长郡中学 2024 年高三寒假作业检测试卷 英语参考答案

题序	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
答案	С	A	A	A	В	В	В	A	В	С	С	В	A	В	A
题序	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
答案	С	В	В	С	Α	С	D	D	Α	D	В	В	A	С	В
题序	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
答案	D	В	A	С	С	F	В	Е	С	A	D	A	В	С	В
题序	46	47	48	49	50	51	52	53	54	55					
答案	С	A	D	A	С	A	В	С	D	С					

【语篇导读】本文为一篇应用文。文章主要介绍了四本值得阅读的书籍。

- 21. C。细节理解题。根据"*Pride and Prejudice*"部分关键句"For a book written in the early 19th century, its modernity is surprising only until you realize that this is the novel that in many ways defined what a modern novel is. (对于一本写于 19 世纪初的书来说,它的现代性是令人惊讶的,直到你意识到这是一部在许多方面定义了现代小说的小说。)"可知,《傲慢与偏见》是一部在许多方面定义了现代小说的小说,由此可知,《傲慢与偏见》的特别之处在于它定义了现代小说。故选 C 项。
- 22. D。推理判断题。根据"A Wild Child's Guide to Endangered Animals"部分关键句"Highlighting the difficulty of 43 endangered species from around the world, the book takes readers on a trip through freshwater, oceans, forests, mountains, deserts, grasslands and wetlands while learning about rare and well-known animals and their habitats. (这本书重点介绍了来自世界各地的 43 种濒危物种的困难,这本书带领读者穿越淡水、海洋、森林、山脉、沙漠、草原和湿地的同时了解稀有和知名的动物及其栖息地。)"可知,《野生濒危动物指南》重点介绍了来自世界各地的 43 种濒危物种的困难,可以让读者了解到稀有和知名的动物及其栖息地。故选 D 项。
- 23. D。推理判断题。根据"*Know My Name*"部分关键句"Chanel Miller's breathtaking memoir is praised to be the Best Book of the Year in *People* magazine. In this book, she recalls all her whole life. (香奈儿·米勒的惊人的自传被《人物》杂志评为年度最佳图书。在这本书中,她回忆了自己的一生。)"可知,《知晓我姓名》是一部自传,书中介绍了作者香奈儿·米勒的一生。故选 D 项。

【语篇导读】本文为记叙文,介绍了广西壮族自治区玉林高中生张逸轩对生物的研究及喜爱。

- 24. A。细节理解题。根据第一段中的"The 17 year-old went viral on Sina Weibo recently for his knowledge of biology..."可知,17 岁的张逸轩在网上走红,是因为他渊博的生物知识。故选 A。
- 25. D。细节归纳题。根据第二段中的"Zhang was always taken outdoors by his parents to explore as much as possible and observe little creatures quietly without any disruptions(打扰)."可知答案为 D。
- 26. B。细节理解题。根据第五段第一句"It is the microscope his father bought him that makes the bedroom look more like a mini biology lab than anything else."可知答案为 B。
- 27. B。细节归纳题。根据全文可知张同学对生物学充满好奇且投入观察研究。故选 B。

【语篇导读】本文为说明文。文章主要探讨了 ALife 是否也在不断地进化的问题。

28. A。推理判断题。根据第三段中的"As much as many ALifers hate emphasizing their research's applications, the attempts to create artificial life could have practical payoffs. (尽管许多 ALifers 讨厌强调他们研究的应用,但创造人工生命的尝试可能会有实际的回报。)"可知,作者认为创造人工生命的尝试是会有回报的;再结合第二段"So far no one has convincingly made artificial life. This track record makes ALife a ripe target for criticism, such as declarations of the field's doubtful scientific value. Alan Smith, a complexity scientist, is tired of such complaints. Asking about 'the point' of ALife might be, well, missing the point entirely, he says. 'The existence of a living system is not about the use of anything.' Alan says. 'Some people ask me, "So what's the worth of artificial life?" Do you ever think, "What is the worth of your grandmother?"'(到目前为止,还没有人能令人信服地制造出人工生命。这一记录使生命科学成为批评的成熟目标,比如对该领域可疑的科学价值的声明。复杂性科学家艾伦·史密斯厌倦了这样的抱怨。他说,询问 ALife 的'意义'可能完全没有抓住要点。'一个生命系统的存在与任何东西的使用无关。'艾伦说。'有人问我,"那么人工生命的价值是什么?"你有没有想过,"你祖母的价值是什么?"")"可推知,因为还没有人能令人信服地制造出人工生命,才导致使生命科学成为批评(认为其没有科学价值)的成熟目

