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四级 · 真题卷第1套 · 2016年6月

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write a letter to express your thanks to one of your school teachers upon entering college. You should write at least 120 words but no more than 180 words.

Part II

Listening Comprehension

(25 minutes)

Section A

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 and 2 are based on the news report you have just heard.

1. A) The International Labour Organization's key objective.
B) The basic social protection for the most vulnerable.
C) Rising unemployment worldwide.
D) Global economic recovery.
2. A) Many countries have not taken measures to create enough jobs.
B) Few countries know how to address the current economic crisis.
C) Few countries have realized the seriousness of the current crisis.
D) Many countries need support to improve their people's livelihood.

Questions 3 and 4 are based on the news report you have just heard.

3. A) Serve standardized food nationwide.
B) Put calorie information on the menu.
C) Increase protein content in the food.
D) Offer convenient food to customers.
4. A) They will be fined.
B) They will be closed.
C) They will get a warning.
D) They will lose customers.

Questions 5 to 7 are based on the news report you have just heard.

5. A) Inability to implement their business plans.
B) Inability to keep turning out novel products.
C) Lack of a successful business model of their own.
D) Failure to integrate innovation into their business.
6. A) It is the secret to business success.
B) It is the creation of something new.
C) It is a magic tool to bring big rewards.
D) It is an essential part of business culture.
7. A) Its hardworking employees.
B) Its flexible promotion strategy.
C) Its innovation culture.
D) Its willingness to make investments.

Section B

Directions: *In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.*

Questions 8 to 11 are based on the conversation you have just heard.

8. A) He's got addicted to technology.
B) He is not very good at socializing
C) He is crazy about text-messaging.
D) He does not talk long on the phone.
9. A) Talk big.
B) Talk at length.
C) Gossip a lot.
D) Forget herself.
10. A) He thought it was cool.
B) He needed the practice.
C) He wanted to stay connected with them.
D) He had an urgent message to send.
11. A) It poses a challenge to seniors.
B) It saves both time and money.
C) It is childish and unprofessional.
D) It is cool and convenient.

Questions 12 to 15 are based on the conversation you have just heard.

12. A) He wants to change his job assignment.
B) He is unhappy with his department manager
C) He thinks he deserves extra pay for overtime.
D) He is often singled out for criticism by his boss
13. A) His workload was much too heavy.
B) His immediate boss did not trust him
C) His colleagues often refused to cooperate.
D) His salary was too low for his responsibility
14. A) He never knows how to refuse.
B) He is always ready to help others
C) His boss has a lot of trust in him.
D) His boss has no sense of fairness.
15. A) Put all his complaints in writing.
B) Wait and see what happens next.
C) Learn to say no when necessary.
D) Talk to his boss in person first.

Section C

Directions: *In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.*

Questions 16 to 18 are based on the passage you have just heard.

16. A) The importance of sleep to a healthy life.
B) Reasons for Americans' decline in sleep.
C) Some tips to improve the quality of sleep.
D) Diseases associated with lack of sleep.
17. A) They are more health-conscious.
B) They are changing their living habits.
C) They get less and less sleep.
D) They know the dangers of lack of sleep.
18. A) Their weight will go down.
B) Their mind function will deteriorate.
C) Their work efficiency will decrease.
D) Their blood pressure will rise.

Questions 19 to 21 are based on the passage you have just heard.

19. A) How much you can afford to pay.
B) What course you are going to choose.
C) Which university you are going to apply to.
D) When you are going to submit your application.
20. A) The list of courses studied.
B) The full record of scores.
C) The references from teachers.
D) The personal statement.
21. A) Specify what they would like to do after graduation.
B) Describe in detail how much they would enjoy studying.
C) Indicate they have reflected and thought about the subject.
D) Emphasize that they admire the professors in the university.

Questions 22 to 25 are based on the passage you have just heard.

22. A) It was equipped with rubber tyres.
B) It was built in the late 19th century.
C) It was purchased by the Royal family.
D) It was designed by an English engineer.
23. A) They consumed lots of petrol.
B) They took two passengers only.
C) They were difficult to drive.
D) They often broke down.
24. A) They were produced on the assembly line.
B) They were built with less costly materials.
C) They were modeled after British cars.
D) They were made for ordinary use.
25. A) It made news all over the world.
B) It was built for the Royal family.
C) It marked a new era in motor travel.
D) It attracted large numbers of motorists.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding*

letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Physical activity does the body good, and there's growing evidence that it helps the brain too. Researchers in the Netherlands report that children who get more exercise, whether at school or on their own, 26 to have higher GPAs and better scores on standardized tests. In a 27 of 14 studies that looked at physical activity and academic 28, investigators found that the more children moved, the better their grades were in school, 29 in the basic subjects of math, English and reading.

The data will certainly fuel the ongoing debate over whether physical education classes should be cut as schools struggle to 30 on smaller budgets. The arguments against physical education have included concerns that gym time may be taking away from study time. With standardized test scores in the U.S. 31 in recent years, some administrators believe students need to spend more time in the classroom instead of on the playground. But as these findings show, exercise and academics may not be 32 exclusive. Physical activity can improve blood 33 to the brain, fueling memory, attention and creativity, which are 34 to learning. And exercise releases hormones that can improve 35 and relieve stress, which can also help learning. So while it may seem as if kids are just exercising their bodies when they're running around, they may actually be exercising their brains as well.

- | | |
|-----------------|-----------------|
| A) attendance | I) mood |
| B) consequently | J) mutually |
| C) current | K) particularly |
| D) depressing | L) performance |
| E) dropping | M) review |
| F) essential | N) survive |
| G) feasible | O) tend |
| H) flow | |

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**.

Finding the Right Home—and Contentment, Too

- A) When your elderly relative needs to enter some sort of long-term care facility—a moment few parents or children approach without fear—what you would like is to have everything made clear.
- B) Does assisted living really mark a great improvement over a nursing home, or has the industry simply hired better interior designers? Are nursing homes as bad as people fear, or is that an out-moded stereotype(固定看法)? Can doing one's homework really steer families to the best places? It is genuinely hard to know.
- C) I am about to make things more complicated by suggesting that what kind of facility an older person lives in may matter less than we have assumed. And that the characteristics adult children look for when they begin the search are not necessarily the things that make a difference to the people who are going to move in. I am not talking about the quality of care, let me hastily add. Nobody flourishes in a gloomy environment with

irresponsible staff and a poor safety record. But an accumulating body of research indicates that some distinctions between one type of elder care and another have little real bearing on how well residents do.

- D) The most recent of these studies, published in *The Journal of Applied Gerontology*, surveyed 150 Connecticut residents of assisted living, nursing homes and smaller residential care homes (known in some states as board and care homes or adult care homes). Researchers from the University of Connecticut Health Center asked the residents a large number of questions about their quality of life, emotional well-being and social interaction, as well as about the quality of the facilities.
- E) "We thought we would see differences based on the housing types," said the lead author of the study, Julie Robison, an associate professor of medicine at the university. A reasonable assumption—don't families struggle to avoid nursing homes and suffer real guilt if they can't?
- F) In the initial results, assisted living residents did paint the most positive picture. They were less likely to report symptoms of depression than those in the other facilities, for instance, and less likely to be bored or lonely. They scored higher on social interaction.
- G) But when the researchers plugged in a number of other variables, such differences disappeared. It is not the housing type, they found, that creates differences in residents' responses. "It is the characteristics of the specific environment they are in, combined with their own personal characteristics—how healthy they feel they are, their age and marital status," Dr. Robison explained. Whether residents felt involved in the decision to move and how long they had lived there also proved significant.
- H) An elderly person who describes herself as in poor health, therefore, might be no less depressed in assisted living (even if her children preferred it) than in a nursing home. A person who had input into where he would move and has had time to adapt to it might do as well in a nursing home as in a small residential care home, other factors being equal. It is an interaction between the person and the place, not the sort of place in itself, that leads to better or worse experiences. "You can't just say, 'Let's put this person in a residential care home instead of a nursing home—she will be much better off,'" Dr. Robison said. What matters, she added, "is a combination of what people bring in with them, and what they find there."
- I) Such findings, which run counter to common sense, have surfaced before. In a multi-state study of assisted living, for instance, University of North Carolina researchers found that a host of variables—the facility's type, size or age; whether a chain owned it; how attractive the neighborhood was—had no significant relationship to how the residents fared in terms of illness, mental decline, hospitalizations or mortality. What mattered most was the residents' physical health and mental status. What people were like when they came in had greater consequence than what happened once they were there.
- J) As I was considering all this, a press release from a respected research firm crossed my desk, announcing that the five-star rating system that Medicare developed in 2008 to help families compare nursing home quality also has little relationship to how satisfied its residents or their family members are. As a matter of fact, consumers expressed higher satisfaction with the one-star facilities, the lowest rated, than with the five-star ones. (More on this study and the star ratings will appear in a subsequent post.)
- K) Before we collectively tear our hair out—how are we supposed to find our way in a landscape this confusing? Here is a thought from Dr. Philip Sloane, a geriatrician(老年病学专家) at the University of North Carolina: "In a way, that could be liberating for families."
- L) Of course, sons and daughters want to visit the facilities, talk to the administrators and residents and other families, and do everything possible to fulfill their duties. But perhaps they don't have to turn themselves into

private investigators or Congressional subcommittees. "Families can look a bit more for where the residents are going to be happy," Dr. Sloane said. And involving the future resident in the process can be very important.

- M) We all have our own ideas about what would bring our parents happiness. They have their ideas, too. A friend recently took her mother to visit an expensive assisted living/nursing home near my town. I have seen this place—it is elegant, inside and out. But nobody greeted the daughter and mother when they arrived, though the visit had been planned; nobody introduced them to the other residents. When they had lunch in the dining room, they sat alone at a table.
- N) The daughter feared her mother would be ignored there, and so she decided to move her into a more welcoming facility. Based on what is emerging from some of this research, that might have been as rational a way as any to reach a decision.
36. Many people feel guilty when they cannot find a place other than a nursing home for their parents.
37. Though it helps for children to investigate care facilities, involving their parents in the decision-making process may prove very important.
38. It is really difficult to tell if assisted living is better than a nursing home.
39. How a resident feels depends on an interaction between themselves and the care facility they live in.
40. The author thinks her friend made a rational decision in choosing a more hospitable place over an apparently elegant assisted living home.
41. The system Medicare developed to rate nursing home quality is of little help to finding a satisfactory place.
42. At first the researchers of the most recent study found residents in assisted living facilities gave higher scores on social interaction.
43. What kind of care facility old people live in may be less important than we think.
44. The findings of the latest research were similar to an earlier multi-state study of assisted living.
45. A resident's satisfaction with a care facility has much to do with whether they had participated in the decision to move in and how long they had stayed there.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

As Artificial Intelligence (AI) becomes increasingly sophisticated, there are growing concerns that robots could become a threat. This danger can be avoided, according to computer science professor Stuart Russell, if we figure out how to turn human values into a programmable code.

Russell argues that as robots take on more complicated tasks, it's necessary to translate our morals into AI language.

For example, if a robot does chores around the house, you wouldn't want it to put the pet cat in the oven to make dinner for the hungry children. "You would want that robot preloaded with a good set of values," said Russell.

Some robots are already programmed with basic human values. For example, mobile robots have been programmed to keep a comfortable distance from humans. Obviously there are cultural differences, but if you were talking to another person and they came up close in your personal space, you wouldn't think that's the kind of thing a properly brought-up person would do.

It will be possible to create more sophisticated moral machines, if only we can find a way to set out human values as clear rules.

Robots could also learn values from drawing patterns from large sets of data on human behavior. They are dangerous only if programmers are careless.

The biggest concern with robots going against human values is that human beings fail to do sufficient testing and they've produced a system that will break some kind of taboo(禁忌).

One simple check would be to program a robot to check the correct course of action with a human when presented with an unusual situation.

If the robot is unsure whether an animal is suitable for the microwave, it has the opportunity to stop, send out beeps(嘟嘟声), and ask for directions from a human. If we humans aren't quite sure about a decision, we go and ask somebody else.

The most difficult step in programming values will be deciding exactly what we believe is moral, and how to create a set of ethical rules. But if we come up with an answer, robots could be good for humanity.

46. What does the author say about the threat of robots?

- A) It may constitute a challenge to computer programmers.
- B) It accompanies all machinery involving high technology.
- C) It can be avoided if human values are translated into their language.
- D) It has become an inevitable peril as technology gets more sophisticated.

47. What would we think of a person who invades our personal space according to the author?

- A) They are aggressive.
- B) They are outgoing.
- C) They are ignorant.
- D) They are ill-bred.

48. How do robots learn human values?

- A) By interacting with humans in everyday life situations.
- B) By following the daily routines of civilized human beings.
- C) By picking up patterns from massive data on human behavior.
- D) By imitating the behavior of properly brought-up human beings.

49. What will a well-programmed robot do when facing an unusual situation?
- A) Keep a distance from possible dangers.
 - B) Stop to seek advice from a human being.
 - C) Trigger its built-in alarm system at once.
 - D) Do sufficient testing before taking action.
50. What is most difficult to do when we turn human values into a programmable code?
- A) Determine what is moral and ethical.
 - B) Design some large-scale experiments.
 - C) Set rules for man-machine interaction.
 - D) Develop a more sophisticated program.

Passage Two

Questions 51 to 55 are based on the following passage.

Why do some people live to be older than others? You know the standard explanations: keeping a moderate diet, engaging in regular exercise, etc. But what effect does your personality have on your longevity(长寿)? Do some kinds of personalities lead to longer lives? A new study in the Journal of the American Geriatrics Society looked at this question by examining the personality characteristics of 246 children of people who had lived to be at least 100.

The study shows that those living the longest are more outgoing, more active and less neurotic(神经质的) than other people. Long-living women are also more likely to be sympathetic and cooperative than women with a normal life span. These findings are in agreement with what you would expect from the evolutionary theory: those who like to make friends and help others can gather enough resources to make it through tough times.

Interestingly, however, other characteristics that you might consider advantageous had no impact on whether study participants were likely to live longer. Those who were more self-disciplined, for instance, were no more likely to live to be very old. Also, being open to new ideas had no relationship to long life, which might explain all those bad-tempered old people who are fixed in their ways.

Whether you can successfully change your personality as an adult is the subject of a longstanding psychological debate. But the new paper suggests that if you want long life, you should strive to be as outgoing as possible.

Unfortunately, another recent study shows that your mother's personality may also help determine your longevity. That study looked at nearly 28,000 Norwegian mothers and found that those moms who were more anxious, depressed and angry were more likely to feed their kids unhealthy diets. Patterns of childhood eating can be hard to break when we're adults, which may mean that kids of depressed moms end up dying younger.

Personality isn't destiny(命运), and everyone knows that individuals can learn to change. But both studies show that long life isn't just a matter of your physical health but of your mental health.

51. The aim of the study in the Journal of the American Geriatrics Society is_____.

- A) to see whether people's personality affects their life span
- B) to find out if one's lifestyle has any effect on their health
- C) to investigate the role of exercise in living a long life
- D) to examine all the factors contributing to longevity

52. What does the author imply about outgoing and sympathetic people?

- A) They have a good understanding of evolution.
- B) They are better at negotiating an agreement.
- C) They generally appear more resourceful.
- D) They are more likely to get over hardship.

53. What finding of the study might prove somewhat out of our expectation?

- A) Easy-going people can also live a relatively long life.
- B) Personality characteristics that prove advantageous actually vary with times.
- C) Such personality characteristics as self-discipline have no effect on longevity.
- D) Readiness to accept new ideas helps one enjoy longevity.

54. What does the recent study of Norwegian mothers show?

- A) Children's personality characteristics are invariably determined by their mothers.
- B) People with unhealthy eating habits are likely to die sooner.
- C) Mothers' influence on children may last longer than fathers'.
- D) Mothers' negative personality characteristics may affect their children's life spans.

55. What can we learn from the findings of the two new studies?

- A) Anxiety and depression more often than not cut short one's life span.
- B) Longevity results from a combination of mental and physical health.
- C) Personality plays a decisive role in how healthy one is.
- D) Health is in large part related to one's lifestyle.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

功夫 (Kung Fu)是中国武术 (martial arts)的俗称。中国武术的起源可以追溯到自卫的需要、狩猎活动以及古代中国的军事训练。它是中国传统体育运动的一种,年轻人和老年人都练。它已逐渐演变成了中国文化的独特元素。作为中国的国宝,功夫有上百种不同的风格,是世界上练得最多的武术形式。有些风格模仿了动物的动作,还有一些则受到了中国哲学思想、神话和传说的启发。

2016年6月·第1套英语四级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2016年6月·第1套 英语四级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第1套(2016-06) • 四级

Part I

Directions: *For this part, you are allowed 30 minutes to write a letter to express your thanks to one of your school teachers upon entering college. You should write at least 120 words but no more than 180 words.*

【参考范文·146 词】 写作无唯一标准答案，以下为达标示范

Dear Mr. Wang,

Now that I have entered college, I am writing to express my heartfelt thanks to you for all the guidance you gave me during my high school years.

I still clearly remember the time when I failed an important English exam and almost gave up. Instead of blaming me, you stayed after class, went through every mistake with me, and encouraged me to keep trying. It was you who helped me build the habit of reading English news every morning, which has greatly improved my language skills and confidence. Thanks to your patience and faith in me, I finally earned a place at my dream university.

I owe much of my progress to you, and I will always treasure what you taught me, both in knowledge and in character. I sincerely wish you good health and happiness in the years ahead.

Yours sincerely, Li Ming

【参考译文】

亲爱的王老师：

如今我已步入大学，特此写信向您表达我最诚挚的谢意，感谢您在我高中三年里给予我的所有指导。

我仍清楚地记得那次我英语考砸、几乎想要放弃的时候。您没有责备我，而是留在课后，陪我逐一分析每一处错误，鼓励我继续努力。也正是您帮我养成了每天早晨读英语新闻的习惯，这大大提升了我的语言能力和自信。多亏了您的耐心和对我的信任，我最终考入了理想的大学。

我今天的进步很大程度上要归功于您，我会永远珍惜您教给我的一切，无论是知识还是做人。衷心祝愿您在未来的岁月里健康幸福。

此致 李明

【第1段】称呼落地。Dear Mr. Wang, 一行落实第一段『称呼』功能，用 Dear 加头衔加姓、逗号收尾，套用了『私人信称呼』句架，语域定为写给具体恩师的私人信。

【第2段】开头点题。Now that I have entered college, I am writing to express my heartfelt thanks to you 用『点明写信目的』句架，一句话交代新身份加来意，兑现『开门见山亮谢意』。

【第3段】事实支撑。I still clearly remember the time when I failed... 引出回忆，you stayed after class, went through every mistake with me 和 It was you who helped me build the habit... 用两个句架把感激落到订正与习惯培养两件实事，正是『小事撑大情』；回忆用过去时、影响用现在时 has greatly improved。

【第4段】收束加祝福。I owe much of my progress to you 归因致谢、I sincerely wish you good health and happiness 送祝福，落实『回扣加祝福』，让谢意有始有终。

【第5段】格式收尾。Yours sincerely, 加另起一行的 Li Ming 完成落款，套用『结尾敬语署名』句架，署化名而非真名，补齐书信格式分。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

给中学老师写感谢信

任务一句话钉死：以刚进入大学的学生身份，write a letter to express your thanks to one of your school teachers upon entering college。核心动词是写信 + 表达感谢，对象是一位具体的中学老师，触发场合是刚跨入大学门槛。凡是不为这封感谢信服务的内容（如泛谈师德多伟大）都要砍掉。

读者 · 语域

写给恩师的私人信

读者是 one of your school teachers，一位你认识、教过你的具体老师，不是泛指的患者，更不是阅卷人。身份是感恩的学生，场合 upon entering college 带着报喜与致谢的暖意。语域定为私人书信里的半正式、诚恳有温度：称呼要落到 Dear Mr./Ms. 加姓，用词真挚但不轻佻，结尾用敬语加署名。

中心立意

谢师恩助我升学

本信交际目的一句话：向中学的某位恩师报告我已进入大学，并把这份进步归功于他当年的具体帮助，郑重致谢并送上祝福。这正是要求所说的 express your thanks to one of your school teachers，中心是感恩，不是评价老师伟大。

要展开的要点

1. 点明进大学并致谢

开门见山交代新身份与写信缘由——我已 upon entering college，特此写信致谢，让读者一眼明白信的目的。

2. 一两件具体帮助

用真实小事把感激坐实：如某次考砸后老师留下来陪我逐题订正、鼓励我别放弃，又如他培养我每天读英语的习惯。这是覆盖须写要点『表达进入大学后的感激之情』的主体，也是全信最不能空的部分。

3. 再谢并送祝福

把功劳归于老师、表示会永远珍惜所学，并送上健康顺遂的祝愿，让感谢有始有终、情感落地。

STRUCTURE · 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文——对应。

第 1 段 称呼

顶格写给具体老师的称呼 Dear Mr./Ms. 加姓，逗号收尾，确立私人书信文体。

第 2 段 开头点明目的

交代已进入大学的新身份，直接说明写这封信是为了致谢。

第 3 段 主体举实事

用一两件具体事例说明老师当年如何帮助、影响自己，把感激落到细节。

第 4 段 结尾再谢加祝福

归功于老师、表示珍惜所学，并送上健康与幸福的祝愿。

第 5 段 落款

结尾敬语 Yours sincerely 另起一行署化名，完成书信格式。

第 1 段 Dear 加头衔加姓

本段只有称呼一行：向一位具体的中学老师顶格写 Dear Mr. 加姓，逗号收尾。对应要求里的 one of your school teachers。

私人信称呼 · Dear Mr./Ms. ____, (顶格，头衔后加姓，逗号结尾，随后另起一行写正文)

第 2 段 报喜加说明来意

落点：告诉老师我已 upon entering college，并直说这封信是要 express your thanks，感谢他当年的悉心指导。

点明写信目的 · Now that I have ____, I am writing to express my heartfelt thanks to you for ____.

第3段 订正鼓励与习惯培养

落点：写一两件真实小事——如英语考砸后老师留下来陪我逐题订正、鼓励我不要放弃；又如他让我养成每天读英语的习惯，如今这习惯仍在帮我。以此坐实对 one of your school teachers 的感激。

引出回忆 · I still clearly remember the time when ____.

具体化帮助 · It was you who ____, which has ____.

第4段 归功并祝安康

落点：把我的进步归功于老师、表示会永远珍惜他教给我的知识与做人的道理，并祝他健康幸福，呼应全信 express your thanks to one of your school teachers 的目的。

归因致谢 · I owe much of my ____ to you, and I will always treasure ____.

送上祝福 · I sincerely wish you ____ in the years ahead.

第5段 敬语加化名

落点：Yours sincerely 加逗号换行，署上化名 Li Ming，完成 write a letter 要求的完整书信格式。

结尾敬语署名 · Yours sincerely, / ____（另起一行署化名，如 Li Ming，勿用真名）

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法——这是写作版的「狠拆诱人错项」。

内容切题**谢意要落到实事**

核对是否真的 express your thanks to one of your school teachers: 写给的是一位具体老师而非泛谈师恩, 且感激有具体事例支撑; 最易失分处是通篇赞美却举不出一件实事。

结构连贯**格式块齐加过渡**

自查称呼、开头、主体、结尾、落款五块是否齐全, 回忆与影响之间是否用 Instead of、Thanks to 等衔接自然; 最易失分处是主体事例罗列却无逻辑串联。

语言准确**回忆过去谈今现在**

本题时态易错: 写当年帮助用过去时 (stayed, went, encouraged), 写至今影响用现在时 (has improved); 感谢句式可用 I am writing to express my heartfelt thanks、I owe much... to you, 避免逐字直译的中式表达。

字数格式**守区间齐三要素**

字数须满足 write at least 120 words but no more than 180 words 的上下限; 格式上称呼、结尾敬语、署名三要素齐全, 且署化名不署真名——漏任一项都直接扣分。

典型低分写法 • 反面示例与改法

写成议论文谈师恩

反面示例: Teachers play an important role in our life. Their contribution to society is great... (通篇泛谈师德, 没有称呼、没有具体老师和事例)。改法: 改成对具体老师说话并举实事——Dear Mr. Wang, I still remember how you stayed after class to help me with my English.

堆赞美无事例

反面示例: You are the best and kindest teacher. You are so great and I really thank you very much. (全是空词, 读者不知你到底感谢什么)。改法: 换成实事——You stayed after class to go through every mistake with me, which helped me pass the exam.

漏敬语或署真名

反面示例: 正文写完戛然而止, 没有 Yours sincerely, 或直接署上自己的真实姓名。改法: 正文后另起两行写 Yours sincerely, 再换行署化名 Li Ming。

英语四级 2016年6月·第1套 · 全卷构成

Part I	写作	本题
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）	题目解析 →
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 →

2016年6月·第1套 英语四级听力真题原文与答案解析

PAPER & KEY • 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2016年6月·第1套 英语四级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2016-06) • 四级

以下按录音篇目排印：每篇先给录音原文与逐段中译（考卷上没有，考试时录音只播一遍、卷面只印选项），再逐题给出卷面题目与解析。

Part II

Listening Comprehension

(25 minutes)

Section A

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 and 2 are based on the news report you have just heard.

¹ The International Labour Organization says the number of people without jobs is increasing. In its latest update on global employment trends, the agency says projections of the number of unemployed people this year range from 210 million to nearly 240 million people. The report warns that 200 million poor workers are at risk of joining the ranks of people living on less than two dollars per day in the past three years. The Director-General of the International Labour Organization Juan Somavia notes that some countries have taken measures to address the effects of the global crisis. However, he points out that many countries have not done so. And based on past experiences, it takes four to five years after economic recovery for unemployment to return to pre-crisis levels. Mr. Somavia says the International Labour Organization is proposing a global jobs agreement to deal with unemployment.

国际劳工组织表示，失业人数正在增加。在其最新发布的全球就业趋势报告中，该机构称今年失业人数的预测范围在2.1亿至近2.4亿人之间。报告警告说，在过去三年里，有2亿贫困劳动者面临加入每天生活费不足两美元人群行列的风险。国际劳工组织总干事胡安·索马维亚指出，一些国家已经采取措施应对全球危机的影响。然而，他指出许多国家尚未这样做。根据以往经验，经济复苏后需要四到五年时间失业率才能恢复到危机前的水平。索马维亚先生表示，国际劳工组织正在提议一项全球就业协议来应对失业问题。

2 "Its key objective is to place at the center of recovery efforts, measures that would generate higher levels of employment and provide basic social protection for the most vulnerable."

该协议的核心目标是将能够创造更高就业水平并为最脆弱群体提供基本社会保障的措施置于复苏努力的中心。

1. A) The International Labour Organization's key objective.
B) The basic social protection for the most vulnerable.
C) Rising unemployment worldwide.
D) Global economic recovery.

【题目】 What is the news report mainly about?

【翻译】 这则新闻报道主要是关于什么的?

- A) 国际劳工组织的关键目标。 B) 为最脆弱群体提供的基本社会保护。
C) 全球范围内不断上升的失业率。 D) 全球经济复苏。

【答案】 C (主旨题) Rising unemployment worldwide.

【定位】 The International Labour Organization says the number of people without jobs is increasing. In its latest update on global employment trends, the agency says projections of the number of unemployed people this year range from 210 million to nearly 240 million people.

