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四级 · 真题卷第2套 · 2019年12月

Part I Writing (30 minutes)

Directions: For this part, you are allowed 30 minutes to write a letter to a foreign friend who wants to learn Chinese. Please recommend a place to him. You should write at least 120 words but no more than 180 words.

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. A) The number of nurses has dropped to a record low.
B) There is a growing shortage of medical personnel.
C) There is discrimination against male nurses.
D) The number of male nurses has gone down.
2. A) Cultural bias.
B) Inadequate pay.
C) Educational system.
D) Working conditions.

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

3. A) He fell out of a lifeboat.
B) He lost his way on a beach.
C) He was almost drowned.
D) He enjoyed swimming in the sea.
4. A) The beach is a popular tourist resort.
B) The emergency services are efficient.
C) The beach is a good place to watch the tide.
D) The lifeboats patrol the area round the clock.

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

5. A) It became an online star.
B) It broke into an office room.
C) It escaped from a local zoo.
D) It climbed 25 storeys at one go.
6. A) Send it back to the zoo.
B) Release it into the wild.
C) Return it to its owner.
D) Give it a physical checkup.
7. A) A raccoon can perform acts no human can.
B) A raccoon can climb much higher than a cat.
C) The raccoon became as famous as some politicians.
D) The raccoon did something no politician could.

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.

8. A) She got a well-paying job in a bank.
B) She received a bonus unexpectedly.
C) She received her first monthly salary.
D) She got a pay raise for her performance.
9. A) Several years ago.
B) Two decades ago.
C) Right after graduation.
D) Just last month.
10. A) He sent a small check to his parents.
B) He took a few of his friends to a gym.
C) He immediately deposited it in a bank.
D) He treated his parents to a nice meal.
11. A) Buy some professional clothes.
B) Budget her salary carefully.
C) Join her colleagues for gym exercise.
D) Visit her former university campus.

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

12. A) He has a difficult decision to make.
B) He has been overworked recently.
C) He has just quarreled with his girlfriend.
D) He has just too many things to attend to.
13. A) Give priority to things more urgent.
B) Turn to his girlfriend for assistance.
C) Think twice before making the decision.
D) Seek advice from his family and advisor.
14. A) His parents and advisor have different opinions.
B) He is not particularly keen on the job offered.
C) He lacks the money for his doctoral program.
D) His girlfriend does not support his decision.
15. A) They need time to make preparations.
B) They need to save enough money for it.
C) They haven't started their careers yet.
D) They haven't won their parents' approval.

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.

16. A) Acquiring information and professional knowledge.
B) Using information to understand and solve problems.
C) Enriching social and intellectual lives.
D) Expressing ideas and opinions freely.
17. A) Improving mind-reading strategies.
B) Reading classic scientific literature.
C) Playing games that challenge one's mind.
D) Traveling to different places in the world.
18. A) Give others freedom to express themselves.
B) Expose themselves to different cultures.
C) Discard personal biases and prejudices.
D) Participate in debates or discussions.

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

19. A) The nature of relationships between dogs.
B) The reason a great many people love dogs.
C) Why dogs can be faithful friends of humans.
D) How dogs feel about their bonds with humans.
20. A) They have an unusual sense of responsibility.
B) They can respond to humans' questions.
C) They can fall in love just like humans.
D) They behave like other animals in many ways.
21. A) They have their own joys and sorrows.
B) They experience true romantic love.
C) They help humans in various ways.
D) They stay with one partner for life.

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

22. A) A cow bone.
B) A rare animal.
C) A historical site.
D) A precious stone.
23. A) Measuring it.
B) Preserving it.
C) Dating it.
D) Identifying it.
24. A) The site should have been protected.
B) The boy's family had acted correctly.
C) The boy should have called an expert.
D) The channel needs to interview the boy.
25. A) Search for similar fossils elsewhere.
B) Ask the university to reward Jude.
C) Conduct a more detailed search.
D) Seek additional funds for the search.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding*

letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Finally, some good news about airplane travel. If you are on a plane with a sick passenger, you are unlikely to get sick. That is the 26 of a new study that looked at how respiratory(呼吸道) viruses 27 on airplanes. Researchers found that only people who were seated in the same row as a passenger with the flu, for example—or one row in front of or behind that individual—had a high risk of catching the illness. All other passengers had only a very 28 chance of getting sick, according to the findings. Media reports have not necessarily presented 29 information about the risk of getting infected on an airplane in the past. Therefore, these new findings should help airplane passengers to feel less 30 to catching respiratory infections while traveling by air.

Prior to the new study, little was known about the risks of getting 31 infected by common respiratory viruses, such as the flu or common cold, on an airplane, the researchers said. So, to 32 the risks of infection, the study team flew on 10 different 33 in the U.S. during the flu season. The researchers found that passengers sitting within two seats on 34 side of a person infected with the flu, as well as those sitting one row in front of or behind this individual, had about an 80 percent chance of getting sick. But other passengers were 35 safe from infection. They had a less than 3 percent chance of catching the flu.

- | | |
|-----------------|---------------|
| A) accurate | I) nearby |
| B) conclusion | J) respond |
| C) directly | K) slim |
| D) either | L) spread |
| E) evaluate | M) summit |
| F) explorations | N) vividly |
| G) flights | O) vulnerable |
| H) largely | |

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**.

Is Breakfast Really the Most Important Meal of the Day?

- A) Along with old classics like "carrots give you night vision" and "Santa doesn't bring toys to misbehaving children", one of the most well-worn phrases of tired parents everywhere is that breakfast is the most important meal of the day. Many of us grow up believing that skipping breakfast is a serious mistake, even if only two thirds of adults in the UK eat breakfast regularly, according to the British Dietetic Association, and around three-quarters of Americans.
- B) "The body uses a lot of energy stores for growth and repair through the night," explains diet specialist Sarah Elder. "Eating a balanced breakfast helps to up our energy, as well as make up for protein and calcium used throughout the night." But there's widespread disagreement over whether breakfast should keep its top spot in the hierarchy(等级) of meals. There have been concerns around the sugar content of cereal and the food

industry's involvement in pro-breakfast research—and even one claim from an academic that breakfast is "dangerous".

- C) What's the reality? Is breakfast a necessary start to the day or a marketing tactic by cereal companies? The most researched aspect of breakfast (and breakfast-skipping) has been its links to obesity. Scientists have different theories as to why there's a relationship between the two. In one US study that analysed the health data of 50,000 people over seven years, researchers found that those who made breakfast the largest meal of the day were more likely to have a lower body mass index (BMI) than those who ate a large lunch or dinner. The researchers argued that breakfast helps reduce daily calorie intake and improve the quality of our diet—since breakfast foods are often higher in fibre and nutrients.
- D) But as with any study of this kind, it was unclear if that was the cause—or if breakfast-skippers were just more likely to be overweight to begin with. To find out, researchers designed a study in which 52 obese women took part in a 12-week weight loss programme. All had the same number of calories over the day, but half had breakfast, while the other half did not. What they found was that it wasn't breakfast itself that caused the participants to lose weight: it was changing their normal routine.
- E) If breakfast alone isn't a guarantee of weight loss, why is there a link between obesity and breakfast-skipping? Alexandra Johnstone, professor of appetite research at the University of Aberdeen, argues that it may simply be because breakfast-skippers have been found to be less knowledgeable about nutrition and health. "There are a lot of studies on the relationship between breakfast eating and possible health outcomes, but this may be because those who eat breakfast choose to habitually have health-enhancing behaviours such as regular exercise and not smoking," she says.
- F) A 2016 review of 10 studies looking into the relationship between breakfast and weight management concluded there is "limited evidence" supporting or refuting(反驳) the argument that breakfast influences weight or food intake, and more evidence is required before breakfast recommendations can be used to help prevent obesity.
- G) Researchers from the University of Surrey and University of Aberdeen are halfway through research looking into the mechanisms behind how the time we eat influences body weight. Early findings suggest that a bigger breakfast is beneficial to weight control. Breakfast has been found to affect more than just weight. Skipping breakfast has been associated with a 27% increased risk of heart disease, a 21% higher risk of type 2 diabetes in men, and a 20% higher risk of type 2 diabetes in women. One reason may be breakfast's nutritional value partly because cereal is fortified(增加营养价值) with vitamins. In one study on the breakfast habits of 1,600 young people in the UK, researchers found that the fibre and micronutrient intake was better in those who had breakfast regularly. There have been similar findings in Australia, Brazil, Canada and the US.
- H) Breakfast is also associated with improved brain function, including concentration and language use. A review of 54 studies found that eating breakfast can improve memory, though the effects on other brain functions were inconclusive. However, one of the review's researchers, Mary Beth Spitznagel, says there is "reasonable" evidence breakfast does improve concentration—there just needs to be more research. "Looking at studies that tested concentration the number of studies showing a benefit was exactly the same as the number that found no benefit," she says. "And no studies found that eating breakfast was bad for concentration."
- I) What's most important, some argue, is what we eat for breakfast. High-protein breakfasts have been found particularly effective in reducing the longing for food and consumption later in the day, according to research by the Australian Commonwealth Scientific and Industrial Research Organisation. While cereal remains a firm

favourite among breakfast consumers in the UK and US, a recent investigation into the sugar content of 'adult' breakfast cereals found that "some cereals contain more than three-quarters of the recommended daily amount of free sugars in each portion, and sugar was the second or third highest ingredient in cereals."

- J) But some research suggests if we're going to eat sugary foods, it's best to do it early. One study recruited 200 obese adults to take part in a 16-week-long diet, where half added dessert to their breakfast, and half didn't. Those who added dessert lost an average of 40 pounds more—however, the study was unable to show the long-term effects. A review of 54 studies found that there is no consensus yet on what type of breakfast is healthier, and concluded that the type of breakfast doesn't matter as much as simply eating something.
- K) While there's no conclusive evidence on exactly what we should be eating and when, the consensus is that we should listen to our own bodies and eat when we're hungry. "Breakfast is most important for people who are hungry when they wake up," Johnstone says. "Each body starts the day differently—and those individual differences need to be researched more closely," Spitznagel says. "A balanced breakfast is really helpful, but getting regular meals throughout the day is more important to leave blood sugar stable through the day, which helps control weight and hunger levels," says Elder. "Breakfast isn't the only meal we should be getting right."

36. According to one professor, obesity is related to a lack of basic awareness of nutrition and health.
37. Some scientists claim that people should consume the right kind of food at breakfast.
38. Opinions differ as to whether breakfast is the most important meal of the day.
39. It has been found that not eating breakfast is related to the incidence of certain diseases in some countries.
40. Researchers found it was a change in eating habits rather than breakfast itself that induced weight loss.
41. To keep oneself healthy, eating breakfast is more important than choosing what to eat.
42. It is widely considered wrong not to eat breakfast.
43. More research is needed to prove that breakfast is related to weight loss or food intake.
44. People who prioritise breakfasts tend to have lower calorie but higher nutritional intake.
45. Many studies reveal that eating breakfast helps people memorise and concentrate.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

Textbooks represent an 11 billion dollar industry, up from \$8 billion in 2014. Textbook publisher Pearson is the largest publisher—of any kind—in the world.

It costs about \$1 million to create a new textbook. A freshman textbook will have dozens of contributors, from subject-matter experts through graphic and layout artists to expert reviewers and classroom testers. Textbook publishers connect professors, instructors and students in ways that alternatives, such as open e-textbooks and

open educational resources, simply do not. This connection happens not only by means of collaborative development, review and testing, but also at conferences where faculty regularly decide on their textbooks and curricula for the coming year.

It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks. But this can be chalked up to the excessively high cost of their books—which has increased over 1,000 percent since 1977. A restructuring of the textbook industry may well be in order. But this does not mean the end of the textbook itself.

While they may not be as dynamic as an iPad, textbooks are not passive or lifeless. For example, over the centuries, they have simulated(模拟) dialogues in a number of ways. From 1800 to the present day, textbooks have done this by posing questions for students to answer inductively(归纳性地). That means students are asked to use their individual experience to come up with answers to general questions. Today's psychology texts, for example, ask: "How much of your personality do you think you inherited?" while ones in physics say: "How can you predict where the ball you tossed will land?"

Experts observe that "textbooks come in layers, something like an onion". For an active learner, engaging with a textbook can be an interactive experience: Readers proceed at their own pace. They "customize" their books by engaging with different layers and linkages. Highlighting, Post-It notes, dog-ears and other techniques allow for further customization that students value in print books over digital forms of books.

46. What does the passage say about open educational resources?

- A) They contribute to teaching as much as to learning.
- B) They don't profit as much as traditional textbooks do.
- C) They can't connect professors and students as textbooks do.
- D) They compete fiercely for customers with textbook producers.

47. What is the main cause of the publishers' losses?

- A) Failure to meet student need.
- B) Industry restructuring.
- C) Emergence of e-books.
- D) Falling sales.

48. What does the textbook industry need to do?

- A) Reform its structures.
- B) Cut its retail prices.
- C) Find replacements for printed textbooks.
- D) Change its business strategy periodically.

49. What are students expected to do in the learning process?

- A) Think carefully before answering each question.
- B) Ask questions based on their own understanding.
- C) Answer questions using their personal experience.
- D) Give answers showing their respective personality.

50. What do experts say about students using textbooks?

- A) They can digitalize the prints easily.
- B) They can purchase customized versions.
- C) They can learn in an interactive way.
- D) They can adapt the material themselves.

Passage Two

Questions 51 to 55 are based on the following passage.

When we think of animals and plants, we have a pretty good way of dividing them into two distinct groups: one converts sunlight into energy and the other has to eat food to make its energy. Well, those dividing lines come crashing down with the discovery of a sea slug(海蛞蝓) that's truly half animal and half plant. It's pretty incredible how it has managed to hijack the genes of the algae(藻类) on which it feeds.

The slugs can manufacture chlorophyll, the green pigment(色素) in plants that captures energy from sunlight, and hold these genes within their body. The term kleptoplasty is used to describe the practice of using hijacked genes to create nutrients from sunlight. And so far, this green sea slug is the only known animal that can be truly considered solar-powered, although some animals do exhibit some plant-like behaviors. Many scientists have studied the green sea slugs to confirm that they are actually able to create energy from sunlight.

In fact, the slugs use the genetic material so well that they pass it on to their future generations. Their babies retain the ability to produce their own chlorophyll, though they can't generate energy from sunlight until they've eaten enough algae to steal the necessary genes, which they can't yet produce on their own.

"There's no way on earth that genes from an alga should work inside an animal cell," says Sidney Pierce from the University of South Florida. "And yet here, they do. They allow the animal to rely on sunshine for its nutrition. So if something happens to their food source, they have a way of not starving to death until they find more algae to eat."

The sea slugs are so good at gathering energy from the sun that they can live up to nine months without having to eat any food. They get all their nutritional needs met by the genes that they've hijacked from the algae.

51. What is the distinctive feature of a sea slug?

- A) It looks like both a plant and animal.
- B) It lives half on animals and half on plants.
- C) It converts some sea animals into plants.
- D) It gets energy from both food and sunlight.

52. What enables the sea slug to live like a plant?

- A) The genes it captures from the sea plant algae.
- B) The nutrients it hijacks from other species.
- C) The mechanism by which it conserves energy.
- D) The green pigment it inherits from its ancestors.

53. What does the author say about baby sea slugs?
- A) They can live without sunlight for a long time.
 - B) They can absorb sunlight right after their birth.
 - C) They can survive without algae for quite some time.
 - D) They can produce chlorophyll on their own.
54. What does Sidney Pierce say about genes from an alga?
- A) They are stolen from animals like the sea slug.
 - B) They can't function unless exposed to sunlight.
 - C) They don't usually function inside animal cells.
 - D) They can readily be converted to sea slug genes.
55. What do we learn about sea slugs from the passage?
- A) They behave the way most plant species do.
 - B) They can survive for months without eating.
 - C) They will turn into plants when they mature.
 - D) They will starve to death without sunlight.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

中国的家庭观念与其文化传统有关。和睦的大家庭曾非常令人羡慕。过去四代同堂并不少见。由于这个传统，许多年轻人婚后继续与父母同住。今天，这个传统正在改变。随着住房条件的改善，越来越多年轻夫妇选择与父母分开住。但他们之间的联系仍然很密切。许多老年人仍然帮清照看孙辈。年轻夫妇也抽时间探望父母，特别是在春节和中秋节等重要节日。

2019年12月·第2套英语四级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2019年12月·第2套 英语四级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第2套(2019-12) • 四级

Part I

Directions: *For this part, you are allowed 30 minutes to write a letter to a foreign friend who wants to learn Chinese. Please recommend a place to him. You should write at least 120 words but no more than 180 words.*

【参考范文·156词】 写作无唯一标准答案，以下为达标示范

Dear Chris, I was so glad to hear that you have decided to learn Chinese. As your friend, I'd like to recommend Beijing as the ideal place for you to study our language.

The first reason is its wonderful language environment. As the capital, Beijing is the home of standard Mandarin, so almost everyone around you, from taxi drivers to shopkeepers, speaks clear Putonghua. Chatting with locals every day will improve your listening and speaking far faster than any textbook could.

What also makes Beijing special is its rich cultural atmosphere and learning resources. You can visit the Forbidden City and old hutongs to feel the living history behind the characters, and top universities such as Peking University offer excellent Chinese courses designed for foreigners.

I'm sure this city will make your learning both easy and enjoyable. If you come, I'd be more than happy to show you around and practise together. Best wishes, Li Hua

【参考译文】

亲爱的克里斯：很高兴得知你已经决定学中文。作为朋友，我想向你推荐北京，作为你学习汉语的理想之地。

第一个理由是它绝佳的语言环境。作为首都，北京是标准普通话的大本营，你身边几乎人人都说清晰的普通话，从出租车司机到店主皆是如此。每天和当地人聊天，会让你的听说进步得比任何课本都快。

北京另一个特别之处在于它浓厚的文化氛围和丰富的学习资源。你可以逛故宫和老胡同，感受汉字背后活生生的历史；北京大学等顶尖高校也为外国人开设了优质的汉语课程。

我相信这座城市会让你的学习既轻松又愉快。如果你来，我非常乐意带你四处逛逛、一起练习。 顺颂时祺， 李华

【第1段】称呼+点题推荐落地。首块 Dear Chris, 顶格称呼，接着 I'd like to recommend Beijing as the ideal place 一句就把推荐地抛出，落实了 outline 首段『点题给推荐地』的功能，开门见山不绕弯。

【第2段】理由+有主题句有细节。The first reason is its wonderful language environment 是主题句，from taxi drivers to shopkeepers 是具体人群细节，末句 improve your listening and speaking far faster 回扣学中文——主题句、理由、例子、小结四步齐全。

【第3段】两点并列各配一例。What also makes Beijing special is its rich cultural atmosphere and learning resources 一句并列亮出两点，随后 Forbidden City、Peking University 各给一个例子，层次清楚不打架。

【第4段】祝愿+邀约+落款收齐。I'm sure this city will make your learning both easy and enjoyable 送祝愿，If you come, I'd be more than happy 发邀约，最后 Best wishes, Li Hua 落款，尾段与书信格式一次收齐。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

写信推荐一个利于学中文的地方

本题的核心任务只有一件事：给一位外国朋友写信、向他推荐一个地方，原文说得很直白——write a letter to a foreign friend who wants to learn Chinese，而且 Please recommend a place to him。所以这封信不是介绍中国、也不是写游记，而是聚焦『推荐一个能帮他学中文的地方』并说清理由。

读者 • 语域

写给外国朋友的半正式书信

读者是 a foreign friend，身份是『朋友』，所以语域是半正式：亲切但不随便。开头顶格写 Dear + 名字，句子可以带一点热情（如 I was so glad...），但仍要完整成句、别满屏口语缩写；结尾用问候语加落款收尾。语域搞错——写成生硬公文腔或网络聊天体——都会丢结构分。

中心立意

推荐北京：最利于学中文的城市

本信的交际目的是：说服朋友去北京学中文。选北京，是因为它同时踩中三个理由角度——普通话最标准、文化底蕴厚、教学资源多，正好落实原文的 recommend a place to him，且每条都能紧扣『学中文』，不至于写空。

要展开的要点

1. 推荐地：直接点出北京

第一件必写的事——把推荐的地方明确点出来：北京。对应原文要求 recommend a place to him，开门见山给落点，别绕圈子让读者猜。

2. 理由一：语言环境纯正

第一条推荐理由扣『语言环境』：北京说标准普通话，日常处处能练听说，这是最贴合『学中文』的硬理由，也最好举例子。

3. 理由二：文化氛围与学习资源

把另外两个角度合成一条主体：故宫、胡同带来浓厚文化氛围，让语言有语境；高校开设对外汉语课程提供学习资源。两者一起支撑『这里适合学中文』。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文——对应。

第 1 段 称呼 + 首段点题给推荐地

顶格写称呼，紧接首段说明写信缘由并直接推荐北京，落实 recommend a place to him。

第 2 段 主体段一：语言环境理由

展开第一条理由——北京普通话标准、能天天和当地人练听说。

第 3 段 主体段二：文化氛围与学习资源

展开第二条理由——文化古迹 + 高校汉语课程，兼顾语境与资源。

第 4 段 尾段祝愿邀约 + 落款

表达祝愿并发出邀约，最后 Best wishes 加署名收尾。

第 1 段 点明来意并推荐北京

写：很高兴得知你决定学中文，作为朋友我想推荐北京作为你学习的理想之地——直接对准 a foreign friend who wants to learn Chinese 的读者需求。

称呼格式 · Dear ____, (顶格，名字后加逗号)

点明写信缘由 · I was so glad to hear that you _____. (填对方的近况或决定)

抛出推荐句式 · I'd like to recommend _____ as the ideal place for you to _____. (填推荐地 + 要做的事)

第 2 段 语言环境：标准普通话可天天练

本段落点：北京是标准普通话的大本营，出租车司机、店主都说清晰普通话；天天和当地人聊天，听说进步比课本快得多。

亮出本段理由 · The first reason is its _____. (填该地最突出的优势)

举日常细节 · Almost everyone around you, from _____ to _____, speaks _____. (填人群 + 他们说的话)

小结回扣目标 · _____ will improve your _____ far faster than _____. (填做法 + 能力 + 对比对象)

第3段 文化古迹 + 高校汉语课

本段落点：北京文化氛围浓、学习资源多——可逛故宫、胡同感受汉字背后的活历史；北大等高校为外国人开设优质汉语课程。

并列亮点 ·

What also makes ____ special is its ____ and _____. (填地点 + 两个优势)

举文化体验例 · You can visit ____ to feel _____. (填景点 + 它带来的感受或意义)

举资源例 · Top universities such as ____ offer excellent ____ for _____. (填学校 + 课程 + 对象)

第4段 祝愿学习顺利并邀约陪练

本段落点：相信这座城市会让你学得又轻松又愉快；如果你来，我很乐意带你转转、一起练习，最后落款。

送出祝愿 · I'm sure ____ will make your ____ both easy and enjoyable. (填对象 + 事情)

发出邀约 · If you come, I'd be more than happy to _____. (填愿意为对方做的事)

落款格式 · Best wishes, (换行) ____ (署名)

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题**理由须句句扣学中文**

达标要点：推荐地明确（北京）+ 理由紧扣 a foreign friend who wants to learn Chinese 的学中文需求。最易失分：写成纯写景，只夸地方美却不联系学中文。

结构连贯**称呼落款不能漏、正文要分段**

达标：顶格称呼 + Best wishes 落款 + 正文按理由分层。最易失分：漏落款，或把两条理由堆成一大段不分层。

语言准确**用对推荐句式与搭配**

达标：recommend Beijing、a place for you to study 等搭配正确。易失分：中式逐字直译，如把『北京很适合你学中文』写成 Beijing very fit you learn Chinese。

字数格式**守住下限上限并保书信外壳**

本题要求 at least 120 words but no more than 180 words，低于下限或超上限都硬扣分；同时别为凑字反复啰嗦，也别丢了称呼落款这层书信外壳。

典型低分写法 · 反面示例与改法

只夸风景不提学中文

反面示例：Beijing is beautiful. The Great Wall is amazing and the food is delicious.——全是景点美食，跟学中文毫无关系。改成：In Beijing you can practise standard Mandarin with locals every day, which helps your Chinese improve fast.

没称呼没落款堆成一段

反面示例：开头直接 I recommend Beijing...，通篇挤成一段、结尾也没有落款。改成：顶格 Dear Chris, 起头，正文按理由分段，结尾 Best wishes, 换行写 Li Hua。

只说好没有细节

反面示例：Beijing is very good for learning Chinese. It is helpful and useful.——全是形容词、没有细节。改成：Peking University offers Chinese courses for foreigners, and you can practise with your hutong neighbours after class.

同义反复凑字数

反面示例：Beijing is good. Beijing is really very good. Beijing is a good place that is good for you.
——反复说好来凑字。改成：删掉重复句，换成一条新信息，例如补一句北京文化活动多的例子。

英语四级 2019年12月·第2套 · 全卷构成

Part I	写作	本题
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2019年12月·第2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2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2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 The British government has called for more men to consider a career in nursing. Figures show the number of male nurses has fallen in the last three years. Now, the number of men working in the nursing sector has reached a seven-year low. Numbers of male nurses increased between 2011 and 2014, and reached a peak of 7,168. This figure has dropped to only 6,924 in 2017. The UK Health Secretary said, "This is clearly a cultural problem, and probably one that exists in many parts of the world. But we can make efforts to change that now. We want to persuade males to think about career options of going into nursing. There is absolutely no reason why men can't go into this profession." The Health Secretary said that the government already has plans to attract a more varied workforce into nursing. She stated, "We are leading the way on workforce planning. We will become the first nation in Europe to publish a national health and care workforce plan."

英国政府呼吁更多男性考虑从事护理职业。数据显示，男性护士的数量在过去三年中有所下降。现在，从事护理行业的男性数量已降至七年来的最低点。男性护士的数量在2011年至2014年间有所增加，并在2014年达到7168人的峰值。这一数字在2017年已降至仅6924人。英国卫生大臣表示：“这显然是一个文化问题，而且可能是世界许多地方都存在的问题。但我们现在可以努力改变这种状况。我们希望说服男性考

考虑进入护理行业的职业选择。男性完全没有理由不能从事这个职业。"卫生大臣表示,政府已经制定了吸引更多元化劳动力进入护理行业的计划。她说:"我们在劳动力规划方面处于领先地位。我们将成为欧洲第一个发布国家卫生与护理劳动力计划的国家。

1. A) The number of nurses has dropped to a record low.
B) There is a growing shortage of medical personnel.
C) There is discrimination against male nurses.
D) The number of male nurses has gone down.

【题目】 What problem is Britain facing?

【翻译】 英国正面临什么问题?

- A) 护士数量已降至历史最低水平。 B) 医疗人员日益短缺。 C) 存在针对男护士的歧视。
D) 男护士数量有所下降。

【答案】 D (细节题) The number of male nurses has gone down.

【定位】 Figures show the number of male nurses has fallen in the last three years.

数据显示, 过去三年里男护士的数量一直在下降。

【信号】 **Figures show** 引出的事实陈述句。新闻开篇先发出呼吁, 紧接着用 Figures show the number of male nurses has fallen in the last three years. 摆出数据事实——"数据显示"这类引出客观事实的句子, 往往就是新闻交代核心状况的答案句。

【替换】 the number of male nurses has fallen ↔ **The number of male nurses has gone down.**

fallen 同义换成 gone down

【排除】 A) **原词陷阱**

原文确有 has reached a seven-year low (七年来最低), 选项 The number of nurses has dropped to a record low. 借这个 low 字诱你选, 但 record low 是"史上最低", 七年底≠创纪录最低, 程度被偷偷拔高, 且原文讲的是 male nurses 而非笼统 nurses。

借用原文: reached a seven-year low

B) **偷换概念**

原文只说 the number of male nurses has fallen, 是男护士这一群体减少; There is a growing shortage of medical personnel. 把范围放大成整个 medical personnel 短缺, 属于偷换概念、扩大范围, 原文从没说整体医护短缺。

借用原文: the number of male nurses has fallen

C) **未提及**

There is discrimination against male nurses. 听起来与男护士相关, 但原文只讲数量下降和这是 a cultural problem, 从未说存在"歧视"; 把 cultural problem 脑补成 discrimination 是过度推断, 原文无此说法。

2. A) Cultural bias.
B) Inadequate pay.
C) Educational system.
D) Working conditions.

【题目】 What is the cause of the problem according to the UK Health Secretary?