标,作者认为这是不合理的,所以下文引用了艾伦·史密斯的话语对这种观点进行反驳,即关于艾伦·史密斯对 ALife 的辩护,作者表示支持。故选 A。

- 29. C。词句猜测题。根据画线词上文"Artificial intelligence may be considered ALife's cousin in that researchers in both fields are **enamored** by a concept called open-ended evolution(演化).(人工智能可能被认为是 ALife 的表亲,因为这两个领域的研究人员都被一个叫做开放进化的概念 enamored。)"可知,人工智能可能被认为是 ALife 的表亲,说明人工智能和 ALife 二者间有共同之处,可推测是因为这两个领域的研究人员都被一个叫做"开放进化"的概念所吸引,所以才有了这种观点。故画线词意为"吸引"。故选 C。
- 30. B。推理判断题。根据第三段中的"Artificial intelligence may be considered ALife's cousin in that researchers in both fields are **enamored** by a concept called open-ended evolution(演化)."可知,ALife 和 AI 有一个共同的特点。 故选 B。
- 31. D。主旨大意题。根据最后一段中的"They may apply universally to all acts of evolution. Ultimately ALife may be nothing special. But even this dismissal suggests something: perhaps, just like life itself throughout the universe, the rise of ALife will prove unavoidable.(它们可能普遍适用于所有进化行为。最终,ALife 可能没有什么特别的。但即使是这种否定也表明了一些事情:也许,就像整个宇宙中的生命本身一样,ALife 的崛起将被证明是不可避免的。)",并结合文章主要探讨了 ALife 是否也在不断地进化。D 选项"生命在进化。创造 ALife 的尝试也能进化吗?"是最合适的标题。故选 D。

【语篇导读】鲍威尔湖水库危机。

- 32. B。细节理解题。根据第二段中的"the federal government announced…would no longer generate electricity"可知,联邦政府宣布将在今年留存大量水源,以减少湖泊下降的风险,避免格伦峡谷大坝停止发电。由此可知,水位下降到一定程度将会影响格伦峡谷大坝的发电。故选 B 项。
- 33. A。段落大意题。根据第四段内容可知,这是美国垦务局首次在亚利桑那州和犹他州边界上的格伦峡谷大坝行使 其调整运营的权力。该计划旨在保护大坝的基础设施及其水力发电能力,并确保附近的亚利桑那州佩吉市和纳瓦 霍族部分地区的持续供水。由此可知,该段主要介绍了该计划的目的。故选 A 项。
- 34. C。推理判断题。根据第五段内容可知,该计划旨在降低鲍威尔湖水位降至极低水平的风险。这些措施将包括:从位于上游的火焰峡谷水库释放约50万英亩英尺的水,并通过减少今年格伦峡谷大坝的放水量,在鲍威尔湖额外留下48万英亩英尺的水。由此可推知,开源节流是阻止鲍威尔湖水位降至极低水平的办法。故选C项。
- 35. C。主旨大意题。本文主要介绍了由于多年的严重干旱和气候变化,美国科罗拉多河上的第二大水库鲍威尔湖的水位已严重下降,政府正在采取措施解决这一问题。C 项能够概括文章主要内容,故选 C 项。

