

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

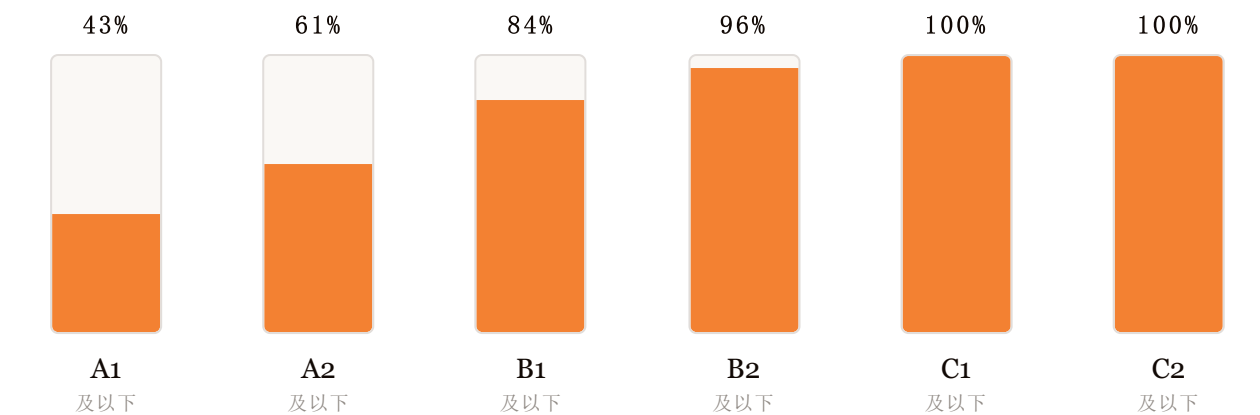
adj. 适度的

本篇1次 · 真题 8 句

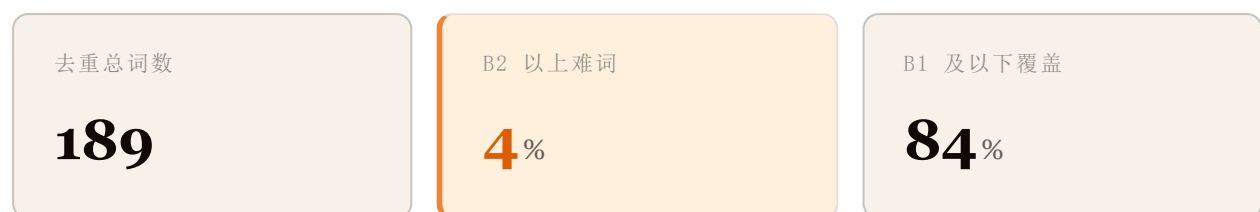
VOCABULARY · 词汇难度分布

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 →