【翻译】 根据英国卫生大臣的说法,问题的原因是什么?

A) 文化偏见。 B) 薪酬不足。 C) 教育体系。 D) 工作条件。

【答案】 A (细节题) Cultural bias.

【定位】 The UK Health Secretary said, "This is clearly a cultural problem, and probably one that exists in many parts of the world."

英国卫生大臣说: "这显然是一个文化问题, 可能在世界许多地方都存在。"

【信号】 **Health Secretary said 后的直接归因。** 题干限定 according to the UK Health Secretary, 原文正好出现 The UK Health Secretary said, "This is clearly a cultural problem——指定人物开口、又用 clearly 加重语气下判断, 这种"某人说+明确归因"的句子就是答案句。

【替换】 This is clearly a cultural problem ↔ **Cultural bias.**

cultural problem 概括为 cultural bias

【排除】 B) **未提及**

Inadequate pay. 是生活常识里最顺的离职理由, 极易凭印象选; 但卫生大臣只说这是 a cultural problem, 全篇没提 pay 或工资, 属未提及、用常识替原文。

C) **未提及**

Educational system. 听上去也像合理原因, 但原文把原因明确归为 a cultural problem, 从未提教育体制, 属未提及。

D) **未提及**

Working conditions. 又是一个常识里顺手的理由, 但原文唯一的归因是 a cultural problem, 没提工作条件, 属未提及。

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

1 A man from Libya was enjoying a walk along the sands at Southport Beach. When he was about half a mile out from the dock, he felt a bit tired. So he lay down and fell asleep. But the tide swept in quickly at the beach. And the man was shocked to wake up and find the tide had come in and completely surrounded him, cutting him off from the shore. Fortunately for him, the beach lifeguards were quickly on the scene to stop him from drowning. They acted professionally to ensure the man was comfortable until an ambulance arrived. He was then taken to hospital. He is now in a stable condition. When interviewed, Keith Porter of the Southport Beach said, "Our beach is so flat that it's very common for the tide to come around the back of people and cut them off from the beach. Thankfully the

emergency services have again worked well together to ensure a positive outcome. And we wish the gentleman a speedy recovery."

一名来自利比亚的男子正在Southport海滩的沙滩上散步。当他走到离码头约半英里的地方时，他感到有点累。于是他躺下来睡着了。但海滩上的潮水迅速涌入。这名男子震惊地醒来，发现潮水已经涨起来并完全包围了他，使他与岸边隔绝。幸运的是，海滩救生员迅速赶到现场，阻止他溺水。他们专业地行动，确保这名男子在救护车到达之前感到舒适。随后他被送往医院。他现在情况稳定。在接受采访时，Southport海滩的Keith Porter说："我们的海滩非常平坦，潮水绕到人们身后并将他们与海滩隔开是很常见的。值得庆幸的是，应急服务部门再次通力合作，确保了积极的结果。我们祝愿这位先生早日康复。"

3. A) He fell out of a lifeboat.
B) He lost his way on a beach.
C) He was almost drowned.
D) He enjoyed swimming in the sea.

【题目】 What does the news report say about the Libyan man?

【翻译】 新闻报道中关于这名利比亚男子说了什么？

- A) 他从救生艇上掉了下来。 B) 他在海滩上迷路了。 C) 他差点溺水。
D) 他喜欢在海里游泳。

【答案】 C (细节题) He was almost drowned.

【定位】 Fortunately for him, the beach lifeguards were quickly on the scene to stop him from drowning.

对他来说幸运的是，海滩救生员迅速赶到现场，阻止了他溺水。

【信号】 stop him from drowning 点出险情。答案句的信号是险情结果短语：to stop him from drowning，加上前文 the tide had come in and completely surrounded him, cutting him off from the shore 描述他被潮水包围、与岸隔绝，两句合起来说明他险些溺水、被及时阻止。

【替换】 to stop him from drowning ↔ He was almost drowned.

阻止溺水=差点溺水

【排除】 A) 原词陷阱

选项说他 fell out of a lifeboat (从救生艇掉下)，录音里出现的是 the beach lifeguards (救生员)，二者发音相近，借此诱你听到类似词就选；但原文是救生员来救他，他从没在救生艇上，更没掉下来。

借用原文：the beach lifeguards were quickly on the scene

B) 未提及

选项说他 lost his way on a beach (在海滩迷路)，录音从头到尾说的是他累了睡着、被潮水包围，没有任何迷路情节，属凭海滩场景臆造。

D) 偷换概念

选项说他 enjoyed swimming in the sea (享受海里游泳)，录音里他是 enjoying a walk along the sands (享受沙滩散步) 后躺下睡着，并非游泳。选项盗用 enjoying 这个原词并把散步偷换成游泳，制造听到 enjoy 就选的诱惑。

借用原文：enjoying a walk along the sands

-
4. A) The beach is a popular tourist resort.
B) The emergency services are efficient.
C) The beach is a good place to watch the tide.
D) The lifeboats patrol the area round the clock.

【题目】 What did Keith Porter say at an interview?

【翻译】 Keith Porter在采访中说了什么？

- A) 这个海滩是热门的旅游胜地。 B) 应急服务很高效。
C) 这个海滩是观赏潮汐的好地方。 D) 救生艇全天候在该区域巡逻。

【答案】 B (细节题) The emergency services are efficient.

【定位】 Thankfully the emergency services have again worked well together to ensure a positive outcome.

幸好，应急部门又一次通力协作，确保了一个好结果。

【信号】 引语中的正向评价句。 答案句是 Keith Porter 原话引语里的表态部分：the emergency services have again worked well together，由 Thankfully 领起、带明显肯定色彩，是受访者对救援的评价落点，正是评价题要抓的表态句。

【替换】 the emergency services have again worked well together ↔ **The emergency services are efficient.**
通力协作=高效

【排除】 A) 原词陷阱

选项说海滩是 popular tourist resort (热门旅游景点)，录音里 Keith Porter 只说 Our beach is so flat (我们海滩很平坦)，从没说它是热门景点。选项借 beach 这个反复出现的词，硬安一个采访里没有的评价。

借用原文：Our beach is so flat

C) 原词陷阱

选项说海滩是 good place to watch the tide (看潮好去处)，录音里 tide 出现于 it's very common for the tide to come around the back of people and cut them off, 讲的是潮水危险地切断人的退路，而非适合观潮。选项盗用核心词 tide，把危险偷换成了好去处。

借用原文：it's very common for the tide to come around the back of people and cut them off from the beach

D) 未提及

选项说救生艇 patrol the area round the clock (全天候巡逻)，录音里 Keith Porter 只说救生员 quickly on the scene (迅速赶到)，从未提到全天候巡逻。round the clock 这种绝对程度表述是录音没有的添加。

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

1 A raccoon, a small cat-like animal, climbed to the top of a 25-storey skyscraper early on Wednesday. It was captured after becoming an online star across the world. At a little before 3 a.m., the animal made it to the roof of the building after it took a long break on a 17th floor window edge. At the top of the building, animal control officers put cat food in traps and captured the raccoon. A private wildlife management company will release the animal into the wild. The raccoon's upward journey began on Monday. The brown animal was spotted stuck on a narrow window edge of the office tower. On Tuesday, the raccoon slowly climbed the building. It reached the 23rd floor, and its legend continued to grow on social media with every floor it climbed. As it went up, people gathered on the sidewalk below to take photos and cheer for its safety. Online office workers posted photos and videos of the raccoon resting on window edges and climbing up the building's concrete exterior. One online post said that the raccoon has succeeded in uniting the country the way no politician could.

一只浣熊，一种像猫一样的小动物，周三清晨爬到了一座25层摩天大楼的顶部。它在成为全球网络明星后被捕获。凌晨3点前不久，这只动物在17楼窗台边缘休息了很长时间后，成功到达了大楼顶部。在楼顶，动物管理人员在陷阱中放置了猫粮并捕获了这只浣熊。一家私人野生动物管理公司将把这只动物放归野外。浣熊的向上之旅始于周一。这只棕色动物被发现困在办公大楼的狭窄窗台边缘上。周二，浣熊慢慢爬上大楼。它到达了23楼，随着它爬上的每一层楼，它的传奇在社交媒体上不断发酵。随着它向上爬，人们聚集在下面的人行道上拍照并为它的安全欢呼。在线办公人员发布了浣熊在窗台边缘休息和攀爬大楼混凝土外墙的照片和视频。一条网络帖子称，这只浣熊成功地团结了全国，其方式是任何政治家都做不到的。

5. A) It became an online star.
B) It broke into an office room.
C) It escaped from a local zoo.
D) It climbed 25 storeys at one go.

【题目】 What does the news report say about the raccoon, a small cat-like animal?

【翻译】 新闻报道中关于浣熊这种像猫一样的小动物说了什么？

- A) 它成为了网络明星。 B) 它闯入了一间办公室。 C) 它从当地动物园逃跑了。
D) 它一口气爬了25层楼。

【答案】 **A** (细节题) It became an online star.

【定位】 It was captured after becoming an online star across the world.

它在成为风靡全球的网络明星之后被抓住了。

【信号】 **becoming an online star 直陈事实**。答案句靠的是直接陈述这一事实信号：becoming an online star across the world 平铺直叙地说浣熊“成了全球网红”，正对应选项 A 要核对的那件事，不需转折也不需推断，听到 star 就该锁定。

【替换】 becoming an online star across the world ↔ **It became an online star.**

几乎原句压缩

【排除】 B) **原词陷阱**

选项 It broke into an office room. 盗用了原文 office tower (办公大楼) 里的 office 一词，制造“听到 office 就想选”的诱惑，但原文只说浣熊在大楼外墙往上爬、停在窗沿，从没说它“闯进办公室”。

借用原文：spotted stuck on a narrow window edge of the office tower

C) **未提及**

选项 It escaped from a local zoo. 给了一个“从动物园逃跑”的来历，听起来很合理，但通篇原文只说它是 a small cat-like animal、爬楼、被放归野外，从未提及任何动物园或它如何逃出，属凭常识脑补的来历。

D) **原词陷阱**

选项 It climbed 25 storeys at one go. 用对了原文数字 25-storey skyscraper，但偷加了 at one go (一口气)。原文明说它中途 took a long break on a 17th floor window edge、且爬楼跨了周一到周三好几天，根本不是一次爬完。

借用原文：took a long break on a 17th floor window edge

-
6. A) Send it back to the zoo.
B) Release it into the wild.
C) Return it to its owner.
D) Give it a physical checkup.

【题目】 What will the wildlife management company do with the captured raccoon?

【翻译】野生动物管理公司将如何处置被捕获的浣熊？

A) 把它送回动物园。 B) 把它放归野外。 C) 把它还给主人。 D) 给它做身体检查。

【答案】B (细节题) Release it into the wild.

【定位】A private wildlife management company will release the animal into the wild.

一家私人野生动物管理公司将把这只动物放归野外。

【信号】主语 **company** 后跟 **will release**。题干主语 A private wildlife management company 在原文一出现，紧跟的动词 will release the animal into the wild 就是处置去向，这种“主角 + 将做某事”的句式本身就是答案信号，听到该公司名就该准备记动词。

【替换】release the animal into the wild ↔ **Release it into the wild.**

近乎原词对应

【排除】A) **未提及**

选项 Send it back to the zoo. 顺着第 5 题里“动物园”的常识联想编出“送回动物园”，但原文根本没提动物园，处置去向写得清清楚楚是放归野外，不是送回。

C) **未提及**

选项 Return it to its owner. 假设浣熊有主人、要“物归原主”，但这是野生浣熊，原文从头到尾没有任何 owner (主人)，处置也是放归野外，不存在归还。

D) **未提及**

选项 Give it a physical checkup. 听起来“抓到动物应先体检”很合理，但原文对处置只说了 release the animal into the wild，从未提任何检查或体检，属凭常识替原文做主。

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7. A) A raccoon can perform acts no human can.
B) A raccoon can climb much higher than a cat.
C) The raccoon became as famous as some politicians.
D) The raccoon did something no politician could.

【题目】What did one online post say?

【翻译】一条网络帖子说了什么？

A) 浣熊能做人类做不到的事。 B) 浣熊能爬得比猫高得多。
C) 这只浣熊变得和一些政客一样有名。 D) 这只浣熊做了政客做不到的事。

【答案】D (细节题) The raccoon did something no politician could.

【定位】One online post said that the raccoon has succeeded in uniting the country the way no politician could.

一条网帖说，这只浣熊成功地以一种没有任何政客能做到的方式团结了整个国家。

【信号】**said that** 引出网帖原话。信号词 One online post said that 直接引出题干要的那句网帖原话，said that 后面整句就是答案承载句；末尾 the way no politician could 是这句的落点，必须听到尾巴才不被前半句带偏。

【替换】 uniting the country the way no politician could ↔

The raccoon did something no politician could.

团结全国 = 政客做不到的事

【排除】 A) 偷换概念

选项 A raccoon can perform acts no human can. 仿照原文 no politician could 的句式，却把比较对象 politician (政客) 偷换成 human (人类)。原文比的是政客、不是泛指人类，对象一换意思就变了。

借用原文：the way no politician could

B) 原词陷阱

选项 A raccoon can climb much higher than a cat. 借用了原文形容浣熊是 a small cat-like animal (像猫的小动物) 里的 cat，编出“比猫爬得高”的比较，但原文从没拿浣熊和猫比爬高，cat 只是用来描述它长相。

借用原文：a small cat-like animal

C) 偷换概念

选项 The raccoon became as famous as some politicians. 也保留了 politician，但把原文的“做到了政客做不到的事”偷改成“和政客一样有名”。原文的落点是“政客办不到”（强调超越），不是“名气相当”，意思被换掉了。

借用原文：the way no politician could

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: I have really amazing news. I just got a text message from my bank, saying my salary has been deposited in my account.

W: 我有个特别棒的消息。我刚收到银行发来的短信，说我的工资已经打到账户里了。

2 M: Getting paid is good. But I don't understand why you're so excited. It happens every month.

M: 拿到工资是好事。但我不明白你为什么这么激动。这每个月都会发生啊。

3 W: Well, I've been working for a few years. In fact, I worked all through university, but I only had part-time jobs then. So this is the first time I've ever been paid for a month of full-time work.

W: 嗯，我已经工作几年了。实际上，我大学期间一直在打工，但那时候都是兼职。所以这是我第一次拿到全职工作一整个月的工资。

4 M: Wow, then you must feel great. I mean, it's been two decades, but I can still remember when I got my first real salary. I was happy for days. I felt like it was a small fortune, even though it wasn't.

M: 哇, 那你肯定感觉很棒。我是说, 虽然已经过去二十年了, 但我还能记得我拿到第一份真正工资的时候。我高兴了好几天。当时觉得那是一笔小财富, 虽然其实并不多。

5 W: Yeah, I've never earned so much money before. And there're so many things I'd like to do with it. What did you do with your first pay?

W: 是啊, 我以前从来没挣过这么多钱。我想用这笔钱做好多事情。你当时用第一份工资做了什么?

6 M: I bought a new suit for work and took my parents to a nice restaurant to celebrate. Maybe you could do the same.

M: 我买了一套新西装上班穿, 还带我父母去了一家不错的餐厅庆祝。也许你也可以这样做。

7 W: I have enough professional clothes. And my parents are across the country. So seeing them is impossible. But some people from the office are members of a gym I want to join. And my university classmates are arranging a trip to visit our old campus, and I'd love to go with them. But I can't afford both.

W: 我有足够的职业装了。而且我父母在国家的另一边。所以去看他们不太可能。但办公室有些同事是我想加入的健身房的会员。还有我大学同学正在安排去参观我们的老校园, 我很想跟他们一起去。但我两样都负担不起。

8 M: If I were you, I'd join the gym, because it's a good way to stay healthy, and it might help you build a stronger relationship with your colleagues. And good relationships are key to a successful career.

M: 如果我是你, 我会加入健身房, 因为这是保持健康的好方法, 而且可能有助于你和同事建立更牢固的关系。良好的关系是成功职业生涯的关键。

9 W: Hmm. You're right. Thanks for the advice. I'm taking it.

W: 嗯。你说得对。谢谢你的建议。我听你的。

8. A) She got a well-paying job in a bank.

B) She received a bonus unexpectedly.

C) She received her first monthly salary.

D) She got a pay raise for her performance.

【题目】 Why did the woman feel excited?

【翻译】 这位女士为什么感到兴奋?

A) 她在一家银行得到了一份高薪工作。 B) 她意外地收到了一笔奖金。

C) 她收到了她的第一份月薪。 D) 她因为工作表现获得了加薪。

【答案】 C (细节题) She received her first monthly salary.

【定位】 So this is the first time I've ever been paid for a month of full-time work.

所以这是我第一次因为一整个月的全职工作而拿到工资。

【信号】总结词 So 引出的结论句。女方先铺垫上学时只做兼职，再用 So this is the first time I've ever been paid for a month of full-time work. 收口，So 这个『所以』把前面的铺垫归结成结论——这一句正是她兴奋的真正原因。

【替换】the first time I've ever been paid for a month of full-time work ↔
received her first monthly salary

『第一次拿到整月全职工资』 = 『收到第一份月薪』

【排除】A) 原词陷阱

录音开头女方提到 I just got a text message from my bank, She got a well-paying job in a bank. 就借这个 bank 来骗你——可那只是『银行发来短信通知工资到账』，根本没说她在银行找了高薪工作，听到 bank 就选正中圈套。

借用原文：I just got a text message from my bank

B) 未提及

She received a bonus unexpectedly. 说的是『意外收到奖金』，但全程女方说的是 first time...paid、salary，从没提 bonus，也没有『意外』之意，属录音根本没说的内容。

D) 偷换概念

She got a pay raise for her performance. 听起来也合理，但录音是『第一次拿全职工资』，是头一回拿钱、不是『涨工资』，更没提 performance（表现）这个原因，把『第一次拿』偷换成了『加薪』。

-
9. A) Several years ago.
B) Two decades ago.
C) Right after graduation.
D) Just last month.

【题目】When did the man get his first full-time job?

【翻译】这位男士什么时候得到他的第一份全职工作？

A) 几年前。 B) 二十年前。 C) 刚毕业之后。 D) 就在上个月。

【答案】B（细节题） Two decades ago.

【定位】I mean, it's been two decades, but I can still remember when I got my first real salary.

我是说，都已经二十年了，但我还记得自己拿到第一笔真正的工资时的情形。

【信号】时间数字 two decades。男方说 it's been two decades, but I can still remember when I got my first real salary, two decades 就是直接的时间信号——距他第一份真正的工资已过去二十年，时间锚点就在这个数字上。

【替换】it's been two decades ↔ Two decades ago

『已经二十年了』 = 『二十年前』

【排除】 A) 未提及

Several years ago. 是『几年前』，但男方说的是 two decades (二十年)，several years 太短，对不上这个量级。

C) 张冠李戴

Right after graduation. 的『毕业后』对应的是女方那句 I worked all through university (上学期间打工)，而题问的是男方第一份全职工作的时间，把女方的上学经历安到男方头上。

借用原文：I worked all through university

D) 张冠李戴

Just last month. 的『上个月』指向女方刚到账的这笔工资，而男方的第一份工资是 two decades 前；把女方眼下的时间错当成男方过去的时间。

-
10. A) He sent a small check to his parents.
B) He took a few of his friends to a gym.
C) He immediately deposited it in a bank.
D) He treated his parents to a nice meal.

【题目】 What did the man do when he got his first pay?

【翻译】 这位男士拿到他的第一份薪水时做了什么？

- A) 他给父母寄了一张小额支票。 B) 他带几个朋友去了健身房。
C) 他立即把钱存入了银行。 D) 他请父母吃了一顿丰盛的饭。

【答案】 D (细节题) He treated his parents to a nice meal.

【定位】 I bought a new suit for work and took my parents to a nice restaurant to celebrate.

我买了一套上班穿的新西装，还带父母去了一家不错的餐厅庆祝。

【信号】 男方对『你拿钱做了啥』的直接应答。上一句女方问 What did you do with your first pay?, 男方紧接着用 I bought a new suit for work and took my parents to a nice restaurant to celebrate. 作答——被问者的直接应答就是答案句所在。

【替换】 took my parents to a nice restaurant ↔ treated his parents to a nice meal

『带父母去好餐厅』 = 『请父母吃顿好饭』

【排除】 A) 原词陷阱

He sent a small check to his parents. 借了录音里的 parents 来骗你，但男方对父母做的是『带去吃饭』，不是『寄支票』，parents 是真的、动作是假的。

借用原文：took my parents to a nice restaurant

B) 张冠李戴

He took a few of his friends to a gym. 里的 gym 来自后面 some people from the office are members of a gym I want to join，那是女方要做的事、且是健身房不是『带朋友去』，跟男方拿第一份工资做了什么无关。

借用原文：some people from the office are members of a gym I want to join

C) 原词陷阱

He immediately deposited it in a bank. 又拿 bank 来诱选，但男方说的是买西装、请父母吃饭，全程没提把钱『存进银行』，是录音没有的动作。

借用原文：I just got a text message from my bank

-
11. A) Buy some professional clothes.
B) Budget her salary carefully.
C) Join her colleagues for gym exercise.
D) Visit her former university campus.

【题目】 What does the woman say she is going to do?

【翻译】 这位女士说她打算做什么？

- A) 购买一些职业装。 B) 仔细规划她的薪水预算。 C) 加入同事们一起进行健身锻炼。
D) 参观她以前就读的大学校园。

【答案】 C (细节题) Join her colleagues for gym exercise.

【定位】 If I were you, I'd join the gym, because it's a good way to stay healthy... Hmm. You're right.
Thanks for the advice. I'm taking it.

(男方) 我要是你，就去加入那个健身房，因为这是保持健康的好办法..... (女方) 嗯，你说得对，谢谢你的建议，我听你的。

【信号】 建议句 + 女方收尾接受。 男方先给建议 If I were you, I'd join the gym, 女方最后用 Thanks for the advice. I'm taking it. 表态接受——『接受建议』这句收尾才是她真正决定要做的事，落点在最后一句。

【替换】 I'd join the gym ↔ Join her colleagues for gym exercise

『加入那个健身房』 = 『和同事一起去健身房锻炼』

I'm taking it ↔ Join her colleagues for gym exercise

『我听你的』 = 采纳『去健身房』这个建议

【排除】 A) 与原文相反

Buy some professional clothes. 借了男方建议里的『买正装』和女方话里的 professional clothes, 但女方明说 I have enough professional clothes. (我职业装够了), 是被她否掉的事, 不是要做的。

借用原文: I have enough professional clothes.

B) 未提及

Budget her salary carefully. 说『仔细规划工资』, 但对话里只说她钱不够、两件事只能选一件 (I can't afford both.), 从没说要『做预算 / 精打细算』, 是脑补出来的。

D) 原词陷阱

Visit her former university campus. 对应 my university classmates are arranging a trip to visit our old campus, 她确实想去, 但两件事 I can't afford both., 最后接受建议选了健身房, 回母校是被舍弃的一项。

借用原文: my university classmates are arranging a trip to visit our old campus

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

1 W: What's going on with you lately? You seem so distracted, like you aren't really listening to anything I say.

W: 你最近怎么了?你看起来心不在焉的,好像我说什么你都没在听。

2 M: I know. I'm sorry. I can't seem to focus on anything, because I still haven't decided if I should accept the offer for that PhD program in London, or if I should take the job offer in New York.

M: 我知道。对不起。我好像没法集中注意力,因为我还没决定好是接受伦敦那个博士项目的录取,还是接受纽约的工作offer。

3 W: Look, it's a tough decision. But you're running out of time, aren't you? I thought you said the company expected an answer by the end of the month.

W: 听着,这确实是个艰难的决定。但你时间不多了,不是吗?我记得你说过那家公司要求月底前给答复。

4 M: Actually, it's the beginning of next month for the job, but the university needs a decision by the end of the week. So I have to act quickly.

M: 其实工作那边是下月初,但大学那边需要这周末前做决定。所以我得赶紧行动了。

5 W: You definitely need advice for an important decision like this. So who have you talked to about it? What does your family think? And your advisor for your master's program?

W: 这么重要的决定你肯定需要听听建议。那你都跟谁商量过?你家人怎么看?还有你硕士项目的导师呢?

6 M: I've asked their advice and that's part of the problem. My parents want me to get the degree, but my advisor thinks it's time for me to get more work experience.

M: 我问过他们的意见,这也是问题的一部分。我父母希望我去读学位,但我导师觉得我该多积累些工作经验了。

7 W: What do you mean by part of the problem? Oh, wait. It's your girlfriend, isn't it? You've been dating since your first year of university, so that's six years now. She must have an opinion about all

this. I mean, isn't it time for you to think about getting married?

W: 什么叫问题的一部分?哦,等等。是你女朋友的事,对吧?你们从大一就开始约会了,到现在都六年了。她对这事肯定有看法吧。我是说,你们是不是也该考虑结婚了?

8 M: Well, I do want to get married, but she thinks we need to wait until we've launched our careers. Plus, she's not sure what she'll be doing next year. She's considering a job in England and one in Australia. And her parents are pushing for the latter.

M: 嗯,我是想结婚,但她觉得我们得等到事业起步了再说。而且她自己也不确定明年要做什么。她在考虑英格兰的一份工作和澳大利亚的一份工作。她父母更倾向于后者。

12. A) He has a difficult decision to make.

B) He has been overworked recently.

C) He has just quarreled with his girlfriend.

D) He has just too many things to attend to.

【题目】 Why does the man seem to be distracted?

【翻译】 为什么这个男人看起来心不在焉?

A) 他有一个艰难的决定要做。 B) 他最近工作过度。 C) 他刚刚和女朋友吵架了。

D) 他有太多事情要处理。

【答案】 A (细节题) He has a difficult decision to make.

【定位】 I can't seem to focus on anything, because I still haven't decided if I should accept the offer for that PhD program in London, or if I should take the job offer in New York.

我好像没法专注于任何事,因为我还没决定到底是接受伦敦那个博士项目的录取,还是接受纽约那份工作。

【信号】 because 引出真因。 信号是因果连词 because:because I still haven't decided if I should accept the offer for that PhD program in London, or if I should take the job offer in New York,because 后面紧跟的就是他心不在焉的真正原因——一个没拿定的两难选择。

【替换】 I still haven't decided if I should accept the offer for that PhD program in London, or if I should take the job offer in New York

↔ **a difficult decision to make**

二选一即难下的决定

【排除】 B) 未提及

He has been overworked recently.说他近来工作过度,录音从头到尾没提他累或工作量大,只说没法专注,属凭常识脑补、原文未提。

C) 原词陷阱

He has just quarreled with his girlfriend.借了录音后文反复出现的 girlfriend 来勾人,但录音里他与女友并未吵架,只是谈到女友对结婚的看法,"吵架"是凭空安上的。

借用原文: It's your girlfriend, isn't it?

D) 偷换概念

He has just too many things to attend to.说他事情太多要处理,录音说的恰恰相反——他卡在"一个"二选一上,不是事务繁多,把"一个难决定"偷换成"很多事要忙"。

借用原文: I still haven't decided if I should accept the offer for that PhD program

-
13. A) Give priority to things more urgent.
B) Turn to his girlfriend for assistance.
C) Think twice before making the decision.
D) Seek advice from his family and advisor.

【题目】 What does the woman say the man should do?

【翻译】 女人说这个男人应该做什么?

- A) 优先处理更紧急的事情。 B) 向他的女朋友寻求帮助。 C) 做决定前三思而后行。
D) 向他的家人和导师征求意见。

【答案】 D (细节题) Seek advice from his family and advisor.

【定位】 You definitely need advice for an important decision like this. So who have you talked to about it? What does your family think? And your advisor for your master's program?

