

2019年12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2019年12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(2019-12) • 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 New York City police captured a cow on the loose in Prospect Park on Tuesday after the animal became an attraction for tourists while walking along the streets and enjoying the park facilities. The confused creature and camera-holding humans stared at each other through a fence for several minutes. At other times the cow wandered around the 526-acre park and the artificial grass field normally used for human sporting events. Officers used soccer goals to fence the animal in. However, the cow then moved through one of the nets, knocking down a police officer in the process. Police eventually trapped the cow between two vehicles parked on either side of a baseball field's bench area. An officer then shot an arrow to put it to sleep. Then officers waited for the drug to take effect. After it fell asleep, they loaded the cow into a horse trailer. It was not clear where the cow came from or how it got lost. Police turned it over to the animal control department after they caught it.

纽约市警方周二在展望公园抓获了一头走失的奶牛，此前这头动物在街道上行走并使用公园设施时成了游客们的观赏对象。这头困惑的动物和手持相机的人们隔着栅栏互相凝视了几分钟。其他时候，这头牛在这座占地526英亩的公园和通常用于人类体育活动的人工草地上四处游荡。警察使用足球球门将这头动物围住。然而，这头牛随后穿过了其中一张球网，在此过程中撞倒了一名警察。警方最终将这头牛困在棒球场长

椅区两侧停放的两辆车之间。随后一名警察射出一支箭让它入睡。然后警察们等待药物生效。在它睡着后，他们将这头牛装上了一辆运马拖车。目前尚不清楚这头牛来自哪里或如何走失的。警方在抓获它后将其移交给了动物管理部门。

1. A) Many facilities were destroyed by a wandering cow.
B) A wandering cow knocked down one of its fences.
C) Some tourists were injured by a wandering cow.
D) A wandering cow was captured by the police.

【题目】 What happened in New York's Prospect Park on Tuesday?

【翻译】 星期二在纽约展望公园发生了什么？

- A) 许多设施被一头游荡的奶牛破坏了。 B) 一头游荡的奶牛撞倒了其中一道围栏。
C) 一些游客被一头游荡的奶牛弄伤了。 D) 一头游荡的奶牛被警方捕获了。

【答案】 D (细节题) A wandering cow was captured by the police.

【定位】 New York City police captured a cow on the loose in Prospect Park on Tuesday after the animal became an attraction for tourists while walking along the streets and enjoying the park facilities.

纽约市警方周二在展望公园 (Prospect Park) 捕获了一头走失的牛，此前这头牛在街上游荡、在公园设施间穿行，成了游客眼中的一大看点。

【信号】 新闻首句即主事件。答案信号是“新闻首句”：四级短篇新闻的核心事件几乎总在开头第一句交代。本篇开门见山 New York City police captured a cow on the loose in Prospect Park on Tuesday，主语+谓语+宾语就是事件主干，听到这句就该锁定第 1 题。

【替换】 New York City police captured a cow on the loose ↔

A wandering cow was captured by the police

主被动转换+同义改写

【排除】 A) 原词陷阱

录音只说牛 enjoying the park facilities (在公园设施间穿行、享用设施), A 盗用了 facilities 这个原词, 却把"穿行其间"夸大成 Many facilities were destroyed (许多设施被毁坏)。原文从未说设施被破坏, 属听到 facilities 就误选的陷阱。

借用原文: enjoying the park facilities

B) 张冠李戴

录音说牛 knocking down a police officer in the process (过程中撞倒了一名警察), B 盗用了 knocking down 这个原词, 却把被撞的对象偷换成 one of its fences (一处围栏)。撞倒的是"人"不是"围栏", 属张冠李戴式的对象偷换。

借用原文: knocking down a police officer in the process

C) 未提及

录音说牛 became an attraction for tourists (成了游客的看点), C 盗用了 tourists 这个原词, 却凭空编出 tourists were injured (游客受伤)。原文通篇没提任何人受伤, 属听到 tourists 就联想到"出事受伤"的无中生有。

借用原文: became an attraction for tourists

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2. A) It was shot to death by a police officer.
B) It found its way back to the park's zoo.
C) It became a great attraction for tourists.
D) It was sent to the animal control department.

【题目】 What do we learn about the cow from the end of the news report?

【翻译】 从新闻报道的结尾我们了解到这头奶牛的什么情况?

- A) 它被一名警察开枪打死了。 B) 它自己找到了回公园动物园的路。
C) 它成了游客的一大景点。 D) 它被送到了动物管理部门。

【答案】 D (细节题) It was sent to the animal control department.

【定位】 Police turned it over to the animal control department after they caught it.

警方抓住这头牛后, 把它移交给了动物管制部门。

【信号】 全文最后一句即结局。 答案信号是"录音最后一句": 题干既然问 from the end, 落点就在收尾句 Police turned it over to the animal control department。这是全篇对牛最终去向的交代, 正是结局题该抓的那一句。

【替换】 Police turned it over to the animal control department ↔

It was sent to the animal control department

短语同义+主被动转换

【排除】 A) 原词陷阱

录音说警察 shot an arrow to put it to sleep (射了一支箭把牛麻醉睡着), A 盗用了 shot 这个原词, 却把"射麻醉箭让它睡着"曲解成 shot to death (射杀致死)。牛是被麻醉运走、并非被打死, 属听到 shot 就联想到"打死"的陷阱, 也与原文事实相反。

借用原文: shot an arrow to put it to sleep

B) 未提及

录音说牛被麻醉后 they loaded the cow into a horse trailer (被装进马拖车运走), 且 It was not clear where the cow came from (连牛从哪来都不清楚), 根本没有"自己找回动物园"一说。B 的 found its way back to the park's zoo 属原文未提及、且与"被人装走"相反的编造。

借用原文: they loaded the cow into a horse trailer

C) 答非所问

录音确实说牛 became an attraction for tourists (成了游客的看点), C 几乎原句照搬, 极具迷惑性。但题干问的是 from the end of the news report (结尾), "成景点"出现在报道开头、是事件起因/过程, 不是结尾交代的结局, 属答非所问。

借用原文: became an attraction for tourists

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

1 Starting April 28th of this year, the National Museum of Natural History will begin renovating its fossil hall. The fossil hall, which displays some of the world's oldest and largest fossil specimens, receives more than 2 million visitors each year. It's one of the museum's most famous attractions. As a result, the museum plans to expand the hall as well as add to its ancient birds collection. Bird lovers, both young and old, have already responded with excitement at the news. The museum's social media account has been flooded with messages of support. In the meantime, the current collection will be closed. However, visitors will be compensated during the closure. The Museum's special exhibition area will now be free of charge. This week the resident exhibition is a display of ancient wall paintings on loan from Australia. They celebrate the cultural heritage of the country and will be available to view until Sunday. Next week the exhibition will be taken over by the Wildlife Photographer of the Year Competition. The winner of this year's competition will be awarded a preview of the new fossil hall as well as a cash prize.

从今年4月28日开始,国家自然历史博物馆将开始翻修其化石展厅。化石展厅展出世界上一些最古老和最大的化石标本,每年接待超过200万游客。它是博物馆最著名的景点之一。因此,博物馆计划扩建展厅并增加其古代鸟类藏品。无论年轻还是年长的鸟类爱好者都已对这一消息作出了兴奋的反应。博物馆的社交媒体账户充斥着支持的留言。与此同时,目前的藏品展览将关闭。然而,游客将在闭馆期间获得补偿。博物馆的特别展览区现在将免费开放。本周的常驻展览是一场从澳大利亚借展的古代壁画展示。它们颂扬该国的文化遗产,展览将持续到周日。下周展览将由年度野生动物摄影师大赛接替。今年比赛的获胜者将获得新化石展厅的预览机会以及现金奖励。

3. A) It is the largest of its kind.
B) It is going to be expanded.
C) It is displaying more fossil specimens.
D) It is starting an online exhibition.

【题目】 What does the news report say about the fossil hall of the National Museum of Natural History?

【翻译】 新闻报道中关于国家自然历史博物馆化石展厅说了什么？

- A) 它是同类展厅中最大的。 B) 它将要扩建。 C) 它正在展出更多化石标本。
D) 它正在启动一个在线展览。

【答案】 B (细节题) It is going to be expanded.

【定位】 As a result, the museum plans to expand the hall as well as add to its ancient birds collection.
因此，博物馆计划扩建这个展厅，并扩充它的古代鸟类藏品。

【信号】 计划动作句。答案落在表示馆方安排的 the museum plans to expand the hall, plans to 这种交代下一步打算的措辞就是信号：新闻里介绍某机构要做什么时，这种 plan to\will 句往往就是考点所在。

【替换】 the museum plans to expand the hall ↔ It is going to be expanded.

主动变被动同义改写

【排除】 A) 原词陷阱

录音确实念了 some of the world's oldest and largest fossil specimens, 含 largest, A 项 It is the largest of its kind. 就盗这个 largest 来骗你；但原文说的是展厅里的化石标本是最古老最大的，不是说这个展厅本身是同类中最大的，主语被偷换了。

借用原文：some of the world's oldest and largest fossil specimens

C) 原词陷阱

C 项 It is displaying more fossil specimens. 盗用了原文反复出现的 fossil specimens, 让你觉得耳熟就想选；但原文说馆方是要扩建展厅、扩充古代鸟类藏品，并没有说正在展出更多的化石标本，displaying more 是录音没有的说法。

借用原文：displays some of the world's oldest and largest fossil specimens

D) 未提及

D 项 It is starting an online exhibition. 里的 online (线上) 录音里根本没出现；原文讲的是免费开放特别展区、实体展览轮换，没有任何线上办展的内容，属于无中生有。

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4. A) A collection of bird fossils from Australia.
B) Photographs of certain rare fossil exhibits.
C) Some ancient wall paintings from Australia.
D) Pictures by winners of a wildlife photo contest

【题目】 What is on display this week in the museum's resident exhibition hall?

【翻译】 本周博物馆常设展厅展出的是什么？

- A) 一批来自澳大利亚的鸟类化石收藏。 B) 某些罕见化石展品的照片。
C) 一些来自澳大利亚的古代壁画。 D) 野生动物摄影比赛获奖者的照片。

【答案】 C (细节题) Some ancient wall paintings from Australia.

【定位】 This week the resident exhibition is a display of ancient wall paintings on loan from Australia.

本周，常驻展览展出的是从澳大利亚借展的古代壁画。

【信号】 时间标志句。 答案句以时间词 This week 起头，直接对应题干的 this week，这种以时间状语开头的句子就是信号：题目问哪一周，就锁定原文里念到那一周的那一句。

【替换】 a display of ancient wall paintings on loan from Australia ↔
Some ancient wall paintings from Australia.

