

2018年12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2018年12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 11 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(2018-12)·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**.

Food-as-Medicine Movement Is Witnessing Progress

A) Several times a month, you can find a doctor in the aisles of Ralph's market in Huntington Beach, California, wearing a white coat and helping people learn about food. On one recent day, this doctor was Daniel Nadeau, wandering the cereal aisle with Allison Scott, giving her some idea on how to feed kids who persistently avoid anything that is healthy. "Have you thought about trying fresh juices in the morning?" he asks her. "The frozen oranges and apples are a little cheaper, and fruits are really good for the brain. Juices are quick and easy to prepare, you can take the frozen fruit out the night before and have it ready the next morning."

每月数次，你可以在加利福尼亚州亨廷顿海滩的Ralph's超市货架间看到一位身穿白大褂的医生，帮助人们了解食物。最近的一天，这位医生是Daniel Nadeau，他和Allison Scott一起在谷物货架区走动，就如何喂养那些一直拒绝任何健康食物的孩子给她提供一些建议。"你有没有想过早上试试鲜榨果汁?"他问她。"冷冻橙子和苹果要便宜一些,而且水果对大脑真的很有好处。果汁既快捷又容易准备,你可以前一天晚上把冷冻水果拿出来,第二天早上就可以用了。"

B) Scott is delighted to get food advice from a physician who is program director of the nearby Mary and Dick Allen Diabetes Center, part of the St. Joseph Hoag Health alliance. The center's 'Shop with Your Doc' program sends doctors to the grocery store to meet with any patients who sign up for the service, plus any other shoppers who happen to be around with questions.

Scott很高兴能从一位医生那里得到食物建议，他是附近Mary and Dick Allen糖尿病中心的项目主任，该中心是St. Joseph Hoag Health联盟的一部分。该中心的"与医生一起购物"项目派医生到杂货店与任何报名参加该服务的患者见面，以及碰巧在附近有问题的其他购物者。

- C) Nadeau notices the pre-made macaroni(通心粉) and cheese boxes in Scott's shopping cart and suggests she switch to whole grain macaroni and real cheese. "So I'd have to make it?" she asks, her enthusiasm fading at the thought of how long that might take, just to have her kids reject it. "I'm not sure they'd eat it. They just won't eat it."

Nadeau注意到Scott购物车里预制的通心粉和奶酪盒，建议她换成全麦通心粉和真正的奶酪。"那我就得自己做了?"她问道，一想到这可能要花多长时间，结果孩子们还会拒绝吃，她的热情就消退了。"我不确定他们会吃。他们就是不会吃。"

- D) Nadeau says sugar and processed foods are big contributors to the rising diabetes rates among children. "In America, over 50 percent of our food is processed food," Nadeau tells her. "And only 5 percent of our food is plant-based food. I think we should try to reverse that." Scott agrees to try more fruit juices for the kids and to make real macaroni and cheese. Score one point for the doctor, zero for diabetes.

Nadeau说，糖和加工食品是儿童糖尿病发病率上升的重要因素。"在美国，我们50%以上的食物是加工食品，"Nadeau告诉她。"而只有5%的食物是植物性食品。我认为我们应该尝试扭转这种情况。"Scott同意给孩子们尝试更多果汁，并制作真正的通心粉和奶酪。医生得一分，糖尿病得零分。

- E) Nadeau is part of a small revolution developing across California. The food-as-medicine movement has been around for decades, but it's making progress as physicians and medical institutions make food a formal part of treatment, rather than relying solely on medications(药物). By prescribing nutritional changes or launching programs such as "Shop with your Doc", they are trying to prevent, limit or even reverse disease by changing what patients eat. "There's no question people can take things a long way toward reversing diabetes, reversing high blood pressure, even preventing cancer by food choices," Nadeau says.

Nadeau是正在加利福尼亚州展开的一场小型革命的一部分。食物即药物运动已经存在了几十年，但随着医生和医疗机构将食物作为治疗的正式组成部分，而不是仅仅依赖药物，这一运动正在取得进展。通过开具营养改变处方或启动诸如"与医生一起购物"之类的项目，他们试图通过改变患者的饮食来预防、限制甚至逆转疾病。"毫无疑问，人们可以通过食物选择在很大程度上逆转糖尿病、逆转高血压，甚至预防癌症，"Nadeau说。

- F) In the big picture, says Dr. Richard Afable, CEO and president of ST. Joseph Hoag Health, medical institutions across the state are starting to make a philosophical switch to becoming a health organization, not just a health care organization. That feeling echoes the beliefs of the Therapeutic Food Pantry program at Zuckerberg San Francisco General Hospital, which completed its pilot phase and is about to expand on an ongoing basis to five clinic sites throughout the city. The program will offer patients several bags of food prescribed for their condition, along with intensive training in how to cook it. "We really want to link food and medicine, and not just give away food," says Dr. Rita Nguyen, the hospital's medical director of Healthy Food Initiatives. "We want people to understand what they're eating, how to prepare it, the role food plays in their lives."