这么重要的决定你肯定需要听听建议。那你都跟谁聊过?你家里人怎么想?还有你硕士阶段的导师呢?

【信号】 need advice 即建议。 信号是女方直白的建议句 You definitely need advice for an important decision like this,紧接着她点名 What does your family think? And your advisor——"需要听建议"加上具体指向家人和导师,合起来就是她让他做的事。

【替换】 You definitely need advice ↔ **Seek advice**

need advice=seek advice

What does your family think? And your advisor for your master's program? ↔

from his family and advisor

家人+导师原样对上

【排除】 A) 过度推断

Give priority to things more urgent.说先办更紧急的事,女方虽提到时间紧(you're running out of time),但她给的建议是"去听建议",并没让他"按紧急程度排序先做别的",这是把"时间紧"过度引申。

借用原文: you're running out of time, aren't you?

B) 张冠李戴

Turn to his girlfriend for assistance.借了录音里的 girlfriend,但女方让他找的是"家人和导师",从没让他"向女友求助",把求助对象张冠李戴了。

借用原文: It's your girlfriend, isn't it?

C) 原词陷阱

Think twice before making the decision.里的 decision 来自录音多次出现的"decision",听着像"三思",但女方的建议是"去听取建议",不是"反复斟酌",借原词制造的诱饵。

借用原文: Look, it's a tough decision.

-
14. A) His parents and advisor have different opinions.
B) He is not particularly keen on the job offered.
C) He lacks the money for his doctoral program.
D) His girlfriend does not support his decision.

【题目】 What does the man say is part of his problem?

【翻译】 这个男人说他的问题是什么?

- A) 他的父母和导师有不同的意见。 B) 他对提供的工作不是特别感兴趣。
C) 他缺乏攻读博士课程的资金。 D) 他的女朋友不支持他的决定。

【答案】 A (细节题) His parents and advisor have different opinions.

【定位】 I've asked their advice and that's part of the problem. My parents want me to get the degree, but my advisor thinks it's time for me to get more work experience.

我已经问过他们的意见了,问题之一就出在这儿。我父母想让我去读这个学位,可我导师觉得我该去积累更多工作经验了。

【信号】 part of the problem 锚点。 信号是他主动说出的 that's part of the problem,紧跟其后用转折 but 摆出两边对立:My parents want me to get the degree, but my advisor thinks it's time for me to get more work experience——父母与导师意见相反,正是"问题的一部分"。

【替换】 My parents want me to get the degree, but my advisor thinks it's time for me to get more work experience

↔ **His parents and advisor have different opinions**

对立两句=意见不同

【排除】 B) 未提及

He is not particularly keen on the job offered. 说他对那份工作不太感兴趣, 录音只说导师建议他去积累工作经验, 从没说他不喜欢工作, 这是凭常识替他添的态度。

C) 原词陷阱

He lacks the money for his doctoral program. 借了录音里的 doctoral/PhD program 这个真实话题, "缺钱读博" 听着很合常理, 但录音通篇没提钱, 纯属用常识填空。

借用原文: that PhD program in London

D) 张冠李戴

His girlfriend does not support his decision. 借了 girlfriend, 但录音里女友是 "想等事业起步后再结婚" (针对结婚), 并没 "不支持他读博/工作的决定", 把女友对结婚的态度张冠李戴到 "决定" 上。

借用原文: she thinks we need to wait until we've launched our careers

-
15. A) They need time to make preparations.
B) They need to save enough money for it.
C) They haven't started their careers yet.
D) They haven't won their parents' approval.

【题目】 Why doesn't the man's girlfriend agree to get married right now?

【翻译】 为什么这个男人的女朋友不同意现在就结婚?

- A) 他们需要时间做准备。 B) 他们需要为此存够钱。
C) 他们还没有开始自己的职业生涯。 D) 他们还没有得到父母的同意。

【答案】 C (细节题) They haven't started their careers yet.

【定位】 Well, I do want to get married, but she thinks we need to wait until we've launched our careers.

嗯, 我确实想结婚, 但她觉得我们得等到事业都起步之后再说。

【信号】 but+she thinks 转出理由。 信号是转折 but 接 she thinks: but she thinks we need to wait until we've launched our careers——but 把 "他想结婚" 转向女友的真实主张 "得等事业起步", 这句才是女友不愿现在结婚的原因。

【替换】 we need to wait until we've launched our careers ↔ **They haven't started their careers yet**
等事业起步 = 尚未起步

【排除】 A) 偷换概念

They need time to make preparations.说他们需要时间做准备,录音说的是要等事业起步,并没说"需要时间筹备婚礼/准备",这是把"等事业"泛化成笼统的"需要准备"。

借用原文: we need to wait until we've launched our careers

B) 未提及

They need to save enough money for it.说要先攒够钱,录音里女友的理由是等事业起步,根本没提攒钱,"存钱结婚"是凭常识补的,原文未提。

D) 原词陷阱

They haven't won their parents' approval.借了录音末尾的 parents——但那里父母是在催女友选澳大利亚的工作(her parents are pushing for the latter),不是"父母不同意他俩结婚",把父母对工作的态度张冠李戴到"结婚批准"上。

借用原文: her parents are pushing for the latter

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 Analytical skills are our ability to understand and solve problems using information we have available. These skills are extremely important for our professional, social, and intellectual lives. What are the best ways to improve them? One way is to expand your world view. Unfortunately, this takes time. Ultimately, it will help you better evaluate information and analyze different ideas and outcomes. Traveling is a great way to expand your world view, although it can be expensive.

分析能力是我们利用现有信息理解和解决问题的能力。这些技能对我们的职业、社交和智力生活极为重要。提高分析能力的最佳方法有哪些?一种方法是拓展你的世界观。遗憾的是,这需要时间。但最终,它将帮助你更好地评估信息,分析不同的想法和结果。旅行是拓展世界观的绝佳方式,尽管费用可能较高。

2 An entertaining way of enhancing your analytical skills is to engage them by playing brain games. These are games that challenge you to think deeply and to develop your analytical skills. These games will get you used to thinking in a certain way. As a result, they will help improve your ability to think. However, opinions vary on whether video games are effective. The general consensus is that the best ones avoid mindless violence, and instead focus on strategy and challenge us to solve problems and achieve broad goals.

提升分析能力的一种有趣方式是通过玩益智游戏来锻炼大脑。这些游戏挑战你进行深度思考,培养你的分析能力。这些游戏会让你习惯于以特定方式思考。因此,它们将有助于提高你的思维能力。然而,对于电子游戏是否有效,人们意见不一。普遍共识是,最好的游戏避免无意义的暴力,而是注重策略,挑战我们解决问题并实现更广泛的目标。

3 Joining a debate or reading club or group is also a good idea. This provides people with the opportunity to come together and discuss ideas, literature and problems. Groups like these will help you refine your analytical skills and enable you to express yourself better. Any social group that encourages free exchange of ideas and pursuit of knowledge is beneficial. It helps you to actively develop your analytical skills.

加入辩论会、读书俱乐部或小组也是个好主意。这为人们提供了聚在一起讨论思想、文学和问题的机会。这类团体将帮助你完善分析能力,使你能够更好地表达自己。任何鼓励自由交流思想和追求知识的社交团体都是有益的。它帮助你积极发展自己的分析能力。

16. A) Acquiring information and professional knowledge.
B) Using information to understand and solve problems.
C) Enriching social and intellectual lives.
D) Expressing ideas and opinions freely.

【题目】 What kind of ability do analytical skills refer to in the passage?

【翻译】 文中提到的分析能力指的是哪种能力?

- A) 获取信息和专业知识。 B) 运用信息来理解和解决问题。 C) 丰富社交和智力生活。
D) 自由表达想法和观点。

【答案】 B (细节题) Using information to understand and solve problems.

【定位】 Analytical skills are our ability to understand and solve problems using information we have available.

分析能力, 是我们利用手头已有的信息去理解并解决问题的能力。

【信号】 开篇‘概念 + are + 解释’的定义句。录音第一句就是 Analytical skills are our ability to understand and solve problems using information we have available, ‘概念 + are + 一句解释’是典型的下定义结构, 开篇即给定义, 这就是答案信号。

【替换】 understand and solve problems using information ↔

Using information to understand and solve problems

同义重排: 词同序换

【排除】 A) 原词陷阱

Acquiring information and professional knowledge. 借了录音里的 information 和后文 professional, social, and intellectual lives 的 professional 来诱选, 但录音是‘用’信息 (using) 去解决问题, 不是‘获取’ (acquiring) 信息和专业知识, 动作和落点都偏了。

借用原文: professional, social, and intellectual lives

C) 原词陷阱

Enriching social and intellectual lives. 盗用了录音 professional, social, and intellectual lives 里的 social、intellectual, 但原文那句是在说‘分析能力对我们的职业、社会、智识生活很重要’ (是能力的重要性/好处), 不是在给能力下定义, 答非所问。

借用原文: These skills are extremely important for our professional, social, and intellectual lives

D) 张冠李戴

Expressing ideas and opinions freely. 与第三段 enable you to express yourself better 沾边, 但那是‘加入辩论/读书会’这一做法带来的好处, 不是对分析能力本身的定义, 张冠李戴到了定义题上。

借用原文: enable you to express yourself better

17. A) Improving mind-reading strategies.

B) Reading classic scientific literature.

C) Playing games that challenge one's mind.

D) Traveling to different places in the world.

【题目】 What does the passage say is an entertaining way of enhancing one's analytical skills?

【翻译】 文中说提高分析能力的一种有趣方式是什么?

A) 改进读心策略。 B) 阅读经典科学文献。 C) 玩挑战思维的游戏。

D) 到世界各地旅行。

【答案】 C (细节题) Playing games that challenge one's mind.

【定位】 An entertaining way of enhancing your analytical skills is to engage them by playing brain games. These are games that challenge you to think deeply and to develop your analytical skills.

一种有趣的提升分析能力的方式, 是通过玩益智游戏来调动它们。这些游戏会挑战你深入思考、发展你的分析能力。

【信号】 限定词 entertaining 原样出现的领起句。第二段开头 An entertaining way of enhancing your analytical skills is to engage them by playing brain games 把题干的限定词 entertaining 原样领出, 紧接着 games that challenge you to think deeply, ‘entertaining + brain games’这一搭配就是答案信号。

【替换】 playing brain games ↔ **Playing games that challenge one's mind**

brain games = challenge one's mind

games that challenge you to think deeply ↔ **games that challenge one's mind**

challenge to think deeply ≈ challenge one's mind

【排除】 A) **未提及**

Improving mind-reading strategies. 蹭了录音里 think、mind 的相关感，但 mind-reading（读心术）录音从未提及，是拼出来的干扰，与 brain games 毫无关系。

B) **原词陷阱**

Reading classic scientific literature. 与第三段 reading club、discuss ideas, literature 沾 literature 的边，但录音从未说‘经典科学文献’，classic、scientific 是凭空添加的限定，且 reading club 那段也没被贴 entertaining 标签。

借用原文：discuss ideas, literature and problems

D) **原词陷阱**

Traveling to different places in the world. 的 traveling 录音确实念到了 Traveling is a great way to expand your world view, although it can be expensive, 但那是第一段贴着‘expensive（费钱）’标签的办法，不是本题问的 entertaining（有趣）那一种，标签错配。

借用原文：Traveling is a great way to expand your world view, although it can be expensive

18. A) Give others freedom to express themselves.

B) Expose themselves to different cultures.

C) Discard personal biases and prejudices.

D) Participate in debates or discussions.

【题目】 **What else does the speaker advise people to do to improve their analytical skills?**

【翻译】 说话者还建议人们做什么来提高分析能力？

A) 给予他人表达自己的自由。 B) 让自己接触不同的文化。 C) 摒弃个人偏见和成见。

D) 参与辩论或讨论。

【答案】 **D**（细节题） Participate in debates or discussions.

【定位】 Joining a debate or reading club or group is also a good idea. This provides people with the opportunity to come together and discuss ideas, literature and problems.

加入一个辩论或读书俱乐部、社团也是个好主意。这能让人们有机会聚到一起，讨论各种观点、文献和问题。

【信号】 ‘is also a good idea’领起的又一条建议。第三段开头 Joining a debate or reading club or group is also a good idea, also（也）+ a good idea（好主意）正是‘再提一条建议’的信号，与题干 else、advise 对应，这就是答案句。

【替换】 Joining a debate or reading club or group ↔ **Participate in debates or discussions**

Joining...club = Participate in

come together and discuss ideas ↔ **debates or discussions**

discuss → discussions

【排除】 A) **偷换概念**

Give others freedom to express themselves. 盗用第三段 free exchange of ideas、express yourself better 的词，但原文说的是社团能让‘你自己’更会表达、能自由交流观点，不是建议人们去‘给别人（others）表达的自由’，主语与做法被偷换。

借用原文：Any social group that encourages free exchange of ideas

B) **过度推断**

Expose themselves to different cultures. 与第一段 expand your world view、Traveling 的‘开阔视野’主题相关，但录音从没建议‘接触不同文化’，这是从‘旅行/开阔视野’顺手推出的引申，原文未明说。

借用原文：One way is to expand your world view

C) **未提及**

Discard personal biases and prejudices. 听起来很在理，但录音通篇没说过要‘抛弃个人偏见’，biases、prejudices 这两个词原文一次都没出现，是凭空添加的‘正确废话’。

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

1 There's an endless amount of scientific data proving that dogs can develop strong bonds with their owners. People aren't kidding when they say they "love" their dog, or their dog "loves" them. But we're rather ignorant about the nature of the relationships that form between dogs.

有无数科学数据证明狗能与主人建立牢固的纽带。人们说他们“爱”自己的狗，或者他们的狗“爱”他们时，并非开玩笑。但我们对狗与狗之间形成的关系的本质却相当无知。

2 In an effort to understand the matter further, I spoke with Dr. Marc Bekoff, a researcher and former professor of animal behavior. The doctor's response to the question of whether or not dogs can fall in love like humans do was a straight "Of course." He went on to say that if love is defined as a long-term commitment—meaning dogs seek one another out when they're apart, they're happy when they're reunited, they protect one another, they feed one another, they raise their children together—then of course dogs love each other.

为了进一步理解这个问题，我采访了动物行为研究员兼前教授 Marc Bekoff 博士。对于狗是否能像人类一样坠入爱河这个问题，博士直截了当地回答“当然可以”。他接着说，如果爱被定义为一种长期承诺——即狗在分开时会寻找彼此，重聚时会感到快乐，它们会互相保护，互相喂食，共同抚养后代——那么狗当然会彼此相爱。

3 Now our furry friends don't really experience "romantic" love like in the movies, but they can form deep and lasting bonds with their fellow dogs as well as humans. In fact, evidence shows that most dogs stay with one partner their whole lives. In actuality, love between dogs can be even more intimate than

human relationships. When they interact, they aren't afraid to smell each other and will express themselves clearly and honestly. Once again, it seems we have a lot to learn from dogs.

现在我们毛茸茸的朋友们并不会真正体验到电影中那种"浪漫"的爱情,但它们可以与同类以及人类形成深厚而持久的纽带。事实上,证据表明大多数狗一生只与一个伴侣在一起。实际上,狗之间的爱甚至可以比人类关系更加亲密。当它们互动时,它们不怕闻对方的气味,并会清晰而诚实地表达自己。再一次,我们似乎可以从狗身上学到很多东西。

19. A) The nature of relationships between dogs.
B) The reason a great many people love dogs.
C) Why dogs can be faithful friends of humans.
D) How dogs feel about their bonds with humans.

【题目】 What does the passage say we don't know much about?

【翻译】 文章说我们对什么了解不多?

- A) 狗之间关系的本质。 B) 很多人喜爱狗的原因。 C) 狗为什么能成为人类忠实的朋友。
D) 狗如何看待它们与人类的纽带。

【答案】 A (细节题) The nature of relationships between dogs.

【定位】 But we're rather ignorant about the nature of the relationships that form between dogs.

但对于狗与狗之间形成的关系的本质,我们其实相当无知。

【信号】 转折 But + "无知"词 ignorant。这句以 But 起头,把前面"狗能与主人建立深厚纽带"一转,落到 we're rather ignorant about——"无知"正对题干的 don't know much about,转折后这句才是真正落点。

【替换】 the nature of the relationships that form between dogs ↔

The nature of relationships between dogs.

近乎同表述、删掉了从句

we're rather ignorant about ↔ **we don't know much about**

ignorant = don't know much (同义替换)

【排除】 B) 原词陷阱

录音开头确有 People aren't kidding when they say they "love" their dog, B 盗了 people 和 love 拼成 The reason a great many people love dogs., 但文中只说人确实爱狗, 从没说"人为何爱狗"是我们不了解的, 属听到原词就想选的陷阱。

借用原文: People aren't kidding when they say they "love" their dog

C) 答非所问

Why dogs can be faithful friends of humans. 听着像主题, 但题干只问"我们不了解什么", 录音明说不了解的是 the nature of the relationships, 不是"狗为何忠诚", C 答非所问。

借用原文: the nature of the relationships that form between dogs

D) 原词陷阱

录音第一句讲 dogs can develop strong bonds with their owners, D 借 bonds 编成 How dogs feel about their bonds with humans., 但那句是在说"狗确实能建立纽带" (已知), 不是说"我们不了解狗怎么看待纽带", 把已知说成未知。

借用原文: dogs can develop strong bonds with their owners

-
20. A) They have an unusual sense of responsibility.
B) They can respond to humans' questions.
C) They can fall in love just like humans.
D) They behave like other animals in many ways.

【题目】 What does Dr. Marc Bekoff say about dogs?

【翻译】 Marc Bekoff 博士关于狗说了什么?

- A) 它们有一种不同寻常的责任感。 B) 它们能回应人类的提问。
C) 它们能像人类一样坠入爱河。 D) 它们在许多方面表现得像其他动物。

【答案】 C (细节题) They can fall in love just like humans.

【定位】 The doctor's response to the question of whether or not dogs can fall in love like humans do was a straight "Of course."

对于"狗能不能像人一样陷入爱河"这个问题, 博士的回答是干脆的一句"当然能"。

【信号】 被问者的直接应答 a straight "Of course"。这句是博士对"狗能否像人一样恋爱"的当面回答, a straight "Of course." (干脆地"当然") 是明确的肯定应答, 问题落在回答方, 这种"问—答"结构里答语就是答案。

【替换】 whether or not dogs can fall in love like humans do ↔ **They can fall in love just like humans.**
回答 Of course 把疑问转成肯定陈述

【排除】 A) 未提及

They have an unusual sense of responsibility. 中"不寻常的责任感"录音通篇没说；博士谈的是 commitment (长期承诺) 和爱，不是 responsibility，属无中生有。

B) 原词陷阱

录音里反复有 the question、response to the question，B 借 question 编成 They can respond to humans' questions.，但那是"博士回答了一个问题"，不是"狗能回应人的提问"，把人答问偷换成狗答问。

借用原文：The doctor's response to the question

D) 与原文相反

They behave like other animals in many ways. 录音没说狗"像其它动物"；恰恰相反，全文在强调狗能像"人"一样去爱 (fall in love like humans do)，方向反了。

借用原文：dogs can fall in love like humans do

21. A) They have their own joys and sorrows.

B) They experience true romantic love.

C) They help humans in various ways.

D) They stay with one partner for life.

【题目】 What does the speaker say about most dogs?

【翻译】 说话者关于大多数狗说了什么？

- A) 它们有自己的喜怒哀乐。 B) 它们体验真正的浪漫爱情。
C) 它们以各种方式帮助人类。 D) 它们终生只与一个伴侣在一起。

【答案】 D (细节题) They stay with one partner for life.

【定位】 In fact, evidence shows that most dogs stay with one partner their whole lives.

事实上，证据表明，大多数狗一生只守着一个伴侣。

【信号】 引结论的 In fact + evidence shows + most. 这句用 In fact, evidence shows that 引出一个确定结论，又含题干的限定词 most dogs，是典型的"事实陈述"答案句；In fact/evidence shows 这类措辞一出，后面常直接给答案。

【替换】 most dogs stay with one partner their whole lives ↔ **They stay with one partner for life.**
their whole lives = for life (同义替换)

【排除】 A) 未提及

They have their own joys and sorrows. 中"狗有自己的喜怒哀乐"录音整段没有任何对应表述, 属凭印象添加。

B) 与原文相反

录音明说 don't really experience "romantic" love like in the movies, B 偏取 They experience true romantic love., 把被否定的"浪漫之爱"说成成立, 正好反了。听到 romantic 就选恰中陷阱。

借用原文: our furry friends don't really experience "romantic" love like in the movies

C) 原词陷阱

录音提到狗能与 humans 建立纽带, C 借 humans 编成 They help humans in various ways., 但"以各种方式帮助人类"录音并未说, 且题干问的是"多数狗"的事实, 不是狗对人的功用。

借用原文: they can form deep and lasting bonds with their fellow dogs as well as humans

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

1 A piece of history has been found thanks to a boy tripping on a rare, 1.2-million-year-old animal fossil. In November 2016, Jude Sparks, now 10, was on an outing with his family near their New Mexico home when he tripped over what he thought was a cow bone. Now, researchers at New Mexico State University are preserving this discovery, which was identified as an ancient elephant-like animal.

一名男孩因绊倒在一块罕见的120万年前的动物化石上而发现了一段历史。2016年11月, 现年10岁的Jude Sparks与家人在新墨西哥州家附近郊游时, 被他以为是牛骨的东西绊倒了。现在, 新墨西哥州立大学的研究人员正在保存这一发现, 该化石被鉴定为一种古代类象动物。

2 Kyle Sparks, father of Jude, said he let his son decide what to do with the fossil. So Jude reached out to Peter Houde, a professor at New Mexico State University, who had experience with the same type of fossil in the past. The next day, Houde came out to see the fossil for himself. Houde told ABC News that he was quite excited about the find. "It was fortunate that the family didn't try to dig up the fossil because that could destroy the specimen. They did the right thing by calling someone who would know what to do. It's great for the community because now everybody can appreciate it," he added.

Jude的父亲Kyle Sparks说, 他让儿子决定如何处理这块化石。于是Jude联系了新墨西哥州立大学的教授Peter Houde, 他过去曾处理过同类化石。第二天, Houde前来亲自查看化石。Houde告诉ABC新闻, 他对这一发现感到非常兴奋。"幸运的是这家人没有试图挖掘化石, 因为那可能会破坏标本。他们做对了, 打电话给知道该怎么做的人。这对社区来说很好, 因为现在每个人都能欣赏它," 他补充道。

3 Houde and his fellow faculty members dug up the fossil in late May. They hope to return to the site with geologists for an additional search as there could be more fossils near the site. Jude and his family had been invited by the researchers to see the fossil being preserved at the university.

Houde和他的同事们在5月下旬挖掘了这块化石。他们希望与地质学家一起返回该地点进行进一步搜索, 因为现场附近可能有更多化石。Jude和他的家人已受研究人员邀请, 前往大学观看化石保存过程。

22. A) A cow bone.
B) A rare animal.
C) A historical site.
D) A precious stone.

【题目】 What did the boy Jude Sparks think he had discovered?

【翻译】 男孩Jude Sparks认为他发现了什么?

A) 一块牛骨。 B) 一种稀有动物。 C) 一处历史遗址。 D) 一块珍贵的石头。

【答案】 A (细节题) A cow bone.

【定位】 Jude Sparks, now 10, was on an outing with his family near their New Mexico home when he tripped over what he thought was a cow bone.

现年 10 岁的裘德·斯帕克斯当时正和家人在新墨西哥州家附近郊游，绊到了一个他以为是牛骨的东西。

【信号】 think 的对应词 what he thought was 直接给出他的认知。题干问 think he had discovered, 录音里出现完全对应的 what he thought was a cow bone, thought 就是题干 think 的过去式信号，它后面跟的名词就是男孩当时的判断，这一句即答案句。

【替换】 what he thought was a cow bone ↔ A cow bone.

原句名词与选项几乎同词，属直陈对应

【排除】 B) 原词陷阱

录音开头确有 a rare, 1.2-million-year-old animal fossil, 让人一听到 rare animal 就想选 A rare animal., 但那是叙述者揭示的真相，不是男孩当时以为的东西——题干问的是 think, 男孩以为的是牛骨，不是稀有动物。

借用原文：a rare, 1.2-million-year-old animal fossil

C) 未提及

A historical site. 历史遗址在录音里压根没作为男孩的判断出现，开篇 A piece of history has been found 只是叙述者说发现了一段历史，并非男孩以为发现了遗址，属凭 history 一词联想出来的干扰。

借用原文：A piece of history has been found

D) 未提及

A precious stone. 在整段录音里没有任何对应，男孩绊到的被他当成牛骨、实为动物化石，从头到尾没出现宝石，这是纯粹的无关干扰项。

-
23. A) Measuring it.
B) Preserving it.
C) Dating it.
D) Identifying it.

【题目】 What are the researchers at New Mexico State University doing with the boy's discovery?

【翻译】 New Mexico State University的研究人员正在对这个男孩的发现做什么？

A) 测量它。 B) 保存它。 C) 测定它的年代。 D) 鉴定它。

【答案】 B (细节题) Preserving it.

【定位】 Now, researchers at New Mexico State University are preserving this discovery, which was identified as an ancient elephant-like animal.

如今，新墨西哥州立大学的研究者正在保存这件发现物，它被鉴定为一种远古的类象动物。

【信号】 主语与题干完全同形，谓语动词即答案。录音 researchers at New Mexico State University are preserving this discovery 的主语与题干一字不差，紧跟的谓语动词 preserving 就是研究者正在做的动作，这一句即答案句；信号是题干主语在原文原样复现，听到它立刻锁定其谓语。

【替换】 are preserving this discovery ↔ Preserving it.

动词同词、宾语 this discovery 用 it 回指

【排除】 A) 未提及

Measuring it. 测量这个动作录音里从未出现，研究者做的是保存 (preserving) 与挖出 (dug up)，没有任何测量动作，属凭想象添加的干扰。

C) 原词陷阱

录音念到 1.2-million-year-old animal fossil 这个年代数字，很多人一听到年代就误以为研究者在测年，从而选 Dating it.；但那个年代是叙述者交代的背景信息，研究者实际在做的是保存，不是测年。

借用原文：1.2-million-year-old animal fossil

D) 原词陷阱

录音确有 which was identified as an ancient elephant-like animal，让人想选 Identifying it.；但 was identified 是已经完成的鉴定 (被动、过去)，题干问研究者现在正在做 (are doing) 的是保存，鉴定已成定论，不是当前进行的动作。

借用原文：which was identified as an ancient elephant-like animal

-
24. A) The site should have been protected.
B) The boy's family had acted correctly.
C) The boy should have called an expert.
D) The channel needs to interview the boy.

【题目】 What did Professor Peter Houde say when interviewed by ABC News?

【翻译】 Peter Houde教授在接受ABC News采访时说了什么？

A) 这个地点本应受到保护。 B) 这个男孩的家人做法正确。 C) 这个男孩本应联系专家。
D) 该频道需要采访这个男孩。

【答案】 B (态度观点题) The boy's family had acted correctly.

【定位】 It was fortunate that the family didn't try to dig up the fossil because that could destroy the specimen. They did the right thing by calling someone who would know what to do.