概括等值的同义改写

【排除】 A) 张冠李戴

A 项 A collection of bird fossils from Australia. 把原文里 from Australia 这个地名和 birds collection 强行拼在一起；可原文里鸟类藏品是 add to its ancient birds collection (馆方要扩充的藏品)，from Australia 修饰的是壁画不是鸟类化石，是把对的地名安到错的东西上。

借用原文：add to its ancient birds collection

B) 原词陷阱

B 项 Photographs of certain rare fossil exhibits. 盗用原文反复出现的 fossil 来制造耳熟感；但录音从没说本周展的是化石的照片，本周展的是壁画，Photographs of...fossil 是录音没有的拼凑。

借用原文：displays some of the world's oldest and largest fossil specimens

D) 与原文相反

D 项 Pictures by winners of a wildlife photo contest 对应原文的 Next week the exhibition will be taken over by the Wildlife Photographer of the Year Competition，但那是下一周的安排；题目问的是 this week，把 next week 的内容拿来当 this week 的答案，是时间被偷换。

借用原文：Next week the exhibition will be taken over by the Wildlife Photographer of the Year Competition

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

1 Six birds have just been trained to pick up rubbish at a French historical theme park. According to the park's manager, Mr. Villiers, the goal is not just to clear up the park. He says visitors are already good at keeping things clean. Instead, he wants to show that nature itself can teach us to take care of the environment. He says that rooks, the chosen birds, are considered to be particularly intelligent. In the right circumstances, they even like to communicate with humans and establish a relationship through

play. The birds will be encouraged to clean the park through the use of a small box that delivers a small amount of bird food each time the rook deposits a cigarette end or a small piece of rubbish. So far, visitors to the theme park have been excited to see the birds in action. However, some parents are concerned that it encourages their children to drop litter so they can watch the birds pick it up. Villiers is not concerned about this criticism. He maintains most of the feedback he has received has been overwhelmingly positive. He hopes now to train more birds.

六只鸟刚刚在法国一个历史主题公园接受了捡拾垃圾的训练。据公园经理Villiers先生说，目标不仅仅是清理公园。他说游客已经很善于保持清洁。相反，他想展示大自然本身可以教我们爱护环境。他说，被选中的鸟类秃鼻乌鸦被认为特别聪明。在适当的情况下，它们甚至喜欢与人类交流并通过游戏建立关系。这些鸟将通过使用一个小盒子被鼓励清理公园，每当秃鼻乌鸦放入一个烟头或一小块垃圾时，小盒子就会提供少量鸟食。到目前为止，主题公园的游客对看到这些鸟的行动感到兴奋。然而，一些家长担心这会鼓励他们的孩子乱扔垃圾，以便观看鸟类捡拾垃圾。Villiers对这种批评并不担心。他坚持认为他收到的大部分反馈都是非常积极的。他现在希望训练更多的鸟。

5. A) Pick up trash.
B) Amuse visitors.
C) Deliver messages.
D) Play with children.

【题目】 What have six birds been trained to do at a French historical theme park?

【翻译】 在法国一个历史主题公园里,六只鸟被训练做什么?

A) 捡拾垃圾。 B) 娱乐游客。 C) 传递消息。 D) 与儿童玩耍。

【答案】 A (细节题) Pick up trash.

【定位】 Six birds have just been trained to pick up rubbish at a French historical theme park.

六只鸟刚刚在法国一座历史主题公园里被训练去捡拾垃圾。

【信号】 首句点题 + trained to 结构。答案就藏在录音第一句：信号是与题干同款的 trained to pick up rubbish 结构，"trained to" 后面紧跟的动作 pick up rubbish 就是答案；新闻第一句往往直接交代核心事实，开头就要竖起耳朵。

【替换】 pick up rubbish ↔ Pick up trash.

rubbish=trash 同义替换

【排除】 B) 原词陷阱

录音确有 visitors are already good at keeping things clean 提到 visitors, B 项 Amuse visitors. 就盗用 visitors 这个原词诱你 "听到就选", 但原文说的是游客本就爱干净, 从未说鸟去逗乐游客, 答非所问。

借用原文: visitors are already good at keeping things clean

C) 未提及

Deliver messages. 在录音里毫无对应——原文只说捡垃圾、与人 communicate (交流), 从没提送信送消息, 属凭 "鸟会送信" 的旧印象臆造, 直接排除。

D) 张冠李戴

录音里 play 和 children 确实都出现过——establish a relationship through play 有 play, 下文 children 也念到, D 项 Play with children. 就把这两个原词拼成一个录音没说过的动作。原文说的是鸟通过 play 与 humans 建立关系, 并非 "和孩子玩", 张冠李戴。

借用原文: establish a relationship through play

6. A) They are especially intelligent.

B) They are children's favorite.

C) They are quite easy to tame.

D) They are clean and pretty.

【题目】 Why were rooks chosen by the park manager?

【翻译】 公园管理者为什么选择白嘴鸦?

A) 它们特别聪明。 B) 它们是孩子们的最爱。 C) 它们相当容易驯服。

D) 它们干净又漂亮。

【答案】 A (细节题) They are especially intelligent.

【定位】 He says that rooks, the chosen birds, are considered to be particularly intelligent.

他说, 被选中的这种鸟——白嘴鸦——被认为格外聪明。

【信号】 the chosen birds + 定性形容词。 信号是 the chosen birds (被选中的鸟) 这一回指, 正对题干的 chosen; 紧跟其后的定性词 particularly intelligent 就是被选原因。听到对某对象下 "considered to be + 形容词" 的判断, 那个形容词往往就是答案。

【替换】 particularly intelligent ↔ They are especially intelligent.

particularly=especially 程度词替换

【排除】 B) 原词陷阱

录音后文确有 children 出现（家长担忧那段），B 项 They are children's favorite. 就借 children 这个原词诱选，但原文从未说这种鸟是 "孩子的最爱"，更没把它当作被选理由，答非所问。

借用原文：some parents are concerned that it encourages their children to drop litter

C) 未提及

They are quite easy to tame. 听着最像挑鸟的理由，但录音通篇没说这种鸟 "易驯服"——只说它聪明、爱与人交流。这是凭 "挑动物当然挑好驯的" 常识脑补，原文无据，排除。

D) 原词陷阱

录音里 clean 确实出现过——visitors are already good at keeping things clean, D 项 They are clean and pretty. 就盗用 clean 来骗 "听到就选"。但原文的 clean 是说游客爱保持整洁，与鸟 "干净漂亮" 无关，且 pretty 全篇未提，属偷换 + 拼凑。

借用原文：visitors are already good at keeping things clean

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7. A) Children may be harmed by the rooks.
B) Children may be tempted to drop litter.
C) Children may contract bird diseases.
D) Children may overfeed the rooks.

【题目】 What is the concern of some parents?

【翻译】 一些家长担心什么？

- A) 孩子们可能会被白嘴鸦伤害。 B) 孩子们可能会受诱惑乱扔垃圾。
C) 孩子们可能会感染鸟类疾病。 D) 孩子们可能会过度喂食白嘴鸦。

【答案】 B （细节题） Children may be tempted to drop litter.

【定位】 However, some parents are concerned that it encourages their children to drop litter so they can watch the birds pick it up.

然而，一些家长担心这会怂恿自家孩子乱扔垃圾，好让他们看鸟去把垃圾捡起来。

【信号】 转折 However + concerned that. 双重信号：先是转折词 However——它之前都是正面叙述，转折之后才出现负面顾虑；紧接 concerned that 直接点出担心，that 后那句即顾虑内容。听力里 "However + 担心词" 一出现，答案句基本就锁定了。

【替换】 it encourages their children to drop litter ↔ **Children may be tempted to drop litter.**

encourage→be tempted 主被动+同义

【排除】A) 原词陷阱

录音多次提到这种鸟 (rooks) , A 项 Children may be harmed by the rooks. 就盗用 rooks 这个原词, 再配上最吓人的 harmed 来诱选。但原文家长的担心是孩子乱扔垃圾, 从未说鸟会伤害孩子, 与原文相反方向的臆造, 排除。

借用原文: rooks, the chosen birds, are considered to be particularly intelligent

C) 未提及

Children may contract bird diseases. 听起来很像 "接触鸟该担心" 的常识, 但录音里 disease/染病只字未提, 纯属脑补, 排除。

D) 张冠李戴

录音里确有喂食情节——delivers a small amount of bird food, D 项 Children may overfeed the rooks. 就借 food/喂这个原词诱选。但喂食的是那个机关盒子奖励鸟、与孩子无关, 更非家长担忧, 张冠李戴。

借用原文: delivers a small amount of bird food

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 W: The name of the TV show we wish to produce is Science Nation.

W: 我们想制作的电视节目名称是《科学国度》。

2 M: Please tell us more. What would Science Nation be about?

M: 请告诉我们更多信息。《科学国度》会讲什么内容?

3 W: It will be about science, all sorts of science. Each episode will focus on a different area of science, and tell us what we know, how we know it, and what we still don't know. The show will have one host only, and this will be Professor Susan Paul from Harvard University. She is a great public speaker.

W: 它会讲科学, 各种各样的科学。每一集都会聚焦不同的科学领域, 告诉我们已经知道什么、是怎么知道的、还有什么是我们仍然不知道的。节目只有一位主持人, 就是哈佛大学的Susan Paul教授。她是位出色的演讲者。

4 M: So, just be clear. Will the show's format be like that of a documentary?

M: 那么, 明确一下。节目的形式会像纪录片那样吗?

5 W: Kind of. It will be like a documentary in the sense that it will be non-fiction and fact-based. However, our idea is for it to be also fun and entertaining, something which traditional documentaries aren't so much. Please keep in mind this will be a new TV show like nothing ever done before.

W: 有点像。它会像纪录片那样是非虚构的、基于事实的。不过, 我们的想法是让它也有趣、有娱乐性, 这是传统纪录片不太具备的。请记住这将是一个全新的电视节目, 是前所未有的。

6 M: Okay, so it will be both educational and entertaining, and your audience will be anyone interested in science, right?

M: 好的, 所以它既有教育性又有娱乐性, 你们的目标观众是所有对科学感兴趣的人, 对吧?

7 W: That's correct. Yes.

W: 没错。是的。

8 M: Right, thank you. So I think we're more or less clear what the show will be like. Could you please tell us now what exactly you want from us?

M: 好, 谢谢。我想我们对节目会是什么样基本清楚了。现在能请你告诉我们你们具体需要我们做什么吗?

9 W: Yes, of course. Basically what we need from you is financial support. In order to go ahead with this idea, we need two million dollars. This would cover the cost of making all 12 shows in the first season for the first year. If the show is a success, we can then look at making a second season for the following year.

W: 好的, 当然。基本上我们需要你们提供资金支持。为了推进这个想法, 我们需要两百万美元。这将用于制作第一季第一年全部12集节目的成本。如果节目成功, 我们就可以考虑在第二年制作第二季。

8. A) It will be produced at Harvard University.
B) It will be hosted by famous professors.
C) It will cover different areas of science.
D) It will focus on recent scientific discoveries.

【题目】 What do we learn about the TV show Science Nation?

【翻译】 关于电视节目《科学国度》我们了解到什么?

- A) 它将在哈佛大学制作。 B) 它将由著名教授主持。 C) 它将涵盖不同的科学领域。
D) 它将聚焦于最新的科学发现。

【答案】 C (细节题) It will cover different areas of science.

【定位】 It will be about science, all sorts of science. Each episode will focus on a different area of science, and tell us what we know, how we know it, and what we still don't know.

