

2015年12月·第3套 英语四级长篇阅读（信息匹配） 第1篇·36-45 题答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2015年12月·第3套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 16 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第3套(2015-12)·四级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

How to Eat Well

A) Why do so many Americans eat tons of processed food, the stuff that is correctly called junk(垃圾) and should really carry warning labels?

为什么那么多美国人吃大量加工食品，这种被正确称为垃圾的东西，真的应该贴上警告标签？

B) It's not because fresh ingredients are hard to come by. Supermarkets offer more variety than ever, and there are over four times as many farmers' markets in the U.S. as there were 20 years ago. Nor is it for lack of available information. There are plenty of recipes(食谱) how-to videos and cooking classes available to anyone who has a computer, smartphone or television. If anything, the information is overwhelming.

这不是因为新鲜食材难以获得。超市提供的品种比以往任何时候都多，而且美国的农贸市场数量是20年前的四倍多。也不是因为缺乏可用信息。任何拥有电脑、智能手机或电视的人都可以获得大量食谱、操作视频和烹饪课程。如果说有什么问题的话，那就是信息过载了。

C) And yet we aren't cooking. If you eat three meals a day and behave like most Americans, you probably get at least a third of your daily calories(卡路里) outside the home. Nearly two thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks. So we're eating out or taking in, and we don't sit down—or we do, but we hurry.

然而我们并没有做饭。如果你一天吃三餐，并且行为像大多数美国人一样，你可能至少有三分之一的每日卡路里摄入来自家外。我们中近三分之二的人每周吃一次快餐，而且我们近25%的每日卡路里来自零食。所以我们在外面吃或者叫外卖，我们不坐下来吃——或者即使坐下来，也是匆匆忙忙。

- D) Shouldn't preparing—and consuming—food be a source of comfort, pride, health, well-being, relaxation, sociability? Something that connects us to other humans? Why should we want to outsource(外包) this basic task, especially when outsourcing it is so harmful?

准备和享用食物难道不应该是舒适、自豪、健康、幸福、放松、社交的来源吗?是连接我们与其他人的东西吗?为什么我们要把这项基本任务外包出去,尤其是当外包它如此有害的时候?

- E) When I talk about cooking, I'm not talking about creating elaborate dinner parties or three-day science projects. I'm talking about simple, easy, everyday meals. My mission is to encourage green hands and those lacking time or money to feed themselves. That means we need modest, realistic expectations, and we need to teach people to cook food that's good enough to share with family and friends.

当我谈论烹饪时,我说的不是举办精致的晚宴或三天的科学项目。我说的是简单、容易的日常餐食。我的使命是鼓励新手以及那些缺乏时间或金钱的人自己做饭。这意味着我们需要适度、现实的期望,我们需要教人们烹饪足够好的食物,可以与家人和朋友分享。

- F) Perhaps a return to real cooking needn't be far off. A recent Harris poll revealed that 79% of Americans say they enjoy cooking and 30% "love it"; 14% admit to not enjoying kitchen work and just 7% won't go near the stove at all. But this doesn't necessarily translate to real cooking, and the result of this survey shouldn't surprise anyone: 52% of those 65 or older cook at home five or more times per week; only a third of young people do.

也许回归真正的烹饪并非遥不可及。最近的Harris民意调查显示,79%的美国人他们说他们喜欢烹饪,30%的人"热爱"烹饪;14%的人承认不喜欢厨房工作,只有7%的人根本不靠近炉灶。但这并不一定转化为真正的烹饪,这项调查的结果不应该让任何人感到惊讶:65岁或以上的人中有52%每周在家做饭五次或更多次;年轻人中只有三分之一这样做。

- G) Back in the 1950s most of us grew up in households where Mom cooked virtually every night. The intention to put a home-cooked meal on the table was pretty much universal. Most people couldn't afford to do otherwise.

回到20世纪50年代,我们大多数人成长在妈妈几乎每晚都做饭的家庭里。把家常饭菜端上餐桌的意图几乎是普遍的。大多数人无力做其他选择。

- H) Although frozen dinners were invented in the 40s, their popularity didn't boom until televisions became popular a decade or so later. Since then, packaged, pre-prepared meals have been what's for dinner. The microwave and fast-food chains were the biggest catalyst(催化剂), but the big food companies—which want to sell anything except the raw ingredients that go into cooking—made the home cook an endangered species.

