

2017年12月·第2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2017年12月·第2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 15 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2套(2017-12)·四级

Part III Section B

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

The Health Benefits of Knitting

A) About 15 years ago, I was invited to join a knitting group. I agreed to give it a try.

大约15年前,我受邀加入一个编织小组。我同意试一试。

B) My mother had taught me to knit at 15, and I knitted in class throughout college and for a few years thereafter. Then decades passed without my touching a knitting needle. But within two Mondays in the group, I was hooked, not only on knitting but also on crocheting(钩织), and I was on my way to becoming a highly productive crafter.

我母亲在我15岁时教我编织,我在大学期间整个课堂上都在编织,毕业后又编织了几年。然后几十年过去了,我再也没有碰过编织针。但在小组活动的两个星期一之内,我就着迷了,不仅对编织着迷,而且对钩织也着迷,我正在成为一个高产的手工艺者。

C) I've made countless baby blankets, sweaters, scarves, hats and caps for newborns. I take a knitting project with me everywhere, especially when I have to sit still and listen. As I discovered in college, when my hands are busy, my mind stays focused on the here and now.

我为新生儿制作了无数的婴儿毯、毛衣、围巾、帽子和便帽。我到哪里都带着编织项目,尤其是当我必须静坐倾听的时候。正如我在大学时发现的那样,当我的双手忙碌时,我的思想就会专注于此时此地。

D) It seems, too, that I'm part of a national renewal of interest in needle and other handicrafts(手工艺). The Craft Yarn Council reports that a third of women ages 25-35 now knit or crochet. Even men and schoolchildren are swelling the ranks, among them my friend's three small grandsons. Last April, the council created a "Stitch Away Stress" campaign in honor of National Stress Awareness Month.

Dr. Herbert Benson, a pioneer in mind/body medicine and author of *The Relaxation Response*, says that the repetitive action of needlework can induce a relaxed state like that associated with meditation(沉思) and yoga. Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure.

似乎我也是全国范围内对针织和其他手工艺重新产生兴趣的一部分。手工纱线协会报告称,现在25至35岁的女性中有三分之一会编织或钩织。甚至男性和学龄儿童也在壮大这个队伍,其中包括我朋友的三个小孙子。去年4月,该协会为纪念全国压力意识月发起了"针织减压"活动。身心医学先驱、《放松反应》一书的作者Herbert Benson博士说,针线活的重复动作可以诱导出一种放松状态,类似于与冥想和瑜伽相关的状态。一旦你度过了最初的学习曲线,编织和钩织可以降低心率和血压。

- E) But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem. I keep photos of my singular accomplishments on my cellphone to boost my spirits when needed.

但与冥想不同的是,手工艺活动会产生有形且通常有用的产品,可以增强自尊心。我在手机上保存着我独特成就的照片,以便在需要时提振精神。

- F) Since the 1990s, the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the activities' main benefits. Among them is the father of a prematurely born daughter who reported that during the baby's five weeks in the intensive care unit, "learning how to knit infant hats gave me a sense of purpose during a time that I felt very helpless. It's a hobby that I've stuck with, and it continues to help me cope with stress at work, provide a sense of order in hectic(忙乱的) days, and allow my brain time to solve problems."

自20世纪90年代以来,该协会对数十万编织者和钩织者进行了调查,他们经常将缓解压力和创造性满足列为这些活动的主要益处。其中一位早产女儿的父亲报告说,在婴儿在重症监护室的五周期间,"学习如何编织婴儿帽子让我在感到非常无助的时候有了目标感。这是我一直坚持的爱好,它继续帮助我应对工作压力,在忙乱的日子里提供秩序感,并让我的大脑有时间解决问题。"

- G) A recent email from the yarn(纺纱) company Red Heart titled "Health Benefits of Crocheting and Knitting" prompted me to explore what else might be known about the health value of activities like knitting. My research revealed that the rewards go well beyond replacing stress and anxiety with the satisfaction of creation.

纺纱公司Red Heart最近发来的一封题为"钩织和编织的健康益处"的电子邮件促使我探索关于编织等活动的健康价值还有哪些已知信息。我的研究表明,回报远远超出了用创造的满足感取代压力和焦虑。

- H) For example, Karen Hayes, a life coach in Toronto, conducts knitting therapy programs, including Knit to Quit to help smokers give up the habit, and Knit to Heal for people coping with health crises, like a cancer diagnosis or serious illness of a family member. Schools and prisons with craft programs report that they have a calming effect and enhance social skills. And having to follow instructions on complex craft projects can improve children's math skills.