国际劳工组织表示，失业人数正在增加。在其关于全球就业趋势的最新报告中，该机构称今年失业人数的预测值在 2.1 亿到将近 2.4 亿人之间。

【信号】 新闻首句总述即主题落点。新闻开头第一句 the number of people without jobs is increasing 就抛出核心事实「失业人数在增加」，紧接着全段都在围绕失业数字与影响展开。新闻的主题信号通常落在开头总述句，这里正是如此。

【替换】 the number of people without jobs is increasing ↔ **Rising unemployment worldwide**
同义改写：失业人数增加等于失业上升

【排除】 A) 原词陷阱

The International Labour Organization's key objective. 借用了录音第二段 Its key objective is to place at the center of recovery efforts 的原词 key objective, 听到这个词容易心动; 但它只是结尾介绍那份就业协议时一笔带过的细节, 不是整篇主题, 犯了以局部细节冒充主旨的错。

借用原文: Its key objective is to place at the center of recovery efforts

B) 原词陷阱

The basic social protection for the most vulnerable. 几乎照搬录音第二段 provide basic social protection for the most vulnerable 的原词, 听到极易选; 但它讲的是那份就业协议的具体内容之一, 是细节, 不是这则新闻整体在讲的「失业上升」。

借用原文: provide basic social protection for the most vulnerable

D) 原词陷阱

Global economic recovery. 借了录音 it takes four to five years after economic recovery 里的 economic recovery 一词; 但原文只是顺带提「经济复苏后还要四五年失业才回落」, 整篇主题是失业问题, 不是复苏本身, 方向上反而和主旨错位。

借用原文: it takes four to five years after economic recovery

-
2. A) Many countries have not taken measures to create enough jobs.
B) Few countries know how to address the current economic crisis.
C) Few countries have realized the seriousness of the current crisis.
D) Many countries need support to improve their people's livelihood.

【题目】 What does Juan Somavia, Director-General of the International Labour Organization say?

【翻译】 国际劳工组织总干事胡安·索马维亚说了什么?

- A) 许多国家没有采取措施创造足够的就业机会。
B) 很少有国家知道如何应对当前的经济危机。 c) 很少有国家意识到当前危机的严重性。
D) 许多国家需要支持以改善其人民的生计。

【答案】 A (细节题) Many countries have not taken measures to create enough jobs.

【定位】 The Director-General of the International Labour Organization Juan Somavia notes that some countries have taken measures to address the effects of the global crisis. However, he points out that many countries have not done so.

国际劳工组织总干事胡安·索马维亚指出, 一些国家已采取措施应对全球危机的影响。然而, 他强调, 许多国家并没有这样做。

【信号】 人名出现加转折 However 后才是落点。答案句由两个信号共同锁定: 先听到人名 Juan Somavia, 紧跟其观点; 再遇转折词 However, 转折之后的「许多国家没这么做」才是他真正要强调的重点。前半「some countries 已采取措施」是铺垫, 转折后才是落点。

【替换】 many countries have not done so ↔

Many countries have not taken measures to create enough jobs

代词还原: done so 等于 taken measures

some countries have taken measures to address the effects of the global crisis ↔

create enough jobs

上下文补全: 所采取的措施即针对就业

【排除】 B) **偷换概念**

Few countries know how to address the current economic crisis. 借了录音里的 address 与 crisis 等词, 听着耳熟; 但原文说的是许多国家「没去做 (not done so)」, 不是「很少国家不知道怎么做」。它既把 many 偷换成 few, 又把「没采取行动」偷换成「不懂方法」, 答非所问。

借用原文: address the effects of the global crisis

C) **未提及**

Few countries have realized the seriousness of the current crisis. 蹭了 crisis 一词, 可原文只谈各国「有没有采取措施」, 从没说各国「是否意识到危机的严重性」, realized the seriousness 属于无中生有, 且 few 与原文的 many 也不符。

借用原文: address the effects of the global crisis

D) **原词陷阱**

Many countries need support to improve their people's livelihood. 保住了 many countries 这个和答案一样的开头, 最易混; 但 Somavia 说的是许多国家「没采取措施」, 不是「需要支持来改善民生」。need support、improve livelihood 都是原文未出现的内容, 属偷换。

借用原文: many countries have not done so

Questions 3 and 4 are based on the news report you have just heard.

1 Big fast food chains in New York City have started to obey a first-of-its-kind rule requiring them to post calorie counts right on the menu. Cathy Nonas is with the New York City Department of Health. 纽约市的大型快餐连锁店已开始遵守一项首创性规定, 要求它们直接在菜单上标注卡路里含量。Cathy Nonas是纽约市卫生局的工作人员。

2 "We wanted to give people an opportunity to actually see the calories before they purchase the food and make a decision, an informed decision that if they want to make the healthier choice, if they want to eat fewer calories, they can. And we expect this will have a huge impact on obesity. And of course, if it has an impact on obesity, it will have an impact on diabetes and heart disease and high blood pressure."

我们希望让人们有机会在购买食物之前真正看到卡路里含量并做出决定, 一个知情的决定, 如果他们想做出更健康的选择, 如果他们想摄入更少的卡路里, 他们就可以做到。我们预计这将对肥胖产生巨大影响。当然, 如果它对肥胖产生影响, 它也将对糖尿病、心脏病和高血压产生影响。

3 The new rules were introduced as part of an anti-obesity campaign that also includes a recent citywide ban on artificial trans fats in restaurant food. The menu rule only applies to restaurants that serve standardised portion sizes and have fifteen or more locations nationwide.

这些新规定是作为抗肥胖运动的一部分推出的,该运动还包括最近在全市范围内禁止在餐厅食品中使用人工反式脂肪。该菜单规定仅适用于提供标准化份量并在全国拥有十五家或更多门店的餐厅。

4 Starting last Saturday, chains big enough to fall under the rule will face penalties of up to 2000 dollars for not showing calorie information in a prominent spot on their menus, preferably next to the price.

从上周六开始,规模足够大而受该规定约束的连锁店如果不在菜单的显著位置(最好在价格旁边)显示卡路里信息,将面临最高2000美元的罚款。

3. A) Serve standardized food nationwide.

B) Put calorie information on the menu.

C) Increase protein content in the food.

D) Offer convenient food to customers.

【题目】 What are big fast food chains in New York City required to do according to the new rule?

【翻译】 根据新规定, 纽约市的大型快餐连锁店被要求做什么?

A) 在全国范围内提供标准化食品。 B) 在菜单上标注卡路里信息。

C) 增加食品中的蛋白质含量。 D) 为顾客提供便捷的食品。

【答案】 B (细节题) Put calorie information on the menu.

【定位】 Big fast food chains in New York City have started to obey a first-of-its-kind rule requiring them to post calorie counts right on the menu.

纽约市的大型快餐连锁店已开始遵守一项前所未有的规定, 该规定要求它们把热量数值直接标在菜单上。

【信号】 requiring 引出要求内容。 信号词是 requiring them to (要求它们去.....), 它后面紧跟的动作 post calorie counts right on the menu 就是"被要求做什么"的答案落点, 听到"requiring"就该锁定其后的动词。

【替换】 post calorie counts right on the menu ↔ Put calorie information on the menu

post=put、counts=information

【排除】 A) 原词陷阱

选项里的"standardized""nationwide"录音确实念过，但 restaurants that serve standardised portion sizes and have fifteen or more locations nationwide 说的是"哪些餐厅受这条规定约束"的资格条件，不是"规定要求餐厅去做"的事。听到原词就选，正中圈套。

借用原文：restaurants that serve standardised portion sizes and have fifteen or more locations nationwide

C) 未提及

"protein content" (增加蛋白质含量) 录音通篇没出现，是凭"健康饮食"的常识硬造的。规定关心的是公示热量信息让人少摄入，而非改配方加蛋白质。

D) 偷换概念

"Offer convenient food" (提供便利食品) 听着像"快餐"的合理引申，但录音的要求是"公示热量"，从没要求餐厅去"提供便利食物"。这是把话题(快餐)替换成了一个文本里没有的要求。

-
4. A) They will be fined.
B) They will be closed.
C) They will get a warning.
D) They will lose customers.

【题目】 What will happen to big restaurant chains that violate the new rule?

【翻译】 违反新规定的大型餐饮连锁店会发生什么？

A) 它们将被罚款。 B) 它们将被关闭。 C) 它们将收到警告。 D) 它们将失去顾客。

【答案】 A (细节题) They will be fined.

【定位】 Starting last Saturday, chains big enough to fall under the rule will face penalties of up to 2000 dollars for not showing calorie information in a prominent spot on their menus, preferably next to the price.

从上周六起，规模足以受该规定约束的连锁店，若未在菜单显眼处（最好紧挨价格）标出热量信息，将面临最高 2000 美元的罚款。

【信号】 face penalties + 金额。 信号是 will face penalties of up to 2000 dollars——"face penalties" (面临处罚) 加上明确金额"2000 dollars"，正是"违规后果"的落点；听到具体罚款数字就该锁定这是答"会怎样"的句子。

【替换】 will face penalties of up to 2000 dollars ↔ **They will be fined.**
face penalties=be fined

【排除】 B) 过度推断

"They will be closed." (被关停) 录音从没说, 是把"罚款"这种处罚自行升级成"关店"。新规明确的后果是最高 2000 美元罚款, 并未到停业的程度。

C) 未提及

"They will get a warning." (被警告) 听起来像处罚的一种, 但录音说的是"face penalties" (罚款), 从未提"warning"。这是用一个文本没有的、更轻的后果来分散对"罚款"的注意。

D) 未提及

"They will lose customers." (流失顾客) 是从"公示热量可能吓退食客"的常识引申出来的, 但录音讲违规后果时只说罚款, 并没提顾客流失。

Questions 5 to 7 are based on the news report you have just heard.

1 Almost all companies recognize the importance of innovation today, but not many are able to integrate innovation into their business. A commentary in the Shanghai Daily points out that innovation doesn't mean piles of documents. It is something more practical. The article says many people tend to assume that innovation just means creating something new, but actually it's more than that. It's an attitude of doing things. A company should find ways to innovate not just in products but also in functions, business models and processes.

几乎所有公司都认识到创新在当今的重要性,但能够将创新融入业务的公司并不多。《上海日报》的一篇评论指出,创新并不意味着成堆的文件,它是更实际的东西。文章说,许多人倾向于认为创新只是意味着创造新事物,但实际上远不止于此。它是一种做事的态度。一家公司应该找到方法,不仅在产品上创新,还要在职能、商业模式和流程上创新。

2 The article cites the global giant Procter & Gamble as an example, saying a real innovative company should develop an innovation culture and use it as a primary tool for success. Procter & Gamble has a "Corporate Innovation Fund" which offers big rewards for high-risk ideas that succeed. It also has a special innovation facility for its employees. Sometimes its employees are released from their daily jobs for weeks and spend their time interacting in the innovation facility instead. In conclusion, the article says innovative ideas alone do not ensure success. It's pointless unless there is a repeatable process in place to turn inspiration into financial performance.

文章以全球巨头宝洁公司为例,指出真正的创新型公司应该培养创新文化,并将其作为成功的主要工具。宝洁公司设有"企业创新基金",为成功的高风险创意提供丰厚奖励。它还为员工设有专门的创新设施。有时员工会从日常工作中解脱出来数周,将时间花在创新设施中进行互动。文章最后指出,仅有创新想法并不能确保成功。除非有可重复的流程将灵感转化为财务业绩,否则就毫无意义。

5. A) Inability to implement their business plans.
B) Inability to keep turning out novel products.
C) Lack of a successful business model of their own.
D) Failure to integrate innovation into their business.

【题目】 What is the problem with many companies according to the news report?

【翻译】根据新闻报道,许多公司存在什么问题?

- A) 无法实施其商业计划。 B) 无法持续推出新颖的产品。 C) 缺乏自己的成功商业模式。
D) 未能将创新融入其业务。

【答案】 **D** (细节题) Failure to integrate innovation into their business.

【定位】 Almost all companies recognize the importance of innovation today, but not many are able to integrate innovation into their business.

如今几乎所有公司都认识到创新的重要性, 但能把创新真正融入自身业务的公司却不多。

【信号】 **转折 but 之后才是真意。** 这句以 but not many are able to integrate innovation into their business 转折, but 前半句"都认识到创新重要"是铺垫, but 之后"能融入业务的不多"才是录音想说的"问题"所在, 转折后即答案落点。

【替换】 not many are able to integrate innovation into their business ↔

Failure to integrate innovation into their business.

not able to = Failure 否定转名词

【排除】 A) **未提及**

选项 Inability to implement their business plans. 里的 business plans (商业计划) 录音从未出现, 它只是借用 business 一词凑"经营"话题来诱选, 属无中生有。

B) **原词陷阱**

选项 Inability to keep turning out novel products. 用 novel products 呼应录音 creating something new, 但那句是讲"人们对创新的误解" (第6题考点), 不是"公司的问题", 把别处原词搬到本题, 属张冠李戴式原词陷阱。

借用原文: creating something new

C) **偷换概念**

选项 Lack of a successful business model of their own. 借用录音末尾 business models 一词, 但录音只在列举"创新可发生在产品、职能、商业模式、流程"时一笔带过, 从没说公司"缺少自己的成功模式", 属偷换概念。

借用原文: business models

6. A) It is the secret to business success.

B) It is the creation of something new.

C) It is a magic tool to bring big rewards.

D) It is an essential part of business culture.

【题目】 **What do many people tend to think of innovation?**

【翻译】许多人倾向于如何看待创新?

- A) 它是商业成功的秘诀。 B) 它是创造新事物。 C) 它是带来丰厚回报的神奇工具。
D) 它是企业文化的重要组成部分。

【答案】 **B** (细节题) It is the creation of something new.

【定位】 The article says many people tend to assume that innovation just means creating something new, but actually it's more than that.

文章说，很多人往往以为创新就只是创造新东西，但实际上创新远不止于此。

【信号】 标志句 **many people tend to assume**。many people tend to assume that innovation just means creating something new 用 many people tend to assume 这一"人们倾向于认为"的标志，正面回答了题干"很多人怎么想"；其后 but actually it's more than that 是作者纠偏，与本题问的"人们怎么想"无关。

【替换】 innovation just means creating something new ↔ **It is the creation of something new.**
creating → creation 动词转名词

【排除】 A) **原词陷阱**

选项 It is the secret to business success. 借了录音里反复出现的 success (a primary tool for success)，但那是讲"创新文化是成功工具"，回答的是"创新该是什么"而非"很多人以为创新是什么"，属原词陷阱。

借用原文：a primary tool for success

C) **张冠李戴**

选项 It is a magic tool to bring big rewards. 里的 big rewards 来自录音讲宝洁的 offers big rewards for high-risk ideas，那是第7题宝洁部分的细节，与"很多人怎么想创新"无关，属张冠李戴式原词陷阱。

借用原文：offers big rewards for high-risk ideas

D) **偷换概念**

选项 It is an essential part of business culture. 借录音 develop an innovation culture 里的 culture，但那是文章/作者的主张，不是"很多人 tend to think"的内容；题干限定的是"很多人怎么想"，故偷换了观点归属。

借用原文：develop an innovation culture

-
7. A) Its hardworking employees.
B) Its flexible promotion strategy.
C) Its innovation culture.
D) Its willingness to make investments.

【题目】 **What does the company Procter&Gamble owe its success to?**

【翻译】 Procter&Gamble公司将其成功归功于什么？

A) 其勤奋的员工。 B) 其灵活的促销策略。 C) 其创新文化。 D) 其投资意愿。

【答案】 **C** (细节题) Its innovation culture.

【定位】 The article cites the global giant Procter & Gamble as an example, saying a real innovative company should develop an innovation culture and use it as a primary tool for success.

文章以全球巨头宝洁公司为例，说一家真正具有创新精神的公司应当培育创新文化，并把它作为取得成功的首要工具。

【信号】点名宝洁后紧跟“靠创新文化”。录音一点名 Procter & Gamble 作为例子，紧接着就说 develop an innovation culture and use it as a primary tool for success，把“创新文化”和“成功的首要工具”直接挂钩，正是“宝洁靠什么成功”的答案句。

【替换】develop an innovation culture and use it as a primary tool for success ↔ **Its innovation culture.**
原句详述 → 选项概括

【排除】A) **原词陷阱**

选项 Its hardworking employees. 借录音里多次出现的 employees (a special innovation facility for its employees)，但录音只说宝洁为员工设了创新设施、让员工去那里互动，从没说成功靠“员工勤奋”，hardworking 是无中生有，属原词陷阱。

借用原文：a special innovation facility for its employees

B) **未提及**

选项 Its flexible promotion strategy. 说的“灵活的晋升/促销策略”录音里只字未提，promotion 一词录音都没出现，纯属凭空捏造来填一个干扰项，属未提及。

D) **偷换概念**

选项 Its willingness to make investments. 借录音 Corporate Innovation Fund 与 big rewards 暗示“投钱”，但那只是创新文化的一个具体做法，录音把成功归于“创新文化”这个整体，而非“愿意投资”本身，以偏概全、偷换概念。

借用原文：Corporate Innovation Fund

Section B

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 8 to 11 are based on the conversation you have just heard.

1 M: So, Lyndsay, do you like to text message on your cell phone?

M: 那么，Lyndsay，你喜欢用手机发短信吗？

2 W: Yeah, I text message a lot.

W: 是的，我经常发短信。

3 M: I don't do it so much. I prefer to make a call if I'm in a hurry.

M: 我不怎么发。如果我赶时间的话，我更喜欢打电话。

4 W: Yeah, I go both ways. Sometimes I don't really want to talk to the person. I just want to ask them one question, so it's much easier for me just to text message. If I call them, I'll have to have a long conversation.

W: 嗯，我两种方式都用。有时候我不是真的想跟那个人说话，我只是想问他们一个问题，所以对我来说发短信要容易得多。如果我打电话给他们，就得聊很长时间。

5 M: Yeah, I can see what you mean. But I get off the phone pretty quickly when I call. I'm not a big talker.

M: 是的，我明白你的意思。但我打电话的时候挂得很快。我不是一个话多的人。

6 W: Yeah, that's true. You don't talk a lot.

W: 是的，没错。你话不多。

7 M: So are you fast at writing the messages with your thumb?

M: 那你用大拇指打字快吗？

8 W: Well, when I first got a cell phone, I was so slow. I thought I would never text message. But then people kept text messaging me, so I felt obliged to learn how to text message. So now I'm pretty fast. What about you?

W: 嗯，我刚拿到手机的时候特别慢。我当时觉得我永远不会发短信。但后来人们不停地给我发短信，所以我觉得有必要学会怎么发短信。所以现在我挺快的。你呢？

9 M: Actually I have the opposite problem. When I first got my cell phone, I thought it was so cool to text message all my friends who have one, and I was pretty fast with my thumb then. But it seems like now I don't use it so much. I've gotten slower actually.

M: 实际上我的问题正相反。我刚拿到手机的时候，我觉得给所有有手机的朋友发短信特别酷，那时候我用大拇指打字还挺快的。但现在好像不怎么用了，实际上变慢了。

10 W: Yeah, I think text-messaging actually sort of has to do with your age. For example, people in high school, they text message a lot. But I asked my father if he texted messages, and guess what he said?

W: 是啊，我觉得发短信其实跟年龄有关。比如说，高中生他们发很多短信。但我问我爸爸他发不发短信，你猜他怎么说？

11 M: What?

M: 什么？

12 W: He said he'd never text message. He thinks it's very childish and unprofessional to text message.

W: 他说他从不发短信。他认为发短信很幼稚，很不专业。

13 M: Yeah, I can see what he means. It's considered pretty informal to text message someone.

M: 是的，我明白他的意思。给别人发短信被认为是相当不正式的。

8. A) He's got addicted to technology.

B) He is not very good at socializing

C) He is crazy about text-messaging.

D) He does not talk long on the phone.

【题目】 What does the man say about himself?

【翻译】 男士说了关于他自己的什么？

A) 他对科技上瘾了。 B) 他不太擅长社交。 C) 他对发短信很着迷。

D) 他打电话时间不长。

【答案】 **D** (细节题) He does not talk long on the phone.

【定位】 But I get off the phone pretty quickly when I call. I'm not a big talker.

不过我打电话时挂得挺快的。我不是个话多的人。

【信号】 **本人对自己的直接定性**。这是男生评价自己的直接应答：I get off the phone pretty quickly when I call 加上 I'm not a big talker，是他对『自己是怎样一个人』的当面陈述，正对题干所问，因此是答案句。

【替换】 get off the phone pretty quickly ↔ **does not talk long on the phone**

挂得快=讲不久，肯定句改否定句

I'm not a big talker ↔ **does not talk long on the phone**

不是话多的人，补强不讲久

【排除】 A)

He's got addicted to technology. (沉迷科技) 原文从未说过，男生只说自己打电话短、不爱多聊，反而 I prefer to make a call 显示他用手机偏传统，谈不上沉迷，这是凭常识脑补出来的过重表述。

B)

He is not very good at socializing (不擅社交) 是对 I'm not a big talker 的过度引申：『不爱多说』不等于『不会社交』，前者是讲话习惯、后者是社交能力，选项偷偷拔高了程度。

借用原文：I'm not a big talker

C)

He is crazy about text-messaging. 盗用了原文反复出现的 text message 这个原词，但『发短信多』的是女生 I text message a lot，男生明说 I don't do it so much，把女生的特点安到了男生头上。

借用原文：I text message a lot

9. A) Talk big.

B) Talk at length.

C) Gossip a lot.

D) Forget herself.

【题目】 **What does the woman tend to do while she is on the phone?**

【翻译】 女士在打电话时倾向于做什么？

A) 说大话。 B) 长时间交谈。 C) 大量闲聊八卦。 D) 忘乎所以。

【答案】 **B** (细节题) Talk at length.

【定位】 If I call them, I'll have to have a long conversation.

如果我打电话给他们，我就不得不聊上很久。

【信号】女生本人对打电话后果的自述。女生解释自己为何爱发短信时说 If I call them, I'll have to have a long conversation, 这是她对『一打电话就会怎样』的直接自述, 正对题干所问的打电话时的行为, 是答案句。

【替换】have a long conversation ↔ Talk at length

聊很久=说得久, 同义改写

【排除】A)

Talk big 与正确项 Talk at length 都以 Talk 开头, 专骗听到 talk 就选的人。但 Talk big 是『吹牛、说大话』, 原文女生说的是聊得久, 根本不是吹牛, 意思对不上。

C)

Gossip a lot (爱说闲话) 和『打电话聊很久』听上去沾边, 容易凭感觉选。但原文只说会聊得久 have a long conversation, 并没说聊的是闲话八卦, 属无中生有。

D)

Forget herself (忘乎所以) 原文从头到尾没有任何对应, 女生只谈打电话会聊很久, 没说会忘乎所以, 纯属凭空添加。

10. A) He thought it was cool.

B) He needed the practice.

C) He wanted to stay connected with them.

D) He had an urgent message to send.

【题目】Why did the man text message all his friends when he first got his cell phone?

【翻译】为什么男士刚拿到手机时给所有朋友发短信?

A) 他认为这很酷。 B) 他需要练习。 C) 他想与他们保持联系。

D) 他有紧急消息要发送。

【答案】A (细节题) He thought it was cool.

【定位】When I first got my cell phone, I thought it was so cool to text message all my friends who have one, and I was pretty fast with my thumb then.

我刚拿到手机那会儿, 觉得给所有有手机的朋友发短信特别酷, 那时候我大拇指打字还挺快的。

【信号】I thought 引出的动机句。男生用 I thought it was so cool to text message all my friends 直接说出当初发短信的想法, I thought 是表态度/原因的标志, 正对 Why 所问的动机, 是答案句。

【替换】I thought it was so cool ↔ He thought it was cool

几乎原话, 只是去掉强调词

【排除】 B)

He needed the practice. 像是从原文 I was pretty fast with my thumb then (那时打字快) 联想出来的, 但『当时打字快』是结果, 不是『为了练习才发短信』的原因, 选项把动机说反、说错了。

借用原文: I was pretty fast with my thumb then

C)

He wanted to stay connected with them. (想和朋友保持联系) 符合常识, 最诱人, 但男生给的原因是『觉得酷』 I thought it was so cool, 并没说为了保持联系, 这是用常识替代了原文。

D)

He had an urgent message to send. (有紧急消息要发) 原文完全没提, 男生只说当初觉得酷、就给所有朋友发, 没有任何『紧急』的情节, 属凭空添加的极端情境。

11. A) It poses a challenge to seniors.

B) It saves both time and money.

C) It is childish and unprofessional.

D) It is cool and convenient.

【题目】 What does the woman's father think of text-messaging?

【翻译】 女士的父亲如何看待发短信?

A) 这对老年人构成挑战。 B) 这既省时间又省钱。 C) 这很幼稚且不专业。

D) 这很酷且方便。

【答案】 C (态度观点题) It is childish and unprofessional.

【定位】 He said he'd never text message. He thinks it's very childish and unprofessional to text message.

他说他绝不会发短信。他觉得发短信很幼稚、很不专业。

【信号】 明确的贬义评价词。 父亲的态度由女生转述给出: very childish and unprofessional 是两个鲜明的贬义词, 加上 he'd never text message 的强烈语气, 清楚表明他对短信持否定态度, 是答案句。

【替换】 very childish and unprofessional ↔ **It is childish and unprofessional.**

评价词原样照搬

【排除】 A)

It poses a challenge to seniors. (对老人是种挑战) 看似和『父亲』这种长辈话题沾边,但原文父亲谈的是短信幼稚不专业,从没说短信对老年人是挑战,属无中生有。

B) 与原文相反

It saves both time and money. (省时省钱) 是正面评价,但父亲态度是负面的 childish and unprofessional, 极性正好相反,且原文也没提省钱省时这回事。

D) 原词陷阱

It is cool and convenient. (又酷又方便) 是正面评价,与父亲的负面态度完全相反。注意 cool 这个原词是录音里男生评价时用过的 so cool, 被搬来诱你把它当成父亲的看法,实为张冠李戴又反了极性。

借用原文: I thought it was so cool

Questions 12 to 15 are based on the conversation you have just heard.

1 W: Good morning, Mr. Johnson. How can I help you?

W: 早上好,Johnson先生。有什么可以帮您的吗?

2 M: Well, I'd like to talk to you about Tim Bond, the department manager.

M: 嗯,我想和您谈谈部门经理Tim Bond的事。

3 W: What seems to be the problem?

W: 有什么问题吗?

4 M: Well, ever since Sandra left the department, I feel like I've been targeted to do all her work as well as mine. I'm expected to attend too many meetings and I seem to be spending a lot of my time doing unnecessary paperwork.

M: 嗯,自从Sandra离开部门后,我感觉我被指定要做她所有的工作以及我自己的工作。我要参加太多会议,而且我似乎把大量时间都花在做不必要的文书工作上。

5 W: I'm sorry to hear that.

W: 听到这个我很遗憾。

6 M: And, on top of that, I'd specifically asked if I could leave early last Friday as I'd done a lot of overtime during the week. But that afternoon, even though I'd finished my assigned work, I was told to help other colleagues finish their work, too.

M: 而且,最重要的是,我特别要求上周五能早点下班,因为我那周加了很多班。但那天下午,尽管我已经完成了分配给我的工作,我还是被告知要帮其他同事完成他们的工作。

7 W: But surely that's a positive sign showing that Mr. Bond has a lot of trust in you.

W: 但这肯定是个积极的信号,说明Bond先生非常信任您。

8 M: Yes, but other colleagues get to leave early, and they don't have such a lot of work to do.

M: 是的,但其他同事可以早退,而且他们没有这么多工作要做。

9 W: So you feel he's been making unrealistic demands on you?

W: 所以您觉得他对您提出了不切实际的要求?

10 M: Yes, absolutely.

M: 是的,完全是这样。

11 W: Have you approached Mr. Bond about this particular problem?

W: 您就这个具体问题找过Bond先生谈吗?

12 M: I've tried, but it seems like he just has no time for me.

M: 我试过,但他似乎根本没时间理我。

13 W: Well, at this stage, it would be better if you approached him directly. If nothing else, showing that you've tried to solve the problem yourself, before you take it further, makes it clear that you're not just a complainer. Why don't you send an email requesting a meeting with him in private?

W: 好吧,在这个阶段,您最好直接找他谈。如果没有别的办法,至少表明在把问题提交上来之前,您已经尝试自己解决问题了,这清楚地表明您不只是个抱怨者。您为什么不发封邮件要求和他私下见面呢?

14 M: Hmm, I'd be a bit worried about his reaction. But anyway I'll send him an email to request a meeting, and I'll see what happens from there. Thanks for your advice.

M: 嗯,我会有点担心他的反应。但无论如何,我会给他发封邮件要求见面,然后看看会怎么样。谢谢您的建议。

15 W: Good luck. And let us know the outcome.

W: 祝您好运。有结果了告诉我们。

12. A) He wants to change his job assignment.

B) He is unhappy with his department manager

C) He thinks he deserves extra pay for overtime.