幸好这家人没有试图把化石挖出来，因为那样可能会毁掉标本。他们叫了懂行的人来处理，做得很对。

【信号】 评价词 **fortunate** 与 **did the right thing** 直接定调。态度题的答案句靠评价性用词锁定：It was fortunate that the family didn't try to dig up the fossil 的 fortunate 和 They did the right thing by calling someone 的 the right thing 都是明确的正面评价，教授在夸这家人做得对，这两句即答案句。

【替换】 They did the right thing by calling someone who would know what to do ↔

The boy's family had acted correctly.

did the right thing 与 acted correctly 同义改写

It was fortunate that the family didn't try to dig up the fossil ↔

The boy's family had acted correctly.

fortunate 的正面定调佐证家庭做对了

【排除】 A) **与原文相反**

录音说 that could destroy the specimen，让人觉得在强调要保护，从而选 The site should have been protected.；但教授说的是幸好家庭没乱挖以免毁标本，夸的是家庭谨慎，并没说遗址本该被保护，should have been 这种本该却没做的责备口吻与原文正面赞许相反。

借用原文：that could destroy the specimen

C) **与原文相反**

录音有 calling someone who would know what to do，让人选 The boy should have called an expert.；但原文是教授夸家庭已经叫了懂行的人（做对了），而选项的 should have called 却暗示男孩本该叫却没叫（带责备），把已经做对的事说成了没做好，与原意相反。

借用原文：calling someone who would know what to do

D) **原词陷阱**

题干和录音都提到 ABC News, The channel needs to interview the boy. 借这个原词制造熟悉感；但教授说的是社区都能欣赏这件发现，从未说电视台需要采访男孩，采访男孩是凭空添加的内容。

借用原文：Houde told ABC News that he was quite excited about the find

25. A) Search for similar fossils elsewhere.

B) Ask the university to reward Jude.

C) Conduct a more detailed search.

D) Seek additional funds for the search.

【题目】 What do the researchers plan to do?

【翻译】 研究人员计划做什么？

- A) 在其他地方寻找类似的化石。 B) 请求该大学奖励Jude。 C) 进行更详细的搜寻。
D) 为搜寻工作寻求额外资金。

【答案】 C (细节题) Conduct a more detailed search.

【定位】 They hope to return to the site with geologists for an additional search as there could be more fossils near the site.

他们希望带上地质学家重返现场再做一次搜寻，因为现场附近可能还有更多化石。

【信号】 意图信号 **hope to 后跟的动作即计划**。计划题靠表意图的信号词定位：They hope to return to the site ... for an additional search 里的 hope to 就是意图信号，它后面的 return ... for an additional search 即研究者的下一步计划，这一句即答案句。

【替换】 for an additional search ↔ **Conduct a more detailed search.**

additional search 概括为 a more detailed search

there could be more fossils near the site ↔ **Conduct a more detailed search.**

near the site 印证是在原址而非别处搜

【排除】 A) **偷换概念**

录音确有 there could be more fossils near the site, 让人想选 Search for similar fossils elsewhere.; 但原文明说是 near the site (现场附近) 继续找, 选项却偷偷把范围换成 elsewhere (去别处), 方向被改了。

借用原文: there could be more fossils near the site

B) **未提及**

录音提到 being preserved at the university, 让 university 显得耳熟, 从而诱选 Ask the university to reward Jude.; 但奖励裘德这件事录音从未提及, 研究者只是邀请他来看化石保存, 不是给他奖励。

借用原文: being preserved at the university

D) **原词陷阱**

录音说 for an additional search, additional 是修饰 search (再搜一次), 选项 Seek additional funds for the search. 却把 additional 挪去修饰 funds (找额外经费), 原文从没提钱, 属把原词嫁接到错误对象上。

借用原文: for an additional search

SENTENCE INSIGHTS • 句子精讲

26 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。

The British government has called for more men to consider a career in nursing.

第1段，第1句

"主语 + has/have + 过去分词 + 介词短语 + 宾语" 是现在完成时的典型句式，在四六级和考研英语阅读中较为常见；"call for sb to do sth" 结构也是高频搭配，具有一定代表性和迁移价值。

The UK Health Secretary said, "This is clearly a cultural problem, and probably one that exists in many parts of the world. But we can make efforts to change that now. We want to persuade males to think about career options of going into nursing. There is absolutely no reason why men can't go into this profession."

第1段，第6句

直接引语加定语从句的组合在四六级和考研英语阅读中非常常见,尤其是引用专家或官员发言的句子。该句展示了如何在引语内嵌入从句修饰关键名词,是典型的新闻报道或学术引用句式,掌握后可大量复用

They acted professionally to ensure the man was comfortable until an ambulance arrived.

第1段，第7句

本句体现了"主句 + 目的状语（不定式 + 宾语从句） + 时间状语从句"的常见复合句式，在四六级和考研英语阅读中频繁出现。掌握此类结构后，学生可以迁移到大量类似句子的理解和分析中，具有很高的实用性和代表性。

He enjoyed swimming in the sea.

第3题，D

"enjoy + 动名词" 是四六级常考搭配，简单句主谓宾结构也是基础句型，具有一定典型性，掌握后可迁移到其他类似动词（如 finish、avoid、suggest 等接动名词的情况）。

It was captured after becoming an online star across the world.

第1段，第2句

被动语态加时间状语从句是四六级和考研英语阅读中的高频句式，且 "after + 动名词" 表达时间关系也很常见，句式典型性强，学习后可复用到类似结构中。

One online post said that the raccoon has succeeded in uniting the country the way no politician could.

第1段，第12句

"said that" 引导宾语从句是四六级和考研阅读中的高频句式。"the way" 引导定语从句表示方式，也是常考结构。全句的嵌套层次和省略现象都很典型，学习后可迁移到大量类似句子，代表性较强。

M: If I were you, I'd join the gym, because it's a good way to stay healthy, and it might help you build a stronger relationship with your colleagues.

第8段，第1句

本句的 "If I were you, I would..." 结构是虚拟条件句的经典句式，在四六级和考研真题中频繁出现。原因状语从句及其内部的并列结构、help sb do sth 句型也是常考点。整体结构具有很强的代表性和复用价值，掌握后可迁移到大量类似句型。

You seem so distracted, like you aren't really listening to anything I say.

第1段，第2句

"主句 + 方式状语从句" 以及 "定语从句修饰不定代词" 都是英语中非常典型的句式，在日常口语和考试阅读中频繁出现。定语从句省略关系代词的现象也是常考点。这个句子的结构模式具有很强的代表性和迁移价值，学生掌握后可以复用到大量类似句子中。

I can't seem to focus on anything, because I still haven't decided if I should accept the offer for that PhD program in London, or if I should take the job offer in New York.

第2段，第3句

句子覆盖主句、原因状语从句、宾语从句等多种分句类型，成分包括主语、谓语、宾语、状语、定语，且宾语从句作动词宾语的用法是常见易错点。两个宾语从句并列结构也值得练习，适合训练成分划分与从句识别。

But you're running out of time, aren't you?

第3段，第2句

简单句搭配现在进行时是常见句式，具有一定代表性，但结构过于基础，在四六级或考研长难句中较少单独出现，典型性中等

My parents want me to get the degree, but my advisor thinks it's time for me to get more work experience.

第6段，第2句

本句的并列转折结构、宾语从句、复合宾语("want sb to do")、"it's time for sb to do" 句型,都是四六级和考研英语中高频出现的典型句式,掌握后可以广泛迁移到类似结构的句子中

M: Well, I do want to get married, but she thinks we need to wait until we've launched our careers.

第8段，第1句

并列主句加转折连词"but"、宾语从句（省略连接词）、时间状语从句"until", 这些都是四六级和考研英语阅读中高频出现的句式；特别是"think + 宾语从句"和"wait until + 完成时从句"的搭配，是英语写作和对话中的常见表达，代表性强，学习后可广泛迁移。

Plus, she's not sure what she'll be doing next year.

第8段，第2句

本句包含 "be + 形容词 + 宾语从句" 的结构 (be sure + what 从句)，这是四六级和考研英语阅读中的高频句式，类似的还有 be certain、be aware、be confident 等。宾语从句中使用将来进行时也是常考时态。结构典型，学习后可迁移到大量类似句型，实用性较强。

He has just too many things to attend to.

第12题，D

主谓宾加后置不定式定语的结构在考试阅读中较常见（如 work to do、chance to explore），掌握后有一定迁移价值，但本身属于基础句式而非高频难点句式

Give priority to things more urgent.

第13题，A

祈使句在考试阅读中出现频率较低，但在应用文写作（建议信、通知等）和口语交际场景中常见，具有中等程度的实用性和代表性，掌握后可用于类似场景，但不如陈述句或复合句典型。

He is not particularly keen on the job offered.

第14题，B

主系表结构搭配形容词 "keen" 和介词短语是常见句式，在真题中经常出现表达态度、兴趣或观点的句子。后置定语的使用也很典型。但由于句子过于简单，没有从句或复杂修饰，作为考试真题的代表性略显不足。

Why doesn't the man's girlfriend agree to get married right now?

第15题 题干

特殊疑问句加否定形式是四六级听力对话和阅读中的常见句式，动词加不定式宾语的搭配也很典型，具有较好的代表性和迁移价值。

Ultimately, it will help you better evaluate information and analyze different ideas and outcomes.

第1段，第6句

"help sb do sth" 是四六级及考研阅读中的常见句型，宾语补足语包含并列结构也是高频考点。句首状语的位置安排同样常见。整体结构具有较好的代表性和迁移价值。

Traveling is a great way to expand your world view, although it can be expensive.

第1段，第7句

"主句 + although 引导的让步状语从句"是四六级和考研阅读中非常常见的句式，表达"虽然...但是..."的让步转折逻辑。动名词作主语和不定式作定语也是高频结构。掌握本句的分析方法可以迁移到大量类似真题句子，典型性较强。

As a result, they will help improve your ability to think.

第2段，第4句

简单句结构在考试中很常见，"will help do" 句型也是基础表达，但简单句本身的典型性中等，不如含从句的复杂句在真题中更具代表性

The general consensus is that the best ones avoid mindless violence, and instead focus on strategy and challenge us to solve problems and achieve broad goals.

第2段，第6句

主系表结构+that表语从句是四六级和考研阅读中的高频句式,常用于表达观点、共识、事实等。从句内的并列谓语和动词+宾语+不定式补足语也是典型结构,学习后可应用于大量类似句子

The doctor's response to the question of whether or not dogs can fall in love like humans do was a straight "Of course."

第2段，第2句

同位语从句解释抽象名词、长主语后置系动词、介词短语层层修饰,这些都是四六级和考研阅读中的高频句式,掌握后可广泛迁移到同类长难句。

He went on to say that if love is defined as a long-term commitment—meaning dogs seek one another out when they're apart, they're happy when they're reunited, they protect one another, they feed one another, they raise their children together—then of course dogs love each other.

第2段，第3句

该句是练习“剥洋葱”式拆解长难句的极佳素材，涵盖了引导词省略、条件从句、并列结构和多层状语。尤其是破折号的用法和 "if...then" 跨度极大的呼应极具教学价值。

Now our furry friends don't really experience "romantic" love like in the movies, but they can form deep and lasting bonds with their fellow dogs as well as humans.

第3段，第1句

并列句是四六级和考研阅读中的高频句式，尤其是用 "but" 表示转折对比的结构极为常见。本句的两个主句结构标准，第一句否定陈述加第二句肯定转折的模式，是典型的对比论证句式，掌握后可大量迁移到其他并列转折句的理解。

The site should have been protected.

第24题，A

情态动词搭配完成被动式 (should have been done) 是考试常见句式，尤其用于表达未实现的期待或批评，具有较高的典型性和复用价值。

The boy should have called an expert.

第24题，C

"情态动词 + have + 过去分词" 是考试中常考的句式，用于表达对过去的推测、责备或遗憾；简单句的主谓宾结构也是基础句型，具备一定的代表性和迁移价值。

HIGH-FREQUENCY • 真题高频词

本卷出现的 173 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。

raccoon

B2

n. 浣熊

本卷12次 · 真题 12 句

fossil

B2

n. 化石

本卷9次 · 真题 24 句

analytical

C1

adj. 善于分析的

本卷8次 · 真题 18 句

researcher

B2

n. 研究人员

本卷5次 · 真题 239 句

online

A2

adj. 在线的

本卷5次 · 真题 145 句

career

B1

n. 职业

本卷5次 · 真题 119 句

relationship

B1

n. 关系

本卷5次 · 真题 109 句

male

A2

adj. 男性的

本卷5次 · 真题 54 句

girlfriend

A2

n. 女朋友

本卷5次 · 真题 10 句

would

A1

aux. (will 的过去式) 将要，会

本卷4次 · 真题 466 句

professional

B1

adj. 专业的

本卷4次·真题 67 句

opinion

A2

n. 观点

本卷4次·真题 29 句

nursing

B1

n. 护理工作

本卷4次·真题 27 句

salary

B1

n. 薪水，工资（通常指按月发放的固定报酬）

本卷4次·真题 21 句

advisor

B2

n. 顾问

本卷4次·真题 8 句

professor

B1

n. 教授（大学教师的最高职称）

本卷3次·真题 105 句

challenge

B1

n. 挑战

本卷3次·真题 80 句

solve

A2

v. 解决（问题、困难）

本卷3次·真题 58 句

seek

B1

v. 寻找

本卷3次·真题 56 句

quickly

A2

adv. 快速地

本卷3次·真题 38 句

site

A2

n. 地点

本卷3次·真题 37 句

workforce

B2

n. （一国或一地区的）劳动力，劳动人口

本卷3次·真题 24 句

married

A1

adj. 已婚的

本卷3次·真题 16 句

bond

B2

n. 纽带

本卷3次·真题 12 句

politician

B2

n. 政治家

本卷3次·真题 10 句

better

A1

adj. 更好的（good 的比较级）

本卷2次·真题 139 句

focus B1

n. 重点

本卷2次·真题 107 句

view A2

n. 观点, 看法

本卷2次·真题 85 句

ensure B2

v. 确保

本卷2次·真题 54 句

colleague B1

n. 同事

本卷2次·真题 48 句

debate B2

n. 辩论

本卷2次·真题 48 句

scientific B1

adj. 科学的

本卷2次·真题 47 句

figure A2

n. 数字

本卷2次·真题 44 句

partner B1

n. 伴侣

本卷2次·真题 44 句

wild A2

adj. 野生的

本卷2次·真题 42 句

management B1

n. 管理

本卷2次·真题 41 句

enhance B2

v. 提高

本卷2次·真题 37 句

expand B2

v. 扩大;扩展;增长

本卷2次·真题 34 句

outcome B2

n. 结果

本卷2次·真题 31 句

release B1

v. 释放

本卷2次·真题 31 句

capture B1

v. 捕获

本卷2次·真题 26 句

former B1

adj. 以前的, 从前的

本卷2次·真题 24 句

additional B1

adj. 额外的

本卷2次·真题 22 句

campus B1

n. (大学或学院的) 校园

本卷2次·真题 20 句

preserve B2

v. 保护

本卷2次·真题 20 句

clearly A2

adv. 清楚地, 明白地

本卷2次·真题 19 句

romantic B1

adj. 浪漫的

本卷2次·真题 19 句

emergency B1

n. 紧急情况, 突发事件

本卷2次·真题 17 句

wildlife B1

n. 野生动植物

本卷2次·真题 16 句

thanks A1

intj. 谢谢

本卷2次·真题 15 句

fellow B2

n. 家伙

本卷2次·真题 13 句

entertaining B1

adj. 有趣的

本卷2次·真题 9 句

literature B2

n. 文学

本卷2次·真题 9 句

accord C1

n. (国家、团体间的) 协议

本卷1次·真题 174 句

local A2

adj. 当地的

本卷1次·真题 150 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷1次·真题 148 句

support A2

v. 支持

本卷1次·真题 118 句

lack B1

v. 缺少

本卷1次·真题 115 句

decade B1

n. 十年

本卷1次·真题 99 句

physical B1

adj. 身体的

本卷1次·真题 98 句

type A2

n. 类型

本卷1次·真题 97 句

behavior B1

n. 行为

本卷1次·真题 92 句

expert B1

n. 专家

本卷1次·真题 89 句

opportunity B1

n. 机会

本卷1次·真题 89 句

amount A2

n. 数量

本卷1次·真题 87 句

community B1

n. 社区

本卷1次·真题 81 句

data B1

n. 数据

本卷1次·真题 73 句

performance B1

n. 表演

本卷1次·真题 66 句

effective B1

adj. 有效的, 起作用的

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

option B1

n. 选择

本卷1次·真题 60 句

enable B1

v. 使能够

本卷1次·真题 58 句

engage B2

v. 参与;从事

本卷1次·真题 57 句

reward B1

n. 报酬

本卷1次·真题 56 句

responsibility B1

n. 责任

本卷1次·真题 55 句

identify B1

v. 识别

本卷1次·真题 54 句

strategy B2

n. 策略

本卷1次·真题 53 句

evidence B1

n. 证据

本卷1次·真题 52 句

perform B1

v. 执行

本卷1次·真题 52 句

various B1

adj. 各种各样的

本卷1次·真题 52 句

nation B1

n. 国家

本卷1次·真题 51 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本卷1次·真题 50 句

available A2

adj. 可获得的

本卷1次·真题 48 句

recently A2

adv. 最近

本卷1次·真题 48 句

response B1

n. 回答

本卷1次·真题 47 句

exist A2

v. 存在;实际上有

本卷1次·真题 46 句

budget B1

n. 预算

本卷1次·真题 45 句

conduct B2

v. 组织并实施

本卷1次·真题 45 句

media B1

n. 大众传播媒介 (报刊、电视、广播、互联...

本卷1次·真题 45 句

attend A2

v. 出席, 参加 (会议、活动等)

本卷1次 · 真题 43 句

spot A2

n. 地点

本卷1次 · 真题 42 句

attract B1

v. 吸引 (注意力、兴趣)

本卷1次 · 真题 41 句

further B1

adv. 更远地

本卷1次 · 真题 41 句

fund B2

n. 资金

本卷1次 · 真题 40 句

launch B1

v. 推出

本卷1次 · 真题 39 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本卷1次 · 真题 39 句

interact B2

v. 相互作用

本卷1次 · 真题 35 句

respond B1

v. 回答, 答复

本卷1次 · 真题 35 句

completely B1

adv. 完全地

本卷1次 · 真题 34 句

extremely B1

adv. 极其

本卷1次 · 真题 34 句

rare B1

adj. 稀有的

本卷1次 · 真题 33 句

reading A1

n. 阅读

本卷1次 · 真题 33 句

vary B1

v. 不同

本卷1次 · 真题 31 句

cultural B1

adj. 文化的

本卷1次 · 真题 30 句

unusual B1

adj. 不寻常的

本卷1次 · 真题 30 句

growing A2

adj. 增长的

本卷1次·真题 29 句

earn A2

v. 赚得, 挣得 (金钱)

本卷1次·真题 28 句

beginning A1

n. 开始

本卷1次·真题 25 句

definitely B1

adv. 肯定地

本卷1次·真题 25 句

participate B1

v. 参加

本卷1次·真题 25 句

yeah A1

intj. 是的

本卷1次·真题 25 句

acquire B2

v. 获得

本卷1次·真题 24 句

carefully A2

adv. 仔细地

本卷1次·真题 24 句

define B1

v. 给.....下定义

本卷1次·真题 24 句

shortage B2

n. 短缺

本卷1次·真题 24 句

trap B1

n. 陷阱

本卷1次·真题 24 句

priority B2

n. 优先事项

本卷1次·真题 23 句

ultimately B2

adv. 最终;终归

本卷1次·真题 23 句

gather B1

v. 聚集, 集合

本卷1次·真题 22 句

behave B1

v. 表现, 举止

本卷1次·真题 21 句

bone A2

n. 骨

本卷1次·真题 20 句

deeply B1

adv. 深深地

本卷1次·真题 20 句

expose B2

v. 使暴露

本卷1次·真题 20 句

journey A2

n. 旅行, 旅程

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

amazing A2

adj. 令人惊奇的

本卷1次·真题 19 句

apart B1

adv. 分开地

本卷1次·真题 19 句

narrow B1

adj. 狭窄的

本卷1次·真题 19 句

commitment B2

n. 承诺

本卷1次·真题 18 句

suit A2

n. 套装

本卷1次·真题 17 句

elsewhere B1

adv. 在别处

本卷1次·真题 16 句

stable B1

adj. 稳定的

本卷1次·真题 16 句

analyze B2

v. 分析

本卷1次·真题 15 句

beneficial B2

adj. 有益的

本卷1次·真题 15 句

bias B2

n. 偏见

本卷1次·真题 15 句

efficient B2

adj. 效率高的

本卷1次·真题 15 句

persuade B1

v. 说服

本卷1次·真题 15 句

scene A2

n. 场景

本卷1次·真题 15 句

sector B2

n. (经济或商业的) 部门, 行业

本卷1次·真题 15 句

approval B2

n. 赞成

本卷1次·真题 14 句

assistance B1

n. 帮助

本卷1次·真题 14 句

pursuit B2

n. 追求

本卷1次·真题 14 句

urgent B2

adj. 紧急的, 急迫的

本卷1次·真题 14 句

actively B1

adv. 积极主动地

本卷1次·真题 13 句

broad B1

adj. 宽阔的

本卷1次·真题 13 句

escape A2

v. 逃跑; 逃脱

本卷1次·真题 13 句

freedom B1

n. 自由

本卷1次·真题 13 句

keen B2

adj. 热衷的

本卷1次·真题 13 句

planning B1

n. 规划

本卷1次·真题 13 句

plus A2

prep. 加, 加上

本卷1次·真题 13 句

preparation B1

n. 准备

本卷1次·真题 13 句

slowly A1

adv. 缓慢地

本卷1次·真题 13 句

absolutely B1

adv. 完全地

本卷1次·真题 12 句

concrete B2

n. 混凝土

本卷1次·真题 12 句

freely B1

adv. 自由地

本卷1次·真题 12 句

bonus B1

n. 奖金, 红利

本卷1次·真题 11 句

consensus C1

n. (意见的) 一致

本卷1次·真题 11 句

discrimination C1

n. 歧视

本卷1次·真题 11 句

fortune B2

n. 财富

本卷1次·真题 11 句

surround B1

v. 围绕

本卷1次·真题 11 句

endless B2

adj. 无尽的

本卷1次·真题 10 句

exchange B1

n. 交换

本卷1次·真题 10 句

monthly A2

adj. 每月的

本卷1次·真题 10 句

peak B1

n. 山峰

本卷1次·真题 10 句

profession B2

n. 职业 (尤指需要专门技能和培训的)

本卷1次·真题 10 句

arrange B1

v. 安排, 筹备 (活动、会议等)

本卷1次·真题 9 句

evaluate B2

v. 评估

本卷1次·真题 9 句

recovery B2

n. 恢复

本卷1次·真题 9 句

violence B2

n. 暴力行为

本卷1次·真题9句

faculty B2

n. (大学的) 系, 院

本卷1次·真题8句

honestly B1

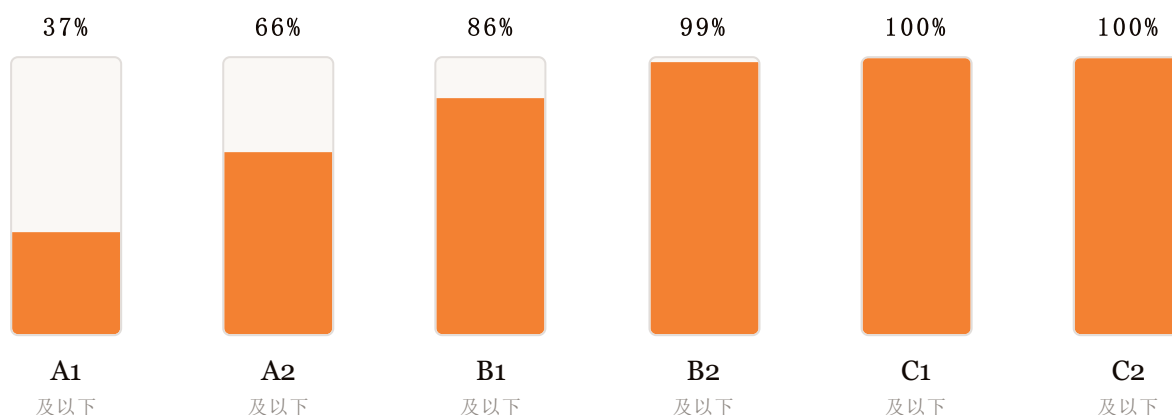
adv. 诚实地

本卷1次·真题8句

VOCABULARY • 词汇难度分布

全卷录音原文 620 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **620** 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 9 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 620 个·末柱为 100%

去重总词数

620

B2 以上难词

1%

B1 及以下覆盖

86%

英语四级 2019年12月·第2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 →

2019年12月·第2套 英语四级完形填空（选词填空）·26–35 题答案与解析

BLANKS & ANALYSIS • 选词填空题和解析

选词填空题和解析 · 26–35 题

本页 26–35 题的正确答案词与逐空解析由懒笔记按2019年12月·第2套 英语四级完形填空（选词填空）原卷词库逐空核对整理。与试卷排版同一卷面：Directions、2 段带空短文（每段之后紧随中文翻译）与 15 词共享词库连续排印；卷面下方逐空紧跟解析——该空词性、原文定位句、正确词与锁定依据，以及同词性被淘汰竞争词的逐个归因。

真题卷第2套(2019-12) • 四级

Part III Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Finally, some good news about airplane travel. If you are on a plane with a sick passenger, you are unlikely to get sick. That is the 26 of a new study that looked at how respiratory(呼吸道) viruses 27 on airplanes. Researchers found that only people who were seated in the same row as a passenger with the flu, for example—or one row in front of or behind that individual—had a high risk of catching the illness. All other passengers had only a very 28 chance of getting sick, according to the findings. Media reports have not necessarily presented 29 information about the risk of getting infected on an airplane in the past. Therefore, these new findings should help airplane passengers to feel less 30 to catching respiratory infections while traveling by air.

最后，关于飞机旅行有一些好消息。如果你和一位生病的乘客在同一架飞机上，你不太可能会生病。这是一项关于呼吸道病毒如何在飞机上传播的新研究得出的结论。研究人员发现，只有那些与患流感乘客坐在同一排的人——例如，或者坐在该乘客前面或后面一排的人——感染疾病的风险才很高。根据研究结果，所有其他乘客生病的可能性都非常小。过去，媒体报道并不一定呈现了关于在飞机上被感染风险的准确信息。因此，这些新发现应该有助于飞机乘客在乘坐飞机旅行时减少对感染呼吸道疾病的担忧。

Prior to the new study, little was known about the risks of getting 31 infected by common respiratory viruses, such as the flu or common cold, on an airplane, the researchers said. So, to 32 the risks of infection, the study team flew on 10 different 33 in the U.S. during the flu season. The researchers found that passengers sitting within two seats on 34 side of a person infected with the flu, as well as those sitting one row in front of or behind this individual, had about an

80 percent chance of getting sick. But other passengers were 35 safe from infection. They had a less than 3 percent chance of catching the flu.

研究人员表示，在这项新研究之前，人们对在飞机上直接感染流感或普通感冒等常见呼吸道病毒的风险知之甚少。因此，为了评估感染风险，研究团队在流感季节乘坐了美国10个不同的航班。研究人员发现，坐在感染流感者左右两侧各两个座位内的乘客，以及坐在该乘客前面或后面一排的乘客，大约有80%的几率会生病。但其他乘客基本上不会被感染。他们感染流感的几率不到3%。

- | | |
|-----------------|---------------|
| A) accurate | I) nearby |
| B) conclusion | J) respond |
| C) directly | K) slim |
| D) either | L) spread |
| E) evaluate | M) summit |
| F) explorations | N) vividly |
| G) flights | O) vulnerable |
| H) largely | |

26. That is the (26) of a new study that looked at how respiratory(呼吸道) viruses (27) on airplanes.

【答案】 **B) conclusion** (名词)

【词性槽】 is the of 后单数可数名词

【依据】 **That** 指代上文论断，正是研究的“结论”

上句 If you are on a plane with a sick passenger, you are unlikely to get sick. 是研究得出的判断，That is the conclusion of a new study 自然衔接，意为“这是新研究的结论”。

【竞争词】 F) explorations 复数且语义不当

explorations 是复数，不能搭单数 the；且“探索”也对不上“That=上文那句结论”的指代。

M) summit “峰会/顶峰”与研究无关

summit 与“研究的产物”风马牛不相及。

27. a new study that looked at how respiratory(呼吸道) viruses (27) on airplanes

【答案】 **L) spread** (动词)

【词性槽】 主语后缺谓语，need 动词原形(一般现在时)

【依据】 **病毒“传播”的标准动词**

viruses spread 是病毒“传播/扩散”的固定表达，与全文“飞机上呼吸道病毒怎么传播”主题完全契合(见 looked at how respiratory(呼吸道) viruses (27) on airplanes)。

【竞争词】 J) respond 回应≠传播

respond 表“回应/反应”，与“研究病毒在飞机上的扩散方式”语义错位，且 respond 通常作不及物动词，后接 to，本句缺少 to。

28. All other passengers had only a very __(28)__ chance of getting sick

【答案】 **K) slim** (形容词)

【词性槽】 a very + __ + chance 中前置定语

【依据】 **slim chance**="机会渺茫"

slim chance 是地道搭配, 意为"机会很小", 与上句 had a high risk of catching the illness 对比, 强调其他乘客感染概率"非常低", 与全文主旨"基本不会被传染"高度一致。

【竞争词】 o) vulnerable vulnerable chance 不成立

vulnerable 修饰人或群体, 且为"易受伤害的", 与 chance 不搭配; 它的位置在 30 题。

【易错】 最具迷惑性的错误词是 **O)** —— 把 vulnerable 错填进 chance 前。O vulnerable 是形容词, 也能塞进 a very __ chance 的槽(had only a very __(28)__ chance of getting sick); 但 vulnerable 修饰人不修饰 chance, 且固定搭配 vulnerable to 留给 30 题。防坑: 形容词题靠搭配对象判定, slim chance 是死搭配。

29. Media reports have not necessarily presented __(29)__ information about the risk of getting infected on an airplane in the past.