【语篇导读】本文是一篇说明文。文章指出,认知行为疗法的主要目标之一是找到有效的方法将焦虑转化为有成效的行动。本文重点介绍了具体的策略。

- 36. F。根据文章第一句话"One of the primary goals of cognitive behavioral therapy(疗法) is finding effective ways to channel your anxiety into productive action,"可知,认知行为疗法治疗焦虑的主要目标之一是找到有效的方法,将焦虑转化为有成效的行动。再结合下文几段的首句可知,下文主要介绍了具体的策略。F项"只要用积极的策略把焦虑转化为行动。"承上启下,符合语境。故选 F。
- 37. B。根据上文"Take notice of your anxious thoughts and worries. What are you most concerned about?"可推测,本 空应是对 worries 的提问,分析各选项可知,B项"你最害怕的是什么?"符合语境,且 B项中的 fears 与下文的 these fears 相呼应。故选 B。
- 38. E。根据上文"Think of your resilience to anxiety as a muscle."可知,文章建议人们把针对焦虑的恢复力想象成一块肌肉。下文内容介绍了具体的做法。根据上下文语境可推知,E项"你使用肌肉的次数越多,它就变得越强壮。" 承上启下,符合语境。故选 E。
- 39. C。本空位于段首,应概括本段的主要内容,并且结构应与其他段落首句的结构相同。根据下文"Exercise is a great activity to make use of this spare energy. Exercise offers a host of benefits like... is its ability to neutralize anxiety and improve your mood."可知,本段讲的是锻炼可以缓解人们的焦虑并缓和人们的情绪。C项"通过体育活动消除焦虑。"能概括本段主要内容。故选 C。
- 40. A。根据本段首句可知,本段内容与 reality testing 有关。根据上文"You don't have to become a slave to your anxious thoughts..."及下文"Reality testing involves assessing a situation for errors in thinking."可知,空处应当是建议进行测试。A项"改为对它们进行测试。"符合语境。故选 A。

【语篇导读】本文是一篇记叙文。文章讲述了作者和女儿一起骑摩托车旅行的经历。

41. D。考查名词词义辨析。句意:我们的第一次旅行是在 2017 年 8 月,绕着纽约州的卡茨基尔和芬格湖区蜿蜒而行。根据后文"a winding ride around the Catskills and Finger Lake districts of New York state"可知,作者和女儿的第一次骑车之旅是绕着纽约州的卡茨基尔和芬格湖区蜿蜒而行。故选 D。