从宏观角度来看，ST. Joseph Hoag Health的首席执行官兼总裁Richard Afable博士说，全州的医疗机构正在开始进行理念转变，成为一个健康组织，而不仅仅是一个医疗保健组织。这种感觉与Zuckerberg San Francisco General Hospital的治疗性食物储藏室项目的理念不谋而合，该项目已完成试点阶段，即将在全市五个诊所地点持续扩展。该项目将为患者提供几袋针对其病情开具的食物，以及如何烹饪的强化培训。"我们真的想把食物和医学联系起来，而不仅仅是分发食物，"该医院健康

食品倡议医疗主任Rita Nguyen博士说。"我们希望人们了解他们吃什么，如何准备，以及食物在他们生活中扮演的角色。"

- G) In Southern California, Loma Linda University School of Medicine is offering specialized training for its resident physicians in Lifestyle Medicine — that is a formal specialty in using food to treat disease. Research findings increasingly show the power of food to treat or reverse diseases, but that does not mean that diet alone is always the solution, or that every illness can benefit substantially from dietary changes. Nonetheless, physicians say that they look at the collective data and a clear picture emerges: that the salt, sugar, fat and processed foods in the American diet contribute to the nation's high rates of obesity, diabetes and heart disease. According to the World Health Organization, 80 percent of deaths from heart disease and stroke are caused by high blood pressure, tobacco use, elevated cholesterol and low consumption of fruits and vegetables.

在南加州，Loma Linda大学医学院正在为其住院医师提供生活方式医学的专业培训——这是一门使用食物治疗疾病的正式专科。研究结果越来越多地显示了食物治疗或逆转疾病的力量，但这并不意味着仅靠饮食总是解决方案，或者每种疾病都能从饮食改变中获得实质性益处。尽管如此，医生们表示，他们查看整体数据后会出现一个清晰的画面：美国饮食中的盐、糖、脂肪和加工食品导致了该国的高肥胖率、糖尿病和心脏病发病率。根据世界卫生组织的数据，80%的心脏病和中风死亡是由高血压、烟草使用、胆固醇升高以及水果和蔬菜摄入量低引起的。

- H) "It's a different paradigm(范式) of how to treat disease," says Dr. Brenda Rea, who helps run the family and preventive medicine residency program at Loma Linda University School of Medicine. The lifestyle medicine specialty is designed to train doctors in how to prevent and treat disease, in part, by changing patients' nutritional habits. The medical center and school at Loma Linda also has a food cupboard and kitchen for patients. This way, patients not only learn about which foods to buy, but also how to prepare them at home.

"这是一种治疗疾病的不同范式，"帮助管理Loma Linda大学医学院家庭和预防医学住院医师项目的Brenda Rea博士说。生活方式医学专科旨在培训医生如何部分通过改变患者的营养习惯来预防和治疗疾病。Loma Linda的医疗中心和学校还为患者提供食品储藏室和厨房。这样，患者不仅可以了解购买哪些食物，还可以了解如何在家准备它们。

- I) Many people don't know how to cook, Rea says, and they only know how to heat things up. That means depending on packaged food with high salt and sugar content. So teaching people about which foods are healthy and how to prepare them, she says, can actually transform a patient's life. And beyond that, it might transform the health and lives of that patient's family. "What people eat can be medicine or poison," Rea says. "As a physician, nutrition is one of the most powerful things you can change to reverse the effects of long-term disease."

Rea说，许多人不知道如何烹饪，他们只知道如何加热食物。这意味着依赖高盐高糖的包装食品。因此，她说，教人们了解哪些食物是健康的以及如何准备它们，实际上可以改变患者的生活。而且除此之外，它可能会改变该患者家人的健康和生活。"人们吃的东西可以是药物，也可以是毒药，"Rea说。"作为一名医生，营养是你改变的最有力的事情之一，以逆转长期疾病的影响。"

J) Studies have explored evidence that dietary changes can slow inflammation(炎症), for example, or make the body inhospitable to cancer cells. In general, many lifestyle medicine physicians recommend a plant-based diet — particularly for people with diabetes or other inflammatory conditions.

