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四级 · 真题卷第1套 · 2020年7月

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay on the use of translation apps. You can start your essay with the sentence "The use of translation apps is becoming increasingly popular." 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) Watch the weather forecast.
B) Evacuate the area with the orange alert.
C) Avoid travel on Wednesday.
D) Prepare enough food and drink.
2. A) Pay more attention to the roads.
B) Stay at a safer place.
C) Bring more mobile phones.
D) Take a train home.

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

3. A) There is only one ecosystem in Europe.
B) Romania's wetlands thrive again.
C) The wildlife in Romania isn't well protected.
D) There are 200 species of birds in Romania's wetlands.
4. A) Block the waterways.
B) Restore the fishing ban.
C) Use monitoring equipment.
D) Prohibit fishing in the next 10 years.

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

5. A) He had a car accident.
B) He attended his graduation ceremony.
C) He had a heart attack.
D) He gave a performance in the auditorium.
6. A) What happened to him.
B) What date it was.
C) When the graduation ceremony was.
D) Where he was.
7. A) He was really touched by his classmates.
B) He didn't know what happened at all.
C) He couldn't remember what to say.
D) His parents wore caps and gowns.

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) Her children's disruption.
B) Quiet atmosphere.
C) A sense of isolation.
D) Longer working hours.
9. A) It doesn't offer coffee.
B) It's too quiet.
C) It doesn't have free Wi-Fi.
D) It lacks the materials he needs.
10. A) The sense of being out in the world.
B) The coffee it provides.
C) The coffee table.
D) The comfortable working conditions.
11. A) People don't order anything.
B) People bring their laptops and paperwork.
C) People occupy valuable table space in quiet times.
D) People of two occupy a table for six.

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

12. A) She is not satisfied with the salary.
B) She is not capable of the job.
C) She often works overtime.
D) She's received a job offer from another company.
13. A) They may be considered as less loyal.
B) They won't get the promotion opportunities.
C) They should take more responsibility at work.
D) They will be given hiring priority.
14. A) She might have to do extra work every day.
B) She might not get a pay rise.
C) She might not get enough vacation.
D) She might not gain more experience.
15. A) Experience.
B) Confidence.
C) Fortune.
D) Opportunity.

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) It's a horrible feeling.
B) It can be a blessing.
C) It's boring and dangerous.
D) It's the most comfortable state.
17. A) To be active.
B) To meet up with your friends.
C) To travel abroad.
D) To seek advice from others.
18. A) It provides a chance for people to think deeply.
B) It makes us treasure the time.
C) It enables one to identify true friends.
D) It helps us take care of problems more efficiently.

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

19. A) He is a harsh person.
B) He is mean to others.
C) He is very demanding in his work.
D) He usually works very late.
20. A) He moved out and divorced.
B) He was plagued by drugs and gang violence.
C) He lived there for 20 years.
D) His parents would move into his new house.
21. A) He was only responsible for unloading food.
B) He had to sign his name on every label.
C) It was a hard and tedious job.
D) He was required to work on Friday night.

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

22. A) By recording the time people spend on TV.
B) By tracking people's living habits.
C) By using memory and fluency tests.
D) By scanning people's brains.
23. A) Watching television for hours.
B) Playing video games.
C) Reading books and magazines.
D) Surfing the Internet.
24. A) Television viewing may be a potential factor for Alzheimer's disease.
B) Alzheimer's patients tend to watch television more than 3 hours a day.
C) Some research has confirmed the link between them.
D) Television watching is beneficial to Alzheimer's patients.
25. A) Watch television no more than 3 hours each day.
B) Balance television viewing with other contrasting activities.
C) Watch some educational TV programs.
D) Take more physical exercise.

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.

"Science and everyday life cannot and should not be separated." Those were the words uttered by pioneering British scientist Rosalind Franklin, who firmly believed that the pursuit of science should be 26 to all.

As a woman working in the first half of the 20th century, Franklin's contributions to some of the greatest scientific discoveries of our time including the structure of DNA were sadly 27 in her lifetime.

More than 60 years after Franklin's death, we are 28 living in a different world, where women play an important part in every echelon(阶层) of our society—not least in science, innovation, higher education and research. UK universities are world leaders when it comes to advancing and 29 gender equality.

In the past decade, we have seen a 30 increase in England in the number of women accepted on to full-time undergraduate degrees in science, technology, engineering and maths (Stem subjects). And in the last academic year, women 31 for more than half of all Stem postgraduates at UK universities.

Data shows us the 32 to success gets harder for women to climb the further up they go. Although women make up the majority of undergraduates in our universities, just under half of academic staff are female. At 33 levels, only a quarter of professors are women, and black women make up less than 2% of all female academic staff.

There are also stark differences in pay across grades. The gender pay gap based on median salaries across the sector in 2016-2017 was 13.7%, 34 there is still some way to go to ensure women are rising through the ranks to higher grade positions and being paid 35 .

- | | |
|------------------|---------------|
| A) accessible | I) nomination |
| B) accounted | J) overlooked |
| C) adaptation | K) promoting |
| D) appropriately | L) senior |
| E) considerable | M) submission |
| F) effective | N) suggesting |
| G) ladder | O) thankfully |
| H) misread | |

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**.

How to Eat Well

- A) Why do so many Americans eat tons of processed food, the stuff that is correctly called junk(垃圾) and should really carry warning labels?
- B) It's not because fresh ingredients are hard to come by. Supermarkets offer more variety than ever, and there are over four times as many farmers markets in the US as there were 20 years ago. Nor is it for lack of

available information. There are plenty of recipes(食谱), how-to videos and cooking classes available to anyone who has a computer, smartphone or television. If anything, the information is overwhelming.

- C) And yet we aren't cooking. If you eat three meals a day and behave like most Americans, you probably get at least a third of your daily calories(卡路里) outside the home. Nearly two-thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks. So we're eating out or taking in, and we don't sit down—or we do, but we hurry.
- D) Shouldn't preparing—and consuming—food be a source of comfort, pride, health, well-being, relaxation, sociability? Something that connects us to other humans? Why would we want to outsource(外包) this basic task, especially when outsourcing it is so harmful?
- E) When I talk about cooking, I'm not talking about creating elaborate dinner parties or three-day science projects. I'm talking about simple, easy, everyday meals. My mission is to encourage green hands and those lacking time or memory to feed themselves. That means we need modest, realistic expectations, and we need to teach people to cook food that's good enough to share with family and friends.
- F) Perhaps a return to real cooking needn't be far off. A recent Harris poll revealed that 79% of Americans say they enjoy cooking and 30% "love it"; 14% admit to not enjoying kitchen work and just 7% won't go near the stove at all. But this doesn't necessarily translate to real cooking, and the result of this survey shouldn't surprise anyone: 52% of those 65 or older cook at home five or more times per week; only a third of young people do.
- G) Back in the 1950s most of us grew up in households where Mom cooked virtually every night. The intention to put a home-cooked meal on the table was pretty much universal. Most people couldn't afford to do otherwise.
- H) Although frozen dinners were invented in the '40s, their popularity didn't boom until televisions became popular a decade or so later. Since then, packaged, pre-prepared meals have been what's for dinner. The microwave and fast-food chains were the biggest catalysts(催化剂), but the big food companies—which want to sell anything except the raw ingredients that go into cooking—made the home cook an endangered species.
- I) Still, I find it strange that only a third of young people report preparing meals at home regularly. Isn't this the same crowd that rails against processed junk and champions craft cooking? And isn't this the generation who say they're concerned about their health and the well-being of the planet? If these are truly the values of many young people, then their behavior doesn't match their beliefs.
- J) There have been half-hearted but well-publicized efforts by some food companies to reduce calories in their processed foods, but the Standard American Diet is still the polar opposite of the healthy, mostly plant-based diet that just about every expert says we should be eating. Considering that the government's standards are not nearly ambitious enough, the picture is clear: by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.
- K) To help quantify(量化) the costs of a poor diet, I recently tried to estimate this impact in terms of a most famous food, the burger(汉堡包). I concluded that the profit from burgers is more than offset by the damage they cause in health problems and environmental harm.
- L) Cooking real food is the best defense—not to mention that any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant.

- M) To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself. The common prescription is to primarily shop the grocery store, since that's where fresh produce, meat and seafood, and dairy are. And to save money and still eat well you don't need local, organic ingredients; all you need is real food. I'm not saying local food isn't better; it is. But there is plenty of decent food in the grocery stores.
- N) The other sections you should get to know are the frozen foods and the canned goods. Frozen produce is still produce; canned tomatoes are still tomatoes. Just make sure you're getting real food without tons of added salt or sugar. Ask yourself, would Grandma consider this food? Does it look like something that might occur in nature? It's pretty much common sense: you want to buy food, not unidentifiable foodlike objects.
- O) You don't have to hit the grocery store daily, nor do you need an abundance of skill. Since fewer than half of Americans say they cook at an intermediate level and only 20% describe their cooking skills as advanced, the crisis is one of confidence. And the only remedy for that is practice. There's nothing mysterious about cooking the evening meal. You just have to do a little thinking ahead and redefine what qualifies as dinner. Like any skill, cooking gets easier as you do it more: every time you cook, you advance your level of skills. Someday you won't even need recipes. My advice is that you not pay attention to the number of steps and ingredients, because they can be deceiving.
- P) Time, I realize, is the biggest obstacle to cooking for most people. You must adjust your priorities to find time to cook. For instance, you can move a TV to the kitchen and watch your favorite shows while you're standing at the sink. No one is asking you to give up activities you like, but if you're watching food shows on TV, try cooking instead.
36. Cooking benefits people in many ways and enables them to connect with one another.
37. Abundant information about cooking is available either online or on TV.
38. Young people do less cooking at home than the elderly these days.
39. Cooking skills can be improved with practice.
40. In the mid-20th century, most families ate dinner at home instead of eating out.
41. Even those short of time or money should be encouraged to cook for themselves and their family.
42. Eating food not cooked by ourselves can cause serious consequences.
43. To eat well and still save money, people should buy fresh food and cook it themselves.
44. We get a fairly large portion of calories from fast food and snacks.
45. The popularity of TV led to the popularity of frozen food.

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.

The wallet is heading for extinction. As a day-to-day essential, it will die off with the generation who read print newspapers. The kind of shopping where you hand over notes and count out change in return now happens only in the most minor of our retail encounters, like buying a bar of chocolate or a pint of milk, from a corner shop. At the shops where you spend any real money, that money is increasingly abstracted. And this is more and more true, the higher up the scale you go. At the most cutting-edge retail stores Victoria Beckham on Dover Street, for instance you don't go and stand at any kind of cash register, when you decide to pay. The staff are equipped with iPads to take your payment while you relax on a sofa.

Which is nothing more or less than excellent service, if you have the money. But across society, the abstraction of the idea of cash makes me uneasy. Maybe I'm just old-fashioned. But earning money isn't quick or easy for most of us. Isn't it a bit weird that spending it should happen in half a blink(眨眼) of an eye? Doesn't a wallet—that time-honoured Friday-night feeling of pleasing, promising fatness—represent something that matters?

But I'll leave the economics to the experts. What bothers me about the death of the wallet is the change it represents in our physical environment. Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets—is the very opposite of what our world is becoming. The opposite of a wallet is a smartphone or an iPad. The rounded edges, cool glass, smooth and unknowable as a pebble(鹅卵石). Instead of digging through pieces of paper and peering into corners, we move our fingers left and right. No more counting out coins. Show your wallet, if you still have one. It may not be here much longer.

46. What is happening to the wallet?

- A) It is disappearing.
- B) It is being fattened.
- C) It is becoming costly.
- D) It is changing in style.

47. How are business transactions done in big modern stores?

- A) Individually.
- B) Electronically.
- C) In the abstract.
- D) Via cash register.

48. What makes the author feel uncomfortable nowadays?

- A) Saving money is becoming a thing of the past.
- B) The pleasing Friday-night feeling is fading.
- C) Earning money is getting more difficult.
- D) Spending money is so fast and easy.

49. Why does the author choose to write about what's happening to the wallet?

- A) It represents a change in the modern world.
- B) It has something to do with everybody's life.
- C) It marks the end of a time-honoured tradition.
- D) It is the concern of contemporary economists.

50. What can we infer from the passage about the author?
- A) He is resistant to social changes.
 - B) He is against technological progress.
 - C) He feels reluctant to part with the traditional wallet.
 - D) He feels insecure in the ever-changing modern world.

Passage Two

Questions 51 to 55 are based on the following passage.

It's late in the evening: time to close the book and turn off the computer. You're done for the day. What you may not realize, however, is that the learning process actually continues—in your dreams.

It might sound like science fiction, but researchers are increasingly focusing on the relationship between the knowledge and skills our brains absorb during the day and the fragmented, often bizarre imaginings they generate at night. Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity (suggesting that there's some truth to the popular notion that we're "getting" a foreign language once we begin dreaming in it). What's more, researchers are coming to recognize that dreaming is an essential part of understanding, organizing and retaining what we learn.

While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural(神经的) virtual reality. A vivid example of such replay can be seen in a video researchers made recently about sleep disorders. They taught a series of dance moves to a group of patients with conditions like sleepwalking, in which the sleeper engages in the kind of physical movement that does not normally occur during sleep. They then videotaped the subjects as they slept. Lying in bed, eyes closed, one female patient on the tape performs the dance moves she learned earlier.

This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know. In a 2010 study, researchers at Harvard Medical School reported that college students who dreamed about a computer maze(迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task.

Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material. Think about that as your head hits the pillow tonight.

51. What is scientists' finding about dreaming?
- A) It involves disconnected weird images.
 - B) It resembles fragments of science fiction.
 - C) Dreaming about a learned task betters its performance.
 - D) Dreaming about things being learned disturbs one's sleep.
52. What happens when one enters a dream state?
- A) The body continues to act as if the sleeper were awake.
 - B) The neural activity of the brain will become intensified.
 - C) The brain behaves as if it were playing a virtual reality video game.
 - D) The brain once again experiences the learning activities of the day.

53. What does the brain do while we are sleeping?
- A) It systematizes all the data collected during the day.
 - B) It substitutes old information with new data.
 - C) It processes and absorbs newly acquired data.
 - D) It classifies information and places it in different files.
54. What does Robert Stickgold suggest about enhancing learning?
- A) Having a little sleep after studying in the day.
 - B) Staying up late before going to bed.
 - C) Having a dream about anything.
 - D) Thinking about the odds of dreaming about the material.
55. What can be inferred about dreaming from the passage?
- A) We may enhance our learning through dreaming.
 - B) Dreaming improves your language ability.
 - C) All sleepwalkers perform dance moves when they are sleeping.
 - D) Taking a nap after learning can help you find the way through the maze.

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**.

在中国，火锅已有2,000多年的历史，最早流行于最寒冷的地区，然后在很多地区盛行，出现了具有地方特色的种类。吃火锅时，家人和朋友围坐在桌边，桌子中间放着热腾腾的火锅。吃火锅时，人们可以根据自己的口味放肉、海鲜、蔬菜和其他配料，自己烹饪。人们可以一边尽情地聊天，一边享受美食。

2020年7月·第1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2020年7月·第1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1套(2020-07) • 四级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay on the use of translation apps. You can start your essay with the sentence "The use of translation apps is becoming increasingly popular." You should write at least 120 words but no more than 180 words.

【参考范文·147 词】 写作无唯一标准答案，以下为达标示范

The use of translation apps is becoming increasingly popular. Whether traveling abroad, reading foreign documents, or chatting with friends from other countries, more and more people now reach for their phones instead of a dictionary. This growing trend deserves a closer look.

On the one hand, these apps bring undeniable convenience, for they can translate a whole page in seconds, break down language barriers, and allow smooth communication across cultures. On the other hand, an over-reliance on them may weaken our motivation to learn foreign languages. If we let software do all the work, our own vocabulary and speaking ability may gradually fade.

In my view, translation apps should be treated as a helpful tool rather than a substitute for real language skills. While we enjoy their efficiency, we ought to keep practicing and improving ourselves. Only in this way can technology truly serve us instead of controlling us.