例如,多伦多的生活教练Karen Hayes开展针织治疗项目,包括帮助吸烟者戒烟的"编织戒烟"项目,以及为应对健康危机(如癌症诊断或家庭成员的严重疾病)的人们开设的"编织疗愈"项目。设有手工艺项目的学校和监狱报告说,这些项目具有镇静作用并增强社交技能。而且必须遵循复杂手工艺项目的说明可以提高儿童的数学技能。

- I) Some people find that craftwork helps them control their weight. Just as it's challenging to smoke while knitting, when hands are holding needles and hooks, there's less snacking and mindless eating

out of boredom.

有些人发现手工艺工作帮助他们控制体重。正如编织时很难吸烟一样,当双手拿着织针和钩针时,就会减少零食和因无聊而无意识的进食。

- J) I've found that my handiwork with yarn has helped my arthritic(患关节炎的) fingers remain more dexterous(灵巧的) as I age. A woman encouraged to try knitting and crocheting after developing an autoimmune disease that caused a lot of hand pain reported on the Craft Yarn Council site that her hands are now less stiff and painful.

我发现随着年龄的增长,我用纱线做的手工活帮助我患关节炎的手指保持更加灵巧。一位在患上导致手部严重疼痛的自身免疫性疾病后被鼓励尝试编织和钩织的女性在手工纱线协会网站上报告说,她的手现在不那么僵硬和疼痛了。

- K) A 2009 University of British Columbia study of 38 women with an eating disorder who were taught to knit found that learning the craft led to significant improvements. Seventy-four percent of the women said the activity lessened their fears and kept them from thinking about their problem.

2009年英属哥伦比亚大学对38名患有饮食失调症并被教授编织的女性进行的一项研究发现,学习这项手工艺带来了显著改善。74%的女性表示这项活动减轻了她们的恐惧,并使她们不再想她们的问题。

- L) Betsan Corkhill, a wellness coach in Bath, England, and author of the book *Knit for Health & Wellness*, established a website, *Stitchlinks*, to explore the value of what she calls therapeutic knitting. Among her respondents, 54 percent of those who were clinically depressed said that knitting made them feel happy or very happy. In a study of 60 self-selected people with persistent pain, Ms. Corkhill and colleagues reported that knitting enabled them to redirect their focus, reducing their awareness of pain. She suggested that the brain can process just so much at once, and that activities like knitting and crocheting make it harder for the brain to register pain signals. Perhaps most exciting is research that suggests that crafts like knitting and crocheting may help to keep off a decline in brain function with age. In a 2011 study, researchers led by Dr. Yonas Geda at the Mayo Clinic in Rochester interviewed a random(随机的) sample of 1,321 people ages 70-89, most of whom were cognitively(在认知方面) normal, about the cognitive activities they engaged in late in life. The study, published in the *Journal of Neuropsychiatry & Clinical Neurosciences*, found that those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss.

英格兰巴斯的健康教练、《为健康与幸福而编织》一书的作者Betsan Corkhill创建了一个名为Stitchlinks的网站,以探索她所称的治疗性编织的价值。在她的受访者中,54%临床抑郁的人表示编织让他们感到快乐或非常快乐。在一项对60名自选的持续性疼痛患者的研究中,Corkhill女士及其同事报告说,编织使他们能够转移注意力,减少对疼痛的意识。她提出,大脑一次只能处理这么多,像编织和钩织这样的活动使大脑更难记录疼痛信号。也许最令人兴奋的是研究表明,像编织和钩织这样的手工艺可能有助于防止随着年龄增长而出现的大脑功能衰退。在2011年的一项研究中,由罗切斯特Mayo诊所的Yonas Geda博士领导的研究人员对1321名70至89岁的人进行了随机抽样访谈,其中大多数人在认知方面是正常的,询问他们在晚年参与的认知活动。这项发表在《神经精神病学与临床神经科学杂志》上的研究发现,那些从事编织和钩织等手工艺的人患轻度认知障碍和记忆丧失的机会减少了。

- M) Although it is possible that only people who are cognitively healthy would pursue such activities, those who read newspapers or magazines or played music did not show similar benefits. The

researchers speculate that craft activities promote the development of nerve pathways in the brain that help to maintain cognitive health.