虽然速冻晚餐是在40年代发明的,但它们的流行直到大约十年后电视变得普及才开始兴盛。从那时起,包装好的预制餐就成了晚餐的内容。微波炉和快餐连锁店是最大的催化剂,但大型食品公司——它们想卖除了烹饪所需原料之外的任何东西——使家庭厨师成为了濒危物种。

- I) Still, I find it strange that only a third of young people report preparing meals at home regularly. Isn't this the same crowd that rails against processed junk and champions craft cooking? And isn't this the generation who say they are concerned about their health and the well-being of the planet? If these are truly the values of many young people, then their behavior doesn't match their beliefs.

尽管如此,我发现只有三分之一的年轻人报告定期在家准备饭菜,这很奇怪。这不就是那群反对加工垃圾食品并支持手工烹饪的人吗?这不就是那一代说他们关心自己的健康和地球福祉的人吗?如果这些真的是

许多年轻人的价值观,那么他们的行为与他们的信念不符。

- J) There have been half-hearted but well-publicized efforts by some food companies to reduce calories in their processed foods, but the Standard American Diet is still the polar opposite of the healthy, mostly plant-based diet that just about every expert says we should be eating. Considering that the government's standards are not nearly ambitious enough, the picture is clear: by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.

一些食品公司做出了半心半意但广为宣传的努力来减少其加工食品中的卡路里,但标准美国饮食仍然与几乎每个专家都说我们应该吃的健康的、以植物为主的饮食截然相反。考虑到政府的标准远远不够雄心勃勃,情况很清楚:不在家做饭,我们就吃不对东西,其后果怎么强调都不为过。

- K) To help quantify(量化) costs of a poor diet, I recently tried to estimate this impact in terms of a most famous food, the burger(汉堡包). I concluded that the profit from burgers is more than offset(抵消) by the damage they cause in health problems and environmental harm.

为了帮助量化不良饮食的成本,我最近试图用最著名的食物汉堡包来估算这种影响。我得出的结论是,汉堡包带来的利润被它们在健康问题和环境危害方面造成的损害所抵消。

- L) Cooking real food is the best defense—not to mention that any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant.

烹饪真正的食物是最好的防御——更不用说你在家里可能吃的任何一餐比你在餐厅吃的少含约200卡路里。

- M) To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself. The common prescription is to primarily shop the grocery store, since that's where fresh produce, meat and seafood, and dairy are. And to save money and still eat well you don't need local, organic ingredients; all you need is real food. I'm not saying local food isn't better; it is. But there is plenty of decent food in the grocery stores.

对于那些担心钱的美国人,我的建议很简单:买你能负担得起的东西,自己做饭。通常的建议是主要在杂货店购物,因为那里有新鲜农产品、肉类和海鲜以及乳制品。为了省钱并且吃得好,你不需要本地的有机食材;你只需要真正的食物。我不是说本地食物不好;它确实更好。但杂货店里有很多不错的食物。

- N) The other sections you should get to know are the frozen foods and the canned goods. Frozen produce is still produce; canned tomatoes are still tomatoes. Just make sure you're getting real food without tons of added salt or sugar. Ask yourself, would Grandma consider this food? Does it look like something that might occur in nature? It's pretty much common sense: you want to buy food, not unidentifiable foodlike objects.

你还应该了解的其他区域是冷冻食品和罐头食品。冷冻农产品仍然是农产品;罐装西红柿仍然是西红柿。只要确保你买到的是真正的食物,没有大量添加的盐或糖。问问自己,奶奶会认为这是食物吗?它看起来像自然界可能出现的東西吗?这基本上是常识:你要买食物,而不是无法辨认的类似食物的物品。

- O) You don't have to hit the grocery store daily, nor do you need an abundance of skill. Since fewer than half of Americans say they cook at an intermediate level and only 20% describe their cooking skills as advanced, the crisis is one of confidence. And the only remedy for that is practice. There's nothing mysterious about cooking the evening meal. You just have to do a little thinking ahead and redefine what qualifies as dinner. Like any skill, cooking gets easier as you do it more; every time

you cook, you advance your level of skills. Someday you won't even need recipes. My advice is that you not pay attention to the number of steps and ingredients, because they can be deceiving.