它将关于科学, 各种各样的科学。每一集会聚焦科学的一个不同领域, 告诉我们已经知道什么、是怎么知道的、以及还有什么是我们仍不知道的。

【信号】 正面陈述节目内容的应答句。男方问 What would Science Nation be about, 女方的应答正面交代节目内容; 对话里被问者的直接应答就是答案信号, 紧接着的 Each episode will focus on a different area of science 就是承载答案的那句。

【替换】 Each episode will focus on a different area of science ↔ **It will cover different areas of science**
focus on a different=cover different areas

【排除】 A) **原词陷阱**

录音里 Harvard University 确实出现，但说的是主持人 Professor Susan Paul from Harvard University——即主持人来自哈佛，不是节目“在哈佛制作”。选项 produced at Harvard University 偷换成“制作地点”，是听到 Harvard 就想选的原词陷阱。

借用原文：Professor Susan Paul from Harvard University

B) **与原文相反**

录音说 The show will have one host only，只有一位主持人 Susan Paul 教授。选项 hosted by famous professors 盗用了“教授”这个原词，却把“一位”夸成“多位名教授主持”，与原文数量相反。

借用原文：The show will have one host only

D) **未提及**

录音说节目讲 what we know, how we know it, and what we still don't know，是知识的全貌，并没有限定为“最近的科学发现”。选项 focus on recent scientific discoveries 里的 recent 是录音未提的限定，属于自行加码。

-
9. A) It will be more futuristic.
B) It will be more systematic.
C) It will be more entertaining.
D) It will be easier to understand.

【题目】 In what way will the TV show Science Nation differ from traditional documentaries?

【翻译】 电视节目《科学国度》将在哪些方面不同于传统纪录片？

- A) 它将更具未来感。 B) 它将更加系统化。 C) 它将更具娱乐性。
D) 它将更容易理解。

【答案】 **C** (细节题) It will be more entertaining.

【定位】 It will be like a documentary in the sense that it will be non-fiction and fact-based. However, our idea is for it to be also fun and entertaining, something which traditional documentaries aren't so much.

从它是非虚构、基于事实这点看，它像一部纪录片。然而，我们的想法是让它同时也有趣、有娱乐性，而这正是传统纪录片不太具备的。

【信号】 **转折 However 后才是真意。**前半 It will be like a documentary 说相同点，是干扰；转折词 However 之后 fun and entertaining, something which traditional documentaries aren't so much 才点出与传统纪录片的不同，转折后才是答案落点。

【替换】 fun and entertaining, something which traditional documentaries aren't so much ↔
It will be more entertaining
entertaining 同词 + 比较义还原

【排除】 A) 未提及

录音通篇没说节目更"未来感/前卫", 选项 more futuristic 的特点无任何原文依据, 属凭"科技节目大概很前卫"的常识硬猜。

B) 未提及

录音只说节目 non-fiction、fact-based、fun、entertaining, 从没说它更"系统/有条理"。选项 more systematic 是录音未提的特点, 凑数干扰。

D) 过度推断

节目讲科学、要 fact-based, 容易让人联想"更好懂", 但录音点出的与纪录片不同之处是 entertaining, 而非 easier to understand。该项是顺着"科普应该更易懂"的推断答非所问。

10. A) People interested in science.

B) Youngsters eager to explore.

C) Children in their early teens.

D) Students majoring science.

【题目】 Who will be the intended audience of the TV show Science Nation?

【翻译】 电视节目《科学国度》的目标受众是谁?

A) 对科学感兴趣的人。 B) 渴望探索的年轻人。 C) 十几岁出头的儿童。

D) 主修理科的学生。

【答案】 A (细节题) People interested in science.

【定位】 Okay, so it will be both educational and entertaining, and your audience will be anyone interested in science, right?

好的, 所以它将既有教育性又有娱乐性, 你们的观众将是任何对科学感兴趣的人, 对吗?

【信号】 被确认的应答句。 男方复述 your audience will be anyone interested in science, right 求确认, 女方在 That's correct. Yes 给了肯定; 男方复述 + 女方确认这一组就是答案信号, 受众信息被双方共同坐实。

【替换】 anyone interested in science ↔ People interested in science

anyone=people 范围等值

【排除】 B) 偷换概念

录音说受众是 anyone interested in science (任何对科学感兴趣的人), 没限定年龄。选项 Youngsters eager to explore 擅自缩成"渴望探索的年轻人", 把宽范围偷换成窄人群。

借用原文: anyone interested in science

C) 未提及

录音从没提年龄, 更没说是 Children in their early teens (十几岁初段的孩子)。这是把"科普节目大概给孩子看"的常识硬塞进受众, 原文未提且范围被收得最窄。

D) 原词陷阱

选项 Students majoring science 借用了反复出现的 science 一词, 却把受众缩成"科学专业的学生", 而录音说的是 anyone interested in science, 是听到 science 就想选的原词陷阱兼范围收窄。

借用原文: anyone interested in science

11. A) Offer professional advice.

B) Provide financial support.

C) Help promote it on the Internet.

D) Make episodes for its first season.

【题目】 What does the woman want the man to do for the TV show?

【翻译】 女士希望男士为这档电视节目做什么?

A) 提供专业建议。 B) 提供资金支持。 C) 帮助在互联网上推广它。

D) 为其第一季制作节目。

【答案】 B (细节题) Provide financial support.

【定位】 Basically what we need from you is financial support. In order to go ahead with this idea, we need two million dollars.

基本上, 我们需要你们提供的是资金支持。为了推进这个想法, 我们需要两百万美元。

【信号】 提出需求的应答句。 男方先问 what exactly you want from us, 女方应答 what we need from you is financial support; 被问者用 what we need from you is 这种明确提需求的句式直接点题, 就是答案信号。

【替换】 what we need from you is financial support ↔ **Provide financial support**

need from you=provide 同义换说法

we need two million dollars ↔ **Provide financial support**

two million dollars 即财力支持

【排除】 A) 未提及

女方明说需要的是 financial support (资金), 而非专业意见。选项 Offer professional advice 录音从未提及, 凭"找专家提案大概要建议"的常识硬填。

C) 未提及

录音通篇没说让男方"在网上推广"。选项 Help promote it on the Internet 是个看似具体、实则录音未提的动作, 属凭空添加。

D) 张冠李戴

录音 making all 12 shows in the first season 里的"制作第一季"是女方这边要用那笔钱去做的事, 不是要男方做的。选项 Make episodes for its first season 盗用 first season、make shows 等原词, 把出钱方与做事方的角色搞反了。

借用原文: making all 12 shows in the first season

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

1 W: What's up with you? You don't look very happy.

W: 你怎么了?看起来不太高兴。

2 M: I feel like I'm a failure. I can't seem to do anything very well.

M: 我觉得自己是个失败者。我好像什么事都做不好。

3 W: I wouldn't say that. You do very well in a lot of things. That presentation you gave last week was excellent.

W: 我可不这么认为。你很多事情都做得很好。你上周的那个报告就非常出色。

4 M: Yes, but I have this urge to strive for perfection. I really want to push harder and progress further.

M: 是的,但我有这种追求完美的冲动。我真的想更努力,取得更大的进步。

5 W: Well, that's very admirable. But be careful. Over-concern with being perfect can damage our confidence if we never achieve it.

W: 嗯,这很值得钦佩。但要小心。如果我们永远无法达到完美,过分关注完美可能会损害我们的信心。

6 M: Yes, I know. I feel awful whenever I make a mistake in whatever I'm trying to do.

M: 是的,我知道。每当我在尝试做的事情上犯错时,我就感觉很糟糕。

7 W: Well, think about it. You can't make progress without making mistakes and learning from them. Thomas Edison, the famous inventor, once said, "I've not failed. I've just found 10,000 ways that won't work."

W: 那么,想想看。不犯错误并从中学习,你就无法进步。著名发明家Thomas Edison曾经说过:"我没有失败。我只是找到了一万种行不通的方法。"

8 M: You may well be right. I guess I should recognize my mistakes and learn the lesson they teach me and move forward.

M: 你说得很对。我想我应该认识到自己的错误,吸取它们给我的教训,然后继续前进。

9 W: Also, remember a successful ending is not the only thing worthy of a celebration. You need to recognize each step of progress you take towards achieving your goals, and no matter how tiny it is, it's still good news.

W: 还有,记住成功的结局并不是唯一值得庆祝的事情。你需要认可自己朝着目标前进的每一步进展,无论它多么微小,都仍然是好消息。

10 M: I always feel down when I see others accomplishing things, and I feel miserable about my own achievements. I'm always trying to be as good as others. But I never seem to get there.

M: 每当看到别人取得成就时,我总是感到沮丧,对自己的成就感到痛苦。我总是试图和别人一样优秀。但我似乎永远达不到。

11 W: Listen, if you always compare yourself with others, you'll never feel good enough. You're the only person you should be comparing yourself with. When you compare your current status with the starting point, you'll find you've made progress, right? That's good enough.

W: 听着,如果你总是拿自己和别人比较,你永远不会觉得自己足够好。你应该比较的唯一对象就是你自己。当你把现在的状态和起点比较时,你会发现自己取得了进步,对吧?这就足够了。

12 M: That's great advice. Thank you. I'm feeling better already.

M: 这是很好的建议。谢谢你。我已经感觉好多了。

12. A) Unsure.

B) Helpless.

C) Concerned.

D) Dissatisfied.

【题目】 How does the man feel about himself?

【翻译】 这位男士对自己感觉如何?

A) 不确定。 B) 无助。 C) 担忧。 D) 不满意。

【答案】 D (态度观点题) Dissatisfied.

【定位】 M: I feel like I'm a failure. I can't seem to do anything very well.

男: 我觉得自己是个失败者。我好像什么都做不好。

【信号】 被问者直接自评。 女方先问 You don't look very happy., 男方紧接着的应答 I feel like I'm a failure. 就是答案句——态度题的落点在“被问的人自己说出来的感受”, I feel 后面那句即是。

【替换】 I feel like I'm a failure. I can't seem to do anything very well. ↔ **Dissatisfied.**

自评失败即对己不满

【排除】 A) 未提及

Unsure. 是"拿不定主意", 但男方说的是 I can't seem to do anything very well., 态度很明确就是觉得自己差, 不是犹豫不决, 方向不符。

B) 偷换概念

Helpless."无助"听起来很贴近沮丧, 容易误选, 但男方说的是 I feel like I'm a failure., 重点在"对自己不满"而非"束手无策、求救无门", 语义偏了一档。

C) 原词陷阱

Concerned. 极具迷惑性, 因为女方后面确实说了 Over-concern with being perfect can damage our confidence, concern 这个词在录音里真的出现过。但那是女方分析男方"过度在意完美"时用的词, 不是男方此刻"对自己的感受", 属于听到原词就想选的原词陷阱。

借用原文: Over-concern with being perfect can damage our confidence

13. A) He is too concerned with being perfect.

B) He loses heart when faced with setbacks.

C) He is too ambitious in achieving goals.

D) He takes on projects beyond his ability.

【题目】 What does the woman think is the man's problem?

【翻译】 这位女士认为这位男士的问题是什么?

A) 他过于关注做到完美。 B) 他在面对挫折时会灰心丧气。

C) 他在实现目标方面过于雄心勃勃。 D) 他承担超出自己能力的项目。

【答案】 A (细节题) He is too concerned with being perfect.

