

# 國立嘉義大學104學年度

## 外國語言學系碩士班招生考試試題

科目：英文寫作〈請在答案卷上寫作〉 100%

1. Essay writing (50%)

Please write an essay to express your opinions of **abolishment of the death penalty** and support your arguments with examples.

2. Write a text of comparisons (50%)

Read the article below, which is from a popular newspaper and gives specific advice to British people on how to improve their health. Write a text comparing your lifestyle with the top ten healthy habits mentioned in the following article.

### Top ten healthy habits

- 1 Drink about 2 litres of water per day. Apart from contributing to general wellbeing, drinking more water has been associated with substantially reduced risk of heart disease and certain cancers. Keep a bottle at hand.
- 2 Eat more fruit. Fruit is packed with health-giving substances. One study found that increasing fruit consumption by only 50g (about half an apple) each day might reduce risk of premature death by 20 per cent.
- 3 Eat more fat. Not all fat is bad. Some fats in the diet, such as those found in oily fish, extra virgin olive oil, nuts, seeds and avocado, have positive healthy giving properties. Eating foods rich in healthy fat can stave off all sorts of conditions including heart disease, some cancers and depression.
- 4 Eat whole-grains. Compared to their refined counterparts, whole-grains contain more fibre, are more nutritious and give more sustained releases of sugar into the bloodstream too.
- 5 Eat between meals. Although we have been advised not to eat between meals, the evidence suggests that healthy snacking can actually help weight loss and reduces cholesterol levels. Contrary to popular opinion, eating healthy snacks such as fresh fruit and the odd handful of raw nuts seems to be beneficial for health in the long term.
- 6 Take a multivitamin and mineral. Recent evidence shows that a significant proportion of men eat diets deficient in vitamins A and C, calcium, magnesium and zinc, while women tend to go short on vitamins A and C, folic acid, calcium magnesium, zinc, copper and iron and iodine. Taking a decent multivitamin and mineral each day ensures you'll get all the nutrients you need.
- 7 Get walking. Regular exercise has been associated with a range of health benefits including reduced blood pressure, stronger bones and better mood, plus a lower risk of heart disease and diabetes.
- 8 Breathe deeply. Proper breathing ensures we have enough oxygen to supply the body's cell. Just 10 or 15 deep breaths into the stomach, two or three times a day, can often boost physical and mental energy.
- 9 Treat yourself. Stress in excess has been linked with an assortment of ailments. Massage, aromatherapy or other stress relieving treatments may help dissipate stress.
- 10 Get out more. Sunlight exposure has important mood enhancing effects. Getting out in the light each day can help recharge the batteries.

[Adapted from the *Observer Food Monthly*,  
January 2003. No 22]