尽管可能只有认知健康的人才会从事此类活动,但那些阅读报纸或杂志或演奏音乐的人并没有表现出类似的益处。研究人员推测,手工艺活动促进大脑中神经通路的发展,有助于维持认知健康。

- N) In support of that suggestion, a 2014 study by Denise C. Park of the University of Texas at Dallas and colleagues demonstrated that learning to knit or do digital photography enhanced memory function in older adults. Those who engaged in activities that were not intellectually challenging, either in a social group or alone, did not show such improvements.

为了支持这一建议,德克萨斯大学达拉斯分校的Denise C. Park及其同事在2014年的一项研究表明,学习编织或数码摄影增强了老年人的记忆功能。那些从事智力上没有挑战性的活动的人,无论是在社交团体中还是单独进行,都没有表现出这样的改善。

- O) Given that sustained social contacts have been shown to support health and a long life, those wishing to maximize the health value of crafts might consider joining a group of like-minded folks. I for one try not to miss a single weekly meeting of my knitting group.

鉴于持续的社会接触已被证明可以支持健康和长寿,那些希望最大化手工艺健康价值的人可能会考虑加入一个志同道合的人群。就我而言,我尽量不错过编织小组的每周会议。

陈述句与逐句解析

36. When the author was a college student, she found that knitting helped her concentrate.

当作者还是大学生时,她发现编织帮助她集中注意力。

【答案】 C 段 (强锚点)

【锚点】 college 是强锚点

【定位】 As I discovered in college, when my hands are busy, my mind stays focused on the here and now.

正如我在大学时发现的那样,当我的手忙起来时,我的心思就停留在此时此地。

【改写】 When the author was a college student ↔ As I discovered in college

时间状语等值

knitting helped her concentrate ↔

when my hands are busy, my mind stays focused on the here and now

concentrate ↔ stays focused 是经典同义替换

【辨邻】 N learning to knit or do digital photography enhanced memory function in older adults 主体是老年人、关键词是 memory 不是 concentrate, 也完全没有 college student 的时间锚。

learning to knit or do digital photography enhanced memory function in older adults

37. Knitting can help people stay away from tobacco.

编织可以帮助人们远离烟草。

【答案】 **H** 段 (强锚点)

【锚点】 tobacco/戒烟是强锚点

【定位】 Karen Hayes, a life coach in Toronto, conducts knitting therapy programs, including Knit to Quit to help smokers give up the habit, and Knit to Heal for people coping with health crises, like a cancer diagnosis or serious illness of a family member.

多伦多的生活教练 Karen Hayes 开设编织疗法项目, 其中包括帮助吸烟者戒掉这一习惯的"Knit to Quit"项目, 以及为应对癌症诊断或家人重病等健康危机者设立的"Knit to Heal"项目。

【改写】 stay away from tobacco ↔ **smokers give up the habit**

戒烟与远离烟草等值

Knitting can help people ↔ **Knit to Quit to help smokers**

knitting ↔ Knit to Quit 等值

【辨邻】 **I** Just as it's challenging to smoke while knitting 借"边织边抽"的难度类比来说"边织边吃零食难", 主语其实是控制零食、不是戒烟, 与 Q37 的"帮人戒掉烟草"不对应。

Just as it's challenging to smoke while knitting, when hands are holding needles and hooks, there's less snacking and mindless eating out of boredom

38. Even men and children are now joining the army of knitters.

甚至男性和儿童现在也加入了编织者的行列。

【答案】 **D** 段 (强锚点)

【锚点】 men and children 是强锚点

【定位】 Even men and schoolchildren are swelling the ranks, among them my friend's three small grandsons.

甚至连男士和学童也在加入这个行列, 其中就有我朋友的三个小孙子。

【改写】 Even men and children ↔ **Even men and schoolchildren**

children ↔ schoolchildren 是上下位

joining the army of knitters ↔ **swelling the ranks**

都用军事比喻表"加入队伍"

39. Being a member of a crafts group enhances one's health and prolongs one's life.

成为手工艺小组的成员能增进健康并延长寿命。

【答案】 **O** 段 (强锚点)

【锚点】 crafts group + prolongs one's life 是强锚点

【定位】 Given that sustained social contacts have been shown to support health and a long life, those wishing to maximize the health value of crafts might consider joining a group of like-minded folks.