【定位】 W: But be careful. Over-concern with being perfect can damage our confidence if we never achieve it.

女: 但要当心。过度执着于完美, 如果永远达不到, 会损害我们的自信。

【信号】 转折 But 后是真意。 女方先说 that's very admirable 表面肯定, 紧接 But be careful. 一转, 转折之后 Over-concern with being perfect can damage our confidence 才是她真正点出的问题所在——转折词后才是落点。

【替换】 Over-concern with being perfect ↔ **He is too concerned with being perfect.**

Over- 等于 too...

【排除】 B) 答非所问

He loses heart when faced with setbacks."遇挫就灰心"听上去符合男方的沮丧状态,但题目问的是"女方认为他的 problem", 女方点的是"过度求完美", 并未把他的问题归为"遇挫灰心", 张冠李戴到了男方的表现上。

C) 偷换概念

He is too ambitious in achieving goals."太有野心"看似与男方 I really want to push harder and progress further 的上进劲对得上, 但女方诊断的是"过度求完美", 不是"野心太大", 二者并非一回事。

借用原文: I really want to push harder and progress further

D) 未提及

He takes on projects beyond his ability."接下超出能力的项目", 录音里既没提 project, 也没说他能力不及, 完全是凭"失败者"的印象臆造的, 无中生有。

14. A) Embarrassed.

B) Unconcerned.

C) Miserable.

D) Resentful.

【题目】 How does the man feel when he sees others accomplishing things?

【翻译】 当这位男士看到别人取得成就时感觉如何?

A) 尴尬。 B) 不在意。 C) 痛苦。 D) 怨恨。

【答案】 C (态度观点题) Miserable.

【定位】 M: I always feel down when I see others accomplishing things, and I feel miserable about my own achievements.

男: 每当看到别人取得成就, 我总是情绪低落, 并为自己的成绩感到痛苦。

【信号】 情境词与心情词同句。 男方 when I see others accomplishing things 这一 when 情境后紧跟 I feel miserable about my own achievements, 情境与心情出现在同一句, 正是答案句——被问者自述、且情境心情同框。

【替换】 I feel miserable about my own achievements ↔ **Miserable.**

原句心情词直接对应

【排除】 A) 偷换概念

Embarrassed."尴尬", 但男方在 I feel miserable about my own achievements 里讲的是内心痛苦、自惭, 不是社交场合的难为情, 情绪类型不对。

B) 与原文相反

Unconcerned."不在乎"与男方 I feel miserable"很痛苦"恰好相反。男方明明非常在意自己不如人, 选"不在乎"是把极性弄反了。

借用原文: I feel miserable about my own achievements

D) 偷换概念

Resentful."愤恨"指向对别人的怨恨, 但男方 I feel miserable about my own achievements 痛苦的对象是"自己的成绩", 是冲自己来的失落, 不是怨别人, 方向不符。

-
15. A) Try to be optimistic whatever happens.
B) Compare his present with his past only.
C) Always learn from others' achievements.
D) Treat others the way he would be treated.

【题目】 What does the woman suggest the man do?

【翻译】 这位女士建议这位男士做什么?

- A) 无论发生什么都努力保持乐观。 B) 只将他的现在与他的过去进行比较。
C) 始终从他人的成就中学习。 D) 以他希望被对待的方式对待他人。

【答案】 B (细节题) Compare his present with his past only.

【定位】 W: You're the only person you should be comparing yourself with. When you compare your current status with the starting point, you'll find you've made progress.

女: 你唯一该比较的对象就是你自己。当你拿现在的状态和起点相比, 你会发现自己已经进步了。

【信号】 建议句 should/When you. 女方 You're the only person you should be comparing yourself with. 用 should 给出核心建议, 紧接 When you compare your current status with the starting point 落到具体做法——这正是 suggest 题要抓的建议落点。

【替换】 compare your current status with the starting point ↔ Compare his present with his past only.
现在比起点等于今比昔

【排除】 A) 过度推断

Try to be optimistic whatever happens."无论如何保持乐观"是个泛泛的好心态，听着没错，但女方的建议落在"只跟自己的过去比"这个具体做法上，并没有说"凡事都要乐观"，过度拔高成了空泛的口号。

C) 原词陷阱

Always learn from others' achievements."向他人成就学习"极具迷惑性，因为录音里反复出现 compare、others 这些词，if you always compare yourself with others 还带了 always。但女方的意思恰恰是"别老跟别人比"，选项却说"学别人"，把原意反着用了，是借原词设的陷阱。

借用原文：if you always compare yourself with others, you'll never feel good enough

D) 未提及

Treat others the way he would be treated."以待己之道待人"讲的是为人处世怎么对待别人，整段对话谈的都是"如何看待自己、如何比较"，根本没提怎样对待他人，无中生有。

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 Single-sex education can have enormous benefits for female students. Numerous studies have shown that women who attend single-sex schools tend to have stronger self-confidence, better study habits and more ambitious career goals than women who attend coeducational schools. Girls who graduate from single-sex schools are three times more likely to become engineers than those who attend coeducational schools. The reason is that all-girls schools encourage women to enter fields traditionally dominated by men, such as science, technology and engineering. In coeducational schools, girls are often expected to succeed only in humanities or the arts. Research has also shown that in coeducational settings, teachers are more likely to praise and give in-depth responses to a boy's comments in class. In contrast, they might only respond to a girl's comments with a nod. They are also more likely to encourage boys to work through problems on their own, while they tend to step in and help girls who struggle with a problem. In an all-girls setting, girls are more likely to speak up frequently and make significant contributions to class than in a coeducational setting. Girls studying in a single-sex setting also earn higher scores on their College Board and Advanced Placement exams than girls who study in coeducational settings. All-girls schools tend to be smaller than coeducational schools, which means teachers will be able to tailor the materials to girl students' personal learning styles and interest.

单性别教育对女学生可以产生巨大益处。大量研究表明，就读单性别学校的女性往往比就读男女同校的女性拥有更强的自信心、更好的学习习惯和更具雄心的职业目标。单性别学校毕业的女生成为工程师的可能性是就读男女同校女生的三倍。原因在于女子学校鼓励女性进入传统上由男性主导的领域，如科学、技术

和工程。在男女同校中，女生往往被期望只在人文学科或艺术领域取得成功。研究还表明，在男女同校的环境中，教师更倾向于表扬男生在课堂上的评论并给予深入回应。相比之下，他们可能只是点头回应女生的评论。他们也更倾向于鼓励男生独立解决问题，而往往会介入帮助遇到困难的女生。在全女生环境中，女生比在男女同校环境中更有可能频繁发言并对课堂做出重要贡献。在单性别环境中学习的女生在 College Board 和 Advanced Placement 考试中的得分也高于在男女同校环境中学习的女生。女子学校往往比男女同校规模更小，这意味着教师能够根据女学生的个人学习风格和兴趣定制教学材料。

16. A) They have a stronger sense of social responsibility.

B) They are more likely to succeed in the humanities.

C) They are more likely to become engineers.

D) They have greater potential to be leaders.

【题目】 What advantage does the speaker say girls from single-sex schools have over those from coeducational schools?

【翻译】 演讲者认为单性别学校的女生比男女同校的女生有什么优势？

A) 她们有更强的社会责任感。 B) 她们更有可能在人文学科方面取得成功。

C) 她们更有可能成为工程师。 D) 她们有更大的潜力成为领导者。

【答案】 C (细节题) They are more likely to become engineers.

【定位】 Girls who graduate from single-sex schools are three times more likely to become engineers than those who attend coeducational schools.

从单性别学校毕业的女生，成为工程师的可能性是上男女合校女生的三倍。

【信号】 比较级 **more likely than** 标出优势句。这句用了 three times more likely to become engineers than those who attend coeducational schools——'比.....更可能'的比较结构，正面把女校女生与合校女生作对比并点出强在哪，正是题干 over those 要的优势句信号。

【替换】 three times more likely to become engineers ↔ **more likely to become engineers**

去掉倍数后概括等值

【排除】 A) 未提及

录音通篇没说女校女生有更强的社会责任感 (social responsibility), They have a stronger sense of social responsibility. 是凭'女校=更优秀'的印象自行添加的, 属无中生有。

B) 原词陷阱

录音确实念到 humanities, 但原句是 In coeducational schools, girls are often expected to succeed only in humanities or the arts——说的是'合校'女生被局限在人文, 而非女校女生擅长人文。They are more likely to succeed in the humanities. 盗用 humanities 这个原词、却把主角和方向都弄反了。

借用原文: In coeducational schools, girls are often expected to succeed only in humanities or the arts

D) 过度推断

录音只提到女校女生有 stronger self-confidence, better study habits and more ambitious career goals, 并没有说她们更可能成为领导者 (leaders)。They have greater potential to be leaders. 是从'自信/有抱负'过度引申出来的, 属过度推断。

借用原文: stronger self-confidence, better study habits and more ambitious career goals

-
17. A) Praise girls who like to speak up frequently.
B) Encourage girls to solve problems on their own.
C) Insist that boys and girls work together more.
D) Respond more positively to boys comments.

【题目】 What do teachers tend to do in coeducational settings?

【翻译】 在男女同校的环境中,教师往往会做什么?

- A) 表扬喜欢频繁发言的女生。 B) 鼓励女生自己解决问题。
C) 坚持让男生和女生更多地一起合作。 D) 对男生的评论给予更积极的回应。

【答案】 D (细节题) Respond more positively to boys comments.

【定位】 Research has also shown that in coeducational settings, teachers are more likely to praise and give in-depth responses to a boy's comments in class. In contrast, they might only respond to a girl's comments with a nod.

研究还表明, 在男女合校里, 老师更可能对男生在课堂上的发言给予表扬和深入的回应; 相比之下, 对女生的发言可能只是点头带过。

【信号】 场景词 coeducational + 对比 In contrast 标出落点。 这句以题干要的场景词 in coeducational settings 开头, 紧接着用 In contrast 把'对男生深入回应'与'对女生只点头'摆成对照, 对比结构正是答案句的强信号, 落点在对男生更积极那半句。

【替换】 more likely to praise and give in-depth responses to a boy's comments ↔

Respond more positively to boys comments.

praise+in-depth responses 概括为 more positively

【排除】 A) 张冠李戴

录音确有 girls are more likely to speak up frequently, 但那是描述'女校'里女生的表现, 并非合校老师的做法, 更不是老师去'表扬爱发言的女生'。Praise girls who like to speak up frequently. 盗用 speak up frequently 原词、又把女校现象安到合校老师头上。

借用原文: girls are more likely to speak up frequently

B) 与原文相反

录音说合校老师 more likely to encourage boys to work through problems on their own——鼓励'男生'自己解决, 对女生反而 step in 帮忙。Encourage girls to solve problems on their own. 盗用 solve problems on their own 原词, 却把'男生'换成了'女生', 与原文相反。

借用原文: encourage boys to work through problems on their own

C) 未提及

录音没有任何老师'坚持让男女生多合作'的内容, Insist that boys and girls work together more. 是凭'合校=男女在一起'的常识自行编出的, 属未提及。

18. A) Offer personalized teaching materials.

B) Provide a variety of optional courses.