D) He is often singled out for criticism by his boss

【题目】 What do we learn about the man from the conversation?

【翻译】 从对话中我们了解到这个男士什么情况?

- A) 他想要改变自己的工作安排。 B) 他对自己的部门经理不满意。
C) 他认为自己应该得到加班费。 D) 他经常被老板单独挑出来批评。

【答案】 B (细节题) He is unhappy with his department manager

【定位】 M: Well, I'd like to talk to you about Tim Bond, the department manager.

男: 嗯,我想跟你聊聊蒂姆·邦德,就是我们部门经理。

【信号】 来意句 = 开门见山。 男方一开口的来意句 I'd like to talk to you about Tim Bond, the department manager 直接点出他是为部门经理而来, 后文 he's been making unrealistic demands on you 又印证他对经理不满, 两处合起来锁定他『不满主管』。

【替换】 talk to you about Tim Bond, the department manager ↔ **unhappy with his department manager**
找上门谈 = 不满

【排除】 A) 原词陷阱

他抱怨被派太多活 do all her work as well as mine, A 顺着 work 编出『想换工作内容』, 但他全程没说要换岗, 只是嫌活多、嫌经理不公, 属答非所问。

借用原文: do all her work as well as mine

C) 原词陷阱

录音确实提到加班 I'd done a lot of overtime, 但他要的是早走, 不是『额外加班费 extra pay』; C 借 overtime 这个真词编出钱的诉求, 原文根本没提报酬。

借用原文: I'd done a lot of overtime during the week

D) 过度推断

他说自己像被针对 I've been targeted to do all her work, 指被指派过多活, D 却把 targeted 偷换成『常因 criticism 挨批』; 原文从头到尾没有任何『批评』, 是无中生有的夸大。

借用原文: I feel like I've been targeted to do all her work as well as mine

-
13. A) His workload was much too heavy.
B) His immediate boss did not trust him
C) His colleagues often refused to cooperate.
D) His salary was too low for his responsibility

【题目】 What is the man's chief complaint?

【翻译】 这个男士主要抱怨什么?

- A) 他的工作量太重了。 B) 他的直接上司不信任他。 C) 他的同事经常拒绝合作。
D) 相对于他的职责,他的薪水太低了。

【答案】 A (细节题) His workload was much too heavy.

【定位】 M: Well, ever since Sandra left the department, I feel like I've been targeted to do all her work as well as mine. I'm expected to attend too many meetings and I seem to be spending a lot of my time doing unnecessary paperwork.

男: 嗯, 自从桑德拉离开部门后, 我感觉自己被盯上了, 要把她的活也一并干了。我被要求参加太多会议, 好像大把时间都耗在没必要的文书工作上。

【信号】 铺陈最细 = 主诉。 这段一连摆出三层活——do all her work as well as mine、attend too many meetings、doing unnecessary paperwork, 是全篇最密集的具体抱怨; 后面 I'd done a lot of overtime 又回扣『活多到要加班』, 反复落在工作量上, 正是 chief complaint 的信号。

【替换】 do all her work as well as mine ↔ workload was much too heavy

干两份活 = 活太重

spending a lot of my time doing unnecessary paperwork ↔ workload was much too heavy

时间全耗在文书 = 量大

【排除】 B) 与原文相反

录音里女方明说经理很信任他 Mr. Bond has a lot of trust in you, B 却说『上司不信任他』, 正好反了; B 蹭了 trust 这个词却把极性颠倒。

借用原文: that's a positive sign showing that Mr. Bond has a lot of trust in you

C) 张冠李戴

原文是他被叫去帮同事 help other colleagues finish their work, C 却说成『同事拒绝配合他』, 把帮与被帮的方向倒过来; 原文没有任何同事不配合的内容。

借用原文: I was told to help other colleagues finish their work

D) 未提及

他抱怨的是活多、加班、不公, 从头到尾没说工资 salary, D 的『薪资太低』是凭空添的, 属无中生有。

14. A) He never knows how to refuse.

B) He is always ready to help others

C) His boss has a lot of trust in him.

D) His boss has no sense of fairness.

【题目】 How does the woman interpret the fact that the man was asked to help his colleagues with their work?

【翻译】 女士如何理解男士被要求帮助同事完成工作这一事实?

A) 他从不知道如何拒绝。 B) 他总是乐于助人。 C) 他的老板非常信任他。

D) 他的老板没有公平感。

【答案】 C (态度观点题) His boss has a lot of trust in him.

【定位】 W: But surely that's a positive sign showing that Mr. Bond has a lot of trust in you.

女: 可这恰恰是个好兆头啊, 说明邦德先生很信任你。

【信号】 转折 But + 女方正评。 女方用 But surely that's a positive sign 转折, 把男方眼中的委屈反过来评价成好事, 紧接 a lot of trust in you——转折后的这句正面评价, 就是『女方解读』的答案信号。

【替换】 Mr. Bond has a lot of trust in you ↔ **His boss has a lot of trust in him.**

人称转换的近原话

【排除】 A) 答非所问

A『他不会拒绝』和录音里女方对这件事的解读无关，倒像把后文该不该 say no 的话题挪过来；女方此处的判断是信任，不是评价他性格不会拒绝。

B) 答非所问

『总是乐于助人』是对男方的夸，可题问的是女方怎么解读这件事，女方给的解读是『受信任』而非夸他热心；B 把评价对象/角度安错了。

D) 与原文相反

『上司不公平 no sense of fairness』其实是男方的牢骚口径 other colleagues get to leave early, 女方恰恰反着说这是好事；D 把女方的正面解读颠倒成负面。

借用原文：other colleagues get to leave early, and they don't have such a lot of work to do

-
15. A) Put all his complaints in writing.
B) Wait and see what happens next.
C) Learn to say no when necessary.
D) Talk to his boss in person first.

【题目】 What did the woman advise the man to do?

【翻译】 女士建议男士做什么？

- A) 把他所有的抱怨都写下来。 B) 等着看接下来会发生什么。 C) 学会在必要时说不。
D) 先亲自和他的老板谈谈。

【答案】 D (细节题) Talk to his boss in person first.

【定位】 W: Well, at this stage, it would be better if you approached him directly. ... Why don't you send an email requesting a meeting with him in private?

女：嗯，现阶段你最好直接去找他谈。.....你何不发封邮件，约他私下见一面呢？

【信号】 双建议信号句。 女方连用两个建议信号——it would be better if you approached him directly 和 Why don't you send an email requesting a meeting with him in private, 落点都是『直接、当面去找经理谈』，正是 advise 的答案信号。

【替换】 it would be better if you approached him directly ↔ Talk to his boss in person first.
directly = in person

【排除】A) 原词陷阱

女方确实提到发邮件 send an email requesting a meeting, 但邮件是用来『约见面』的, 不是 A 说的『把所有抱怨写成书面投诉』; A 借 email 的影子歪曲成 complaints in writing。

借用原文: send an email requesting a meeting with him in private

B) 张冠李戴

『再观望 wait and see』出自男方收尾 I'll see what happens from there, 而题问的是女方的建议; B 把男方的话当成女方的建议, 张冠李戴。

借用原文: I'll send him an email to request a meeting, and I'll see what happens from there

C) 未提及

『该拒绝时学会说不』听着对症(他活太多), 但女方全程没给这条建议, 她只让他当面去谈; C 是看似合理却原文未提的方案。

Section C

Directions: In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 16 to 18 are based on the passage you have just heard.

1 The massive decline in sleep happened so slowly and quietly that few seemed to notice the trend. Was it because of the growing attraction of the Internet, video games and endless TV channels? Never disconnecting from work? No matter how it happened, millions of Americans are putting their health, quality of life and even length of life in danger.

睡眠的大幅减少发生得如此缓慢而悄无声息, 以至于很少有人注意到这一趋势。这是因为互联网、电子游戏和无穷无尽的电视频道日益增长的吸引力吗? 还是因为从不从工作中脱离? 无论如何发生的, 数以百万计的美国人正在将他们的健康、生活质量甚至寿命置于危险之中。

2 New evidence shows why getting enough sleep is a top priority. Some 40% of Americans get less than seven hours of shut-eye on weeknights. "The link between sleep and health, and bad sleep and disease is becoming clearer and clearer," says Lawrence Epstein, a sleep expert at Harvard University. For example, sleep duration has declined from some eight hours in the 1950s to seven in recent years. At the same time, high blood pressure has become an increasing problem. Blood pressure and heart rate are typically at their lowest levels during sleep. People who sleep less tend to have higher blood pressure, heart attack, diabetes, weight gain and other problems.

新的证据表明为什么获得充足的睡眠是头等大事。约40%的美国人在工作日夜晚的睡眠时间少于七小时。哈佛大学睡眠专家Lawrence Epstein说:"睡眠与健康之间的联系, 以及睡眠不足与疾病之间的联系正变得越来越清晰。"例如, 睡眠时长已从20世纪50年代的约八小时下降到近年来的七小时。与此同时, 高血压已成为一个日益严重的问题。血压和心率通常在睡眠期间处于最低水平。睡眠较少的人往往有更高的血压、心脏病发作、糖尿病、体重增加和其他问题。

3 Sleeping better may help fight off illness. "When people are sleep-deprived, there are higher levels of stress hormones in their bodies, which can decrease immune function," says Doctor Felice of Northwestern University in Chicago. A university of Chicago study shows people who sleep well live longer. So say good night sooner and it may help you stay active and vital to a ripe old age.

更好的睡眠可能有助于抵抗疾病。芝加哥西北大学的Felice医生说:"当人们睡眠不足时,他们体内的应激激素水平会升高,这会降低免疫功能。"芝加哥大学的一项研究表明,睡眠良好的人寿命更长。所以早点说晚安吧,这可能有助于你保持活跃和充满活力直到高龄。

16. A) The importance of sleep to a healthy life.
B) Reasons for Americans' decline in sleep.
C) Some tips to improve the quality of sleep.
D) Diseases associated with lack of sleep.

【题目】 What is the speaker mainly talking about?

【翻译】 说话者主要在谈论什么?

- A) 睡眠对健康生活的重要性。 B) 美国人睡眠减少的原因。
C) 一些改善睡眠质量的建议。 D) 与缺乏睡眠相关的疾病。

【答案】 A (主旨题) The importance of sleep to a healthy life.

【定位】 No matter how it happened, millions of Americans are putting their health, quality of life and even length of life in danger.

不管它是怎么发生的,数百万美国人正把自己的健康、生活质量、甚至寿命置于危险之中。

【信号】 首段收束句总领全篇。millions of Americans are putting their health, quality of life and even length of life in danger 是首段的收束句,把全篇基调定为「睡眠不足危及健康」;再加第二段 New evidence shows why getting enough sleep is a top priority 强调睡眠是头等大事——开头立题 + 后文反复证「睡眠对健康多重要」,主旨落在「睡眠对健康生活的重要性」。

【替换】 putting their health, quality of life and even length of life in danger ↔

The importance of sleep to a healthy life.

正话反说同指重要性

why getting enough sleep is a top priority ↔ The importance of sleep

top priority 等于 importance

【排除】 B) 偷换概念

首段虽抛出 Was it because of the growing attraction of the Internet, video games and endless TV channels? 问了下减少的原因，但紧接着就用 No matter how it happened (不管怎么发生的) 把原因撇开，全文重心根本不在「为什么减少」。盗用了开头那句疑问来骗你，实则以偏概全。

借用原文：Was it because of the growing attraction of the Internet, video games and endless TV channels?

C) 未提及

选项说「改善睡眠质量的技巧」，但录音通篇在讲缺觉的危害和睡好的益处，唯一沾边的只有结尾 say good night sooner (早点睡) 一句劝告，远谈不上一套 tips。属于录音基本没展开的内容，被常识「健康文章总会给点建议」脑补出来了。

D) 原词陷阱

录音确实列了 higher blood pressure, heart attack, diabetes, weight gain 等缺觉相关疾病，盗用这些扎眼的病名很诱人。但它们是用来论证「睡眠很重要」的证据，是手段不是落脚点；把论据当主旨，范围比真主旨窄。

借用原文：People who sleep less tend to have higher blood pressure, heart attack, diabetes, weight gain and other problems.

-
17. A) They are more health-conscious.
B) They are changing their living habits.
C) They get less and less sleep.
D) They know the dangers of lack of sleep.

【题目】 What do we learn from the talk about today's Americans?

【翻译】 从讲话中我们了解到关于当今美国人的什么情况？

- A) 他们更有健康意识。 B) 他们正在改变生活习惯。 C) 他们的睡眠越来越少。
D) 他们知道缺乏睡眠的危害。

【答案】 C (细节题) They get less and less sleep.

【定位】 Some 40% of Americans get less than seven hours of shut-eye on weeknights. For example, sleep duration has declined from some eight hours in the 1950s to seven in recent years.

约有 40% 的美国人在工作日的夜晚睡眠不足七小时。比如，睡眠时长已从 1950 年代的约八小时下降到近年的七小时。

【信号】 数字与下降趋势词。 答案句靠两处信号锁定：一是数字 Some 40% of Americans get less than seven hours，二是趋势动词 sleep duration has declined from some eight hours in the 1950s to seven——declined、less than 都在说美国人睡得越来越少，这正是题问的「美国人现状」。听力里数字句和「下降/上升」趋势句几乎必是考点，听到就该锁定。

【替换】 sleep duration has declined from some eight hours in the 1950s to seven in recent years ↔

They get less and less sleep.

具体降幅概括为越来越少

Some 40% of Americans get less than seven hours of shut-eye ↔ **get less and less sleep**

less than 印证睡得少

【排除】 A) **未提及**

选项说美国人「更有健康意识」，但录音通篇在说他们睡得少、把健康置于危险，根本没夸他们健康意识强。这是凭「现代人越来越注重健康」的常识脑补出来的，与录音事实正相反。

B) **未提及**

选项说美国人「正在改变生活习惯」，录音里美国人是被动地睡得越来越少，没有任何「他们在主动改习惯」的表述。属常识脑补，原文无据。

D) **原词陷阱**

录音确有 putting their health... in danger 和后文大量讲缺觉的危害，danger 这个词反复出现，让 They know the dangers of lack of sleep. 很诱人。但录音说的是「危害存在」，从没说「美国人知道这些危害」——盗用了 danger 原词，却把「危害本身」偷换成了「他们懂得危害」。

借用原文：millions of Americans are putting their health, quality of life and even length of life in danger

18. A) Their weight will go down.

B) Their mind function will deteriorate.

C) Their work efficiency will decrease.

D) Their blood pressure will rise.

【题目】 **What does the speaker say will happen to people who lack sleep?**

【翻译】 说话者说缺乏睡眠的人会发生什么？

A) 他们的体重会下降。 B) 他们的大脑功能会退化。 C) 他们的工作效率会降低。

D) 他们的血压会升高。

【答案】 **D** (细节题) Their blood pressure will rise.

【定位】 People who sleep less tend to have higher blood pressure, heart attack, diabetes, weight gain and other problems.

睡得少的人往往血压更高，并伴有心脏病、糖尿病、体重增加等问题。

【信号】 **睡得少的人会怎样的后果句。** People who sleep less tend to have higher blood pressure, heart attack, diabetes, weight gain 以「睡得少的人」开头、tend to have 引出后果清单，主语和题干 people who lack sleep 完全对应，是承载答案的后果句。前文 high blood pressure has become an increasing problem 也单独点了血压，进一步加重「血压升高」这条。

【替换】 higher blood pressure ↔ Their blood pressure will rise.

higher 等于 will rise

【排除】 A) 与原文相反

录音明明说缺觉者 weight gain (体重增加), 选项却说 Their weight will go down. (体重下降)。盗用了 weight 这个原词, 方向却整个反了——听到 weight 就选, 正中陷阱。

借用原文: weight gain

B) 张冠李戴

选项说「思维/脑功能会退化」, 录音的后果清单是血压、心脏病、糖尿病、体重, 并未提脑功能或思维能力。第三段虽说缺觉会 decrease immune function, 但那是免疫功能, 不是脑功能, 别把 function 一词张冠李戴。

借用原文: there are higher levels of stress hormones in their bodies, which can decrease immune function

C) 未提及

选项说「工作效率会下降」, 凭常识非常合理, 但录音的后果全是生理指标 (血压、疾病、体重), 从没说工作效率。属于常识脑补、原文无据。

Questions 19 to 21 are based on the passage you have just heard.

1 Parents and teachers will tell you not to worry when applying for a place at university, but in the same breath we'll remind you that it is the most important decision of your life.

家长和老师会告诉你在申请大学时不要担心,但同时又会提醒你这是你人生中最重要决定。

2 The first decision is your choice of course. It will depend on what you want to get out of university, what you are good at and what you enjoy. The next decision is where to apply. Aim high but within reason. Do you have the right combination of subjects and are your expected grades likely to meet entry requirements? The deadline is January 15th. But it is best to submit your application early because universities begin work as soon as forms start rolling in.

第一个决定是你的课程选择。这取决于你想从大学获得什么、你擅长什么以及你喜欢什么。下一个决定是申请哪里。目标要高但要合理。你是否具备正确的科目组合,你的预期成绩是否可能达到入学要求?截止日期是1月15日。但最好尽早提交申请,因为大学一旦开始收到表格就会立即开展工作。

3 The most important part of the application is the much feared personal statement. This is your chance to convey boundless enthusiasm for the subject. So economy of expression is foremost. Omit dull and ineffective generalities and make sure you give concrete examples.

申请中最重要的部分是令人畏惧的个人陈述。这是你传达对该学科无限热情的机会。因此简洁表达是首要的。省略枯燥无效的泛泛之谈,确保给出具体例子。

4 Admissions officers read every personal statement that arrives. It is not convincing if you say you have chosen the subject because you enjoy it. You have to get across what it is about a particular area that has inspired you. They will look for evidence that you have reflected and thought about the subject. 招生官会阅读每一份个人陈述。如果你说选择这个学科是因为你喜欢它,这并不令人信服。你必须表达出某个特定领域的哪些方面激发了你的灵感。他们会寻找证据证明你对该学科进行了反思和思考。

5 Applicants should be honest. There is no point saying you run marathons if you are going to be out of breath arriving at the interview on the second floor.

申请者应该诚实。如果你到达二楼面试时会气不接下气,那说自己跑马拉松就毫无意义。

19. A) How much you can afford to pay.
B) What course you are going to choose.
C) Which university you are going to apply to.
D) When you are going to submit your application.

【题目】 What is the first decision you should make in preparing to apply for a place at university?

【翻译】 在准备申请大学名额时, 你应该做的第一个决定是什么?

- A) 你能够负担多少费用。 B) 你将要选择什么课程。 C) 你将要申请哪所大学。
D) 你将要什么时候提交申请。

【答案】 B (细节题) What course you are going to choose.

【定位】 The first decision is your choice of course.

第一个决定是你选课程(专业)的选择。

【信号】 排序词 The first decision 直接点题。答案句靠排序信号锁定: The first decision is your choice of course. 里的 The first decision 与题干 first decision 严丝合缝, 是录音直接给出"第一步"的句子, 听到 first 就锁定其后接的内容。

【替换】 your choice of course ↔ What course you are going to choose.

名词短语改写成从句, 词根一致

【排除】 A) 未提及

选项 How much you can afford to pay. 谈"能付多少钱", 录音通篇讲选课程、选学校、写陈述, 从未把费用作为申请的某个决定步骤提出, 属无中生有。

C) 原词陷阱

选项 Which university you are going to apply to. 盗用了录音里 where to apply 这层意思, 但原文说它是 The next decision is where to apply.——是"下一步", 被偷换成了"第一步", 答非所问。

借用原文: The next decision is where to apply.

D) 答非所问

选项 When you are going to submit your application. 对应录音 The deadline is January 15th. 谈的"何时提交", 那是流程末端关于截止日期的提醒, 不是题目所问的"第一个决定", 属答非所问。

借用原文: The deadline is January 15th.

-
20. A) The list of courses studied.
B) The full record of scores.
C) The references from teachers.
D) The personal statement.

【题目】 What is the most important part of the application?

【翻译】 申请中最重要的部分是什么？

A) 所学课程列表。 B) 完整的成绩记录。 C) 教师的推荐信。 D) 个人陈述。

【答案】 D (细节题) The personal statement.

【定位】 The most important part of the application is the much feared personal statement.

申请中最重要的部分，就是那份令人极为畏惧的个人陈述。

【信号】 最高级 The most important part 锁定。答案句靠最高级信号锁定：The most important part of the application is the much feared personal statement. 与题干 most important part 完全对应，最高级后面接的 personal statement 即答案，无需综合全篇。

【替换】 the much feared personal statement ↔ The personal statement.

去掉修饰，核心名词原样保留

【排除】 A) 原词陷阱

选项 The list of courses studied. 借用了首段反复出现的 course 一词制造熟悉感，但录音从未把“学过的课程清单”列为申请材料，更没说它最重要，属未提及。

借用原文：your choice of course

B) 未提及

选项 The full record of scores. 谈成绩单，听起来很合常理，但录音里并无“成绩”是申请材料、更非“最重要”的说法，属未提及。

C) 未提及

选项 The references from teachers. 谈教师推荐信，是常见申请材料，但录音通篇未提及“推荐信”，更未称其最重要，属未提及。

-
21. A) Specify what they would like to do after graduation.
B) Describe in detail how much they would enjoy studying.
C) Indicate they have reflected and thought about the subject.
D) Emphasize that they admire the professors in the university.

【题目】 What must applicants do in their personal statements?

【翻译】 申请者在个人陈述中必须做什么？

A) 明确说明他们毕业后想做什么。 B) 详细描述他们会多么享受学习。

C) 表明他们已经对该学科进行了反思和思考。 D) 强调他们钦佩该大学的教授。

【答案】 C (细节题) Indicate they have reflected and thought about the subject.

【定位】 They will look for evidence that you have reflected and thought about the subject.

他们(招生官)会寻找证据,看你是否对这门学科有过反思和思考。

【信号】 招生官"寻找"的内容即"必须做到"。答案句靠"要求信号"锁定: They will look for evidence that you have reflected and thought about the subject. 中 look for evidence 表明这是招生官要找的东西,即申请者必须在陈述里做到的,正面回答了题目。

【替换】 you have reflected and thought about the subject ↔

Indicate they have reflected and thought about the subject.

近乎照搬,仅人称与动词"显示"补足

They will look for evidence ↔ Indicate

"招生官找证据"="申请者要显示出来"

【排除】 A) 未提及

选项 Specify what they would like to do after graduation. 谈"毕业后想做什么",录音里关于个人陈述只字未提毕业去向的要求,属未提及。

B) 与原文相反

选项 Describe in detail how much they would enjoy studying. 盗用了录音里的 enjoy 一词,但原文明说 It is not convincing if you say you have chosen the subject because you enjoy it.——只写"喜欢/享受"恰恰是不行的,选项把录音否定的做法当成了要求,与原文相反。

借用原文: It is not convincing if you say you have chosen the subject because you enjoy it.

D) 未提及

选项 Emphasize that they admire the professors in the university. 谈"仰慕教授",录音通篇未出现 professors,也未要求陈述里写对教授的钦佩,属未提及。

Questions 22 to 25 are based on the passage you have just heard.

1 It is usually agreed that a German, Carl Benz, built the first motor car in 1885. It was actually a tricycle with a petrol motor at the rear. Soon, members of the Royal family and other wealthy people took up motoring as a sport. Many of the early cars had two seats. There were no petrol pumps and few garages, so every driver had to be his own engineer for the frequent breakdowns.

人们通常认为德国人Carl Benz于1885年制造了第一辆汽车。它实际上是一辆后部装有汽油发动机的三轮车。很快,王室成员和其他富人将驾车作为一项运动。许多早期汽车有两个座位。当时没有加油站,车库也很少,因此每个司机都必须成为自己的工程师来应对频繁的故障。

2 By 1905, cars began to look like cars of today, with headlamps, windscreen, rubber tyres and number plates. Henry Ford's Model T introduced in America in 1909 was cheaper because it was made on the

assembly line. It brought cars closer towards the reach of ordinary people. With the popularity of the car, registration became a must in 1903 with the Motor Car Act. Competency tests were introduced in 1935.

到1905年,汽车开始看起来像今天的汽车,配有前照灯、挡风玻璃、橡胶轮胎和车牌。Henry Ford的Model T于1909年在美国推出,因为采用装配线生产而更便宜。它使汽车更接近普通人的购买能力。随着汽车的普及,1903年《汽车法》规定登记成为必须。1935年引入了驾驶能力测试。

3 Today, the legal driving age for a car in the UK is 17. You are not allowed to drive a car unsupervised until you have passed a driving test. In 1958, Britain celebrated the opening of its first motorway—the Preston Bypass. Until then, no one really understood what a motorway was, not even the laborers who were building it. The bypass hailed a new era in motor travel and was greeted with excitement and optimism. Service stations came with the motorway and the legend of the transport cafe was born. Of course, the service station has diversified greatly. But whether it's an English-cooked breakfast or a coffee and a sandwich, one thing has remained the same: the prices.

如今,英国的法定汽车驾驶年龄是17岁。在通过驾驶考试之前,不允许无人监督驾驶汽车。1958年,英国庆祝其第一条高速公路Preston Bypass的开通。在那之前,没有人真正理解什么是高速公路,甚至建造它的工人也不理解。这条旁道开启了汽车旅行的新时代,受到了兴奋和乐观的欢迎。服务站随高速公路而来,运输咖啡馆的传奇由此诞生。当然,服务站已经大大多样化了。但无论是英式熟食早餐还是咖啡加三明治,有一件事始终没变:价格。

22. A) It was equipped with rubber tyres.

B) It was built in the late 19th century.

C) It was purchased by the Royal family.

D) It was designed by an English engineer.

【题目】 What does the speaker say about the first motor car?

【翻译】 说话者关于第一辆汽车说了什么?

- A) 它装配了橡胶轮胎。 B) 它建造于19世纪晚期。 C) 它被皇室家族购买。
D) 它由一位英国工程师设计。

【答案】 B (细节题) It was built in the late 19th century.

【定位】 It is usually agreed that a German, Carl Benz, built the first motor car in 1885.

人们普遍认为,是一位德国人卡尔·本茨在1885年造出了第一辆机动车。

【信号】 开篇点题句给出年份。篇章第一句就交代了第一辆车的人和时间 built the first motor car in 1885, 开头点题句直接给出年份,这是细节题最好抓的定位信号——听到1885立刻把它和选项里的年代对上。

【替换】 built the first motor car in 1885 ↔ It was built in the late 19th century.

1885 = 19世纪后期

【排除】 A) 张冠李戴

It was equipped with rubber tyres. 盗用了录音 rubber tyres 这个原词，但那是第二段讲 1905 年的车才有的特征，被安到了第一辆车头上，时间和对象都对不上。

借用原文：rubber tyres

C) 原词陷阱

It was purchased by the Royal family. 盗用了 the Royal family 原词，但录音说的是皇室成员把开车当成一种运动 took up motoring as a sport，并没说他们买下了第一辆车，属答非所问。

借用原文：took up motoring as a sport

D) 与原文相反

It was designed by an English engineer. 与录音相反：原文明说造车人是德国人 a German, Carl Benz, 选项却换成 English，国籍被偷偷改掉。

借用原文：a German, Carl Benz

-
23. A) They consumed lots of petrol.
B) They took two passengers only.
C) They were difficult to drive.
D) They often broke down.

【题目】 What was the problem with the early cars in Britain?

【翻译】 英国早期汽车存在什么问题？

- A) 它们消耗大量汽油。 B) 它们只能搭载两名乘客。 C) 它们很难驾驶。
D) 它们经常发生故障。

【答案】 D (细节题) They often broke down.

【定位】 There were no petrol pumps and few garages, so every driver had to be his own engineer for the frequent breakdowns.