研究探索了饮食改变可以减缓炎症或使身体不适宜癌细胞生存的证据。总的来说,许多生活方式医学医生推荐植物性饮食——特别是对于糖尿病或其他炎症性疾病患者。

K) "As what happened with tobacco, this will require a cultural shift, but that can happen," says Nguyen. "In the same way physicians used to smoke, and then stopped smoking and were able to talk to patients about it, I think physicians can have a bigger voice in it."

"就像烟草发生的事情一样,这将需要文化转变,但这是可以实现的,"Nguyen说。"就像医生过去吸烟,然后戒烟并能够与患者谈论这件事一样,我认为医生可以在其中发挥更大的声音。"

陈述句与逐句解析

36. More than half of the food Americans eat is factory-produced.

美国人吃的食物中有一半以上是工厂生产的。

【答案】 **D** 段 (强锚点)

【锚点】 一半以上 + 工厂加工

【定位】 In America, over 50 percent of our food is processed food.

在美国,超过 50% 的食物是加工食品。

【改写】 More than half ↔ **over 50 percent**

一半多 = 50% 以上

the food Americans eat ↔ **In America 与 our food**

美国人吃的 = 在美国 + 我们的食物

factory-produced ↔ **processed food**

工厂生产 = 加工食品

【辨邻】 **G** 段虽然点了 the salt, sugar, fat and processed foods in the American diet, 但只是把 加工食品 列为危害源, 没有给出 More than half 这种比例数字, 因此不是 Q36 的源头段。

the salt, sugar, fat and processed foods in the American diet contribute to the nation's high rates of obesity, diabetes and heart disease

37. There is a special program that assigns doctors to give advice to shoppers in food stores.

有一个特殊项目指派医生在食品商店为购物者提供建议。

【答案】 **B** 段 (强锚点)

【锚点】 派医生去食品店的特殊项目

【定位】 The center's 'Shop with Your Doc' program sends doctors to the grocery store to meet with any patients who sign up for the service, plus any other shoppers who happen to be around with questions.

该中心的 与你的医生一起购物 项目派遣医生前往杂货店，与任何报名该服务的病人见面，也接待恰好在场提问的其他顾客。

【改写】 a special program ↔ 'Shop with Your Doc' program

泛称 = 具名

assigns doctors to give advice to shoppers in food stores ↔

sends doctors to the grocery store to meet with any patients who sign up for the service

派出医生到食品店见顾客

【辨邻】 **A** A 段虽然写了 a doctor in the aisles of Ralph's market 这一具体场景，却没有用 'Shop with Your Doc' program 这样的项目名介绍 派医生去食品店给顾客出主意 这个 program 本身——它是项目的一次实景，不是项目的定义。

you can find a doctor in the aisles of Ralph's market in Huntington Beach, California, wearing a white coat and helping people learn about food

38. There is growing evidence from research that food helps patients recover from various illnesses.

越来越多的研究证据表明食物有助于患者从各种疾病中康复。

【答案】 **G** 段（强锚点）

【锚点】 研究证据 + 多种疾病

【定位】 Research findings increasingly show the power of food to treat or reverse diseases, but that does not mean that diet alone is always the solution, or that every illness can benefit substantially from dietary changes.

越来越多的研究发现表明食物有治疗或逆转疾病的力量，但这并不意味着仅靠饮食总能解决问题，也不是每种疾病都能从饮食改变中获得显著益处。

【改写】 growing evidence from research ↔ **Research findings increasingly show**

越来越多的研究证据 = 研究越来越多地表明

food helps patients recover from various illnesses ↔

the power of food to treat or reverse diseases

帮助病人康复 = 治疗或逆转疾病

【辨邻】 **J** J 段虽然说 Studies have explored evidence that dietary changes can slow inflammation，但它讲的是 一些研究已探索过 炎症与癌细胞 这两个具体方向 的证据，而陈述句 growing evidence ... various illnesses 强调的是 多种疾病上的总体证据越来越多 这个全局趋势，落点在 G 段。

Studies have explored evidence that dietary changes can slow inflammation, for example, or make the body inhospitable to cancer cells

39. A healthy breakfast can be prepared quickly and easily.

健康的早餐可以快速简便地准备好。

【答案】 **A** 段 (强锚点)

【锚点】 早餐 + 快速容易

【定位】 Juices are quick and easy to prepare, you can take the frozen fruit out the night before and have it ready the next morning.

