

# 2016年6月·第2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2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 4 段原文（段首标 P1-P4 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2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 In agrarian(农业的), pre-industrial Europe, "you'd want to wake up early, start working with the sunrise, have a break to have the largest meal, and then you'd go back to work," says Ken Albala, a professor of history at the University of the Pacific. "Later, at 5 or 6, you'd have a smaller supper."

太平洋大学历史学教授Ken Albala说，在农业化的、前工业化时代的欧洲，“你会想早起，日出时开始劳作，休息一下吃最丰盛的一餐，然后再回去工作。之后，在5点或6点，你会吃一顿较简单的晚餐。”

P2 This comfortable cycle, in which the rhythms of the day helped shape the rhythms of the meals, gave rise to the custom of the large midday meal, eaten with the extended family. "Meals are the foundation of the family," says Carole Counihan, a professor at Millersville University in Pennsylvania, "so there was a very important interconnection between eating together" and strengthening family ties.

在这种舒适的节奏中，一天的韵律帮助塑造了进餐的韵律，由此产生了正午吃大餐的习俗，与大家庭一起进餐。宾夕法尼亚州Millersville大学教授Carole Counihan说：“进餐是家庭的基础，因此共同进餐与加强家庭纽带之间存在着非常重要的相互联系。”

P3 Since industrialization, maintaining such a slow cultural metabolism has been much harder, with the long midday meal shrinking to whatever could be stuffed into a lunch bucket or bought at a food stand. Certainly, there were benefits. Modern techniques for producing and shipping food led to greater

variety and quantity, including a tremendous increase in the amount of animal protein and dairy products available, making us more vigorous than our ancestors.

自工业化以来, 维持这种缓慢的文化节奏变得更加困难, 正午的长时间用餐缩减为任何能塞进饭盒或在食品摊买到的东西。当然, 这也带来了好处。生产和运输食物的现代技术带来了更大的多样性和数量, 包括动物蛋白和乳制品供应量的巨大增加, 使我们比我们的祖先更加精力充沛。

P4 Yet plenty has been lost too, even in cultures that still live to eat. Take Italy. It's no secret that the Mediterranean diet is healthy, but it was also a joy to prepare and eat. Italians, says Counihan, traditionally began the day with a small meal. The big meal came at around 1 p.m. In between the midday meal and a late, smaller dinner came a small snack. Today, when time zones have less and less meaning, there is little tolerance for offices' closing for lunch, and worsening traffic in cities means workers can't make it home and back fast enough anyway. So the formerly small supper after sundown becomes the big meal of the day, the only one at which the family has a chance to get together. "The evening meal carries the full burden that used to be spread over two meals," says Counihan.

然而,许多东西也失去了,即使在那些仍然为吃而活的文化中。以意大利为例。地中海饮食有益健康已不是秘密,但它曾经也是准备和享用的乐趣。Counihan说,意大利人传统上以少量进餐开始一天。丰盛的一餐在下午1点左右。在正午餐和较晚的、较简单的晚餐之间会吃小吃。如今,当时区的意义越来越小时,办公室午餐时间关闭几乎不被容忍,而且城市交通恶化意味着工人无论如何也无法足够快地回家再返回。因此,日落后原本简单的晚餐变成了一天中的正餐,成为家人唯一有机会聚在一起的一餐。Counihan说:"晚餐承载了过去分散在两餐中的全部负担。"

## 题目与逐题解析

51. What do we learn from the passage about people in pre-industrial Europe?

- A) They had to work from early morning till late at night.
- B) They were so busy working that they only ate simple meals.
- C) Their daily routine followed the rhythm of the natural cycle.
- D) Their life was much more comfortable than that of today.

从文章中我们了解到工业化前欧洲人的哪些情况?

- A) 他们不得不从清晨工作到深夜。 B) 他们忙于工作,只吃简单的饭食。  
C) 他们的日常作息遵循自然循环的节奏。 D) 他们的生活比今天舒适得多。

**【答案】 C** (细节题)

**【判型】** 题干 What do we learn from the passage about people in pre-industrial Europe 用 "What do we learn ... about" 问对象的客观情况, 没有 infer/imply 之类的推断信号, 属于细节题。

**【拆句】** 题干 What do we learn from the passage about people in pre-industrial Europe? 是 What 引导的疑问句, 主干 "What do we learn", from the passage 表来源, about people in pre-industrial Europe 限定话题对象。结构平铺直叙, 无陷阱。

**【定位】** In agrarian(农业的), pre-industrial Europe, "you'd want to wake up early, start working with the sunrise, have a break to have the largest meal, and then you'd go back to work," says Ken Albala, a professor of history at the University of the Pacific. "Later, at 5 or 6, you'd have a smaller supper."