当时没有加油站、车库也很少，所以每个司机都得自己当工程师，应付频繁的故障。

【信号】 so 引出后果，落点在 breakdowns。 录音用 so 把缺乏配套设施引向后果——司机得自己修"frequent breakdowns", so every driver had to be his own engineer for the frequent breakdowns 中 so 之后才是真正交代"问题"的落点，听到 so + 麻烦后果就锁定。

【替换】 the frequent breakdowns ↔ **They often broke down.**

frequent breakdowns = often broke down

【排除】 A) 未提及

They consumed lots of petrol. 借用了与油相关的话题（录音里有 petrol pumps），但全篇没说早期车“费油”，是无中生有。

B) 答非所问

They took two passengers only. 沾了录音 Many of the early cars had two seats 的边，但原文把“两个座”当作客观描述、不是当作“问题”在讲，且题目问的是毛病，座位数不是毛病。

借用原文：Many of the early cars had two seats

C) 未提及

They were difficult to drive. 听上去也像早期车的合理缺点，但录音通篇没提开车难不难，纯属推测，无原文支撑。

24. A) They were produced on the assembly line.

B) They were built with less costly materials.

C) They were modeled after British cars.

D) They were made for ordinary use.

【题目】 Why did Henry Ford's Model T cars cost less?

【翻译】 为什么Henry Ford的Model T汽车成本更低？

- A) 它们在装配线上生产。 B) 它们用更便宜的材料建造。 C) 它们以英国汽车为原型。
D) 它们为日常使用而制造。

【答案】 A（细节题） They were produced on the assembly line.

【定位】 Henry Ford's Model T introduced in America in 1909 was cheaper because it was made on the assembly line.

亨利·福特 1909 年在美国推出的 T 型车更便宜，因为它是在流水线上生产的。

【信号】 because 直接引出原因。 录音 was cheaper because it was made on the assembly line 用 because 明摆着交代便宜的原因，因果词 because 之后就是答案句的核心——听到 cheaper...because... 立刻锁定其后内容。

【替换】 it was made on the assembly line ↔ **They were produced on the assembly line.**

made = produced 同义替换

【排除】 B) 偷换概念

They were built with less costly materials. 抓住了"便宜"这个结果，却把原因偷换成"用了更便宜的材料"；录音说的原因是流水线生产，不是材料，归因被换。

C) 未提及

They were modeled after British cars. 利用了全篇涉及英国 (Britain) 的背景气氛，但录音从没说 T 型车是仿英国车造的，纯属虚构。

D) 答非所问

They were made for ordinary use. 沾了录音 closer towards the reach of ordinary people 的边，但那是便宜带来的结果（普通人买得起），不是便宜的原因，题目问 Why，答非所问。

借用原文：closer towards the reach of ordinary people

25. A) It made news all over the world.

B) It was built for the Royal family.

C) It marked a new era in motor travel.

D) It attracted large numbers of motorists.

【题目】 What do we learn about the Preston Bypass?

【翻译】 关于Preston Bypass我们了解到什么？

- A) 它在全世界成为新闻。 B) 它为皇室家族建造。 C) 它标志着汽车旅行的新时代。
D) 它吸引了大量驾车者。

【答案】 C (细节题) It marked a new era in motor travel.

【定位】 The bypass hailed a new era in motor travel and was greeted with excitement and optimism.
这条绕行公路开启了汽车出行的新时代，人们以兴奋和乐观的心情迎接它。

【信号】 hailed 定性句给出拔高评价。 录音用带分量的动词 hailed 对它定性 hailed a new era in motor travel，这种拔高式的"开启新时代"评价就是答案信号——听到 hailed / marked + a new era 立刻锁定。

【替换】 hailed a new era in motor travel ↔ **It marked a new era in motor travel.**

hailed = marked 同义替换

【排除】A) 过度推断

It made news all over the world. 把录音里 was greeted with excitement and optimism (人们兴奋乐观地迎接) 夸大成"全世界都成了新闻", 原文只说迎接热烈, 没说全球轰动, 范围被放大。

借用原文: was greeted with excitement and optimism

B) 张冠李戴

It was built for the Royal family. 盗用了第一段 the Royal family 原词, 但那是讲早期开车的人群, 和这条 1958 年的绕行公路毫无关系, 把别处的词安到本题对象上。

借用原文: the Royal family

D) 未提及

It attracted large numbers of motorists. 听着像高速公路该有的效果, 但录音只说它被兴奋乐观地迎接, 没说吸引了大批驾车者, 属脑补。

SENTENCE INSIGHTS • 句子精讲

35 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。

However, he points out that many countries have not done so.

第1段, 第5句

"主句 + that 引导宾语从句" 是四六级和考研阅读中极为常见的句式, 尤其是在转述观点、陈述事实的语境中高频出现, 掌握此结构可大量复用到类似句型的分析中。

And based on past experiences, it takes four to five years after economic recovery for unemployment to return to pre-crisis levels.

第1段, 第6句

"it takes 时间 for sb/sth to do" 是四六级和考研阅读中的高频句型, 用于表达完成某事所需时间。句首过去分词短语作状语也是常见结构。本句结构在真题中具有很强的代表性, 掌握后可直接迁移到大量类似句子的理解和分析中。

And of course, if it has an impact on obesity, it will have an impact on diabetes and heart disease and high blood pressure.

第2段，第3句

"if 条件从句 + 主句" 是四六级和考研常考的条件逻辑句型,且并列结构 "diabetes and heart disease and high blood pressure" 也是典型表达,学习后可迁移到大量类似句子

A commentary in the Shanghai Daily points out that innovation doesn't mean piles of documents.

第1段，第2句

主句 + that 引导的宾语从句是四六级和考研阅读中的高频句式,points out、mean 等动词后接宾语从句的结构在学术和新闻语体中反复出现,学会此句式可迁移到大量类似场景

The article cites the global giant Procter & Gamble as an example, saying a real innovative company should develop an innovation culture and use it as a primary tool for success.

第2段，第1句

主句引用加宾语从句阐述观点的结构，在四六级和考研阅读中高频出现，saying引出从句的分词用法也是常见句式。从句内部的情态动词should表达建议，以及use A as B的搭配，都是典型的学术和说明文表达方式，掌握后迁移价值高。

In conclusion, the article says innovative ideas alone do not ensure success.

第2段，第5句

主句加宾语从句（且引导词 "that" 省略）是四六级和考研阅读中非常常见的句式，尤其在引述观点、报道内容时频繁出现。掌握这种结构后，学生可以轻松迁移到大量类似句子（如 "sb thinks / believes / finds / reports + 从句"）。本句结构具有较高的代表性和复用价值。

It's pointless unless there is a repeatable process in place to turn inspiration into financial performance.

第2段，第6句

"unless" 引导的条件状语从句以及形式主语 "It" 搭配形容词表语的结构，都是四六级和考研阅读中的常见句式。掌握这种结构后可在大量句子中复用，具有较高的典型性。

It is the creation of something new.

第6题，B

主系表结构是基础句型,在各类考试中常见,但本句过于简短且无任何复杂修饰或变式,作为典型例句的代表性一般。

What does the company Procter&Gamble owe its success to?

第7题 题干

特殊疑问句的倒装结构（疑问词提前、助动词倒装、介词滞后）是四六级与考研英语阅读、翻译中的常见句式，掌握后可迁移到大量类似疑问句的理解与还原，典型性较高。

When I first got my cell phone, I thought it was so cool to text message all my friends who have one, and I was pretty fast with my thumb then.

第9段，第2句

这种“时间背景 + 认知动词 + 后接内容 + 并列补充状态”的写法很常见，后面再嵌一个修饰名词的关系结构也很典型。掌握这类识别路径，迁移到阅读中的长句很有帮助。

He's got addicted to technology.

第8题，A

"get + 形容词/过去分词" 的系表结构在日常英语和考试中都较为常见，现在完成时也是高频考点。这个句式具有一定的代表性，学生掌握后可以迁移到类似结构（如 get tired、get excited 等）。但句子过于简短，缺乏修饰成分，不如更复杂的典型句式那样全面。

He is not very good at socializing

第8题，B

主系表结构是英语基础句型之一，描述性质状态的表达在考试中常见，但本句过于简单，不涉及复杂修饰或从句，作为考试真题句式的代表性一般。

But that afternoon, even though I'd finished my assigned work, I was told to help other colleagues finish their work, too.

第6段，第2句

"be told to do" 被动结构 加 让步状语从句的组合是四六级和考研真题中的常见句式。让步从句插入主句中间、造成主干分隔的现象也是高频考点。过去完成时与一般过去时搭配使用以表达时间先后，同样是标准的叙事写作和阅读理解题材。掌握本句可迁移到大量类似结构的句子

M: Hmm, I'd be a bit worried about his reaction.

第14段，第1句

主系表结构搭配情态动词是四六级和考研中常见的句式，"be worried about" 也是高频搭配，具备一定的代表性和复用价值。但本句过于简短，缺少从句或复杂修饰成分，作为典型例句的全面性不足。

But anyway I'll send him an email to request a meeting, and I'll see what happens from there.

第14段，第2句

句子覆盖了双宾语结构 ("send him an email")、不定式作目的状语 ("to request a meeting")、宾语从句 ("what happens from there")，以及 "what" 在从句中充当主语的用法，成分种类较为丰富，适合练习识别复杂宾语结构和从句成分。

Thanks for your advice.

第14段，第3句

本句为日常口语化简单句，虽在实际交流中高频出现，但作为考试句式代表性较弱。四六级和考研真题更侧重包含从句、复杂修饰或多重成分的句式，本句结构过于基础，迁移价值不高。

He is often singled out for criticism by his boss

第12题，D

被动语态的一般现在时是四六级和考研阅读中的高频句式，"be + 过去分词 + by 施动者" 的结构极具代表性；"single out for" 这类短语动词的被动用法也是常考搭配；掌握本句的分析方法可直接迁移到大量类似真题句，典型性强。

The massive decline in sleep happened so slowly and quietly that few seemed to notice the trend.

第1段，第1句

"so ... that" 引导结果状语从句是四六级和考研英语阅读中的高频句式，主句包含较长主语和多重修饰成分的模式也非常典型。掌握本句的分析方法可以迁移到大量类似结构的句子中，具有较强的代表性。

Was it because of the growing attraction of the Internet, video games and endless TV channels?

第1段，第2句

一般疑问句中的主系表结构非常常见，"because of ..."作原因性表语也有较强迁移价值。虽然不是长难句，但这种问因方式在阅读和写作中都比较典型。

No matter how it happened, millions of Americans are putting their health, quality of life and even length of life in danger.

第1段，第4句

让步状语从句"No matter how..."引导主句的结构在四六级和考研英语阅读中较为常见，属于典型的状语从句前置句式。主句的"主语+进行时谓语+并列宾语+介词短语状语"结构也是常规搭配。虽不是最高频句式，但具有一定代表性，掌握后可迁移到类似的让步状语从句和并列结构场景。

"The link between sleep and health, and bad sleep and disease is becoming clearer and clearer," says Lawrence Epstein, a sleep expert at Harvard University.

第2段，第3句

直接引语加引述动词的句式在新闻报道、学术引用中高频出现，是四六级和考研英语阅读的典型结构；宾语从句内部的并列定语、系表结构、比较级叠用也是常考句式；掌握引述句式的倒装、从句作宾语、并列修饰的处理方法可大量迁移到类似真题句

For example, sleep duration has declined from some eight hours in the 1950s to seven in recent years.

第2段，第4句

简单句 + 现在完成时 + 起点终点状语的组合在四六级和考研真题中较为常见，尤其是描述趋势变化的语境；掌握后可迁移到类似的事实陈述句型，具有一定代表性。

"When people are sleep-deprived, there are higher levels of stress hormones in their bodies, which can decrease immune function," says Doctor Felice of Northwestern University in Chicago.

第3段，第2句

覆盖多种成分类型：倒装主谓、there be 存在句主语、宾语从句、时间状语从句、非限制性定语从句、系表结构、情态动词谓语句、关系代词作主语。易错点包括倒装结构中主宾语定位、there be 主语识别、定语从句先行词回溯、系动词语态判定。成分丰富且含实用易错点，训练价值较高。

What is the speaker mainly talking about?

第16题 题干

特殊疑问句在听力和阅读理解中非常常见,尤其是以 What 开头询问主题或内容的句式,具有较高的实用性和代表性,但句子本身结构过于简单,缺少从句或复杂修饰成分,作为典型句式的示范性中等偏上。

They get less and less sleep.

第17题，C

成分简单明了（主谓宾），宾语部分 "less and less sleep" 包含比较级叠用的修饰结构，有一定的短语识别价值，但整体成分种类单一，无复杂搭配或易错点。

It will depend on what you want to get out of university, what you are good at and what you enjoy.

第2段，第2句

覆盖主谓宾、主系表、形式主语、并列宾语从句、地点状语等多种成分。特别是三个what从句中，what的双重身份（引导词兼宾语）值得练习，能帮助学生理解疑问词在从句中的成分归属。成分种类丰富且有实用价值。

But it is best to submit your application early because universities begin work as soon as forms start rolling in.

第2段，第7句

"It is + 形容词 + to do" 句型和 "because" 原因从句是四六级、考研常考结构。嵌套 "as soon as" 时间从句的组合也较典型。掌握后可大量迁移到类似复合句，代表性较强

You have to get across what it is about a particular area that has inspired you.

第4段，第3句

本句覆盖主谓宾结构、情态结构、系表结构、宾语从句、定语从句、形式主语等多种成分和结构，且宾语从句作为整体充当宾语、定语从句修饰从句内部名词，展示了从句的多层嵌套和成分归属，适合练习从句识别和成分划分，是较有价值的练习句。

There is no point saying you run marathons if you are going to be out of breath arriving at the interview on the second floor.

第5段，第2句

本句结构在四六级和考研真题中较为典型：there be 句型 + 条件状语从句的组合常见，宾语从句省略 that 也是高频考点，分词短语作状语是常考结构。整体句式代表性强，掌握后可以迁移到大量类似句子的理解和分析中。

What is the first decision you should make in preparing to apply for a place at university?

第19题 题干

特殊疑问句 + 定语从句修饰主语是四六级和考研阅读中的高频句式，本句结构清晰、长度适中，具有很强的代表性和迁移价值。

Describe in detail how much they would enjoy studying.

第21题，B

祈使句加宾语从句的结构在四六级和考研阅读理解、写作中较为常见，尤其是带疑问词引导的名词性从句（宾语从句、主语从句等）是高频考点。掌握本句结构后可迁移到多种类似句式。

Soon, members of the Royal family and other wealthy people took up motoring as a sport.

第1段，第3句

主谓宾加状语的简单句结构在四六级和考研阅读中高频出现。并列名词短语作主语、短语动词作谓语、动名词作宾语都是常考点。整体句式具备较强的代表性和复用价值，掌握后可迁移到大量类似句子。

You are not allowed to drive a car unsupervised until you have passed a driving test.

第3段，第2句

包含被动语态 'be allowed to' 和时间状语从句 'until',都是考试中的高频结构。句式简洁典型,学习后可迁移到大量类似场景,代表了基础阶段需要掌握的标准句式。

It was equipped with rubber tyres.

第22题，A

"主语 + be 动词 + 过去分词 + 介词短语" 是被动语态的典型句式，在四六级和考研真题中常见，具有一定代表性和迁移价值。

They often broke down.

第23题，D

简单句结构在考试中常见，但本句过于简单，不包含考试常考的复杂结构（从句、非谓语、倒装等），作为典型考点句的代表性不足。

HIGH-FREQUENCY • 真题高频词

本卷出现的 205 个英语四级真题高频词

下列单词既在本卷录音原文中出现，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）。每个词标注本卷 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。

innovation

B2

n. 创新;革新(指行为或过程)

本卷10次·真题 50 句

would

A1

aux. (will 的过去式) 将要，会

本卷7次·真题 466 句

less

A1

det. 较少的

本卷7次·真题 224 句

actually

A2

adv. 实际上，事实上（用于纠正或补充信息）

本卷6次·真题 148 句

motor B1

n. 发动机

本卷6次·真题 11 句

organization B1

n. 组织

本卷5次·真题 76 句

pressure B1

n. 心理压力

本卷5次·真题 63 句

apply A2

v. 申请

本卷5次·真题 58 句

calorie B1

n. 卡路里, 热量单位

本卷5次·真题 57 句

yeah A1

intj. 是的

本卷5次·真题 25 句

tend B1

v. 倾向于, 往往会

本卷4次·真题 137 句

million A2

num. 一百万

本卷4次·真题 119 句

lack B1

v. 缺少

本卷4次·真题 115 句

global B2

adj. 全球的

本卷4次·真题 81 句

department A2

n. 部门

本卷4次·真题 66 句

colleague B1

n. 同事

本卷4次·真题 48 句

application B1

n. 申请

本卷4次·真题 30 句

cell B1

n. 细胞

本卷4次·真题 23 句

chain B1

n. 链条

本卷4次·真题 23 句

impact B2

n. 影响

本卷3次·真题 98 句

decline B2

v. 下降

本卷3次·真题 73 句

measure B1

v. 测量

本卷3次·真题 68 句

function B1

n. 功能

本卷3次·真题 46 句

crisis B2

n. 危机

本卷3次·真题 32 句

statement B1

n. 声明

本卷3次·真题 15 句

royal B1

adj. 王室的

本卷3次·真题 14 句

bond B2

n. 纽带

本卷3次·真题 12 句

employee A2

n. 雇员, 员工

本卷2次·真题 194 句

accord C1

n. (国家、团体间的) 协议

本卷2次·真题 174 句

better A1

adj. 更好的 (good 的比较级)

本卷2次·真题 139 句

product A2

n. 产品

本卷2次·真题 128 句

customer A2

n. 顾客, 客户

本卷2次·真题 124 句

process B1

n. 过程

本卷2次·真题 108 句

quality A2

n. 质量

本卷2次·真题 100 句

base A2

n. 基础

本卷2次·真题 95 句

current B1

adj. 现在的

本卷2次·真题 64 句

economic B2

adj. 经济的

本卷2次·真题 62 句

obesity B2

n. 肥胖 (症)

本卷2次·真题 57 句

reward B1

n. 报酬

本卷2次·真题 56 句

evidence B1

n. 证据

本卷2次·真题 52 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本卷2次·真题 50 句

email A2

n. 电子邮件

本卷2次·真题 50 句

mainly B1

adv. 主要地

本卷2次·真题 45 句

trend B1

n. 趋势

本卷2次·真题 44 句

facility B2

n. 设施

本卷2次·真题 43 句

importance B1

n. 重要性

本卷2次·真题 40 句

purchase B1

v. 购买

本卷2次·真题 39 句

reflect B1

v. 反映, 显示

本卷2次·真题 39 句

particular B2

adj. 特定的

本卷2次·真题 37 句

protection B1

n. 保护

本卷2次·真题 32 句

driving A2

n. 驾驶

本卷2次·真题 29 句

decrease B1

v. 减少, 降低

本卷2次·真题 28 句

diabetes

B2

n. 糖尿病

本卷2次·真题 26 句

innovative

B2

adj. 创新的

本卷2次·真题 26 句

request

B1

n. 请求

本卷2次·真题 26 句

vulnerable

C1

adj. 易受伤害的

本卷2次·真题 23 句

applicant

B2

n. 申请人

本卷2次·真题 22 句

ordinary

B1

adj. 普通的

本卷2次·真题 21 句

employment

B1

n. 工作

本卷2次·真题 16 句

era

B2

n. 时代

本卷2次·真题 16 句

submit

B2

v. 提交 (文件、申请等)

本卷2次·真题 15 句

complaint

B1

n. 抱怨

本卷2次·真题 11 句

objective

B2

n. 目标

本卷2次·真题 11 句

unemployment

B2

n. 失业 (状态)

本卷2次·真题 11 句

convenient

B1

adj. 方便的

本卷2次·真题 10 句

integrate

C1

v. 使融入

本卷2次·真题 9 句

recovery

B2

n. 恢复

本卷2次·真题 9 句

inability

B2

n. 无能力;不能

本卷2次·真题 8 句

likely A2

adj. 很可能的

本卷1次·真题 224 句

effect A2

n. 影响

本卷1次·真题 156 句

design B1

n. 设计

本卷1次·真题 132 句

support A2

v. 支持

本卷1次·真题 118 句

risk A2

n. 风险

本卷1次·真题 108 句

professor B1

n. 教授 (大学教师的最高职称)

本卷1次·真题 105 句

stress B1

n. 压力

本卷1次·真题 102 句

financial B2

adj. 财政的

本卷1次·真题 101 句

expert B1

n. 专家

本卷1次·真题 89 句

opportunity B1

n. 机会

本卷1次·真题 89 句

challenge B1

n. 挑战

本卷1次·真题 80 句

rate A2

n. 速度

本卷1次·真题 78 句

sign A1

n. 标志

本卷1次·真题 78 句

material B1

n. 材料

本卷1次·真题 69 句

performance B1

n. 表演

本卷1次·真题 66 句

gain B1

v. 获得;赢得

本卷1次·真题 64 句

positive B1

adj. 积极的

本卷1次·真题 62 句

economy B1

n. 经济

本卷1次·真题 58 句

solve A2

v. 解决 (问题、困难)

本卷1次·真题 58 句

attack A2

v. 攻击

本卷1次·真题 55 句

internet A2

n. 互联网

本卷1次·真题 55 句

responsibility B1

n. 责任

本卷1次·真题 55 句

ensure B2

v. 确保

本卷1次·真题 54 句

strategy B2

n. 策略

本卷1次·真题 53 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本卷1次·真题 52 句

link A2

n. 联系

本卷1次·真题 52 句

protein B1

n. 蛋白质

本卷1次·真题 51 句

demand B1

v. 坚决要求

本卷1次·真题 50 句

realize B1

v. 意识到, 认识到

本卷1次·真题 50 句

per B1

prep. 每

本卷1次·真题 49 句

extra A2

adj. 额外的

本卷1次·真题 48 句

associate B2

v. 联系

本卷1次·真题 45 句

detail B1

n. 细节

本卷1次·真题 45 句

attend A2

v. 出席, 参加 (会议、活动等)

本卷1次·真题 43 句

spot A2

n. 地点

本卷1次·真题 42 句

attract B1

v. 吸引 (注意力、兴趣)

本卷1次·真题 41 句

failure B1

n. 失败

本卷1次·真题 41 句

further B1

adv. 更远地

本卷1次·真题 41 句

range B1

n. 范围

本卷1次·真题 41 句

fund B2

n. 资金

本卷1次·真题 40 句

writing A2

n. 写作

本卷1次·真题 40 句

aim B1

v. 瞄准

本卷1次·真题 38 句

quickly A2

adv. 快速地

本卷1次·真题 38 句

ban B2

v. 禁止

本卷1次·真题 37 句

indicate B2

v. 表明

本卷1次·真题 35 句

interact B2

v. 相互作用

本卷1次·真题 35 句

assume B2

v. 假定

本卷1次·真题 34 句

recognize B1

v. 认出

本卷1次·真题 34 句

outcome B2

n. 结果

本卷1次·真题 31 句

release B1

v. 释放

本卷1次·真题 31 句

essential B1

adj. 必不可少的

本卷1次·真题 30 句

stage A2

n. 阶段

本卷1次·真题 30 句

agency B2

n. 代理机构

本卷1次·真题 29 句

assignment B1

n. (学校的) 作业、任务

本卷1次·真题 29 句

campaign B2

n. 运动

本卷1次·真题 29 句

chief B1

n. 首领

本卷1次·真题 29 句

artificial B2

adj. 人造的

本卷1次·真题 28 句

increasing B1

adj. 越来越多的

本卷1次·真题 26 句

content B1

n. 内容

本卷1次·真题 25 句

senior B1

adj. 级别高的

本卷1次·真题 25 句

tip A2

n. 小费

本卷1次·真题 25 句

warning A2

n. 警告

本卷1次·真题 25 句

target B1

n. 目标, 靶子

本卷1次·真题 24 句

update B1

v. 更新

本卷1次·真题 24 句

legal B1

adj. 法律的

本卷1次·真题 23 句

massive B2

adj. 巨大的, 大量的

本卷1次·真题 23 句

priority B2

n. 优先事项

本卷1次·真题 23 句

criticism B2

n. 批评

本卷1次·真题 22 句

directly B1

adv. 直接地

本卷1次·真题 22 句

flexible B2

adj. 灵活的

本卷1次·真题 22 句

location B1

n. 地点, 位置

本卷1次·真题 22 句

typically B1

adv. 通常, 一般

本卷1次·真题 22 句

salary B1

n. 薪水, 工资 (通常指按月发放的固定报酬)

本卷1次·真题 21 句

assign B1

v. 分配 (任务、工作)

本卷1次·真题 20 句

document B1

n. 文件

本卷1次·真题 20 句

efficiency B2

n. 效率

本卷1次·真题 20 句

greatly B1

adv. 非常

本卷1次·真题 20 句

inspire B2

v. 激励

本卷1次·真题 20 句

investment B1

n. 投资

本卷1次·真题 20 句

portion B1

n. 部分

本卷1次·真题 20 句

pose B2

v. 摆姿势 (供拍照或绘画)

本卷1次·真题 20 句

propose B1

v. 提议

本卷1次·真题 20 句

transport B1

v. 运输, 运送

本卷1次·真题 20 句

generate B2

v. 产生, 引起 (结果、反应等)

本卷1次·真题 19 句

novel B1

n. 小说

本卷1次·真题 19 句

penalty B1

n. 处罚

本卷1次·真题 19 句

vital B2

adj. 极其重要的, 必不可少的

本卷1次·真题 19 句

corporate B2

adj. 公司的

本卷1次·真题 18 句

graduation B1

n. 毕业

本卷1次·真题 18 句

popularity B2

n. 受欢迎

本卷1次·真题 18 句

promotion B2

n. 晋升, 升职

本卷1次·真题 18 句

remind A2

v. 提醒

本卷1次·真题 18 句

requirement B2

n. 要求

本卷1次·真题 18 句

worried A2

adj. 担心的

本卷1次·真题 18 句

immune B2

adj. 有免疫力的

本卷1次·真题 17 句

frequent B1

adj. 频繁的

本卷1次·真题 16 句

immediate B2

adj. 立即的, 即刻的

本卷1次·真题 16句

latest B1

adj. 最新的

本卷1次·真题 16句

pump B1

n. 泵

本卷1次·真题 16句

attraction B1

n. 吸引力

本卷1次·真题 15句

combination B1

n. 结合

本卷1次·真题 15句

emphasize B2

v. 强调

本卷1次·真题 15句

socialize B2

v. 社交

本卷1次·真题 15句

thanks A1

intj. 谢谢

本卷1次·真题 15句

deserve B1

v. 应得

本卷1次·真题 14句

implement B2

v. 实施

本卷1次·真题 14句

inspiration B2

n. 灵感

本卷1次·真题 14句

rank B2

n. 等级

本卷1次·真题 14句

specifically B2

adv. 明确地

本卷1次·真题 14句

unemployed B1

adj. 失业的

本卷1次·真题 14句

urgent B2

adj. 紧急的, 急迫的

本卷1次·真题 14句

costly B2

adj. 昂贵的, 代价高的

本卷1次·真题 13句

expression B1

n. 表达

本卷1次·真题 13 句

slowly A1

adv. 缓慢地

本卷1次·真题 13 句

surely B1

adv. 肯定地

本卷1次·真题 13 句

cite B2

v. 引用, 引证

本卷1次·真题 12 句

concrete B2

n. 混凝土

本卷1次·真题 12 句

convey B2

v. 传达、表达 (信息、思想、感情等)

本卷1次·真题 12 句

creation B2

n. 创造

本卷1次·真题 12 句

giant B1

adj. 巨大的

本卷1次·真题 11 句

interpret B2

v. 解释

本卷1次·真题 11 句

opening B1

n. 开口; 洞; 缺口

本卷1次·真题 11 句

reaction B1

n. 反应

本卷1次·真题 11 句

wealthy B2

adj. 富有的

本卷1次·真题 11 句

endless B2

adj. 无尽的

本卷1次·真题 10 句

inform B1

v. 告知, 通知 (正式地告诉某人某事)