C) Place great emphasis on test scores.

D) Pay extra attention to top students.

【题目】 What are teachers more likely to do in an all-girls school?

【翻译】 在女子学校中,教师更有可能做什么?

- A) 提供个性化的教学材料。 B) 提供多种选修课程。 C) 非常重视考试成绩。
D) 对优等生给予额外关注。

【答案】 A (细节题) Offer personalized teaching materials.

【定位】 All-girls schools tend to be smaller than coeducational schools, which means teachers will be able to tailor the materials to girl students' personal learning styles and interest.

女校往往比男女合校规模更小, 这意味着老师能够根据女生个人的学习风格和兴趣来量身定制教学材料。

【信号】 场景词 All-girls + 末句收束标出落点。 录音末句以题干要的场景词 All-girls schools 开头, 用 which means 引出结论——老师能 tailor the materials 给女生, 既是场景对位、又是篇章收尾的结论句, 正是本题答案句。

【替换】 tailor the materials to girl students' personal learning styles and interest ↔

Offer personalized teaching materials.

tailor...to personal = personalized

【排除】 B) 未提及

录音说的是定制教学材料，从没提供'多样可选课程' (optional courses) , Provide a variety of optional courses. 把'个性化材料'偷换成了'选修课程'，原文无此说法，属未提及。

C) 原词陷阱

录音确念到女校女生 earn higher scores on their College Board and Advanced Placement exams，但那是说女生'考分更高'这一结果，并非女校老师'极度看重分数'。Place great emphasis on test scores. 盗用 scores 原词、却把'分数高'歪曲成'强调分数'，方向不符。

借用原文：earn higher scores on their College Board and Advanced Placement exams

D) 未提及

录音说老师按每个女生的个人风格定制材料，恰恰是面向全体、因人而异，并没有'额外关照尖子生' (top students) 之意。Pay extra attention to top students. 与录音的个性化精神相悖，属未提及/与原文相反。

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

1 Today I found out that Seattle doesn't really get that much rain compared with most US cities. In fact, Seattle ranks 44th among major US cities in average annual rainfall. Cities that get more rainfall than Seattle include Houston, Memphis, Nashville, and pretty much every major city on the eastern coast, such as New York, Boston and Miami. So why does everyone think of Seattle as a rainy city? The primary root of this misconception lies in that Seattle has a relatively large number of days per year with rainfall compared with New York and Boston, which get an average of about 16% more rain per year than Seattle, but also average between them about 36 fewer days a year of rainfall. So it rains a lot less in Seattle, and the rain is spread out over more days than those cities. This is why few locals in Seattle carry an umbrella generally. When it does rain, it tends to be a very light rain. That isn't troublesome. It almost never really rains as most people think. On top of that, it never really storms in Seattle, either. Seattle gets an average of a mere seven days a year with thunder. So in short, if you like sunny but not too hot summers, mild winters but with lots of cloudy days, Seattle's the place to be. Anyway, if you visit Seattle, don't bring an umbrella. People will look at you, thinking you're funny.

今天我发现，与美国大多数城市相比，Seattle 的降雨量实际上并不多。事实上，Seattle 在美国主要城市年平均降雨量排名中位列第44位。降雨量超过 Seattle 的城市包括 Houston、Memphis、Nashville，以及东海岸几乎所有主要城市，如 New York、Boston 和 Miami。那么为什么每个人都认为 Seattle 是一个多雨的城市呢？这种误解的主要根源在于，与 New York 和 Boston 相比，Seattle 每年降雨天数相对较多。New York 和 Boston 的年平均降雨量比 Seattle 多约16%，但它们的年平均降雨天数比 Seattle 少约36天。因此 Seattle 的降雨量要少得多，而且降雨分布在更多天数里。这就是为什么 Seattle 当地人通常很少带伞的原因。当下雨时，往往是非常小的雨，并不麻烦。几乎从来不会像大多数人想象的那样真正下大雨。除此之外，Seattle 也从来不会真正出现暴风雨。Seattle 每年平均仅有七天会打雷。简而言之，如果你喜欢阳光充足但不太热的夏天、温和的冬天但有很多阴天，Seattle 就是理想之地。无论如何，如果你访问 Seattle，不要带伞，人们会看着你，觉得你很可笑。

19. A) It often rains cats and dogs.
B) It seldom rains in summer time.
C) It does not rain as much as people think.
D) It is one of the most rainy cities in the US.

【题目】 What does the speaker find out about Seattle?

【翻译】 说话者发现了关于西雅图的什么情况？

- A) 经常下倾盆大雨。 B) 夏季很少下雨。 C) 降雨量没有人们想象的那么多。
D) 它是美国降雨最多的城市之一。

【答案】 C (细节题) It does not rain as much as people think.

【定位】 Today I found out that Seattle doesn't really get that much rain compared with most US cities.

今天我发现，和大多数美国城市比起来，西雅图其实并没有下那么多雨。

【信号】 开头found out即点题。独白第一句就用 Today I found out that 抛出核心发现，found out 与题干 find out 直接呼应，这种开门见山的点题句就是细节题的答案落点。

【替换】 doesn't really get that much rain compared with most US cities ↔

It does not rain as much as people think.

否定加程度的同义改写

【排除】 A) 原词陷阱

It often rains cats and dogs. 借了录音满篇的 rain 制造熟悉感，但 rains cats and dogs 是『下倾盆大雨』，与原文 doesn't really get that much rain 正好相反，听到 rain 就选会中招。

借用原文：doesn't really get that much rain compared with most US cities

B) 未提及

It seldom rains in summer time. 把雨量少限定到 summer time (夏季)，但原文说的是全年总雨量少、且把雨分散到更多天，从未单说『夏天很少下雨』，属无中生有的限定。

D) 与原文相反

It is one of the most rainy cities in the US. 正是录音要破除的那个误解

(misconception)，与开头 doesn't really get that much rain 直接对立，是把转折前的『大众印象』当成结论选了反向。

借用原文：why does everyone think of Seattle as a rainy city? The primary root of this misconception

-
20. A) They drive most of the time.
B) The rain is usually very light.
C) They have got used to the rain.
D) The rain comes mostly at night.

【题目】 Why do local people in Seattle seldom carry an umbrella?

【翻译】为什么西雅图当地人很少带伞？

- A) 他们大部分时间都开车。 B) 雨通常很小。 C) 他们已经习惯了下雨。
D) 雨主要在夜间降临。

【答案】B (细节题) The rain is usually very light.

【定位】This is why few locals in Seattle carry an umbrella generally. When it does rain, it tends to be a very light rain.

这就是为什么西雅图当地人一般很少带伞。下雨时，雨势往往非常小。

【信号】This is why后接原因。This is why few locals in Seattle carry an umbrella 用 This is why 标出『带伞少』这一现象，紧接的 it tends to be a very light rain 就是真正原因句，定位靠这个因果信号而非逐词扫描。

【替换】it tends to be a very light rain ↔ The rain is usually very light.

几乎原句的轻微改写

【排除】A) 未提及

They drive most of the time. 听上去像个合理理由（开车就不用伞），但原文通篇没提当地人开车出行，属凭常识补出来的无中生有。

C) 过度推断

They have got used to the rain. 借了录音的 rain 制造熟悉感，且『习惯了』听起来顺理成章，但原文给的原因是雨小（very light），从没说当地人是因为『习惯』才不带伞，属顺着惯性想多了的过度推断。

借用原文：When it does rain, it tends to be a very light rain

D) 未提及

The rain comes mostly at night. 自造了一个『雨多在夜里下』的时间细节，原文只说雨小、雨分散在更多天，从未说雨集中在夜间，属无中生有。

21. A) It has a lot of places for entertainment.

B) It has never seen thunder and lightning.

C) It has fewer cloudy days than any other coastal city.

D) It has mild weather both in summer and in winter.

【题目】Why does the speaker say Seattle is a good place to be?

【翻译】为什么说话者说西雅图是个好地方？

- A) 它有很多娱乐场所。 B) 它从未出现过雷电。 C) 它的阴天比任何其他沿海城市都少。
D) 它夏季和冬季的天气都很温和。

【答案】D (细节题) It has mild weather both in summer and in winter.

【定位】 So in short, if you like sunny but not too hot summers, mild winters but with lots of cloudy days, Seattle's the place to be.

所以总而言之，如果你喜欢阳光充足但不太热的夏天、温和但多云的冬天，那西雅图就是你该去的地方。

【信号】 in short引出总结。 So in short 是结尾的收束信号，其后列出 sunny but not too hot summers 与 mild winters，正是说话人给出的『好地方』理由，定位靠这个总结信号。

【替换】 sunny but not too hot summers, mild winters ↔

It has mild weather both in summer and in winter.

分述夏冬概括为全年温和

【排除】 A) 未提及

It has a lot of places for entertainment. 说有很多娱乐场所，但全篇只讲天气，从没提娱乐设施，属无中生有。

B) 原词陷阱

It has never seen thunder and lightning. 借了原文的 thunder 制造熟悉感，但原文说 Seattle gets an average of a mere seven days a year with thunder——是『很少打雷』而非 never（从不）；选项把程度推到绝对，属夸大失实。

借用原文：Seattle gets an average of a mere seven days a year with thunder

C) 原词陷阱

It has fewer cloudy days than any other coastal city. 借了原文 cloudy 一词，但原文说 mild winters but with lots of cloudy days——是『多云天很多』，选项却说『比任何沿海城市云都少』，方向相反，且 than any other coastal city 这个比较原文根本没有，属与原文相反 + 无中生有。

借用原文：mild winters but with lots of cloudy days

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

1 After a tough workout or a day full of physical activity, it's common to find your muscles aching. But where do these pains come from? According to a German professor, the soreness comes from straining your muscles in an uncommon way, for example, jumping on a bicycle for a ride, because you haven't ridden in a long time. Soreness occurs since your leg muscles aren't used to that movement. When muscles perform an activity they aren't regularly exposed to, the tiny fibres that are inside them are being torn apart. As muscle soreness develops, the body has to work to repair the muscle tears. But this doesn't happen immediately. First, the body must realise the muscles are damaged. When the body realises the muscles are hurt, the response is to increase blood flow to the area and increase body heat. Damaged cells are then cleaned up and the body sends cells specially designed to break down the large muscle fibre fragments. Healing can take place after this. It takes about a day until these cells make it to your aching muscles. That's why there is most often a delay associated with muscle soreness. Repair of damaged cells takes about two days, and afterwards the soreness disappears. Unfortunately, there is little

that can be done to relieve muscle soreness. Pain-relieving creams don't work, but a hot shower or warm bath can provide some relief.