【参考译文】

翻译软件的使用正变得越来越普及。无论是出国旅行、阅读外文资料，还是与外国朋友聊天，越来越多的人如今掏出手机而不是翻字典。这一日益增长的趋势值得我们细看。

一方面，这些软件带来了不可否认的便利，因为它们能在几秒内译完整页文字、打破语言壁垒，让跨文化沟通更顺畅。另一方面，对它们的过度依赖可能削弱我们学习外语的动力。如果我们把一切都交给软件，我们自身的词汇和口语能力可能会逐渐退化。

在我看来，翻译软件应被当作有益的工具，而非真实语言能力的替代品。在享受其效率的同时，我们也应坚持练习、不断提升自己。唯有如此，技术才能真正为我们服务，而不是反过来支配我们。

【第1段】首句原样开场。开头 The use of translation apps is becoming increasingly popular. 一字未改地照抄了给定首句，随后用 Whether traveling abroad... 排比出使用场景，末句 This growing trend deserves a closer look. 收束引出下文，落实了‘照抄首句再铺背景’。

【第2段】正反成对论证。本段以 On the one hand... On the other hand... 一正一反成对展开：先讲 translate a whole page in seconds、break down language barriers 的便利，再用 an over-reliance on them may weaken 点出隐忧，并以 If we let software do all the work 假设句推演后果，兑现了‘正反两手辩证论’。

【第3段】表态并升华。以 In my view 亮出‘a helpful tool rather than a substitute’的立场，用 While we enjoy their efficiency 让步给建议，末句 Only in this way can technology truly serve us 升华收尾，完成‘表态收束加升华’。

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

辩证评论翻译软件

本题要求 write an essay on the use of translation apps，即就‘翻译软件的使用’这一现象写一篇议论短文。注意 essay 是议论文，不是记叙文，所以任务不是讲你用翻译软件的故事，而是对这个现象表达并论证你的看法——它带来了什么、有什么隐忧、我们该怎么对待。

读者 • 语域

面向阅卷人的正式书面语

本题是命题议论文，write an essay on the use of translation apps 没有指定收信人或具体读者，因此不需要称呼和落款，直接面向阅卷人用正式、客观的书面语即可。避免 gonna、wanna、u 这类口语缩写，也不用第二人称跟读者唠家常，保持议论文的分析口吻。

中心立意

工具虽好不可依赖

中心立场：翻译软件是打破语言壁垒的高效工具，值得肯定，但它只能是辅助手段，过度依赖会削弱我们自身的外语能力，因此应善用而不迷信。这个立场直接回应了 the use of translation apps，既不一味唱好、也不全盘否定，辩证而有分寸。

要展开的要点

1. 便捷高效破语言壁垒

第一层，肯定其工具价值：翻译软件几秒钟就能译完整段文字，帮助人们跨越语言障碍，在旅行、阅读外文资料、跨国交流中带来实实在在的便利。这是现象受欢迎的原因，也是立论的‘扬’。

2. 过度依赖伤外语能力

第二层，指出隐忧：如果凡事都交给软件，人们学外语的动力和自身的词汇、表达能力会逐渐退化。这是辩证分析的关键一手，也是与‘只夸好处’的低分作文拉开差距的地方。

3. 当辅助而非替代

第三层，表明态度并给建议：应把翻译软件当作帮手而非真实语言能力的替代品，一边享受它的效率，一边坚持自我提升，让技术为人所用而非反过来支配人。

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 照抄首句点现象

开头逐字照抄 The use of translation apps is becoming increasingly popular., 再用一两句补出使用场景，把‘翻译软件正流行’这一现象立起来，引出下文。

第 2 段 一分为二析利弊

主体段，用让步转折结构分析：一方面讲便捷高效、打破语言壁垒的好处，另一方面讲过度依赖削弱外语学习动力的隐忧，形成辩证论证。

第 3 段 亮态度给建议

结尾段表明立场——把翻译软件当辅助而非替代，并给出坚持自我提升的建议，收束全文、升华主旨。

第 1 段 首句加使用场景

内容落点：逐字抄下 The use of translation apps is becoming increasingly popular., 随后列举旅行、阅读外文资料、与外国朋友聊天等场景，说明越来越多人掏出手机而非查字典，最后一句点出这一趋势值得细看。

点出普及趋势 · Whether ____, ____, or ____, more and more people now ____ instead of ____.

过渡引出话题 · This growing trend of ____ deserves a closer look.

第 2 段 便利与依赖对照

内容落点：正面写翻译软件几秒译完整页、打破语言壁垒、让跨文化沟通更顺畅；反面写过度依赖会削弱人们学外语的动力，若把思考全交给软件，自身的词汇和口语能力会逐渐退化。

让步先扬 · On the one hand, ____ brings undeniable convenience, for it can ____ in seconds.

转折再抑 · On the other hand, an over-reliance on ____ may weaken ____.

假设推演后果 · If we let ____ do all the work, our own ____ may gradually fade.

第3段 定位工具并升华

内容落点：主张把翻译软件当作有益工具而非真实语言能力的替代品，一边享受其效率、一边坚持自我提升，最后升华为‘唯有如此技术才真正服务于人而非支配人’。

亮明立场 · In my view, ____ should be treated as a helpful tool rather than a substitute for ____.

边享边守 · While we enjoy ____, we ought to ____.

升华收尾 · Only in this way can ____ truly serve us instead of ____.

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

紧扣翻译软件不跑题

本题必须紧扣 the use of translation apps 展开，且要有明确态度。易失分处是通篇只讲‘科技改变生活’的空泛大话，没落到翻译软件本身；或只夸好处、没有辩证看待，立意浮浅。

结构连贯

三段分明过渡到位

本题达标要点是三段功能清晰、用 On the one hand / On the other hand / In my view 串起逻辑。易失分处是全文罗列要点却无衔接，读起来像清单；或该分段处不分段、挤成一大坨。

语言准确

话题词准且少语法错

本题宜多用 convenience、efficiency、language barriers、over-reliance 等科技沟通话题词提升地道度。易失分处是把‘打破语言壁垒’逐字直译成 break language wall 之类的中式搭配，或时态、主谓一致出错。

字数格式

卡区间且首句照抄

本题要求 at least 120 words but no more than 180 words, 且 You can start your essay with the sentence 指定了开头。易失分处是字数越界、为凑字重复啰嗦, 或忘了逐字照抄首句、擅自改写。

典型低分写法 · 反面示例与改法

擅自改写首句

反面示例把首句改成了 Nowadays translation apps are more and more popular among people. (换了词、偏离原句)。修正: 开头必须原样写 The use of translation apps is becoming increasingly popular., 一字不改, 再接后文。

通篇只夸好处

反面示例三段全在说 fast、convenient、helpful, 没有任何隐忧。修正: 保留好处后, 补一句 On the other hand, an over-reliance on these apps may weaken our motivation to learn foreign languages., 形成正反对照。

要点堆砌无衔接

反面示例: Translation apps are fast. They are convenient. Many people use them. They are useful. (四句并列、毫无衔接)。修正: These apps are fast and convenient, so more and more people rely on them in daily communication. (用连接词并成有逻辑的句子)。

同义重复注水

反面示例: Translation apps are very useful. They are really helpful. They help us a lot. (三句一个意思)。修正: Translation apps help us read foreign documents and talk with people from other countries with ease. (用具体用途替代空洞重复)。

英语四级 2020年7月·第1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](#) →

2020年7月·第1套 英语四级听力真题原文与答案解析

PAPER & KEY • 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2020年7月·第1套 英语四级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2020-07) • 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 Good morning. In today's headlines, Scotland's transport minister has warned of potentially extreme weather conditions as heavy snow is forecast across the country later this week. Orange warnings are in force for many areas for Wednesday and Thursday. The transport minister advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday. This is what he said to us: "The orange warning may be raised to red in some areas. That is a warning for snow that has never been seen since the modern system came into place in Scotland." The orange warning has been extended until 6 p.m. on Thursday. Trains, planes and ferries are also likely to be affected, with a wind chill that could see parts of Britain feeling as cold as minus 15 degrees Celsius. The head of road policing said, "I would urge drivers to take extra care on the roads for their journeys. Drivers should make sure they're prepared for their journey with warm clothing, food and drink, sufficient fuel and a charged mobile phone. There could be significant traffic delays, so please start to plan your journey now and consider if you really need to travel when conditions are this poor."

早上好。今日头条，苏格兰交通部长警告称，本周晚些时候全国范围内预报有大雪，可能出现极端天气状况。周三和周四许多地区发布了橙色预警。交通部长建议橙色预警覆盖的苏格兰部分地区的人们周三避免

出行。他对我们说："橙色预警可能在某些地区升级为红色预警。这是自苏格兰现代预警系统启用以来从未见过的降雪预警。"橙色预警已延长至周四下午6点。火车、飞机和渡轮也可能受到影响，风寒效应可能使英国部分地区体感温度低至零下15摄氏度。道路警务负责人表示："我强烈敦促驾驶员在行驶途中格外小心。驾驶员应确保为行程做好准备，携带保暖衣物、食物和饮料、充足的燃料以及充满电的手机。可能会出现严重的交通延误，因此请现在就开始规划您的行程，并考虑在这种恶劣条件下是否真的需要出行。"

1. A) Watch the weather forecast.
B) Evacuate the area with the orange alert.
C) Avoid travel on Wednesday.
D) Prepare enough food and drink.

【题目】 What were people in parts of Scotland advised to do?

【翻译】 苏格兰部分地区的人们被建议做什么？

- A) 观看天气预报。 B) 撤离橙色警报区域。 C) 避免在周三出行。
D) 准备足够的食物和饮料。

【答案】 C (细节题) Avoid travel on Wednesday.

【定位】 The transport minister advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday.

交通大臣建议橙色预警覆盖区域内的苏格兰民众，周三不要出行。

【信号】 建议动词 **advised** 直接领出动作。信号是建议动词本身——录音里 The transport minister advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday. 中 advised...to 后面跟的 avoid travel on Wednesday 就是被建议做的事，听到 advised 立刻锁定它后面的动词短语。

【替换】 advised people in parts of Scotland covered by the orange alert to avoid travel on Wednesday ↔

Avoid travel on Wednesday.

几乎原句裁剪，去掉对象状语

【排除】 A) 原词陷阱

录音开头说 heavy snow is forecast across the country, 出现了 forecast 一词, A Watch the weather forecast. 就靠"看天气预报"这个原词诱你选; 但录音从没建议民众去看预报, 是答非所问。

借用原文: heavy snow is forecast across the country

B) 原词陷阱

录音多次出现 Orange warnings are in force for many areas 和 orange alert, B Evacuate the area with the orange alert. 借"橙色预警/区域"这些原词制造熟悉感; 但录音只让"avoid travel" (别出行), 从没说"evacuate" (撤离), 动作被偷换了。

借用原文: Orange warnings are in force for many areas

D) 张冠李戴

录音后半对司机说 Drivers should make sure they're prepared for their journey with warm clothing, food and drink, 出现了 food and drink, D Prepare enough food and drink. 就盗这组词; 但这条是对"司机"说的、且本题问的是"民众"被建议做什么, 对象和位置都错了。

借用原文: Drivers should make sure they're prepared for their journey with warm clothing, food and drink

2. A) Pay more attention to the roads.

B) Stay at a safer place.

C) Bring more mobile phones.

D) Take a train home.

【题目】 What did the head of road policing urge drivers to do?

【翻译】 道路警务负责人敦促驾驶员做什么?

A) 更加注意路况。 B) 待在更安全的地方。 C) 携带更多手机。 D) 乘火车回家。

【答案】 A (细节题) Pay more attention to the roads.

【定位】 The head of road policing said, "I would urge drivers to take extra care on the roads for their journeys."

道路警务负责人说: "我要敦促司机们在出行途中格外注意路况。"

【信号】 催促动词 urge 紧领核心动作。 信号是 I would urge drivers to take extra care on the roads 里的 urge——题干用的就是 urge, 录音原话也用 urge, 词后接的 take extra care on the roads 就是答案落点, 听到 urge 立刻锁其后。

【替换】 take extra care on the roads ↔ Pay more attention to the roads.

同义替换: take care=pay attention

【排除】 B) 过度推断

录音末句 consider if you really need to travel when conditions are this poor 让人联想"找更安全的地方", B Stay at a safer place. 借这股"安全"语感诱选; 但 urge 后真正的动作是"take care on the roads" (在路上当心), 不是"待在更安全处", 是过度推断。

借用原文: consider if you really need to travel when conditions are this poor

C) 原词陷阱

录音对司机说 a charged mobile phone (带一部充好电的手机), C Bring more mobile phones. 盗 mobile phone 原词并把"一部充电的"偷改成"多带几部"; 不仅数量错, 这也不是 urge 那句的核心动作, 是答非所问。

借用原文: a charged mobile phone

D) 原词陷阱

录音说 Trains, planes and ferries are also likely to be affected, 出现了 trains, D Take a train home. 借"火车"原词诱选; 但录音是讲"火车也会受影响", 根本没催司机坐火车回家, 与 urge 那句无关。

借用原文: Trains, planes and ferries are also likely to be affected

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

1 Romania's wetlands are coming back to life thanks to help from local communities, the World Wildlife Fund, and funding from the European Union. Roughly 2,224 acres of the picturesque Danube Delta—home to 300 species of birds—have been filled with wildlife. The land has been connected to the network of lakes and streams in the area.

在当地社区、世界自然基金会的帮助以及欧盟的资助下,罗马尼亚的湿地正在恢复生机。风景如画的多瑙河三角洲约2224英亩的土地——这里是300种鸟类的栖息地——已经充满了野生动物。这片土地已与该地区的湖泊和溪流网络连接起来。

2 "A lot of birds have migrated to the area, and one doesn't need to travel long hours anymore or go to other lakes to watch the birds," says Ion Meuta, Deputy Mayor of Mahmudia.

Mahmudia副市长Ion Meuta说:"许多鸟类已经迁徙到这个地区,人们不再需要长途跋涉或去其他湖泊观鸟了。"

3 The area around Mahmudia, which is a UNESCO World Heritage site, is the third-most bio-diverse in the world, after Australia's Great Barrier Reef and the Galapagos Islands. Groups used earth-moving equipment to restore the waterways. Government officials proposed to protect the area's endangered wild fish by issuing a fishing ban over the next decade.

Mahmudia周边地区是联合国教科文组织世界遗产地,是世界上生物多样性第三丰富的地区,仅次于澳大利亚大堡礁和加拉帕戈斯群岛。各团体使用土方设备恢复了水道。政府官员提议在未来十年内实施捕鱼禁令,以保护该地区濒危的野生鱼类。

3. A) There is only one ecosystem in Europe.
B) Romania's wetlands thrive again.
C) The wildlife in Romania isn't well protected.
D) There are 200 species of birds in Romania's wetlands.

【题目】 What is the news report mainly about?

【翻译】 这则新闻报道主要讲的是什么？

- A) 欧洲只有一个生态系统。 B) 罗马尼亚的湿地再次繁荣。
C) 罗马尼亚的野生动物没有得到很好的保护。 D) 罗马尼亚湿地有200种鸟类。

【答案】 B (主旨题) Romania's wetlands thrive again.

【定位】 Romania's wetlands are coming back to life thanks to help from local communities, the World Wildlife Fund, and funding from the European Union.

在当地社区、世界自然基金会以及欧盟资金的帮助下，罗马尼亚的湿地正在重新焕发生机。

【信号】 开头点题句定主旨。新闻的主旨通常落在第一句导语。Romania's wetlands are coming back to life 开门见山点出整条消息的核心——罗马尼亚湿地正在复苏；后文的鸟类迁入、水道修复、禁渔提议都是围绕这一核心展开的细节。主旨题就锁这句开头的总述句。

【替换】 coming back to life ↔ thrive again

复苏 = 再度繁荣

Romania's wetlands ↔ Romania's wetlands

主体同为罗马尼亚湿地

【排除】 A) 未提及

录音从没说欧洲“只有一个生态系统”，There is only one ecosystem in Europe. 是凭空捏造，且 “only one” 这种绝对说法与新闻在讲某地恢复的事实毫不相干。

C) 与原文相反

录音盗用了 wildlife 这个词，The wildlife in Romania isn't well protected. 借它说“野生动物没被保护好”，但全篇是说湿地恢复、动物回归、政府还提出禁渔保护，方向恰恰相反，是把好消息说反了。

借用原文：filled with wildlife

D) 原词陷阱

There are 200 species of birds in Romania's wetlands. 盗用了录音的 “species of birds” 制造熟悉感，但它只是篇中一个枝节数字，主旨题不能选细节项；何况录音明确说的是 home to 300 species of birds——300 种，不是 200 种，数字也被改错了。

借用原文：home to 300 species of birds

4. A) Block the waterways.
B) Restore the fishing ban.
C) Use monitoring equipment.
D) Prohibit fishing in the next 10 years.

【题目】 What did government officials propose to do to protect the endangered fish?