本卷1次·真题 10 句

length A2

n. 长度

本卷1次·真题 10 句

practical B1

adj. 实际的

本卷1次·真题 10 句

cafe A2

n. 咖啡馆

本卷1次·真题9句

dull B1

adj. 无聊的

本卷1次·真题9句

equip B1

v. 装备

本卷1次·真题9句

hormone B2

n. 激素, 荷尔蒙

本卷1次·真题9句

pile B1

n. 堆

本卷1次·真题9句

cooperate B2

v. 合作

本卷1次·真题8句

deteriorate C1

v. 恶化, 变坏

本卷1次·真题8句

hmm A2

intj. 嗯 (表示思考、犹豫或轻微怀疑)

本卷1次·真题8句

informal B1

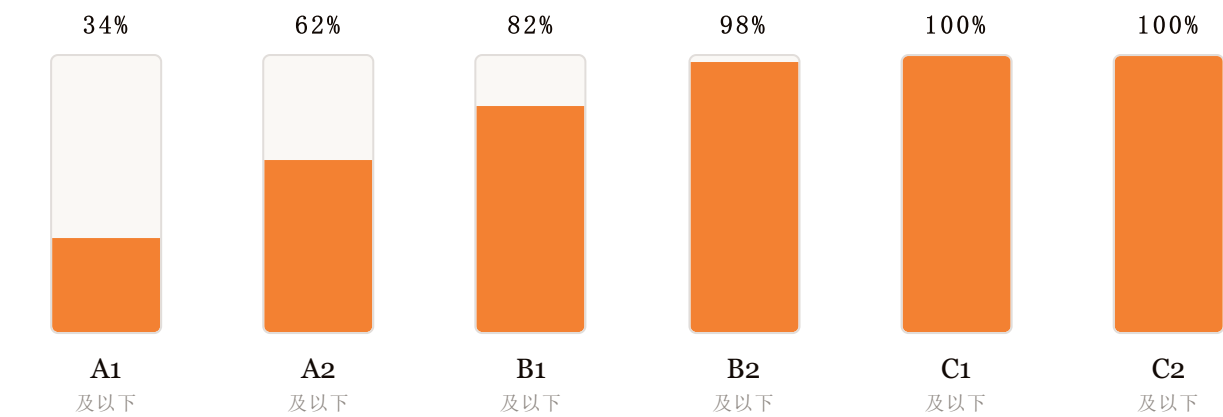
adj. 非正式的, 随意的

本卷1次·真题8句

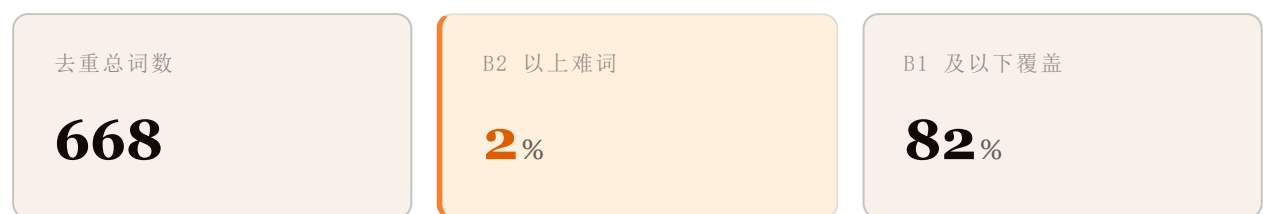
VOCABULARY • 词汇难度分布

全卷录音原文 668 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **668** 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, 本卷共 13 个·约 2%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全卷录音原文去重词 668 个 · 末柱为 100%



英语四级 2016年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	本页
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）	题目解析 →
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 →

2016年6月·第1套 英语四级完形填空（选词填空）·26–35 题答案与解析

BLANKS & ANALYSIS • 选词填空题和解析

选词填空题和解析 · 26–35 题

本页 26–35 题的正确答案词与逐空解析由懒笔记按2016年6月·第1套 英语四级完形填空（选词填空）原卷词库逐空核对整理。与试卷排版同一卷面：Directions、2 段带空短文（每段之后紧随中文翻译）与 15 词共享词库连续排印；卷面下方逐空紧跟解析——该空词性、原文定位句、正确词与锁定依据，以及同词性被淘汰竞争词的逐个归因。

真题卷第1套(2016-06) • 四级

Part III Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Physical activity does the body good, and there's growing evidence that it helps the brain too. Researchers in the Netherlands report that children who get more exercise, whether at school or on their own, 26 to have higher GPAs and better scores on standardized tests. In a 27 of 14 studies that looked at physical activity and academic 28, investigators found that the more children moved, the better their grades were in school, 29 in the basic subjects of math, English and reading.

体育活动对身体有益，而且越来越多的证据表明它对大脑也有帮助。荷兰的研究人员报告称，无论是在学校还是自己进行锻炼，运动量更大的儿童往往拥有更高的平均成绩和标准化考试分数。在对14项关于体育活动与学业表现的研究进行综述时，研究人员发现，儿童运动越多，他们在学校的成绩就越好，尤其是在数学、英语和阅读等基础学科方面。

The data will certainly fuel the ongoing debate over whether physical education classes should be cut as schools struggle to 30 on smaller budgets. The arguments against physical education have included concerns that gym time may be taking away from study time. With standardized test scores in the U.S. 31 in recent years, some administrators believe students need to spend more time in the classroom instead of on the playground. But as these findings show, exercise and academics may not be 32 exclusive. Physical activity can improve blood 33 to the brain, fueling memory, attention and creativity, which are 34 to learning. And exercise releases hormones that can improve 35 and relieve stress, which can also help learning. So while it may seem as if kids are

just exercising their bodies when they're running around, they may actually be exercising their brains as well.

这些数据必然会加剧正在进行的争论，即在学校努力靠更少的预算生存时，是否应该削减体育课。反对体育教育的论据包括担心体育课时间可能会占用学习时间。随着美国标准化考试分数近年来下降，一些管理者认为学生需要在教室里而不是在操场上花更多时间。但正如这些研究结果所显示的，锻炼和学业可能并非相互排斥。体育活动可以改善流向大脑的血液，促进记忆、注意力和创造力，而这些对学习至关重要。运动还会释放激素，可以改善情绪和缓解压力，这也有助于学习。因此，虽然孩子们四处奔跑时似乎只是在锻炼身体，但实际上他们可能同时也在锻炼大脑。

- | | |
|-----------------|-----------------|
| A) attendance | I) mood |
| B) consequently | J) mutually |
| C) current | K) particularly |
| D) depressing | L) performance |
| E) dropping | M) review |
| F) essential | N) survive |
| G) feasible | O) tend |
| H) flow | |

26. children who get more exercise, whether at school or on their own, __(26)__ to have higher GPAs and better scores on standardized tests.

【答案】 **O) tend** (动词)

【词性槽】 主语后缺谓语，且空后紧跟 to have

【依据】 **tend to do 锁死**

tend to do 是固定结构，意为『往往会、倾向于』。代回原句 children who get more exercise ... __(26)__ to have higher GPAs 即『运动更多的孩子往往有更高 GPA』，与全文主旨『运动对学业有益』完全吻合。

27. In a __(27)__ of 14 studies that looked at physical activity and academic __(28)___

【答案】 **M) review** (名词)

【词性槽】 不定冠词 a 后、介词 of 前的名词中心词

【依据】 **a review of ... = 一项关于.....的综述**

a review of 14 studies 是学术英语高频表达，意为『对 14 项研究的综述/回顾』。代回 In a __(27)__ of 14 studies that looked at physical activity and academic __(28)___, investigators found that ..., 正好引出后续『研究人员发现』，符合典型学术写作框架。

28. In a __(27)__ of 14 studies that looked at physical activity and academic __(28)___

【答案】 **L) performance** (名词)

【词性槽】 形容词 academic 后、并列于 physical activity 的名词

【依据】 **academic performance = 学业表现**

academic performance 是四级阅读高频搭配，意为『学业表现』。代回 14 studies that looked at physical activity and academic __(28)___，即『考察体育活动与学业表现的 14 项研究』，对应后半句 the more children moved, the better their grades were in school——grades 正是 academic performance 的具体化。

【竞争词】 **A) attendance 出勤≠学业，对不上 grades 这条因果链**

academic attendance 不是常见搭配，且语义指向『学业出勤』，与后文以 grades (成绩) 为衡量指标不一致，是典型的『词义看着也沾边、其实偏题』的诱饵。

I) mood academic mood 不通顺

mood 与 academic 不构成自然搭配，且本句讨论的是『学业指标』而非情绪。

【易错】 最具迷惑性的错误词是 **A)** —— attendance 同词性又勉强义近。academic 后接 attendance 看似通顺 (学业出勤)，但与后文 the more children moved, the better their grades were 的『grades』对不上。防坑：用后文衡量指标反推前文搭配，是 grades → performance，不是 grades → attendance。

29. the more children moved, the better their grades were in school, __(29)___ in the basic subjects of math, English and reading.

【答案】 **K) particularly** (副词)

【词性槽】 句间逗号后、修饰整个补充说明部分

【依据】 **particularly = 尤其，引出突出范围**

particularly 后接 in + 范围词，表『尤其在.....方面』。代回 the better their grades were in school, __(29)___ in the basic subjects of math, English and reading., 即『成绩越好，尤其是数学、英语、阅读这些基础科目』，正是对前句 grades 的合理细化。

【竞争词】 **B) consequently 结果副词、与范围细化不匹配**

consequently 表『因此』，引出的是结果，而非范围限定；填入后逻辑变成『成绩更好，因此在基础科目里.....』语义跳脱、说不完整。

30. as schools struggle to __(30)__ on smaller budgets.

【答案】 **N) survive** (动词)

【词性槽】 不定式 to 后接动词原形

【依据】 **survive on = 靠.....勉强维持**

survive on (依靠.....生存/勉强维持) 是高频英语搭配。代回 as schools struggle to __(30)__ on smaller budgets., 即『学校挣扎着靠更小的预算维持运转』, 正好解释为什么会有『砍掉体育课』的争论——经费紧张。

31. With standardized test scores in the U.S. __(31)__ in recent years, some administrators believe ...

【答案】 **E) dropping** (动词)

【词性槽】 with 独立结构里的现在分词作伴随状语

【依据】 **scores dropping = 分数下降**

drop 用作下降义是英语高频用法。代回 With standardized test scores in the U.S. __(31)__ in recent years, some administrators believe students need to spend more time in the classroom instead of on the playground., 恰好为下文『管理者主张多上课少运动』提供事实前提: 因为分数在掉, 所以要挤掉运动时间补课——逻辑链完整。

【竞争词】 **D) depressing 感情色彩词, 不描述行为**

depressing 是形容词义『令人沮丧的』, 描述的是『这件事让人沮丧』而非『分数本身在下降』的客观行为; with 复合结构里要的是描述名词动作的分词, 搭不上。

【易错】 最具迷惑性的错误词是 **D)** —— depressing 与 dropping 形近抢位。两个 -ing 词都有『让人不爽』的关联, 容易把『分数下降』描述成『令人沮丧』。防坑: with 复合结构问的是分数自身在做什么动作 (dropping), 不是它给人的感受 (depressing)。

32. exercise and academics may not be __(32)__ exclusive.

【答案】 **J) mutually** (副词)

【词性槽】 空夹在 be 与形容词之间, 修饰形容词

【依据】 **mutually exclusive 是固定搭配**

mutually exclusive 意为『互相排斥的、互斥的』, 是英文里极高频的固定搭配。代回 exercise and academics may not be __(32)__ exclusive., 即『运动和学业未必互相排斥』, 正好承上启下, 引出下文运动反过来助益学业的解释。

【竞争词】 **B) consequently 结果副词、不与 exclusive 搭配**

consequently 表『因此、从而』, 是连接结果的句子副词, 不修饰 exclusive, 搭配不成立。

K) particularly 义为『尤其』、不构成固定短语

particularly exclusive 不是固定搭配, 且『尤其排他』在此处语义空泛, 无法承担『运动与学业并非互斥』这条核心反驳。

33. Physical activity can improve blood __(33)__ to the brain

【答案】 **H) flow** (名词)

【词性槽】 形容词 blood 后、动词 improve 的宾语

【依据】 **blood flow = 血流量**

blood flow 是极高频医学/生理学术语，意为『血流量、血液循环』。代回 Physical activity can improve blood __(33)__ to the brain, fueling memory, attention and creativity, 运动改善脑部血流，进而带动记忆、注意力和创造力——逻辑顺畅、契合主旨。

【竞争词】 I) mood blood mood 不成词

mood 与 blood 不构成搭配；且 mood 留作第 35 空『improve __』的强候选，这里若强用就会卡住后文。

L) performance blood performance 不成立

performance 不与 blood 搭配，且 performance 已留给第 28 空的 academic performance。

34. memory, attention and creativity, which are __(34)__ to learning.

【答案】 **F) essential** (形容词)

【词性槽】 be 动词后、表语位置，且后接 to learning

【依据】 **be essential to = 对.....必不可少**

be essential to 是英语高频搭配，意为『对.....至关重要』。代回 memory, attention and creativity, which are __(34)__ to learning., 即『记忆、注意力和创造力对学习而言不可或缺』，从而把『运动→改善脑部供血→提升认知功能→助益学习』这条因果链补全。

【竞争词】 D) depressing 感情色彩反向

depressing 表『令人沮丧的』，与作者『运动有助学习』的积极论调正面冲突，是典型的『词性也对但情感色彩相反』陷阱。

G) feasible feasible to learning 不构成惯用

feasible 多搭 for/it is feasible to do, 意为『可行的』；说『记忆/注意力对学习是可行的』逻辑别扭，搭配也不成立。

35. exercise releases hormones that can improve __(35)__ and relieve stress

【答案】I) mood (名词)

【词性槽】及物动词 improve 的宾语，与 relieve stress 并列

【依据】improve mood 与 relieve stress 同主题对仗

improve mood = 改善心情，与 relieve stress = 缓解压力同属『情绪/心理』范畴，构成漂亮的并列对仗。代回 exercise releases hormones that can improve __(35)__ and relieve stress, which can also help learning., 因果链：荷尔蒙→心情变好、压力变小→也利于学习。

【竞争词】A) attendance 出勤与压力不同维度

improve attendance (提高出勤) 虽语法通，但和 relieve stress 不在一个主题域，破坏并列对仗，也与本句『荷尔蒙→心理效应』的生理因果链脱节。

WORD BANK · 词库分类表

15 个候选词 · 词性与词义

选词填空文后的共享词库共 15 个词 (A-O)，为 10 个空各选一个、每词最多用一次。下面给出每个词的词性与中文词义；标注「用于第 N 空」的 10 个为答案，其余 5 个为干扰词。

A) attendance (名词)

出席；出勤；考勤

干扰词 · 未选用

B) consequently (副词)

因此；从而（结果副词）

干扰词 · 未选用

C) current (形容词 名词)

形：当前的；名：水流/电流/趋势

干扰词 · 未选用

D) depressing (形容词)

令人沮丧的；压抑的

干扰词 · 未选用

E) dropping (动词 形容词)

drop 的现在分词/动名词：下降；下跌

用于第 31 空

F) essential (形容词)

必不可少的；本质的（常搭 be essential to/for）

用于第 34 空

G) **feasible** 形容词

可行的；行得通的

干扰词 · 未选用

H) **flow** 名词 动词

名：流动；流量；动：流动 (blood flow = 血流量)

用于第 33 空

I) **mood** 名词

心情；情绪

用于第 35 空

J) **mutually** 副词

相互地 (常搭 mutually exclusive = 互斥的)

用于第 32 空

K) **particularly** 副词

尤其；特别地

用于第 29 空

L) **performance** 名词

表现；表演；业绩 (academic performance = 学业表现)

用于第 28 空

M) **review** 名词 动词

名：综述；评论；回顾 (a review of ... = 一项关于.....的综述)；动：回顾

用于第 27 空

N) **survive** 动词

幸存；勉强维持下去 (survive on = 靠.....勉强维持)

用于第 30 空

O) **tend** 动词

倾向于 (tend to do = 往往会做某事)

用于第 26 空

全文主旨

体育锻炼有助于学习成绩

全文围绕一项荷兰研究展开，主张运动不仅强身、也能强脑：开篇即点题 Physical activity does the body good, and there's growing evidence that it helps the brain too., 其后用研究数据和生理机制解释为什么锻炼对学业有正向影响。把这条主旨先钉死，后续每一空的辨义都拿它当尺子量。

DISTRACTORS · 干扰词复盘

这 5 个词始终没被任何空选用

词库 15 词里有 5 个是命题人埋的干扰词——它们词性看着也对、词义也沾点边，却不该填进任何一个空。下面逐个剖析它们最像哪个空的答案、为什么是陷阱。

A) **attendance** 最像第 28 空的诱饵

attendance 词性对（名词）、与 academic 也能勉强连用（学业出勤），最易让粗心的考生在 physical activity and academic __(28)__ 把它当 performance。识破点：后文以 grades（成绩）做衡量，对应的是 performance 不是 attendance。

B) **consequently** 最像第 29 空的诱饵

副词、句间常见连接词，容易让人在 ..., __(29)__ in the basic subjects of math... 填进去。识破点：后接的是范围（in the basic subjects），不是结果，应选范围副词 particularly。

C) **current** 最像第 33 空或第 34 空的诱饵

current 既可作名词（电流/水流）又可作形容词（当前的），容易在 improve blood __(33)__ 被误填（『血流』也是 current 的引申义）。识破点：固定搭配 blood flow 远高于 blood current。

D) **depressing** 最像第 31 空的诱饵

-ing 形态、词性看似匹配 with 复合结构，易被填入 With standardized test scores in the U.S. __(31)__ in recent years。识破点：with 结构要的是描述名词『动作』的分词；depressing 是表评价的形容词，不描述分数本身的下降行为。

G) **feasible** 最像第 34 空的诱饵

形容词、be __ to 框架看似套得上，易被填入 which are __(34)__ to learning。识破点：be feasible to do 才是常用结构；be essential to N 才是表『对.....不可或缺』的地道搭配。

SENTENCE INSIGHTS • 句子精讲

3 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。

In a review of 14 studies that looked at physical activity and academic performance, investigators found that the more children moved, the better their grades were in school, particularly in the basic subjects of math, English and reading.

第1段，第3句

句子成分丰富且包含多个训练价值高的点:前置地点状语(介词短语)、定语从句中的关系代词作主语、宾语从句、比较从句的倒装结构(表语前置)、系表结构的识别、双重地点状语的层级关系,覆盖了状语、定语、宾语、表语等多种成分,且比较从句的倒装是高频易错点。

With standardized test scores in the U.S. dropping in recent years, some administrators believe students need to spend more time in the classroom instead of on the playground.

第2段，第3句

主句 + 宾语从句的结构在四六级和考研阅读中非常常见, believe/think/argue 等动词后接 that 从句 (that 常省略) 是典型句式。句首状语提供背景也是真题常见写法。掌握本句结构可复用于大量类似句子, 代表性较强。

So while it may seem as if kids are just exercising their bodies when they're running around, they may actually be exercising their brains as well.

第2段，第7句

本句成分丰富且具典型性: 主句包含情态动词谓语、宾语和多个状语; 让步从句含形式主语 it 和表语从句; 表语从句内又嵌套时间状语从句。涵盖了主谓宾、系表结构、多层状语和从句嵌套, 且含 it 作形式主语、just 作限定状语、as well 作补充状语等易混淆点, 训练价值高。

HIGH-FREQUENCY • 真题高频词

本篇出现的 31 个英语四级真题高频词

下列单词既在本篇英文短文中出现, 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。

physical B1

adj. 身体的

本篇5次·真题98句

learning A1

n. 学习

本篇2次·真题120句

academic B2

adj. 学术的

本篇2次·真题69句

fuel B1

n. 燃料

本篇2次·真题28句

researcher B2

n. 研究人员

本篇1次·真题239句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇1次·真题148句

tend B1

v. 倾向于, 往往会

本篇1次·真题137句

stress B1

n. 压力

本篇1次·真题102句

finding B2

n. 调查结果

本篇1次·真题99句

concern B1

v. 涉及

本篇1次·真题79句

data B1

n. 数据

本篇1次·真题73句

performance B1

n. 表演

本篇1次·真题66句

struggle B1

v. 奋斗

本篇1次·真题54句

evidence B1

n. 证据

本篇1次·真题52句

debate B2

n. 辩论

本篇1次·真题48句

budget B1

n. 预算

本篇1次·真题45句

particularly B2

adv. 尤其, 特别 (强调某事物)

本篇1次 · 真题 39 句

creativity B2

n. 创造力

本篇1次 · 真题 34 句

reading A1

n. 阅读

本篇1次 · 真题 33 句

release B1

v. 释放

本篇1次 · 真题 31 句

essential B1

adj. 必不可少的

本篇1次 · 真题 30 句

argument B1

n. 争论

本篇1次 · 真题 29 句

growing A2

adj. 增长的

本篇1次 · 真题 29 句

survive B1

v. 幸存

本篇1次 · 真题 24 句

mood A2

n. 心情

本篇1次 · 真题 17 句

certainly A2

adv. 当然

本篇1次 · 真题 15 句

flow B1

v. 流动

本篇1次 · 真题 12 句

ongoing B2

adj. 持续进行的

本篇1次 · 真题 12 句

relieve B2

v. 减轻、缓解 (疼痛、焦虑等不适)

本篇1次 · 真题 11 句

hormone B2

n. 激素, 荷尔蒙

本篇1次 · 真题 9 句

administrator B2

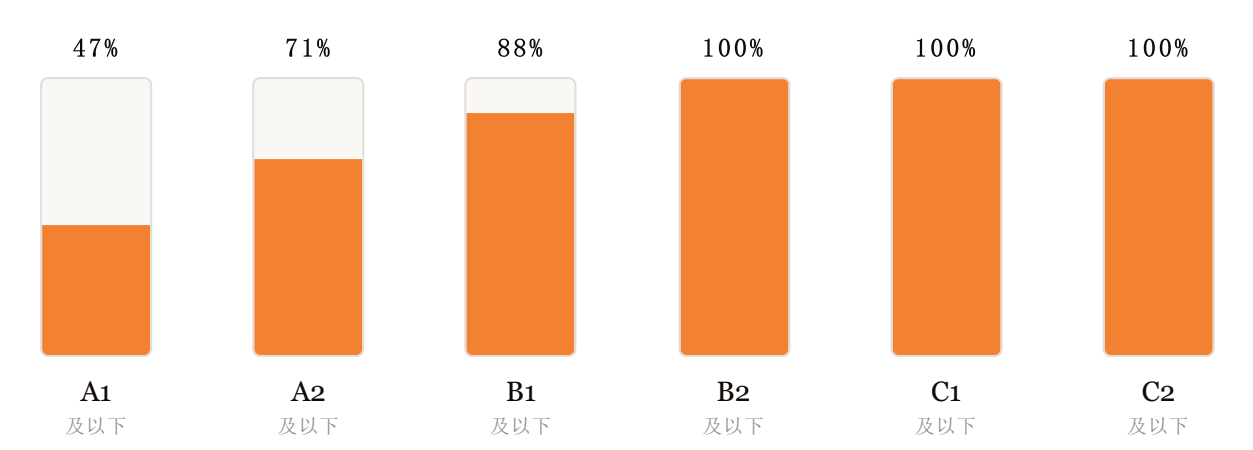
n. 管理者

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 102 词按 CEFR 难度累积覆盖

带空短文去重后共 **102** 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 0 个·约 0%。



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 102 个·末柱为 100%

去重总词数

102

B2 以上难词

0%

B1 及以下覆盖

88%

英语四级 2016年6月·第1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）	本题
Part III Section B	长篇阅读（信息匹配）	题目解析 →
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 →

2016年6月·第1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2016年6月·第1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 14 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1套(2016-06)·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*.

Finding the Right Home—and Contentment, Too

A) When your elderly relative needs to enter some sort of long-term care facility—a moment few parents or children approach without fear—what you would like is to have everything made clear.

当你年迈的亲人需要进入某种长期护理机构时——这是一个几乎没有父母或子女能够毫无恐惧地面对的时刻——你希望的是一切都能清楚了。

B) Does assisted living really mark a great improvement over a nursing home, or has the industry simply hired better interior designers? Are nursing homes as bad as people fear, or is that an out-moded stereotype(固定看法)? Can doing one's homework really steer families to the best places? It is genuinely hard to know.

辅助生活机构真的比疗养院有很大改进吗,还是这个行业只是雇用了更好的室内设计师?疗养院真的像人们担心的那样糟糕吗,还是那只是一种过时的刻板印象?做好功课真的能引导家庭找到最好的地方吗?这确实很难知道。

C) I am about to make things more complicated by suggesting that what kind of facility an older person lives in may matter less than we have assumed. And that the characteristics adult children look for when they begin the search are not necessarily the things that make a difference to the people who are going to move in. I am not talking about the quality of care, let me hastily add. Nobody flourishes in a gloomy environment with irresponsible staff and a poor safety record. But an

accumulating body of research indicates that some distinctions between one type of elder care and another have little real bearing on how well residents do.

我即将通过提出这样的观点来使事情变得更加复杂:老年人生活在什么样的机构中,可能不如我们所假设的那么重要。而且成年子女在开始寻找时所关注的特征,不一定是对将要搬进去的人产生影响的因素。让我赶紧补充一句,我说的不是护理质量。没有人能在一个环境阴暗、员工不负责任、安全记录糟糕的地方茁壮成长。但越来越多的研究表明,一种老年护理与另一种老年护理之间的某些区别,与住院者的状况好坏几乎没有实际关系。

- D) The most recent of these studies, published in *The Journal of Applied Gerontology*, surveyed 150 Connecticut residents of assisted living, nursing homes and smaller residential care homes (known in some states as board and care homes or adult care homes). Researchers from the University of Connecticut Health Center asked the residents a large number of questions about their quality of life, emotional well-being and social interaction, as well as about the quality of the facilities.

这些研究中最最新的一项发表在《应用老年学杂志》上,调查了康涅狄格州150名辅助生活机构、疗养院和小型住宅护理机构(在一些州被称为寄宿护理机构或成人护理机构)的住院者。康涅狄格大学健康中心的研究人员向住院者询问了大量关于他们的生活质量、情感幸福感和社交交往的问题,以及关于机构质量的问题。

- E) "We thought we would see differences based on the housing types," said the lead author of the study, Julie Robison, an associate professor of medicine at the university. A reasonable assumption—don't families struggle to avoid nursing homes and suffer real guilt if they can't?

该研究的主要作者、该大学医学副教授Julie Robison说:"我们以为会看到基于住房类型的差异。"这是一个合理的假设——难道家庭不是努力避免疗养院,如果做不到就会感到真正的内疚吗?

- F) In the initial results, assisted living residents did paint the most positive picture. They were less likely to report symptoms of depression than those in the other facilities, for instance, and less likely to be bored or lonely. They scored higher on social interaction.

在最初的结果中,辅助生活机构的住院者确实描绘了最积极的画面。例如,与其他机构的住院者相比,他们不太可能报告抑郁症状,也不太可能感到无聊或孤独。他们在社交交往方面得分更高。

- G) But when the researchers plugged in a number of other variables, such differences disappeared. It is not the housing type, they found, that creates differences in residents' responses. "It is the characteristics of the specific environment they are in, combined with their own personal characteristics-how healthy they feel they are, their age and marital status," Dr. Robison explained. Whether residents felt involved in the decision to move and how long they had lived there also proved significant.

但是当研究人员加入了许多其他变量后,这些差异就消失了。他们发现,造成住院者反应差异的不是住房类型。Robison博士解释说:"是他们所处的特定环境的特征,结合他们自己的个人特征——他们觉得自己有多健康、他们的年龄和婚姻状况。"住院者是否感到参与了搬迁决定以及他们在那里住了多久,也被证明是重要的。

- H) An elderly person who describes herself as in poor health, therefore, might be no less depressed in assisted living (even if her children preferred it) than in a nursing home. A person who had input into where he would move and has had time to adapt to it might do as well in a nursing home as in a small residential care home, other factors being equal. It is an interaction between the person and the place, not the sort of place in itself, that leads to better or worse experiences. "You can't just say,

'Let's put this person in a residential care home instead of a nursing home—she will be much better off,'" Dr. Robison said. What matters, she added, "is a combination of what people bring in with them, and what they find there."