在剧烈运动或一整天的体力活动之后，肌肉酸痛是很常见的。但这些疼痛从何而来？根据一位德国教授的说法，酸痛来自以不常见的方式拉伤肌肉，例如，骑上自行车去兜风，因为你已经很长时间没有骑车了。之所以会酸痛，是因为你的腿部肌肉不习惯那种运动。当肌肉进行它们不经常接触的活动时，其内部的微小纤维就会被撕裂。随着肌肉酸痛的发展，身体必须努力修复肌肉撕裂。但这不会立即发生。首先，身体必须意识到肌肉受损了。当身体意识到肌肉受伤时，反应是增加该区域的血流量并提高体温。然后受损细胞被清理掉，身体派出专门设计用来分解大块肌肉纤维碎片的细胞。之后才能进行愈合。这些细胞到达你酸痛的肌肉大约需要一天时间。这就是为什么肌肉酸痛通常会有延迟。受损细胞的修复大约需要两天时间，之后酸痛就会消失。不幸的是，几乎没有什么办法可以缓解肌肉酸痛。止痛膏不起作用，但热水淋浴或温水浴可以提供一些缓解。

22. A) It occurs when people are doing a repetitive activity.
B) It results from exerting one's muscles continuously.
C) It happens when people engage in an uncommon activity.
D) It comes from straining one's muscles in an unusual way.

【题目】 What does the German professor say about muscle soreness?

【翻译】 这位德国教授关于肌肉酸痛说了什么？

- A) 它发生在人们进行重复性活动时。 B) 它源于持续用力使用肌肉。
C) 它发生在人们从事不常见的活动时。 D) 它来自以不寻常的方式拉伤肌肉。

【答案】 D (细节题) It comes from straining one's muscles in an unusual way.

【定位】 According to a German professor, the soreness comes from straining your muscles in an uncommon way, for example, jumping on a bicycle for a ride, because you haven't ridden in a long time.

据一位德国教授所说,这种酸痛来自以一种不寻常的方式拉伸你的肌肉,比如说,因为你很久没骑车了,却跳上自行车去骑一程。

【信号】 人物标志词 According to a German professor 引出结论。 答案句由 According to a German professor, the soreness comes from straining your muscles in an uncommon way 引出——题干问的正是 German professor 说什么,录音里这个人物标志词一出现,其后那句 the soreness comes from... 就是承载答案的结论句。

【替换】 the soreness comes from straining your muscles in an uncommon way ↔

It comes from straining one's muscles in an unusual way.

uncommon 与 unusual 同义替换

【排除】 A) 与原文相反

It occurs when people are doing a repetitive activity. 说酸痛发生在做"重复性"活动时,而录音明说成因是 in an uncommon way(不寻常方式),repetitive(反复)与 uncommon(不寻常)正好相反,方向错了。

B) 原词陷阱

It results from exerting one's muscles continuously. 借用了录音反复出现的 muscles 来制造"听到就想选"的熟悉感,但它把成因说成"持续不断地用力",录音讲的是"以不寻常方式用力",并没有说"持续",答非所问。

借用原文: straining your muscles in an uncommon way

C) 偷换概念

It happens when people engage in an uncommon activity. 盗用了录音里的 uncommon 一词显得很像,但录音说的是"以不寻常的方式(way)用力",落点在"方式",不是"从事一项不寻常的活动(activity)",把"不寻常的方式"偷换成"不寻常的活动",概念被悄悄换了。

借用原文: straining your muscles in an uncommon way

23. A) Blood flow and body heat increase in the affected area.

B) Body movements in the affected area become difficult.

C) They begin to make repairs immediately.

D) They gradually become fragmented.

【题目】 What happens when muscles are damaged according to the passage?

【翻译】 根据文章,肌肉受损时会发生什么?

- A) 受影响区域的血流量和体温升高。 B) 受影响区域的身体活动变得困难。
C) 它们立即开始进行修复。 D) 它们逐渐变得破碎。

【答案】 A (细节题) Blood flow and body heat increase in the affected area.

【定位】 When the body realises the muscles are hurt, the response is to increase blood flow to the area and increase body heat.

当身体意识到肌肉受伤了,其反应就是增加流向该部位的血流量并提升体热。

【信号】 条件句 When the body realises the muscles are hurt 后给出 the response。 答案句以 When the body realises the muscles are hurt, the response is to increase blood flow to the area and increase body heat 出现:题干问的条件(肌肉受损)在 When... 从句里复现,紧跟的 the response is... 就是"发生了什么"的直接回答,是定位信号。

【替换】 increase blood flow to the area and increase body heat ↔

Blood flow and body heat increase in the affected area.

主动 increase 转被动 increase,语序调整

【排除】 B) 未提及

Body movements in the affected area become difficult. 听起来像酸痛的常识(酸了就难动),但录音讲受损后的反应只说了增加血流和体热,从未提到"活动变得困难",属凭常识脑补、原文没说。

C) 与原文相反

They begin to make repairs immediately. 借用了录音的 repair(修复)一词,但录音明说 But this doesn't happen immediately(修复并不会立刻发生),还说细胞要一天才到位;选项却称"立刻开始修复",与原文恰恰相反——正是预读时标记的绝对词 immediately 被写反的陷阱。

借用原文: But this doesn't happen immediately

D) 张冠李戴

They gradually become fragmented. 取自录音里 break down the large muscle fibre fragments 的 fragment 一词,但录音说的是身体派细胞去"分解"已碎的大肌纤维碎片,主语是身体的修复动作,不是"肌肉受损后逐渐自行碎裂";把后面修复阶段的内容,安到了"受损时发生什么"这个问题上。

借用原文: break down the large muscle fibre fragments

24. A) About one week.

B) About two days.

C) About ten days.

D) About four weeks.

【题目】 How long does it take for damaged cells to heal?

【翻译】 受损细胞需要多长时间才能愈合?

A) 大约一周。 B) 大约两天。 C) 大约十天。 D) 大约四周。

【答案】 B (细节题) About two days.

【定位】 Repair of damaged cells takes about two days, and afterwards the soreness disappears.

受损细胞的修复大约需要两天,之后酸痛就会消失。

【信号】 Repair of damaged cells takes about two days 直接给修复时长。 答案句 Repair of damaged cells takes about two days 把题干问的 damaged cells/heal(对应 repair)与时长 two days 直接绑在一起,数字题里这种"事项+takes about+时间"的句子就是答案句。

【替换】 Repair of damaged cells takes about two days ↔ **About two days.**

时长数字原值保留

【排除】 A) 未提及

About one week. 录音里根本没出现"一周"这个时间,纯属凑数的干扰数值,没有任何原文支撑。

C) 未提及

About ten days. 同样是录音从未念到的时间,与 about a day、two days 都对不上,是无中生有的干扰项。

D) 未提及

About four weeks. 也是录音里没有的时长,与修复约两天、细胞到位约一天毫不相干,属凑数干扰。

25. A) Apply muscle creams.

B) Drink plenty of water.

C) Have a hot shower.

D) Take pain-killers.

【题目】 What does the speaker suggest one do to relieve muscle soreness?

【翻译】 说话者建议做什么来缓解肌肉酸痛?

A) 涂抹肌肉乳膏。 B) 大量喝水。 C) 洗个热水澡。 D) 服用止痛药。

【答案】 C (细节题) Have a hot shower.

【定位】 Pain-relieving creams don't work, but a hot shower or warm bath can provide some relief.

止痛膏没有用,但是洗个热水澡或泡个温水浴能带来一些缓解。

【信号】 转折 but 之后的 can provide some relief 才是有效办法。 答案句 Pain-relieving creams don't work, but a hot shower or warm bath can provide some relief 含转折 but:but 之前 don't work 是被否定的办法(干扰),but 之后 can provide some relief 带出的 hot shower 才是真正被推荐的,转折后才是落点。

【替换】 a hot shower or warm bath can provide some relief ↔ **Have a hot shower.**

原文办法转写为祈使动作

【排除】A) 原词陷阱

Apply muscle creams. 借用了录音念到的 creams 制造熟悉感,但录音明说 Pain-relieving creams don't work(止痛膏没用),这恰是 but 之前被否定的办法,听到 cream 就选正中陷阱。

借用原文: Pain-relieving creams don't work

B) 未提及

Drink plenty of water. 是缓解不适的常识办法,但录音谈缓解时只否定了药膏、肯定了热水澡/温水浴,从未提到"多喝水",属凭常识脑补、原文没说。

D) 偷换概念

Take pain-killers. 是常识里最想当然选的缓解办法,录音确实出现了相关的 Pain-relieving creams(止痛膏),却只说膏没用,从没说吃止痛药;选项把"止痛"概念顺势改成"吃药",录音并未推荐。

借用原文: Pain-relieving creams don't work

SENTENCE INSIGHTS • 句子精讲

34 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。

New York City police captured a cow on the loose in Prospect Park on Tuesday after the animal became an attraction for tourists while walking along the streets and enjoying the park facilities.

第1段, 第1句

时间状语从句嵌套是四六级和考研阅读中的常见句式,尤其是"after"和"while"的组合用法以及"while"引导的省略结构在新闻报道类文本中频繁出现,掌握后可应用于大量类似句子的分析。

As a result, the museum plans to expand the hall as well as add to its ancient birds collection.

第1段, 第4句

"主语 + 谓语 + 不定式宾语"是常见句式,"as well as"并列也是高频结构,具有一定代表性,但简单句在真题中占比有限

Next week the exhibition will be taken over by the Wildlife Photographer of the Year Competition.

第1段，第12句

被动语态在四六级和考研阅读中高频出现，尤其是 "will be done" 表示将来被动的结构。动词短语 "take over" 的被动形式 "be taken over" 也是常见搭配。简单句框架下的被动结构具有较强的代表性，掌握后可迁移至大量类似句型。

Six birds have just been trained to pick up rubbish at a French historical theme park.

第1段，第1句

"主语 + 现在完成时被动语态谓语 + 不定式目的状语" 是四六级和考研阅读中常见的句式。被动语态和完成时都是高频考点，不定式作目的状语也是典型用法，学习后可在大量真题句中复用。

He says visitors are already good at keeping things clean.

第1段，第3句

"及物动词 + 省略 that 的宾语从句" 和 "be good at doing" 都是四六级、考研阅读中的高频结构，学习后可迁移到大量相似句式，具有较高的典型性。

However, some parents are concerned that it encourages their children to drop litter so they can watch the birds pick it up.

第1段，第9句

本句覆盖主语、系表谓语、宾语从句、宾语补足语、目的状语从句等多种成分，且包含 "encourage sb to do sth" 和 "watch sb do sth" 两个常见句型，以及情态动词结构，成分丰富，适合作为划分句子成分的综合练习材料。

M: Okay, so it will be both educational and entertaining, and your audience will be anyone interested in science, right?

第6段，第1句

并列复合句是四六级和考研阅读中的常见句式，两个主句通过 and 连接是最基础的并列结构之一。主系表结构和过去分词作后置定语也是高频考点。该句的典型之处在于展示了并列连词在不同层级的使用（词语并列与分句并列），以及系动词后接不同类型表语的搭配。但句子整体结构较为简单，没有涉及更复杂的从句嵌套或倒装等高阶句式，因此典型性处于中等偏上水平。

You do very well in a lot of things.

第3段，第2句

涵盖主语、谓语、两个状语（方式状语和范围状语），成分种类有一定覆盖，但结构过于简单，缺少宾语、定语、从句等复杂成分，训练价值有限。

I feel awful whenever I make a mistake in whatever I'm trying to do.