你不必每天去杂货店,也不需要很高的技能。由于不到一半的美国人说他们的烹饪水平处于中等水平,只有20%的人将自己的烹饪技能描述为高级,这场危机是信心的危机。唯一的补救办法就是练习。烹饪晚餐没有什么神秘的。你只需要提前做一点思考,重新定义什么是晚餐。像任何技能一样,烹饪会随着你做得越多而变得越容易;每次你做饭,你都会提高你的技能水平。总有一天你甚至不需要食谱。我的建议是不要注意步骤和配料的数量,因为它们可能具有欺骗性。

P) Time, I realize, is the biggest obstacle to cooking for most people. You must adjust your priorities to find time to cook. For instance, you can move a TV to the kitchen and watch your favorite shows while you're standing at the sink. No one is asking you to give up activities you like, but if you're watching food shows on TV, try cooking instead.

我意识到,时间是大多数人做饭的最大障碍。你必须调整你的优先事项来找时间做饭。例如,你可以把电视搬到厨房,在水槽边站着的时候看你最喜欢的节目。没有人要求你放弃你喜欢的活动,但如果你在电视上看美食节目,试着去做饭吧。

陈述句与逐句解析

36. Cooking benefits people in many ways and enables them to connect with one another.

烹饪在许多方面使人们受益,并使他们能够彼此联系。

【答案】 **D** 段 (强锚点)

【锚点】 做饭把人與人连起来

【定位】 Shouldn't preparing—and consuming—food be a source of comfort, pride, health, well-being, relaxation, sociability? Something that connects us to other humans?

难道准备食物和享用食物不应是一种慰藉、骄傲、健康、福祉、放松与社交的源泉吗? 不应是某种把我们与他人连接起来的东西吗?

【改写】 Cooking benefits people in many ways ↔

a source of comfort, pride, health, well-being, relaxation, sociability

多维好处=列举升位概括

enables them to connect with one another ↔ **Something that connects us to other humans**

connect 同义复现

【辨邻】 **L** 段也在夸 cooking real food, 但具体落点是 200 fewer calories 与 Cooking real food is the best defense, 跟「把人连起来」完全不沾边, 只是同主题不同点。

any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant

37. Abundant information about cooking is available either online or on TV.

关于烹饪的丰富信息可以在网上或电视上获得。

【答案】 **B** 段 (强锚点)

【锚点】 信息在网上或电视上

【定位】 There are plenty of recipes how-to videos and cooking classes available to anyone who has a computer, smartphone or television.

对任何拥有电脑、智能手机或电视的人来说，都有大量食谱、教学视频与烹饪课程可以用。

【改写】 Abundant information about cooking ↔ **plenty of recipes how-to videos and cooking classes**
abundant=plenty 同义替换

either online or on TV ↔ **anyone who has a computer, smartphone or television**

online 拆成两种联网设备

【辨邻】 **P** P 段也提到 TV，但讲的是「把电视搬到厨房边做菜边看节目」这一时间管理建议，跟「网上和电视上有大量烹饪信息」完全无关。

you can move a TV to the kitchen and watch your favorite shows while you're standing at the sink

38. Young people do less cooking at home than the elderly these days.

如今年轻人在家做饭比老年人少。

【答案】 **F** 段 (强锚点)

【锚点】 年轻人比老年人下厨少

【定位】 52% of those 65 or older cook at home five or more times per week; only a third of young people do.

65 岁及以上的人中有 52% 一周在家做饭五次或更多；年轻人里只有三分之一这样做。

【改写】 Young people do less cooking at home than the elderly ↔

52% of those 65 or older cook at home five or more times per week; only a third of young people do

百分比对照=比较级断言

these days ↔ **A recent Harris poll**

recent=these days

【辨邻】 **I** I 段也提到 only a third of young people report preparing meals at home regularly，但它是在拿这个数字进一步批评年轻人言行不一，原始数据与对比框架真正出自 F 段。

only a third of young people report preparing meals at home regularly

39. Cooking skills can be improved with practice.

烹饪技能可以通过练习得到提高。

【答案】 **O** 段 (强锚点)

【锚点】 厨艺靠练习

【定位】 Like any skill, cooking gets easier as you do it more; every time you cook, you advance your level of skills.

和任何技能一样，做得越多，做饭就越轻松；每做一次，你的技能水平就提高一点。

【改写】 Cooking skills can be improved ↔ **you advance your level of skills**

技能提升=熟练度提升

with practice ↔ **the only remedy for that is practice**

practice 原词复现

40. In the mid-20th century, most families ate dinner at home instead of eating out.

在20世纪中叶,大多数家庭在家吃晚餐而不是外出就餐。

【答案】 **G** 段 (强锚点)

【锚点】 20 世纪中叶在家吃晚饭

【定位】 Back in the 1950s most of us grew up in households where Mom cooked virtually every night. The intention to put a home-cooked meal on the table was pretty much universal.