鉴于持续的社交往来已被证明有利于健康和长寿，希望最大化手工健康价值的人不妨考虑加入一个志同道合的小组。

【改写】 Being a member of a crafts group ↔ **joining a group of like-minded folks**

状态 ↔ 动作的等价

enhances one's health and prolongs one's life ↔ **support health and a long life**

enhance ↔ support、prolong ↔ a long life 等值改写

40. Knitting diverts people's attention from their pain.

编织可以转移人们对疼痛的注意力。

【答案】 L 段（强锚点）

【锚点】 pain + diverts attention 是强锚点

【定位】 In a study of 60 self-selected people with persistent pain, Ms. Corkhill and colleagues reported that knitting enabled them to redirect their focus, reducing their awareness of pain.

在一项针对60名长期疼痛的自愿参与者的研究中，Corkhill 女士及其同事报告说，编织让他们能够把注意力转移开，从而减少了对疼痛的感知。

【改写】 diverts people's attention ↔ **knitting enabled them to redirect their focus**

divert ↔ redirect、attention ↔ focus

from their pain ↔ **reducing their awareness of pain**

用结果改写来源

【辨邻】 J her hands are now less stiff and painful 是手部生理症状减轻，并未涉及 diverts people's attention 的注意力机制。

her hands are now less stiff and painful

41. The author learnt to knit as a teenager, but it was not until she was much older that she became keenly interested.

作者在十几岁时学会了编织，但直到年纪大得多时才变得非常感兴趣。

【答案】 B 段（强锚点）

【锚点】 teenager + much older 是强锚点

【定位】 My mother had taught me to knit at 15, and I knitted in class throughout college and for a few years thereafter. Then decades passed without my touching a knitting needle. But within two Mondays in the group, I was hooked, not only on knitting but also on crocheting, and I was on my way to becoming a highly productive crafter.

我母亲在我15岁时教我编织，我从大学一直到毕业后几年都在课上织。之后几十年我都没碰过编织针。但加入小组的两个周一之内，我就迷上了——不只是编织，还有钩织——一路成长为一个高产的手工艺人。

【改写】 learnt to knit as a teenager ↔ **My mother had taught me to knit at 15**
at 15 = teenager

not until she was much older that she became keenly interested ↔

decades passed without my touching a knitting needle. But within two Mondays in the group, I was hooked

decades + I was hooked = much older + keenly interested

【辨邻】 **A** About 15 years ago, I was invited to join a knitting group. I agreed to give it a try 只覆盖了 Q41 中"年长后重新接触"的入口，没覆盖 learnt to knit as a teenager 这一节点，不能作为源头段。

About 15 years ago, I was invited to join a knitting group. I agreed to give it a try

42. When people are knitting, they tend to eat fewer snacks.

当人们编织时，他们往往会少吃零食。

【答案】 I 段（强锚点）

【锚点】 snacks/零食是强锚点

【定位】 Just as it's challenging to smoke while knitting, when hands are holding needles and hooks, there's less snacking and mindless eating out of boredom.

就像边织边抽烟很难一样，当双手拿着针和钩时，零食吃得少了，因无聊而乱吃的现象也减少了。

【改写】 When people are knitting ↔ **when hands are holding needles and hooks**
knitting 与 holding needles and hooks 等价

they tend to eat fewer snacks ↔ **there's less snacking**

动词短语 ↔ 存在句改写

43. Survey findings show that knitting can help people relieve stress.

调查结果显示编织可以帮助人们缓解压力。

【答案】 F 段（强锚点）

【锚点】 Survey findings 是强锚点

【定位】 Since the 1990s, the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the activities' main benefits.

自上世纪90年代以来，该委员会已调查了数十万名编织者和钩织者，他们经常把缓解压力和创造性满足列为这些活动的主要益处。

【改写】 Survey findings show that ↔

the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list

调查的结果 ↔ 被调查者反复列出

knitting can help people relieve stress ↔

stress relief and creative fulfillment as the activities' main benefits

动词短语 ↔ 名词短语同义

【辨邻】 **D** Dr. Herbert Benson, a pioneer in mind/body medicine and author of The Relaxation Response, says that the repetitive action of needlework can induce a relaxed state 信息来源是 Benson 医生的论断，不是 Survey findings 所要求的调查结果。

Dr. Herbert Benson, a pioneer in mind/body medicine and author of The Relaxation Response, says that the repetitive action of needlework can induce a relaxed state

44. According to a study, knitters and crocheters are less likely to suffer mild cognitive damage.

根据一项研究，编织者和钩织者不太可能遭受轻度认知损伤。

【答案】 **L** 段（强锚点）

【锚点】 mild cognitive damage 是强锚点

【定位】 The study, published in the Journal of Neuropsychiatry & Clinical Neurosciences, found that those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss.