第6段，第2句

句子覆盖主谓表、主谓宾、时间状语从句、宾语从句、介词短语作状语等多种成分，且 "whatever" 的双重身份（既是引导词又是从句内宾语）是典型易错点，训练价值较高

You can't make progress without making mistakes and learning from them.

第7段，第2句

“主句 + 介词短语作状语 + 非谓语并列”是很常见、很值得迁移的句型。掌握这种读法后，处理许多考试里的简洁议论句都会更顺。

Thomas Edison, the famous inventor, once said, "I've not failed. I've just found 10,000 ways that won't work."

第7段，第3句

引述名人名言的结构在考试阅读中非常常见，主句加宾语从句的组合是标准句式，同位语补充说明人物身份也是典型用法。定语从句修饰宾语内部的名词在真题中也频繁出现。掌握这种结构后可以迁移到大量类似的引述、转述句型。

W: Also, remember a successful ending is not the only thing worthy of a celebration.

第9段，第1句

祈使句 + 宾语从句（且省略 that）是口语和应用文中的常见句式，在四六级听力、考研翻译中经常出现。主系表结构配合后置定语也是高频考点。掌握这种结构后，学习者可以迁移到大量类似句子（如 remember that success is not everything, keep in mind that effort matters 等），实用性强。

You need to recognize each step of progress you take towards achieving your goals, and no matter how tiny it is, it's still good news.

第9段，第2句

并列句 + 定语从句 + 状语从句的组合是四六级和考研阅读中的高频句式。定语从句省略关系代词、让步状语从句的 no matter how 结构均为常考点，掌握后可大量迁移到其他真题句。句式代表性较强。

I'm always trying to be as good as others.

第10段，第2句

现在进行时加不定式宾语是四六级与考研阅读中的常见句式，频度副词的插入位置也是常考点；虽为简单句，但其“主语 + be动词 + 频度副词 + 现在分词 + 不定式宾语”的组合在真题中反复出现，结构代表性较强。

W: Listen, if you always compare yourself with others, you'll never feel good enough.

第11段，第1句

“如果.....就会.....”是非常典型、可大量迁移的英语句式。“if you ..., you'll ...”这一框架在考试和日常表达里都很常见。

You're the only person you should be comparing yourself with.

第11段，第2句

“名词后接限定性修饰结构”是非常常见的阅读句式，考试里经常出现。掌握这种“先看主干、再把名词后的整段挂回去”的方法，迁移性很强。

When you compare your current status with the starting point, you'll find you've made progress, right?

第11段，第3句

时间状语从句 + 主句 + 宾语从句的组合是四六级和考研阅读中的高频句式；时间状语从句用一般现在时表将来、感官动词后接省略that的宾语从句都是常考语法点；掌握后可迁移到大量类似结构

He is too concerned with being perfect.

第13题, A

“主语+系动词+表语”是高频基础句型, “too + 形容词”以及形容词后接介词短语也都很常见。掌握这种句法后, 迁移到大量类似句子都很有用。

He loses heart when faced with setbacks.

第13题, B

主句加时间状语从句是四六级和考研阅读中的高频句式。从句内的省略结构 (when + 过去分词) 更是常见考点, 在真题中反复出现。掌握这个句式后可以迁移到大量类似结构, 如 “when asked”, “if needed” 等, 典型性较强。

He takes on projects beyond his ability.

第13题, D

主谓宾加后置定语简单句结构在考试中常见, 且短语动词和介词短语定语都是高频考点。但因句式过于基础、无复杂变化, 典型性处于中等水平。

Try to be optimistic whatever happens.

第15题, A

祈使句配合让步状语从句的结构在四六级和考研真题中较为常见, 尤其是 “whatever” 引导的让步从句属于高频考点。掌握本句后, 学习者可以迁移到类似的 “no matter what” 或其他让步结构的理解和使用上, 具有一定典型性和复用价值。

Girls who graduate from single-sex schools are three times more likely to become engineers than those who attend coeducational schools.

第1段, 第3句

本句展现了四六级和考研阅读中的高频句式: 主句 + 定语从句修饰主语 + 比较结构 + 嵌套定语从句, 这种多层修饰加对比的复合结构在学术类和说明类文章中极为常见, 掌握后可迁移到大量统计对比、调查结果类长句的理解

The reason is that all-girls schools encourage women to enter fields traditionally dominated by men, such as science, technology and engineering.

第1段，第4句

"The reason is that..." 是四六级和考研英语阅读中极为常见的表达原因的句式。表语从句的运用、"encourage sb to do sth" 结构、过去分词作后置定语，都是考试高频考点。这个句型在说明文和议论文中反复出现，学会后可大量迁移。

In contrast, they might only respond to a girl's comments with a nod.

第1段，第7句

简单句结构在考试中常见，情态动词 "might" 的使用、"respond to" 固定搭配、介词短语作状语等都是典型的基础句式；句首对比状语 "In contrast" 也是常见的逻辑连接方式，具有一定的代表性和迁移价值。

In fact, Seattle ranks 44th among major US cities in average annual rainfall.

第1段，第2句

涵盖主语、谓语、宾语补语和状语四种成分，其中 "44th" 作宾语补语（或主语补语）的用法对基础学习者有一定练习价值，介词短语 "among..." 的范围状语识别也有练习意义，但整体成分种类常规，无特别易错点或高级结构。

On top of that, it never really storms in Seattle, either.

第1段，第11句

本句包含主语、谓语、频度状语、程度状语、地点状语、句首承接状语和句尾呼应状语共七种成分，成分种类较丰富，适合练习状语的识别与分类，但缺少宾语、定语、从句等其他重要成分，训练覆盖面有限。

So in short, if you like sunny but not too hot summers, mild winters but with lots of cloudy days, Seattle's the place to be.

第1段，第13句

条件状语从句 + 主系表结构是四六级和考研英语阅读中的高频句式，从句插入主句中间的位置也很常见，掌握后可迁移到大量类似句子，具有较强的代表性

Anyway, if you visit Seattle, don't bring an umbrella.

第1段，第14句

条件状语从句 + 祈使句主句的组合在日常英语和考试中较为常见，体现了 "if 条件 + 建议/命令" 的典型句式；结构简单但实用性强，适合作为入门级条件从句练习。

It has mild weather both in summer and in winter.

第21题，D

本句涵盖主语、谓语、宾语、时间状语四种基础成分，且时间状语由 "both...and..." 并列连接，可练习识别并列结构与状语位置，但整体成分种类较少、无坑点，训练收益有限。

Soreness occurs since your leg muscles aren't used to that movement.

第1段，第4句

主句加原因状语从句的结构在四六级和考研阅读中非常常见，"since" 引导原因从句是高频考点，且 "be used to" 是常考固定搭配，具有较高的典型性和复用价值。

First, the body must realise the muscles are damaged.

第1段，第8句

情态动词加及物动词引出宾语从句的结构在四六级和考研阅读中较为常见，且从句引导词省略也是真题高频现象，具有一定代表性和迁移价值。

Damaged cells are then cleaned up and the body sends cells specially designed to break down the large muscle fibre fragments.

第1段，第10句

这种 "主句1 + and + 主句2" 的并列结构在科学描述类文章中极度常见，且包含了被动语态和后置定语这两个高频语法点。

It takes about a day until these cells make it to your aching muscles.

第1段，第12句

"It takes + 时间 + (for sb) + to do / until" 句型在四六级和考研阅读中较常见，是典型的时间花费表达结构，掌握后可迁移到类似句式。具备一定代表性。

That's why there is most often a delay associated with muscle soreness.

第1段，第13句

"That's why + 表语从句" 是四六级和考研阅读中的高频句式，用于解释原因。"there be" 存在句和后置定语也是常考结构。句式典型，掌握后可迁移到大量类似句子的理解中。

HIGH-FREQUENCY • 真题高频词

本卷出现的 183 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。

muscle

A2

n. 肌肉

本卷17次 · 真题 34 句

coeducational

C1

adj. 男女同校的

本卷9次 · 真题 9 句

fossil

B2

n. 化石

本卷8次 · 真题 24 句

soreness

B2

n. 疼痛

本卷8次 · 真题 8 句

likely

A2

adj. 很可能的

本卷7次 · 真题 224 句

setting

B1

n. 环境

本卷6次 · 真题 18 句

tend

B1

v. 倾向于，往往会

本卷5次 · 真题 137 句

nation

B1

n. 国家

本卷5次 · 真题 51 句

cell

B1

n. 细胞

本卷5次 · 真题 23 句

would

A1

aux. (will 的过去式) 将要，会

本卷4次 · 真题 466 句

professor B1

n. 教授（大学教师的最高职称）

本卷4次·真题 105 句

average A2

adj. 平均的

本卷4次·真题 89 句

display B1

v. 展示

本卷4次·真题 38 句

damage B1

n. 损害

本卷3次·真题 55 句

attend A2

v. 出席，参加（会议、活动等）

本卷3次·真题 43 句

respond B1

v. 回答，答复

本卷3次·真题 35 句

concerned B1

adj. 担心的

本卷3次·真题 23 句

collection B1

n. 收集物

本卷3次·真题 21 句

comment B1

n. 评论

本卷3次·真题 21 句

attraction B1

n. 吸引力

本卷3次·真题 15 句

theme B1

n. 主题

本卷3次·真题 14 句

damaged B1

adj. 受损的

本卷3次·真题 9 句

entertaining B1

adj. 有趣的

本卷3次·真题 9 句

less A1

det. 较少的

本卷2次·真题 224 句

accord C1

n. （国家、团体间的）协议

本卷2次·真题 174 句

local A2

adj. 当地的

本卷2次·真题 150 句

million A2

num. 一百万

本卷2次·真题 119 句

support A2

v. 支持

本卷2次·真题 118 句

focus B1

n. 重点

本卷2次·真题 107 句

traditional B1

adj. 传统的

本卷2次·真题 79 句

major B1

adj. 主要的

本卷2次·真题 73 句

material B1

n. 材料

本卷2次·真题 69 句

department A2

n. 部门

本卷2次·真题 66 句

current B1

adj. 现在的

本卷2次·真题 64 句

resident B2

n. 居民

本卷2次·真题 61 句

per B1

prep. 每

本卷2次·真题 49 句

response B1

n. 回答

本卷2次·真题 47 句

facility B2

n. 设施

本卷2次·真题 43 句

interested A1

adj. 感兴趣的

本卷2次·真题 40 句

occur B1

v. 发生, 出现

本卷2次·真题 36 句

expand B2

v. 扩大;扩展;增长

本卷2次·真题 34 句

recognize B1

v. 认出

本卷2次·真题 34 句

achievement

B1

n. 成就

本卷2次·真题 33 句

movement

B1

n. 移动

本卷2次·真题 28 句

audience

A2

n. 观众

本卷2次·真题 26 句

capture

B1

v. 捕获

本卷2次·真题 26 句

frequently

B1

adv. 频繁地

本卷2次·真题 21 句

ambitious

B2

adj. 有雄心的

本卷2次·真题 20 句

intelligent

B1

adj. 聪明的

本卷2次·真题 18 句

host

B1

n. 主人

本卷2次·真题 17 句

prospect

B2

n. 可能性

本卷2次·真题 16 句

wildlife

B1

n. 野生动植物

本卷2次·真题 16 句

accomplish

B2

v. 完成, 实现 (任务、目标)