【答案】 **A) accurate** (形容词)

【词性槽】 presented 后形容词修饰 information

【依据】 "不一定准确"对应否定语境

have not necessarily presented + __ information 与下一句 Therefore, these new findings should help airplane passengers to feel less __(30)__ to catching respiratory infections 形成转折: 以往媒体并不一定提供"准确(accurate)"信息, 所以新研究才更有意义。

【竞争词】 k) slim 苗条/微小不修饰信息

slim 修饰 chance 表"渺茫", 不修饰 information; 它更适合 28 题。

o) vulnerable 易受伤害不修饰信息

vulnerable 主语通常是人/系统, 且固定搭配 be vulnerable to, 留给 30 题。

30. these new findings should help airplane passengers to feel less __(30)__ to catching respiratory infections while traveling by air

【答案】 **O) vulnerable** (形容词)

【词性槽】 feel less + __ + to 后形容词

【依据】 **be vulnerable to**="易受.....影响"

vulnerable to catching respiratory infections 表"易感染呼吸道疾病"; feel less vulnerable to 与上句"以往报道未必准确"形成转折, 呼应主旨 Finally, some good news about airplane travel.——新研究让乘客"不再那么担心感染"。

31. ... the risks of getting __(31)__ infected by common respiratory viruses, such as the flu or common cold, on an airplane

【答案】 C) directly (副词)

【词性槽】 动词 getting + ___ + 过去分词 infected

【依据】 "直接被感染"贴合方式状语

directly"直接地"修饰 infected 表"被(病毒)直接传染", 符合 little was known about the risks of getting __(31)__ infected by common respiratory viruses 在讨论"直接被传染的风险"的语境。

【竞争词】 N) vividly 色彩词不修饰"被感染"

vividly 用于修饰描述/呈现类动作, 与"被感染"这种客观事件不搭。

32. So, to __(32)__ the risks of infection, the study team flew on 10 different __(33)___

【答案】 E) evaluate (动词)

【词性槽】 不定式 to 后必为动词原形

【依据】 "评估感染风险"是研究的标准说法

evaluate the risks 是地道搭配, 意为"评估风险", 正好对应 to __(32)__ the risks of infection, the study team flew on 10 different __(33)___ 表达的研究目的。

【竞争词】 J) respond 不及物 + 语义错位

respond 通常作不及物动词, 搭 respond to, 不能直接接 the risks 作宾语; 而且"回应风险"也不符合"研究团队搭航班调查"的目的语境。

L) spread 传播≠评估

spread 表"传播", 主语通常是病毒/消息, 搭 to spread the risks 既无固定搭配也不符合"研究团队为了 X 而搭飞机调查"的语义; 它更适合 27 题描述病毒"传播"。

33. the study team flew on 10 different __(33)__ in the U.S. during the flu season

【答案】 **G) flights** (名词)

【词性槽】 数词 + 形容词后 → 名词复数

【依据】 "飞 10 个不同航班"是唯一通顺解

动词 flew on 与 flights 构成 fly on a flight "乘坐航班"的常见搭配；研究团队在流感季搭乘 10 个不同航班做调查，与 to __(32)__ the risks of infection, the study team flew on 10 different __(33)__ 的研究情境完全吻合。

【竞争词】 B) conclusion 结论无法被"乘坐"

conclusion 是研究结论，不能跟 flew on 搭配，且后面 That is the __(26)__ of a new study 用作"结论"语境，留到 26 题。

F) explorations 范围过大、与航班语境错位

explorations 多指"考察/勘探"，搭配 flew on 10 different explorations 不成立——人是"乘航班"而非"乘考察"。

M) summit 峰会与流感研究无关

summit 意为"顶峰/峰会"，与 during the flu season 的研究情境无逻辑关联。

34. passengers sitting within two seats on __(34)__ side of a person infected with the flu

【答案】 **D) either** (形容词)

【词性槽】 on __ side of 固定框架

【依据】 on either side of = "两侧"

either + side 是"两侧"的标准说法；放回去 within two seats on __(34)__ side of a person infected with the flu 自然表达"病人两侧两座以内"，这恰是研究划定的高危范围。

35. But other passengers were __(35)__ safe from infection.

【答案】 **H) largely** (副词)

【词性槽】 be 与形容词之间填副词作状语

【依据】 "在很大程度上安全"匹配数据

下一句给出 They had a less than 3 percent chance of catching the flu.——感染概率不到 3%，但并非 0%，所以是"在很大程度上(largely)安全"而非"完全安全"，与开头主旨 you are unlikely to get sick 也呼应。

【竞争词】 c) directly "直接安全"语义不通

directly"直接地"修饰 safe 没有意义；它更适合 31 题"被直接感染"的语境。

n) vividly 色彩词修饰描述类动词

vividly"生动地"用于修饰描述/表达类动词(如 describe vividly)，修饰 safe 不搭。

【易错】 最具迷惑性的错误词是 **C)** —— 把 directly 误填进"安全"前。C directly 与 H largely 同为副词，词性槽都对，且"直接安全"听上去也像那么回事(other passengers were __(35)__ safe from infection)；但后句 less than 3 percent chance 表明并非"100% 安全"而是"基本上安全"，必须用 largely。防坑：副词题永远回看下一句数据校准程度。

WORD BANK · 词库分类表

15 个候选词 · 词性与词义

选词填空文后的共享词库共 **15** 个词 (A-O)，为 10 个空各选一个、每词最多用一次。下面给出每个词的词性与中文词义；标注「用于第 N 空」的 10 个为答案，其余 5 个为干扰词。

A) **accurate** (形容词)

准确的、精确的

用于第 29 空

B) **conclusion** (名词)

结论、结尾

用于第 26 空

C) **directly** (副词)

直接地、径直地

用于第 31 空

D) **either** (形容词)

(两者之中)任一；常构成 on either side of "在.....两侧"

用于第 34 空

E) **evaluate** 动词

评估、评价

用于第 32 空

F) **explorations** 名词

探索、考察(复数)

干扰词 · 未选用

G) **flights** 名词

航班(复数)

用于第 33 空

H) **largely** 副词

在很大程度上、基本上

用于第 35 空

I) **nearby** 形容词 副词

附近的、在附近

干扰词 · 未选用

J) **respond** 动词

回应、回答

干扰词 · 未选用

K) **slim** 形容词

苗条的; (机会等)微小的

用于第 28 空

L) **spread** 动词 名词

传播、蔓延

用于第 27 空

M) **summit** 名词

顶峰、峰会

干扰词 · 未选用

N) **vividly** 副词

生动地、鲜明地

干扰词 · 未选用

O) **vulnerable** 形容词

易受伤害的、易受.....影响的; 常搭 be vulnerable to

用于第 30 空

全文主旨

飞机上感染呼吸道病毒的真实风险其实很低

全文围绕一项关于飞机上呼吸道病毒传播的新研究展开: 开篇即定调 Finally, some good news about airplane travel. If you are on a plane with a sick passenger, you are unlikely to get sick., 随后用 passengers sitting within two seats on __(34)__ side of a person infected with the flu, as well as those sitting one row in front of or behind this individual, had about an 80 percent chance of getting sick. But other passengers were __(35)__ safe from infection. 给出数据, 主旨是"只有紧邻病人才高危, 其他乘客基本安全"。

这 5 个词始终没被任何空选用

词库 15 词里有 5 个是命题人埋的干扰词——它们词性看着也对、词义也沾点边，却不该填进任何一个空。下面逐个剖析它们最像哪个空的答案、为什么是陷阱。

F) **explorations** 最像 33 题的“航班”

F explorations 与 G flights 同为名词复数，且“探索/考察”乍看与“研究团队飞遍美国”有点沾边；识破方法：动词搭配 flew on flights 才地道，flew on explorations 站不住脚(the study team flew on 10 different __(33)__)。

I) **nearby** 最像 35 题的“基本安全”

I nearby 既可作形容词也可作副词，看似能放进 be __ safe 槽位；但“附近地安全”语义不通，且无法与 less than 3 percent chance 的程度对应。一句话识破：nearby 表“位置在附近”，不表“程度”。

J) **respond** 最像 32 题的“评估风险”

J respond 是动词原形，能直接放进 to __ the risks 槽位；但 respond 不及物，正式搭配是 respond to，无法直接接 the risks(to __(32)__ the risks of infection)。识破：动词后能否直接带名词宾语是关键。

M) **summit** 最像 26 题的“结论”

M summit 是单数名词，正好搭 the __ of a new study 的语法槽；但“研究的峰会/顶点”语义荒谬。识破：回看 That 指代上句论断，应是“结论”而非“顶峰”(That is the __(26)__ of a new study)。

N) **vividly** 最像 31 题的“直接被感染”

N vividly 是副词，能填进 getting __ infected 的副词槽(the risks of getting __(31)__ infected)；但 vividly 修饰“描述/呈现”类动作，不修饰“被感染”这种客观事件。识破：副词要看修饰对象的属性是动作类还是描述类。

4 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

Researchers found that only people who were seated in the same row as a passenger with the flu, for example—or one row in front of or behind that individual—had a high risk of catching the illness.

第1段，第4句

"主句 + 宾语从句 + 定语从句" 的三层结构是四六级和考研阅读中的典型长难句模式；限制性定语从句修饰主语、插入语分隔主谓、介词短语作后置定语等都是高频句式特征，迁移性很强。

Therefore, these new findings should help airplane passengers to feel less vulnerable to catching respiratory infections while traveling by air.

第1段，第7句

"help + 宾语 + 不定式" 结构和 "while" 引导的时间状语从句（尤其省略式）都是四六级和考研阅读中的常见句式。情态动词 "should" 表达推断或建议的用法也很典型。掌握本句结构后，学习者可将此模式迁移到大量类似句子中，实用性强。

The researchers found that passengers sitting within two seats on either side of a person infected with the flu, as well as those sitting one row in front of or behind this individual, had about an 80 percent chance of getting sick.

第2段，第3句

主句带宾语从句、从句主语含并列结构和多个后置定语,这种"复杂主语+简单谓语宾语"的格局在四六级和考研阅读中极为常见,且分词短语作定语、并列连词连接主语成分都是高频考点,掌握后可大量复用。

But other passengers were largely safe from infection.

第2段，第4句

主系表结构在四六级和考研中常见，be动词加形容词的表达方式很典型，但本句过于简单，缺少从句或复杂修饰，作为真题句式的代表性一般

HIGH-FREQUENCY • 真题高频词

本篇出现的 20 个英语四级真题高频词

下列单词既在本篇英文短文中出现，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。

risk

A2

n. 风险

本篇4次 · 真题 108 句

researcher

B2

n. 研究人员

本篇3次 · 真题 239 句

infection

B2

n. 传染

本篇3次 · 真题 13 句

less

A1

det. 较少的

本篇2次 · 真题 224 句

finding

B2

n. 调查结果

本篇2次 · 真题 99 句

individual

B2

adj. 单独的

本篇2次 · 真题 79 句

virus

B1

n. 病毒（引起疾病的微生物）

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

medium

B1

adj. 中等的

本篇1次 · 真题 55 句

finally

A2

adv. 终于，最终

本篇1次 · 真题 36 句

flight

A2

n. 航班

本篇1次 · 真题 36 句

necessarily

B2

adv. 必然地

本篇1次 · 真题 27 句

largely

B2

adv. 主要地

本篇1次 · 真题 24 句

vulnerable

C1

adj. 易受伤害的

本篇1次 · 真题 23 句

directly

B1

adv. 直接地

本篇1次 · 真题 22 句

therefore

B1

adv. 因此, 所以

本篇1次 · 真题 16 句

accurate

B2

adj. 准确的

本篇1次 · 真题 15 句

evaluate

B2

v. 评估

本篇1次 · 真题 9 句

prior

B2

adj. 先前的, 之前的

本篇1次 · 真题 9 句

unlikely

B1

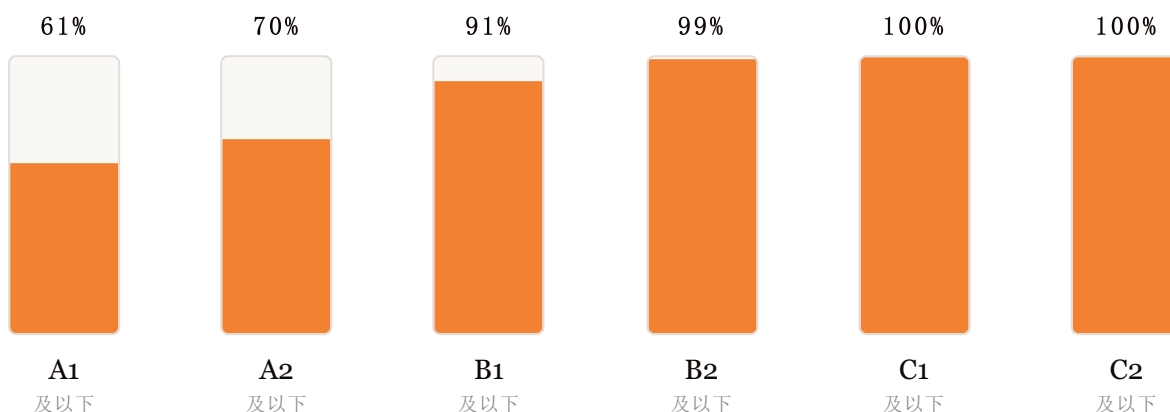
adj. 不太可能的

本篇1次 · 真题 9 句

VOCABULARY · 词汇难度分布

全文 88 词按 CEFR 难度累积覆盖

带空短文去重后共 **88** 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 1 个 · 约 1%。



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 88 个 · 末柱为 100%

去重总词数

88

B2 以上难词

1%

B1 及以下覆盖

91%

英语四级 2019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）	本题
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 →

2019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2019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 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2套(2019-12)·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**.

Is Breakfast Really the Most Important Meal of the Day?

A) Along with old classics like "carrots give you night vision" and "Santa doesn't bring toys to misbehaving children", one of the most well-worn phrases of tired parents everywhere is that breakfast is the most important meal of the day. Many of us grow up believing that skipping breakfast is a serious mistake, even if only two thirds of adults in the UK eat breakfast regularly, according to the British Dietetic Association, and around three-quarters of Americans.

和"胡萝卜能让你拥有夜视能力"以及"圣诞老人不会给不听话的孩子送玩具"这些老生常谈一样,疲惫的父母们到处挂在嘴边的最常用短语之一就是早餐是一天中最重要的一餐。我们许多人从小就相信不吃早餐是个严重的错误,尽管根据英国饮食协会的数据,英国只有三分之二的成年人经常吃早餐,而在美国这一比例约为四分之三。

B) "The body uses a lot of energy stores for growth and repair through the night," explains diet specialist Sarah Elder. "Eating a balanced breakfast helps to up our energy, as well as make up for protein and calcium used throughout the night." But there's widespread disagreement over whether breakfast should keep its top spot in the hierarchy(等级) of meals. There have been concerns around the sugar content of cereal and the food industry's involvement in pro-breakfast research—and even one claim from an academic that breakfast is "dangerous".

"身体在夜间利用大量能量储备进行生长和修复,"饮食专家Sarah Elder解释说。"吃一顿均衡的早餐有助于补充我们的能量,并弥补整夜消耗的蛋白质和钙质。"但关于早餐是否应该在餐食等级中保持首要地位,存在广泛的分歧。人们对谷物早餐的含糖量和食品行业参与支持早餐研究表示担忧,甚至有学者声称早餐是"危险的"。

- C) What's the reality? Is breakfast a necessary start to the day or a marketing tactic by cereal companies? The most researched aspect of breakfast (and breakfast-skipping) has been its links to obesity. Scientists have different theories as to why there's a relationship between the two. In one US study that analysed the health data of 50,000 people over seven years, researchers found that those who made breakfast the largest meal of the day were more likely to have a lower body mass index (BMI) than those who ate a large lunch or dinner. The researchers argued that breakfast helps reduce daily calorie intake and improve the quality of our diet—since breakfast foods are often higher in fibre and nutrients.

事实到底如何?早餐是一天的必要开端还是谷物公司的营销策略?关于早餐(以及不吃早餐)研究最多的方面是它与肥胖的关系。科学家们对两者之间存在关联的原因有不同的理论。在美国一项对50,000人进行为期七年健康数据分析的研究中,研究人员发现,那些把早餐作为一天中最大一餐的人,比吃丰盛午餐或晚餐的人更有可能拥有较低的身体质量指数(BMI)。研究人员认为早餐有助于减少每日卡路里摄入并改善我们的饮食质量,因为早餐食物通常富含更多纤维和营养素。

- D) But as with any study of this kind, it was unclear if that was the cause—or if breakfast-skippers were just more likely to be overweight to begin with. To find out, researchers designed a study in which 52 obese women took part in a 12-week weight loss programme. All had the same number of calories over the day, but half had breakfast, while the other half did not. What they found was that it wasn't breakfast itself that caused the participants to lose weight: it was changing their normal routine.

但与任何此类研究一样,尚不清楚这是否是原因,或者不吃早餐的人本来就更有可能超重。为了找出答案,研究人员设计了一项研究,让52名肥胖女性参加为期12周的减重计划。所有人每天摄入相同的卡路里,但一半人吃早餐,另一半人不吃。他们发现导致参与者减重的并非早餐本身,而是改变了她们的日常习惯。

- E) If breakfast alone isn't a guarantee of weight loss, why is there a link between obesity and breakfast-skipping? Alexandra Johnstone, professor of appetite research at the University of Aberdeen, argues that it may simply be because breakfast-skippers have been found to be less knowledgeable about nutrition and health. "There are a lot of studies on the relationship between breakfast eating and possible health outcomes, but this may be because those who eat breakfast choose to habitually have health-enhancing behaviours such as regular exercise and not smoking," she says.

如果单独吃早餐并不能保证减重,那么为什么肥胖与不吃早餐之间存在关联?Aberdeen大学食欲研究教授Alexandra Johnstone认为,这可能仅仅是因为研究发现不吃早餐的人对营养和健康的了解较少。"关于吃早餐与可能的健康结果之间关系的研究很多,但这可能是因为那些吃早餐的人选择习惯性地采取促进健康的行为,如定期锻炼和不吸烟,"她说。

- F) A 2016 review of 10 studies looking into the relationship between breakfast and weight management concluded there is "limited evidence" supporting or refuting(反驳) the argument that breakfast influences weight or food intake, and more evidence is required before breakfast recommendations can be used to help prevent obesity.

2016年一项针对10项研究早餐与体重管理关系的综述得出结论,支持或反驳早餐影响体重或食物摄入这一论点的"证据有限",在早餐建议可用于帮助预防肥胖之前,需要更多证据。

- G) Researchers from the University of Surrey and University of Aberdeen are halfway through research looking into the mechanisms behind how the time we eat influences body weight. Early findings suggest that a bigger breakfast is beneficial to weight control. Breakfast has been found to affect

more than just weight. Skipping breakfast has been associated with a 27% increased risk of heart disease, a 21% higher risk of type 2 diabetes in men, and a 20% higher risk of type 2 diabetes in women. One reason may be breakfast's nutritional value partly because cereal is fortified(增加营养价值) with vitamins. In one study on the breakfast habits of 1,600 young people in the UK, researchers found that the fibre and micronutrient intake was better in those who had breakfast regularly. There have been similar findings in Australia, Brazil, Canada and the US.

Surrey大学和Aberdeen大学的研究人员正在进行一项研究,探讨我们进食时间如何影响体重背后的机制,目前已完成一半。早期研究结果表明,更丰盛的早餐有益于体重控制。研究发现早餐的影响不仅限于体重。不吃早餐与心脏病风险增加27%、男性2型糖尿病风险增加21%以及女性2型糖尿病风险增加20%相关。一个原因可能是早餐的营养价值,部分因为谷物早餐添加了维生素。在一项针对英国1,600名年轻人早餐习惯的研究中,研究人员发现经常吃早餐的人纤维和微量营养素摄入更好。在澳大利亚、巴西、加拿大和美国也有类似发现。

- H) Breakfast is also associated with improved brain function, including concentration and language use. A review of 54 studies found that eating breakfast can improve memory, though the effects on other brain functions were inconclusive. However, one of the review's researchers, Mary Beth Spitznagel, says there is "reasonable" evidence breakfast does improve concentration—there just needs to be more research. "Looking at studies that tested concentration the number of studies showing a benefit was exactly the same as the number that found no benefit," she says. "And no studies found that eating breakfast was bad for concentration."

早餐还与改善大脑功能相关,包括注意力和语言使用。一项对54项研究的综述发现,吃早餐可以改善记忆力,尽管对其他大脑功能的影响尚无定论。然而,该综述的研究人员之一Mary Beth Spitznagel表示,有"合理"证据表明早餐确实能改善注意力,只是需要更多研究。"从测试注意力的研究来看,显示有益的研究数量与发现无益的研究数量完全相同,"她说。"而且没有研究发现吃早餐对注意力有害。"

- I) What's most important, some argue, is what we eat for breakfast. High-protein breakfasts have been found particularly effective in reducing the longing for food and consumption later in the day, according to research by the Australian Commonwealth Scientific and Industrial Research Organisation. While cereal remains a firm favourite among breakfast consumers in the UK and US, a recent investigation into the sugar content of 'adult' breakfast cereals found that "some cereals contain more than three-quarters of the recommended daily amount of free sugars in each portion, and sugar was the second or third highest ingredient in cereals."

一些人认为,最重要的是我们早餐吃什么。根据澳大利亚联邦科学与工业研究组织的研究,高蛋白早餐在减少对食物的渴望和当天晚些时候的摄入方面特别有效。虽然谷物早餐仍然是英国和美国早餐消费者的坚定最爱,但最近一项关于"成人"谷物早餐含糖量的调查发现,"有些谷物每份含有超过推荐每日游离糖摄入量的四分之三,而且糖是谷物中含量第二或第三高的成分。"

- J) But some research suggests if we're going to eat sugary foods, it's best to do it early. One study recruited 200 obese adults to take part in a 16-week-long diet, where half added dessert to their breakfast, and half didn't. Those who added dessert lost an average of 40 pounds more—however, the study was unable to show the long-term effects. A review of 54 studies found that there is no consensus yet on what type of breakfast is healthier, and concluded that the type of breakfast doesn't matter as much as simply eating something.

但一些研究表明,如果我们要吃含糖食物,最好早点吃。一项研究招募了200名肥胖成年人参加为期16周的饮食计划,其中一半人在早餐中添加甜点,另一半人没有。添加甜点的人平均多减掉40磅,然而该研究无

法显示长期效果。一项对54项研究的综述发现,关于哪种类型的早餐更健康尚无共识,并得出结论认为早餐的类型不如简单地吃点东西重要。

- K) While there's no conclusive evidence on exactly what we should be eating and when, the consensus is that we should listen to our own bodies and eat when we're hungry. "Breakfast is most important for people who are hungry when they wake up," Johnstone says. "Each body starts the day differently—and those individual differences need to be researched more closely," Spitznagel says. "A balanced breakfast is really helpful, but getting regular meals throughout the day is more important to leave blood sugar stable through the day, which helps control weight and hunger levels," says Elder. "Breakfast isn't the only meal we should be getting right."

虽然关于我们应该吃什么以及何时吃没有确凿的证据,但共识是我们应该倾听自己的身体,在饿的时候吃东西。"对于醒来时感到饥饿的人来说,早餐最重要,"Johnstone说。"每个身体开启新一天的方式不同,这些个体差异需要更深入地研究,"Spitznagel说。"均衡的早餐确实有帮助,但全天定时进餐对于保持血糖稳定更为重要,这有助于控制体重和饥饿水平,"Elder说。"早餐并非我们唯一应该吃对的一餐。"

陈述句与逐句解析

36. According to one professor, obesity is related to a lack of basic awareness of nutrition and health.

据一位教授称,肥胖与缺乏营养和健康的基本意识有关。

【答案】 E 段 (强锚点)

【锚点】 一位教授+营养健康知识不足

【定位】 Alexandra Johnstone, professor of appetite research at the University of Aberdeen, argues that it may simply be because breakfast-skippers have been found to be less knowledgeable about nutrition and health.

Aberdeen 大学食欲研究教授 Alexandra Johnstone 认为,这或许只是因为不吃早餐的人被发现在营养与健康方面的知识更少。

【改写】 According to one professor ↔

Alexandra Johnstone, professor of appetite research at the University of Aberdeen

教授身份原样复现

a lack of basic awareness of nutrition and health ↔

less knowledgeable about nutrition and health

缺失类名词化

【辨邻】 K K 段也引用了 Johnstone 的话,但谈的是 Breakfast is most important for people who are hungry when they wake up, 与 a lack of basic awareness of nutrition and health 无关。

Breakfast is most important for people who are hungry when they wake up

37. Some scientists claim that people should consume the right kind of food at breakfast.

一些科学家声称人们应该在早餐时摄入正确种类的食物。

【答案】 I 段 (强锚点)

【锚点】 吃对种类的早餐食物

【定位】 What's most important, some argue, is what we eat for breakfast.

有人主张, 最重要的是我们早餐吃什么。

【改写】 Some scientists claim ↔ some argue

言说动词同义

the right kind of food at breakfast ↔ what we eat for breakfast

种类问题两种说法

【辨邻】 J J 段虽然也谈早餐吃什么, 但结论是 the type of breakfast doesn't matter as much as simply eating something, 恰好与 should consume the right kind of food at breakfast 立场相反。

the type of breakfast doesn't matter as much as simply eating something

K K 段说 there's no conclusive evidence on exactly what we should be eating and when, 是悬而未决, 不是 Some scientists claim 的主张。

there's no conclusive evidence on exactly what we should be eating and when

38. Opinions differ as to whether breakfast is the most important meal of the day.

关于早餐是否是一天中最重要的一餐, 意见不一。

【答案】 B 段 (强锚点)

【锚点】 早餐是否最重要的争议

【定位】 But there's widespread disagreement over whether breakfast should keep its top spot in the hierarchy(等级) of meals.

但是关于早餐是否应继续保持其在餐次等级中的头号位置, 存在广泛的分歧。

【改写】 Opinions differ ↔ widespread disagreement

分歧的两种说法

the most important meal of the day ↔ keep its top spot in the hierarchy(等级) of meals

等级顶端与最重要同义

【辨邻】 K K 段虽然也讨论早餐地位, 但说的是 Breakfast isn't the only meal we should be getting right, 这是一个结论式建议, 不是 Opinions differ 想要的明确分歧陈述。

Breakfast isn't the only meal we should be getting right

39. It has been found that not eating breakfast is related to the incidence of certain diseases in some countries.

研究发现,在一些国家,不吃早餐与某些疾病的发生率有关。

【答案】 **G** 段 (强锚点)

【锚点】 不吃早餐与某些国家疾病发病率挂钩

【定位】 Skipping breakfast has been associated with a 27% increased risk of heart disease, a 21% higher risk of type 2 diabetes in men, and a 20% higher risk of type 2 diabetes in women.