在前工业化的农业欧洲, "你会想早早起床, 随日出开始劳作, 中途歇下来吃当天最大的一餐, 然后再回去干活, "太平洋大学历史教授 Ken Albala 如是说。"再晚些, 五六点钟, 你会吃顿更小的晚饭。"

**【选项】** A) 与原文相反

原文 Later, at 5 or 6, you'd have a smaller supper 明确五六点就吃小晚餐了, 谈不上 "till late at night" (工作到深夜)。

B) 与原文相反

原文说他们中午吃的是 the largest meal (一天中最大的一餐), 不是 simple meals; "so busy ... that only ate simple meals"在原文找不到依据。

C) ✓ 正确

start working with the sunrise ↔

**Their daily routine followed the rhythm of the natural cycle**

wake up early, start working with the sunrise, have a break to have the largest meal, and then you'd go back to work

↔ **Their daily routine followed the rhythm of the natural cycle**

预判"作息跟着自然时辰走"恰好等同 Their daily routine followed the rhythm of the natural cycle, C 是定位句的同义概括, 锁定 C。

D) 无中生有

Para. 1 只描述前工业时代的作息, 未在此处与"今天"作舒适度对比; "much more comfortable than that of today"系无中生有。

52. What does Professor Carole Counihan say about pre-industrial European families eating meals together?

- A) It was helpful to maintaining a nation's tradition.
- B) It brought family members closer to each other.
- C) It was characteristic of the agrarian culture.
- D) It enabled families to save a lot of money.

**Carole Counihan**教授对工业化前欧洲家庭一起用餐有何看法?

- A) 这有助于维护国家的传统。
- B) 这使家庭成员彼此更加亲近。
- C) 这是农业文化的特征。
- D) 这使家庭节省了大量金钱。

**【答案】** B (细节题)

**【判型】** 题干 What does Professor Carole Counihan say about ... 直接问"某人怎么说", 原文必有对应原话, 属转述性细节题。

**【拆句】** 题干 What does Professor Carole Counihan say about pre-industrial European families eating meals together? 中, about 后接 pre-industrial European families (名词短语), 后跟现在分词 eating meals together 作后置定语修饰 families, 相当于 "families who eat meals together"。结构无陷阱, 但要看出 eating 修饰 families。

**【定位】** "Meals are the foundation of the family," says Carole Counihan, a professor at Millersville University in Pennsylvania, "so there was a very important interconnection between eating together" and strengthening family ties.

"餐食是家庭的根基,"宾夕法尼亚州米勒斯维尔大学的教授 Carole Counihan 说道,"所以一起吃饭与巩固家庭纽带之间,存在着非常重要的互联。"

**【选项】** A) **偷换概念**

Counihan 谈的是 family 这一最小社会单位的纽带, 未谈到 a nation's tradition (民族/国家层面的传统)。

B) **✓ 正确**

strengthening family ties ↔ **It brought family members closer to each other**

Meals are the foundation of the family ↔ **It brought family members closer to each other**

预判"共餐拉近家庭关系"与 It brought family members closer to each other 完全对应, 锁定 B。

C) **答非所问**

Para. 2 引述 Counihan 是为了说明共餐"做了什么"(拉近家庭), 并非定义它是 characteristic of the agrarian culture (农业文化的特点)。

D) **无中生有**

全段未提及金钱或节约成本; save a lot of money 在原文毫无落脚点。

53. What does "cultural metabolism"(Line 1, Para. 3) refer to?

A) Evolutionary adaptation.

B) Changes in lifestyle.

C) Social progress.

D) Pace of life.

文化代谢指的是什么?

A) 进化适应。 B) 生活方式的变化。 C) 社会进步。 D) 生活节奏。

**【答案】** D (词义句意题)

**【判型】** 题干 What does "cultural metabolism"... refer to? 用 refer to 询问短语含义, 是典型词义题。

**【拆句】** 题干 What does "cultural metabolism"(Line 1, Para. 3) refer to? 是 What 引导的疑问句, refer to 作谓语; 括号内是坐标提示。结构清晰, 无陷阱。

**【定位】** Since industrialization, maintaining such a slow cultural metabolism has been much harder, with the long midday meal shrinking to whatever could be stuffed into a lunch bucket or bought at a food stand.