回到 20 世纪 50 年代，我们大多数人成长在妈妈几乎每晚都做饭的家庭。把一顿家常饭端上餐桌这种意愿几乎是全社会共识。

【改写】 In the mid-20th century ↔ **Back in the 1950s**

世纪中叶=1950s

most families ate dinner at home instead of eating out ↔ **Mom cooked virtually every night**

妈妈每晚做饭=在家吃

【辨邻】 **H** H 段也提到 the 40s 与电视普及，但说的是冷冻食品如何取代家常饭，恰恰是 G 段所描述「家家在家吃」局面被打破的过程，不是题干所说的「那时大家在家吃」。

Although frozen dinners were invented in the 40s, their popularity didn't boom until televisions became popular a decade or so later

41. Even those short of time or money should be encouraged to cook for themselves and their family.

即使是那些时间或金钱短缺的人也应该被鼓励为自己和家人做饭。

【答案】 **E** 段 (强锚点)

【锚点】 时间少钱少者也鼓励下厨

【定位】 My mission is to encourage green hands and those lacking time or money to feed themselves.

我的使命是鼓励厨房新手以及那些缺时间或缺钱的人，自己也能下厨喂饱自己。

【改写】 those short of time or money ↔ **those lacking time or money**

short of=lacking

be encouraged to cook for themselves and their family ↔

My mission is to encourage green hands and those lacking time or money to feed themselves

encourage 同词 + 喂自己对应

【辨邻】 M M 段确实针对 those Americans for whom money is a concern 给了建议，但只涵盖「钱」一项，并未覆盖题干同时强调的「时间」，覆盖面小于题干。

To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself

42. Eating food not cooked by ourselves can cause serious consequences.

吃非我们自己烹饪的食物可能会造成严重后果。

【答案】 J 段（强锚点）

【锚点】 不自己做饭后果严重

【定位】 by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.

正因为不在家做饭，我们就吃不到正确的东西，而后果之严重很难夸大。

【改写】 Eating food not cooked by ourselves ↔

by not cooking at home, we're not eating the right things

不在家做=吃别人做的

cause serious consequences ↔ **the consequences are hard to overstate**

hard to overstate=非常严重

【辨邻】 K K 段也提到 the damage they cause in health problems and environmental harm，但只是 burger 这一具体案例的代价核算，J 段才是「不在家做饭→严重后果」的总论表达。

the profit from burgers is more than offset by the damage they cause in health problems and environmental harm

43. To eat well and still save money, people should buy fresh food and cook it themselves.

为了吃得好并且仍然省钱，人们应该购买新鲜食物并自己烹饪。

【答案】 M 段（强锚点）

【锚点】 买新鲜食材自己做最省钱

【定位】 To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself. The common prescription is to primarily shop the grocery store, since that's where fresh produce, meat and seafood, and dairy are.

对那些手头紧的美国人，我的建议很简单：买你买得起的，自己做。通常的做法是主要去逛食品超市，因为新鲜蔬果、肉类、海鲜、奶制品都在那儿。

【改写】 eat well and still save money ↔ **to save money and still eat well**

省钱吃好原句近似复现

buy fresh food and cook it themselves ↔ **Buy what you can afford, and cook it yourself**

买与自做原句复现

【辨邻】 **N** N 段虽然也在讲「该买什么」，但说的是冷冻区与罐头区，并未把「省钱」作为核心点，缺了题干的 save money 锚点。

The other sections you should get to know are the frozen foods and the canned goods

44. We get a fairly large portion of calories from fast food and snacks.

我们从快餐和零食中获得相当大一部分热量。

【答案】 **C** 段（强锚点）

【锚点】 快餐零食占很大热量比例

【定位】 Nearly two thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks.

我们当中接近三分之二的人每周吃一次快餐，并且我们每日热量中约有 25% 来自零食。

【改写】 a fairly large portion of calories ↔ **25% of our daily calories**

25% 大占比=fairly large portion

from fast food and snacks ↔

Nearly two thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks

fast food 与 snacks 原词复现

【辨邻】 **L** L 段也讲 calories，但讲的是 200 fewer calories 这种「家里比餐馆少」的对比，并未说「我们从快餐零食得多少热量」。

any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant

45. The popularity of TV led to the popularity of frozen food.

电视的流行导致了冷冻食品的流行。

【答案】 **H** 段（强锚点）

【锚点】 电视普及带火冷冻食品

【定位】 Although frozen dinners were invented in the 40s, their popularity didn't boom until televisions became popular a decade or so later.

