the pandemic. It was one way to keep spirits up, if not profits.

註：pandemic（大規模的）流行疫情　expand 擴大

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____ 10. _____

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七、篇章結構：8%

(A) Others may lose interest in exercising after a short period of time.
(B) Ultimately, the key to success is finding an exercise routine that you enjoy and can stick with.
(C) Moreover, some health experts claim that exercise is as effective as medicine in helping us overcome depression.
(D) For example, your brain function and memory may improve, your body will get stronger, and you will feel more confident than before.
(E) These can include exercising with friends and family, giving yourself small rewards after exercising, and setting goals that you can achieve.

Did you know that regular exercise is one of the best types of medicine? Some studies have compared exercise to more relaxing activities like deep breathing, because it helps to reduce stress. However, exercise also has the added benefit of improving our muscle strength and heart health. __1.__ This is because exercise can release chemicals in the brain that help to create positive emotions and a state of calmness. If they make a habit of exercising every day, those suffering from depression can also look forward to a regular activity that allows them to focus on their body rather than on negative thoughts. However, some people may have a hard time getting started with regular exercise. __2.__ There are ways to help to make physical exercise a regular part of your life, though. __3.__ Over time, you will find that the habit of exercising regularly holds many significant benefits apart from relieving stress or fighting depression. __4.__ Gradually, you will learn to enjoy your physical activities and look forward to them. By taking control of your body, you will be able to better control your mind. What are you waiting for? Lace up those running shoes and head out the door!

1. _____ 2. _____ 3. _____ 4. _____

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八、閱讀測驗：9%

It's well known that as people get old, their senses change. It's common, for example, for elderly people to experience problems with their hearing and sight. Another common problem that many might not be aware of is that their sense of taste also changes. That is, their ability to taste the food they eat diminishes*. There is a specific reason for this, and it may surprise you!

The main reason that older people might not taste flavors as well as before is not their tongues. Rather, it is because their sense of smell is not as strong as it once was. As you likely know, there is a close connection between taste and smell, but you might not understand just how strong this link is.

It's been said that as much as 80% of what we taste comes from our sense of smell. This is because our noses can recognize as many as 10,000 different smells. On the other hand, our tongues can tell the difference between only five tastes: sweet, salty, bitter, sour, and savory (food that is salty or spicy but not sweet). This explains why food doesn't taste as good when we suffer from a cold and our noses are blocked.

The lesson to take from this is right under your nose: enjoy your food while you're still young and healthy!

註：diminish 降低

（　　）1. Which is **NOT** mentioned as a potential problem for elderly people?

(A) Fading sight.　　(B) Weaker hearing.

(C) A diminishing sense of taste.　　(D) Losing their sense of direction.

（　　）2. What can be learned from the passage?

(A) Not much of what we taste is due to our sense of smell.

(B) Age and poor health can have a great impact on our sense of smell.

(C) Our tongues can only tell the difference between sweet and sour tastes.

(D) The elderly don't taste flavors as well as before because of their tongues.

（　　）3. What is the best title for this passage?

(A) Why Older People Have Better Taste

(B) How Colds Affect Our Sense of Smell

(C) Food Tastes Different? Nose Is to Blame!

(D) People's Ability to Taste Improves with Age

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Part 2：瞄準大考

二、歷屆相關大考試題

You can be an everyday Jane Doe or John Smith while awake but a superhero while sleeping, __1.__ who you are in real life. 【107 學測】（題號 30）

（　　）1. (A) such as　　(B) regardless of
　　(C) with respect to　　(D) on behalf of

During such breaks, the mind turns inward, __2.__ it can subconsciously puzzle over subtle meanings and connections. 【107 學測】（題號 19）

（　　）2. (A) if　　(B) but　　(C) where　　(D) which

French psychologist Alfred Binet (1859-1911) took a different approach from most other psychologists of his day: He was interested in the workings of the __3.__ mind rather than the nature of mental illness. 【102 學測】（題號 26）

（　　）3. (A) contrary　　(B) normal　　(C) detective　　(D) mutual

Part 3：混合題

After reading an article about airline food, Carla became interested in how airlines treat the food they serve in the air. She collected data from the Internet and organized it in a chart.

Airlines	**Eagle Airlines**	**Fuji Airways**	**JetBlue Air**
Average Calories (Meals and Snacks)	480	320	416
Rating	★★★★☆	★★★☆☆	★☆☆☆☆
Comments	Eagle Airlines does an incredible job of focusing on improving its food and providing clear nutritional information. However, the snack boxes it serves are mostly high in calories.	Fuji Airways tries to keep the level of nutrients high and the number of calories low in its meals, but it doesn't offer snack boxes.	There's almost no nutritional information available on the website of JetBlue Air. Also, the individual snack choices are not very healthy overall.

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Carla's Reflection	Airlines have a responsibility to provide passengers with nutritious and healthy meals during flights. It's important that they provide clear ingredient information to enable passengers to make informed choices based on their health needs and preferences. A wide diversity of meal options should be available to satisfy the needs of passengers, such as vegetarian, vegan, gluten-free, and low-calorie choices. In addition to meals, healthy snack options should be accessible to ensure that all passengers, regardless of flight duration, have access to balanced food. Food safety and quality must also be a top priority, ensuring that meals are prepared and stored in hygienic conditions. Ultimately, airlines should aim to offer food that is both satisfying and conducive to passenger well-being.

1. 請從 Carla 的反思中找出最適當的單詞（word）填入下列句子空格中，並視語法需要做適當的字形變化。**每格限填一個單詞**（word）。
   Airlines should offer meals that focus on (1)_____ and health. These meals should have clear ingredient information, provide food options for (2)_____ needs, and be combined with healthy snacks, while ensuring food safety and quality for passengers' well-being during flights.

2. From (A) to (F) below, which **ONES** would prefer the food offerings on Fuji Airways to those on the other two airlines? _____
   (A) Joseph: I always feel satisfied after eating, and I don't miss the snacks at all because I prefer healthier meals with fewer calories.
   (B) Maria: I appreciate having a variety of snacks during a flight. A few more calories won't kill me, right? I like to have options. To eat snacks or not? That should be a choice made by me!
   (C) Carlos: Calories are the last thing I worry about. I just want to enjoy my flight without thinking about nutrition.
   (D) Sarah: Low-calorie meals are always my first choice. I'm careful about what I consume, and it's a relief not to worry about unhealthy snacks on my flights.
   (E) Priscilla: I'm strict with my diet because I want to keep fit. Foods with high nutrition and low calories are always my first choice.
   (F) Michael: Though snacks are not the healthiest things, I just enjoy a mix of them. Plus, I always choose them wisely based on the clear nutritional info provided.

3. Which **word** in Carla's reflection means "clean and unlikely to cause disease"? _____

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