自工业化以来，维持这样一种缓慢的“文化代谢”变得艰难得多——漫长的午餐被压缩成能塞进饭盒或在小吃摊买到的任何东西。

**【选项】** A) **过度推断**

Evolutionary adaptation (进化适应) 属生物学层面，原文谈的是社会文化变化，跨度不在同一维度。

B) **偷换概念**

Para. 3 谈到 industrialization 后 "changes", 但 cultural metabolism 这个短语本身不指“变化”，而指被打破的那种“节奏”。

C) **与原文相反**

原文 "slow cultural metabolism" 是被肯定、被怀念的——maintaining ... has been much harder 暗示作者惋惜其消失；而 Social progress (社会进步) 带正面进步色彩，方向相反。

D) **✓ 正确**

such a slow cultural metabolism ↔ **Pace of life**

the rhythms of the day helped shape the rhythms of the meals ↔ **Pace of life**

预判“生活节奏”与 Pace of life 完全同义；上下文 such a slow 的修饰只有 pace (节奏/步调) 才能搭配 slow，锁定 D。

54. What does the author think of the food people eat today?

- A) Its quality is usually guaranteed.
- B) It is varied, abundant and nutritious.
- C) It is more costly than what our ancestors ate.
- D) Its production depends too much on technology.

作者如何看待人们今天所吃的食物？

- A) 其质量通常有保障。
- B) 它种类丰富、数量充足且营养丰富。
- C) 它比我们祖先吃的食物更昂贵。
- D) 其生产过于依赖技术。

**【答案】** B (细节题)

**【判型】** What does the author think of the food people eat today? 虽含 think，但问的是对今食物的事实性评价，原文有对应客观陈述句，按细节题处理。

**【拆句】** What does the author think of the food people eat today? 主干 "the author think of the food", think of 表“对...的看法”，people eat today 是省略关系代词的定语从句修饰 the food。结构清晰，无陷阱。

【定位】 Modern techniques for producing and shipping food led to greater variety and quantity, including a tremendous increase in the amount of animal protein and dairy products available, making us more vigorous than our ancestors.

现代食物生产与运输技术带来了更大的种类和数量，包括动物蛋白与乳制品供给的极大增长，使我们比祖先更具活力。

【选项】 A) 无中生有

原文谈种类、数量、营养，未谈到 quality is usually guaranteed（质量有保障）；guarantee（保证）在原文无依据。

B) ✓ 正确

greater variety ↔ It is varied, abundant and nutritious

greater ... quantity ↔ It is varied, abundant and nutritious

tremendous increase in the amount of animal protein and dairy products available, making us more vigorous than our ancestors

↔ It is varied, abundant and nutritious

varied, abundant and nutritious 三个形容词分别对应定位句的 variety / quantity / animal protein 和 vigorous，三点同时落地，B 是唯一全覆盖的选项。

C) 偷换概念

原文比较的是 more vigorous than our ancestors（比祖先更有活力），不是 more costly than what our ancestors ate（比祖先吃的更贵）。

D) 与原文相反

原文 Certainly, there were benefits 与 Modern techniques ... led to greater variety and quantity 对现代技术的评价是肯定的；选项 depends too much on technology 中 too much 把肯定变为批评，曲解原意。

55. What does the author say about Italians of the old days?

- A) They enjoyed cooking as well as eating.
- B) They ate a big dinner late in the evening.
- C) They ate three meals regularly every day.
- D) They were expert at cooking meals.

作者对旧时的意大利人有何评价？

- A) 他们喜欢烹饪也喜欢吃饭。
- B) 他们在傍晚很晚时吃一顿丰盛的晚餐。
- C) 他们每天定时吃三餐。
- D) 他们精于烹饪。

【答案】 A (细节题)

【判型】 题干 What does the author say about Italians of the old days? 问作者对旧时意大利人说了什么，对应原文一句直接描述，按细节题路径。

【拆句】 What does the author say about Italians of the old days? 是 What 引导的疑问句，介词短语 of the old days 后置修饰 Italians。"the old days"即"过去/旧时"。结构平铺直叙，无陷阱。

【定位】 Take Italy. It's no secret that the Mediterranean diet is healthy, but it was also a joy to prepare and eat.