虽然冷冻晚餐早在 40 年代就被发明了，但要等到大约十年后电视普及，它们的流行才真正爆发。

【改写】 The popularity of TV ↔ **televisions became popular**

TV 与 televisions 同义

led to the popularity of frozen food ↔

their popularity didn't boom until televisions became popular

didn't boom until=电视来才火

【辨邻】 G 段也涉及 1950s 这一前后时代，但只描述 Mom cooked virtually every night 的家常饭场景，并未提电视与冷冻食品的关系。

Back in the 1950s most of us grew up in households where Mom cooked virtually every night

PARAGRAPH MAP • 段落主旨图

16 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

A 以一句反问开篇，抛出全文母题：为什么这么多美国人吃 processed food（应当贴警示标签的垃圾食品）？只设问、不作答，是引子。

信息指纹 开篇反问设题

B 否定两个常见借口：既不是 fresh ingredients are hard to come by（超市与农贸市场都极丰富），也不是缺信息——电脑、智能手机、电视上 recipes、how-to videos、cooking classes 多到泛滥。

信息指纹 信息渠道极丰富

C 给出现状数据：美国人每天至少 a third of your daily calories 来自家外，Nearly two thirds of us grab fast food once a week，并 get almost 25% of our daily calories from snacks。

信息指纹 热量来源数据

D 把做饭与吃饭升格成多重价值：a source of comfort, pride, health, well-being, relaxation, sociability, 并强调它能 connects us to other humans, 反问为何要 outsource 这件基本事。

信息指纹 多重价值与人际联结

E 作者点题：所谓做饭不是 elaborate dinner parties, 而是 simple, easy, everyday meals; 其使命是鼓励 green hands、those lacking time or money 也下厨喂饱自己。

信息指纹 鼓励新手与时间少钱少者下厨

F 引一项 Harris poll: 79% of Americans say they enjoy cooking, 但年龄分化明显——52% of those 65 or older cook at home five or more times per week; only a third of young people do.

信息指纹 Harris 民调与代际差

G 回到上世纪 1950s: 大多数人成长在 Mom cooked virtually every night 的家庭, put a home-cooked meal on the table 几乎是全社会共识, 因为多数人外食不起。

信息指纹 1950 年代家家在家吃饭

H 讲变迁: frozen dinners were invented in the 40s, 但要等 televisions became popular a decade or so later 才真正普及; The microwave and fast-food chains 与大食品公司是把家庭厨子推向 an endangered species 的推手。

信息指纹 电视普及催热冷冻食品

I 指出年轻人的言行不一: 他们口头 rails against processed junk and champions craft cooking、自称在意 their health and the well-being of the planet, 但在家做饭比例反而低。

信息指纹 年轻人言行不一

J 批判 the Standard American Diet 与专家推荐的 healthy, mostly plant-based diet 截然相反, 并下结论: by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.

信息指纹 不在家做饭后果严重

K 用 burger 做案例量化代价：作者估算汉堡的利润远不及它在健康与环境上造成的伤害，the profit from burgers is more than offset by the damage they cause in health problems and environmental harm。

信息指纹 汉堡的代价估算

L 一句话主张：Cooking real food is the best defense；并给一个数字——在家吃的一餐比在餐馆吃的一餐少约 200 fewer calories。

信息指纹 在家做饭少 200 卡

M 给囊中羞涩者的具体建议：Buy what you can afford, and cook it yourself，主要逛 grocery store 买 fresh produce, meat and seafood, and dairy，不必追求 local, organic ingredients。

信息指纹 买得起的新鲜食材自己做

N 补充建议：也要逛 frozen foods 与 canned goods 区，因为 Frozen produce is still produce、canned tomatoes are still tomatoes，但要避开多盐多糖的 foodlike objects。

信息指纹 冷冻罐头也是真食物

O 讲信心与练习：fewer than half of Americans say they cook at an intermediate level，问题是信心不足，the only remedy for that is practice，cooking gets easier as you do it more。

信息指纹 做饭靠多练

P 点出最大的拦路虎：Time, I realize, is the biggest obstacle to cooking for most people，建议调整优先级，比如把电视搬进厨房，边看节目边洗菜，把看美食节目的时间用来真做菜。

信息指纹 时间是最大障碍

SENTENCE INSIGHTS • 句子精讲

12 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

Nor is it for lack of available information.