不吃早餐与心脏病风险增加 27%、男性 2 型糖尿病风险增加 21%、女性 2 型糖尿病风险增加 20% 相关联。

【改写】 not eating breakfast ↔ **Skipping breakfast**

不做某事两种说法

the incidence of certain diseases ↔

27% increased risk of heart disease, a 21% higher risk of type 2 diabetes in men, and a 20% higher risk of type 2 diabetes in women

上位词打包具体病种

in some countries ↔ **similar findings in Australia, Brazil, Canada and the US**

上位短语打包国名列表

【辨邻】 **C** C 段也涉及健康问题,但主线是 lower body mass index (BMI),并未陈述心脏病、糖尿病等病种的发病率。

those who made breakfast the largest meal of the day were more likely to have a lower body mass index (BMI)

K K 段提及 blood sugar stable through the day, which helps control weight and hunger levels, 未提任何具体疾病或国家。

blood sugar stable through the day, which helps control weight and hunger levels

40. Researchers found it was a change in eating habits rather than breakfast itself that induced weight loss.

研究人员发现,导致体重减轻的是饮食习惯的改变而非早餐本身。

【答案】 **D** 段 (强锚点)

【锚点】 改变进食习惯而非早餐本身致瘦

【定位】 What they found was that it wasn't breakfast itself that caused the participants to lose weight: it was changing their normal routine.

他们发现,让参与者减重的并不是早餐本身,而是改变了她们原本的饮食习惯。

【改写】 a change in eating habits rather than breakfast itself ↔

it wasn't breakfast itself that caused the participants to lose weight: it was changing their normal routine

对比结构等值

induced weight loss ↔ **caused the participants to lose weight**

致使类动词同义

【辨邻】 E E 段虽然也提到生活习惯，但谈的是 those who eat breakfast choose to habitually have health-enhancing behaviours such as regular exercise and not smoking, 不是题干要求的实验中发现是改变习惯而非早餐本身致瘦。

those who eat breakfast choose to habitually have health-enhancing behaviours such as regular exercise and not smoking

C C 段说 breakfast helps reduce daily calorie intake, 把早餐当作原因之一；与 rather than breakfast itself 的排除立场相反。

breakfast helps reduce daily calorie intake and improve the quality of our diet

41. To keep oneself healthy, eating breakfast is more important than choosing what to eat.

为了保持健康,吃早餐比选择吃什么更重要。

【答案】 J 段 (强锚点)

【锚点】 吃早餐比挑早餐更重要

【定位】 A review of 54 studies found that there is no consensus yet on what type of breakfast is healthier, and concluded that the type of breakfast doesn't matter as much as simply eating something.

对 54 项研究的综述发现，关于哪种早餐更健康尚无共识，并得出结论：早餐的种类远没有简单地吃点什么重要。

【改写】 eating breakfast is more important than choosing what to eat ↔

the type of breakfast doesn't matter as much as simply eating something

比较句的反向同义

To keep oneself healthy ↔ **there is no consensus yet on what type of breakfast is healthier**

健康话题的上下文呼应

【辨邻】 I I 段开头说 What's most important, some argue, is what we eat for breakfast, 把重要放在种类上, 与 eating breakfast is more important than choosing what to eat 立场相反。

What's most important, some argue, is what we eat for breakfast

K K 段说 getting regular meals throughout the day is more important to leave blood sugar stable through the day, 比较的是规律三餐与早餐, 并非 choosing what to eat。

getting regular meals throughout the day is more important

42. It is widely considered wrong not to eat breakfast.

不吃早餐被广泛认为是错误的。

【答案】 A 段 (强锚点)

【锚点】 普遍认为不吃早餐是错的

【定位】 Many of us grow up believing that skipping breakfast is a serious mistake, even if only two thirds of adults in the UK eat breakfast regularly, according to the British Dietetic Association, and around three-quarters of Americans.

我们中许多人从小就被灌输不吃早餐是一个严重错误的观念, 尽管根据英国饮食协会的数据, 只有约三分之二的英国成年人规律吃早餐、约四分之三的美国成年人如此。

【改写】 widely considered ↔ Many of us grow up believing

普遍认知两种说法

wrong not to eat breakfast ↔ skipping breakfast is a serious mistake

错误评价的同义改写

【辨邻】 B B 段反映的是 widespread disagreement 与学者称早餐 dangerous 的学界分歧, 不是 widely considered 所说的大众普遍观念。

widespread disagreement over whether breakfast should keep its top spot in the hierarchy(等级) of meals

43. More research is needed to prove that breakfast is related to weight loss or food intake.

需要更多研究来证明早餐与体重减轻或食物摄入量有关。

【答案】 F 段 (强锚点)

【锚点】 需要更多研究证明早餐与减重或进食量关系

【定位】 A 2016 review of 10 studies looking into the relationship between breakfast and weight management concluded there is "limited evidence" supporting or refuting(反驳) the argument that breakfast influences weight or food intake, and more evidence is required before breakfast recommendations can be used to help prevent obesity.

2016 年一份汇总 10 项研究的综述得出结论: 支持或反驳早餐影响体重或进食量这一观点的证据有限, 在用早餐建议帮助预防肥胖之前还需要更多证据。

【改写】 More research is needed ↔ **more evidence is required**

研究证据同义改写

breakfast is related to weight loss or food intake ↔ **breakfast influences weight or food intake**

关联与影响同义

【辨邻】 **H** H 段说 there just needs to be more research, 但谈的是 concentration, 不是 weight loss or food intake。

there is "reasonable" evidence breakfast does improve concentration—there just needs to be more research

G G 段说 halfway through research, Early findings suggest that a bigger breakfast is beneficial to weight control, 是单项研究的早期发现, 不是 More research is needed 的综述结论。

Early findings suggest that a bigger breakfast is beneficial to weight control

44. People who prioritise breakfasts tend to have lower calorie but higher nutritional intake.

重视早餐的人往往摄入较低的卡路里但较高的营养。

【答案】 **C** 段 (强锚点)

【锚点】 看重早餐者热量低但营养高

【定位】 The researchers argued that breakfast helps reduce daily calorie intake and improve the quality of our diet—since breakfast foods are often higher in fibre and nutrients.

研究者认为, 早餐有助于降低每日热量摄入并提升膳食质量——因为早餐食物通常富含更多膳食纤维和营养素。

【改写】 People who prioritise breakfasts ↔ **those who made breakfast the largest meal of the day**

看重早餐的同义说法

lower calorie ↔ **reduce daily calorie intake**

热量减少的形容词与动词对齐

higher nutritional intake ↔

improve the quality of our diet—since breakfast foods are often higher in fibre and nutrients

营养增加的形容词与动词对齐

【辨邻】 **G** G 段说 the fibre and micronutrient intake was better in those who had breakfast regularly, 只对上了 higher nutritional intake 这一半, 并未说 lower calorie。

the fibre and micronutrient intake was better in those who had breakfast regularly

I I 段谈的是 High-protein breakfasts have been found particularly effective in reducing the longing for food and consumption later in the day, 焦点在蛋白质与抑制食欲, 不是 lower calorie but higher nutritional intake 的对偶。

High-protein breakfasts have been found particularly effective in reducing the longing for food and consumption later in the day

45. Many studies reveal that eating breakfast helps people memorise and concentrate.

许多研究表明,吃早餐有助于人们记忆和集中注意力。

【答案】 **H** 段 (强锚点)

【锚点】 多项研究: 早餐助记忆与注意力

【定位】 A review of 54 studies found that eating breakfast can improve memory, though the effects on other brain functions were inconclusive.

一项汇总 54 项研究的综述发现, 吃早餐能改善记忆力, 尽管其对其他脑功能的影响尚无定论。

【改写】 Many studies reveal ↔ A review of 54 studies found

上位规模词加发现动词同义

helps people memorise ↔ eating breakfast can improve memory

名词到动词改写

concentrate ↔ improve concentration

名词到动词改写

【辨邻】 **G** 段说 Breakfast has been found to affect more than just weight, 紧接着谈疾病风险与营养素, 未涉及 memorise and concentrate 这类脑功能。

Breakfast has been found to affect more than just weight

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 用引子带出主题: 父母总把不吃早餐说成大错, 但其实英国只有约三分之二、美国约四分之三的成年人才规律吃早餐。

信息指纹 英美吃早餐人数比例

B 营养师说早餐能补夜里消耗的能量与蛋白钙质, 但学界对早餐是否仍是最重要的一餐存在分歧, 甚至有学者称早餐 dangerous。

信息指纹 对早餐地位的学界分歧

C 以一项美国五万人七年的研究为代表，论证把早餐当作最大一餐者 BMI 更低，理由是早餐降低全天热量并提升膳食质量。

信息指纹 五万人七年研究指向低BMI

D 针对 52 名肥胖女性的 12 周减重对照试验发现：让人瘦下来的不是早餐本身，而是改变了原有的进食习惯。

信息指纹 52名肥胖女性12周对照实验

E Aberdeen 大学教授 Alexandra Johnstone 认为，不吃早餐者营养健康知识更少，他们的健康问题更多反映的是整套健康习惯而非早餐本身。

信息指纹 教授指营养健康知识缺失

F 2016 年一份汇总 10 项研究的综述指出，关于早餐与体重、进食量关系的证据有限，要想用早餐建议防肥胖还需要更多研究。

信息指纹 2016综述称证据有限

G Surrey 与 Aberdeen 的新研究初步显示丰盛早餐有利体重控制；并列出不吃早餐与心脏病、2型糖尿病发病率上升的具体百分比，以及多国对早餐者营养摄入更佳地发现。

信息指纹 心脏病糖尿病风险百分比与多国证据

H 汇总 54 项研究显示吃早餐能改善记忆，对其他脑功能的证据则未有定论；研究者 Spitznagel 说在注意力上正反研究数量持平、但没有任何研究表明早餐有害注意力。

信息指纹 54项研究指向记忆与注意力

I 有人主张关键在吃什么：澳大利亚 CSIRO 研究发现高蛋白早餐能更有效抑制后续食欲；同时调查指出一些成人麦片含糖量过高。

信息指纹 高蛋白早餐与高糖麦片

J 200 名肥胖成人 16 周饮食实验显示，把甜点放进早餐的一组多减 40 磅；同时一份 54 项研究的综述说，吃哪种早餐没共识，关键是吃。

信息指纹 200人16周甜点早餐实验与吃就行结论

K

几位专家收尾：没有确证该吃什么、什么时候吃，应听身体信号、饿了就吃；规律三餐比强调早餐更重要，早餐不是唯一要吃对的一餐。

信息指纹 听身体信号且规律三餐

SENTENCE INSIGHTS • 句子精讲

22 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。

Many of us grow up believing that skipping breakfast is a serious mistake, even if only two thirds of adults in the UK eat breakfast regularly, according to the British Dietetic Association, and around three-quarters of Americans.

A段，第2句

本句的结构在四六级和考研阅读中非常典型：主句 + 宾语从句 + 让步状语从句的组合，现在分词作状语带出从句，以及用统计数据形成对比的表达方式，都是真题中高频出现的句式。掌握后可大量迁移到类似长句的理解和分析中。

"Eating a balanced breakfast helps to up our energy, as well as make up for protein and calcium used throughout the night."

B段，第2句

动名词短语作主语、help后接不定式、as well as并列结构、过去分词作定语，都是四六级和考研阅读中高频出现的句式，具有较强的代表性。掌握本句结构后，可迁移到大量类似句子的分析中，实用性较高。

The researchers argued that breakfast helps reduce daily calorie intake and improve the quality of our diet—since breakfast foods are often higher in fibre and nutrients.

C段，第6句

句子采用 argue that 引导宾语从句的论证结构，这是学术写作和考试阅读中的典型句式；since 引导原因状语从句提供论据支持，也是常见的因果论证模式；整体结构在四六级和考研真题中频繁出现，具有较高的代表性和可迁移性。

But as with any study of this kind, it was unclear if that was the cause—or if breakfast-skippers were just more likely to be overweight to begin with.

D段，第1句

形式主语 it + 主语从句的结构在四六级和考研阅读中极为常见，且本句的主语从句包含并列选择关系，进一步增加了典型性。掌握这种句式后可以迁移到大量类似结构的句子中，是高频考点句式。

To find out, researchers designed a study in which 52 obese women took part in a 12-week weight loss programme.

D段，第2句

学术类文章和考试阅读中，用定语从句(尤其是“介词 + which”结构)补充说明研究设计细节是非常典型的句式。本句的结构(主句陈述动作 + 定语从句限定核心名词)高度代表科技说明文的常见表达模式，掌握后可广泛迁移到类似语境。

What they found was that it wasn't breakfast itself that caused the participants to lose weight: it was changing their normal routine.

D段，第4句

本句覆盖了主语从句、表语从句、强调句型、主系表结构、动名词作表语等多种成分类型，且强调句型中涉及形式主语的识别，表语从句中又包含完整的主谓宾结构和不定式，成分种类丰富。强调句型是学生常见易错点，容易误判为定语从句或其他结构；动名词作表语也需要与进行时区分。作为成分划分练习句，能同时训练多个考点，训练价值较高。

If breakfast alone isn't a guarantee of weight loss, why is there a link between obesity and breakfast-skipping?

E段，第1句

条件状语从句 + 特殊疑问主句的组合在考研和四六级阅读中高频出现，there be 句型和疑问句倒装也是必考点；句子结构具有很强的代表性和迁移价值，掌握后可应用于大量类似句式

Alexandra Johnstone, professor of appetite research at the University of Aberdeen, argues that it may simply be because breakfast-skippers have been found to be less knowledgeable about nutrition and health.

E段，第2句

宾语从句嵌套表语从句的结构在学术文本和考试阅读中常见，尤其是 argue/suggest/indicate 等动词接 that 从句的用法，以及 because 引导表语从句解释原因的句式，具有很高的复用价值。

"There are a lot of studies on the relationship between breakfast eating and possible health outcomes, but this may be because those who eat breakfast choose to habitually have health-enhancing behaviours such as regular exercise and not smoking," she says.

E段，第3句

本句成分种类丰富且层次分明:包含宾语从句、并列主句、表语从句、定语从句等多种从句类型;涉及存在句结构(There be)、情态动词结构(may be)、不定式作宾语(choose to have)、介词短语作定语等多种成分形式;还有关系代词 who 在从句中充当主语的用法。这些特征覆盖多个易错点,适合作为综合练习句,帮助学生熟悉从句识别、成分归属和修饰关系判断。

A 2016 review of 10 studies looking into the relationship between breakfast and weight management concluded there is "limited evidence" supporting or refuting(反驳) the argument that breakfast influences weight or food intake, and more evidence is required before breakfast recommendations can be used to help prevent obesity.

F段，第1句

覆盖成分丰富:主句有长定语修饰主语, 宾语从句包含 there be 句型、同位语从句、时间状语从句和目的状语;涉及被动结构、情态动词、不定式等多种常考点。分词短语作定语、同位语从句识别、目的状语判断等都是易错点, 训练价值高。

Researchers from the University of Surrey and University of Aberdeen are halfway through research looking into the mechanisms behind how the time we eat influences body weight.

G段，第1句

主句涵盖主系表结构, 表语中含分词作后置定语; 宾语从句内有完整主谓宾及方式状语 how; 定语从句省略关系副词且作主语的一部分。成分种类较丰富, 且定语从句省略和后置定语嵌套是常见易错点, 训练价值较高。

Early findings suggest that a bigger breakfast is beneficial to weight control.

G段，第2句

主句+宾语从句的结构是四六级和考研阅读中高频句式,尤其"研究/报告+suggest/show/indicate+that从句"是学术类文本的典型表达,学习后可迁移到大量类似语境,代表性较强。

Breakfast has been found to affect more than just weight.

G段，第3句

"主语 + 被动语态谓语 + 不定式补语" 是四六级和考研阅读中高频出现的句式，尤其在科研结果或调查发现的表述中极为常见，掌握后可大量复用。

Skipping breakfast has been associated with a 27% increased risk of heart disease, a 21% higher risk of type 2 diabetes in men, and a 20% higher risk of type 2 diabetes in women.

G段，第4句

典型的科学陈述句式。动名词短语作主语、现在完成时被动语态、介词短语带并列成分，这些都是四六级和考研阅读中常见的学术表达句式，学习后可迁移到大量类似语境。

There have been similar findings in Australia, Brazil, Canada and the US.

G段，第7句

There be 句型是四六级和考研阅读中的常见结构，用于陈述客观存在或研究发现，具有较高的代表性。现在完成时的使用也符合学术或新闻语境中常见的时态选择，学生掌握后可在大量句子中迁移应用。

Breakfast is also associated with improved brain function, including concentration and language use.

H段，第1句

"be associated with" 是四六级和考研阅读中常见的固定搭配，表示关联关系的句式在科普类、说明文类文章中频繁出现。介词短语作状语的结构也具有一定代表性。但因句式过于简单、无从句嵌套，典型性不及复杂长难句高。

"Looking at studies that tested concentration the number of studies showing a benefit was exactly the same as the number that found no benefit," she says.

H段，第4句

句子成分覆盖丰富：主句有主谓宾，宾语从句内有主系表、状语（分词短语）、定语（两个定语从句），还有比较结构 "the same as"。特别适合练习识别系表结构中的表语、区分状语和定语、以及在长句中定位主干成分，是优质的成分划分练习句。

But some research suggests if we're going to eat sugary foods, it's best to do it early.

J段，第1句

suggest 后接宾语从句、宾语从句内含条件状语从句、it 作形式主语配 be best to do 结构，这些都是四六级和考研中高频出现的句式；特别是多层从句嵌套和形式主语用法，是考试常考的典型结构，具有较高的代表性和可迁移性。

One study recruited 200 obese adults to take part in a 16-week-long diet, where half added dessert to their breakfast, and half didn't.

J段，第2句

“主句先给研究结论背景，再用逗号后补充说明具体安排”是常见学术叙述句式；内部再配合并列对照，也很有代表性。掌握这种读法后，处理同类说明性长句很容易迁移。

Those who added dessert lost an average of 40 pounds more—however, the study was unable to show the long-term effects.

J段，第3句

两个主句并列加定语从句嵌套是四六级和考研阅读中的高频句式，“however”引出转折也是典型的逻辑连接方式，结构具有较强的代表性和迁移价值。

Researchers found it was a change in eating habits rather than breakfast itself that induced weight loss.

第40题题干

本句包含主谓宾基本结构、宾语从句、强调句框架、形式主语it、系表结构、rather than并列对比等多种成分和句式，强调句的识别与还原是高频易错点，适合训练学生区分强调句与其他从句的能力，训练价值高。

It is widely considered wrong not to eat breakfast.

第42题题干

覆盖形式主语、真正主语（不定式短语）、被动谓语、宾语补足语（主语补足语）和状语，且形式主语与真正主语的对应关系是高频易错点，适合反复训练。

HIGH-FREQUENCY • 真题高频词

本篇出现的 115 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。

researcher B2

n. 研究人员

本篇7次 · 真题 239 句

cereal B1

n. 谷物（早餐）

本篇7次 · 真题 10 句

intake B2

n. 摄入量

本篇5次 · 真题 21 句

type A2

n. 类型

本篇4次 · 真题 97 句

obesity B2

n. 肥胖（症）

本篇4次 · 真题 57 句

evidence B1

n. 证据

本篇4次 · 真题 52 句

loss B1

n. 丧失

本篇4次 · 真题 46 句

concentration B2

n. 专注

本篇4次 · 真题 10 句

diet A2

n. 日常饮食

本篇3次 · 真题 113 句

relationship B1

n. 关系

本篇3次 · 真题 109 句

risk A2

n. 风险

本篇3次 · 真题 108 句

argue B1

v. 争论

本篇3次 · 真题 58 句

calorie B1

n. 卡路里，热量单位

本篇3次 · 真题 57 句

related B1

adj. 相关的

本篇3次 · 真题 28 句

likely A2

adj. 很可能的

本篇2次·真题 224 句

accord C1

n. (国家、团体间的) 协议

本篇2次·真题 174 句

benefit B1

n. 好处

本篇2次·真题 169 句

effect A2

n. 影响

本篇2次·真题 156 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇2次·真题 118 句

professor B1

n. 教授 (大学教师的最高职称)

本篇2次·真题 105 句

finding B2

n. 调查结果

本篇2次·真题 99 句

simply B1

adv. 仅仅, 只不过

本篇2次·真题 90 句

claim B1

v. 声称

本篇2次·真题 56 句

link A2

n. 联系

本篇2次·真题 52 句

function B1

n. 功能

本篇2次·真题 46 句

associate B2

v. 联系

本篇2次·真题 45 句

regular B1

adj. 经常的

本篇2次·真题 38 句

conclude B2

v. 断定; 推断出

本篇2次·真题 36 句

exactly B1

adv. 精确地

本篇2次·真题 36 句

regularly A2

adv. 经常地

本篇2次·真题 27 句

diabetes

B2

n. 糖尿病

本篇2次·真题 26 句

content

B1

n. 内容

本篇2次·真题 25 句

nutrition

B2

n. 营养

本篇2次·真题 21 句

fibre

B2

n. 纤维

本篇2次·真题 13 句

obese

C1

adj. 肥胖的

本篇2次·真题 12 句

consensus

C1

n. (意见的) 一致

本篇2次·真题 11 句

nutritional

B2

adj. 营养的

本篇2次·真题 10 句

less

A1

det. 较少的

本篇1次·真题 224 句

better

A1

adj. 更好的 (good 的比较级)

本篇1次·真题 139 句

tend

B1

v. 倾向于, 往往会

本篇1次·真题 137 句

design

B1

n. 设计

本篇1次·真题 132 句

support

A2

v. 支持

本篇1次·真题 118 句

participant

B2

n. 参与者

本篇1次·真题 117 句

lack

B1

v. 缺少

本篇1次·真题 115 句

affect

B1

v. 影响

本篇1次·真题 113 句

quality

A2

n. 质量

本篇1次·真题 100 句

average A2

adj. 平均的

本篇1次·真题 89 句

according B1

prep. 根据

本篇1次·真题 88 句

amount A2

n. 数量

本篇1次·真题 87 句

consumer B1

n. 消费者

本篇1次·真题 84 句

concern B1

v. 涉及

本篇1次·真题 79 句

individual B2

adj. 单独的

本篇1次·真题 79 句

growth B1

n. 增长

本篇1次·真题 77 句

data B1

n. 数据

本篇1次·真题 73 句

later A1

adv. 以后, later

本篇1次·真题 70 句

academic B2

adj. 学术的

本篇1次·真题 69 句

effective B1

adj. 有效的, 起作用的

本篇1次·真题 63 句

wrong A2

adj. 错误的

本篇1次·真题 54 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次·真题 52 句

protein B1

n. 蛋白质

本篇1次·真题 51 句

contain B1

v. 包含, 含有

本篇1次·真题 50 句

scientific B1

adj. 科学的

本篇1次·真题 47 句

consumption

B2

n. 消费

本篇1次·真题 44 句

firm

B1

adj. 坚固的

本篇1次·真题 43 句

reveal

B2

v. 揭示

本篇1次·真题 43 句

spot

A2

n. 地点

本篇1次·真题 42 句

management

B1

n. 管理

本篇1次·真题 41 句

particularly

B2

adv. 尤其，特别（强调某事物）

本篇1次·真题 39 句

recommend

B1

v. 推荐

本篇1次·真题 34 句

outcome

B2

n. 结果

本篇1次·真题 31 句

theory

B1

n. 理论

本篇1次·真题 31 句

differ

B1

v. 不同，有区别

本篇1次·真题 30 句

recommendation

B2

n. 推荐

本篇1次·真题 30 句

argument

B1

n. 争论

本篇1次·真题 29 句

opinion

A2

n. 观点

本篇1次·真题 29 句

association

B2

n. 协会

本篇1次·真题 28 句

vision

B2

n. 视力

本篇1次·真题 28 句

unable

A2

adj. 不能的

本篇1次·真题 27 句

eating A1

n. 吃

本篇1次·真题 24 句

awareness B2

n. 意识

本篇1次·真题 23 句

carrot A2

n. 胡萝卜

本篇1次·真题 23 句

limited B1

adj. 有限的

本篇1次·真题 23 句

routine B1

n. 常规

本篇1次·真题 23 句

aspect B2

n. 方面

本篇1次·真题 22 句

closely B1

adv. 紧密地

本篇1次·真题 21 句

organisation B1

n. 组织机构

本篇1次·真题 20 句

portion B1

n. 部分

本篇1次·真题 20 句

widespread B2

adj. 广泛的

本篇1次·真题 20 句

hunger B1

n. 饥饿

本篇1次·真题 19 句

ingredient B1

n. (烹饪) 食材, 原料

本篇1次·真题 18 句

concentrate B1

v. 集中注意力

本篇1次·真题 17 句

differently A2

adv. 不同地

本篇1次·真题 17 句

mass B1

n. 大量

本篇1次·真题 17 句

marketing B1

n. 营销

本篇1次·真题 16 句

stable B1

adj. 稳定的

本篇1次·真题 16 句

beneficial B2

adj. 有益的

本篇1次·真题 15 句

guarantee B2

n. 保证

本篇1次·真题 14 句

investigation B2

n. 调查;侦查

本篇1次·真题 14 句

partly B1

adv. 部分地

本篇1次·真题 14 句

nutrient B2

n. 营养物质

本篇1次·真题 13 句

smoking A2

n. 吸烟, 抽烟

本篇1次·真题 12 句

reasonable B1

adj. 合理的

本篇1次·真题 11 句

vitamin B1

n. 维生素

本篇1次·真题 11 句

induce C1

v. 诱导

本篇1次·真题 10 句

industrial B2

adj. 工业的

本篇1次·真题 10 句

mechanism B2

n. 机制

本篇1次·真题 10 句

overweight B1

adj. 超重的

本篇1次·真题 10 句

recruit B2

v. 招募

本篇1次·真题 10 句

index B1

n. 索引

本篇1次·真题 9 句

specialist B2

n. 专家

本篇1次·真题 9 句

sugary B2

adj. 含糖的
本篇1次 · 真题 9 句

unclear B1

adj. 不清楚的
本篇1次 · 真题 9 句

widely B1

adv. 广泛地
本篇1次 · 真题 9 句

improved A2

adj. 改进的
本篇1次 · 真题 8 句

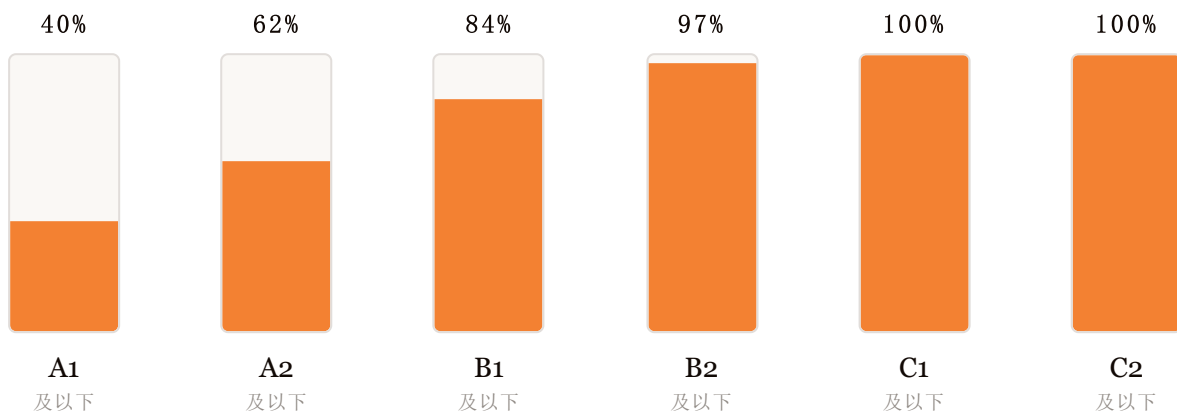
phrase B1

n. 短语
本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 318 词按 CEFR 难度累积覆盖

全文去重后共 **318** 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 318 个 · 末柱为 100%

去重总词数

318

B2 以上难词

3%

B1 及以下覆盖

84%

英语四级 2019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 →

2019年12月·第2套 英语四级阅读理解（四选一） 第1篇·46–50 题 答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2019年12月·第2套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 5 段原文（段首标 P1–P5 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2019-12) • 四级

Part III Section C (1)

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

P1 Textbooks represent an 11 billion dollar industry, up from \$8 billion in 2014. Textbook publisher Pearson is the largest publisher—of any kind—in the world.