果汁既快又容易准备，可以前一晚把冷冻水果拿出来，第二天早上就能直接喝。

【改写】 A healthy breakfast ↔ **fresh juices in the morning 与 fruits are really good for the brain**

健康早餐的具体下位

prepared quickly and easily ↔ **quick and easy to prepare**

副词↔形容词同根改写

【辨邻】 **C** C 段同样涉及 prepare 这一动作，但 her enthusiasm fading at the thought of how long that might take 强调的是 自己做太花时间，与陈述句 quickly and easily 的取向恰好相反，所以不是源头段。

her enthusiasm fading at the thought of how long that might take, just to have her kids reject it

40. Training a patient to prepare healthy food can change their life.

培训患者准备健康食物可以改变他们的生活。

【答案】 **I** 段 (强锚点)

【锚点】 教做健康饭 + 改变一生

【定位】 So teaching people about which foods are healthy and how to prepare them, she says, can actually transform a patient's life.

所以，她说，教人们哪些食物是健康的、以及如何准备这些食物，实际上可以改变一个病人的人生。

【改写】 Training a patient to prepare healthy food ↔

teaching people about which foods are healthy and how to prepare them

训练做饭 = 教做饭

can change their life ↔ **can actually transform a patient's life**

改变 = 彻底改变

【辨邻】 **H** H 段同样提到 patients not only learn about which foods to buy, but also how to prepare them at home，覆盖了 教做饭 这件事，但没有给出 change their life 这个核心结论，所以不是源头段。

patients not only learn about which foods to buy, but also how to prepare them at home

41. One food-as-medicine program not only prescribes food for treatment but teaches patients how to cook it.

一个食物即药物项目不仅开具食物处方用于治疗,还教患者如何烹饪。

【答案】 **F** 段 (强锚点)

【锚点】 既开食物方又教做饭

【定位】 The program will offer patients several bags of food prescribed for their condition, along with intensive training in how to cook it.

该项目将向病人提供几袋按病情开具的食物, 并配以如何烹饪这些食物的强化培训。

【改写】 prescribes food for treatment ↔ **bags of food prescribed for their condition**

动词↔过去分词同义

teaches patients how to cook it ↔ **intensive training in how to cook it**

动词↔动名词同义

【辨邻】 **H** H 段只提到 patients not only learn about which foods to buy, but also how to prepare them at home——只覆盖 教做饭, 没有 prescribes food for treatment 这一按病情开食物 的动作, 所以不是源头段。

patients not only learn about which foods to buy, but also how to prepare them at home

I I 段虽然反复说 teaching people about which foods are healthy and how to prepare them, 但没有讲到 按病情开食物 这一动作, 缺一半, 所以不是源头段。

teaching people about which foods are healthy and how to prepare them, she says, can actually transform a patient's life

42. Scott is not keen on cooking food herself, thinking it would simply be a waste of time.

Scott不热衷于自己烹饪食物,认为那纯粹是浪费时间。

【答案】 **C** 段 (强锚点)

【锚点】 Scott + 不想自己做饭

【定位】 "So I'd have to make it?" she asks, her enthusiasm fading at the thought of how long that might take, just to have her kids reject it.

她问道: 那我得自己做? 想到要花多久才能做好, 孩子又不一定吃, 她的热情一下子消退了。

【改写】 Scott is not keen on cooking food herself ↔ **So I'd have to make it? 与 her enthusiasm fading**
情绪退缩 = 不愿意

thinking it would simply be a waste of time ↔

her enthusiasm fading at the thought of how long that might take, just to have her kids reject it

花很久还白做 = 浪费时间

【辨邻】 D 段虽然出现 Scott, Scott agrees to try more fruit juices for the kids and to make real macaroni and cheese 描写的是她 最终被说服后同意尝试, 与陈述句 not keen on cooking food herself 描述的 当下不愿做 的情绪相反。

Scott agrees to try more fruit juices for the kids and to make real macaroni and cheese

A 段虽然出现 Allison Scott, 但她在场只是 接受 some idea on how to feed kids, 没有 not keen on cooking food herself 这种 不愿自己做 的情绪表达。

wandering the cereal aisle with Allison Scott, giving her some idea on how to feed kids who persistently avoid anything that is healthy

43. Diabetes patients are advised to eat more plant-based food.

建议糖尿病患者多吃植物性食物。

【答案】 J 段 (强锚点)

【锚点】 糖尿病患者 + 植物性饮食

【定位】 In general, many lifestyle medicine physicians recommend a plant-based diet — particularly for people with diabetes or other inflammatory conditions.