B段，第3句

本句涵盖倒装句中的主语、系动词、表语三大成分，且表语为介词短语，结构典型。倒装句是常见易错点，通过本句可练习如何在倒装结构中准确识别主语位置和主系表搭配，训练价值较高。

If anything, the information is overwhelming.

B段，第5句

本句能练到主语、系动词、表语这几个基本成分，并且If anything这个固定短语是训练学生区分'真条件从句'与'无动词的插入短语'的好素材，但整体成分种类不算丰富，缺少宾语、双补语等更复杂的坑点。

And yet we aren't cooking.

C段，第1句

现在进行时否定句是常见句式，但过于简短的简单句在考试阅读中不够典型，实际真题更常出现带修饰成分或从句的复杂结构

So we're eating out or taking in, and we don't sit down—or we do, but we hurry.

C段，第4句

多个主句通过并列连词串联的结构在考试中较为常见,且连接词的逻辑关系(顺承、选择、转折)是阅读理解的常考点,具有一定代表性,但句式本身并不复杂,迁移价值中等偏上。

Although frozen dinners were invented in the 40s, their popularity didn't boom until televisions became popular a decade or so later.

H段，第1句

Although 引导的让步状语从句和 until 引导的时间状语从句都是四六级、考研阅读中的高频结构，主句中的否定加时间状语从句组合也很常见。本句结构在真题中有较强的代表性，学生掌握后可以迁移到大量类似句型。

Still, I find it strange that only a third of young people report preparing meals at home regularly.

I段，第1句

这句时态本身不难，但结构识别价值很高，尤其适合训练学生抓主干、识别形式宾语、区分后置内容从句与普通修饰成分。难度适中，适合作为结构入门到进阶之间的练习材料。

If these are truly the values of many young people, then their behavior doesn't match their beliefs.

I段，第4句

"If...then..." 条件句是四六级和考研阅读中的高频结构,逻辑推理句式非常典型;主句的否定结构也常见;掌握此句型后可直接应用到大量类似句子,迁移性强

Cooking real food is the best defense—not to mention that any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant.

L段，第1句

覆盖主系表结构、动名词短语作主语、宾语从句、省略关系代词的定语从句、比较结构承前省略谓语、地点状语等多种成分,且包含"be likely to"固定搭配和"not to mention that"插入语,成分种类丰富。定语从句省略关系代词和比较结构省略谓语是常见易错点,练习价值较高。

To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself.

M段，第1句

"名词 + 冒号 + 具体解释"以及"介词 + 关系代词"都是各类英语考试中极其高频的典型句式。

And to save money and still eat well you don't need local, organic ingredients; all you need is real food.

M段，第3句

分号连接并列主句、省略关系代词的限制性定语从句、不定式作目的状语，这些都是四六级和考研阅读中常见的句式。尤其定语从句省略关系代词是高频考点，掌握后可大量复用。句式具有较高的典型性和实用价值。

Since fewer than half of Americans say they cook at an intermediate level and only 20% describe their cooking skills as advanced, the crisis is one of confidence.

0段，第2句

"Since 引导的原因状语从句 + 主句" 是四六级和考研阅读中非常典型的句式,用于陈述原因并得出结论。状语从句内嵌套宾语从句的结构也是常考形式。并列谓语、宾语补足语等都是高频考点。本句的结构模式在真题中反复出现,学生掌握后可以大量复用到类似的因果推理句式。

For instance, you can move a TV to the kitchen and watch your favorite shows while you're standing at the sink.