【翻译】 政府官员提议采取什么措施来保护濒危鱼类？

A) 封锁水道。 B) 恢复捕鱼禁令。 C) 使用监测设备。 D) 在未来10年禁止捕鱼。

【答案】 D (细节题) Prohibit fishing in the next 10 years.

【定位】 Government officials proposed to protect the area's endangered wild fish by issuing a fishing ban over the next decade.

政府官员提议，通过在未来十年颁布禁渔令来保护该地区濒危的野生鱼类。

【信号】 提出做某事的动作句。题干问“官员提出做什么”，定位就盯表“提出”的动词。Government officials proposed to protect...by issuing a fishing ban over the next decade 里的 "proposed...by issuing a fishing ban" 正是那个动作句，by 后面跟的“颁布禁渔令”就是具体做法，答案落在这里。

【替换】 issuing a fishing ban ↔ Prohibit fishing

禁渔令 = 禁止捕鱼

over the next decade ↔ in the next 10 years

decade = 10 年

【排除】 A) 张冠李戴

Block the waterways. 盗用了录音里的 "waterways"，但录音说的是用设备去 restore the waterways (修复水道)，方向是修复、不是 block (阻断)；而且这是修复水道的动作，不是保护鱼的措施，把别处的动作安到本题上了。

借用原文：restore the waterways

B) 原词陷阱

Restore the fishing ban. 几乎照搬录音原词 fishing ban，极易“听到就选”；但录音是 issuing a fishing ban (新颁布一项禁渔令)，不是 restore (恢复一项原有的禁渔令)——动词 issue 被偷换成 restore，意思变了。

借用原文：issuing a fishing ban

C) 答非所问

Use monitoring equipment. 盗用了录音里的 "equipment"，但录音说的是 Groups used earth-moving equipment to restore the waterways——是各团体用“挖土设备”修水道，既不是 monitoring (监测) 设备，也不是官员保护鱼提出的措施，与本题问的事对不上。

借用原文：used earth-moving equipment to restore the waterways

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

1 Scott Dunn recently awoke from a medically-induced sleep he'd been in after a car accident. He was heartbroken after realizing he'd missed his high school graduation. So his classmates decided to give him another chance. It was just a month ago that East Juniata High School seniors met in the school's auditorium for graduation. And last week, they did it again. Scott's car accident was on May 22nd, just three days before the ceremony. "I remember waking up in the hospital and asking mom what date it was. She told me it was the 28th," he said. "I looked at her and said 'I missed my graduation.'" The school's principal Mr. Fausey called Scott's mom Karen and said that everybody wanted to do something special for him. Students wore their caps and gowns and sat in the front of the auditorium. Scott's parents, Karen and Scott Senior, sat front and center. After brief speeches, Scott's name was called, only Scott's name. He walked across the stage as the audience cheered. A graduation for one. "I'm speechless," Scott said. "I don't know how to even explain it. I'm speechless to know that so many people are behind me."

Scott Dunn最近从车祸后的医学诱导睡眠中醒来。当他意识到自己错过了高中毕业典礼时心碎不已。于是他的同学们决定再给他一次机会。就在一个月前，East Juniata高中的毕业班学生在学校礼堂参加了毕业典礼。上周，他们又举行了一次。Scott的车祸发生在5月22日，距离典礼仅三天。"我记得在医院醒来时问妈妈是几号。她告诉我是28号，"他说。"我看着她说'我错过了毕业典礼。'"学校校长Fausey先生打电话给Scott的妈妈Karen，说大家都想为他做点特别的事。学生们穿着学位服和方帽，坐在礼堂前排。Scott的父母Karen和Scott Senior坐在正中央。简短致辞后，Scott的名字被宣读，只有Scott的名字。他走过舞台，观众欢呼。一个人的毕业典礼。"我无法用言语表达，"Scott说。"我不知道该如何解释。知道有这么多人支持我，我无法用言语表达。"

5. A) He had a car accident.
B) He attended his graduation ceremony.
C) He had a heart attack.
D) He gave a performance in the auditorium.

【题目】 What happened to Scott a month ago?

【翻译】 一个月前Scott发生了什么事？

- A) 他出了车祸。 B) 他参加了毕业典礼。 C) 他心脏病发作了。
D) 他在礼堂进行了表演。

【答案】 A (细节题) He had a car accident.

【定位】 Scott Dunn recently awoke from a medically-induced sleep he'd been in after a car accident.

斯科特·邓恩最近从一次医学诱导的昏睡中醒来,此前他因一场车祸而陷入昏睡。

【信号】 开篇即点核心事件。新闻开篇第一句就交代主人公遭遇,awoke from a medically-induced sleep he'd been in after a car accident 直接点出 car accident 这一核心事件,新闻"开门见山报事件"的特点使首句成为答案句。

【替换】 after a car accident ↔ He had a car accident.

几乎原句对应

【排除】 B) 原词陷阱

He attended his graduation ceremony. 盗用了反复出现的原词 graduation;但题问 a month ago 时他出了车祸、恰恰"错过"了原定典礼(he'd missed his high school graduation),并未在一月前参加典礼,属答非所问。

借用原文: he'd missed his high school graduation

C) 未提及

He had a heart attack. 与正确事件"车祸"同属突发坏事、听感都急促,极易混;但原文只字未提心脏病,他遭遇的是 a car accident,此项把事件换成了原文没说的另一种。

D) 原词陷阱

He gave a performance in the auditorium. 盗用了原文真出现的地点词 auditorium;但原文 auditorium 是同学们聚集补办典礼的礼堂,从无他"表演"一说,属借原词无中生有。

借用原文: met in the school's auditorium for graduation

6. A) What happened to him.

B) What date it was.

C) When the graduation ceremony was.

D) Where he was.

【题目】 What did Scott ask about when he regained consciousness?

【翻译】 Scott恢复意识后问了什么?

A) 他发生了什么事。 B) 当时是几号。 C) 毕业典礼什么时候举行。 D) 他在哪里。

【答案】 B (细节题) What date it was.

【定位】 "I remember waking up in the hospital and asking mom what date it was. She told me it was the 28th," he said.

"我记得在医院醒来,问妈妈那天是几号。她告诉我是28号,"他说。

【信号】 他亲口说出的问话。 答案句是他本人的直接引语 asking mom what date it was,动词 asking 后面紧跟的 what date it was 就是他问的内容,人物原话里"问了什么"即答案信号。

【替换】 asking mom what date it was ↔ **What date it was.**

问话内容原样对应

【排除】 A) 答非所问

What happened to him. 像是承接"出了车祸"的合理联想,但题干问的是他苏醒后"问了什么",原文他问的是 what date it was,并没有问"自己发生了什么",此项答错了方向。

C) 原词陷阱

When the graduation ceremony was. 盗用了高频原词 graduation,又和正确项同样关乎"时间",极易混;但他问的是 date(几号),不是"典礼在何时",原文中典礼时间是后文交代、并非他苏醒时所问。

借用原文: met in the school's auditorium for graduation

D) 未提及

Where he was. 把疑问维度换成"地点";苏醒后问自己身处何地虽是常见桥段,但原文他问的是日期 what date it was,从未问 where,此项是原文没出现的内容。

7. A) He was really touched by his classmates.

B) He didn't know what happened at all.

C) He couldn't remember what to say.

D) His parents wore caps and gowns.

【题目】 Why was Scott speechless at the graduation ceremony?

【翻译】 为什么Scott在毕业典礼上说不出话来?

- A) 他真的被同学们感动了。 B) 他完全不知道发生了什么。 C) 他记不起来该说什么。
D) 他的父母穿着学位袍和戴着学位帽。

【答案】 A (细节题) He was really touched by his classmates.

【定位】 "I'm speechless," Scott said. "I don't know how to even explain it. I'm speechless to know that so many people are behind me."

"我说不出来话,"斯科特说。"我都不知道该怎么形容。得知有这么多人支持我,我激动得说不出话。"

【信号】 结尾本人道出缘由。 答案句在新闻收尾处,他自己点明 I'm speechless to know that so many people are behind me,speechless 后面的 to know that... 正是"说不出话"的原因——这么多人支持他,本人解释句即答案信号。

【替换】 so many people are behind me ↔ **He was really touched by his classmates.**

概括:被众人支持=被同学感动

【排除】 B) 与原文相反

He didn't know what happened at all. 借用了原文 I don't know how to even explain it 里的 don't know 字样;但他说的是"不知如何形容(激动)",并非"完全不知道发生了什么",事实上他很清楚同学为他补办了典礼,此项把意思扭反了。

借用原文: I don't know how to even explain it

C) 偷换概念

He couldn't remember what to say. 与 speechless/"说不出话"听感极近,最具迷惑性;但 speechless 在此是"激动得说不出话",原因是被支持感动,而非"想不起该说什么",二者并非一回事。

D) 原词陷阱

His parents wore caps and gowns. 盗用了原文确实念过的画面词 caps and gowns;但原文穿学位帽袍的是 Students(同学),不是他父母,且这画面与"他为何说不出话"无关,既张冠又答非所问。

借用原文: Students wore their caps and gowns and sat in the front of the auditorium

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 M: How do you like your new flexible working arrangement? Do you enjoy working from home?

M: 你觉得新的弹性工作安排怎么样? 你喜欢在家工作吗?

2 W: Yes and no. I find isolation challenging at times. Apart from my mother, not too many people I know have time for phone chats during working hours. I tried the library, but found I wasn't really keen on working there.

W: 有好有坏吧。有时候我觉得太孤独了挺难受的。除了我妈, 我认识的人里在工作时间能打电话聊天的真不多。我试过去图书馆, 但发现我其实不太喜欢在那儿工作。

3 M: No, neither would I. I find the library a bit too quiet. I'd lack inspiration or stimulation, which would be counterproductive to getting a lot of work done.

M: 是啊, 我也不会。我觉得图书馆有点太安静了。我会缺乏灵感或刺激, 这反而不利于完成很多工作。

4 W: I find the same thing. So, lately I've been going out to cafes occasionally. I love the noise, the people, the busyness of the café, the sense of being out in the world.

W: 我也有同感。所以最近我偶尔会去咖啡馆。我喜欢那里的声音、人群、咖啡馆的热闹劲儿, 还有那种置身于世界中的感觉。

5 M: Coffee shops seem to have effectively become office spaces for so many people in this digital age, though I'm not sure how cafe owners feel about it—having so many people who go to their places to

work rather than drink and eat.

M: 在这个数字时代，咖啡店似乎已经有效地成为很多人的办公空间了，不过我不确定咖啡店老板对此有何感想——有那么多人去他们那儿是为了工作而不是喝咖啡吃东西。

6 W: Yes, some people seem to spend a lot of time there and not order much. The most annoying ones for café owners must surely be those usually only two of them who occupy a table for six with their laptops and paperwork.

W: 是啊，有些人似乎在那儿待很长时间却点不了多少东西。对咖啡店老板来说最烦人的肯定是那些人，通常只有两个人，却带着笔记本电脑和文件占着六人桌。

7 M: They should sit at a table for two, not the table for six. Some obviously stay so long. They need to plug the laptops into a power outlet. I nearly tripped over someone's computer electrical lead the other day in my local café.

M: 他们应该坐两人桌，而不是六人桌。有些人显然待得太久了。他们需要把笔记本电脑插到电源插座上。前几天我在附近的咖啡馆差点被某人的电脑电源线绊倒。

8 W: It's a double-edged sword. No doubt about that for a café owner. While remote workers help to keep the cafe full in quiet times, they can take up the valuable table space in busy periods.

W: 这对咖啡店老板来说是把双刃剑，毫无疑问。虽然远程工作者有助于在清淡时段保持咖啡馆满座，但在高峰时段他们会占用宝贵的桌位。

8. A) Her children's disruption.

B) Quiet atmosphere.

C) A sense of isolation.

D) Longer working hours.

【题目】 What does the woman say is the disadvantage of working from home?

【翻译】 女士说在家工作的缺点是什么？

A) 孩子们的干扰。 B) 安静的氛围。 C) 孤立感。 D) 更长的工作时间。

【答案】 C (细节题) A sense of isolation.

【定位】 I find isolation challenging at times. Apart from my mother, not too many people I know have time for phone chats during working hours.

我有时觉得孤立很难熬。除了我妈妈，我认识的人里没几个在工作时间有空跟我闲聊。

【信号】 被问者直接应答。男士先抛出 Do you enjoy working from home?, 女士在回答里直说 I find isolation challenging at times., 这句被问者的直接应答就是答案信号。

【替换】 I find isolation challenging at times ↔ A sense of isolation.

同根词换说法

【排除】 A)

全文女士只提到 Apart from my mother, 从未说孩子打扰, Her children's disruption. 是凭居家办公的常识脑补出来的, 原文无据。

B) 原词陷阱

Quiet atmosphere. 盗用了原文 I find the library a bit too quiet. 里的 quiet, 但那是男士评价图书馆, 不是女士说的居家办公弊端, 张冠李戴。

借用原文: I find the library a bit too quiet.

D)

Longer working hours. 也是居家办公常被吐槽的点, 但女士全程没提工时长短, 属凭印象添加的未提及项。

9. A) It doesn't offer coffee.

B) It's too quiet.

C) It doesn't have free Wi-Fi.

D) It lacks the materials he needs.

【题目】 What does the man say is counterproductive to getting work done in the library?

【翻译】 男士说在图书馆完成工作时什么是适得其反的?

A) 它不提供咖啡。 B) 它太安静了。 C) 它没有免费Wi-Fi。 D) 它缺少他需要的资料。

【答案】 B (细节题) It's too quiet.

【定位】 I find the library a bit too quiet. I'd lack inspiration or stimulation, which would be counterproductive to getting a lot of work done.

我觉得图书馆有点太安静了。我会缺少灵感或刺激, 这会对完成大量工作起反作用。

【信号】 因果链指向起因。 男士说太安静会导致 lack inspiration or stimulation, which would be counterproductive, counterproductive 的源头顺着 which 往前推就是 too quiet, 因果链就是答案信号。

【替换】 I find the library a bit too quiet ↔ **It's too quiet.**

近乎原句压缩

【排除】 A)

It doesn't offer coffee. 借了后文咖啡馆话题里的 coffee 来诱选，但男士说图书馆的问题是太安静，从没说图书馆不供咖啡，答非所问。

借用原文：Coffee shops seem to have effectively become office spaces

C)

It doesn't have free Wi-Fi. 原文从未提及 Wi-Fi，是利用办公缺网络这一常识硬造的未提及项。

D)

It lacks the materials he needs. 把男士说的缺 inspiration or stimulation 灵感刺激，偷换成缺实体资料，概念被换了。

借用原文：I'd lack inspiration or stimulation

10. A) The sense of being out in the world.

B) The coffee it provides.

C) The coffee table.

D) The comfortable working conditions.

【题目】 What does the woman like about doing one's work in a café?

【翻译】 女士喜欢在咖啡馆工作的什么方面？

A) 置身于外面世界的感觉。 B) 它提供的咖啡。 C) 咖啡桌。 D) 舒适的工作条件。

【答案】 A (细节题) The sense of being out in the world.

【定位】 I love the noise, the people, the busyness of the café, the sense of being out in the world.

我喜欢那种喧闹、人来人往、咖啡馆的忙碌，还有那种置身世界之中的感觉。

【信号】 I love 喜爱信号。 女士用 I love the noise, the people, the busyness 直接亮出喜爱信号，I love 后面一串并列就是她喜欢的点，是最明确的答案信号。

【替换】 the sense of being out in the world ↔ **The sense of being out in the world.**

原句直接命中

【排除】 B)

The coffee it provides. 蹭的是咖啡馆 café 这个场景词，但女士 I love 的清单里是噪音、人群、忙碌，根本没提咖啡本身，答非所问。

借用原文：the busyness of the café

C)

The coffee table. 利用 coffee 一词的近形干扰，原文从未出现 coffee table，是凭咖啡馆联想硬造的未提及项。

D)

The comfortable working conditions. 把咖啡馆想象成舒适的办公环境，但女士喜欢的是热闹忙碌，原文未提舒适，属未提及。

11. A) People don't order anything.
B) People bring their laptops and paperwork.
C) People occupy valuable table space in quiet times.
D) People of two occupy a table for six.

【题目】 What is most annoying for café owners according to the woman?

【翻译】 根据女士的说法,对咖啡馆老板来说最令人恼火的是什么?

- A) 人们什么都不点。 B) 人们带着笔记本电脑和文件。
C) 人们在清闲时段占据宝贵的桌位空间。 D) 两个人占用一张六人桌。

【答案】 D (细节题) People of two occupy a table for six.