总体而言, 许多生活方式医学的医生都推荐采用植物性饮食——尤其是对糖尿病或其他炎症性疾病患者。

【改写】 Diabetes patients ↔ people with diabetes

糖尿病患者 = 患糖尿病的人

are advised to eat more plant-based food ↔

many lifestyle medicine physicians recommend a plant-based diet

被动 = 主动

【辨邻】 D 段虽然出现 only 5 percent of our food is plant-based food, 但讲的是 美国整体饮食结构 的比例事实, 没有针对 Diabetes patients 提出建议, 所以不是源头段。

only 5 percent of our food is plant-based food

44. Using food as medicine is no novel idea, but the movement is making headway these days.

把食物用作药物并非新鲜想法,但这一运动如今正在取得进展。

【答案】 E 段 (强锚点)

【锚点】 不是新点子 + 正在推进

【定位】 The food-as-medicine movement has been around for decades, but it's making progress as physicians and medical institutions make food a formal part of treatment, rather than relying solely on medications.

食物即药 运动已存在数十年, 但随着医生和医疗机构把食物作为正式的治疗手段而不只靠药物, 它正在取得进展。

【改写】 no novel idea ↔ **has been around for decades**

存在数十年 = 不是新点子

the movement is making headway these days ↔ **it's making progress**

headway = progress

【辨邻】 **K** K 段虽然讲 this will require a cultural shift, but that can happen, 但 will require 是将来需要, 与陈述句 making headway these days 强调的 当下正在推进 时间错位, 所以不是源头段。

As what happened with tobacco, this will require a cultural shift, but that can happen

45. Americans' high rates of various illnesses result from the way they eat.

美国人各种疾病的高发病率源于他们的饮食方式。

【答案】 **G** 段 (强锚点)

【锚点】 美国人 + 多种高发病 + 饮食方式

【定位】 Nonetheless, physicians say that they look at the collective data and a clear picture emerges: that the salt, sugar, fat and processed foods in the American diet contribute to the nation's high rates of obesity, diabetes and heart disease.

尽管如此, 医生们说, 他们综观汇总数据后会浮现出一幅清晰的图景: 美国人饮食中的盐、糖、脂肪和加工食品, 是这个国家肥胖、糖尿病和心脏病高发的成因之一。

【改写】 Americans' high rates of various illnesses ↔

the nation's high rates of obesity, diabetes and heart disease

高发的多种疾病 = 肥胖糖尿病心脏病高发

result from the way they eat ↔

the salt, sugar, fat and processed foods in the American diet contribute to

由饮食方式造成 = 美国饮食所致

【辨邻】 **D** D 段虽然说 sugar and processed foods are big contributors to the rising diabetes rates among children, 但只覆盖 糖尿病 一种病, 与陈述句 various illnesses 多种疾病 的范围不匹配, 所以不是源头段。

sugar and processed foods are big contributors to the rising diabetes rates among children

PARAGRAPH MAP • 段落主旨图

11 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 用一个真实场景开篇：医生 Daniel Nadeau 在加州 Ralph's market in Huntington Beach 的超市过道里，给顾客 Allison Scott 出主意——给挑食的小孩准备 fresh juices in the morning，并强调 Juices are quick and easy to prepare。

信息指纹 超市里给挑食孩子配早餐果汁

B 正式介绍那个超市里看到的项目叫 'Shop with Your Doc' program，它由 Mary and Dick Allen Diabetes Center 运作，专门 sends doctors to the grocery store to meet with any patients who sign up for the service。

信息指纹 项目名 Shop with Your Doc

C 回到超市场景的具体对话：Nadeau 让 Scott 把现成的通心粉芝士盒换成 whole grain macaroni and real cheese，Scott 一听要自己做就泄气，说 I'd have to make it?、I'm not sure they'd eat it. They just won't eat it.

信息指纹 Scott 嫌自己做饭费时怕白做

D Nadeau 抛出一组数字：In America, over 50 percent of our food is processed food, while only 5 percent of our food is plant-based food, 他主张把这两个比例反过来。

信息指纹 美国饮食 50% 加工食品的数字

E 把场景拉远：The food-as-medicine movement has been around for decades, but it's making progress, 越来越多的医生与医疗机构 make food a formal part of treatment, rather than relying solely on medications.

信息指纹 运动并非新事但正在推进

F 介绍 Zuckerberg San Francisco General Hospital 的 Therapeutic Food Pantry program：不只是发食物，而是 offer patients several bags of food prescribed for their condition, along with intensive training in how to cook it.