教科书行业的规模达110亿美元,高于2014年的80亿美元。教科书出版商Pearson是世界上最大的出版商——在所有类型的出版商中。

P2 It costs about \$1 million to create a new textbook. A freshman textbook will have dozens of contributors, from subject-matter experts through graphic and layout artists to expert reviewers and classroom testers. Textbook publishers connect professors, instructors and students in ways that alternatives, such as open e-textbooks and open educational resources, simply do not. This connection happens not only by means of collaborative development, review and testing, but also at conferences where faculty regularly decide on their textbooks and curricula for the coming year.

创建一本新教科书的成本约为100万美元。一本大学一年级教科书会有数十位贡献者,从学科专家到图形和版式设计师,再到专家审稿人和课堂测试人员。教科书出版商将教授、讲师和学生以开放式电子教科书和开放教育资源等替代方式根本无法实现的方式联系起来。这种联系不仅通过协作开发、审查和测试来实现,还通过会议来实现,在会议上教师定期决定来年的教科书和课程设置。

P3 It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks. But this can be chalked up to the excessively high cost of their books—

which has increased over 1,000 percent since 1977. A restructuring of the textbook industry may well be in order. But this does not mean the end of the textbook itself.

确实,教科书出版商最近报告了亏损,主要是由于学生租用或购买二手纸质教科书。但这可以归因于教科书过高的价格——自1977年以来已上涨超过1000%。教科书行业的重组很可能是必要的。但这并不意味着教科书本身的终结。

P4 While they may not be as dynamic as an iPad, textbooks are not passive or lifeless. For example, over the centuries, they have simulated(模拟) dialogues in a number of ways. From 1800 to the present day, textbooks have done this by posing questions for students to answer inductively(归纳性地). That means students are asked to use their individual experience to come up with answers to general questions. Today's psychology texts, for example, ask: "How much of your personality do you think you inherited?" while ones in physics say: "How can you predict where the ball you tossed will land?"

虽然教科书可能不像iPad那样动态,但它们并非被动或毫无生气。例如,几个世纪以来,它们以多种方式模拟了对话。从1800年至今,教科书通过提出问题让学生归纳性地回答来做到这一点。这意味着学生被要求利用他们的个人经验来回答一般性问题。例如,今天的心理学教科书会问:"你认为你的个性有多少是遗传的?"而物理学教科书则说:"你如何预测你抛出的球会落在哪里?"

P5 Experts observe that "textbooks come in layers, something like an onion". For an active learner, engaging with a textbook can be an interactive experience: Readers proceed at their own pace. They "customize" their books by engaging with different layers and linkages. Highlighting, Post-It notes, dog-ears and other techniques allow for further customization that students value in print books over digital forms of books.

专家观察到"教科书是分层的,有点像洋葱"。对于主动学习者来说,与教科书互动可以是一种交互式体验:读者按照自己的节奏进行。他们通过与不同层次和关联互动来"定制"自己的书。高亮标记、便利贴、折角和其他技巧允许进一步定制,这是学生在纸质书中看重而数字形式书籍所不具备的。

题目与逐题解析

46. What does the passage say about open educational resources?

- A) They contribute to teaching as much as to learning.
- B) They don't profit as much as traditional textbooks do.
- C) They can't connect professors and students as textbooks do.
- D) They compete fiercely for customers with textbook producers.

文章关于开放教育资源说了什么?

- A) 它们对教学的贡献与对学习的贡献一样多。
- B) 它们不像传统教科书那样盈利。
- C) 它们无法像教科书那样连接教授和学生。
- D) 它们与教科书出版商激烈竞争客户。

【答案】 C (细节题)

【判型】 What does the passage say about open educational resources? 直接问"文章关于某对象说了什么", 要的是对应区域里的原文事实。

【拆句】 结构是 What does the passage say about open educational resources?, 主干 "the passage say what about open educational resources", about 引出谈论对象。无陷阱。

【定位】 Textbook publishers connect professors, instructors and students in ways that alternatives, such as open e-textbooks and open educational resources, simply do not.

课本出版商以开放电子课本和开放教育资源这类替代品所做不到的方式，把教授、讲师和学生联系在一起。

【选项】 A) 无中生有

They contribute to teaching as much as to learning 谈"对教学和学习的贡献"，原文从未比较开放资源对 teaching 与 learning 的贡献。

B) 偷换概念

They don't profit as much as traditional textbooks do 谈"利润不如传统课本"，原文 open educational resources, simply do not 否定的是"连接师生"，不是"赚钱"。

C) ✓ 正确

in ways that alternatives, such as open e-textbooks and open educational resources, simply do not

↔ They can't connect professors and students as textbooks do

connect professors, instructors and students ↔ connect professors and students

预判已锁定"开放教育资源连接师生这件事做不到"，They can't connect professors and students as textbooks do 正面贴合，直接选它。

D) 无中生有

They compete fiercely for customers with textbook producers 说开放资源和出版商激烈抢客户，原文 P2 只是讲"连接师生上做不到"，根本没提竞争。

47. What is the main cause of the publishers' losses?

- A) Failure to meet student need.
- B) Industry restructuring.
- C) Emergence of e-books.
- D) Falling sales.

出版商亏损的主要原因是什么？

A) 未能满足学生需求。 B) 行业重组。 C) 电子书的出现。 D) 销量下降。

【答案】 D (细节题)

【判型】 What is the main cause of the publishers' losses? 直接问一个具体原因，要在原文里找到对应的因果句即可。

【拆句】 What is the main cause of the publishers' losses? 主干 "what is the main cause", of the publishers' losses 是后置修饰，限定 cause 的归属。无陷阱。

【定位】 It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks.

确实，课本出版商最近报告了亏损，主要原因是学生租用或购买二手印刷课本。

【选项】 A) 无中生有

Failure to meet student need 说亏损是因为没满足学生需求，原文 P3 只说学生买二手书，从未说出版商没满足学生需求。

B) 与原文相反

Industry restructuring 拿"行业重组"当亏损原因，但原文 A restructuring of the textbook industry may well be in order 把重组写成是亏损之后"可能要做的事"，是结果建议、不是原因。

C) 无中生有

Emergence of e-books 说亏损因电子书兴起，原文 P3 只提 used print textbooks (二手印刷书)，从未提到 e-books 的崛起导致亏损。

D) ✓ 正确

students renting or buying used print textbooks ↔ **Falling sales**

预判已锁定"新书卖得少"，四个选项里只有 Falling sales 直接对应销量下滑。

48. What does the textbook industry need to do?

- A) Reform its structures.
- B) Cut its retail prices.
- C) Find replacements for printed textbooks.
- D) Change its business strategy periodically.

教科书行业需要做什么？

A) 改革其结构。 B) 降低其零售价格。 C) 为印刷教科书寻找替代品。 D) 定期改变其商业策略。

【答案】 A (细节题)

【判型】 What does the textbook industry need to do? 直接问行业"该做什么"，回原文找到对应的建议句即可作答。

【拆句】 What does the textbook industry need to do? 助动词 does 提前的特殊疑问句，主干 "the textbook industry need to do what"。无陷阱。

【定位】 A restructuring of the textbook industry may well be in order.

课本行业的重组很可能是必要的。

【选项】 A) ✓ 正确

A restructuring of the textbook industry ↔ **Reform its structures**
may well be in order ↔ **need to do**

预判已锁定"行业要重组", Reform its structures 正面对应 restructuring, 立选。

B) 过度推断

Cut its retail prices 说要降零售价, 原文虽提到 excessively high cost of their books, 但没说"该降价", 只说"该重组"。

C) 与原文相反

Find replacements for printed textbooks 说要给纸质课本找替代品, 但原文末句 But this does not mean the end of the textbook itself 明确否认课本本身要消失, 更别说替代纸课本了。

D) 无中生有

Change its business strategy periodically 说要"定期改变经营策略", 原文 P3 没出现 periodically / regularly 这种频率词, 也没谈 business strategy。

49. What are students expected to do in the learning process?

- A) Think carefully before answering each question.
- B) Ask questions based on their own understanding.
- C) Answer questions using their personal experience.
- D) Give answers showing their respective personality.

学生在学习过程中应该做什么?

- A) 在回答每个问题之前仔细思考。
- B) 基于自己的理解提出问题。
- C) 利用个人经历回答问题。
- D) 给出体现各自个性的答案。

【答案】 C (细节题)

【判型】 What are students expected to do in the learning process? 直接问学生在学习中被要求做什么, 定位到原文相关句即可。

【拆句】 What are students expected to do in the learning process? 被动结构 be expected to do, 相当于 are asked / are required to do; in the learning process 是状语, 限定场景。

【定位】 From 1800 to the present day, textbooks have done this by posing questions for students to answer inductively. That means students are asked to use their individual experience to come up with answers to general questions.

从 1800 年至今, 课本通过提出问题让学生归纳作答; 也就是说, 学生被要求用自己的个人经验来回答一般性问题。

【选项】 A) 无中生有

Think carefully before answering each question 说"作答前要仔细思考", 原文 P4 没出现 carefully / think before 这种要求, 只说"用个人经验"。

B) 张冠李戴

Ask questions based on their own understanding 说"学生提问", 但原文 textbooks have done this by posing questions 明确是"课本提问", 学生只负责作答。

C) ✓ 正确

students are asked to use their individual experience to come up with answers to general questions

↔ Answer questions using their personal experience

are asked to ↔ are expected to do

预判即"用个人经验作答", Answer questions using their personal experience 与之逐字对应, 立选。

D) 偷换概念

Give answers showing their respective personality 说"作答要展现各自的人格", 原文 How much of your personality do you think you inherited? 里 personality 只是举例提问的内容(心理学课本会问"人格遗传多少"), 不是要求学生"展现"人格。

50. What do experts say about students using textbooks?

- A) They can digitalize the prints easily.
- B) They can purchase customized versions.
- C) They can learn in an interactive way.
- D) They can adapt the material themselves.

专家对学生使用教科书有何看法?

- A) 他们可以轻松地印刷品数字化。
- B) 他们可以购买定制版本。
- C) 他们可以以互动的方式学习。
- D) 他们可以自己改编材料。

【答案】 C (细节题)

【判型】 What do experts say about students using textbooks? 题干指向"专家关于学生用课本的说法", 原文有对应的引述句即可作答。

【拆句】 What do experts say about students using textbooks? 主干 "experts say what about students using textbooks", using textbooks 是现在分词短语作 students 的后置定语。

【定位】 For an active learner, engaging with a textbook can be an interactive experience: Readers proceed at their own pace.

对主动学习者而言, 使用课本可以是一次互动的体验: 读者按自己的节奏推进。

【选项】 A) 无中生有

They can digitalize the prints easily 说"可以轻松把纸书数字化", 原文 P5 谈的是 highlighting / Post-It notes / dog-ears 这些纸书使用方式, 没说学生能把纸书"数字化"。

B) 偷换概念

They can purchase customized versions 说"学生可以买到定制版的课本", 原文 They "customize" their books by engaging with different layers and linkages 是说学生"自己"用高亮便签等方式定制, 不是"购买"已定制好的版本。

C) ✓ 正确

engaging with a textbook can be an interactive experience ↔

They can learn in an interactive way

engaging with a textbook ↔ **students using textbooks**

预判已锁定"互动体验", They can learn in an interactive way 直接对应 interactive, 立选。

D) 偷换概念

They can adapt the material themselves 说"学生可以自己改编教材", 看似贴近 customize, 但 adapt the material 在英语里更多指"改编教材内容", 而原文 They "customize" their books 指的是"在书上做高亮便签"这种"使用方式上的个性化", 不是改动教材内容本身。这层区别让 D 偏离了原文的具体动作。

SENTENCE INSIGHTS • 句子精讲

7 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

This connection happens not only by means of collaborative development, review and testing, but also at conferences where faculty regularly decide on their textbooks and curricula for the coming year.

第2段, 第4句

本句体现了多个高频考点结构: not only...but also 并列、限制性定语从句修饰地点名词、where 引导定语从句。这些都是四六级和考研阅读中的典型句式, 掌握后可在大量长难句中复用分析方法。

It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks.

第3段，第1句

形式主语结构 "It is + 形容词 + that 从句" 是英语中非常典型和高频的句式,在四六级和考研英语阅读写作中频繁出现。主语从句配合现在完成时也是常见组合。掌握这个结构后,学生可以快速识别并理解大量类似句子,如 "It is important that...", "It is obvious that..." 等,迁移性强。

While they may not be as dynamic as an iPad, textbooks are not passive or lifeless.

第4段，第1句

让步状语从句 + 主句的转折结构在四六级和考研英语阅读中非常常见，属于典型的论述句式。"While" 引导让步、后接主句反驳或补充的模式，是学术写作和标准化考试的高频结构，掌握后可广泛迁移。

That means students are asked to use their individual experience to come up with answers to general questions.

第4段，第4句

主句 + 宾语从句（省略 that）+ 从句内被动语态 + 不定式作宾补，这是四六级和考研英语阅读中的高频句式组合，掌握后可复用到大量类似句子；唯一不够极致的是嵌套层级只有一层，未涉及多层从句咬合。

Today's psychology texts, for example, ask: "How much of your personality do you think you inherited?" while ones in physics say: "How can you predict where the ball you tossed will land?"

第4段，第5句

while 引导对比状语从句、多层宾语从句嵌套、定语从句省略关系代词,这些都是四六级和考研英语阅读中的高频结构。尤其是 while 对比两类学科的提问方式,以及疑问句作宾语从句,非常典型。掌握本句的分析方法后,可以直接迁移到大量类似长难句

They contribute to teaching as much as to learning.

第46题，A

"as...as" 比较结构在四六级和考研英语阅读中非常常见,而且本句展示的谓语省略现象也是比较结构的典型特征。掌握这个句式可以帮助理解大量类似的比较表达,具有较高的迁移价值。

They don't profit as much as traditional textbooks do.

第46题, B

"as ... as ..." 比较结构在四六级和考研阅读中频繁出现, 且该句展示了比较分句中承前省略谓语的常见用法。这种句式具有较高的代表性, 掌握后可迁移到大量类似句子的理解中。

HIGH-FREQUENCY • 真题高频词

本篇出现的 58 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。

textbook A2

n. 教科书

本篇20次 · 真题 52 句

expert B1

n. 专家

本篇4次 · 真题 89 句

learning A1

n. 学习

本篇2次 · 真题 120 句

professor B1

n. 教授 (大学教师的最高职称)

本篇2次 · 真题 105 句

engage B2

v. 参与;从事

本篇2次 · 真题 57 句

resource B1

n. 资源

本篇2次 · 真题 54 句

loss B1

n. 丧失

本篇2次 · 真题 46 句

educational B1

adj. 教育的

本篇2次 · 真题 45 句

billion B1

num. 十亿 (1,000,000,000)

本篇2次 · 真题 41 句

personality B1

n. 个性

本篇2次 · 真题 35 句

layer B1

n. 层

本篇2次 · 真题 11 句

customer A2

n. 顾客, 客户

本篇1次 · 真题 124 句

million A2

num. 一百万

本篇1次 · 真题 119 句

process B1

n. 过程

本篇1次 · 真题 108 句

base A2

n. 基础

本篇1次 · 真题 95 句

simply B1

adv. 仅仅, 只不过

本篇1次 · 真题 90 句

individual B2

adj. 单独的

本篇1次 · 真题 79 句

traditional B1

adj. 传统的

本篇1次 · 真题 79 句

digital B1

adj. 数字的

本篇1次 · 真题 75 句

contribute B1

v. 捐献

本篇1次 · 真题 74 句

material B1

n. 材料

本篇1次 · 真题 69 句

due B1

adj. 预期的

本篇1次 · 真题 62 句

connection B1

n. 联系

本篇1次 · 真题 61 句

strategy B2

n. 策略

本篇1次 · 真题 53 句

recently A2

adv. 最近

本篇1次 · 真题 48 句

easily A2

adv. 容易地

本篇1次 · 真题 47 句

adapt B2

v. 适应, 适合 (新环境、新情况)

本篇1次 · 真题 42 句

failure B1

n. 失败

本篇1次 · 真题 41 句

further B1

adv. 更远地

本篇1次 · 真题 41 句

purchase B1

v. 购买

本篇1次 · 真题 39 句

teaching A2

n. 教学工作; 教书

本篇1次 · 真题 38 句

means A2

n. 方法

本篇1次 · 真题 30 句

represent B1

v. 代表

本篇1次 · 真题 28 句

understanding B1

n. 理解; 领悟

本篇1次 · 真题 28 句

regularly A2

adv. 经常地

本篇1次 · 真题 27 句

curriculum B2

n. 课程

本篇1次 · 真题 25 句

carefully A2

adv. 仔细地

本篇1次 · 真题 24 句

largely B2

adv. 主要地

本篇1次 · 真题 24 句

rent A2

v. 租用

本篇1次 · 真题 24 句

reader A2

n. 读者

本篇1次 · 真题 23 句

observe B2

v. 观察; 注意到

本篇1次 · 真题 21 句

pose B2

v. 摆姿势 (供拍照或绘画)

本篇1次 · 真题 20 句

profit B1

n. 利润, 盈利

本篇1次 · 真题 20 句

alternative B2

n. 可供选择的事物

本篇1次 · 真题 19 句

compete B1

v. 竞争

本篇1次 · 真题 18 句

technique B1

n. 技术

本篇1次 · 真题 18 句

producer B2

n. 生产者

本篇1次 · 真题 16 句

learner A2

n. 学习者

本篇1次 · 真题 15 句

pace B1

n. 速度

本篇1次 · 真题 15 句

freshman B1

n. (大学或高中) 一年级新生

本篇1次 · 真题 12 句

instructor B1

n. 教练

本篇1次 · 真题 12 句

psychology B2

n. 心理学

本篇1次 · 真题 11 句

coming A1

n. 到来

本篇1次 · 真题 10 句

passive B2

adj. 被动的

本篇1次 · 真题 10 句

testing B1

n. 测试

本篇1次 · 真题 10 句

version B1

n. 版本

本篇1次 · 真题 10 句

retail B2

n. 零售

本篇1次 · 真题 9 句

faculty B2

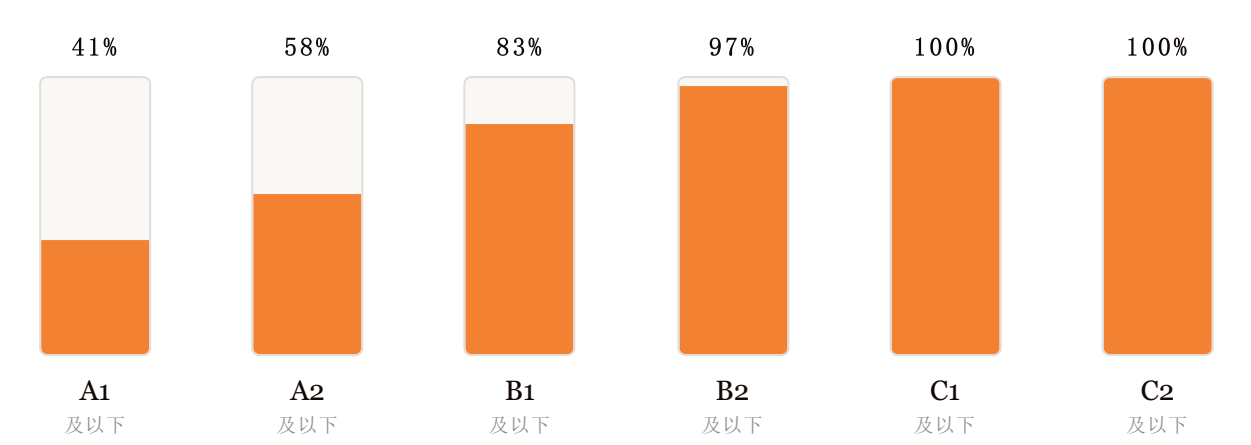
n. (大学的) 系, 院

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 185 词按 CEFR 难度累积覆盖

全文去重后共 **185** 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 5 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 185 个·末柱为 100%

去重总词数

185

B2 以上难词

3%

B1 及以下覆盖

83%

英语四级 2019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）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	本题
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 →

2019年12月·第2套 英语四级阅读理解（四选一） 第2篇·51-55 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2019年12月·第2套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 5 段原文（段首标 P1-P5 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2019-12) • 四级

Part III Section C (2)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage Two

Questions 51 to 55 are based on the following passage.

P1 When we think of animals and plants, we have a pretty good way of dividing them into two distinct groups: one converts sunlight into energy and the other has to eat food to make its energy. Well, those dividing lines come crashing down with the discovery of a sea slug(海蛞蝓) that's truly half animal and half plant. It's pretty incredible how it has managed to hijack the genes of the algae(藻类) on which it feeds.

当我们想到动物和植物时,我们有一个相当好的方法将它们分为两个不同的类别:一类将阳光转化为能量,另一类必须吃食物来制造能量。然而,随着一种真正半动物半植物的海蛞蝓的发现,这些分界线轰然倒塌。它设法劫持了它所食用的藻类基因,这相当不可思议。

P2 The slugs can manufacture chlorophyll, the green pigment(色素) in plants that captures energy from sunlight, and hold these genes within their body. The term kleptoplasty is used to describe the practice of using hijacked genes to create nutrients from sunlight. And so far, this green sea slug is the only known animal that can be truly considered solar-powered, although some animals do exhibit some plant-like behaviors. Many scientists have studied the green sea slugs to confirm that they are actually able to create energy from sunlight.

这种蛞蝓能够制造叶绿素,即植物中从阳光捕获能量的绿色色素,并将这些基因保存在体内。盗质体现象这一术语被用来描述利用劫持的基因从阳光中制造营养物质的做法。到目前为止,这种绿色海蛞蝓是唯一已知的可以真正被认为是太阳能驱动的动物,尽管有些动物确实表现出一些类似植物的行为。许多科学家研究了绿色海蛞蝓,以确认它们确实能够从阳光中产生能量。

P3 In fact, the slugs use the genetic material so well that they pass it on to their future generations. Their babies retain the ability to produce their own chlorophyll, though they can't generate energy from sunlight until they've eaten enough algae to steal the necessary genes, which they can't yet produce on their own.

事实上,这种蛞蝓对遗传物质的利用非常好,以至于它们将其传递给后代。它们的幼体保留了产生自己叶绿素的能力,尽管在它们吃掉足够多的藻类以窃取必要的基因之前,它们还不能从阳光中产生能量,而这些基因是它们自己还无法产生的。

P4 "There's no way on earth that genes from an alga should work inside an animal cell," says Sidney Pierce from the University of South Florida. "And yet here, they do. They allow the animal to rely on sunshine for its nutrition. So if something happens to their food source, they have a way of not starving to death until they find more algae to eat."

南佛罗里达大学的Sidney Pierce说:"地球上不可能有来自藻类的基因在动物细胞内起作用。然而在这里,它们确实起作用了。它们使这种动物能够依靠阳光获取营养。因此,如果它们的食物来源出了问题,它们就有办法在找到更多藻类吃之前不被饿死。"

P5 The sea slugs are so good at gathering energy from the sun that they can live up to nine months without having to eat any food. They get all their nutritional needs met by the genes that they've hijacked from the algae.

这种海蛞蝓非常善于从太阳收集能量,以至于它们可以在不吃任何食物的情况下存活长达九个月。它们从藻类劫持来的基因满足了它们所有的营养需求。

题目与逐题解析

51. What is the distinctive feature of a sea slug?

- A) It looks like both a plant and animal.
- B) It lives half on animals and half on plants.
- C) It converts some sea animals into plants.
- D) It gets energy from both food and sunlight.

海蛞蝓的显著特征是什么?

- A) 它看起来既像植物又像动物。
- B) 它一半靠动物为生,一半靠植物为生。
- C) 它将某些海洋动物转化为植物。
- D) 它既从食物又从阳光中获取能量。

【答案】 D (细节题)

【判型】 What is the distinctive feature of a sea slug?问的是事实层面的特征, 不带infer/suggest/imply等推断信号, 也不问主旨或态度。

【拆句】 What is the distinctive feature of a sea slug?为简单疑问句, 主干「特征是什么」, of短语作定语限定范围, 结构平铺直叙、无陷阱。

【定位】 Well, those dividing lines come crashing down with the discovery of a sea slug(海蛞蝓) that's truly half animal and half plant. It's pretty incredible how it has managed to hijack the genes of the algae(藻类) on which it feeds.

好了，随着一种海蛞蝓的发现，那些分界线轰然倒塌——它真的是半动物半植物。它居然能掠取它所吃的藻类的基因，这一点相当不可思议。

【选项】 A) 偷换概念

原文说海蛞蝓既是动物又是植物，是指其取能机制兼具二者，looks like both a plant and animal把这层身份偷换成了「长得像」，外形相像是无文本依据的。

B) 偷换概念

lives half on animals and half on plants把原文的存在状态偷换成栖息行为，「半住在动物上、半住在植物上」既不合原文，也不合常识。

C) 无中生有

converts some sea animals into plants虚构了「转化海洋动物为植物」的动作，原文只说海蛞蝓掠取藻类基因供自己用，没有改造其他动物。

D) ✓ 正确

one converts sunlight into energy and the other has to eat food to make its energy ↔

It gets energy from both food and sunlight

half animal and half plant ↔ **from both food and sunlight**

把「half animal and half plant」翻译为可考的功能特征，只能是「既吃食物又靠阳光」，与It gets energy from both food and sunlight——对应。

52. What enables the sea slug to live like a plant?

- A) The genes it captures from the sea plant algae.
- B) The nutrients it hijacks from other species.
- C) The mechanism by which it conserves energy.
- D) The green pigment it inherits from its ancestors.

是什么使海蛞蝓能够像植物一样生活？

- A) 它从海藻中捕获的基因。 B) 它从其他物种那里劫取的营养物质。 C) 它保存能量的机制。
- D) 它从祖先那里遗传的绿色色素。

【答案】 A (细节题)

【判型】 What enables the sea slug to live like a plant?问的是「凭借什么」的具体原因，要找原文事实陈述，不需要推断。

【拆句】 What enables the sea slug to live like a plant?主干「什么使海蛞蝓能像植物一样生活」，enable sb to do为常考使役结构，注意主语是「使能的东西」，即问的不是「海蛞蝓做了什么」而是「什么让它做到的」。

【定位】 The slugs can manufacture chlorophyll, the green pigment(色素) in plants that captures energy from sunlight, and hold these genes within their body.

海蛞蝓能制造叶绿素——即植物中那种能从阳光中捕获能量的绿色色素——并把这些基因留在体内。

【选项】 A) ✓ 正确

hijack the genes of the algae ↔ **The genes it captures from the sea plant algae**

hold these genes within their body ↔ **genes it captures from the sea plant algae**

全段唯一可作为「使能机制」的具体来源就是被劫取并保留的藻类基因，A正好对位。

B) 偷换概念

原文劫取的是基因、来源仅限于藻类，nutrients it hijacks from other species两处偷换：把genes换成nutrients，把algae泛化为other species。

C) 无中生有

mechanism by which it conserves energy中的「节能」(conserve) 原文未出现——文章谈的是「获取能量」(capture/get energy)，不是「节省」。

D) 张冠李戴

green pigment it inherits from its ancestors把基因/色素的获取方式偷换为「从祖先继承」，但原文是直接从所吃的藻类掠取，inherits只在第三段说传给后代时出现，方向相反。

53. What does the author say about baby sea slugs?

- A) They can live without sunlight for a long time.
- B) They can absorb sunlight right after their birth.
- C) They can survive without algae for quite some time.
- D) They can produce chlorophyll on their own.