【定位】 The most annoying ones for café owners must surely be those usually only two of them who occupy a table for six with their laptops and paperwork.

对咖啡馆老板来说,最招人烦的肯定是那些通常只有两个人却占着一张六人桌、摆满笔记本电脑和文件的人。

【信号】 the most 最高级。女士用 The most annoying ones for café owners must surely be 这个最高级加 surely 强调,直接把最招烦的圈定为后面那种人,最高级就是答案信号。

【替换】 only two of them who occupy a table for six ↔ People of two occupy a table for six.

原句改写为选项

【排除】 A)

People don't order anything. 盗用了原文 not order much,但那只是女士先提的一般性烦恼,没被 the most 修饰,不点单不是最招烦的那条。

借用原文: spend a lot of time there and not order much

B)

People bring their laptops and paperwork. 直接搬了原文 with their laptops and paperwork,但带电脑文件只是六人桌那种人的修饰细节,本身不是被点名最招烦的行为,原词陷阱。

借用原文: occupy a table for six with their laptops and paperwork

C)

People occupy valuable table space in quiet times. 盗用了末段 take up the valuable table space,但原文说占用宝贵桌位是在 busy periods,并非 quiet times,时段被说反。

借用原文: they can take up the valuable table space in busy periods

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

1 W: I'm going to start looking for another job. I can't see myself getting an opportunity to progress at my company anytime in the near future. And I really think my skills and abilities deserve a

higher salary.

W: 我打算开始找另一份工作了。我看不到自己在公司近期内有任何晋升的机会。而且我真的觉得我的技能和能力应该得到更高的薪水。

2 M: You're not going to quit, are you?

M: 你不会要辞职吧?

3 W: I'm thinking I might as well. Then I can devote more time and energy to finding a better position at another company.

W: 我觉得我不妨辞职。这样我就能投入更多时间和精力在另一家公司找到更好的职位。

4 M: But you've been at your present company less than two years, haven't you? This will be the third time you've left a job in the last five years. If you do several jobs in a relatively short span of time, prospective employers might perceive that you lack loyalty. That could make them wary and reluctant to employ you.

M: 但你在现在的公司还不到两年,是吧?这将是过去五年里第三次离职了。如果你在相对较短的时间内换了好几份工作,潜在雇主可能会认为你缺乏忠诚度。这可能会让他们有所顾虑,不愿意雇用你。

5 W: Unfortunately, loyalty doesn't pay. Even if I get a promotion at my company, it's likely to be less sizable than if I were to get a job elsewhere. And even if I get a promotion, I'm not guaranteed to get a raise. I had that experience at another company I worked at.

W: 不幸的是,忠诚并不会带来回报。即使我在公司得到晋升,涨幅也可能不如我去别的地方找工作来得大。而且即使我得到晋升,也不能保证会加薪。我在之前工作的另一家公司就有过这样的经历。

6 M: They wanted you to take on more work and responsibility but for the same amount of money?

M: 他们想让你承担更多的工作和责任,但工资还是一样?

7 W: More or less, yes. The way I see it, through having different jobs, I've gathered a lot of experience in different jobs and in different industries.

W: 差不多就是这样,是的。在我看来,通过从事不同的工作,我在不同的岗位和不同的行业积累了大量经验。

8 M: But potential employers might worry that, that experience is not deep, or thorough enough.

M: 但潜在雇主可能会担心那些经验不够深入或不够彻底。

9 W: Perhaps, but I feel pretty confident that I can sell myself. You know what they say, "Fortune favors the brave."

W: 也许吧,但我很有信心能够推销自己。你知道他们怎么说的,"幸运眷顾勇敢者"。

12. A) She is not satisfied with the salary.

B) She is not capable of the job.

C) She often works overtime.

D) She's received a job offer from another company.

【题目】 What makes the woman think about changing her job?

【翻译】是什么让这位女士考虑换工作？

- A) 她对薪水不满意。 B) 她无法胜任这份工作。 C) 她经常加班。
D) 她收到了另一家公司的工作邀请。

【答案】A (细节题) She is not satisfied with the salary.

【定位】And I really think my skills and abilities deserve a higher salary.

而且我真心觉得，凭我的技能和能力，理应拿到更高的薪水。

【信号】I really think 主观加重语气标出真实理由。她在 I really think my skills and abilities deserve a higher salary 里用 I really think 加重语气，亮出最直接的换工作动因——觉得自己值更高的薪水，这种当事人强调式的自述句就是原因题的答案句。

【替换】my skills and abilities deserve a higher salary ↔ not satisfied with the salary

"理应拿更高薪" = "对现薪不满"的换说法

【排除】B) 与原文相反

原文里她说 my skills and abilities deserve a higher salary，是在标榜自己能力强、配更高薪，选项却说她 not capable of the job，把意思反了过来。

借用原文：my skills and abilities deserve a higher salary

C) 未提及

对话从头到尾在谈薪水、晋升、忠诚，从没提到她"常加班"，She often works overtime. 是凭"职场"话题想当然补出来的，原文无据。

D) 与原文相反

她说的是 I'm going to start looking for another job——还没开始找，更没拿到 offer，选项 She's received a job offer from another company. 把"准备去找"夸成"已经拿到 offer"，与原文不符。

借用原文：I'm going to start looking for another job

13. A) They may be considered as less loyal.

B) They won't get the promotion opportunities.

C) They should take more responsibility at work.

D) They will be given hiring priority.

【题目】What does the man say about people who keep changing their jobs?

【翻译】这位男士如何评价那些不断换工作的人？

- A) 他们可能会被认为忠诚度较低。 B) 他们不会获得晋升机会。
C) 他们应该在工作中承担更多责任。 D) 他们将获得招聘优先权。

【答案】A (细节题) They may be considered as less loyal.

【定位】If you do several jobs in a relatively short span of time, prospective employers might perceive that you lack loyalty.

如果你在相对短的时间里做了好几份工作，未来的雇主可能会觉得你缺乏忠诚度。

【信号】被问方男方的直接论断句。题目问"男方怎么说"，答案就落在男方那段 prospective employers might perceive that you lack loyalty——这是男方针对频繁换工作者下的直接判断，正是该题答案句。

【替换】might perceive that you lack loyalty ↔ considered as less loyal
perceive...lack loyalty = considered as less loyal

【排除】B) 未提及

男方只说雇主会觉得你不忠诚、因而 reluctant to employ you，谈的是"难被录用"，并没说"得不到晋升机会"，They won't get the promotion opportunities. 在男方这段里无据。

C) 张冠李戴

They wanted you to take on more work and responsibility 里的 more responsibility 确实被念到了，但那是男方在转述女方旧东家的做法，不是男方"对频繁换工作者"的说法，选项 They should take more responsibility at work. 盗了 responsibility 一词张冠李戴。
借用原文：They wanted you to take on more work and responsibility

D) 与原文相反

男方的判断是雇主会 wary and reluctant to employ you(迟疑、不愿录用)，方向是负面的；选项 They will be given hiring priority. 却说成"被优先录用"，把极性彻底反了。
借用原文：wary and reluctant to employ you

14. A) She might have to do extra work every day.

B) She might not get a pay rise.

C) She might not get enough vacation.

D) She might not gain more experience.

【题目】What does the woman say would happen even if she got promoted in her current company?

【翻译】这位女士说即使她在目前公司获得晋升会发生什么？

A) 她可能每天都要做额外的工作。 B) 她可能得不到加薪。

C) 她可能得不到足够的假期。 D) 她可能无法获得更多经验。

【答案】B (细节题) She might not get a pay rise.

【定位】And even if I get a promotion, I'm not guaranteed to get a raise.

而且就算我升了职，也不一定能涨薪。

【信号】even if 让步句，转折后才是真意。她在 even if I get a promotion, I'm not guaranteed to get a raise 用 even if 设让步——"升职"是铺垫，让步后的"不一定涨薪"才是她要表达的代价，正是答案句。

【替换】not guaranteed to get a raise ↔ might not get a pay rise
not guaranteed a raise = might not get a pay rise

【排除】 A) 原词陷阱

take on more work and responsibility 里的 more work 确被念到，但那是男方追问女方"过去那家公司"的情形，不是"在现公司升职后"的后果；且选项 She might have to do extra work every day. 多出 every day，原文从未说"每天"，属夸大。

借用原文：They wanted you to take on more work and responsibility

C) 未提及

全程谈的是薪水、晋升、忠诚、经验，从没涉及 vacation，She might not get enough vacation. 在原文中毫无依据。

D) 与原文相反

经验在原文里是女方的正面收获 I've gathered a lot of experience，并非"升职后得不到"的坏处，选项 She might not gain more experience. 把它说成负面后果，方向相反。

借用原文：I've gathered a lot of experience in different jobs

15. A) Experience.

B) Confidence.

C) Fortune.

D) Opportunity.

【题目】 What benefit has the woman gained from changing her jobs frequently?

【翻译】 这位女士从频繁换工作中获得了什么好处？

A) 经验。 B) 信心。 C) 财富。 D) 机会。

【答案】 A (细节题) Experience.

【定位】 The way I see it, through having different jobs, I've gathered a lot of experience in different jobs and in different industries.

在我看来，通过做不同的工作，我在不同岗位、不同行业里积累了很多经验。

【信号】 I've gathered + experience 的收获自述。 她用 I've gathered a lot of experience 这一"动词 gather + 名词 experience"的搭配，亲口说出频繁换工作的收获，正是 benefit 题的答案句。

【替换】 I've gathered a lot of experience ↔ **Experience.**

gathered experience → Experience

【排除】 B) 原词陷阱

I feel pretty confident that I can sell myself 里 confident 确被念到，但那是她描述自己的心态、回应别人对她经验不深的质疑，并不是"频繁换工作带来的好处"，选项 Confidence. 盗了 confident 一词答非所问。

借用原文：I feel pretty confident that I can sell myself

C) 原词陷阱

录音结尾的谚语 Fortune favors the brave 里有 Fortune，但那只是她引用的一句鼓励自己的俗话，绝非"换工作得到的好处"，选项 Fortune. 正是预读预警过的"谚语原词"陷阱。

借用原文：Fortune favors the brave

D) 原词陷阱

an opportunity to progress 里 opportunity 出现过，但那是她抱怨现公司"看不到晋升机会"，是她缺的东西、不是换工作的收获，选项 Opportunity. 盗用该词反着用。

借用原文：getting an opportunity to progress

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 There is a saying that goes something along the lines of "You must love yourself first before you can love someone else." Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others. There is a massive difference between being lonely and being alone. Loneliness is a horrible feeling. However, you don't have to actually be alone to feel that way. Many times, I've felt lonely when surrounded by a big group of people. In contrast, being alone can actually be a blessing, particularly when you've actively chosen it. In my experience, being bored and alone is dangerous and can easily lead to the feeling of loneliness. The trick is to be active. Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. You don't have to take anyone else into consideration and can do whatever you please. Spending time alone also allows you to more efficiently take care of problems. And then, when it's time to be social and meet up with your friends, you will be fully there, because you won't have too much other stuff floating around in your mind. Having been alone for a bit, you will also appreciate your friends' company more, and chances are, your time spent together will be more worthwhile.

有句话是这样说的："你必须先爱自己，然后才能爱别人。"同样，我个人认为，你必须先在独处时感到自在和快乐，然后才能在他人陪伴下真正做自己。孤独和独处之间有着巨大的差别。孤独是一种可怕的感觉。然而，你并不一定要真正独自一人才会有那种感觉。很多时候，当我被一大群人围绕时，我感到孤独。相比之下，独处实际上可以是一种福分，特别是当你主动选择它时。根据我的经验，无聊和独处是危险

的，很容易导致孤独感。诀窍在于保持活跃。走出去，活动一下筋骨，做点有文化气息的事，给自己买点好吃的或漂亮的衣服穿。你不必考虑任何其他人，可以做任何你想做的事。独处的时间也能让你更高效地处理问题。然后，当需要社交并与朋友见面时，你会全身心投入，因为你不会有太多其他事情在脑海中盘旋。独处一段时间后，你也会更加珍惜朋友的陪伴，而且很有可能，你们在一起度过的时光会更有价值。

16. A) It's a horrible feeling.
B) It can be a blessing.
C) It's boring and dangerous.
D) It's the most comfortable state.

【题目】 What does the speaker say about being alone?

【翻译】 说话者关于独处说了什么？

- A) 这是一种可怕的感觉。 B) 这可能是一件好事。 C) 这既无聊又危险。
D) 这是最舒适的状态。

【答案】 B (态度观点题) It can be a blessing.

【定位】 In contrast, being alone can actually be a blessing, particularly when you've actively chosen it.

相比之下，独自一人其实可以是一件幸事，尤其是当你主动选择独处的时候。

【信号】 转折 In contrast 后才是真意。前句 Loneliness is a horrible feeling. 讲的是『孤独』的坏，紧接着 In contrast, being alone can actually be a blessing 用 In contrast 转折，把话头转到『独自一人』并给出正面定性。转折信号之后那句才是对 being alone 的真正评价，正是答案句。

【替换】 being alone can actually be a blessing ↔ It can be a blessing.

近乎同句，只换主语措辞

【排除】 A) 原词陷阱

It's a horrible feeling. 抄了录音 Loneliness is a horrible feeling. 的原词 horrible feeling，但那句形容的是 loneliness (孤独)，不是题目问的 being alone (独自一人)。听到 horrible feeling 就勾，正中原词陷阱。

借用原文：Loneliness is a horrible feeling.

C) 与原文相反

It's boring and dangerous. 借了录音 being bored and alone is dangerous 里的 dangerous，但原文说的是『又无聊又独处才危险』，是有条件的；并非给 being alone 本身定性为危险。把条件去掉直接说独处『就是』无聊危险，与原意不符。

借用原文：being bored and alone is dangerous and can easily lead to the feeling of loneliness

D) 过度推断

It's the most comfortable state. 用了 the most comfortable 这种最高级，把独处吹成『最舒适的状态』。录音只说它可以是 a blessing，从未说它是『最舒适』，属于无中生有的拔高。

-
17. A) To be active.
B) To meet up with your friends.
C) To travel abroad.
D) To seek advice from others.

【题目】 What does the speaker say helps reduce one's feeling of loneliness?

【翻译】 说话者说什么有助于减少孤独感？

A) 保持活跃。 B) 与朋友见面。 C) 出国旅行。 D) 向他人寻求建议。

【答案】 A (细节题) To be active.

【定位】 The trick is to be active.

诀窍就是让自己动起来、保持活跃。

【信号】 建议句 **The trick is to...**。前一句说『又无聊又独处会导致孤独感』，紧接着用 The trick is to be active. 给出对策。The trick is to 是典型的建议/方法信号，其后的 be active 就是说话人开出的药方，是答案句。

【替换】 The trick is to be active ↔ **To be active.**

原句核心动作直接对应

【排除】 B) **原词陷阱**

To meet up with your friends. 抄了录音 meet up with your friends，但原文说的是『独处一阵后再去见朋友，你会更投入』，讲的是见朋友的好时机，不是用来减轻孤独感的办法。听到 meet up with friends 就勾，正中原词陷阱。

借用原文：when it's time to be social and meet up with your friends, you will be fully there

C) **未提及**

To travel abroad. 说出国旅行，录音只讲了 Get outside (出去走走)、do something cultural (做点文化活动)，从未提到 travel abroad，属于无中生有。

D) **未提及**

To seek advice from others. 说向别人求教，听起来合常识，但录音给的对策是 be active (自己动起来)，全程没说要 seek advice from others，是凭常识硬填的干扰项。

-
18. A) It provides a chance for people to think deeply.
B) It makes us treasure the time.
C) It enables one to identify true friends.
D) It helps us take care of problems more efficiently.

【题目】 What is an advantage of spending one's time alone?

【翻译】 独处的好处是什么？

A) 它为人们提供了深入思考的机会。 B) 它使我们珍惜时间。
C) 它使人能够识别真正的朋友。 D) 它帮助我们更高效地处理问题。

【答案】 **D** (细节题) It helps us take care of problems more efficiently.

【定位】 Spending time alone also allows you to more efficiently take care of problems.

独处还能让你更高效地处理各种问题。

【信号】 **列举好处的 also allows you to...**。录音用 Spending time alone also allows you to more efficiently take care of problems 直接陈述独处的一项好处，also 表明这是在罗列益处中的又一条，allows you to 引出具体好处，是答案句。

【替换】 more efficiently take care of problems ↔ **It helps us take care of problems more efficiently.**

几乎原词，仅调整语序

【排除】 A) **未提及**

It provides a chance for people to think deeply. 说独处给人深入思考的机会，听起来合理，但录音列举的好处是『高效处理问题、社交时更投入、更珍惜朋友』，从没提 think deeply，属于未提及。

B) **偷换概念**

It makes us treasure the time. 蹭了录音结尾 your time spent together will be more worthwhile 里的 time，但原文说的是『和朋友共处的时间更值得』，不是『珍惜时间 (treasure the time)』。借 time 一词偷换概念。

借用原文：your time spent together will be more worthwhile

C) **偷换概念**

It enables one to identify true friends. 蹭了录音 appreciate your friends' company more 里的 friends，但原文说的是独处后『更珍惜朋友的陪伴』，不是『辨别出真朋友 (identify true friends)』。借 friends 一词偷换概念。

借用原文：you will also appreciate your friends' company more

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

1 When I turned 12, I worked summers at my father's small brick cleaning business. I remember the harsh acid smell of the cleaning solution and the scraping sound of stiff iron brushes against rough brick. It was tempting to hurry a job—just finish. But anybody who worked for Thomas Kahoon had to meet his standards, and that included me. If I messed up, he made me stay late until I got it right. My father wasn't being mean. He demanded the same of himself. Every brick he cleaned on a house stood out like a red jewel in a white setting. It was his signature. In 1970, when I was 20, I got married and moved out of my parents' modest place into a housing project. Drugs and gang violence were just beginning to plague the projects. Some of my friends went to jail. Some were killed. My wife Verllen was 18 and nobody gave our marriage a chance. But we believed in each other and our faith made us strong. When we married, I worked as a stock clerk at Southwest Super Foods. It was hard, tedious work. Each Friday night a truck came, with cases of food that had to be unloaded, priced, and placed on shelves. Most of the stock clerks tried to get Friday night off. But I was always ready to work. By Saturday morning, all

the cans and jars in my aisle were replaced with the labels facing smartly out, like a line of soldiers on review. That was my signature. I took pride in the job nobody wanted.

当我12岁时，我在父亲的小型砖块清洁公司做暑期工。我记得清洁溶液刺鼻的酸味，以及硬铁刷刮擦粗糙砖块的声音。人们很容易想草草了事——赶紧完工就好。但任何为Thomas Kahoon工作的人都必须达到他的标准，包括我在内。如果我搞砸了，他会让我加班到做对为止。我父亲并非刻薄。他对自己也有同样的要求。他在房子上清洁的每一块砖都像白色背景中的红色宝石一样醒目。那是他的标志。1970年，我20岁时结了婚，从父母简朴的住处搬到了一个住房项目区。毒品和帮派暴力刚开始困扰这些项目区。我的一些朋友进了监狱。有些人被杀了。我妻子Verllen当时18岁，没人看好我们的婚姻。但我们彼此信任，我们的信念使我们坚强。结婚时，我在Southwest Super Foods做库存管理员。这是一份辛苦而乏味的工作。每个周五晚上都有一辆卡车运来成箱的食品，必须卸货、标价并摆上货架。大多数库存管理员都试图在周五晚上请假。但我总是随时准备工作。到周六早上，我负责通道上的所有罐头和瓶子都摆放整齐，标签整齐地朝外，就像一排接受检阅的士兵。那是我的标志。我为这份没人想做的工作感到自豪。

19. A) He is a harsh person.
B) He is mean to others.
C) He is very demanding in his work.
D) He usually works very late.

【题目】 What do we learn about the speaker's father?

【翻译】 关于说话者的父亲我们了解到什么？

- A) 他是一个严厉的人。 B) 他对别人刻薄。 C) 他在工作中要求很高。
D) 他通常工作到很晚。

【答案】 C (细节题) He is very demanding in his work.

【定位】 My father wasn't being mean. He demanded the same of himself.

我父亲并不是刻薄。他对自己也是同样的要求。

【信号】 否定澄清句定调。My father wasn't being mean. 用 wasn't 主动否定'刻薄'这一负面解读，紧接着 He demanded the same of himself. 把父亲的真实形象定为'对工作和自己都要求高'——这种'先否定误解、再给真意'的句子就是答案信号。

【替换】 anybody who worked for Thomas Kahoon had to meet his standards ↔
very demanding in his work
高标准=要求高

【排除】 A) 原词陷阱

He is a harsh person. 的 harsh 在录音里确实出现过，但那是 the harsh acid smell of the cleaning solution 形容清洁剂刺鼻的气味，根本不是说父亲这个人苛刻——典型听到原词就想选的陷阱。

借用原文：the harsh acid smell of the cleaning solution

B) 与原文相反

He is mean to others. 的 mean 录音里出现在 My father wasn't being mean.——是被 wasn't 否定掉的说法，选它等于把说话人否定的话当成了肯定的结论，方向正好相反。

借用原文：My father wasn't being mean.

D) 张冠李戴

He usually works very late. 里'待到很晚'对应 he made me stay late until I got it right, 但那是父亲让'我'留下来重做，加班的是说话人自己，不是父亲；而且这是偶尔(做错时)而非 usually(通常)。

借用原文：he made me stay late until I got it right

20. A) He moved out and divorced.

B) He was plagued by drugs and gang violence.

C) He lived there for 20 years.

D) His parents would move into his new house.

【题目】 What does the speaker say about the housing project?

【翻译】 关于住房项目说话者说了什么？

A) 他搬出去并离婚了。 B) 他深受毒品和帮派暴力困扰。 C) 他在那里住了20年。

D) 他的父母会搬进他的新房子。

【答案】 B (细节题) He was plagued by drugs and gang violence.

【定位】 I moved out of my parents' modest place into a housing project. Drugs and gang violence were just beginning to plague the projects.

我搬出父母简朴的住处，住进了一个公共住宅区。毒品和帮派暴力当时正开始侵扰这些住宅区。

【信号】 定位词后紧跟的描述句。 录音一出现定位词 a housing project, 下一句立刻 Drugs and gang violence were just beginning to plague the projects. 给出对这个地方的直接描述——题目问的对象一出现，紧跟其后的那句往往就是答案句。

【替换】 Drugs and gang violence were just beginning to plague the projects ↔

He was plagued by drugs and gang violence

主语换了人但同义

【排除】 A) 未提及

He moved out and divorced. 前半'搬走'对应 I got married and moved out, 但录音说的是结婚后搬出, 全篇只字未提 divorced(离婚); 这一半凭空捏造, 整项就错。

借用原文: I got married and moved out

C) 原词陷阱

He lived there for 20 years. 的 20 在录音里确实念到, 但 when I was 20 说的是他结婚那年20岁, 是年龄不是在那住了20年——数字被挪去说时长, 对象偷换了。

借用原文: when I was 20

D) 与原文相反

His parents would move into his new house. 说父母搬进他的新家, 而录音是'我'从父母处搬出 moved out of my parents' modest place, 方向正相反, 且录音从没提父母搬来。

借用原文: moved out of my parents' modest place

21. A) He was only responsible for unloading food.

B) He had to sign his name on every label.

C) It was a hard and tedious job.

D) He was required to work on Friday night.

【题目】 What do we learn about the speaker as a stock clerk?

【翻译】 关于说话者作为仓库管理员我们了解到什么?

A) 他只负责卸载食品。 B) 他必须在每个标签上签名。 C) 这是一份艰苦而乏味的工作。

D) 他被要求在周五晚上工作。

【答案】 C (细节题) It was a hard and tedious job.

【定位】 When we married, I worked as a stock clerk at Southwest Super Foods. It was hard, tedious work.

我们结婚时, 我在西南超级食品店做理货员。那是又苦又枯燥的活儿。

【信号】 直接的概括评价句。 录音点出身份 I worked as a stock clerk 后, 紧跟一句 It was hard, tedious work. 对这份工作做整体定性——这种对工作'是个什么活儿'的直接概括句, 正是问'当理货员是什么情况'的答案句。

【替换】 It was hard, tedious work ↔ **It was a hard and tedious job**

work=job 近义替换

【排除】 A) 原词陷阱

He was only responsible for unloading food. 的 unload 对应 cases of food that had to be unloaded, priced, and placed on shelves, 但录音说货物要卸货、定价、上架三件事都做, 选项用 only 只留卸货, 把职责框窄了, 与原文不符。

借用原文: cases of food that had to be unloaded, priced, and placed on shelves

B) 偷换概念

He had to sign his name on every label. 的 label 对应 the labels facing smartly out, 但录音是说他把罐头标签朝外摆齐、这是他的'招牌(signature 比喻)', 并非真在每个标签上签名; 把 That was my signature. 的比喻签名当成了字面签名。

借用原文: the labels facing smartly out

D) 与原文相反

He was required to work on Friday night. 的 Friday night 录音里念过, 但原文是别人都想请假、I was always ready to work 是他主动乐意上夜班, 不是 required(被要求); 把自愿说成被强制, 性质反了。

借用原文: I was always ready to work

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

1 Watching more than three hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests. Scientists at University College London used memory and fluency tests on the same group of people six years apart. They found that those who watched on average less than three hours' television a day showed a decline of around four to five percent, while those who tended to watch more than three hours a day declined by an average of eight to ten percent. The research team say they believe the "alert-but-passive" nature of television watching may be creating stress on the mind which contributes to memory decline. Older people who watch more television are also less likely to undertake activities known to preserve mental functioning such as reading, or interactive screen-based pursuits such as using the Internet or playing video games. The researchers say that television viewing may be a risk factor for Alzheimer's disease, but more research is needed to establish a link. While watching television may have educational benefits and relaxation benefits, the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities. If you're concerned that the amount of television you're watching could have a negative impact on your health, you should limit the amount of TV you watch each day and undertake some healthy hobbies.

一项针对3000多名成年人的新研究表明, 每天看电视超过三小时会使老年人的记忆力丧失加倍。伦敦大学学院的科学家们对同一组人进行了相隔六年的记忆力和语言流畅性测试。他们发现, 平均每天看电视少于三小时的人记忆力下降了约百分之四到五, 而那些每天看电视超过三小时的人平均下降了百分之八到十。研究团队表示, 他们认为看电视"警觉但被动"的特性可能会对大脑造成压力, 从而导致记忆力下降。看电视较多的老年人也不太可能从事已知能保持心智功能的活动, 如阅读, 或基于屏幕的互动活动, 如使用互联网或玩电子游戏。研究人员表示, 看电视可能是阿尔茨海默病的一个风险因素, 但需要更多研究来建立这种联系。虽然看电视可能具有教育和放松的益处, 但研究人员建议50岁以上的成年人应该努力确保看

电视与其他对比性活动保持平衡。如果你担心观看电视的时间可能对健康产生负面影响，你应该限制每天看电视的时间并从事一些健康的爱好。

22. A) By recording the time people spend on TV.

B) By tracking people's living habits.

C) By using memory and fluency tests.

D) By scanning people's brains.

【题目】 By what means did scientists at University College London measure memory loss?

【翻译】 伦敦大学学院的科学家们通过什么方式测量记忆力衰退？

A) 通过记录人们看电视的时间。 B) 通过追踪人们的生活习惯。

C) 通过使用记忆力和流畅性测试。 D) 通过扫描人们的大脑。

【答案】 C (细节题) By using memory and fluency tests.

【定位】 Scientists at University College London used memory and fluency tests on the same group of people six years apart.

伦敦大学学院的科学家们对同一组人，前后相隔六年，做了记忆力与流畅度测试。

【信号】 动作动词 **used** 紧跟方法。答案句信号是表"使用某方法"的动作动词 used memory and fluency tests，问"用什么手段"的细节题，落点就在这个 used 后面带出的具体工具上。

【替换】 used memory and fluency tests ↔ **By using memory and fluency tests.**

原句动词转成 By doing 的近乎直译

【排除】 A) **原词陷阱**

A 说 By recording the time people spend on TV., 借了录音反复出现的 television 话题词，但研究测量记忆用的是 memory and fluency tests，不是"记录看电视的时间"，这是听到 TV 就想选的原词陷阱。

借用原文：Watching more than three hours of television a day

B) **未提及**

B 说 By tracking people's living habits."追踪生活习惯"，录音通篇只提到用 memory and fluency tests，从未说追踪生活习惯，属于编造出来的手段。

D) **未提及**

D 说 By scanning people's brains., "扫脑"听上去很像测记忆的高科技方法，但录音明确用的是 memory and fluency tests，从头到尾没有提到 scan 或 brain scanning。

23. A) Watching television for hours.

B) Playing video games.

C) Reading books and magazines.

D) Surfing the Internet.

【题目】 What contributed to memory decline in the participants?

【翻译】是什么导致了参与者的记忆力下降？

A) 连续数小时看电视。 B) 玩电子游戏。 C) 阅读书籍和杂志。 D) 上网浏览。

【答案】A (细节题) Watching television for hours.

【定位】Watching more than three hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests.

一项针对三千多名成年人的新研究表明，每天看电视超过三小时会使老年人的记忆力损失加倍。

【信号】因果动词 **doubles** 连起活动与后果。答案句的信号是 doubles memory loss 这个把"看电视"和"记忆损失"直接挂钩的因果动词，问"什么导致记忆衰退"，落点就在 doubles 前面的那个行为上。

【替换】Watching more than three hours of television a day ↔ **Watching television for hours.**

具体时长概括为 for hours

【排除】B) **张冠李戴**

B 说 Playing video games., 录音确实念了 playing video games, 但那是作为"有助于保持脑力的活动"提的，方向是有益、不是导致衰退，听到原词就选会张冠李戴。

借用原文：interactive screen-based pursuits such as using the Internet or playing video games

C) **张冠李戴**

C 说 Reading books and magazines., 录音里 reading 是与"保持脑功能"绑在一起的有益活动，不是导致记忆衰退的原因，借原词反向设套。

借用原文：activities known to preserve mental functioning such as reading

D) **张冠李戴**

D 说 Surfing the Internet., 录音 using the Internet 同样是被列为"有益脑力"的活动，不是诱因，属典型的原词反用。

借用原文：interactive screen-based pursuits such as using the Internet

24. A) Television viewing may be a potential factor for Alzheimer's disease.

B) Alzheimer's patients tend to watch television more than 3 hours a day.

C) Some research has confirmed the link between them.

D) Television watching is beneficial to Alzheimer's patients.

【题目】What do the researchers say about their finding concerning the link between TV viewing and Alzheimer's disease?

【翻译】研究人员如何评价他们关于看电视与阿尔茨海默病之间联系的发现？

A) 看电视可能是阿尔茨海默病的一个潜在因素。

B) 阿尔茨海默病患者往往每天看电视超过3小时。

C) 一些研究已经证实了它们之间的联系。 D) 看电视对阿尔茨海默病患者有益。

【答案】A (细节题) Television viewing may be a potential factor for Alzheimer's disease.

【定位】 The researchers say that television viewing may be a risk factor for Alzheimer's disease, but more research is needed to establish a link.

研究者表示，看电视可能是老年痴呆症的一个风险因素，但还需要更多研究来确立这种关联。

【信号】 留余地词 **may** + 转折 **but** 限定结论。答案句信号是 may be a risk factor 的不确定词 may，以及紧随的转折 but more research is needed，研究者用"可能、还需更多研究"把话说得留有余地，结论就落在这种谨慎表态上。

【替换】 may be a risk factor for Alzheimer's disease ↔

Television viewing may be a potential factor for Alzheimer's disease.

risk factor 同义为 potential factor, may 原样保留

【排除】 B) **原词陷阱**

B 说 Alzheimer's patients tend to watch television more than 3 hours a day., 录音确有 more than three hours 这个数字，但那是讲"看电视时长与记忆损失"，从没说"老年痴呆患者每天看超三小时"，是借数字原词设的陷阱。

借用原文：those who tended to watch more than three hours a day

C) **与原文相反**

C 说 Some research has confirmed the link between them., 但录音明说 more research is needed to establish a link——关联还没确立，C 用 confirmed 把"尚未证实"夸成"已证实"，程度严重越界。

借用原文：more research is needed to establish a link

D) **与原文相反**

D 说 Television watching is beneficial to Alzheimer's patients., 录音里确有 educational benefits and relaxation benefits，但那是泛指看电视的一般好处，绝没说"对老年痴呆患者有益"，整体基调是看电视有害，D 完全反向。

借用原文：watching television may have educational benefits and relaxation benefits

25. A) Watch television no more than 3 hours each day.

B) Balance television viewing with other contrasting activities.

C) Watch some educational TV programs.

D) Take more physical exercise.

【题目】 What do the researchers suggest older people do?