信息指纹 既开方子又教做饭的食物配给项目

G Loma Linda University School of Medicine 开设 Lifestyle Medicine 专科培训；段尾点出 Research findings increasingly show the power of food to treat or reverse diseases, 并引用 According to the World Health Organization 的数据, 把 the salt, sugar, fat and processed foods in the American diet 与 high rates of obesity, diabetes and heart disease 直接挂钩。

信息指纹 研究证据 + WHO 数据双锚

H Dr. Brenda Rea 解释 lifestyle medicine specialty 怎么训练医生 prevent and treat disease, in part, by changing patients' nutritional habits; 学校自带 food cupboard and kitchen for patients, 让病人学买也学做。

信息指纹 Rea 与 Loma Linda 的厨房食柜

I Rea 进一步说很多人 don't know how to cook, 只会加热包装食品; teaching people about which foods are healthy and how to prepare them, she says, can actually transform a patient's life, 并能进而影响家人。

信息指纹 教做健康饭可改变病人一生

J 援引研究证据: dietary changes can slow inflammation 或让身体 inhospitable to cancer cells; 并明确推荐 many lifestyle medicine physicians recommend a plant-based diet — particularly for people with diabetes or other inflammatory conditions。

信息指纹 给糖尿病人推荐植物性饮食

K 用 As what happened with tobacco, this will require a cultural shift, but that can happen 这个类比收尾, 呼吁医生像当年戒烟一样在饮食上发声。

信息指纹 类比戒烟的文化转变

SENTENCE INSIGHTS • 句子精讲

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。

Nadeau notices the pre-made macaroni(通心粉) and cheese boxes in Scott's shopping cart and suggests she switch to whole grain macaroni and real cheese.

C段，第1句

并列谓语加宾语从句的结构在四六级和考研真题中非常常见,尤其是 suggest、advise、recommend 等动词后接虚拟语气的宾语从句是高频考查句式。掌握本句结构后,可迁移应用到大量类似句型中。

"So I'd have to make it?" she asks, her enthusiasm fading at the thought of how long that might take, just to have her kids reject it.

C段，第2句

直接引语加引述动词是小说对话的常见句式，情态动词 would 表推测的用法在真题中频繁出现，独立主格结构虽不算高频，但也是考研阅读中偶见的典型结构，整体具有中等代表性。

Nonetheless, physicians say that they look at the collective data and a clear picture emerges: that the salt, sugar, fat and processed foods in the American diet contribute to the nation's high rates of obesity, diabetes and heart disease.

G段，第3句

"主句 + 宾语从句 + 同位语从句" 的三层嵌套结构，以及宾语从句内的并列分句，均为四六级和考研阅读中的高频句式。同位语从句用冒号引出也是学术写作和新闻报道的常见手法，典型性强。

According to the World Health Organization, 80 percent of deaths from heart disease and stroke are caused by high blood pressure, tobacco use, elevated cholesterol and low consumption of fruits and vegetables.

G段，第4句

这种“来源状语加逗号加被动陈述”的说明文句式很常见，“be caused by”也是高频结构。掌握后可迁移到大量科普、社科和考试阅读句子中。

This way, patients not only learn about which foods to buy, but also how to prepare them at home.

H段，第4句

"not only ... but also" 连接并列成分是考试常见句式，且疑问词加不定式短语（"which foods to buy" 和 "how to prepare them"）作宾语也是典型用法，这类结构在四六级和考研真题中频繁出现，掌握后可迁移到大量类似句子。

Many people don't know how to cook, Rea says, and they only know how to heat things up.

I段，第1句

并列复合句加插入语的结构在四六级和考研阅读中较为常见，“how to”不定式作宾语也是高频考点，具有一定代表性，但本句结构较简单，缺少从句嵌套等更典型的难点。

Studies have explored evidence that dietary changes can slow inflammation(炎症), for example, or make the body inhospitable to cancer cells.

J段，第1句

本句主干不算难到无从下手，但包含现在完成时、情态结构、名词后内容说明、并列动作和宾语补足语，覆盖面很实用。对于结构和时态联动训练，这是一句值得优先练习的材料。

"In the same way physicians used to smoke, and then stopped smoking and were able to talk to patients about it, I think physicians can have a bigger voice in it."

K段，第2句

主句加前置状语从句的结构在考试阅读中较为常见，状语从句中并列谓语的使用也是典型句式。类比论证的表达方式（In the same way）和宾语从句省略that的现象都是高频考点，具有较好的迁移价值。

More than half of the food Americans eat is factory-produced.

第36题题干

“名词 + 后置限定成分 + 系表结构”是阅读里非常常见的句型。掌握这种识别方法后，处理很多类似长主语句子都会更顺手。

One food-as-medicine program not only prescribes food for treatment but teaches patients how to cook it.

