

图书基本信息

书名：<<新课标 英语阶梯阅读丛书（全十册）>>

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作者：沃茨|译者:何庆友

译者：何庆友 注解

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## 内容概要

随着物质生活水平的日益提高，人们对生活质量也愈加关注。

铺天盖地的各类健身广告既给人们提供了便利，又让人们陷入了迷惘：是笃信广告的宣传，还是保持冷静的头脑？是图一时之快，还是想永葆健康？你知道哪些运动适合你吗？你知道身体在运动时有哪些秘密吗？请阅读本书！这是一本关于健康的小册子。

作者通过介绍疾病、健康、运动、饮食和休息等各个方面的有关知识以及它们之间的相互联系，强调了健康的重要性。

有规律的运动和合理的膳食是保持健康、保持精力充沛的两个基本要素。

A—Z是指与健康有关的各个名词：从有氧运动(aerobic exercise)到精力(energy)、生活方式(lifestyle)再到维他命(vitamins)……作者详细阐述了每个名词与人体健康之间的关系，并告诉你长久保持健康的秘诀。

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书籍目录

从机票到起飞汽车，一路畅行健康小词典把头发散开生命快车道与众不同的额地方陆地生活：不会飞的鸟寻找外星人不再当替补讨厌的双胞胎

章节摘录

插图：One way to explore the universe is by looking at distant galaxies through telescopes. Even simple telescopes can help us see stars that are millions of light-years away. Finding planets, however, is much more difficult. Planets and moons give out no light of their own. They do reflect some light from their nearby star, but this light is swamped<sup>1</sup> by the light of the star. Stars shine about a billion times brighter than planets. Although no one has ever seen a planet outside our solar system, we do know they exist. To detect planets, scientists have to study the effects planets have on the stars they orbit. The presence of a planet can make a star wobble<sup>2</sup> slightly. The wobble is produced by the force of gravity between the star and the planet as the planet orbits the star. Using the most powerful telescopes, scientists can tell when a star is wobbling. Since 1996, many planets have been discovered using this method. Unfortunately, only very large planets can be detected this way. One recently discovered planet is 11 times the size of Jupiter. Jupiter is the largest planet in our solar system. It is about 1,319 times bigger than Earth. Scientists don't think there is much hope of finding life on very large planets. Life, as we know it, seems to be best suited to planets that are neither too big nor too small. Any planets they find by detecting wobbling stars probably won't be hospitable to life.

编辑推荐

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