以意大利为例。地中海饮食有益健康众所周知，但它同样是制作与享用的乐趣。

【选项】 A) ✓ 正确

it was also a joy to prepare and eat ↔ **They enjoyed cooking as well as eating**

a joy to prepare and eat ↔ **cooking as well as eating**

预判"做饭和吃饭都享受"恰好等同 They enjoyed cooking as well as eating, 锁定 A。

B) 张冠李戴

原文 The big meal came at around 1 p.m. 明确旧时大餐在中午；the formerly small supper after sundown becomes the big meal of the day 指今天晚餐才成大餐。题干问 old days, B 把今天的情形误装到旧时。

C) 以偏概全

原文 traditionally began the day with a small meal. The big meal came at around 1 p.m. In between the midday meal and a late, smaller dinner came a small snack 写得很清楚——"早餐+午大餐+小点+晚小餐"实为四次进食；C 选"三餐"以偏概全且漏掉 snack。

D) 过度推断

原文说他们"享受做饭" (a joy to prepare), 并未说他们 expert at cooking (擅长做饭)。享受 ≠ 擅长。

SENTENCE INSIGHTS • 句子精讲

## 4 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 comfortable cycle, in which the rhythms of the day helped shape the rhythms of the meals, gave rise to the custom of the large midday meal, eaten with the extended family.

第2段，第1句

非限制性定语从句插入主句、过去分词作后置定语、介词短语多层修饰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和复用价值。

Since industrialization, maintaining such a slow cultural metabolism has been much harder, with the long midday meal shrinking to whatever could be stuffed into a lunch bucket or bought at a food stand.

第3段，第1句

综合来看，本句主干识别有一定难度（分数6），嵌套复杂度适中（分数5），时态语态有挑战性（分数6），但成分训练价值高（分数7），结构典型性强（分数7）。整体上，本句在结构和时态层面具有较好的训练价值，适合作为中等偏上难度的练习材料，建议优先用于成分划分和时态语态的综合训练。

Today, when time zones have less and less meaning, there is little tolerance for offices' closing for lunch, and worsening traffic in cities means workers can't make it home and back fast enough anyway.

第4段，第7句

本句的结构在四六级和考研真题中具有很高的代表性：时间状语从句 + 主句并列结构 + 嵌套宾语从句，是长难句的常见组合模式。"there be" 存在句、省略引导词的宾语从句、"make it" 固定搭配等都是高频考点。掌握这类句式后可以迁移到大量类似结构的句子。

They were so busy working that they only ate simple meals.