- 42. A。考查动词词义辨析。句意:我们避开了高速公路,整个星期都在弯弯曲曲的风景优美的小路上度过。根据前文 "a winding (蜿蜒的) ride"和后文"spent the week on __43__ scenic back roads"可知,作者和女儿避开了高速公路,而是在弯弯曲曲的风景优美的小路上骑行。故选 A。
- 43. B。考查形容词词义辨析。句意同上。根据前文的"a winding ride"以及后文"scenic back roads"可知,作者和女儿整个星期都在弯弯曲曲的风景优美的小路上度过。故选 B。
- 44. C。考查动词词义辨析。句意:有一次,我发现自己骑在距离伍德斯托克不远的卡茨基尔草地上,跟一只鹿保持着同样的速度,大声喊着:"加油,小斑比,加油!"根据前文"a winding ride"可知,作者和女儿是骑行在距离伍德斯托克不远的卡茨基尔斯草地上。故选 C。
- 45. B。考查动词词义辨析。句意:第二天,我们在一个小镇停下来吃冰激淋。根据后文"in a small town for ice cream"可知,作者和女儿停下来吃冰激淋。故选 B。
- 46. C。考查名词词义辨析。句意:这个小镇叫什么名字?根据后文"Interlaken"可知,作者询问的是小镇的名字。故 选 C。
- 47. A。考查动词词义辨析。句意:我突然想到,我一直想做这种没有日程安排的旅行,只为了骑行而骑行。根据后文 "that I'd always wanted to do this no-schedule kind of trip"可知,这是作者突然想到的事即一直想要进行这种没有时间表的旅行,只是为了骑行而骑行,It occurred to sb. that...(某人突然想到……)。故选 A。
- 48. D。考查名词词义辨析。句意:询问任何一个中年摩托车手:我们都曾经梦想过像《逍遥骑士》一样,把手表扔进沟渠,朝着地平线出发,没有目的地。根据前文作者骑摩托车之旅可知,此处指询问任何一个中年摩托车手。故选 D。
- 49. A。考查名词词义辨析。句意同上。根据后文"travelling with no plan"可知,现在,和 Eva 一起没有计划地旅行成为了作者的骑行特色,没有计划就意味着没有目的地。故选 A。
- 50. C。考查名词词义辨析。句意:现在,和 Eva 一起没有计划地旅行成为了我的骑行特色。根据前文"travelling with no plan"可知,和 Eva 一起没有计划地旅行成为了作者的骑行特色。故选 C。
- 51. A。考查副词词义辨析。句意:由于我们几乎从不知道我们要去哪里,所以当我们到达目的地时几乎从不失望,每天结束时满意地停在路边。根据前文"Now, travelling with no plan became a __50__ of my rides with Eva."可知,和 Eva 一起没有计划地旅行成为了作者的骑行特色,所以作者几乎不知道自己要去哪里。故选 A。
- 52. B。考查形容词词义辨析。句意同上。根据后文"at the end of each day with satisfaction"可知,每天结束时,作者和女儿都很满意,由此可知作者到达的时候是没有失望过的。故选 B。
- 53. C。考查副词词义辨析。句意同第 51 题。根据后文的"the road at the end of each day with satisfaction"可知,作者和女儿是骑摩托车旅行,由此可得出二人满意地停留在路边。pull off the road 为固定短语,意为"停在路边"。故选 C。
- 54. D。考查动词词义辨析。句意:我们活下来了!根据后文"The truth is that life on a motorbike is one close call(死里逃生) after another."可知,事实上,摩托车上的生活就是一次又一次的死里逃生,所以值得作者和女儿庆祝的是他们活了下来,克服了骑行中的各种困难。故选 D。
- 55. C。考查形容词词义辨析。句意:在路上,骑手必须百分之百地保持谨慎。根据前文"The truth is that life on a motorbike is one close call(死里逃生) after another."以及后文的"A tiny stone can be deadly."可知,摩托车上的 生活就是一次又一次的死里逃生,一颗小小的石头都有可能致命,所以骑手必须要百分百地保持谨慎。故选 C。
- 56. sought。考查动词时态。句意:不同地区的商人寻求贸易中国丝绸的机会,他们确实在这条路线上发了财。此处在句中作谓语,句子描述过去发生的事,应用一般过去时,故填 sought。
- 57. as。考查介词。句意:那条路线是当时国际贸易的命脉。function as 固定搭配,意为"起······的作用",故填 as。
- 58. was introduced。考查时态与语态。句意:与此同时,中华文明被引进西方国家,反之亦然。此处在句中作谓语,句子描述过去发生的事,应用一般过去时,且主语 the Chinese civilization 和动词 introduce 是被动关系,应用一般过去时的被动,主语是单数,故填 was introduced。
- 59. recording。考查非谓语动词。句意:丝绸之路被认为是记录欧亚人民友谊的新篇章。句中有谓语,且前后无连词,此处应用非谓语动词作后置定语,修饰名词 chapter,且和动词 record 是主动关系,应用动词的-ing 形式,故填 recording
- 60. poetic。考查形容词。句意:今天,丝绸之路有一个富有诗意的名字——一带一路,旨在帮助那些在文化和经济交流方面相连的地区走上一条更加先进的道路。此处应用形容词作定语,修饰名词 name,表示"诗意的",为形容词 poetic,故填 poetic。
- 61. aiming。考查非谓语动词。句意同上。现在分词作状语。
- 62. larger。考查形容词比较级。句意:在促进贸易和文化交流方面,沿路的主要城市正在变得越来越大,越来越重要。由句意和"more important"可知,此处表示"更大的",应用形容词比较级,作表语,故填 larger。

- 63. benefits。考查名词。句意:许多国家在贸易过程中获益匪浅。此处应用名词 benefit 作宾语,为可数名词,应用复数表示泛指,故填 benefits。
- 64. a。考查冠词。句意:总而言之,古代丝绸之路更像是一本历史教科书,人人都可以阅读并了解古代那个时期发生了什么。此处表示"一本历史教科书",应用不定冠词来修饰,且 historical 发音是以辅音音素开头,应用 a,故填 a。65. what。考查连词。what 引导宾语从句。

第四部分

第一节

【参考范文】

Dear Chris,

I'm so delighted to learn that you have been the champion of Chinese Idioms contest in your school. This is a special and happy moment for you. I'm very proud of you. Please accept my sincerest congratulations!

But indeed no one could have been more deserving of the champion than you because I know how hard you have been learning Chinese. It is your diligence and perseverance that stand you out in the crowd. It is a real encouragement to see your efforts paid off and I do hope you can hold your passion for Chinese and further understand our splendid culture.

Wish you future success in Chinese study. I'm looking forward to meeting you in China one day.