P段，第3句

本句包含并列谓语和时间状语从句，这两种结构在四六级和考研阅读中较为常见，尤其是 "while" 引导的时间状语从句和情态动词的使用都是高频考点。句式具有一定代表性，但结构相对简单，不如多层定语从句或复杂名词性从句那样典型，迁移价值中等偏上。

HIGH-FREQUENCY • 真题高频词

本篇出现的 102 个英语四级真题高频词

下列单词既在本篇真题中出现，又是 **英语四级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本篇 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

cooking A1

n. 烹饪

本篇14次 · 真题 59 句

calorie B1

n. 卡路里，热量单位

本篇5次 · 真题 57 句

ingredient B1

n. (烹饪) 食材，原料

本篇4次 · 真题 18 句

available A2

adj. 可获得的

本篇3次 · 真题 48 句

grocery B1

n. 食品杂货

本篇3次 · 真题 19 句

popularity B2

n. 受欢迎

本篇3次 · 真题 18 句

frozen A2

adj. 冷冻的

本篇3次·真题13句

would A1

aux. (will 的过去式) 将要, 会

本篇2次·真题466句

local A2

adj. 当地的

本篇2次·真题150句

lack B1

v. 缺少

本篇2次·真题115句

diet A2

n. 日常饮食

本篇2次·真题113句

consequence B2

n. 结果

本篇2次·真题38句

snack A2

n. 零食

本篇2次·真题37句

burger A2

n. 汉堡包

本篇2次·真题20句

junk B1

n. 废物

本篇2次·真题15句

recipe A2

n. 烹饪食谱

本篇2次·真题12句

processed B1

adj. 经过加工的

本篇2次·真题11句

less A1

det. 较少的

本篇1次·真题224句

likely A2

adj. 很可能的

本篇1次·真题224句

benefit B1

n. 好处

本篇1次·真题169句

online A2

adj. 在线的

本篇1次·真题145句

better A1

adj. 更好的 (good 的比较级)

本篇1次·真题139句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次 · 真题 118 句

process B1

n. 过程

本篇1次 · 真题 108 句

decade B1

n. 十年

本篇1次 · 真题 99 句

impact B2

n. 影响

本篇1次 · 真题 98 句

behavior B1

n. 行为

本篇1次 · 真题 92 句

project A2

n. 项目

本篇1次 · 真题 90 句

expert B1

n. 专家

本篇1次 · 真题 89 句

least A2

det. 最少的

本篇1次 · 真题 84 句

concern B1

v. 涉及

本篇1次 · 真题 79 句

later A1

adv. 以后, later

本篇1次 · 真题 70 句

enable B1

v. 使能够

本篇1次 · 真题 58 句

damage B1

n. 损害

本篇1次 · 真题 55 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次 · 真题 52 句

species B2

n. 物种

本篇1次 · 真题 51 句

contain B1

v. 包含, 含有

本篇1次 · 真题 50 句

realize B1

v. 意识到, 认识到

本篇1次 · 真题 50 句

source B1

n. 来源

本篇1次·真题 50 句

per B1

prep. 每

本篇1次·真题 49 句

recently A2

adv. 最近

本篇1次·真题 48 句

variety B1

n. 多样化

本篇1次·真题 47 句

generation B2

n. 一代人

本篇1次·真题 44 句

harm B1

n. 伤害

本篇1次·真题 44 句

reveal B2

v. 揭示

本篇1次·真题 43 句

belief B1

n. 相信

本篇1次·真题 41 句

thinking A2

n. 思考

本篇1次·真题 40 句

smartphone B1

n. 智能手机

本篇1次·真题 38 句

conclude B2

v. 断定;推断出

本篇1次·真题 36 句

occur B1

v. 发生, 出现

本篇1次·真题 36 句

mostly B1

adv. 主要地

本篇1次·真题 35 句

environmental B1

adj. 环境的

本篇1次·真题 34 句

expectation B2

n. 期待;预期

本篇1次·真题 34 句

household B1

n. 家庭

本篇1次·真题 33 句

instance B2

n. 例子

本篇1次·真题 33 句

mission B1

n. 任务

本篇1次·真题 33 句

ahead A2

adv. 在前面

本篇1次·真题 32 句

crisis B2

n. 危机

本篇1次·真题 32 句

advance B1

v. 前进

本篇1次·真题 31 句

harmful B1

adj. 有害的

本篇1次·真题 31 句

estimate B2

v. 估计

本篇1次·真题 27 句

necessarily B2

adv. 必然地

本篇1次·真题 27 句

regularly A2

adv. 经常地

本篇1次·真题 27 句

craft B1

n. 手艺

本篇1次·真题 25 句

microwave B1

n. 微波炉

本篇1次·真题 25 句

warning A2

n. 警告

本篇1次·真题 25 句

chain B1

n. 链条

本篇1次·真题 23 句

concerned B1

adj. 担心的

本篇1次·真题 23 句

confidence B1

n. 信心

本篇1次·真题 23 句

priority B2

n. 优先事项

本篇1次·真题 23 句

crowd A2

n. 人群

本篇1次 · 真题 22 句

stuff A2

n. 东西

本篇1次 · 真题 22 句

behave B1

v. 表现, 举止

本篇1次 · 真题 21 句

admit B1

v. 承认 (事实、错误等)