这项发表在《神经精神病学与临床神经科学杂志》上的研究发现，那些从事编织、钩织等手工活动的人，患轻度认知障碍和记忆衰退的概率更低。

【改写】 knitters and crocheters are less likely to suffer mild cognitive damage ↔

those who engaged in crafts like knitting and crocheting had a diminished chance of developing mild cognitive disorder and memory loss

less likely ↔ diminished chance、damage ↔ disorder

According to a study ↔

The study, published in the Journal of Neuropsychiatry & Clinical Neurosciences, found that

研究来源对应

【辨邻】 N learning to knit or do digital photography enhanced memory function in older adults 强调的是 memory function 增强，而 Q44 强调的是 less likely to suffer mild cognitive damage 即“患病概率降低”，研究指标不同。

learning to knit or do digital photography enhanced memory function in older adults

M The researchers speculate that craft activities promote the development of nerve pathways in the brain that help to maintain cognitive health 只是研究者的推测 (speculate)，并非本题所问“研究发现编织者轻度认知障碍概率更低”这一结论。

The researchers speculate that craft activities promote the development of nerve pathways in the brain that help to maintain cognitive health

45. The products of knitting can increase one's sense of self-respect.

编织的产品可以增强自尊感。

【答案】 E 段 (强锚点)

【锚点】 products + self-respect 是强锚点

【定位】 But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem.

但与冥想不同，手工活动会产出看得见、往往还有用的成品，这些成品能增强自尊。

【改写】 The products of knitting ↔ **craft activities result in tangible and often useful products**
products of knitting ↔ products from craft activities 等价

increase one's sense of self-respect ↔ **enhance self-esteem**

increase ↔ enhance、self-respect ↔ self-esteem

PARAGRAPH MAP · 段落主旨图

15 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 引子段：作者交代大约15年前被邀请加入一个编织小组、决定试一试，全段只是一个起头。

信息指纹 15年前被邀加入编织小组

B 回忆段：作者15岁时由母亲教会编织、大学期间一直在课上织、之后几十年没碰过针，但加入小组两个周一后就重新迷上了编织和钩织。

信息指纹 少年学织、几十年中断、入组后重新着迷

C 作者讲自己织过数不清的婴儿用品、走哪儿都带着编织活儿，并回忆大学时发现：手忙起来、心思就能停留在当下。

信息指纹 大学时发现手忙则心定

D 讲编织在全美复兴：Craft Yarn Council 报告25-35岁女性三分之一在编织，男人和学童也在加入；并引用 Herbert Benson 医生的话：重复性的针线动作能像冥想、瑜伽那样诱发放松、降低心率血压。

信息指纹 男性与学童也加入编织大军

E 把编织和单纯冥想做对比：编织产出看得见、有用的成品，能提升自尊；作者还把自己作品的照片存在手机里，需要时拿出来给自己打气。

信息指纹 成品带来自尊提升

F Craft Yarn Council 自90年代起做的调查显示，编织者最看重的好处是缓解压力和创造满足感；并举例一位早产女儿的父亲在女儿住重症监护室期间学织婴儿帽，找到目的感、之后还坚持用来应对工作压力。

信息指纹 调查显示编织主要好处是缓解压力

G 作者收到 Red Heart 邮件后被触发，去查编织的健康价值；研究发现其回报远不止把焦虑换成创造的满足。

信息指纹 因一封邮件触发健康价值研究

H Karen Hayes 在多伦多开 Knit to Quit（帮戒烟）和 Knit to Heal（帮应对疾病诊断）项目；学校和监狱的手工项目能让人平静、增强社交技能；按复杂图解做手工还能提升孩子数学能力。

信息指纹 编织疗法用于戒烟和应对疾病

I 有些人发现编织能帮助控制体重：手里拿着针钩，就像抽烟一样难、零食也吃得少了，无聊乱吃的现象减少。

信息指纹 握针时少吃零食、有助控重

J 作者讲自己的关节炎手指因为编织而保持灵巧；另有一位患自身免疫病、手很痛的女性试了编织后手不再僵硬疼痛。

信息指纹 缓解关节炎与手部僵硬

K 2009年不列颠哥伦比亚大学一项研究：38名进食障碍女性学会编织后状况显著改善，74%表示编织减轻了恐惧、让她们不再老想着自己的问题。

信息指纹 进食障碍女性研究

L Betsan Corkhill 在英国巴斯做疗愈编织：54%的临床抑郁者说编织让他们快乐；对60名慢性疼痛者的研究发现编织能转移注意力、降低痛感，因为大脑同时处理的信息有限；并引2011年 Mayo Clinic 由 Yonas Geda 主持、覆盖1321名70-89岁老人的研究：从事编织钩织等手工的人轻度认知障碍和记忆衰退的概率更低。

信息指纹 抑郁/慢性疼痛/老年认知三项研究汇集

M 对上一段研究的解释与限定：读报刊或演奏音乐者并未显示类似好处，研究者推测手工活动促进大脑神经通路发展、有助维持认知健康。

信息指纹 推测手工促进神经通路发展

N 2014年德州大学达拉斯分校 Denise C. Park 的研究：学习编织或数码摄影能增强老年人记忆功能，从事不具智力挑战活动的人则没有这种提升。

信息指纹 2014达拉斯研究：学编织或数码摄影提升记忆

O 结尾段：持续的社交往来已被证明有利于健康和长寿，因此想最大化手工健康价值的人可以加入志同道合的小组；作者自己尽量不缺席每周一次的编织小组聚会。

信息指纹 加入手工小组带来健康与长寿

9 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。

But within two Mondays in the group, I was hooked, not only on knitting but also on crocheting(钩织), and I was on my way to becoming a highly productive crafter.

B段，第3句

本句展示了并列谓语结构（and 连接两个系表结构）以及 not only ... but also 并列、on my way to doing 等高频句式，在四六级和考研阅读中较为常见，具有一定代表性。

Dr. Herbert Benson, a pioneer in mind/body medicine and author of The Relaxation Response, says that the repetitive action of needlework can induce a relaxed state like that associated with meditation(沉思) and yoga.

D段，第5句

主句 + 宾语从句的结构在四六级和考研阅读中非常常见，主语中插入同位语、宾语从句内含后置定语也是典型考点句式，掌握后可迁移到大量真题句子，代表性较强。

Since the 1990s, the council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the activities' main benefits.

F段，第1句

非限制性定语从句是四六级和考研阅读中的常见结构，用 who 引导并对先行词进行补充说明的用法非常典型。主句的现在完成时表示持续行为也是考试常考时态。整体句式在真题中出现频率高，学习后可迁移到大量类似句子的理解。

For example, Karen Hayes, a life coach in Toronto, conducts knitting therapy programs, including Knit to Quit to help smokers give up the habit, and Knit to Heal for people coping with health crises, like a cancer diagnosis or serious illness of a family member.

H段，第1句

本句覆盖主语、谓语、宾语、同位语、定语等多种成分，同位语和后置定语的识别有一定练习价值。但缺少状语、补语、从句等更丰富的成分类型，且各成分边界较清晰，易错点不多。

A 2009 University of British Columbia study of 38 women with an eating disorder who were taught to knit found that learning the craft led to significant improvements.

K段，第1句

主语带定语从句修饰、谓语后跟宾语从句是学术文献和考试阅读中的高频句式，特别是研究报告类文本常用 "study/research found that ..." 结构，且定语从句修饰研究对象也极为常见，掌握此句式可大量复用于真题理解。

Perhaps most exciting is research that suggests that crafts like knitting and crocheting may help to keep off a decline in brain function with age.

L段，第5句

本句涵盖倒装结构的主系表成分、定语从句的主谓宾、宾语从句的主谓宾以及不定式作宾语等多种成分类型。倒装结构和多层嵌套从句的成分划分都是易错点，训练价值较高。

In a 2011 study, researchers led by Dr. Yonas Geda at the Mayo Clinic in Rochester interviewed a random(随机的) sample of 1,321 people ages 70-89, most of whom were cognitively(在认知方面) normal, about the cognitive activities they engaged in late in life.

L段，第6句

该句结构在四六级和考研真题中高度典型:主句带时间状语、长定语修饰主语、复杂宾语结构、非限制性定语从句补充说明、限制性定语从句限定范围，这些都是学术文章和考试阅读的常见句式，掌握后可迁移到大量同类长句的理解，实用性强。

Although it is possible that only people who are cognitively healthy would pursue such activities, those who read newspapers or magazines or played music did not show similar benefits.

M段，第1句

"Although + 从句, 主语 + 定语从句 + 谓语"是考研和六级阅读中极高频出现的对比论证句式，具有很强的代表性。

Given that sustained social contacts have been shown to support health and a long life, those wishing to maximize the health value of crafts might consider joining a group of like-minded folks.