第41题题干

“not only ... but ...”并列结构和动词后接“how to do”这两种形式都很常见，迁移性强。掌握这种读法后，对考试中的说明类句子很有帮助。

Scott is not keen on cooking food herself, thinking it would simply be a waste of time.

第42题 题干

这句主干不算难，但包含几个很值得练的基础关口：限定谓语识别、非谓语附着、以及 "would be" 的时间视角判断。对结构和时态的综合训练都有较好价值。

Diabetes patients are advised to eat more plant-based food.

第43题 题干

“人或事物 + 被动谓语 + 不定式”是考试和教材里都很常见的结构，如表示建议、要求、允许等。掌握这种句式后，迁移到大量相似句子都很有帮助。

Americans' high rates of various illnesses result from the way they eat.

第45题 题干

“主句 + 介词短语 + 名词后置限定成分”是阅读中很常见的结构，尤其容易出现在说明原因、方式、来源的句子中。掌握后可迁移到大量同类句。

HIGH-FREQUENCY • 真题高频词

本篇出现的 82 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。

physician B2

n. 医生

本篇8次 · 真题 18 句

diabetes B2

n. 糖尿病

本篇7次 · 真题 26 句

reverse B2

v. 颠倒

本篇6次 · 真题 24 句

would A1

aux. (will 的过去式) 将要，会

本篇3次 · 真题 466 句

diet A2

n. 日常饮食

本篇3次·真题 113 句

rate A2

n. 速度

本篇3次·真题 78 句

organization B1

n. 组织

本篇3次·真题 76 句

lifestyle B1

n. 生活方式

本篇3次·真题 29 句

movement B1

n. 移动

本篇3次·真题 28 句

processed B1

adj. 经过加工的

本篇3次·真题 11 句

prescribe B2

v. 开 (药)

本篇3次·真题 8 句

pressure B1

n. 心理压力

本篇2次·真题 63 句

evidence B1

n. 证据

本篇2次·真题 52 句

various B1

adj. 各种各样的

本篇2次·真题 52 句

institution B2

n. 机构

本篇2次·真题 22 句

formal B1

adj. 正式的

本篇2次·真题 21 句

tobacco B1

n. 烟草

本篇2次·真题 18 句

transform B2

v. 使彻底改变;使转变

本篇2次·真题 18 句

switch A2

v. 转换

本篇2次·真题 16 句

frozen A2

adj. 冷冻的

本篇2次·真题 13 句

dietary B2

adj. 饮食的

本篇2次·真题12句

nutritional B2

adj. 营养的

本篇2次·真题10句

aisle B2

n. (建筑物内的) 过道, 通道

本篇2次·真题9句

shopper A2

n. 购物者

本篇2次·真题9句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题174句

benefit B1

n. 好处

本篇1次·真题169句

effect A2

n. 影响

本篇1次·真题156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

design B1

n. 设计

本篇1次·真题132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

simply B1

adv. 仅仅, 只不过

本篇1次·真题90句

sign A1

n. 标志

本篇1次·真题78句

contribute B1

v. 捐献

本篇1次·真题74句

data B1

n. 数据

本篇1次·真题73句

resident B2

n. 居民

本篇1次·真题61句

power A2

n. 权力

本篇1次·真题 59 句

obesity B2

n. 肥胖 (症)

本篇1次·真题 57 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 53 句

link A2

n. 联系

本篇1次·真题 52 句

nation B1

n. 国家

本篇1次·真题 51 句

shift B1

v. 移动

本篇1次·真题 49 句

easily A2

adv. 容易地

本篇1次·真题 47 句

limit B1

n. 限度

本篇1次·真题 45 句

consumption B2

n. 消费

本篇1次·真题 44 句

belief B1

n. 相信

本篇1次·真题 41 句

explore B1

v. 探索

本篇1次·真题 40 句

launch B1

v. 推出

本篇1次·真题 39 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本篇1次·真题 39 句

quickly A2

adv. 快速地

本篇1次·真题 38 句

solution B1

n. 解决办法

本篇1次·真题 38 句

site A2

n. 地点

本篇1次·真题 37 句

rely B1

v. 依赖;依靠

本篇1次·真题 36 句

expand B2

v. 扩大;扩展;增长

本篇1次·真题 34 句

recommend B1

v. 推荐

本篇1次·真题 34 句

cultural B1

adj. 文化的

本篇1次·真题 30 句

powerful B1

adj. 强大的

本篇1次·真题 30 句

grain B1

n. 谷物;粮食

本篇1次·真题 29 句

growing A2

adj. 增长的

本篇1次·真题 29 句

content B1

n. 内容

本篇1次·真题 25 句

cell B1

n. 细胞

本篇1次·真题 23 句

basis B2

n. 基础;根据

本篇1次·真题 21 句

nutrition B2

n. 营养

本篇1次·真题 21 句

assign B1

v. 分配 (任务、工作)