Yours sincerely,

Li Hua

满分作文:

表达准确无误、要点齐全、结构清晰、逻辑明了、行文流畅、语言多样、语气恰当、书写工整、卷面整洁。 分值安排:

- 1. 应包含以下几个要点:计10分。
 - 1) 祝贺事由(获得冠军);2分
 - 2) 表达祝贺; 2分
 - 3) 肯定努力; 4分
 - 4) 表达祝愿。2分
- 2. 语言流畅,句式多样,结构清晰,逻辑明了,计3分。
- 3. 书写工整、卷面整洁,计2分。

第二节

【参考范文】

I took one look at the dog and decided, I was going to prove to everyone that I could pet and play with One-Eyed. Determined, I approached One-Eyed slowly, extending my hand towards him. As I got closer, the dog wagged his tail and looked up at me, as if he knew I was about to do something brave. Taking a deep breath, I gently placed my hand on his furry head. The moment our skin touched, I felt an incredible rush of joy and excitement. One-Eyed didn't seem bothered at all; in fact, he seemed to enjoy the attention. It was as if a bond had instantly formed between us.

Seeing this, my brother and sister couldn't believe their eyes. Their jaws dropped in astonishment. "You did it!" my sister exclaimed, her voice filled with awe. My brother, still in disbelief, stammered, "But...but we told you all those things!" I smiled triumphantly, realizing that I had proven them wrong. "You see," I said confidently, "I am capable of doing things on my own. And just because I'm the youngest doesn't mean I can't take care of myself and be responsible." Being the youngest had its challenges, but it also shaped me into the resilient, determined person I am today. And I will forever be grateful to One-Eyed for showing me that age and size don't define one's abilities.

- 一、评分原则:
- 1. 本题总分为25分,按5个档次给分。
- 2. 评分时,先根据所续写短文的内容和语言初步确定其所属档次,然后以该档次的要求来衡量、确定或调整档次,最后给分。
- 3. 评分时,应主要从内容、语言、连贯三个方面考虑:
 - ①内容的完整性、丰富性和情节的合理性;(是否呈现了完整、合理的故事)
 - ②应用语法结构和词汇的多样性、准确性和恰当性;(考生的语言水平如何,表达是否清楚)
 - ③上下文的连贯性以及与所给短文及段落开头语的衔接程度。(是否和所给情境以及段落提示语连贯、衔接到位)
- 4. 单词拼写与标点符号是语言准确性的一个重要方面,评分时,应视其对交际的影响程度予以考虑,英、美拼写及词汇 用法均可接受。

二、说明:

读后续写短文大意如下:作为家中最小的孩子,"我"享受了一些优势,当然也有一些麻烦。虽然家人总是爱护、保护、照顾"我",但"我"迫不及待地想证明"我"能够自己做事。佛罗里达的一个炎热日子,学年结束了,暑假开始了。"我们"养了一只小黑狗,叫做独眼。每个人都很喜欢它,想为它做些事情,但哥哥姐姐总是阻止"我"接触它,说"我"身上有细菌。后来"我"发现他们只是在开玩笑,"我"决定要证明自己的独立能力。

1. 主要要点:

续写段一:

"我"如何独自与 One-Eyed 相处? 相处时情境如何?

续写段二:

哥哥姐姐们看到这件事之后的反映?"我"怎么跟哥哥姐姐们沟通,沟通的具体内容?只要符合哥哥姐姐通过看到"我"与 One-Eyed 相处方式,改变了对"我"的看法即可。

- 2. 写作词数少于 120 的,酌情扣分(1-2分)。
- 3. 如书写较差以致影响交际,可将分数降低一个档次计分。

听力材料

Text 1

M: How are your kids doing?

W: Really well, thanks! Nina is going to college in the autumn. And Eric recently took his high school exams. He has his heart set on a career in medicine. His teacher said his science marks were some of the best she'd ever seen!

Text 2

W: Do you have any experience of working in a factory?

M: Yes, I worked at a factory that produced electronics for a few years. It was hard work, but I learned a lot and made some good friends.

Text 3

M: I'd better leave now. It often takes me an hour to drive home from work. Plus, I have to pick up my son from school first!

W: Good luck. There's so much traffic in the downtown area now.

Text 4

W: I'm so excited. It's my first time travelling on a high-speed train. It's already 8 o'clock. Shouldn't it have arrived by now?

M: Just be patient. It's due to arrive in 10 minutes.