0段，第1句

句式非常典型："Given that + 从句, 主句" 是四六级和考研阅读中常见的让步或原因状语结构；主句使用情态动词 might 提出建议，也是写作和阅读的高频句式；状语从句用现在完成时被动语态陈述已证实的事实，符合学术或科普文本的常见表达。掌握这个句式后可大量迁移到类似语境。

HIGH-FREQUENCY · 真题高频词

本篇出现的 106 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。

knitting B1

n. 编织

本篇21次 · 真题 22 句

knit B1

v. 编织（用毛线等）

本篇12次 · 真题 10 句

craft B1

n. 手工艺

本篇11次 · 真题 25 句

stress B1

n. 压力

本篇6次 · 真题 102 句

pain A2

n. 疼痛

本篇5次 · 真题 25 句

author A2

n. 作者

本篇4次 · 真题 244 句

benefit B1

n. 好处

本篇4次 · 真题 169 句

enhance B2

v. 提高

本篇4次 · 真题 37 句

council B1

n. 委员会

本篇4次·真题 27 句

cognitive C1

adj. 认知的

本篇4次·真题 24 句

less A1

det. 较少的

本篇3次·真题 224 句

learning A1

n. 学习

本篇3次·真题 120 句

engage B2

v. 参与;从事

本篇3次·真题 57 句

researcher B2

n. 研究人员

本篇2次·真题 239 句

product A2

n. 产品

本篇2次·真题 128 句

support A2

v. 支持

本篇2次·真题 118 句

project A2

n. 项目

本篇2次·真题 90 句

colleague B1

n. 同事

本篇2次·真题 48 句

function B1

n. 功能

本篇2次·真题 46 句

explore B1

v. 探索

本篇2次·真题 40 句

improvement B1

n. 改进

本篇2次·真题 29 句

eating A1

n. 吃

本篇2次·真题 24 句

awareness B2

n. 意识

本篇2次·真题 23 句

cope B2

v. 应对

本篇2次·真题 21 句

challenging B2

adj. 有挑战性的

本篇2次·真题 16 句

disorder B2

n. 疾病

本篇2次·真题 12 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 466 句

likely A2

adj. 很可能的

本篇1次·真题 224 句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题 174 句

effect A2

n. 影响

本篇1次·真题 156 句

tend B1

v. 倾向于, 往往会

本篇1次·真题 137 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次·真题 118 句

process B1

n. 过程

本篇1次·真题 108 句

focus B1

n. 重点

本篇1次·真题 107 句

decade B1

n. 十年

本篇1次·真题 99 句

finding B2

n. 调查结果

本篇1次·真题 99 句

rate A2

n. 速度

本篇1次·真题 78 句

digital B1

adj. 数字的

本篇1次·真题 75 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

pressure B1

n. 心理压力

本篇1次·真题 63 句

enable B1

v. 使能够

本篇1次·真题 58 句

solve A2

v. 解决 (问题、困难)

本篇1次·真题 58 句

reward B1

n. 报酬

本篇1次·真题 56 句

creative B1

adj. 有创造力的

本篇1次·真题 55 句

damage B1

n. 损害

本篇1次·真题 55 句

email A2

n. 电子邮件

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

promote B2

v. 促进

本篇1次·真题 47 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本篇1次·真题 47 句

response B1

n. 回答

本篇1次·真题 47 句

boost B2

v. 提高

本篇1次·真题 46 句

loss B1

n. 丧失

本篇1次·真题 46 句

associate B2

v. 联系

本篇1次·真题 45 句

conduct B2

v. 组织并实施

本篇1次·真题 45 句

maintain B1

v. 维持

本篇1次·真题 44 句

contact B1

n. 联系

本篇1次 · 真题 43 句

reveal B2

v. 揭示

本篇1次 · 真题 43 句

anxiety B2

n. 焦虑

本篇1次 · 真题 41 句

interested A1

adj. 感兴趣的

本篇1次 · 真题 40 句

boredom B2

n. 无聊

本篇1次 · 真题 37 句

site A2

n. 地点

本篇1次 · 真题 37 句

snack A2

n. 零食

本篇1次 · 真题 37 句

significant B2

adj. 重要的

本篇1次 · 真题 36 句

crisis B2

n. 危机

本篇1次 · 真题 32 句

productive B2

adj. 富有成效的

本篇1次 · 真题 32 句

campaign B2

n. 运动

本篇1次 · 真题 29 句

journal B1

n. 杂志

本篇1次 · 真题 29 句

highly B1

adv. 非常

本篇1次 · 真题 28 句

satisfaction B2

n. 满意

本篇1次 · 真题 27 句

complex B2

adj. 复杂的, 难懂的

本篇1次 · 真题 26 句

quit B1

v. 离开 (工作、学校等)