关于海蛞蝓幼体,作者说了什么?

- A) 它们可以长时间在没有阳光的情况下生存。 B) 它们一出生就能吸收阳光。
- c) 它们可以在没有海藻的情况下存活相当长的时间。 d) 它们可以自行产生叶绿素。

【答案】 D (细节题)

【判型】 What does the author say about baby sea slugs?虽用「作者说」措辞，但本质是对幼体某事实的客观转述，不需推断。

【拆句】 What does the author say about baby sea slugs?结构为间接疑问，about短语限定话题在baby sea slugs上，结构无陷阱。

【定位】 Their babies retain the ability to produce their own chlorophyll, though they can't generate energy from sunlight until they've eaten enough algae to steal the necessary genes, which they can't yet produce on their own.

它们的幼体保留了自己制造叶绿素的能力，不过它们要先吃够藻类、把所需基因掠取过来，才能用阳光发电——而那些基因本身它们目前还不能自己制造。

【选项】 A) 偷换概念

原文只说幼体在吃够藻类前不能光合发电，并未说它们能脱离阳光长期生存；live without sunlight for a long time偷换了能力对象。

B) 与原文相反

absorb sunlight right after their birth正面与原文相反——原文明确说幼体要吃够藻类才能用阳光发电，「出生即可」是直接的反向陈述。

C) 与原文相反

原文说幼体必须吃藻类才能掠取必要基因，survive without algae for quite some time把这一依赖关系直接反转。

D) ✓ 正确

Their babies retain the ability to produce their own chlorophyll ↔

They can produce chlorophyll on their own

produce their own chlorophyll ↔ **produce chlorophyll on their own**

定位句中关于幼体的正向能力描述只有「自造叶绿素」这一条，D准确对位，其他选项均失真。

54. What does Sidney Pierce say about genes from an alga?

- A) They are stolen from animals like the sea slug.
- B) They can't function unless exposed to sunlight.
- C) They don't usually function inside animal cells.
- D) They can readily be converted to sea slug genes.

Sidney Pierce 关于来自海藻的基因说了什么？

- A) 它们是从海蛞蝓这样的动物那里窃取的。
- B) 除非暴露在阳光下,否则它们无法发挥作用。
- C) 它们通常不会在动物细胞内发挥作用。
- D) 它们可以轻易转化为海蛞蝓基因。

【答案】 C (细节题)

【判型】 What does Sidney Pierce say about genes from an alga?要的是Pierce引语里关于基因的客观陈述，不是对其态度的推断。

【拆句】 What does Sidney Pierce say about genes from an alga?间接疑问句，from an alga是后置定语修饰genes，限定基因来源，结构清晰、无陷阱。

【定位】 "There's no way on earth that genes from an alga should work inside an animal cell," says Sidney Pierce from the University of South Florida. "And yet here, they do."

Sidney Pierce (南佛罗里达大学) 说：「藻类的基因绝无可能在动物细胞里发挥作用。然而在这里，它们偏偏就做到了。」

【选项】 A) 与原文相反

stolen from animals like the sea slug把基因来源说成「从海蛞蝓这类动物处偷来」，与原文「hijack the genes of the algae」中藻类是被劫取方完全反转。

B) 无中生有

can't function unless exposed to sunlight凭空加了一个「必须晒太阳」的前提；原文Pierce的话讨论的是「藻类基因在动物细胞里不该起作用」，没说「要靠晒太阳才行」。

C) ✓ 正确

There's no way on earth that genes from an alga should work inside an animal cell ↔

They don't usually function inside animal cells

work inside an animal cell ↔ **function inside animal cells**

把「绝不该在动物细胞里起作用」改写为「通常不在动物细胞里起作用」，是细节题正确答案最常见的处理——保留核心命题、降低绝对副词强度。

D) 过度推断

readily be converted to sea slug genes虚构了「藻类基因被转化成海蛞蝓基因」的过程；原文只说基因在动物细胞里能起作用，不是说基因变了身份。

55. What do we learn about sea slugs from the passage?

- A) They behave the way most plant species do.
- B) They can survive for months without eating.
- C) They will turn into plants when they mature.
- D) They will starve to death without sunlight.

从文章中我们对海蛞蝓了解到什么？

- A) 它们的行为方式与大多数植物物种相同。
- B) 它们可以在不进食的情况下存活数月。
- C) 它们成熟后会变成植物。
- D) 它们没有阳光会饿死。

【答案】 B (细节题)

【判型】 What do we learn about sea slugs from the passage?虽指向全文，但要的是文章给出的某条具体事实，而非主旨或态度。

【拆句】 What do we learn about sea slugs from the passage?间接疑问句，we learn为习惯表达「从文章得知」，from the passage为状语，无陷阱。

【定位】 The sea slugs are so good at gathering energy from the sun that they can live up to nine months without having to eat any food.

海蛞蝓非常善于从太阳收集能量，因此它们最长可以九个月不吃任何食物。

【选项】 A) 以偏概全

原文说海蛞蝓「半动物半植物」「太阳能驱动」，但并没说它的行为与「大多数植物」一致；behave the way most plant species do中的「most」是文章未支持的整体性范围。

B) ✓ 正确

nine months without having to eat any food ↔ **for months without eating**

without having to eat any food ↔ **without eating**

末段唯一能与选项对位的具体事实就是「九个月不进食」，B把它客观浓缩为「数月不吃」，无虚构、无夸大。

C) 无中生有

turn into plants when they mature虚构了「成熟后转变成植物」的过程，原文无任何「成熟变形」的陈述，海蛞蝓自始至终是动物。

D) 与原文相反

starve to death without sunlight与原文事实方向相反——原文说就算食物中断，海蛞蝓也能靠阳光不饿死；它并非依赖阳光，而是阳光为它兜底。

SENTENCE INSIGHTS • 句子精讲

8 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。

In fact, the slugs use the genetic material so well that they pass it on to their future generations.

第3段，第1句

"so ... that ..." 引导结果状语从句是四六级和考研常考句式，在科技说明文和议论文中频繁出现。本句结构清晰规范，是该句式的典型代表，掌握后可迁移到大量类似语境。

Their babies retain the ability to produce their own chlorophyll, though they can't generate energy from sunlight until they've eaten enough algae to steal the necessary genes, which they can't yet produce on their own.

第3段，第2句

本句结构层级清楚但不算简单，既有代表性又有足够训练点，适合用来练“先抓主干、再按连接词一层层展开”的方法。时态变化也有区分价值，因此整体推荐优先练习。

"There's no way on earth that genes from an alga should work inside an animal cell," says Sidney Pierce from the University of South Florida.

第4段，第1句

本句覆盖倒装引述结构（主谓宾成分在非常规位置）、直接引语作宾语、There be 结构、同位语从句、介词短语作状语等多种成分类型，且同位语从句与定语从句的区分是常见易错点。适合作为综合划分练习句，训练学生识别引述结构、同位语从句及其内部成分的能力。

"And yet here, they do. They allow the animal to rely on sunshine for its nutrition. So if something happens to their food source, they have a way of not starving to death until they find more algae to eat."

第4段，第2句

条件状语从句与时间状语从句的嵌套组合、并列主句的衔接、“allow sb to do sth”的宾补结构，都是四六级和考研真题中常见的句式，掌握后可大量复用，具有较高的典型性和迁移价值。

The sea slugs are so good at gathering energy from the sun that they can live up to nine months without having to eat any food.

第5段，第1句

"so ... that ..." 引导结果状语从句是四六级和考研阅读中的高频句式，表示因果关系，且从句中包含情态动词和介词短语作状语，是典型的复合句结构，掌握后可迁移到大量类似句型。

It looks like both a plant and animal.

第51题，A

主系表结构是英语基本句型之一，常见于描述状态或特征的表达，但本句过于简单，不涉及四六级或考研中常考的复杂修饰、从句嵌套或长难句特征，代表性一般

It gets energy from both food and sunlight.

第51题，D

涵盖主语、谓语、宾语、状语四种基本成分，适合初学者熟悉基本句型，但成分种类单一，无定语从句、补语等进阶成分，训练价值有限。

They can't function unless exposed to sunlight.

第54题, B

"主句 + unless 引导的条件状语从句"是四六级和考研英语阅读中的常见句式, unless 从句的省略结构也是典型考点。掌握这个句式后可迁移到大量类似结构的句子中。

HIGH-FREQUENCY • 真题高频词

本篇出现的 36 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。

slug B2

n. 鼻涕虫

本篇12次 · 真题 12 句

sunlight A2

n. 日光

本篇10次 · 真题 14 句

gene B2

n. 基因

本篇9次 · 真题 27 句

convert B2

v. 转变

本篇3次 · 真题 9 句

species B2

n. 物种

本篇2次 · 真题 51 句

function B1

n. 功能

本篇2次 · 真题 46 句

capture B1

v. 捕获

本篇2次 · 真题 26 句

survive B1

v. 幸存

本篇2次 · 真题 24 句

cell B1

n. 细胞

本篇2次 · 真题 23 句

truly B1

adv. 真正地

本篇2次 · 真题 19 句

nutrient B2

n. 营养物质

本篇2次·真题 13 句

author A2

n. 作者

本篇1次·真题 244 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

behavior B1

n. 行为

本篇1次·真题 92 句

material B1

n. 材料

本篇1次·真题 69 句

enable B1

v. 使能够

本篇1次·真题 58 句

source B1

n. 来源

本篇1次·真题 50 句

generation B2

n. 一代人

本篇1次·真题 44 句

feature B1

n. 特征

本篇1次·真题 37 句

rely B1

v. 依赖; 依靠

本篇1次·真题 36 句

genetic B2

adj. 遗传的

本篇1次·真题 32 句

confirm B1

v. 证实

本篇1次·真题 23 句

gather B1

v. 聚集, 集合

本篇1次·真题 22 句

behave B1

v. 表现, 举止

本篇1次·真题 21 句

nutrition B2

n. 营养

本篇1次·真题 21 句

generate B2

v. 产生, 引起 (结果、反应等)

本篇1次·真题 19 句

absorb

B2

v. 吸收 (液体、气体等)

本篇1次 · 真题 16 句

ancestor

B2

n. 祖先, 祖宗

本篇1次 · 真题 10 句

mechanism

B2

n. 机制

本篇1次 · 真题 10 句

nutritional

B2

adj. 营养的

本篇1次 · 真题 10 句

retain

B2

v. 保留

本篇1次 · 真题 10 句

exhibit

B2

v. 展览

本篇1次 · 真题 9 句

incredible

B2

adj. 极好的

本篇1次 · 真题 8 句

manufacture

B2

v. (大规模) 制造, 生产

本篇1次 · 真题 8 句

readily

B2

adv. 乐意地

本篇1次 · 真题 8 句

sunshine

A2

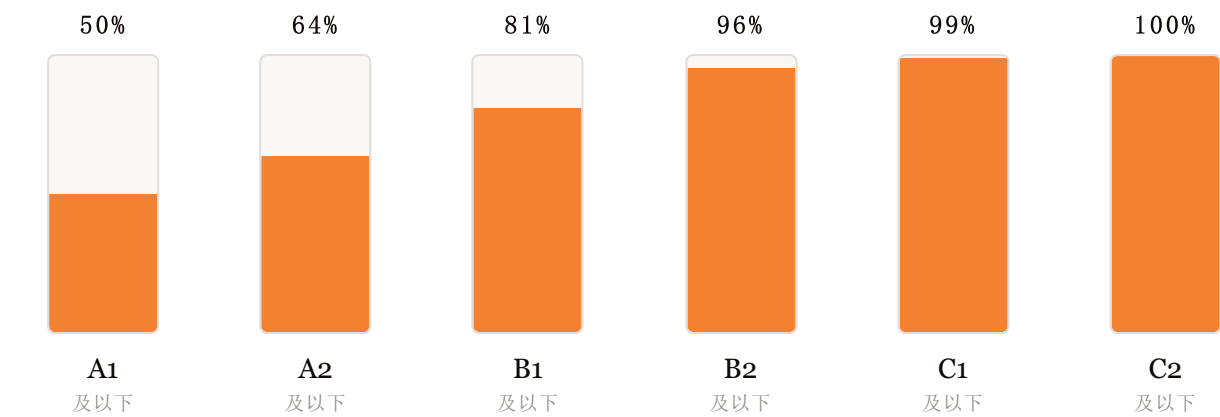
n. 阳光, 日光

本篇1次 · 真题 8 句

VOCABULARY • 词汇难度分布

全文 151 词按 CEFR 难度累积覆盖

全文去重后共 **151** 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 6 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 151 个 · 末柱为 100%



英语四级 2019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）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2019年12月·第2套英语四级汉译英（段落翻译）·中国家庭观念的客观介绍 参考译文与解析

PASSAGE & TRANSLATION • 题和解析

汉译英真题、参考译文与逐句解析

本页整篇参考英译与逐句解析由懒笔记基于2019年12月·第2套 英语四级汉译英（段落翻译）原卷题干译审整理。与试卷排版同一卷面：Directions 与一整段中文原文连续排印——整段连排、无段落标记无题号，把它切成一句句翻译单元本身就是解题动作。卷面之后先给整篇参考英译定稿，再按自切句序逐句拆分：定英文主干、降级修饰成分、逐项落实语法点、句内定稿英译，答案直显。

真题卷第2套(2019-12) • 四级

Part IV

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

中国的家庭观念与其文化传统有关。和睦的大家庭曾非常令人羡慕。过去四代同堂并不少见。由于这个传统，许多年轻人婚后继续与父母同住。今天，这个传统正在改变。随着住房条件的改善，越来越多年轻夫妇选择与父母分开住。但他们之间的联系仍然很密切。许多老年人仍然帮清照看孙辈。年轻夫妇也抽时间探望父母，特别是在春节和中秋节等重要节日。

参考译文

整篇参考英译是复盘资产，考卷上只印中文原文——四六级 Part IV 翻译按整篇「表达通顺连贯、用词准确、语法正确」四档评分。

China's family values are closely related to its cultural traditions. Harmonious extended families were once much admired. In the past, it was not uncommon for four generations to live under one roof. Because of this tradition, many young people continued to live with their parents after marriage. Today, this tradition is changing. With the improvement of housing conditions, more and more young couples choose to live apart from their parents. However, the ties between them remain close. Many elderly people still help take care of their grandchildren. Young couples also make time to visit their parents, especially during important festivals such as the Spring Festival and the Mid-Autumn Festival.

【衔接】第3句与第4句之间：「由于这个传统」自带衔接，可保留

由于这个传统，许多年轻人婚后继续与父母同住。句首「由于这个传统」中的「这个传统」回指前文「四代同堂」，英文已用 this tradition 承接，自然形成逻辑链。无需再额外加连接词，因 Because of this tradition 已显化原因。

第5句句首「Today」是过去-现在切换的拐点

今天，这个传统正在改变。是全段过去时叙述向现在时叙述切换的关键句，Today 一词既是时间状语，又承担「转折/对比」的衔接功能；保留 Today 句首位置，让前后时态切换有视觉锚点。

第6句与第7句之间：「但」补 However 显化转折

但他们之间的联系仍然很密切。中的「但」与前句「越来越多年轻夫妇选择与父母分开住」形成转折——分开住但联系密切。英文用句首 However + 逗号显化这一转折，比 But 更书面、更适合四级翻译书面语体。

第7、8、9句之间：用例证关系串起来

许多老年人仍然帮清照看孙辈。年轻夫妇也抽时间探望父母 是对「联系仍然很密切」的两条例证（老→小、小→老），无需硬加 For example，靠主语切换（elderly people → young couples）和副词 still / also 自然形成「不仅...也...」的并列例证关系。

代词承接·避免「这个传统」反复出现

由于这个传统，许多年轻人 和 今天，这个传统正在改变。两句都提到「这个传统」，英文都译为 this tradition；若后文还要再提，可改用 it 承接，避免三度重复 this tradition 显啰嗦。

逐句解析

一整段连排中文、无段落标记无题号——把它切成一句句翻译单元本身就是解题动作，句前 N. 为逐句解析自切的句序号（非考卷题号），与卷面中文逐字对应。

【主旨】中国家庭观念的客观介绍

全段是对一个中国社会文化现象的客观介绍——开篇即点题 中国的家庭观念与其文化传统有关。，属四级汉译英最常见的「中国文化/社会介绍」类语体，整体以陈述性、说明性口吻铺陈现象与现状，语气中性、不带评议。

【时态】一般现在时

全篇主要在陈述当下的事实与普遍现状，如 今天，这个传统正在改变。与 许多老年人仍然帮清照看孙辈。都明显落在当下，故主时态定为一般现在时；只有专门讲过去情况的两句 和睦的大家庭曾非常令人羡慕。与 过去四代同堂并不少见。因有「曾」「过去」明确时间信号，需偏离基调改用一般过去时。

【译法】 四代同堂

拟定统一英文译法：four generations living under one roof（四级常考的中国家庭文化负载词，约定俗成的英文表达，不要硬译成 four generations live together，那样既丢「同一屋檐下」的画面感、也不够地道）。原文出现在 过去四代同堂并不少见。，全篇仅此一处，但需作为文化词处理。

春节

拟定统一英文译法：the Spring Festival（约定俗成译名，首字母大写、加定冠词 the；不要写 Chinese New Year 与 the Spring Festival 混用）。原文出现在 特别是在春节和中秋节等重要节日。。

中秋节

拟定统一英文译法：the Mid-Autumn Festival（约定俗成译名，Mid-Autumn 连字符、首字母大写，前加 the；不要写成 Moon Festival）。原文出现在 特别是在春节和中秋节等重要节日。，与「春节」并列，译法风格需一致。

家庭观念

拟定统一英文译法：family values（不要直译成 family concept/idea；values 指一整套观念，更贴中国的家庭观念与其文化传统有关。的含义）。全篇围绕此核心词展开，定一次、后文一以贯之。

1. 中国的家庭观念与其文化传统有关。

【主干】「家庭观念」作主语，「与...有关」作谓语（主语策略：原句主语）

中文已有明确主语 中国的家庭观念，直接用作英文主语 China's family values；谓语用固定搭配 be related to / be linked to；宾语是 其文化传统，译为 its cultural traditions。整句骨架：
China's family values are related to its cultural traditions.

【降级】短句无需降级

本句结构简单，只有「主语—谓语—宾语」一个层级，没有多余的修饰或并列动词需要降级处理，按主干直出即可，不必硬塞 which/that 从句。

【语法】时态

本句陈述当下普遍事实，回指全篇基调用一般现在时 are related to。

主谓一致

family values 是复数（values 本身就是复数概念，「一整套观念」），系动词用 are，不用 is。这是四级考生易忽略的点——容易因「家庭观念」是单数概念就写 is。

物主代词

「其」指代「中国的」，用 its cultural traditions；注意 its 没有撇号，别误写成 it's (it's = it is)。

【译文】 China's family values are closely related to its cultural traditions.

2. 和睦的大家庭曾非常令人羡慕。

【主干】「和睦的大家庭」作主语，「令人羡慕」作表语（主语策略：原句主语）

中文主语 和睦的大家庭 直接对应英文 harmonious extended families；「令人羡慕」是「使人产生羡慕」的状态，用 be enviable 或 be much admired/envied 作表语。骨架：Harmonious extended families were enviable.

【降级】「和睦的」前置作定语

「和睦的」是形容词性修饰，直接前置作定语 harmonious extended families，不需要降级。

「大家庭」译为 extended family，对应「不止父母子女、还含祖辈或旁系」的中文文化概念，比 big family 准确。

【语法】时态

本句有明确过去时间词「曾」，偏离全篇基调改用一般过去时 were，对应「过去如此、现在未必」。这是 globalPlan 里说的「确有需要才偏离基调」的典型情形。

单复数

中文「大家庭」是泛指，英文用复数泛指 extended families，搭配 were。不要写成单数 An extended family was...，泛指普遍现象时复数更自然。

用词准确

「大家庭」≠ big family（强调人数多），而是 extended family（强调成员构成跨代/跨支系）。这是四级翻译高频文化词，必须用准。

【译文】Harmonious extended families were once much admired.

3. 过去四代同堂并不少见。

【主干】用 It was not uncommon for... 句型（主语策略：形式主语it）

中文 四代同堂并不少见 真正的主语是「四代同堂这件事」，是一个事件而非名词，最自然的英文处理是用形式主语 It + was + not uncommon + 真正主语（for sb. to do / that 从句）。骨架：It was not uncommon for four generations to live under one roof.

【降级】文化词「四代同堂」整体降级为 for...to do... 不定式

「四代同堂」是 glossary 里定的固定译法 four generations living under one roof，本句把它降级安放在 for...to... 不定式短语里作真正主语：for four generations to live under one roof。

「过去」作时间状语 in the past，可放句首或省略（已由过去时体现）。

【语法】时态

「过去」明确指过去，偏离基调用一般过去时 It was not uncommon。

单复数

「四代」即四代人，复数 four generations，配复数动词形式（不定式里用 to live，无人称数变化，但表意上是复数）。

固定句型

be not uncommon = 并不少见，是英文常用的「双重否定表肯定」结构。四级考生若想不到，可降一档写 was very common / could often be seen，意思在但味道差一点。

【译文】In the past, it was not uncommon for four generations to live under one roof.

4. 由于这个传统，许多年轻人婚后继续与父母同住。

【主干】 「许多年轻人」作主语，「继续同住」作谓语（主语策略：原句主语）

中文主语 许多年轻人 译为 many young people，谓语 继续与父母同住 用 continued to live with their parents。骨架：Many young people continued to live with their parents.

【降级】 「由于这个传统」作原因状语降级

「由于这个传统」是原因，降级为介词短语 Because of this tradition 或 Due to this tradition 放句首作状语；「婚后」是时间状语，降级为 after marriage 或 after getting married 后置。这样一句里就一个主谓主干，其余全是状语，结构清爽。

【语法】 时态

本句承接上文「过去四代同堂」，讲的是「过去那个传统导致的过去做法」，整体仍在过去时框架内，用一般过去时 continued。这是「确有需要才偏离基调」的又一例：紧承上一句的过去情境。

物主代词

「与父母同住」的「父母」是「这些年轻人的父母」，用 their parents，不能光写 the parents 或 parents（指代不清）。

介词搭配

「与...同住」用 live with sb.，介词是 with，不是 together with（together 多余）也不是 live at parents（错搭配）。

【译文】 Because of this tradition, many young people continued to live with their parents after marriage.

5. 今天，这个传统正在改变。

【主干】 「这个传统」作主语，「正在改变」作谓语（主语策略：原句主语）

中文主语 这个传统 译为 this tradition，谓语 正在改变 用现在进行时 is changing 体现「正在进行」。骨架：This tradition is changing.

【降级】 「今天」作时间状语前置

「今天」是时间状语，译为 Today 放句首；本句结构本就极简，无需进一步降级。

【语法】 时态

「今天，正在改变」明确是现在进行时 is changing。本句把全篇基调从过去时拉回到现在时，是承上启下的关键句。

主谓一致

this tradition 单数，配 is changing，不是 are。

【译文】 Today, this tradition is changing.

6. 随着住房条件的改善，越来越多年轻夫妇选择与父母分开住。

【主干】 「越来越多年轻夫妇」作主语，「选择分开住」作谓语（主语策略：原句主语）

中文主语 越来越多年轻夫妇 译为 more and more young couples，谓语 选择与父母分开住 用 choose to live apart from their parents。骨架：More and more young couples choose to live apart from their parents.

【降级】「随着住房条件的改善」降级为状语从句

「随着...」是伴随状语，最地道的对应是 With + 名词短语 (With the improvement of housing conditions) 或 As + 主谓从句 (As housing conditions improve)。两种都行，前者更简洁、后者更明显有「逐步推进」的意味。

【语法】时态

本句承接「今天，这个传统正在改变」，讲的是当下普遍现象，回归全篇基调用一般现在时 choose。

单复数

young couples 是复数，谓语 choose 不加 s；their parents 也用复数物主代词 their 对应。

介词搭配

「分开住」用 live apart from sb. (介词是 from，表「与某人分开」)，不要写成 live apart with (搭配错) 或 live separately from (虽通但啰嗦)。

名词单复数 (不可数)

housing 是不可数名词，「住房条件」用 housing conditions (conditions 可数复数表「具体条件项」)，不能写成 a housing condition。

【译文】 With the improvement of housing conditions, more and more young couples choose to live apart from their parents.

7. 但他们之间的联系仍然很密切。

【主干】「联系」作主语，「很密切」作表语 (主语策略：原句主语)

中文主语 他们之间的联系 译为 the bond / ties between them，「很密切」用 remain close 或 are still close 作谓表。骨架：The ties between them remain close.

【降级】「但」作连接词、「他们之间的」作后置定语

「但」是转折，译为 However 或 But；句首 However 后加逗号，更书面。「他们之间的」修饰「联系」，译为后置介词短语 between them，不要前置写成 their between bond (错搭配)。

【语法】时态

讲当下普遍状态，回指基调用一般现在时 remain。

指代

「他们」承接上句「年轻夫妇」与隐含的「父母」两方，用 them 即可；语境足够清楚，不必展开写 between young couples and their parents (虽更明确但啰嗦)。

单复数

ties (联系，常用复数) 配复数 remain，无 s。若用 the bond (单数) 则配 remains (有 s)。两条路任选其一，别混。

【译文】 However, the ties between them remain close.

8. 许多老年人仍然帮清照看孙辈。

【主干】 「许多老年人」作主语，「照看孙辈」作谓语（主语策略：原句主语）

中文主语 许多老年人 译为 many elderly people 或 many older parents（结合上下文「年轻夫妇的父母」），谓语 照看孙辈 用 help take care of their grandchildren。骨架：Many elderly people still help take care of their grandchildren.

【降级】 「仍然」作副词状语

「仍然」译为副词 still，放在情态助动词后或实义动词前（still help）；本句结构简单，无需进一步降级。注：原文「帮清」应为「帮忙」之误（「清」字疑似 OCR/录入误差），按上下文取「仍然帮忙照看」之意。

【语法】 时态

讲当下普遍现象，回指基调用一般现在时 help。

主谓一致

many elderly people 是复数，谓语 help 不加 s。

用词准确

「孙辈」用 grandchildren（不分性别的总称复数），不要写成 grandsons（只指男孙）或 grandchild（单数指代不全）。

物主代词

「孙辈」前加 their（老年人的孙辈），明确归属，不要光写 grandchildren。

【译文】 Many elderly people still help take care of their grandchildren.

9. 年轻夫妇也抽时间探望父母，特别是在春节和中秋节等重要节日。

【主干】 「年轻夫妇」作主语，「抽时间探望父母」作谓语（主语策略：原句主语）

中文主语 年轻夫妇 译为 young couples，谓语 抽时间探望父母 用 make time to visit their parents（make time = 抽出时间，固定搭配）。骨架：Young couples also make time to visit their parents.

【降级】 「特别是...重要节日」降级为补充说明

「特别是在春节和中秋节等重要节日」是对前面「抽时间探望父母」的时间补充，降级为介词短语 especially during important festivals such as the Spring Festival and the Mid-Autumn Festival，置于主句后。专名 the Spring Festival / the Mid-Autumn Festival 严格按 glossary 统一译法。

【语法】时态

讲当下普遍现象，回指基调用一般现在时 make。

主谓一致

young couples 是复数，谓语 make 不加 s；对照第 7 句同主语，时态/数保持一致。

冠词

the Spring Festival / the Mid-Autumn Festival 前必须加定冠词 the，这是节日译名的固定写法（与 Christmas 不加 the 不同）。

介词搭配

「在节日」用 during + 节日名（during the Spring Festival），不要写成 on（on 多用于具体日期）或 at（at 多用于时刻）。

枚举结构

「春节和中秋节等」用 such as + A and B 表举例，不要写成 like A and B（口语化）或 including A and B（也可但稍正式）。such as 后不加 etc.，否则重复。

【译文】 Young couples also make time to visit their parents, especially during important festivals such as the Spring Festival and the Mid-Autumn Festival.

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