W: I can't wait to see the countryside flashing past.

Text 5

W: Hey Oliver. I didn't see your car outside.

M: I've stopped driving to work. I usually take the bus now. Sometimes I walk here.

W: Lucky you. The public transport around my neighborhood is terrible, so I have no choice but to drive.

Text 6

M: Can I borrow some money? The new Happy Valley game is coming out this week, and I need another \$30.

W: Why? You just got \$100 for your birthday last month!

M: I know... but I spent most of it when I went camping with my friends. I only have \$20 left.

W: Well, that's just real life. You're growing up now. You can't expect me and your father to pay for everything forever. You need to learn the value of money.

M: But, ...

W: No. I'm sorry, dear. If you need more money, you'll have to get a part-time job and earn it like everybody else. Text 7

W: Have I missed the train to Manchester?

M: Let me check... Yes, I'm afraid it left fifteen minutes ago.

W: That's a problem. One way or another, I have to get there this morning. What time is the next one?

M: Three o'clock this afternoon, unfortunately.

W: That's no good. I need to be there long before then.

M: I'm sorry, Miss.

- W: No buses go there. I suppose I could get a taxi, but it would cost me a fortune.
- M: What you should do is catch the next train to Birmingham. There's one leaving in five minutes.
- W: How will that help me?
- M: When you get to Birmingham, you'll be in time to catch the 9:30 train to Manchester.
- W: Wonderful. What a brilliant suggestion!

Text 8

- W: Why are you allowed to use a laptop for writing essays while everybody else has to use pen and paper?
- M: It's because I have a medical condition that affects my joints, especially in my wrists and fingers.
- W: Oh, really? I wasn't aware of that.
- M: Yes, it's quite unpleasant. Writing long texts by hand is quite painful for me.
- W: How did you find out you had this condition?
- M: Well, I struggled a lot with my handwriting in primary school. The teacher gave me a special pencil to try, which helped a little, but not much.
- W: I see.
- M: Eventually, the pain became so severe that my parents took me to see a doctor. The doctor wrote a letter to the school, recommending that I be allowed to type essays and reports. Fortunately, the school agreed.
- W: That's great.
- M: It really helped me a lot. I used to struggle with my grades simply because the pain was so intense that I couldn't finish my homework and tests. Now, I'm doing really well.

Text 9

- W: Hi, I'm interested in applying for a loan.
- M: Absolutely. We offer a variety of loan options. Have you already had an account with our bank? If not, I can have one of our front desk staff set one up for you.
- W: Oh, yes. I already have an account. My friend James mentioned that you are the manager here. He said you could help me with a home loan.
- M: Yes, James is a good friend of mine as well! Many people trust our bank when it comes to buying homes. Will this be your new home or a real estate investment?
- W: A home for my family.
- M: Awesome. Well, our interest rates depend on the amount you borrow and your credit history.
- W: Of course. How much can I borrow?
- M: Typically, the loans range from \$100,000 to \$1,000,000. Would you mind if I perform a credit check for you?
- W: Please go ahead.
- M: Great. I'll just need one day to gather the necessary information regarding your credit history. However, since today is Friday and our bank is closed on weekends, we can meet each other again next Monday.
- W: Perfect!

Text 10

M: IF is an eating pattern which involves switching between periods of eating and not eating. It has become a popular trend in recent years as it's an easy way not only to lose or maintain weight but to improve health in general. Studies suggest IF can improve heart health, control blood sugar and perhaps even reduce the rate of brain aging. There are various methods to practice IF. One common approach is the 5:2 method. It means people eat normally five days a week, and take within 500 calories on the other two days. Another popular method is the 16/8 method. It means don't eat anything for 16 hours in every 24 hours, which includes sleep time. And only eat within an eight-hour "window". During the 16 hours, you can consume calorie-free drinks including water, coffee and tea—no milk. Early problems can involve hunger and mood changes, but most people find their bodies soon adjust to their new eating pattern and find it easier to keep up with than other diet plans. This is usually because of IF's simplicity. It doesn't require complicated calorie counting or avoiding certain types of food. Most doctors believe IF is safe for most healthy adults if it is done sensibly. However, it is not appropriate for everyone, and should be avoided by expecting mothers, individuals with certain medical conditions, and those who are very underweight.