本卷2次·真题 14 句

fibre

B2

n. 纤维

本卷2次·真题 13 句

shoot

A2

v. 射击

本卷2次·真题 13 句

flow

B1

v. 流动

本卷2次·真题 12 句

relieve

B2

v. 减轻、缓解 (疼痛、焦虑等不适)

本卷2次·真题 11 句

strain

B2

n. 压力

本卷2次·真题 11 句

historical B2

adj. 历史的

本卷2次·真题9句

tear A2

v. 撕裂,撕破

本卷2次·真题9句

episode B2

n. (电视剧、广播剧等的) 一集

本卷2次·真题8句

humanity B2

n. 人类 (总称)

本卷2次·真题8句

benefit B1

n. 好处

本卷1次·真题169句

effect A2

n. 影响

本卷1次·真题156句

online A2

adj. 在线的

本卷1次·真题145句

design B1

n. 设计

本卷1次·真题132句

learning A1

n. 学习

本卷1次·真题120句

career B1

n. 职业

本卷1次·真题119句

affect B1

v. 影响

本卷1次·真题113句

relationship B1

n. 关系

本卷1次·真题109句

process B1

n. 过程

本卷1次·真题108句

financial B2

adj. 财政的

本卷1次·真题101句

physical B1

adj. 身体的

本卷1次·真题98句

project A2

n. 项目

本卷1次·真题90句

according B1

prep. 根据

本卷1次·真题 88 句

amount A2

n. 数量

本卷1次·真题 87 句

view A2

n. 观点, 看法

本卷1次·真题 85 句

concern B1

v. 涉及

本卷1次·真题 79 句

event A2

n. 事件

本卷1次·真题 66 句

potential B2

adj. 潜在的

本卷1次·真题 63 句

positive B1

adj. 积极的

本卷1次·真题 62 句

account A2

n. 账户

本卷1次·真题 61 句

solve A2

v. 解决 (问题、困难)

本卷1次·真题 58 句

engage B2

v. 参与;从事

本卷1次·真题 57 句

internet A2

n. 互联网

本卷1次·真题 55 句

medium B1

adj. 中等的

本卷1次·真题 55 句

responsibility B1

n. 责任

本卷1次·真题 55 句

struggle B1

v. 奋斗

本卷1次·真题 54 句

generally B1

adv. 通常, 一般地

本卷1次·真题 53 句

perform B1

v. 执行

本卷1次·真题 52 句

available A2

adj. 可获得的

本卷1次·真题 48 句

extra A2

adj. 额外的

本卷1次·真题 48 句

promote B2

v. 促进

本卷1次·真题 47 句

scientific B1

adj. 科学的

本卷1次·真题 47 句

variety B1

n. 多样化

本卷1次·真题 47 句

associate B2

v. 联系

本卷1次·真题 45 句

educational B1

adj. 教育的

本卷1次·真题 45 句

harm B1

n. 伤害

本卷1次·真题 44 句

maintain B1

v. 维持

本卷1次·真题 44 句

charge B1

v. 收费

本卷1次·真题 42 句

teen A2

n. 青少年

本卷1次·真题 42 句

deliver B1

v. 递送, 运送 (货物、信件等)

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

explore B1

v. 探索

本卷1次·真题 40 句

vehicle B1

n. 交通工具

本卷1次·真题 40 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本卷1次·真题 39 句

status B2

n. 地位

本卷1次·真题 39 句

teaching A2

n. 教学工作; 教书

本卷1次·真题 38 句

cash A2

n. 现金

本卷1次·真题 37 句

female A2

adj. 女性的

本卷1次·真题 37 句

exactly B1

adv. 精确地

本卷1次·真题 36 句

significant B2

adj. 重要的

本卷1次·真题 36 句

mostly B1

adv. 主要地

本卷1次·真题 35 句

graduate B1

n. 毕业生

本卷1次·真题 34 句

engineering B1

n. 工程学

本卷1次·真题 33 句

rare B1

adj. 稀有的

本卷1次·真题 33 句

ahead A2

adv. 在前面

本卷1次·真题 32 句

style A2

n. 方式

本卷1次·真题 31 句

cultural B1

adj. 文化的

本卷1次·真题 30 句

delay B1

n. 延迟

本卷1次·真题 30 句

differ B1

v. 不同, 有区别

本卷1次·真题 30 句

unusual B1

adj. 不寻常的

本卷1次·真题 30 句

eventually B1

adv. 最终

本卷1次·真题 29 句

artificial B2

adj. 人造的

本卷1次·真题 28 句

earn A2

v. 赚得, 挣得 (金钱)

本卷1次·真题 28 句

regularly A2

adv. 经常地

本卷1次·真题 27 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本卷1次·真题 25 句

pain A2

n. 疼痛

本卷1次·真题 25 句

relatively B2

adv. 相对地

本卷1次·真题 24 句

trap B1

n. 陷阱

本卷1次·真题 24 句

confidence B1

n. 信心

本卷1次·真题 23 句

contrast B2

n. 对比

本卷1次·真题 22 句

criticism B2

n. 批评

本卷1次·真题 22 句

gradually B1

adv. 逐渐地, 逐步地

本卷1次·真题 22 句

disappear A2

v. 消失; 不见

本卷1次·真题 21 句

enormous B1

adj. 巨大的

本卷1次·真题 21 句

award B1

n. 奖

本卷1次·真题 20 句

contribution

B2

n. 贡献

本卷1次·真题 20 句

expose

B2

v. 使暴露

本卷1次·真题 20 句

tough

B1

adj. 困难的

本卷1次·真题 20 句

unfortunately

B1

adv. 不幸地

本卷1次·真题 20 句

annual

B1

adj. 每年的, 年度的

本卷1次·真题 19 句

apart

B1

adv. 分开地

本卷1次·真题 19 句

emphasis

B2

n. 强调

本卷1次·真题 19 句

feedback

B1

n. 反馈

本卷1次·真题 19 句

advanced

B2

adj. 先进的

本卷1次·真题 18 句

numerous

B2

adj. 众多的, 许多的

本卷1次·真题 18 句

okay

A2

adj. 可以的

本卷1次·真题 18 句

strive

B2

v. 努力, 奋斗, 力求

本卷1次·真题 17 句

circumstance

B2

n. 情况

本卷1次·真题 16 句

following

B1

adj. 接下来的

本卷1次·真题 16 句

loan

B1

n. 贷款

本卷1次·真题 16 句

wander

B1

v. 漫步

本卷1次·真题 16 句

eager B1

adj. 热切的

本卷1次·真题 15 句

intend B1

v. 打算, 计划

本卷1次·真题 15 句

setback B2

n. 挫折

本卷1次·真题 15 句

contract B2

n. 合同

本卷1次·真题 14 句

creature B1

n. 生物

本卷1次·真题 14 句

load B1

n. 负载

本卷1次·真题 14 句

rank B2

n. 等级

本卷1次·真题 14 句

urge B2

v. 敦促

本卷1次·真题 14 句

optimistic B2

adj. 乐观的;抱乐观态度的

本卷1次·真题 13 句

root A2

n. 根

本卷1次·真题 13 句

celebration B1

n. 庆祝活动

本卷1次·真题 12 句

flood B1

n. 洪水

本卷1次·真题 12 句

heritage B2

n. 遗产

本卷1次·真题 12 句

lightning A2

n. 闪电

本卷1次·真题 11 句

contest B1

n. 比赛

本卷1次·真题 10 句

entertainment B1

n. 娱乐活动

本卷1次·真题 10 句

injure B1

v. 使受伤

本卷1次·真题 10 句

mere B2

adj. 仅仅的

本卷1次·真题 10 句

normally A2

adv. 通常

本卷1次·真题 10 句

perfection B2

n. 完美

本卷1次·真题 10 句

relief B1

n. 宽慰

本卷1次·真题 10 句

systematic C1

adj. 系统的

本卷1次·真题 10 句

cigarette A2

n. 香烟, 纸烟

本卷1次·真题 9 句

exhibit B2

v. 展览

本卷1次·真题 9 句

net A2

n. 网

本卷1次·真题 9 句

traditionally B2

adv. 传统上;按照传统

本卷1次·真题 9 句

closure B2

n. 关闭

本卷1次·真题 8 句

compensate C1

v. 补偿;赔偿

本卷1次·真题 8 句

renovate B2

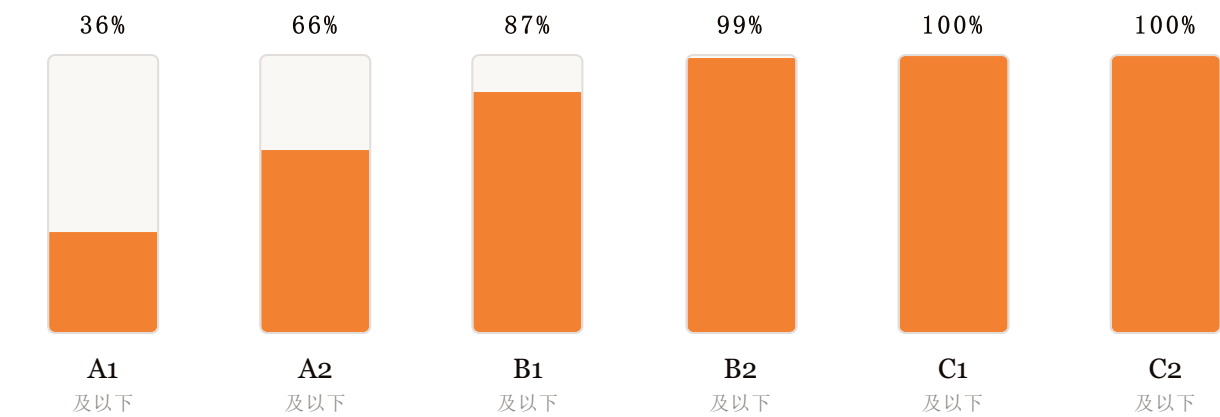
v. 翻新

本卷1次·真题 8 句

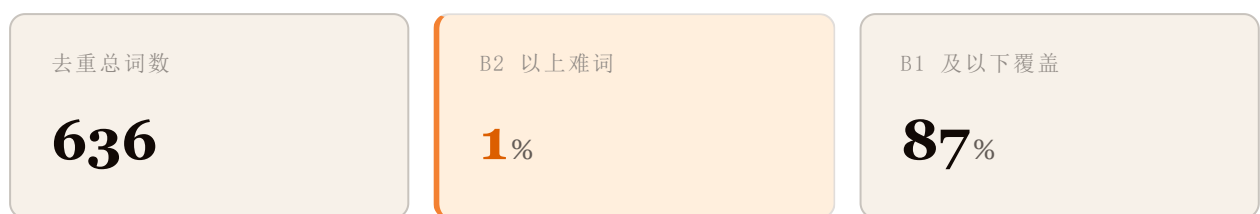
VOCABULARY • 词汇难度分布

全卷录音原文 636 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 636 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 8 个·约 1%。



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 636 个 · 末柱为 100%



英语四级 2019年12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 →