本篇1次 · 真题 20 句

ambitious B2

adj. 有雄心的

本篇1次 · 真题 20 句

portion B1

n. 部分

本篇1次 · 真题 20 句

profit B1

n. 利润, 盈利

本篇1次 · 真题 20 句

sink A2

v. 下沉

本篇1次 · 真题 20 句

elderly B2

adj. 年老的

本篇1次 · 真题 19 句

truly B1

adv. 真正地

本篇1次 · 真题 19 句

adjust B2

v. 调整

本篇1次 · 真题 18 句

advanced B2

adj. 先进的

本篇1次 · 真题 18 句

mom A1

n. 妈妈

本篇1次 · 真题 16 句

comfort B1

n. 舒适

本篇1次 · 真题 15 句

label B1

n. 标签

本篇1次 · 真题 14 句

defense B1

n. 防御

本篇1次 · 真题 13 句

endangered B2

adj. 濒危的

本篇1次·真题13句

primarily B2

adv. 主要地

本篇1次·真题13句

boom B1

n. 繁荣

本篇1次·真题12句

modest B2

adj. 谦虚的, 谦逊的

本篇1次·真题12句

raw B1

adj. 未加工的

本篇1次·真题12句

obstacle B2

n. 障碍物

本篇1次·真题11句

otherwise B2

adv. 否则, 不然

本篇1次·真题11句

fairly B1

adv. 相当

本篇1次·真题10句

poll B2

n. 民意调查

本篇1次·真题10句

universal B2

adj. 普遍的

本篇1次·真题10句

intention B1

n. 意图

本篇1次·真题9句

overwhelming B2

adj. 压倒性的

本篇1次·真题9句

realistic B2

adj. 现实的

本篇1次·真题9句

grab B1

v. 抓住

本篇1次·真题8句

qualify B2

v. 使具备资格;取得资格

本篇1次·真题8句

remedy B2

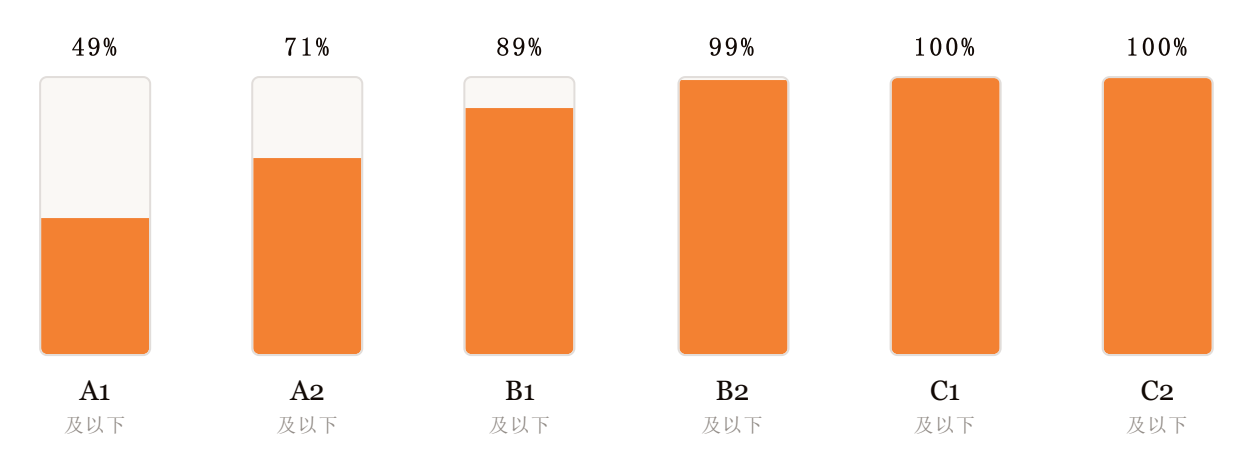
n. 治疗方法

本篇1次·真题8句

VOCABULARY · 词汇难度分布

全文 366 词按 CEFR 难度累积覆盖

全文去重后共 **366** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 5 个·约 1%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 366 个·末柱为 100%

去重总词数

366

B2 以上难词

1%

B1 及以下覆盖

89%

英语四级 2015年12月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →