

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

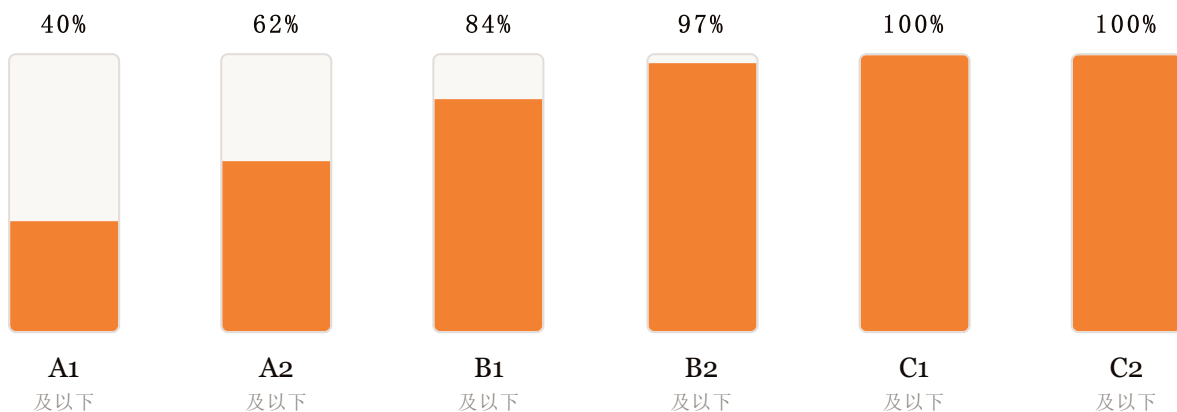
phrase B1

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 →