因此,一位自认为健康状况不佳的老年人,在辅助生活机构中可能并不比在疗养院中更少抑郁(即使她的孩子更喜欢辅助生活机构)。一个对自己将要搬到哪里有权发言并有时间适应的人,在其他因素相同的情况下,在疗养院可能和在小型住宅护理机构中做得一样好。是人与地方之间的互动,而不是地方本身的类型,导致了更好或更差的体验。Robison博士说:"你不能只是说,'让我们把这个人安置在住宅护理机构而不是疗养院——她会好得多。'"她补充说,重要的是"人们带来的东西和他们在那里找到的东西的结合"。

- I) Such findings, which run counter to common sense, have surfaced before. In a multi-state study of assisted living, for instance, University of North Carolina researchers found that a host of variables—the facility's type, size or age; whether a chain owned it; how attractive the neighborhood was—had no significant relationship to how the residents fared in terms of illness, mental decline, hospitalizations or mortality. What mattered most was the residents' physical health and mental status. What people were like when they came in had greater consequence than what happened once they were there.

这些与常识相悖的发现以前也曾出现过。例如,在一项关于辅助生活机构的多州研究中,北卡罗来纳大学的研究人员发现,一系列变量——机构的类型、规模或年限;是否由连锁机构拥有;社区有多吸引人——与住院者在疾病、精神衰退、住院或死亡率方面的表现没有显著关系。最重要的是住院者的身体健康和精神状态。人们入住时的状况比入住后发生的事情更有影响。

- J) As I was considering all this, a press release from a respected research firm crossed my desk, announcing that the five-star rating system that Medicare developed in 2008 to help families compare nursing home quality also has little relationship to how satisfied its residents or their family members are. As a matter of fact, consumers expressed higher satisfaction with the one-star facilities, the lowest rated, than with the five-star ones. (More on this study and the star ratings will appear in a subsequent post.)

当我在考虑这一切时,一份来自一家受人尊敬的研究公司的新闻稿传到了我的桌上,宣布Medicare在2008年开发的五星评级系统,旨在帮助家庭比较疗养院的质量,但与其住院者或其家庭成员的满意度几乎没有关系。事实上,消费者对一星级机构(评级最低)表达的满意度高于五星级机构。(关于这项研究和星级评定的更多内容将出现在后续帖子中。)

- K) Before we collectively tear our hair out—how are we supposed to find our way in a landscape this confusing? Here is a thought from Dr. Philip Sloane, a geriatrician(老年病学专家) at the University of North Carolina: "In a way, that could be liberating for families."

在我们集体抓狂之前——我们应该如何在这样一个令人困惑的环境中找到方向?北卡罗来纳大学的老年病学专家Philip Sloane博士提出了一个想法:"从某种意义上说,这对家庭来说可能是一种解脱。"

- L) Of course, sons and daughters want to visit the facilities, talk to the administrators and residents and other families, and do everything possible to fulfill their duties. But perhaps they don't have to turn themselves into private investigators or Congressional subcommittees. "Families can look a bit more

for where the residents are going to be happy," Dr. Sloane said. And involving the future resident in the process can be very important.

当然,儿子和女儿想要参观这些机构,与管理人员、住院者和其他家庭交谈,并尽一切可能履行他们的职责。但也许他们不必把自己变成私家侦探或国会小组委员会。Sloane博士说:"家庭可以更多地关注住院者将在哪里感到快乐。"让未来的住院者参与这个过程可能非常重要。

- M) We all have our own ideas about what would bring our parents happiness. They have their ideas, too. A friend recently took her mother to visit an expensive assisted living/nursing home near my town. I have seen this place—it is elegant, inside and out. But nobody greeted the daughter and mother when they arrived, though the visit had been planned; nobody introduced them to the other residents. When they had lunch in the dining room, they sat alone at a table.

我们都对什么会给我们的父母带来幸福有自己的想法。他们也有自己的想法。一位朋友最近带她母亲去参观了我所在城镇附近一家昂贵的辅助生活/疗养院。我见过这个地方——它内外都很优雅。但是当她们到达时,尽管这次访问是计划好的,却没有人迎接这对母女;也没有人把她们介绍给其他住院者。当她们在餐厅吃午饭时,她们独自坐在一张桌子旁。

- N) The daughter feared her mother would be ignored there, and so she decided to move her into a more welcoming facility. Based on what is emerging from some of this research, that might have been as rational a way as any to reach a decision.

女儿担心她的母亲会在那里被忽视,所以她决定把她搬到一个更热情的机构。根据这些研究中显现出来的内容,这可能是做出决定的一种和其他方式一样理性的方式。

陈述句与逐句解析

36. Many people feel guilty when they cannot find a place other than a nursing home for their parents.

许多人在无法为父母找到养老院以外的地方时会感到内疚。

【答案】 E 段 (强锚点)

【锚点】 内疚 + 找不到养老院之外的地方

【定位】 A reasonable assumption—don't families struggle to avoid nursing homes and suffer real guilt if they can't?

这是个合理的假设——家属不正是在拼命避开养老院、一旦避不开就深感内疚吗?

【改写】 feel guilty ↔ suffer real guilt

同根词原样复现

cannot find a place other than a nursing home ↔

struggle to avoid nursing homes and suffer real guilt if they can't

想躲养老院但躲不开

【辨邻】 A A 只是开篇定场景,提到家属面对长期护理时“几乎都心怀恐惧”,但只点出 few parents or children approach without fear, 没有提到“内疚”这一情绪,与本题关键词不对应。

few parents or children approach without fear

37. Though it helps for children to investigate care facilities, involving their parents in the decision-making process may prove very important.

尽管子女调查护理机构有所帮助,但让父母参与决策过程可能非常重要。

【答案】 **L** 段 (强锚点)

【锚点】 调查机构有用但让父母参与决定更重要

【定位】 "Families can look a bit more for where the residents are going to be happy," Dr. Sloane said. And involving the future resident in the process can be very important.

Sloane 医生说:“家属可以多看看哪里能让住户开心。”而且让未来的住户参与到这个过程中可能非常重要。

【改写】 it helps for children to investigate care facilities ↔

sons and daughters want to visit the facilities, talk to the administrators and residents and other families

investigate ↔ visit + talk to

involving their parents in the decision-making process may prove very important ↔

involving the future resident in the process can be very important

原样复现 + 同义替换

【辨邻】 **G** G 把“是否参与决定”列为研究变量之一, Whether residents felt involved in the decision to move 是研究层面的发现, 而本题陈述句明确说“这一点对家属决定有指导意义”, 落点是建议; 建议性表达只在 L 出现。

Whether residents felt involved in the decision to move and how long they had lived there also proved significant.

38. It is really difficult to tell if assisted living is better than a nursing home.

很难判断辅助生活是否比养老院更好。

【答案】 **B** 段 (强锚点)

【锚点】 辅助生活是否更好难以判断

【定位】 Does assisted living really mark a great improvement over a nursing home, or has the industry simply hired better interior designers? ... It is genuinely hard to know.

辅助生活真的比养老院好得多吗? 还是说这个行业只是请到了更好的室内设计师?真的很难知道。

【改写】 really difficult to tell ↔ **It is genuinely hard to know**

副词与动词的整体同义替换

if assisted living is better than a nursing home ↔

Does assisted living really mark a great improvement over a nursing home
better than ↔ mark a great improvement over

【辨邻】 C C 段的核心是 what kind of facility an older person lives in may matter less than we have assumed, 落在“没那么重要”这一论点上, 与本题“难判断哪个更好”的元层评价不同。

what kind of facility an older person lives in may matter less than we have assumed

39. How a resident feels depends on an interaction between themselves and the care facility they live in.

住户的感受取决于他们自身与所居住护理机构之间的互动。

【答案】 H 段 (强锚点)

【锚点】 居民感受取决于自身与机构的互动

【定位】 It is an interaction between the person and the place, not the sort of place in itself, that leads to better or worse experiences.

决定体验好坏的, 是人与场所之间的互动, 而不是场所本身的类型。

【改写】 an interaction between themselves and the care facility they live in ↔

an interaction between the person and the place

结构保留 + 上位词同义

How a resident feels ↔ **leads to better or worse experiences**

feel ↔ experience 等价

【辨邻】 G G 把决定因素列为环境特征、健康、年龄、婚姻状态等具体变量, 落在 characteristics of the specific environment they are in, combined with their own personal characteristics, 没有用 interaction 这个总结词。

It is the characteristics of the specific environment they are in, combined with their own personal characteristics

I I 把结论表述为 What people were like when they came in had greater consequence than what happened once they were there, 强调入院前的身心状态, 而不是用“互动”这个术语下定义。

What people were like when they came in had greater consequence than what happened once they were there

40. The author thinks her friend made a rational decision in choosing a more hospitable place over an apparently elegant assisted living home.

作者认为她的朋友选择一个更热情友好的地方而不是一个看起来优雅的辅助生活机构, 这一决定是理性的。

【答案】 N 段 (强锚点)

【锚点】 作者评价朋友的选择理性

【定位】 Based on what is emerging from some of this research, that might have been as rational a way as any to reach a decision.

基于这些研究浮现出的结果, 这或许也算是一种理性的决定方式。

【改写】 her friend made a rational decision ↔

that might have been as rational a way as any to reach a decision

rational decision 原样保留

a more hospitable place over an apparently elegant assisted living home ↔

move her into a more welcoming facility

hospitable ↔ welcoming 同义替换

【辨邻】 M M 提供具体冷场细节 nobody greeted the daughter and mother, 是铺垫; 作者的“理性”评价直到 N 才出现。

nobody greeted the daughter and mother when they arrived

41. The system Medicare developed to rate nursing home quality is of little help to finding a satisfactory place.

Medicare 制定的养老院质量评级系统对寻找令人满意的地方帮助不大。

【答案】 J 段 (强锚点)

【锚点】 Medicare 评级系统帮不上

【定位】 the five-star rating system that Medicare developed in 2008 to help families compare nursing home quality also has little relationship to how satisfied its residents or their family members are.

Medicare 在 2008 年推出的五星评级系统, 本意是帮助家属比较养老院质量, 但和居民及其家属的满意度其实也几乎没什么关系。

【改写】 The system Medicare developed to rate nursing home quality ↔

the five-star rating system that Medicare developed in 2008

上位概括 + 专名复现

of little help to finding a satisfactory place ↔

has little relationship to how satisfied its residents or their family members are

几乎无关 = 帮不上

42. At first the researchers of the most recent study found residents in assisted living facilities gave higher scores on social interaction.

最近研究的研究人员起初发现辅助生活机构的住户在社交互动方面给出了更高的分数。

【答案】 F 段 (强锚点)

【锚点】 最新研究初步发现 + 社交得分更高

【定位】 In the initial results, assisted living residents did paint the most positive picture. They were less likely to report symptoms of depression than those in the other facilities, for instance, and less likely to be bored or lonely. They scored higher on social interaction.

在初步结果中，辅助生活的居民确实呈现出最积极的画面。比如他们汇报抑郁症状的比例低于其他机构的居民，无聊和孤独的比例也更低。他们在社交互动方面得分更高。

【改写】 At first ↔ **In the initial results**

时间限定词 + 具体得分项当指纹

residents in assisted living facilities gave higher scores on social interaction ↔

assisted living residents did paint the most positive picture

得分更高与画面最积极意思一致

【辨邻】 **G** G 的核心是 such differences disappeared, 正是 F 的反面发展, 不是“初步得分更高”的源头。

But when the researchers plugged in a number of other variables, such differences disappeared.

43. What kind of care facility old people live in may be less important than we think.

老年人住在什么样的护理机构可能没有我们想象的那么重要。

【答案】 **C** 段 (强锚点)

【锚点】 机构类型可能没那么重要

【定位】 I am about to make things more complicated by suggesting that what kind of facility an older person lives in may matter less than we have assumed.

我接下来要让事情更复杂——我想说的是，老人住在哪种机构，可能没我们一直以为的那么重要。

【改写】 What kind of care facility old people live in ↔ **what kind of facility an older person lives in**

几乎原样保留

may be less important than we think ↔ **may matter less than we have assumed**

matter less ↔ be less important 等价

【辨邻】 **H** H 写 not the sort of place in itself, that leads to better or worse experiences, 是把 C 的观点重新表述并加上“互动”机制，不是观点首发段。

not the sort of place in itself

44. The findings of the latest research were similar to an earlier multi-state study of assisted living.

最新研究的发现与早期一项关于辅助生活的多州研究相似。

【答案】 **I** 段 (强锚点)

【锚点】 最新研究与多州研究结论相似

【定位】 Such findings, which run counter to common sense, have surfaced before. In a multi-state study of assisted living, for instance, University of North Carolina researchers found that a host of variables ... had no significant relationship to how the residents fared in terms of illness, mental decline, hospitalizations or mortality.

这种与常识相悖的发现，其实之前就已经浮现过。比如，在一项跨多州的辅助生活研究中，北卡罗来纳大学的研究者发现，一系列变量.....与居民在疾病、心智衰退、住院、死亡率方面的境况都没有显著关系。

【改写】 The findings of the latest research ↔ **Such findings**

Such 指代前文最新研究

were similar to an earlier multi-state study of assisted living ↔

have surfaced before. In a multi-state study of assisted living

surfaced before = 更早一项研究

【辨邻】 D D 写 The most recent of these studies, 明确说“最近的研究”，是最新的；陈述句要的是与之相似的“更早的”研究，要选 I。

The most recent of these studies, published in The Journal of Applied Gerontology, surveyed 150 Connecticut residents

45. A resident's satisfaction with a care facility has much to do with whether they had participated in the decision to move in and how long they had stayed there.

住户对护理机构的满意度在很大程度上取决于他们是否参与了入住决定以及他们在那里住了多久。

【答案】 **G** 段（强锚点）

【锚点】 满意度 = 是否参与搬迁决定 + 入住时长

【定位】 Whether residents felt involved in the decision to move and how long they had lived there also proved significant.

居民是否觉得自己参与了搬迁决定、以及他们在那儿住了多久，也被证明是显著相关的因素。

【改写】 whether they had participated in the decision to move ↔

Whether residents felt involved in the decision to move

participated in ↔ felt involved in

how long they had stayed there ↔ **how long they had lived there**
stayed ↔ lived 同义

has much to do with ↔ **also proved significant**

显著相关 = 关系很大

【辨邻】 H 表述为 a combination of what people bring in with them, and what they find there, 是抽象组合, 不是“是否参与决定 + 住了多久”这种具体变量。

a combination of what people bring in with them, and what they find there

PARAGRAPH MAP • 段落主旨图

14 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 开篇定场景: 当老人需要进入长期护理机构时, 家属希望事情简单明了, 但现实并非如此。

信息指纹 长期护理选择的开篇引入

B 提出一连串令人困惑的问题: 辅助生活是否真比养老院好、养老院是否真像传言那么糟、做功课是否真能帮上忙, 结论是真的很难分辨。

信息指纹 三问并列 + 真的难判断

C 作者亮出反直觉的观点: 老人住在哪种机构, 可能比我们想的更不重要; 并强调这与护理质量无关。

信息指纹 机构类型可能没那么重要

D 引出最新研究: 康涅狄格大学健康中心对 150 名康涅狄格州居民进行调查, 覆盖辅助生活、养老院、小型住宅式护理院。

信息指纹 康涅狄格 150 人研究

E 引出研究主持人 Julie Robison 的预期: 他们本以为不同机构类型会带来差异; 并反问家属是否在拼命避开养老院、避不开时会真切自责。

信息指纹 家属避养老院的内疚

F 初步结果: 辅助生活的居民描绘出最积极的画面, 抑郁、孤独、无聊比例更低, 社交互动得分更高。

信息指纹 初步结果辅助生活得分高

G 进一步分析：把其他变量纳入后，机构类型造成的差异消失；真正起作用的是具体环境特征、个人健康、年龄、婚姻状态、是否参与搬迁决定、入住时长。

信息指纹 差异消失 + 个人变量起作用

H 把研究结论落到具体场景：自评健康差的老人在哪都可能抑郁；参与了决定、有时间适应的人在养老院也能过得不错。结论是人与场所的互动决定体验，而非场所本身。

信息指纹 人与场所的互动

I 回顾此前的多州研究：北卡研究者发现机构类型、规模、年龄、是否连锁、街区环境，与居民疾病、衰退、住院、死亡率均无显著关系；真正决定的是居民进入时的身心状况。

信息指纹 更早的多州研究印证

J 再补一刀：Medicare 在 2008 年推出的养老院五星评级系统也与居民及家属的满意度关系不大，甚至一星机构的满意度比五星更高。

信息指纹 Medicare 五星评级帮不上

K 面对令人崩溃的局面，引用北卡老年病学专家 Philip Sloane 的话：从某种意义上说，这反而能让家属放松下来。

信息指纹 Sloane 的“反而是种解放”

L 给家属的可操作建议：当然要去看机构、和管理者居民家属谈，但不必把自己变成私家侦探；更重要的是关注未来住户会不会开心，并让本人参与决定。

信息指纹 让老人参与决定很重要

M 用一个朋友的真实经历举例：带母亲去看一家昂贵优雅的辅助生活/养老院，外表精致内里冷淡，没人迎接、没人介绍，午餐时母女独坐一桌。

信息指纹 朋友看豪华机构遇冷

N 故事结尾：女儿担心母亲在那家会被冷落，决定换一家更热情的机构；作者认为基于研究，这或许是个理性的决定。

信息指纹 作者评价朋友的决定理性

13 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。

I am about to make things more complicated by suggesting that what kind of facility an older person lives in may matter less than we have assumed.

C段，第1句

覆盖主谓宾、宾语补足语、方式状语、宾语从句、主语从句、比较从句等多种成分；特别是宾语从句内部的主语从句以及 "than" 引导的比较从句，都是易错点；作为划分练习句，成分丰富且具有代表性

And that the characteristics adult children look for when they begin the search are not necessarily the things that make a difference to the people who are going to move in.

C段，第2句

主语从句加系表结构、定语从句多层嵌套、时间状语从句插入等都是四六级和考研阅读中的高频句式，本句结构具有很强的代表性，掌握后可大量复用于真题分析。

But an accumulating body of research indicates that some distinctions between one type of elder care and another have little real bearing on how well residents do.

C段，第5句

主句 + 宾语从句（尤其 "indicate/show/suggest that..."）是四六级和考研阅读中的高频句式；宾语从句内再嵌套疑问词引导的名词性从句（如 "how/whether/what..."）也是典型结构；主语部分用现在分词和介词短语作定语、宾语从句中用介词短语作后置定语修饰名词，这些都是真题中反复出现的常考结构，学习迁移价值高。

It is not the housing type, they found, that creates differences in residents' responses.

G段，第2句

强调句型是四六级和考研阅读中的高频句式，常用于学术文本和论证性段落来突出某一论点或否定某一因素。本句同时结合了插入语，这种“强调句 + 插入语”的组合在真题中出现频率很高。掌握本句的拆解方法可以直接迁移到大量同类句型的理解中，实用性极强。

An elderly person who describes herself as in poor health, therefore, might be no less depressed in assisted living (even if her children preferred it) than in a nursing home.

H段，第1句

句子成分丰富且含多个训练价值点:主句主语包含定语从句需整体识别,系表结构中表语包含比较结构和状语从句需层层剥离,比较从句的谓语省略需补全,宾语补足语 "as in poor health" 的识别,以及多个状语(副词 "therefore"、让步状语从句、地点状语)的定位。覆盖了定语从句嵌套、比较结构、谓语省略、成分插入等多个易错点,是优质的成分划分练习句

A person who had input into where he would move and has had time to adapt to it might do as well in a nursing home as in a small residential care home, other factors being equal.

H段，第2句

本句结构复杂但典型，涵盖多层嵌套、并列、省略、时态切换等多个考点，既有相当难度又有很高的训练价值。作为句子结构和时态综合训练材料，性价比很高，建议优先练习

It is an interaction between the person and the place, not the sort of place in itself, that leads to better or worse experiences.

H段，第3句

强调句 It is ... that ... 是四六级和考研阅读写作中的高频句式,用于突出关键信息,本句的强调对象是带修饰语的主语,这种用法在学术文本和议论文中极为常见,掌握后可直接迁移到大量真题和写作场景。

Such findings, which run counter to common sense, have surfaced before.

I段，第1句

非限制性定语从句插入主句是考研和四六级阅读中的常见句式，用逗号隔开补充说明的结构在学术文本中频繁出现。掌握这种句式对理解长难句很有帮助，迁移价值较高。

In a multi-state study of assisted living, for instance, University of North Carolina researchers found that a host of variables—the facility's type, size or age; whether a chain owned it; how attractive the neighborhood was—had no significant relationship to how the residents fared in terms of illness, mental decline, hospitalizations or mortality.

I段，第2句

本句覆盖了主谓宾、状语、同位语、宾语从句等多种成分，且破折号插入的同位语结构（包含嵌套从句）是易错点，适合训练学生识别插入成分与主干分离的情况。介词短语作状语、嵌套宾语从句的层级关系也具有较高练习价值。

What mattered most was the residents' physical health and mental status.

I段，第3句

主语从句（特别是 What 引导的主语从句）+ 系动词 + 表语 是四六级和考研阅读中的高频句式，非常典型。掌握这种结构后可以迁移到大量类似句子，如 What matters is...、What we need is... 等常见表达。

What people were like when they came in had greater consequence than what happened once they were there.

I段，第4句

句子包含丰富的成分类型：主语从句充当主语、what在从句内既作引导词又作表语或主语、时间状语从句嵌套在名词性从句内部、比较结构中的than后接从句作比较对象，涵盖了主语从句、时间状语从句、系表结构、比较结构等多个高频考点，且存在引导词双重身份、从句嵌套等易错点，是极佳的成分划分训练材料。

As I was considering all this, a press release from a respected research firm crossed my desk, announcing that the five-star rating system that Medicare developed in 2008 to help families compare nursing home quality also has little relationship to how satisfied its residents or their family members are.

J段，第1句

覆盖主谓宾、主系表、状语从句、宾语从句、定语从句、现在分词作状语、不定式作目的状语等多种成分和结构，且出现关系代词在从句中作宾语、疑问副词既引导又作状语等易混淆点，是成分划分的优质练习句

As a matter of fact, consumers expressed higher satisfaction with the one-star facilities, the lowest rated, than with the five-star ones.

J段，第2句

本句涵盖主谓宾基本结构、定语（the lowest rated 作后置定语）、状语（介词短语 with... 说明对象）以及比较结构（higher... than...），成分种类较为丰富。尤其是后置定语和比较状语的识别，对基础较弱的学生有一定训练价值。不过句子整体难度适中，不属于坑点密集的高难度练习句。

HIGH-FREQUENCY • 真题高频词

本篇出现的 92 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。

resident B2

n. 居民

本篇16次 · 真题 61 句

facility B2

n. 设施

本篇13次 · 真题 43 句

nursing B1

n. 护理工作

本篇12次 · 真题 27 句

assist B1

v. 帮助

本篇8次 · 真题 11 句

would A1

aux. (will 的过去式) 将要, 会

本篇5次 · 真题 466 句

less A1

det. 较少的

本篇5次 · 真题 224 句

quality A2

n. 质量

本篇5次 · 真题 100 句

interaction B2

n. 相互作用

本篇5次 · 真题 40 句

researcher B2

n. 研究人员

本篇4次 · 真题 239 句

type A2

n. 类型

本篇4次 · 真题 97 句

better A1

adj. 更好的 (good 的比较级)

本篇3次 · 真题 139 句

author A2

n. 作者

本篇2次 · 真题 244 句

likely A2

adj. 很可能的

本篇2次 · 真题 224 句

system A2

n. 系统

本篇2次 · 真题 162 句

relationship B1

n. 关系

本篇2次 · 真题 109 句

process B1

n. 过程

本篇2次 · 真题 108 句

finding B2

n. 调查结果

本篇2次 · 真题 99 句

base A2

n. 基础

本篇2次 · 真题 95 句

mental B1

adj. 精神的

本篇2次 · 真题 86 句

rate A2

n. 速度

本篇2次 · 真题 78 句

involve B1

v. 包含

本篇2次·真题 65 句

status B2

n. 地位

本篇2次·真题 39 句

significant B2

adj. 重要的

本篇2次·真题 36 句

instance B2

n. 例子

本篇2次·真题 33 句

characteristic B2

n. 特征

本篇2次·真题 30 句

housing B1

n. 住房

本篇2次·真题 30 句

satisfaction B2

n. 满意

本篇2次·真题 27 句

elderly B2

adj. 年老的

本篇2次·真题 19 句

rating B1

n. 等级;评级

本篇2次·真题 14 句

rational B2

adj. 理性的

本篇2次·真题 11 句

professor B1

n. 教授 (大学教师的最高职称)

本篇1次·真题 105 句

physical B1

adj. 身体的

本篇1次·真题 98 句

simply B1

adv. 仅仅, 只不过

本篇1次·真题 90 句

consumer B1

n. 消费者

本篇1次·真题 84 句

factor B1

n. 因素

本篇1次·真题 77 句

decline B2

v. 下降

本篇1次·真题 73 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次 · 真题 64 句

positive B1

adj. 积极的

本篇1次 · 真题 62 句

struggle B1

v. 奋斗

本篇1次 · 真题 54 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本篇1次 · 真题 50 句

emotional B1

adj. 情绪的

本篇1次 · 真题 50 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本篇1次 · 真题 50 句

recently A2

adv. 最近

本篇1次 · 真题 48 句

response B1

n. 回答

本篇1次 · 真题 47 句

associate B2

v. 联系

本篇1次 · 真题 45 句

firm B1

adj. 坚固的

本篇1次 · 真题 43 句

staff B1

n. 全体员工

本篇1次 · 真题 43 句

adapt B2

v. 适应, 适合 (新环境、新情况)

本篇1次 · 真题 42 句

specific B2

adj. 具体的

本篇1次 · 真题 42 句

consequence B2

n. 结果

本篇1次 · 真题 38 句

hire A2

v. 雇用

本篇1次 · 真题 35 句

indicate B2

v. 表明

本篇1次 · 真题 35 句

assume B2

v. 假定

本篇1次·真题 34 句

depression B2

n. 抑郁症

本篇1次·真题 31 句

release B1

v. 释放

本篇1次·真题 31 句

improvement B1

n. 改进

本篇1次·真题 29 句

journal B1

n. 杂志

本篇1次·真题 29 句

necessarily B2

adv. 必然地

本篇1次·真题 27 句

ignore B1

v. 忽视;不理睬

本篇1次·真题 26 句

participate B1

v. 参加

本篇1次·真题 25 句

symptom B2

n. 症状

本篇1次·真题 25 句

announce B1

v. 宣布

本篇1次·真题 24 句

designer B1

n. 设计师

本篇1次·真题 24 句

chain B1

n. 链条

本篇1次·真题 23 句

combine B1

v. (使) 结合、组合

本篇1次·真题 23 句

equal A2

adj. 相等的

本篇1次·真题 23 句

happiness A2

n. 幸福

本篇1次·真题 23 句

relative B1

n. 亲戚, 亲属

本篇1次·真题 23 句

disappear A2

v. 消失; 不见

本篇1次 · 真题 21 句

investigate B2

v. 调查

本篇1次 · 真题 21 句

complicated B2

adj. 复杂的

本篇1次 · 真题 20 句

emerge B2

v. 出现; 浮现

本篇1次 · 真题 18 句

host B1

n. 主人

本篇1次 · 真题 17 句

involved B1

adj. 参与的

本篇1次 · 真题 16 句

press A2

v. 按, 压

本篇1次 · 真题 16 句

therefore B1

adv. 因此, 所以

本篇1次 · 真题 16 句

attractive B1

adj. 有吸引力的

本篇1次 · 真题 15 句

combination B1

n. 结合

本篇1次 · 真题 15 句

neighborhood B1

n. 街区

本篇1次 · 真题 14 句

assumption B2

n. 假定; 假设 (未经证实就认为是真的事)

本篇1次 · 真题 13 句

accumulate B2

v. 积累

本篇1次 · 真题 12 句

depressed B2

adj. 抑郁的

本篇1次 · 真题 12 句

initial B1

adj. 最初的

本篇1次 · 真题 12 句

interior B2

n. 内部

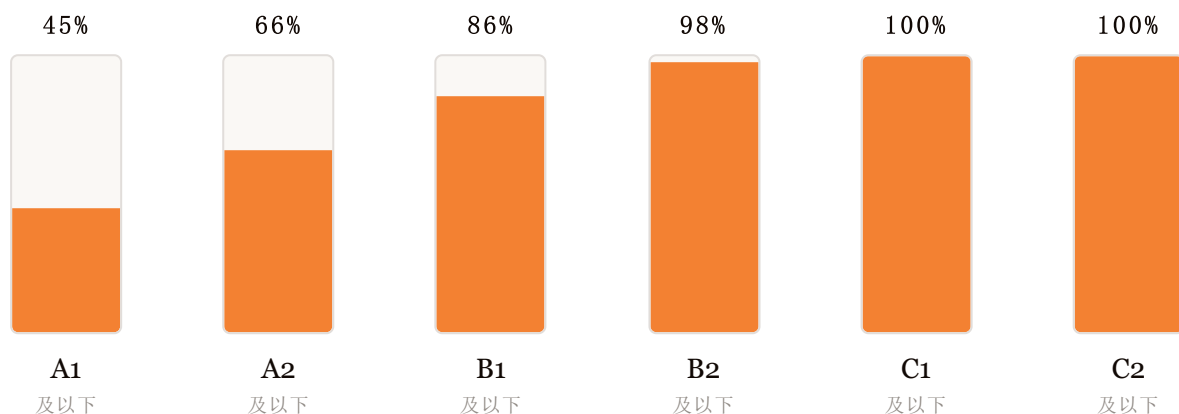
本篇1次 · 真题 11 句

<u>reasonable</u> B1 adj. 合理的 本篇1次 · 真题 11 句	<u>fulfill</u> B2 v. 履行、执行（承诺、义务、职责等） 本篇1次 · 真题 10 句
<u>apparently</u> B2 adv. 显然，看来（根据外表或所见所闻判断） 本篇1次 · 真题 9 句	<u>distinction</u> B2 n. 区别 本篇1次 · 真题 9 句
<u>fare</u> B1 n. 车费 本篇1次 · 真题 9 句	<u>tear</u> A2 v. 撕裂,撕破 本篇1次 · 真题 9 句
<u>administrator</u> B2 n. 管理者 本篇1次 · 真题 8 句	<u>landscape</u> B1 n. 风景 本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 346 词按 CEFR 难度累积覆盖

全文去重后共 **346** 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 8 个 · 约 2%。



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 346 个 · 末柱为 100%

去重总词数

346

B2 以上难词

2%

B1 及以下覆盖

86%



英语四级 2016年6月·第1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 →

2016年6月·第1套 英语四级阅读理解（四选一） 第1篇·46-50 题答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析·46-50 题

本页 46-50 题的答案与逐题解析由懒笔记基于2016年6月·第1套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 10 段原文（段首标 P1-P10 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2016-06) · 四级

Part III Section C (1)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

P1 As Artificial Intelligence (AI) becomes increasingly sophisticated, there are growing concerns that robots could become a threat. This danger can be avoided, according to computer science professor Stuart Russell, if we figure out how to turn human values into a programmable code.