【翻译】 研究人员建议老年人做什么？

A) 每天看电视不超过3小时。 B) 在看电视与其他对比性活动之间保持平衡。

C) 观看一些教育类电视节目。 D) 进行更多体育锻炼。

【答案】 B (细节题) Balance television viewing with other contrasting activities.

【定位】 the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities.

研究者建议，五十岁以上的成年人应尽量确保看电视与其他相反类型的活动保持平衡。

【信号】 建议信号词 **advise + should**。答案句信号是建议词 the researchers advise 加 should try and ensure，问"建议做什么"的题，落点就在 advise/should 后面带出的那个动作上。

【替换】 television viewing is balanced with other contrasting activities ↔

Balance television viewing with other contrasting activities.

被动陈述转成主动祈使，措辞几乎照搬

【排除】 A) **原词陷阱**

A 说 Watch television no more than 3 hours each day., 录音里 more than three hours 确实念过，但那是描述研究发现的时长门槛，研究者给老年人的正式建议是"平衡活动"，并非"每天别超三小时"，借数字原词冒充建议。

借用原文：Watching more than three hours of television a day

C) **偷换概念**

C 说 Watch some educational TV programs., 录音确有 educational benefits 一词，但那是说看电视"有教育益处"，研究者从没建议"去看教育类节目"，借 educational 原词偷换概念。

借用原文：watching television may have educational benefits

D) **未提及**

D 说 Take more physical exercise., 录音结尾只笼统提到 undertake some healthy hobbies，从未具体建议"多做体育锻炼"，physical exercise 是凭健康常识脑补出来的。

SENTENCE INSIGHTS • 句子精讲

34 句真题句逐层精讲

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

In today's headlines, Scotland's transport minister has warned of potentially extreme weather conditions as heavy snow is forecast across the country later this week.

第1段，第2句

主从复合句是考试常见句式，现在完成时和被动语态也是高频考点；"as" 引导原因状语从句的结构在新闻和学术文本中经常出现，具有较高的典型性和迁移价值

This is what he said to us: "The orange warning may be raised to red in some areas. That is a warning for snow that has never been seen since the modern system came into place in Scotland."

第1段，第5句

本句的结构非常典型:引述句加直接引语、主系表结构加表语从句、情态动词被动式、限制性定语从句嵌套时间状语从句,这些都是四六级和考研阅读中的高频句式。掌握本句的分析方法,可以直接迁移到大量类似结构的真题句中。

What were people in parts of Scotland advised to do?

第1题题干

本句是典型的被动语态特殊疑问句, "be advised to do" 结构在四六级和考研阅读中高频出现, 疑问句倒装也是常考句式。掌握本句的分析方法(倒装还原、被动转主动、补足语识别)可以迁移到大量同类句子, 具有很强的代表性。

Pay more attention to the roads.

第2题, A

覆盖谓语、宾语、状语三种基本成分, 结构简单但完整; 可用于入门级成分划分练习, 但缺乏易错点和成分丰富性。

He was heartbroken after realizing he'd missed his high school graduation.

第1段, 第2句

after doing 引出时间状语、动名词后接宾语从句、过去完成时表先后关系,都是四六级和考研常考结构。该句型在叙事类文章中高频出现,迁移性强。

It was just a month ago that East Juniata High School seniors met in the school's auditorium for graduation.

第1段, 第4句

强调句是四六级和考研阅读中的高频句式, "It is/was ... that ..." 结构在真题中反复出现。掌握这个句型的识别和拆解方法, 可以直接迁移到大量类似句子, 实用性和代表性都很高。

Do you enjoy working from home?

第1段，第2句

一般疑问句 + 动名词作宾语是常见句式，在四六级和考研真题中经常出现；但结构过于简单，缺少从句或复杂修饰，作为典型真题句式的代表性一般

Apart from my mother, not too many people I know have time for phone chats during working hours.

第2段，第3句

定语从句修饰主语且省略关系代词的结构在四六级和考研阅读中频繁出现，是典型的常考句式，掌握后可迁移到大量类似句子的分析中，具有较高的代表性。

I'd lack inspiration or stimulation, which would be counterproductive to getting a lot of work done.

第3段，第3句

本句为“主句 + 非限制性定语从句”结构，which 指代前文整句并作从句主语，是四六级和考研阅读中的高频句式。情态动词 would 表假设推测的用法也极为常见。掌握此结构可复用于大量长难句分析场景。

M: Coffee shops seem to have effectively become office spaces for so many people in this digital age, though I'm not sure how cafe owners feel about it—having so many people who go to their places to work rather than drink and eat.

第5段，第1句

本句结构层次清楚但不简单，既能训练主干定位，也能训练从句识别和不定式成分判断；时态不至于压得人太难，适合作为结构与时态综合练习材料。

Some obviously stay so long.

第7段，第2句

简单句结构在真题中常见，但本句过于简短且成分单一，缺乏考试中常考的复杂修饰、从句嵌套或特殊句式，作为句式代表性不足。

While remote workers help to keep the cafe full in quiet times, they can take up the valuable table space in busy periods.

第8段，第3句

“句首从句加逗号，后接主句”的结构非常常见，尤其是用 “While” 做对比背景的写法很有迁移性。掌握这种读法后，遇到类似的让步、对比、条件类句子都能套用。

What does the woman say is the disadvantage of working from home?

第8题 题干

“特殊疑问句 + 宾语从句” 是四六级听力和阅读理解中的高频句式，疑问词提前、连接词省略、从句嵌套这些特征在真题中反复出现，掌握这个结构可以迁移到大量类似句子，典型性很高。

What does the man say is counterproductive to getting work done in the library?

第9题 题干

特殊疑问句配合宾语从句、从句主语提前形成疑问结构，这是四六级和考研听力、阅读中的高频句式（尤其在间接引语和疑问句转换中）。掌握这一结构后，学习者可以迁移到大量类似句型，如 What do you think is important、Where does she say the meeting will be held 等，典型性很强。

Then I can devote more time and energy to finding a better position at another company.

第3段，第2句

情态动词加动词原形的结构以及 devote...to doing 的固定搭配，在四六级和考研阅读中较为常见，属于中等典型的句式。并列宾语和介词短语作状语也是高频考点。但简单句本身在真题中占比不如复合句高，迁移价值中等。

If you do several jobs in a relatively short span of time, prospective employers might perceive that you lack loyalty.

第4段，第3句

条件状语从句位于句首 + 主句 + 宾语从句嵌套的结构，是四六级和考研真题中的高频句式。这种条件假设配合间接陈述的表达方式，在议论文和说明文中大量出现，掌握后可迁移性强。

Even if I get a promotion at my company, it's likely to be less sizable than if I were to get a job elsewhere.

第5段，第2句

让步状语从句配主句、主句内嵌比较从句、比较从句内再嵌条件从句，这种多层条件加比较的复合结构是四六级和考研阅读中的高频句式。虚拟语气"were to"用于表达假设对比，也是考试常考语法点。掌握本句的切分和成分划分方法，可以直接迁移到大量真题长难句的分析中。

And even if I get a promotion, I'm not guaranteed to get a raise.

第5段，第3句

even if 引导的让步状语从句和 be guaranteed to do 结构都是四六级和考研中的高频句式，具有较强的代表性和迁移价值，掌握后可应用于大量类似句型。

M: They wanted you to take on more work and responsibility but for the same amount of money?

第6段，第1句

"动词 + 宾语 + 不定式补足语" 是英语中常见的句型，尤其 "want sb to do sth" 在考试和日常交流中出现频率很高。句中的并列结构和介词短语修饰也是典型用法，学习本句可以帮助掌握这类常见句式的识别和分析方法。

She is not satisfied with the salary.

第12题，A

系表结构加介词短语状语是英语中常见的基本句式，尤其在表达情绪和态度时频繁出现，具有较高的典型性和迁移价值。

She is not capable of the job.

第12题，B

主系表结构在四六级和考研真题中常见，但本句过于简短、修饰成分极少，不能代表真题中常考的复杂主系表句式（如含多重定语或状语的长句），典型性一般。

What does the woman say would happen even if she got promoted in her current company?

第14题 题干

疑问句 + 宾语从句(省略引导词)+ 嵌套状语从句的结构在四六级和考研听力、阅读中高频出现,特别是疑问句嵌套从句、虚拟语气表假设条件等句式极为典型,掌握后可大量迁移到类似题型中。

There is a saying that goes something along the lines of "You must love yourself first before you can love someone else."

第1段, 第1句

本句覆盖存在句、定语从句、宾语从句、状语从句四种结构, 涉及主谓宾、方式状语、时间状语等多种成分, 且存在句和定语从句的识别对基础学习者有练习价值, 成分较丰富。

Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others.

第1段, 第2句

主句 + 宾语从句 + 嵌套状语从句的结构是四六级和考研阅读中的典型句式。宾语从句表达观点, 内部嵌套条件或时间状语从句来说明逻辑关系, 这种模式在议论文和说明文中极为常见。掌握这个句型后可以迁移到大量类似结构的句子分析中, 代表性强。

In contrast, being alone can actually be a blessing, particularly when you've actively chosen it.

第1段, 第7句

高度典型的考试句式。主句用动名词作主语配合系表结构,从句用 "when" 引导时间条件,这两种结构在四六级和考研阅读中频繁出现。句首插入语 "In contrast" 表示转折对比,也是常见的衔接手法。掌握本句结构后,可直接迁移到大量类似句子的理解和写作中。

You don't have to take anyone else into consideration and can do whatever you please.

第1段, 第11句

本句涵盖并列谓语、宾语、状语、宾语从句等多种成分, 且宾语从句中 "whatever" 的双重作用(引导词兼宾语) 是一个值得练习的语法点。成分种类较丰富, 有一定训练价值。

Having been alone for a bit, you will also appreciate your friends' company more, and chances are, your time spent together will be more worthwhile.

第1段，第14句

覆盖了主语、谓语、宾语、表语、状语、定语等多种成分。第一个主句包含分词短语作时间状语、所有格修饰的宾语和程度状语。第二个主句是主系表结构，表语是一个完整从句。表语从句中主语带有后置定语（过去分词 spent 加副词 together），系表结构后接比较级形容词。有一定的成分多样性和定位练习价值，但都是常规搭配，没有特别难以分辨的易错点（如形式主语、双宾语、补语等复杂结构）。适合作为中等难度的成分划分练习。

What does the speaker say helps reduce one's feeling of loneliness?

第17题 题干

特殊疑问句嵌套宾语从句、疑问词充当从句主语、连接词that省略,这些都是四六级和考研听力阅读中的高频句式;掌握本句结构后可直接迁移到大量类似题目,实用性强。

It makes us treasure the time.

第18题，B

使役动词后接宾语和补足语，是常见且可迁移的基础句型。掌握这种结构后，遇到类似句子更容易迅速找到主干。

It helps us take care of problems more efficiently.

第18题，D

这种“主语 + 谓语 + 宾语 + 动词原形补足语 + 状语”的线性结构非常常见，迁移性较强。像 "help somebody do something" 也是英语里高频、实用的基本句式。

If I messed up, he made me stay late until I got it right.

第1段，第5句

"If 条件从句 + 主句 + until 时间从句" 是四六级和考研真题中高频出现的典型复合句结构，使役动词加宾补的用法也是常考点，掌握后可直接迁移到大量类似句式。

He was only responsible for unloading food.

第21题，A

涵盖主语、系动词、表语、状语、定语五种成分，其中 "only" 作状语、"for unloading food" 作后置定语修饰形容词，具有一定成分划分练习价值，但整体结构偏简单，易错点不多。

Watching more than three hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests.

第1段，第1句

动名词短语作主语 + 及物动词 + 宾语 + 状语，是四六级和考研阅读中非常常见的句式。逗号后插入研究来源的补充说明也是学术类文本的典型写法。掌握此句结构后，可以复用到大量科研报道和议论文中，迁移性强。

They found that those who watched on average less than three hours' television a day showed a decline of around four to five percent, while those who tended to watch more than three hours a day declined by an average of eight to ten percent.

第1段，第3句

本句的结构高度典型：主句 + 宾语从句、宾语从句内嵌定语从句和对比状语从句、while 连接并列对比的两部分，这些都是四六级和考研阅读中的高频句式；掌握本句的拆解方法可以直接迁移到大量真题长难句中。

HIGH-FREQUENCY · 真题高频词

本卷出现的 188 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。

graduation

B1

n. 毕业

本卷7次 · 真题 18 句

would

A1

aux. (will 的过去式) 将要，会

本卷6次 · 真题 466 句

less

A1

det. 较少的

本卷6次 · 真题 224 句

viewing

B1

n. 观看

本卷5次 · 真题 8 句

researcher

B2

n. 研究人员

本卷4次 · 真题 239 句

decline

B2

v. 下降

本卷4次 · 真题 73 句

warning A2

n. 警告

本卷4次·真题 25 句

ceremony B2

n. 典礼

本卷4次·真题 10 句

likely A2

adj. 很可能的

本卷3次·真题 224 句

benefit B1

n. 好处

本卷3次·真题 169 句

lack B1

v. 缺少

本卷3次·真题 115 句

project A2

n. 项目

本卷3次·真题 90 句

amount A2

n. 数量

本卷3次·真题 87 句

link A2

n. 联系

本卷3次·真题 52 句

working A2

adj. 有工作的

本卷3次·真题 39 句

journey A2

n. 旅行, 旅程

本卷3次·真题 20 句

loneliness B2

n. 孤独感

本卷3次·真题 18 句

promotion B2

n. 晋升, 升职

本卷3次·真题 18 句

wildlife B1

n. 野生动植物

本卷3次·真题 16 句

stock B1

n. 库存

本卷3次·真题 15 句

cafe A2

n. 咖啡馆

本卷3次·真题 9 句

laptop A2

n. 笔记本电脑

本卷3次·真题 9 句

occupy B2

v. 占据, 占用 (空间、时间)

本卷3次·真题9句

brick A2

n. 砖, 砖块

本卷3次·真题8句

local A2

adj. 当地的

本卷2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2次·真题148句

tend B1

v. 倾向于, 往往会

本卷2次·真题137句

average A2

adj. 平均的

本卷2次·真题89句

opportunity B1

n. 机会

本卷2次·真题89句

factor B1

n. 因素

本卷2次·真题77句

contribute B1

v. 捐献

本卷2次·真题74句

gain B1

v. 获得; 赢得

本卷2次·真题64句

potential B2

adj. 潜在的

本卷2次·真题63句

responsibility B1

n. 责任

本卷2次·真题55句

employer B1

n. 雇主

本卷2次·真题52句

species B2

n. 物种

本卷2次·真题51句

extra A2

adj. 额外的

本卷2次·真题48句

official B1

adj. 官方的

本卷2次·真题47句

loss B1

n. 丧失

本卷2次 · 真题 46 句

educational B1

adj. 教育的

本卷2次 · 真题 45 句

ban B2

v. 禁止

本卷2次 · 真题 37 句

housing B1

n. 住房

本卷2次 · 真题 30 句

mobile B1

adj. 可移动的

本卷2次 · 真题 28 句

valuable B1

adj. 贵重的

本卷2次 · 真题 28 句

senior B1

adj. 级别高的

本卷2次 · 真题 25 句

salary B1

n. 薪水, 工资 (通常指按月发放的固定报酬)

本卷2次 · 真题 21 句

propose B1

v. 提议

本卷2次 · 真题 20 句

transport B1

v. 运输, 运送

本卷2次 · 真题 20 句

apart B1

adv. 分开地

本卷2次 · 真题 19 句

alert B2

adj. 警觉的

本卷2次 · 真题 17 句

mom A1

n. 妈妈

本卷2次 · 真题 16 句

label B1

n. 标签

本卷2次 · 真题 14 句

urge B2

v. 敦促

本卷2次 · 真题 14 句

endangered B2

adj. 濒危的

本卷2次 · 真题 13 句

isolation

B2

n. 隔离

本卷2次·真题 11句

minister

B2

n. 部长

本卷2次·真题 11句

undertake

B2

v. 承担

本卷2次·真题 11句

violence

B2

n. 暴力行为

本卷2次·真题 9句

system

A2

n. 系统

本卷1次·真题 162句

reduce

B1

v. 减少, 降低 (数量、大小、程度等)