第51题，B

so ... that 引导结果状语从句是四六级和考研中的高频句式，常用于描述因果关系，本句结构清晰完整，具有较强的代表性和可迁移性。

HIGH-FREQUENCY • 真题高频词

## 本篇出现的 43 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。

**professor**

B1

n. 教授（大学教师的最高职称）

本篇3次 · 真题 105 句

**author**

A2

n. 作者

本篇2次 · 真题 244 句

**less** A1

det. 较少的

本篇2次·真题 224 句

**maintain** B1

v. 维持

本篇2次·真题 44 句

**cultural** B1

adj. 文化的

本篇2次·真题 30 句

**cycle** B1

n. 循环

本篇2次·真题 23 句

**ancestor** B2

n. 祖先, 祖宗

本篇2次·真题 10 句

**benefit** B1

n. 好处

本篇1次·真题 169 句

**product** A2

n. 产品

本篇1次·真题 128 句

**diet** A2

n. 日常饮食

本篇1次·真题 113 句

**quality** A2

n. 质量

本篇1次·真题 100 句

**expert** B1

n. 专家

本篇1次·真题 89 句

**amount** A2

n. 数量

本篇1次·真题 87 句

**later** A1

adv. 以后, later

本篇1次·真题 70 句

**cooking** A1

n. 烹饪

本篇1次·真题 59 句

**enable** B1

v. 使能够

本篇1次·真题 58 句

**nation** B1

n. 国家

本篇1次·真题 51 句

**protein** B1

n. 蛋白质

本篇1次·真题 51 句

**available** A2

adj. 可获得的

本篇1次·真题48句

**variety** B1

n. 多样化

本篇1次·真题47句

**snack** A2

n. 零食

本篇1次·真题37句

**tradition** B1

n. 传统

本篇1次·真题31句

**characteristic** B2

n. 特征

本篇1次·真题30句

**production** B1

n. 生产

本篇1次·真题29句

**regularly** A2

adv. 经常地

本篇1次·真题27句

**eating** A1

n. 吃

本篇1次·真题24句

**strengthen** B2

v. 加强

本篇1次·真题24句

**foundation** B2

n. 基础;根基

本篇1次·真题23句

**routine** B1

n. 常规

本篇1次·真题23句

**stuff** A2

n. 东西

本篇1次·真题22句

**quantity** B1

n. 数量

本篇1次·真题21句

**burden** B2

n. 负担

本篇1次·真题18句

**technique** B1

n. 技术

本篇1次·真题18句

**certainly** A2

adv. 当然

本篇1次·真题15句

**guarantee** B2

n. 保证

本篇1次·真题 14 句

**shrink** B2

v. 缩小

本篇1次·真题 14 句

**costly** B2

adj. 昂贵的, 代价高的

本篇1次·真题 13 句

**worsen** B2

v. (使)恶化;(使)变得更糟

本篇1次·真题 12 句

**zone** B1

n. 区域

本篇1次·真题 12 句

**traditionally** B2

adv. 传统上;按照传统

本篇1次·真题 9 句

**vigorous** B2

adj. 充满活力的

本篇1次·真题 9 句

**nutritious** B2

adj. 有营养的, 营养丰富的

本篇1次·真题 8 句

**tremendous** B2

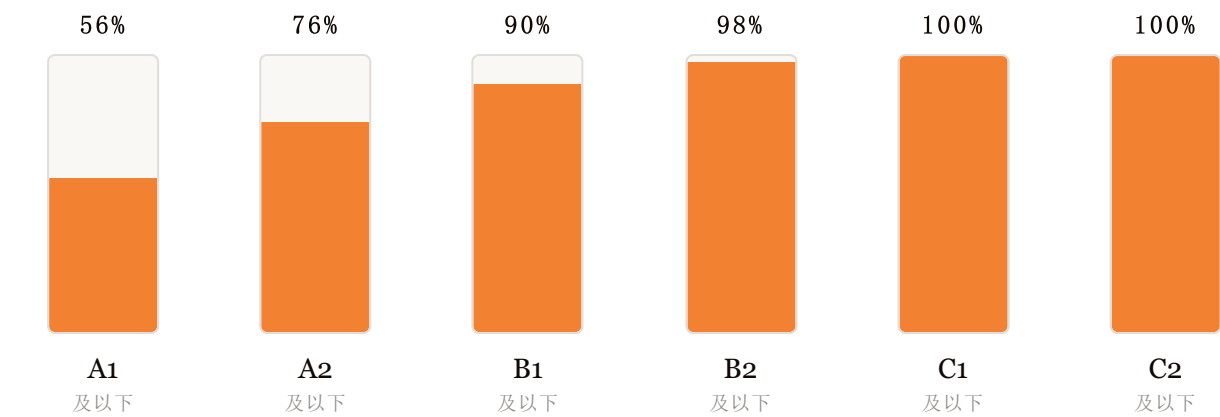
adj. 巨大的

本篇1次·真题 8 句

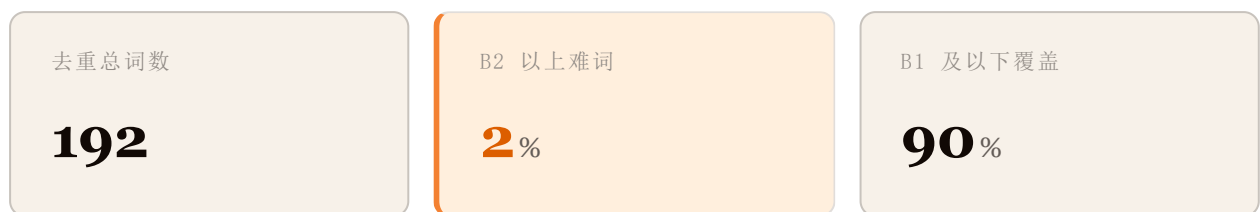
VOCABULARY • 词汇难度分布

## 全文 192 词按 CEFR 难度累积覆盖

全文去重后共 **192** 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 4 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 192 个 · 末柱为 100%



## 英语四级 2016年6月·第2套 · 全卷构成

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| Part I                        | 写作         | <a href="#">题目解析 →</a> |
| Part II                       | 听力         | <a href="#">题目解析 →</a> |
| Part III Section A            | 完形填空（选词填空） | <a href="#">题目解析 →</a> |
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| Part III Section C (1)        | 阅读理解（四选一）  | <a href="#">题目解析 →</a> |
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