随着人工智能(AI)变得越来越复杂,人们越来越担心机器人可能成为一种威胁。计算机科学教授Stuart Russell认为,如果我们能找到将人类价值观转化为可编程代码的方法,这种危险是可以避免的。

P2 Russell argues that as robots take on more complicated tasks, it's necessary to translate our morals into AI language.

Russell认为,随着机器人承担越来越复杂的任务,有必要将我们的道德观念转化为AI语言。

P3 For example, if a robot does chores around the house, you wouldn't want it to put the pet cat in the oven to make dinner for the hungry children. "You would want that robot preloaded with a good set of values," said Russell.

例如,如果一个机器人在家里做家务,你不会希望它把宠物猫放进烤箱里为饥饿的孩子们做晚餐。Russell说:"你会希望那个机器人预先装载一套良好的价值观。"

P4 Some robots are already programmed with basic human values. For example, mobile robots have been programmed to keep a comfortable distance from humans. Obviously there are cultural differences,

but if you were talking to another person and they came up close in your personal space, you wouldn't think that's the kind of thing a properly brought-up person would do.

一些机器人已经被编程了基本的人类价值观。例如,移动机器人已被编程与人类保持舒适的距离。显然存在文化差异,但如果你在和另一个人说话,而他们靠近进入你的个人空间,你不会认为那是一个教养良好的人会做的事。

P5 It will be possible to create more sophisticated moral machines, if only we can find a way to set out human values as clear rules.

如果我们能找到一种方法将人类价值观制定为明确的规则,就有可能创造出更复杂的道德机器。

P6 Robots could also learn values from drawing patterns from large sets of data on human behavior. They are dangerous only if programmers are careless.

机器人还可以通过从大量人类行为数据中提取模式来学习价值观。只有在程序员粗心大意时,它们才是危险的。

P7 The biggest concern with robots going against human values is that human beings fail to do sufficient testing and they've produced a system that will break some kind of taboo(禁忌).

机器人违背人类价值观的最大担忧是,人类未能进行充分的测试,从而产生了一个会打破某种禁忌的系统。

P8 One simple check would be to program a robot to check the correct course of action with a human when presented with an unusual situation.

一个简单的检查方法是,在机器人遇到不寻常的情况时,对其进行编程以与人类核实正确的行动方案。

P9 If the robot is unsure whether an animal is suitable for the microwave, it has the opportunity to stop, send out beeps(嘟嘟声), and ask for directions from a human. If we humans aren't quite sure about a decision, we go and ask somebody else.

如果机器人不确定某种动物是否适合放进微波炉,它有机会停下来,发出嘟嘟声,并向人类寻求指示。如果我们人类对某个决定不太确定,我们会去询问其他人。

P10 The most difficult step in programming values will be deciding exactly what we believe is moral, and how to create a set of ethical rules. But if we come up with an answer, robots could be good for humanity.

在价值观编程中最困难的一步将是准确决定我们认为什么是道德的,以及如何创建一套伦理规则。但如果我们能找到答案,机器人可能对人类有益。

题目与逐题解析

46. What does the author say about the threat of robots?

- A) It may constitute a challenge to computer programmers.
- B) It accompanies all machinery involving high technology.
- C) It can be avoided if human values are translated into their language.
- D) It has become an inevitable peril as technology gets more sophisticated.

作者对机器人的威胁有何看法?

- A) 它可能对计算机程序员构成挑战。
- B) 它伴随所有涉及高科技的机械设备。
- C) 如果将人类价值观转化为机器人的语言,就可以避免它。

D) 随着技术变得更加复杂,它已成为不可避免的危险。

【答案】 C (细节题)

【判型】 What does the author say about the threat of robots?是 What...say about 句式, 要求复述作者关于某话题的具体表述, 对应文章某句的同义改写。

【拆句】 题干What does the author say about the threat of robots?是标准 wh-疑问句, 主干『the author say』, about 引出讨论对象『the threat of robots』。结构平铺直叙, 无陷阱。

【定位】 This danger can be avoided, according to computer science professor Stuart Russell, if we figure out how to turn human values into a programmable code.

据计算机科学教授 Stuart Russell 所言, 只要我们想出办法把人类价值观转化为可编程的代码, 这种危险就可以避免。

【选项】 A) 偷换概念

It may constitute a challenge to computer programmers把作者结论『危险可避免』偷换成『对程序员是挑战』, 文中没有这层意思; programmer 出现在They are dangerous only if programmers are careless, 与本题作者关于威胁性质的核心判断无关。

B) 无中生有

It accompanies all machinery involving high technology扩大到『凡是高科技都伴随该威胁』, 原文只针对 AI 机器人, 未做行业泛化。

C) ✓ 正确

if we figure out how to turn human values into a programmable code ↔

if human values are translated into their language

This danger can be avoided ↔ It can be avoided

C 把『威胁可避免』加『条件是把价值观翻译成机器语言』这两层信息完整保留, 是定位句的标准同义替换。

D) 与原文相反

It has become an inevitable peril as technology gets more sophisticated说威胁是『不可避免的祸患』, 与定位句This danger can be avoided直接相反。

47. What would we think of a person who invades our personal space according to the author?

A) They are aggressive.

B) They are outgoing.

C) They are ignorant.

D) They are ill-bred.

根据作者的观点,我们会如何看待侵犯我们个人空间的人?

A) 他们具有攻击性。 B) 他们外向开朗。 C) 他们无知。 D) 他们缺乏教养。

【答案】 D (细节题)

【判型】 What would we think of a person who invades our personal space according to the author? 是 What would we think of... according to the author, 问的是作者文中给出的具体判断结论。

【拆句】 题干主干『What would we think of a person』, 定语从句『who invades our personal space』修饰 a person, 『according to the author』是状语限定信息来源。结构清晰、无否定无比较。

【定位】 Obviously there are cultural differences, but if you were talking to another person and they came up close in your personal space, you wouldn't think that's the kind of thing a properly brought-up person would do.

显然存在文化差异, 但如果你正和另一个人交谈、对方却凑得很近、闯入你的私人空间, 你不会觉得这是一个有教养的人会做的事。

【选项】 A) 过度推断

They are aggressive 从『侵犯私人空间』联想到『具有攻击性』, 但原文只评判『教养』维度, 未涉及攻击性。

B) 与原文相反

They are outgoing 意为『外向开朗』, 是褒义词, 与原文负面评判(不是有教养的人会做)相反。

C) 偷换概念

They are ignorant 意为『无知或不知道』, 强调『信息缺失』; 原文是『没教养』, 强调『礼仪修养缺失』。两者维度不同。

D) ✓ 正确

you wouldn't think that's the kind of thing a properly brought-up person would do ↔

They are ill-bred

把原文含蓄否定的『不是有教养的人会做的』翻成肯定式『是没教养的人做的』, 再用 ill-bred 一词覆盖, 结构和语义都对齐。

48. How do robots learn human values?

- A) By interacting with humans in everyday life situations.
- B) By following the daily routines of civilized human beings.
- C) By picking up patterns from massive data on human behavior.
- D) By imitating the behavior of properly brought-up human beings.

机器人如何学习人类价值观?

- A) 通过在日常生活情境中与人类互动。 B) 通过遵循文明人类的日常行为规范。
- C) 通过从关于人类行为的海量数据中提取模式。 D) 通过模仿受过良好教育的人类的行为。

【答案】 C (细节题)

【判型】 How do robots learn human values? 问的是机器人学习价值观的客观方式, 文中必有一句直陈手段, 属于事实细节复述。

【拆句】 题干是简单 How 疑问句，主语 robots、谓语 learn、宾语 human values。无定语从句、无比较，结构最简。

【定位】 Robots could also learn values from drawing patterns from large sets of data on human behavior.

机器人还可以通过从大量人类行为数据中提取规律来学习价值观。

【选项】 A) 无中生有

By interacting with humans in everyday life situations说的是『日常生活中与人类互动』，原文未提互动方式；原文只说从数据中提取规律。

B) 偷换概念

By following the daily routines of civilized human beings说『跟随文明人日常生活作息』，与『数据提取』无关；原文从未提『日常作息』这一方式。

C) ✓ 正确

drawing patterns from large sets of data on human behavior ↔

By picking up patterns from massive data on human behavior

C 完整保留『提取规律』加『大量人类行为数据』两个核心成分，是定位句方式短语的标准同义替换，无信息漂移。

D) 偷换概念

By imitating the behavior of properly brought-up human beings说『模仿有教养者的行为』，是 imitating（模仿）而非 drawing patterns（提取规律）；前者是行为复刻，后者是规律抽象，机制完全不同。

49. What will a well-programmed robot do when facing an unusual situation?

- A) Keep a distance from possible dangers.
- B) Stop to seek advice from a human being.
- C) Trigger its built-in alarm system at once.
- D) Do sufficient testing before taking action.

当面对异常情况时,一个编程良好的机器人会做什么?

- A) 与可能的危险保持距离。 B) 停下来向人类寻求建议。 C) 立即触发其内置警报系统。
D) 在采取行动之前进行充分测试。

【答案】 B （细节题）

【判型】 What will a well-programmed robot do when facing an unusual situation?问『会做什么』，答案是文中给出的具体动作，是典型行为细节题。

【拆句】 主干『What will a well-programmed robot do』是 will 引导的将来疑问句，『when facing an unusual situation』是 when 引导的时间状语，分词短语 facing 省略了『it is』。结构清楚、无陷阱。

【定位】 One simple check would be to program a robot to check the correct course of action with a human when presented with an unusual situation.

一个简单的检查方法是：编程让机器人在遇到异常情况时，向人类核实正确的行动方案。

【选项】 A) 张冠李戴

Keep a distance from possible dangers中的 distance 来自第4段keep a comfortable distance from humans，但那是讨论『人际距离』，不是异常情况的应对动作。

B) ✓ 正确

check the correct course of action with a human ↔ Stop to seek advice from a human being
stop, send out beeps, and ask for directions from a human ↔

Stop to seek advice from a human being

P8给原则、P9给动作细节，二者都指向『停下来问人』这一核心动作，B 精准覆盖。

C) 偷换概念

Trigger its built-in alarm system at once说『立即触发警报系统』，但原文send out beeps是『发出嘟嘟声向人请示』，是『咨询信号』而非『警报』；且 at once 也属添加。

D) 张冠李戴

Do sufficient testing before taking action中的 testing 来自fail to do sufficient testing，但那是『人类未做够测试』导致风险，不是『机器人面对异常时的动作』。

50. What is most difficult to do when we turn human values into a programmable code?

- A) Determine what is moral and ethical.
- B) Design some large-scale experiments.
- C) Set rules for man-machine interaction.
- D) Develop a more sophisticated program.

当我们将人类价值观转化为可编程代码时,最困难的是什么?

- A) 确定什么是道德和伦理的。 B) 设计一些大规模实验。 C) 为人机交互设定规则。
D) 开发一个更复杂的程序。

【答案】 A (细节题)

【判型】 What is most difficult to do when we turn human values into a programmable code?

要求复述文中明确指出的最难之处，答案在原文有直陈句。

【拆句】 主干『What is most difficult to do』，不定式『to do』补足语义；when 状语从句『when we turn human values into a programmable code』中 turn...into... 是固定搭配『把...转化为...』。结构稍长但层次清楚。

【定位】 The most difficult step in programming values will be deciding exactly what we believe is moral, and how to create a set of ethical rules.

在为价值观编程这件事上，最难的一步将是：准确确定我们认为什么是道德的，以及如何创立一套伦理规则。

【选项】 A) ✓ 正确

deciding exactly what we believe is moral, and how to create a set of ethical rules ↔

Determine what is moral and ethical

A 把『判定道德标准』和『建立伦理规则』两层信息浓缩成『determine what is moral and ethical』，动词与对象都对齐定位句，是合规的同义替换。

B) 无中生有

Design some large-scale experiments提到的『设计大规模实验』在原文不存在；原文只提『测试』（testing），且未限定规模。

C) 张冠李戴

Set rules for man-machine interaction中的『人机交互规则』借if you were talking to another person and they came up close in your personal space与program a robot to check the correct course of action with a human的场景诱骗，但未段说的『最难』是『定义道德』，不是『定人机交互规则』。

D) 偷换概念

Develop a more sophisticated program说『开发更精密的程序』，借As Artificial Intelligence (AI) becomes increasingly sophisticated的sophisticated一词诱导，但未段说的『最难』是『决定何为道德』，不是『开发程序』。

SENTENCE INSIGHTS • 句子精讲

6 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。

This danger can be avoided, according to computer science professor Stuart Russell, if we figure out how to turn human values into a programmable code.

第1段，第2句

条件状语从句、插入语、情态被动语态、疑问词加不定式作宾语，这些都是四六级和考研阅读中的高频句式，具有很强的代表性，掌握后可迁移至大量真题句。

Russell argues that as robots take on more complicated tasks, it's necessary to translate our morals into AI language.

第2段，第1句

"主语 + argue/think + that..." 的观点表达句式，以及 "It is necessary to do sth" 的形式主语结构，都是四六级、考研英语阅读和写作中最高频、最典型和最实用的句式。

Obviously there are cultural differences, but if you were talking to another person and they came up close in your personal space, you wouldn't think that's the kind of thing a properly brought-up person would do.

第4段，第3句

本句在结构典型性和成分训练价值上都达到 8 分,嵌套复杂度和时态难度均为 7 分,主干识别难度适中。综合来看,这是一个难度适中偏上、考点密集、高度典型的优质训练句,非常适合作为虚拟语气、从句嵌套和成分划分的综合练习材料,值得优先安排。

It will be possible to create more sophisticated moral machines, if only we can find a way to set out human values as clear rules.

第5段，第1句

"It is/will be + 形容词 + to do" 的形式主语结构在四六级和考研中非常常见，是高频句式。条件状语从句 "if" 引导也是常考结构。整句体现了形式主语后置、条件状语修饰主句的典型模式，学习者掌握后可以迁移应用到大量类似句子中，具有较高的典型性和复用价值。

But if we come up with an answer, robots could be good for humanity.

第10段，第2句

条件状语从句 + 主句（含情态动词）的结构在四六级和考研真题中高频出现，是典型的假设-推测句式，掌握后可迁移到大量类似句子，具有较强的代表性和复用价值。

Stop to seek advice from a human being.

第49题，B

本句虽然简单，但涵盖了祈使句的典型结构（省略主语 + 动词原形）和一个重要的易错点：区分 "stop to do"（目的状语）和 "stop doing"（宾语）。这个区分对基础较弱的学生很有练习价值，因为两者在中文翻译上容易混淆。但整体成分种类不够丰富（只有谓语和目的状语），限制了训练价值的上限。

本篇出现的 50 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。

would A1

aux. (will 的过去式) 将要，会

本篇6次 · 真题 466 句

being B1

n. 存在

本篇4次 · 真题 29 句

moral B2

adj. 道德的

本篇4次 · 真题 15 句

sophisticated C1

adj. 复杂精密的

本篇4次 · 真题 10 句

behavior B1

n. 行为

本篇3次 · 真题 92 句

author A2

n. 作者

本篇2次 · 真题 244 句

accord C1

n. (国家、团体间的) 协议

本篇2次 · 真题 174 句

system A2

n. 系统

本篇2次 · 真题 162 句

concern B1

v. 涉及

本篇2次 · 真题 79 句

code B1

n. 代码

本篇2次 · 真题 39 句

pattern B1

n. 模式

本篇2次 · 真题 37 句

unusual B1

adj. 不寻常的

本篇2次 · 真题 30 句

threat B1

n. 威胁

本篇2次 · 真题 28 句

distance A2

n. 距离

本篇2次 · 真题 27 句

properly B1

adv. 正确地

本篇2次·真题16句

sufficient B2

adj. 足够的

本篇2次·真题15句

ethical B2

adj. 道德的

本篇2次·真题12句

testing B1

n. 测试

本篇2次·真题10句

design B1

n. 设计

本篇1次·真题132句

professor B1

n. 教授 (大学教师的最高职称)

本篇1次·真题105句

opportunity B1

n. 机会

本篇1次·真题89句

challenge B1

n. 挑战

本篇1次·真题80句

data B1

n. 数据

本篇1次·真题73句

involve B1

v. 包含

本篇1次·真题65句

argue B1

v. 争论

本篇1次·真题58句

seek B1

v. 寻找

本篇1次·真题56句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题53句

determine B2

v. 决定

本篇1次·真题51句

intelligence B2

n. 智力

本篇1次·真题48句

figure A2

n. 数字

本篇1次·真题44句

interaction

B2

n. 相互作用

本篇1次·真题40句

exactly

B1

adv. 精确地

本篇1次·真题36句

interact

B2

v. 相互作用

本篇1次·真题35句

cultural

B1

adj. 文化的

本篇1次·真题30句

growing

A2

adj. 增长的

本篇1次·真题29句

artificial

B2

adj. 人造的

本篇1次·真题28句

mobile

B1

adj. 可移动的

本篇1次·真题28句

microwave

B1

n. 微波炉

本篇1次·真题25句

massive

B2

adj. 巨大的, 大量的

本篇1次·真题23句

routine

B1

n. 常规

本篇1次·真题23句

complicated

B2

adj. 复杂的

本篇1次·真题20句

datum

C1

n. 数据 (单数形式, 复数为 data)

本篇1次·真题18句

imitate

B2

v. 模仿, 仿效 (行为、声音、方式等)

本篇1次·真题15句

obviously

B1

adv. 显然, 明显地

本篇1次·真题14句

chore

B1

n. 家务活; 日常杂务

本篇1次·真题13句

alarm

A2

n. 警报器

本篇1次·真题11句

oven

A2

n. 烤箱

本篇1次 · 真题 9 句

trigger

B2

v. 引发

本篇1次 · 真题 9 句

constitute

C1

v. 构成, 组成

本篇1次 · 真题 8 句

humanity

B2

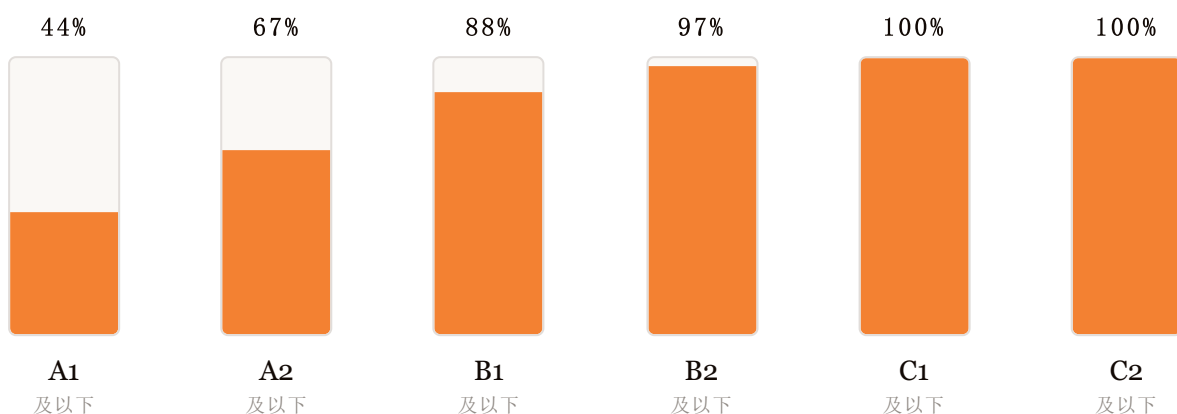
n. 人类 (总称)

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 178 词按 CEFR 难度累积覆盖

全文去重后共 **178** 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 3%。



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 178 个 · 末柱为 100%

去重总词数

178

B2 以上难词

3%

B1 及以下覆盖

88%

英语四级 2016年6月·第1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）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	本题
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 →

2016年6月·第1套 英语四级阅读理解（四选一） 第2篇·51-55 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2016年6月·第1套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 6 段原文（段首标 P1-P6 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2016-06) · 四级

Part III Section C (2)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage Two

Questions 51 to 55 are based on the following passage.

P1 Why do some people live to be older than others? You know the standard explanations: keeping a moderate diet, engaging in regular exercise, etc. But what effect does your personality have on your longevity(长寿)? Do some kinds of personalities lead to longer lives? A new study in the Journal of the American Geriatrics Society looked at this question by examining the personality characteristics of 246 children of people who had lived to be at least 100.

为什么有些人比其他人的活得更长久？你知道那些标准的解释：保持适度的饮食、进行规律的锻炼等等。但是你的性格对你的长寿有什么影响呢？某些类型的性格会导致更长的寿命吗？《美国老年医学会杂志》上的一项新研究通过考察246名至少活到100岁的人的子女的性格特征来探讨这个问题。

P2 The study shows that those living the longest are more outgoing, more active and less neurotic(神经质的) than other people. Long-living women are also more likely to be sympathetic and cooperative than women with a normal life span. These findings are in agreement with what you would expect from the evolutionary theory: those who like to make friends and help others can gather enough resources to make it through tough times.

研究表明，那些活得最长的人比其他人更外向、更活跃、更少神经质。长寿的女性也比正常寿命的女性更有可能富有同情心和乐于合作。这些发现与你从进化论中所期望的相一致：那些喜欢交朋友和帮助他人的人能够聚集足够的资源来度过艰难时期。

P3 Interestingly, however, other characteristics that you might consider advantageous had no impact on whether study participants were likely to live longer. Those who were more self-disciplined, for

instance, were no more likely to live to be very old. Also, being open to new ideas had no relationship to long life, which might explain all those bad-tempered old people who are fixed in their ways.

然而有趣的是,你可能认为有利的其他特征对研究参与者是否可能活得更长没有影响。例如,那些更自律的人并不更有可能活到很老。此外,对新想法持开放态度与长寿没有关系,这或许可以解释所有那些固执己见、脾气暴躁的老年人。

P4 Whether you can successfully change your personality as an adult is the subject of a longstanding psychological debate. But the new paper suggests that if you want long life, you should strive to be as outgoing as possible.

你能否在成年后成功改变自己的性格是一个长期存在的心理学争论主题。但这篇新论文表明,如果你想长寿,你应该努力变得尽可能外向。

P5 Unfortunately, another recent study shows that your mother's personality may also help determine your longevity. That study looked at nearly 28,000 Norwegian mothers and found that those moms who were more anxious, depressed and angry were more likely to feed their kids unhealthy diets. Patterns of childhood eating can be hard to break when we're adults, which may mean that kids of depressed moms end up dying younger.

不幸的是,最近的另一项研究表明,你母亲的性格也可能有助于决定你的寿命。该研究调查了近28000名挪威母亲,发现那些更焦虑、抑郁和愤怒的母亲更有可能给孩子喂食不健康的食物。童年时期的饮食模式在我们成年后很难打破,这可能意味着抑郁母亲的孩子最终会更早去世。

P6 Personality isn't destiny(命运), and everyone knows that individuals can learn to change. But both studies show that long life isn't just a matter of your physical health but of your mental health. 性格不是命运,每个人都知道个体可以学会改变。但这两项研究都表明,长寿不仅仅是你身体健康的问题,也是你心理健康的问题。

题目与逐题解析

51. The aim of the study in the Journal of the American Geriatrics Society is _____.

- A) to see whether people's personality affects their life span
- B) to find out if one's lifestyle has any effect on their health
- C) to investigate the role of exercise in living a long life
- D) to examine all the factors contributing to longevity

《美国老年医学会杂志》上这项研究的目的是_____。

- A) 看人们的性格是否影响他们的寿命
- B) 查明一个人的生活方式是否对其健康有任何影响
- C) 调查运动在长寿中的作用
- D) 考察所有导致长寿的因素

【答案】 **A** (细节题)

【判型】 The aim of the study ... is 是一个待补全陈述句, 问研究本身的目的, 答案点在原文一处即可定位、不需要全局推断。

【拆句】 Q51 是一个空格在末尾的不完整陈述句, 主语是 The aim of the study in the Journal of the American Geriatrics Society, of 结构层层修饰、并不含转折否定, 结构平铺直叙、无陷阱。

【定位】 A new study in the Journal of the American Geriatrics Society looked at this question by examining the personality characteristics of 246 children of people who had lived to be at least 100.

《美国老年医学会杂志》上的一项新研究通过考察 246 名父母至少活到 100 岁的孩子的性格特征，来探究这个问题。

【选项】 A) ✓ 正确

Do some kinds of personalities lead to longer lives ↔

to see whether people's personality affects their life span

预判的 性格是否影响寿命 与 whether people's personality affects their life span 在意图与对象上完全吻合，是定位句的同义重述。

B) 偷换概念

if one's lifestyle has any effect on their health 把考察对象从 personality 偷换为 lifestyle，且把 longevity 换成 health，两处都被偷换。

C) 以偏概全

to investigate the role of exercise in living a long life 把研究对象从 personality 缩窄为 exercise；而原文 engaging in regular exercise 只是开篇提到的 standard explanations 之一，并非本研究的考察对象。

D) 过度推断

to examine all the factors contributing to longevity 把研究目的扩大成 考察一切影响长寿的因素；原文研究只关注 personality characteristics，没有覆盖 all factors。

52. What does the author imply about outgoing and sympathetic people?

- A) They have a good understanding of evolution.
- B) They are better at negotiating an agreement.
- C) They generally appear more resourceful.
- D) They are more likely to get over hardship.

作者对外向和富有同情心的人有何暗示？

- A) 他们对进化有很好的理解。
- B) 他们更善于协商达成协议。
- C) 他们通常表现得更足智多谋。
- D) 他们更有可能克服困难。

【答案】 D (推断题)

【判型】 What does the author imply about outgoing and sympathetic people 中的 imply 直接宣告题型——找原文相关句，再做一步推论。

【拆句】 Q52 主干是 What does the author imply about X，特殊疑问 + 助动词倒装的标准句式，about 后是被询问的对象 outgoing and sympathetic people，结构平实、无陷阱。

【定位】 These findings are in agreement with what you would expect from the evolutionary theory: those who like to make friends and help others can gather enough resources to make it through tough times.

这些发现与你从进化论中可能预期的一致：那些喜欢交朋友、乐于助人的人能够积攒足够的资源以渡过艰难时光。

【选项】 A) 偷换概念

They have a good understanding of evolution 把 这些人是进化论解释的对象 偷换为这些人懂进化论；原文从未说他们具备这种知识。

B) 无中生有

They are better at negotiating an agreement 提及 谈判达成协议；原文 in agreement with 是 与...一致 的固定搭配，与 negotiate an agreement 无关。

C) 偷换概念

They generally appear more resourceful 把原文 gather enough resources 偷换成显得更有办法/机智；resourceful 在英语里指 善于应变、足智多谋，是性格评价，而原文 resources 指实际积攒的物质或社会资本。

D) ✓ 正确

can gather enough resources to make it through tough times ↔

They are more likely to get over hardship

预判 更能熬过艰难时刻 与 more likely to get over hardship 字面字义完全对位，不需要二次推断。

53. What finding of the study might prove somewhat out of our expectation?

- A) Easy-going people can also live a relatively long life.
- B) Personality characteristics that prove advantageous actually vary with times.
- C) Such personality characteristics as self-discipline have no effect on longevity.
- D) Readiness to accept new ideas helps one enjoy longevity.

该研究的哪项发现可能有些出乎我们的意料？

- A) 随和的人也可以活得相对长久。
- B) 被证明有利的性格特征实际上随时代而变化。
- C) 诸如自律之类的性格特征对长寿没有影响。
- D) 乐于接受新思想有助于长寿。

【答案】 C (细节题)

【判型】 What finding of the study might prove somewhat out of our expectation 问的是研究结论中哪条出人意料，答案点是原文中明白写出的一项结论。

【拆句】 Q53 主干 What finding might prove ..., 谓语用情态动词 might + 系动词 prove + 形容词短语作表语，somewhat 修饰 out of our expectation，结构清晰、无陷阱。

【定位】 Those who were more self-disciplined, for instance, were no more likely to live to be very old. Also, being open to new ideas had no relationship to long life, which might explain all those bad-tempered old people who are fixed in their ways.

比如，那些更自律的人，并不更容易活到非常老。同样，对新观念的开放也与长寿没有关系，这或许能解释那些固执己见的暴躁老人。

【选项】 A) **无中生有**

Easy-going people can also live a relatively long life 谈 随和的人也能长寿；原文从未出现 easy-going 这一性格的结论，连相关词也没出现。

B) **无中生有**

Personality characteristics that prove advantageous actually vary with times 说 有利的性格特质会随时代变化；原文未做任何 跨时代 比较，仅说自律与开放对长寿没作用。

C) **✓ 正确**

Those who were more self-disciplined, for instance, were no more likely to live to be very old

↔ **Such personality characteristics as self-discipline have no effect on longevity**

预判 自律对长寿无影响 与 Such personality characteristics as self-discipline have no effect on longevity 在反预期发现的语义上完全一致。

D) **与原文相反**

Readiness to accept new ideas helps one enjoy longevity 说 接受新观念有助于长寿；原文 being open to new ideas had no relationship to long life 明确说没有关系，选项与原文方向相反。

54. What does the recent study of Norwegian mothers show?

- A) Children's personality characteristics are invariably determined by their mothers.
- B) People with unhealthy eating habits are likely to die sooner.
- C) Mothers' influence on children may last longer than fathers'.
- D) Mothers' negative personality characteristics may affect their children's life spans.

最近对挪威母亲的研究表明了什么？

- A) 儿童的性格特征总是由他们的母亲决定的。
- B) 有不健康饮食习惯的人可能会更早死亡。
- C) 母亲对孩子的影响可能比父亲的影响持续时间更长。
- D) 母亲的消极性格特征可能影响其子女的寿命。

【答案】 D (细节题)

【判型】 What does the recent study of Norwegian mothers show 直问研究展示了什么，答案点必然在原文相应段落明写。

【拆句】 Q54 是 What does ... show 的标准疑问句，主语 the recent study of Norwegian mothers 由 of 短语后置修饰，结构简单、无陷阱。

【定位】 That study looked at nearly 28,000 Norwegian mothers and found that those moms who were more anxious, depressed and angry were more likely to feed their kids unhealthy diets. Patterns of childhood eating can be hard to break when we're adults, which may mean that kids of depressed moms end up dying younger.

那项研究考察了近 28,000 名挪威母亲，发现那些更焦虑、抑郁、易怒的母亲更可能让孩子吃不健康的饮食。童年饮食习惯到了成年很难改变，这可能意味着抑郁母亲的孩子最终更早死亡。

【选项】 A) **过度推断**

Children's personality characteristics are invariably determined by their mothers 说 孩子的性格无一例外由母亲决定；原文只谈 母亲性格影响孩子的饮食与寿命，从未谈决定孩子的性格，且 invariably（无一例外）远超原文 may 的程度。

B) **答非所问**

People with unhealthy eating habits are likely to die sooner 把研究焦点偷换成 不健康饮食的人；原文研究焦点是母亲的性格如何通过饮食影响孩子，不是 任何饮食不健康的人 都会早逝。

C) **无中生有**

Mothers' influence on children may last longer than fathers' 比较母亲与父亲的影响时长；原文从未出现 fathers，更没有父母对比。

D) **✓ 正确**

those moms who were more anxious, depressed and angry were more likely to feed their kids unhealthy diets

↔ **Mothers' negative personality characteristics may affect their children's life spans**

kids of depressed moms end up dying younger ↔ **may affect their children's life spans**

预判 母亲负面性格影响孩子寿命 与 Mothers' negative personality characteristics may affect their children's life spans 在因果与对象上完全一致；情态动词 may 也对应原文 may mean 的不确定表达。

55. What can we learn from the findings of the two new studies?

- A) Anxiety and depression more often than not cut short one's life span.
- B) Longevity results from a combination of mental and physical health.
- C) Personality plays a decisive role in how healthy one is.
- D) Health is in large part related to one's lifestyle.

我们能从这两项新研究的发现中了解到什么？

- A) 焦虑和抑郁往往会缩短一个人的寿命。 B) 长寿源于身心健康的结合。
- C) 性格在一个人的健康状况中起决定性作用。 D) 健康在很大程度上与一个人的生活方式有关。

【答案】 B （主旨题）

【判型】 What can we learn from the findings of the two new studies 综合两项研究问总判断，落点在全文综合，不能靠单句定位。

【拆句】 Q55 主干 What can we learn from X, 情态动词 can + 行为动词 learn + from 短语, 结构清楚、无陷阱。

【选项】 A) 以偏概全

Anxiety and depression more often than not cut short one's life span 只覆盖 Paragraph 5 母亲那项研究的局部, 没有覆盖 Paragraph 2/3 的性格结论, 也没有覆盖尾段对身心结合的总括。

B) ✓ 正确

long life isn't just a matter of your physical health but of your mental health ↔

Longevity results from a combination of mental and physical health

预判 长寿 = 身心结合 与 Longevity results from a combination of mental and physical health 字面一致, 并能与前面所有区间的功能不发生冲突。

C) 与原文相反

Personality plays a decisive role in how healthy one is 把性格说成是 决定性 因素, 原文 Personality isn't destiny 已经明确否定这种 决定性 表述。

D) 答非所问

Health is in large part related to one's lifestyle 把主旨拉回到 lifestyle 上; lifestyle 只是 Paragraph 1 的开篇背景 keeping a moderate diet, engaging in regular exercise, 并不是两项研究的关注点。

SENTENCE INSIGHTS • 句子精讲

6 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。

Whether you can successfully change your personality as an adult is the subject of a longstanding psychological debate.

第4段, 第1句

主语从句充当主句主语是四六级和考研阅读中的高频句式, 且"Whether"引导的名词性从句在学术文本中常见。本句结构具有很强的代表性, 掌握后学生可以识别和理解大量类似句式, 迁移价值显著。

But the new paper suggests that if you want long life, you should strive to be as outgoing as possible.

第4段，第2句

suggest that 引导宾语从句、if 引导条件状语从句、as...as 比较结构、情态动词 should 表建议，均为四六级和考研真题中的高频句式，掌握后可大量复用。

They are more likely to get over hardship.

第52题，D

"be likely to do" 结构在四六级和考研中较为常见，属于基础句式，但本句结构过于简单，缺少从句或复杂修饰，代表性一般，学习后迁移价值有限。

Such personality characteristics as self-discipline have no effect on longevity.

第53题，C

简单句虽不如复合句典型，但 "such...as" 举例结构和 "have effect on" 搭配在四六级阅读中较为常见，掌握此类主语扩展方式有一定迁移价值。

Longevity results from a combination of mental and physical health.

第55题，B

主谓加介词短语状语的结构在四六级和考研阅读中较为常见，尤其 "result from" 等因果搭配是高频考点。但本句过于简洁，缺少从句、并列等更典型的复杂句式特征，代表性中等。

Personality plays a decisive role in how healthy one is.

第55题，C

"play a role in" 是考试高频搭配，疑问词引导的名词性从句也是常考点，句式在四六级和考研阅读中有较高代表性。

HIGH-FREQUENCY • 真题高频词

本篇出现的 62 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。

personality B1

n. 个性

本篇12次 · 真题 35 句

likely A2

adj. 很可能的

本篇6次 · 真题 224 句

characteristic B2

n. 特征

本篇6次 · 真题 30 句

longevity C1

n. 长寿

本篇6次 · 真题 12 句

span B2

n. 时间段

本篇4次 · 真题 10 句

effect A2

n. 影响

本篇3次 · 真题 156 句

finding B2

n. 调查结果

本篇3次 · 真题 99 句

affect B1

v. 影响

本篇2次 · 真题 113 句

diet A2

n. 日常饮食

本篇2次 · 真题 113 句

physical B1

adj. 身体的

本篇2次 · 真题 98 句

mental B1

adj. 精神的

本篇2次 · 真题 86 句

determine B2

v. 决定

本篇2次 · 真题 51 句

journal B1

n. 杂志

本篇2次 · 真题 29 句

lifestyle B1

n. 生活方式

本篇2次 · 真题 29 句

eating A1

n. 吃

本篇2次 · 真题 24 句

mom A1

n. 妈妈

本篇2次 · 真题 16 句

depressed B2

adj. 抑郁的

本篇2次·真题 12 句

unhealthy B1

adj. 有害健康的;不健康的

本篇2次·真题 10 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 466 句

author A2

n. 作者

本篇1次·真题 244 句

less A1

det. 较少的

本篇1次·真题 224 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇1次·真题 148 句

participant B2

n. 参与者

本篇1次·真题 117 句

relationship B1

n. 关系

本篇1次·真题 109 句

impact B2

n. 影响

本篇1次·真题 98 句

least A2

det. 最少的

本篇1次·真题 84 句

individual B2

adj. 单独的

本篇1次·真题 79 句

factor B1

n. 因素

本篇1次·真题 77 句

contribute B1

v. 捐献

本篇1次·真题 74 句

engage B2

v. 参与;从事

本篇1次·真题 57 句

negative B1

adj. 否定的

本篇1次·真题 57 句

resource B1

n. 资源

本篇1次·真题 54 句

generally B1

adv. 通常, 一般地

本篇1次·真题53句

debate B2

n. 辩论

本篇1次·真题48句

anxiety B2

n. 焦虑

本篇1次·真题41句

aim B1

v. 瞄准

本篇1次·真题38句

regular B1

adj. 经常的

本篇1次·真题38句

pattern B1

n. 模式

本篇1次·真题37句

expectation B2

n. 期待;预期

本篇1次·真题34句

instance B2

n. 例子

本篇1次·真题33句

depression B2

n. 抑郁症

本篇1次·真题31句

theory B1

n. 理论

本篇1次·真题31句

vary B1

v. 不同

本篇1次·真题31句

childhood A2

n. 童年

本篇1次·真题30句

understanding B1

n. 理解;领悟

本篇1次·真题28句

psychological B2

adj. 心理的

本篇1次·真题25句

relatively B2

adv. 相对地

本篇1次·真题24句

gather B1

v. 聚集, 集合

本篇1次·真题22句

fixed B1

adj. 固定的

本篇1次·真题 21 句

investigate B2

v. 调查

本篇1次·真题 21 句

tough B1

adj. 困难的

本篇1次·真题 20 句

unfortunately B1

adv. 不幸地

本篇1次·真题 20 句

imply B2

v. 暗示, 暗指

本篇1次·真题 18 句

strive B2

v. 努力, 奋斗, 力求

本篇1次·真题 17 句

combination B1

n. 结合

本篇1次·真题 15 句

anxious B1

adj. 焦虑的

本篇1次·真题 14 句

explanation B1

n. 解释

本篇1次·真题 11 句

negotiate B2

v. 谈判

本篇1次·真题 11 句

successfully B1

adv. 成功地

本篇1次·真题 10 句

relate B1

v. 使有联系, 把...联系起来

本篇1次·真题 9 句

somewhat B2

adv. 有点

本篇1次·真题 9 句

moderate B2

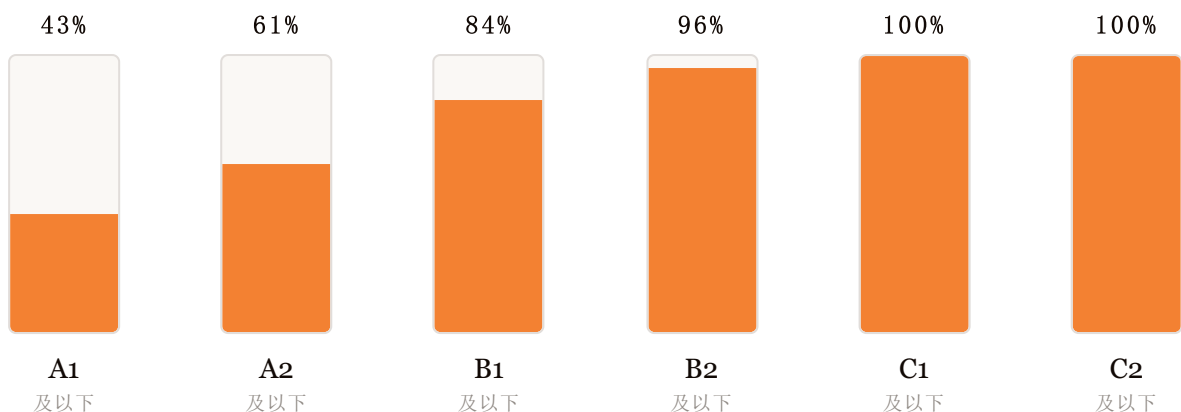
adj. 适度的

本篇1次·真题 8 句

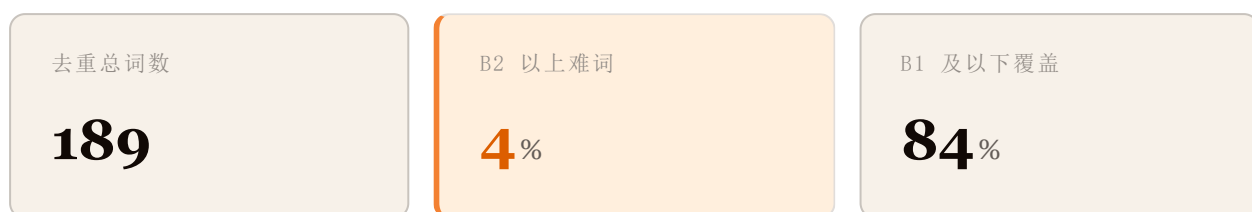
VOCABULARY • 词汇难度分布

全文 189 词按 CEFR 难度累积覆盖

全文去重后共 189 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 8 个·约 4%。



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 189 个 · 末柱为 100%



英语四级 2016年6月·第1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）	题目解析 →
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）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2016年6月·第1套英语四级汉译英（段落翻译）·客观介绍功夫这一中国文化项目 参考译文与解析

PASSAGE & TRANSLATION • 题和解析

汉译英真题、参考译文与逐句解析

本页整篇参考英译与逐句解析由懒笔记基于2016年6月·第1套 英语四级汉译英（段落翻译）原卷题干译审整理。与试卷排版同一卷面：Directions 与一整段中文原文连续排印——整段连排、无段落标记无题号，把它切成一句句翻译单元本身就是解题动作。卷面之后先给整篇参考英译定稿，再按自切句序逐句拆分：定英文主干、降级修饰成分、逐项落实语法点、句内定稿英译，答案直显。

真题卷第1套(2016-06) • 四级

Part IV

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

功夫 (Kung Fu) 是中国武术 (martial arts) 的俗称。中国武术的起源可以追溯到自卫的需要、狩猎活动以及古代中国的军事训练。它是中国传统体育运动的一种, 年轻人和老年人都练。它已逐渐演变成了中国文化的独特元素。作为中国的国宝, 功夫有上百种不同的风格, 是世界上练得最多的武术形式。有些风格模仿了动物的动作, 还有一些则受到了中国哲学思想、神话和传说的启发。

参考译文

整篇参考英译是复盘资产，考卷上只印中文原文——四六级 Part IV 翻译按整篇「表达通顺连贯、用词准确、语法正确」四档评分。

Kung Fu is the popular name for Chinese martial arts. The origins of Chinese martial arts can be traced back to the need for self-defense, hunting activities and ancient Chinese military training. It is a form of traditional Chinese sports practiced by both the young and the old. It has gradually evolved into a unique element of Chinese culture. As a national treasure of China, Kung Fu has hundreds of different styles and is the most practiced martial art form in the world. Some styles imitate the movements of animals, while others are inspired by Chinese philosophy, mythology and legends.

【衔接】第2、3句间用代词It承接避免重复

第2句末是 Chinese martial arts, 第3句 它是中国传统体育运动的一种 的"它"已用 It 承接, 不再重复 Chinese martial arts, 读起来自然不啰嗦。整篇前四句都以 It 指代功夫/中国武术, 指代链清晰。

第5句改回专名Kung Fu点名, 理顺指代

第5句 作为中国的国宝, 功夫有上百种不同的风格 句首插入"作为....."较长, 若仍用 It 会离上一个 It 较远、指代略松, 故此处改回专名 Kung Fu 点名, 让"作为国宝的这一段"主语一目了然; 第6句 Some styles / others 则承接第5句的 styles, 衔接自然。

逐句解析

一整段连排中文、无段落标记无题号——把它切成一句句翻译单元本身就是解题动作, 句前 N. 为逐句解析自切的句序号 (非考卷题号), 与卷面中文逐字对应。

【主旨】客观介绍功夫这一中国文化项目

整段是一篇典型的四级文化介绍说明文, 围绕"功夫/中国武术"的定义、起源、特点与流派客观陈述。开篇 功夫 (Kung Fu)是中国武术 (martial arts)的俗称 即下定义, 全篇讲的是"现在依然成立的事实", 语体平实客观, 用词以书面通用词为主, 不需要文学性渲染。

【时态】一般现在时

通篇是对功夫这一事物的定义、特征与现状做客观介绍, 描述的是当下普遍成立的事实, 故以一般现在时为主时态。如 功夫 (Kung Fu)是中国武术 (martial arts)的俗称、有上百种不同的风格 都是恒常事实。只有讲"起源可追溯到过去""逐渐演变成"这类已发生/延续至今的动作时, 才在个别句偏离为过去时或现在完成时。

【译法】功夫

原文已给出官方英译, 统一用 Kung Fu (首字母大写、两词分写), 见 功夫 (Kung Fu)。全篇凡指"功夫"一律用 Kung Fu, 不要中途换成 Gongfu 或 Chinese boxing。

中国武术

原文已给出英译, 统一用 Chinese martial arts, 见 中国武术 (martial arts)。单说"武术"用 martial arts (恒为复数 arts) 。

国宝

中国的国宝 译为 a national treasure of China。national treasure 是约定俗成的固定搭配, 不要直译成 country baby 之类。

1. 功夫 (Kung Fu)是中国武术 (martial arts)的俗称。

【主干】功夫是俗称 (A是B) (主语策略: 原句主语)

这是典型的"A 是 B"判断句, 主语就用中文已有的 功夫 (Kung Fu), 谓语用系动词 is, 表语是"俗称"the popular/common name。骨架即 Kung Fu is the popular name for Chinese martial arts。

【降级】"...的俗称"用 name for 接出对象

"中国武术的俗称"不要硬译成 Chinese martial arts' popular name, 而用 the popular name for Chinese martial arts, 用介词 for 把"俗称所指的对象"接在 name 后面, 更地道。

【语法】时态

回指全篇基调，下定义是恒常事实，用一般现在时 is。

冠词

"俗称"特指功夫这一个名称，用定冠词 the popular name；也可处理为 a popular name，但 the 更贴"就是它的那个俗称"。

单复数

martial arts 作"武术"讲时 arts 恒为复数，不可写成 martial art。

【译文】Kung Fu is the popular name for Chinese martial arts.

2. 中国武术的起源可以追溯到自卫的需要、狩猎活动以及古代中国的军事训练。

【主干】起源可追溯到... (origins trace back to) (主语策略：原句主语)

主语是 中国武术的起源 The origins of Chinese martial arts，谓语用固定搭配 can be traced back to (追溯到)，宾语是后面三项并列的来源。骨架 The origins... can be traced back to...

【降级】三项来源作并列宾语

自卫的需要、狩猎活动以及古代中国的军事训练 是三个并列的名词性宾语，用 A, B and C 结构排开：the need for self-defense、hunting (activities)、ancient Chinese military training。注意"以及"对应最后一项前的 and，三项词性保持一致（都是名词短语）。

【语法】语态

用被动 be traced back to：起源是被"追溯"的对象，英文此处惯用被动，比主动 trace back 更准。

主谓一致

主语核心是 The origins (复数)，谓语助动词用 can (情态动词不变形)，系动词 be 在 can 后用原形 be traced。

介词搭配

"自卫的需要"用 the need for self-defense (need 接 for)；self-defense 连字符写法固定。

时态

"可以追溯到"陈述的是现在依然成立的事实，仍用一般现在时 can be traced，不必改过去时。

【译文】The origins of Chinese martial arts can be traced back to the need for self-defense, hunting activities and ancient Chinese military training.

3. 它是中国传统体育运动的一种,年轻人和老年人都练。

【主干】它是一种传统体育 (It is a form of) (主语策略：原句主语)

主语用代词 It 承接上句的"中国武术/功夫"，谓语 is，表语"中国传统体育运动的一种"译 a form of traditional Chinese sports。骨架 It is a form of traditional Chinese sports。

【降级】后半句"都练"降级为定语从句

中文用逗号连了两个分句："是一种....."和"年轻人和老年人都练"。后半句不另起一句，而是降级成定语从句 which is practiced by both the young and the old，挂到 sports/form 上，避免两个独立句平铺。

【语法】语态

"年轻人和老年人都练（它）"，练的对象是它，主语 which 指代体育形式，故用被动 is practiced by，而非 practice。

单复数与冠词

a form of traditional Chinese sports: form 单数加 a; sports 作"体育运动"讲用复数。

用词

"年轻人和老年人"用 both the young and the old (the + 形容词表一类人)，比 young people and old people 更凝练；也可 people of all ages。

【译文】 It is a form of traditional Chinese sports practiced by both the young and the old.

4. 它已逐渐演变成了中国文化的独特元素。

【主干】 它已演变成 (It has evolved into) (主语策略：原句主语)

主语 It (仍指功夫)，谓语"演变成"用 evolve into，宾语"中国文化的独特元素"a unique element of Chinese culture。骨架 It has gradually evolved into...

【降级】 本句结构简单，无需大改

这是一个主谓宾的简单句，唯一要安放的修饰是状语"逐渐"gradually 和定语"中国文化的"of Chinese culture，分别用副词和 of 介词短语挂上即可，不需拆分或降级。

【语法】时态

"已逐渐演变成了"强调从过去持续到现在并已完成的结果，用现在完成时 has evolved，这是本篇唯一明显偏离一般现在时基调之处——由"已经"这个完成标志触发。

冠词与单复数

a unique element: element 可数、特指"一个独特元素"用 a; Chinese culture 作抽象大概念不可数，不加冠词、不加 s。

介词搭配

evolve 后接 into 表"变成"; ".....的元素"用 element of。

【译文】 It has gradually evolved into a unique element of Chinese culture.

5. 作为中国的国宝,功夫有上百种不同的风格,是世界上练得最多的武术形式。

【主干】 功夫有上百种风格 (Kung Fu has) (主语策略：原句主语)

主语用专名 Kung Fu (这里不宜再用 It, 因开头"作为....."插入后离上文较远, 点名更清楚), 主谓宾骨架是 Kung Fu has hundreds of different styles。后半"是.....武术形式"作并列谓语再接。

【降级】 "作为国宝"降级为状语，两谓语并列

作为中国的国宝 译成介词短语 As a national treasure of China 作开头状语; 中间 有上百种不同的风格 与后面 是世界上练得最多的武术形式 是同一主语的两个并列谓语, 用 and 连接: has... and is.... "练得最多的"用最高级 the most practiced 作定语修饰 martial art form。

【语法】时态

回指全篇基调，陈述功夫现状，用一般现在时 has / is。

单复数

"上百种风格" hundreds of different styles: hundreds 用复数加 of (泛指上百，非确数) ; styles 复数。"最多的武术形式"是单数 the most practiced martial art form (这里 art 单数，因 form 限定为"一种形式")。

最高级

"练得最多的"用最高级 the most practiced (the + most + 过去分词) ; 最高级前必加 the。

介词搭配

"世界上"用 in the world; national treasure of China 用 of 接所属国。

【译文】 As a national treasure of China, Kung Fu has hundreds of different styles and is the most practiced martial art form in the world.

6. 有些风格模仿了动物的动作, 还有一些则受到了中国哲学思想、神话和传说的启发。

【主干】 有些...还有一些... (Some... others...) (主语策略: 原句主语)

中文"有些.....还有一些....."对应英文经典对举结构 Some (styles)... while others....。前半主语 Some styles、谓语 imitate、宾语 the movements of animals; 后半主语 others、谓语"受到.....启发"用被动 are inspired by。

【降级】 两分句用while对举，后半用被动

前后两分句用 while 连成一句对举: Some styles imitate the movements of animals, while others are inspired by... 受到了中国哲学思想、神话和传说的启发 中三项 Chinese philosophy, mythology and legends 作并列宾语 (介词 by 的宾语), 词性一致用 A, B and C 排开。

【语法】时态

尽管中文有"模仿了""受到了"的"了", 但这是对功夫流派特征的客观陈述 (现在依然如此), 仍回指基调用一般现在时 imitate / are inspired, 不必用过去时——"了"在此是"已具有的特征", 非"过去某刻发生"。

语态

"受到.....的启发"用被动 be inspired by: 流派是被启发的一方, 固定搭配 be inspired by。

单复数

Some styles / others 复数; the movements of animals 用复数 movements、animals (泛指动物们的各种动作) ; mythology (神话作总称不可数)、legends (传说可数用复数)。

介词搭配

imitate 是及物动词直接接宾语, 不加介词; inspire 用 be inspired by。

【译文】 Some styles imitate the movements of animals, while others are inspired by Chinese philosophy, mythology and legends.

英语四级 2016年6月·第1套 · 全卷构成

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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）	本题