本卷1次·真题 118句

participant

B2

n. 参与者

本卷1次·真题 117句

affect

B1

v. 影响

本卷1次·真题 113句

risk

A2

n. 风险

本卷1次·真题 108句

stress

B1

n. 压力

本卷1次·真题 102句

decade

B1

n. 十年

本卷1次·真题 99句

finding

B2

n. 调查结果

本卷1次·真题 99句

impact

B2

n. 影响

本卷1次·真题 98句

physical

B1

adj. 身体的

本卷1次·真题 98句

case

A2

n. 情况

本卷1次·真题 89句

according

B1

prep. 根据

本卷1次·真题 88句

mental B1

adj. 精神的

本卷1次·真题 86 句

issue B1

n. 问题

本卷1次·真题 83 句

community B1

n. 社区

本卷1次·真题 81 句

sign A1

n. 标志

本卷1次·真题 78 句

digital B1

adj. 数字的

本卷1次·真题 75 句

later A1

adv. 以后, later

本卷1次·真题 70 句

material B1

n. 材料

本卷1次·真题 69 句

measure B1

v. 测量

本卷1次·真题 68 句

performance B1

n. 表演

本卷1次·真题 66 句

current B1

adj. 现在的

本卷1次·真题 64 句

power A2

n. 权力

本卷1次·真题 59 句

enable B1

v. 使能够

本卷1次·真题 58 句

negative B1

adj. 否定的

本卷1次·真题 57 句

seek B1

v. 寻找

本卷1次·真题 56 句

attack A2

v. 攻击

本卷1次·真题 55 句

balance B1

n. 平衡

本卷1次·真题 55 句

internet A2

n. 互联网

本卷1次·真题 55 句

ensure B2

v. 确保

本卷1次·真题 54 句

identify B1

v. 识别

本卷1次·真题 54 句

demand B1

v. 坚决要求

本卷1次·真题 50 句

realize B1

v. 意识到, 认识到

本卷1次·真题 50 句

recently A2

adv. 最近

本卷1次·真题 48 句

easily A2

adv. 容易地

本卷1次·真题 47 句

promote B2

v. 促进

本卷1次·真题 47 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本卷1次·真题 47 句

limit B1

n. 限度

本卷1次·真题 45 句

mainly B1

adv. 主要地

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

charge B1

v. 收费

本卷1次·真题 42 句

wild A2

adj. 野生的

本卷1次·真题 42 句

fund B2

n. 资金

本卷1次·真题 40 句

extreme B2

adj. 极度的

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

solution B1

n. 解决办法

本卷1次·真题 38 句

site A2

n. 地点

本卷1次·真题 37 句

significant B2

adj. 重要的

本卷1次·真题 36 句

reading A1

n. 阅读

本卷1次·真题 33 句

track A2

n. 小路

本卷1次·真题 33 句

equipment B1

n. 设备

本卷1次·真题 32 句

cultural B1

adj. 文化的

本卷1次·真题 30 句

delay B1

n. 延迟

本卷1次·真题 30 句

means A2

n. 方法

本卷1次·真题 30 句

network B1

n. 网络

本卷1次·真题 30 句

remote B1

adj. 遥远的

本卷1次·真题 30 句

stage A2

n. 阶段

本卷1次·真题 30 句

fuel B1

n. 燃料

本卷1次·真题 28 句

audience A2

n. 观众

本卷1次·真题 26 句

fully B1

adv. 完全地

本卷1次·真题 26 句

quit B1

v. 离开 (工作、学校等)

本卷1次·真题 26 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本卷1次·真题 25 句

responsible B1

adj. 负责的

本卷1次·真题 25 句

relatively B2

adv. 相对地

本卷1次·真题 24 句

concerned B1

adj. 担心的

本卷1次·真题 23 句

confirm B1

v. 证实

本卷1次·真题 23 句

massive B2

adj. 巨大的, 大量的

本卷1次·真题 23 句

priority B2

n. 优先事项

本卷1次·真题 23 句

contrast B2

n. 对比

本卷1次·真题 22 句

flexible B2

adj. 灵活的

本卷1次·真题 22 句

gather B1

v. 聚集, 集合

本卷1次·真题 22 句

stuff A2

n. 东西

本卷1次·真题 22 句

frequently B1

adv. 频繁地

本卷1次·真题 21 句

perceive B2

v. 理解, 领悟 (某事的性质或意义)

本卷1次·真题 21 句

capable B1

adj. 有能力的

本卷1次·真题 20 句

deeply B1

adv. 深深地

本卷1次·真题 20 句

extend B1

v. 延伸; 延长

本卷1次 · 真题 20 句

preserve B2

v. 保护

本卷1次 · 真题 20 句

unfortunately B1

adv. 不幸地

本卷1次 · 真题 20 句

favor B1

n. 帮忙

本卷1次 · 真题 19 句

funding B2

n. 资金

本卷1次 · 真题 19 句

mayor B1

n. 市长

本卷1次 · 真题 19 句

roughly B1

adv. 大约, 大概

本卷1次 · 真题 19 句

truly B1

adv. 真正地

本卷1次 · 真题 19 句

setting B1

n. 环境

本卷1次 · 真题 18 句

clothing A2

n. 衣服

本卷1次 · 真题 17 句

effectively B2

adv. 有效地

本卷1次 · 真题 17 句

challenging B2

adj. 有挑战性的

本卷1次 · 真题 16 句

elsewhere B1

adv. 在别处

本卷1次 · 真题 16 句

beneficial B2

adj. 有益的

本卷1次 · 真题 15 句

divorce B2

n. 离婚

本卷1次 · 真题 15 句

sufficient B2

adj. 足够的

本卷1次 · 真题 15 句

thanks

A1

intj. 谢谢

本卷1次·真题 15 句

consideration

B2

n. 考虑

本卷1次·真题 14 句

deserve

B1

v. 应得

本卷1次·真题 14 句

disadvantage

B2

n. 不利条件

本卷1次·真题 14 句

guarantee

B2

n. 保证

本卷1次·真题 14 句

inspiration

B2

n. 灵感

本卷1次·真题 14 句

obviously

B1

adv. 显然,明显地

本卷1次·真题 14 句

pursuit

B2

n. 追求

本卷1次·真题 14 句

reluctant

B2

adj. 不情愿的

本卷1次·真题 14 句

actively

B1

adv. 积极主动地

本卷1次·真题 13 句

chat

A2

v. 聊天, 闲谈

本卷1次·真题 13 句

employ

B1

v. 雇用

本卷1次·真题 13 句

keen

B2

adj. 热衷的

本卷1次·真题 13 句

surely

B1

adv. 肯定地

本卷1次·真题 13 句

thrive

B2

v. 茁壮成长

本卷1次·真题 13 句

heritage

B2

n. 遗产

本卷1次·真题 12 句

modest B2

adj. 谦虚的, 谦逊的

本卷1次·真题 12 句

stretch B1

v. 伸展

本卷1次·真题 12 句

union B2

n. 工会

本卷1次·真题 12 句

arrangement B1

n. 安排

本卷1次·真题 11 句

fortune B2

n. 财富

本卷1次·真题 11 句

mess B1

n. 脏乱, 杂乱

本卷1次·真题 11 句

surround B1

v. 围绕

本卷1次·真题 11 句

trick B1

n. 诡计

本卷1次·真题 11 句

concerning B2

prep. 关于

本卷1次·真题 10 句

devote B2

v. 把...奉献给

本卷1次·真题 10 句

outlet B2

n. 商店

本卷1次·真题 10 句

saying B1

n. 谚语

本卷1次·真题 10 句

span B2

n. 时间段

本卷1次·真题 10 句

aisle B2

n. (建筑物内的) 过道, 通道

本卷1次·真题 9 句

principal B2

adj. 主要的

本卷1次·真题 9 句

tasty A2

adj. 美味的, 可口的

本卷1次·真题 9 句

anymore A2

adv. (不) 再
本卷1次·真题8句

barrier B2

n. 障碍物
本卷1次·真题8句

potentially B2

adv. 可能地
本卷1次·真题8句

prospective C1

adj. 预期的
本卷1次·真题8句

similarly B2

adv. 相似地
本卷1次·真题8句

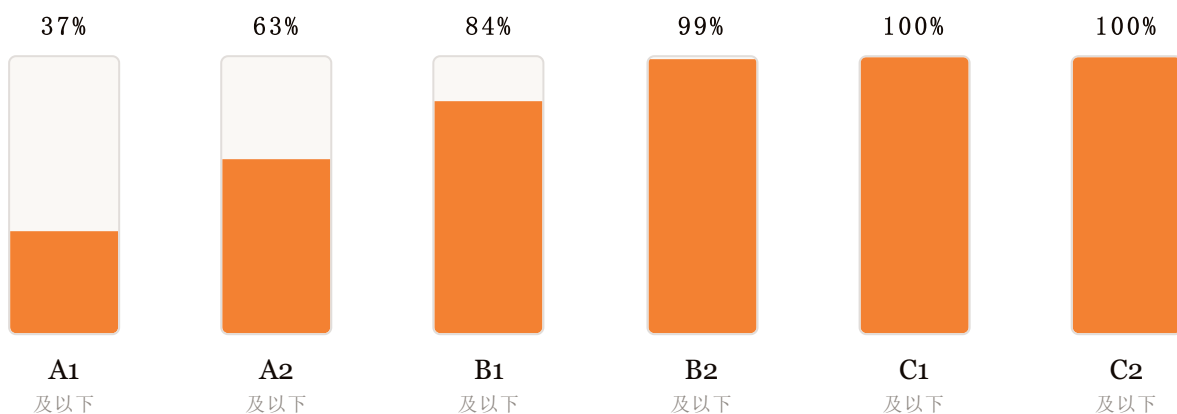
super B1

adj. 极好的, 超级棒的
本卷1次·真题8句

VOCABULARY · 词汇难度分布

全卷录音原文 649 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **649** 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 7 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 649 个 · 末柱为 100%

去重总词数

649

B2 以上难词

1%

B1 及以下覆盖

84%

英语四级 2020年7月·第1套 · 全卷构成

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

2020年7月·第1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2020年7月·第1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、6 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1套(2020-07) • 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.

"Science and everyday life cannot and should not be separated." Those were the words uttered by pioneering British scientist Rosalind Franklin, who firmly believed that the pursuit of science should be 26 to all.

"科学与日常生活不能也不应该被分开。"这是英国开创性科学家罗莎琳德·富兰克林说过的话，她坚信对科学的追求应该让所有人都能接触到。

As a woman working in the first half of the 20th century, Franklin's contributions to some of the greatest scientific discoveries of our time including the structure of DNA were sadly 27 in her lifetime.

作为一位在20世纪上半叶工作的女性，富兰克林对我们这个时代一些最伟大的科学发现（包括DNA结构）所做的贡献在她有生之年遗憾地被忽视了。

More than 60 years after Franklin's death, we are 28 living in a different world, where women play an important part in every echelon(阶层) of our society—not least in science, innovation, higher education and research. UK universities are world leaders when it comes to advancing and 29 gender equality.

在富兰克林去世60多年后，我们值得庆幸地生活在一个不同的世界里，女性在我们社会的各个阶层都发挥着重要作用——尤其是在科学、创新、高等教育和研究领域。在推进和促进性别平等方面，英国大学是世界领先者。

In the past decade, we have seen a 30 increase in England in the number of women accepted on to full-time undergraduate degrees in science, technology, engineering and maths (Stem

subjects). And in the last academic year, women 31 for more than half of all Stem postgraduates at UK universities.

在过去十年里，我们看到英格兰被科学、技术、工程和数学（Stem学科）全日制本科学位录取的女性人数大幅增加。在上一学年，女性占英国大学所有Stem研究生的一半以上。

Data shows us the 32 to success gets harder for women to climb the further up they go. Although women make up the majority of undergraduates in our universities, just under half of academic staff are female. At 33 levels, only a quarter of professors are women, and black women make up less than 2% of all female academic staff.

数据显示，女性越往上爬，通往成功的阶梯就越难攀登。尽管女性占我们大学本科生的大多数，但只有不到一半的学术人员是女性。在高级职位上，只有四分之一的教授是女性，而黑人女性在所有女性学术人员中所占比例不到2%。

There are also stark differences in pay across grades. The gender pay gap based on median salaries across the sector in 2016-2017 was 13.7%, 34 there is still some way to go to ensure women are rising through the ranks to higher grade positions and being paid 35.

不同级别之间的薪酬差异也很明显。2016-2017年该行业基于中位数工资的性别薪酬差距为13.7%，这表明要确保女性晋升到更高级别的职位并获得相应的报酬，还有一段路要走。

- | | |
|------------------|---------------|
| A) accessible | I) nomination |
| B) accounted | J) overlooked |
| C) adaptation | K) promoting |
| D) appropriately | L) senior |
| E) considerable | M) submission |
| F) effective | N) suggesting |
| G) ladder | O) thankfully |
| H) misread | |

26. the pursuit of science should be __(26)__ to all

【答案】 **A) accessible** (形容词)

【词性槽】 be 动词 + 空 + to all, 典型表语形容词位

【依据】 **be accessible to all = 「人人可参与」契合 Franklin 的科学观**

前句引语 "Science and everyday life cannot and should not be separated." 强调科学不该脱离日常生活, 自然推出科学的探索应「人人能够参与/接触」, accessible 与 to all 构成固定搭配, 意思精准。

【竞争词】 **E) considerable 义为「相当大的」, 与 to all 不搭配, 逻辑也不通**

considerable 修饰程度/数量, 不说 considerable to all; 且「科学的追求对所有人是相当大的」根本不成句。

F) effective 义为「有效的」, 不与 to all 形成自然搭配

effective 一般搭 for / against / in doing, 说 the pursuit should be effective to all 既别扭也偏题——本句要谈的不是「有效」而是「向所有人开放」。

L) senior 义为「高级的」, 与「人人」相反

senior to sb 虽能搭配, 但意为「比某人级别高」, 与「面向所有人」语义完全相反; 且 senior 留给 33 题的「senior levels」更贴。

【易错】最具迷惑性的错误词是 **F)** —— effective 词性合、感情色彩也对, 最易误选。the pursuit of science should be __(26)__ to all 中, effective 是形容词、又显得「积极」; 但 effective 后不接 to all (应接 for / in doing), 且与 Franklin 引言「科学与日常不可分」呼应的是「面向所有人」而非「有效」。防坑: be 形容词 + to all 框架下只挑能搭 to 的形容词, accessible 才对。

27. Franklin's contributions ... were sadly __(27)__ in her lifetime

【答案】 **J) overlooked** (动词)

【词性槽】 were 后缺表语, 且 sadly 修饰, 需要过去分词作被动

【依据】 **「贡献被忽视」与下一段「幸而我们今天活在不同世界」呼应**

Franklin 是 DNA 结构发现的重要贡献者却长期未被承认; overlooked 「被忽视」精准捕捉这一史实, 且与下文 we are __(28)__ living in a different world 的转折逻辑「过去被忽视——如今境况变好」环环相扣。

【竞争词】 **H) misread 义为「误读、被错误理解」, 偏离史实**

misread 强调「读错、误解」, 但 Franklin 的问题不是贡献被「误读」, 而是根本没被承认/记得; 与 sadly 的情绪虽都偏负面, 但语义指向不同。

【易错】最具迷惑性的错误词是 **H)** —— misread 形态正确、色彩偏负, 迷惑性极高。were sadly __(27)__ in her lifetime 中, misread 在形态 (过去分词) 和情绪 (负面) 上都过关; 但回到「下一段是『幸而如今活在不同世界』」的转折, 被翻转的应是「被忽视」而非「被误读」。防坑: 被动+情绪转折结构里, 要把上下段两端的语义都摆上桌再选。

28. we are __(28)__ living in a different world

【答案】 **O) thankfully** (副词)

【词性槽】 be 与现在分词之间，只能塞副词

【依据】 评注性副词，与「不同于过去的世界」语义对接

本句对比的是 Franklin's contributions ... were sadly __(27)__ in her lifetime 那种「可惜被忽视」的旧时代，到了今天「女性已能在各阶层发挥作用」。作者对这种转变持庆幸态度，thankfully「幸亏、值得庆幸地」正好对上这一情绪。

【竞争词】 D) appropriately 意思是「恰当地」，与「活在不同世界」语义不搭

appropriately 修饰动作，强调「做得合适」；说 we are appropriately living in a different world（我们恰当地活在一个不同的世界）逻辑不通。它更适合修饰「报酬/做法」，留给 35 题。

29. UK universities are world leaders when it comes to advancing and __(29)__ gender equality.

【答案】 **K) promoting** (动词)

【词性槽】 and 并列 advancing 后，要填同为现在分词形式的动词

【依据】 promote gender equality 是英文里高频固定搭配

promote「推动、促进」与 gender equality 搭配是公共议题文中的标配 (promote equality)，与前面的 advancing 构成同义递进，强化「英国高校在推进性别平等上是世界领跑者」。