本篇1次 · 真题 26 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次 · 真题 25 句

lower A2

adj. 较低的;下方的

本篇1次 · 真题 25 句

signal B1

n. 信号

本篇1次 · 真题 20 句

honor B2

n. 荣誉

本篇1次 · 真题 18 句

tobacco B1

n. 烟草

本篇1次 · 真题 18 句

concentrate B1

v. 集中注意力

本篇1次 · 真题 17 句

pursue B2

v. 追求

本篇1次 · 真题 17 句

demonstrate B2

v. 证明

本篇1次 · 真题 16 句

register B1

v. 登记, 注册

本篇1次 · 真题 16 句

respondent C1

n. 被告

本篇1次 · 真题 16 句

therapy B2

n. 治疗

本篇1次 · 真题 16 句

yoga B1

n. 瑜伽

本篇1次 · 真题 16 句

accomplishment B2

n. 成就

本篇1次 · 真题 15 句

focused B1

adj. 集中注意力的

本篇1次 · 真题 15 句

unlike B1

prep. 不像

本篇1次 · 真题 15 句

exciting A2

adj. 令人兴奋的

本篇1次 · 真题 14 句

rank B2

n. 等级

本篇1次·真题 14 句

sample B1

n. 样品

本篇1次·真题 14 句

creation B2

n. 创造

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

prompt B2

v. 促使

本篇1次·真题 12 句

folk B1

n. 人们

本篇1次·真题 11 句

infant B2

n. 婴儿

本篇1次·真题 11 句

relieve B2

v. 减轻、缓解 (疼痛、焦虑等不适)

本篇1次·真题 11 句

clinical B2

adj. 临床的

本篇1次·真题 10 句

induce C1

v. 诱导

本篇1次·真题 10 句

relief B1

n. 宽慰

本篇1次·真题 10 句

sustain B2

v. 维持

本篇1次·真题 10 句

maximize B2

v. 使最大化

本篇1次·真题 9 句

painful B1

adj. 疼痛的

本篇1次·真题 8 句

persistent B2

adj. 坚持不懈的

本篇1次·真题 8 句

routinely

B2

adv. 例行地

本篇1次 · 真题 8 句

smoker

A2

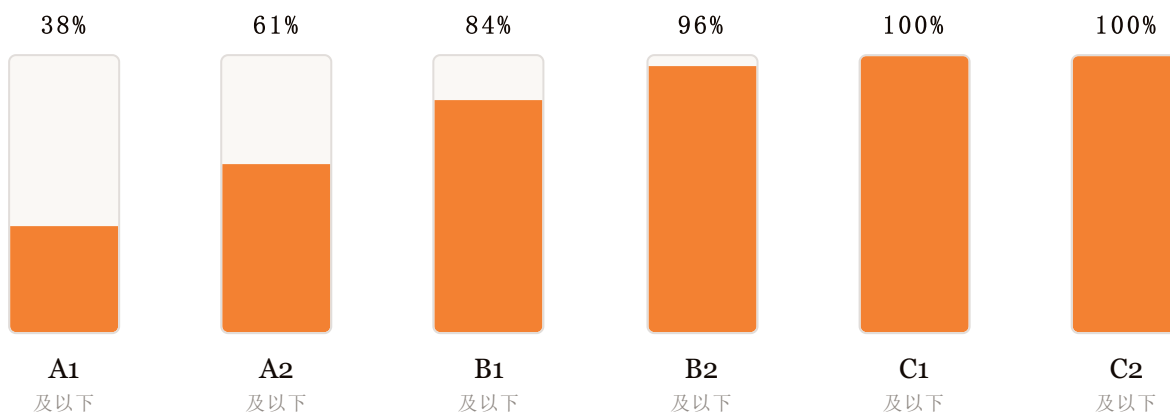
n. 吸烟者

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 388 词按 CEFR 难度累积覆盖

全文去重后共 **388** 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 15 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 388 个 · 末柱为 100%

去重总词数

388

B2 以上难词

4%

B1 及以下覆盖

84%

英语四级 2017年12月·第2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 →