本篇1次·真题 20 句

grocery B1

n. 食品杂货

本篇1次·真题 19 句

initiative B2

n. 主动性

本篇1次·真题 19 句

novel B1

n. 小说

本篇1次·真题 19 句

emerge B2

v. 出现;浮现

本篇1次·真题 18 句

wander

B1

v. 漫步

本篇1次 · 真题 16 句

keen

B2

adj. 热衷的

本篇1次 · 真题 13 句

plus

A2

prep. 加, 加上

本篇1次 · 真题 13 句

recover

B1

v. 恢复健康

本篇1次 · 真题 13 句

witness

B2

n. 目击者

本篇1次 · 真题 13 句

ongoing

B2

adj. 持续进行的

本篇1次 · 真题 12 句

smoking

A2

n. 吸烟, 抽烟

本篇1次 · 真题 12 句

cholesterol

B2

n. 胆固醇

本篇1次 · 真题 11 句

cereal

B1

n. 谷物 (早餐)

本篇1次 · 真题 10 句

phase

B2

n. 阶段

本篇1次 · 真题 10 句

reject

B2

v. 拒绝接受

本篇1次 · 真题 10 句

fade

B1

v. 逐渐消失

本篇1次 · 真题 9 句

revolution

B2

n. 革命

本篇1次 · 真题 9 句

stroke

B1

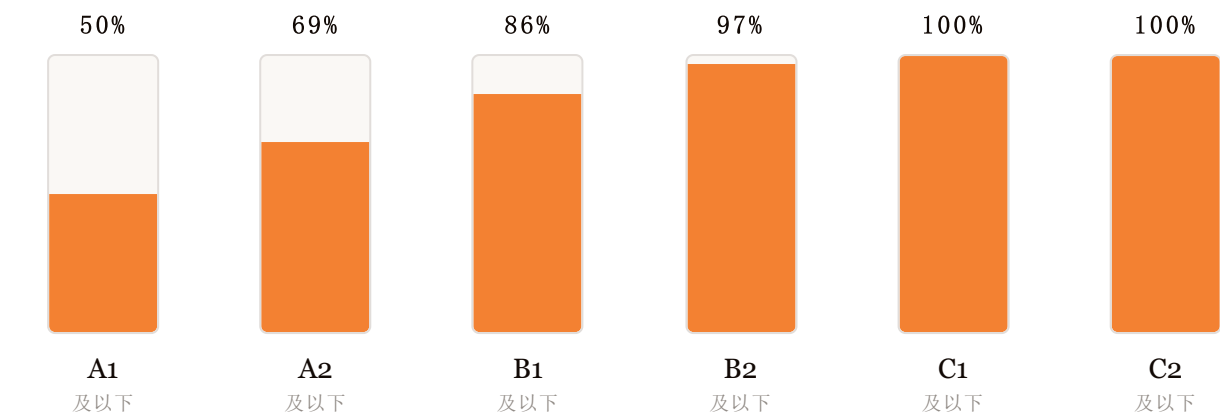
n. 中风

本篇1次 · 真题 8 句

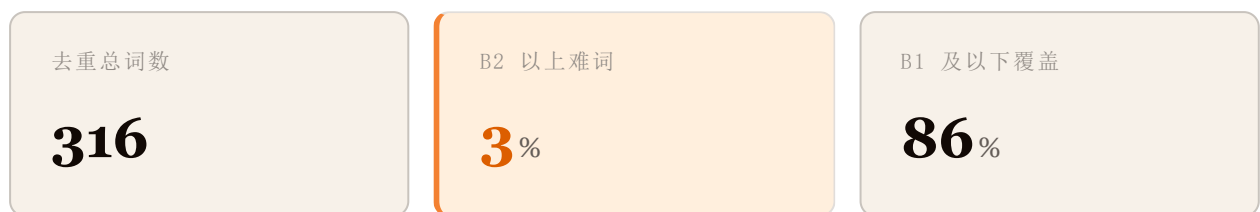
VOCABULARY · 词汇难度分布

全文 316 词按 CEFR 难度累积覆盖

全文去重后共 316 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 10 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 316 个 · 末柱为 100%



英语四级 2018年12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 →