【竞争词】 N) suggesting 义为「暗示」，与「推动」语义层次不对

suggest gender equality「暗示性别平等」逻辑不通，suggest 后更常接 that 从句或 doing；此处与 advancing 并列要求的是一个「积极促进」的动作，suggesting 偏弱、偏间接。

30. we have seen a __(30)__ increase in England in the number of women accepted on to full-time undergraduate degrees

【答案】 **E) considerable** (形容词)

【词性槽】 冠词 a 与名词 increase 之间，是定语形容词位

【依据】 「相当大的增长」是描述数据上涨最常用的搭配

本段是数据/事实段，要描写 STEM 女性本科生录取人数过去十年的「大幅」增长，considerable 修饰 increase 是固定高频搭配 (a considerable increase = 相当大的增长)，与下一句「女性研究生占 STEM 半数以上」相互佐证。

【竞争词】 F) effective 义为「有效的」，不修饰增长的「幅度」

an effective increase 不是地道搭配；effective 强调效果是否到位，而本句要说的是增长「太大」，错位。effective 更适合修饰措施/政策。

31. women __(31)__ for more than half of all Stem postgraduates

【答案】 **B) accounted** (动词)

【词性槽】 主语 women 后缺谓语 + for 的搭配信号

【依据】 **account for 「占（比例）」与「过半」精准匹配**

women __(31)__ for more than half of all Stem postgraduates 表达「女性占 STEM 研究生半数以上」，account for 是「占（比例/数量）」的固定搭配；过去时 accounted 也匹配 in the last academic year 的时间状语。

【竞争词】 H) misread 义为「误读」，与「占半数」语义南辕北辙

misread for 不是固定搭配；说「女性误读了一半研究生」更是语义荒谬。

J) overlooked 义为「忽视」，不与 for 搭配，主动语态也不通

overlook 通常用作及物动词、且本题语境中 women 不会主动「忽视」研究生群体；此外 overlook for 不成立。

K) promoting 现在分词形态不能独立作过去时谓语

promoting 是 -ing 形式，要作谓语需 are/were promoting；这里没助动词，形态不对；且 promoting for 不是搭配。

N) suggesting 同样是 -ing 形式，无助动词无法作谓语

suggesting 形态与 promoting 同理；且 suggest 的常见结构是 suggest that / suggest doing，与 for 不构成习惯搭配。

32. Data shows us the __(32)__ to success gets harder for women to climb the further up they go.

【答案】 **G) ladder** (名词)

【词性槽】 定冠词 the 后 + 后接介词短语，必填名词

【依据】 与 climb、the further up 形成形象化搭配「爬阶梯」

句中 gets harder for women to climb the further up they go 用了 climb (爬) 和 the further up (越往上) 这两个动作/方位词，需要一个能被「爬」和「越往上」修饰的具体名词；ladder 「(事业晋升的) 阶梯」恰好和 climb the ladder (攀登事业阶梯) 构成习语搭配，比喻女性在职业晋升中越往上越难。

【竞争词】 C) adaptation 义为「改编/适应」，与 climb 搭配不成立

adaptation 是抽象名词，不能被「爬、越往上」修饰，也和「通往成功」的语境没有逻辑关联。

I) nomination 义为「提名」，不能被「攀爬」

nomination 指被推荐为候选人，是单点动作，不存在「越往上越难爬」这种动态过程。

M) submission 义为「提交/屈服」，与「通往成功」语义相反

submission 表「屈服、顺从」时带消极色彩，且不能 climb；表「提交（论文/作业）」时也与「成功之路」对不上。

33. At __(33)__ levels, only a quarter of professors are women

【答案】 **L) senior** (形容词)

【词性槽】 介词 At 后 + 名词 levels 前，是定语形容词位

【依据】 与 professors (教授) 形成「高级 / 资深职位」语境

句子说 At __(33)__ levels, only a quarter of professors are women, 是承接上一句「越往上越难爬」的论据：在「高级 senior 职位」上，女性教授只占四分之一。senior levels (高级别岗位) 是固定搭配，与「教授」「学术高层」呼应。

【竞争词】 E) considerable 义为「相当大的」，修饰 levels 语义空洞

at considerable levels 不是常见搭配，也表达不出「最高层」的语义；与「教授仅四分之一为女性」这一具体层级数据对不上。

F) effective 义为「有效的」，与 levels 搭配偏题

at effective levels 一般指「在有效（达标）的水平上」，与本句要表达的「在高级别岗位」逻辑完全错位。

34. The gender pay gap ... was 13.7%, __(34)__ there is still some way to go

【答案】 **N) suggesting** (动词)

【词性槽】 逗号后接独立成分 + there is, 是现在分词作伴随状语

【依据】 用数据「表明 / 暗示」结论，是论说文标准搭桥词

suggesting 「表明、暗示」连接前句「薪酬差距 13.7%」这一数据与后句「在确保女性晋升和同酬上仍有相当长的路要走」的结论，是数据 + 推论的最佳过渡。

35. being paid __(35)___

【答案】 **D) appropriately** (副词)

【词性槽】 动词被动 being paid 后，再补一个状语副词

【依据】 「被恰当地支付」= 同工同酬，正好对应同薪议题

appropriately 「恰当地、合宜地」用来修饰「报酬」时，指向「与劳动/地位相称的报酬」——和上文 13.7% 的性别薪酬差距正反呼应：要让女性「以恰当方式获得报酬」就是缩小这一差距。

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) **accessible** 形容词

可接近的、人人可参与的 (常搭 be accessible to sb)

用于第 26 空

B) **accounted** 动词

account 的过去式/过去分词; account for 意为「占 (比例) / 解释」

用于第 31 空

C) **adaptation** 名词

改编、适应

干扰词 · 未选用

D) **appropriately** 副词

恰当地、合宜地

用于第 35 空

E) **considerable** 形容词

相当大的、可观的

用于第 30 空

F) **effective** 形容词

有效的; 生效的

干扰词 · 未选用

G) **ladder** 名词

梯子; (事业/晋升的) 阶梯

用于第 32 空

H) **misread** 动词

误读、错误理解

干扰词 · 未选用

I) **nomination** 名词

提名、任命

干扰词 · 未选用

J) **overlooked** 动词 形容词

overlook 的过去式/过去分词; 忽视、未被注意到

用于第 27 空

K) **promoting** 动词 名词

promote 的动名词/现在分词; 推动、促进

用于第 29 空

L) **senior** 形容词 名词

高级的、资深的; 上级

用于第 33 空

M) **submission** 名词

提交 (物); 屈服

干扰词 · 未选用

N) **suggesting** 动词

suggest 的现在分词; 表明、暗示

用于第 34 空

O) **thankfully** 副词

幸亏、值得庆幸地 (评注性副词)

用于第 28 空

全文主旨

英国高校在推进性别平等上的进展与差距

本文以英国科学家 Rosalind Franklin 的境遇切入，引出当下英国高校在 STEM 领域推动性别平等所取得的进展（女生本科与研究生录取人数上升），但同时指出越往高层走，女性比例越低、薪酬差距依然明显，整体定调是「有进步、仍需努力」。开篇 "Science and everyday life cannot and should not be separated." 与 UK universities are world leaders when it comes to advancing and __(29)__ gender equality. 一起把话题锁死在『科学界 / 高校 / 性别平等』。

DISTRACTORS · 干扰词复盘

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。

C) **adaptation** 最像 32 题的答案：同为名词、与「成功」也沾点边

在 Data shows us the __(32)__ to success 中，考生若不查搭配，可能觉得「适应 → 成功」也讲得通；但 adaptation 既不能 climb 也不会被 the further up they go 修饰；识破方法是看空附近有没有动作画面词（climb），有就锁形象化名词 ladder。

F) **effective** 最像 30 题的答案：同为形容词，又是常见褒义词

在 a __(30)__ increase in England 中考生易把「有效的增长」当合理；但 a effective increase 不是地道搭配，effective 修饰的是「举措/方法」是否到位，不是「数量」是否大。识破诀窍：描述涨幅必从程度光谱（considerable/significant/sharp）里选。

H) **misread** 最像 27 题的答案：同为过去分词、感情色彩也偏负

在 were sadly __(27)__ in her lifetime 中，考生易因「Franklin 长期被误解」的常识自动联想 misread；但「贡献被误读」与下文「如今活在不同世界」的转折对不上，正确的转折面是「被忽视 → 被记得」，所以是 overlooked 而非 misread。

I) **nomination** 最像 32 题或 26 题的备用名词陷阱

nomination 词义是「提名」，常出现在「奖项/院士」相关语境；考生若联想 Franklin 「被低估、应获诺奖」的轶事可能心痒选它，但本文核心讨论的是「晋升阶梯」与「面向所有人开放」，nomination 与两者都不沾边。识破诀窍：回到本段中心句看主题。

M) **submission** 最像 32 题的「成功之路」名词陷阱

submission 形似「努力 / 投稿」之意，考生看到 the __(32)__ to success 时可能联想「向成功提交」，但 submission 主要义项是「屈服 / 提交」，与「越往上爬越难」的画面对不上；识破方法仍是看 climb / the further up 这种动作画面词。

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。

More than 60 years after Franklin's death, we are thankfully living in a different world, where women play an important part in every echelon(阶层) of our society—not least in science, innovation, higher education and research.

第3段，第1句

主句加非限制性定语从句的结构在四六级和考研阅读中非常常见，属于高频句式。主句中时间状语前置、定语从句用关系副词where引导，都是典型用法。破折号补充说明的写作手法也常出现在学术文章中。掌握后可大量复用。

UK universities are world leaders when it comes to advancing and promoting gender equality.

第3段，第2句

"when it comes to" 引导时间状语从句是四六级和考研阅读中的高频句式，主系表结构加状语从句的组合在学术写作和新闻报道中常见，掌握后可大量复用。

And in the last academic year, women accounted for more than half of all Stem postgraduates at UK universities.

第4段，第2句

包含主语、谓语、宾语、时间状语、地点状语五种成分，覆盖基本句型，但短语动词 accounted for 和后置定语 of all Stem postgraduates 可作为成分识别的小练习点，有一定训练价值。

Data shows us the ladder to success gets harder for women to climb the further up they go.

第5段，第1句

本句涵盖了双宾语结构("shows us"+宾语从句)、宾语从句、系表结构("gets harder")、不定式短语作状语("for women to climb")、比较状语从句("the further up they go")等多种成分,适合作为综合练习句。尤其双宾语结构和比较状语从句是易错点,练习价值较高。

Although women make up the majority of undergraduates in our universities, just under half of academic staff are female.

第5段，第2句

"Although" 引导的让步状语从句 + 主句是四六级和考研阅读中的高频句式，用于对比或转折论述。该句式逻辑清晰、结构规整，掌握后可迁移到大量真题句中，具有较强的典型性和实用性。

At senior levels, only a quarter of professors are women, and black women make up less than 2% of all female academic staff.

第5段，第3句

并列句是四六级和考研常考句式，"and" 连接两个独立主句的结构具备一定代表性。但本句的并列关系过于直白，缺少因果、转折等更复杂的逻辑连接，典型性中等。

The gender pay gap based on median salaries across the sector in 2016-2017 was 13.7%, suggesting there is still some way to go to ensure women are rising through the ranks to higher grade positions and being paid appropriately.

第6段，第2句

典型的学术或报告文体句式：主句陈述数据 + suggesting 引出推断结论 + ensure 带宾语从句说明目标，这种"数据→推断→目标"的三段式结构在四六级和考研阅读中频繁出现，掌握后可大量复用于理解议论文和报告类文本

HIGH-FREQUENCY • 真题高频词

本篇出现的 33 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。

academic B2

adj. 学术的

本篇3次·真题 69 句

gender B1

n. 性别 (社会文化意义上的)

本篇2次·真题 71 句

staff B1

n. 全体员工

本篇2次·真题 43 句

female A2

adj. 女性的

本篇2次·真题 37 句

undergraduate B2

n. 大学本科生

本篇2次·真题 9 句

less A1

det. 较少的

本篇1次·真题 224 句

professor B1

n. 教授 (大学教师的最高职称)

本篇1次·真题 105 句

decade B1

n. 十年

本篇1次·真题 99 句

base A2

n. 基础

本篇1次·真题 95 句

least A2

det. 最少的

本篇1次·真题 84 句

data B1

n. 数据

本篇1次·真题 73 句

account A2

n. 账户

本篇1次·真题 61 句

ensure B2

v. 确保

本篇1次·真题 54 句

innovation B2

n. 创新;革新(指行为或过程)

本篇1次·真题 50 句

promote B2

v. 促进

本篇1次·真题 47 句

scientific B1

adj. 科学的

本篇1次·真题 47 句

further B1

adv. 更远地

本篇1次·真题 41 句

majority B2

n. 大多数, 大部分

本篇1次·真题 40 句

engineering B1

n. 工程学

本篇1次·真题 33 句

advance B1

v. 前进

本篇1次·真题 31 句

gap B1

n. 间隙

本篇1次·真题 28 句

senior B1

adj. 级别高的

本篇1次·真题 25 句

salary B1

n. 薪水, 工资 (通常指按月发放的固定报酬)

本篇1次·真题 21 句

contribution B2

n. 贡献

本篇1次·真题 20 句

structure B1

n. 结构

本篇1次·真题 20 句

sector B2

n. (经济或商业的) 部门, 行业

本篇1次·真题 15 句

pursuit B2

n. 追求

本篇1次·真题 14 句

rank B2

n. 等级

本篇1次·真题 14 句

accessible B2

adj. 可到达的

本篇1次·真题 13 句

lifetime B1

n. 一生, 终生

本篇1次·真题 13 句

overlook B2

v. 忽略, 没注意到

本篇1次·真题 12 句

equality B2

n. 平等

本篇1次·真题 11 句

considerable

B2

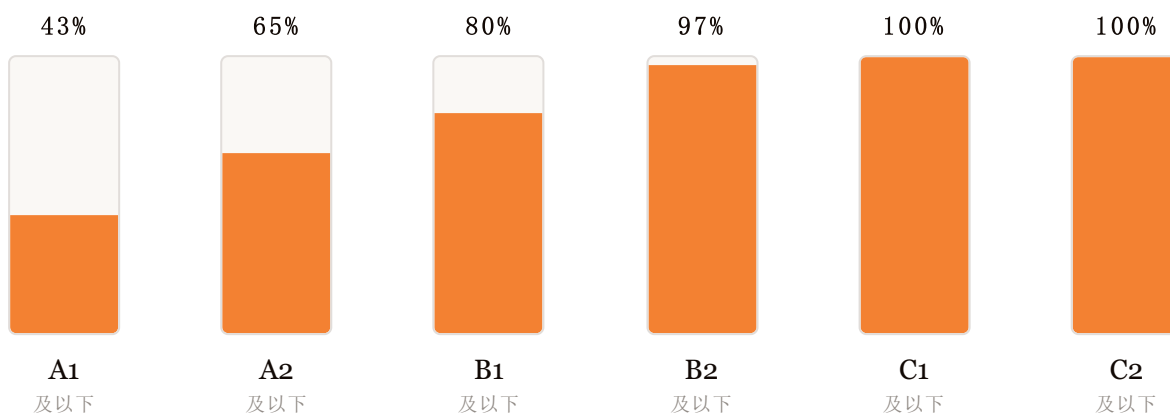
adj. 相当大的

本篇1次 · 真题 9 句

VOCABULARY · 词汇难度分布

全文 119 词按 CEFR 难度累积覆盖

带空短文去重后共 **119** 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 3 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 119 个 · 末柱为 100%

去重总词数

119

B2 以上难词

3%

B1 及以下覆盖

80%

英语四级 2020年7月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	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 →

2020年7月·第1套 英语四级长篇阅读（信息匹配） 第1篇·36-45 题 答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2020年7月·第1套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 16 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第1套(2020-07)·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**.

How to Eat Well

A) Why do so many Americans eat tons of processed food, the stuff that is correctly called junk(垃圾) and should really carry warning labels?

为什么这么多美国人吃大量加工食品,也就是那些被正确地称为垃圾食品并且理应贴上警告标签的东西?

B) It's not because fresh ingredients are hard to come by. Supermarkets offer more variety than ever, and there are over four times as many farmers markets in the US as there were 20 years ago. Nor is it for lack of available information. There are plenty of recipes(食谱), how-to videos and cooking classes available to anyone who has a computer, smartphone or television. If anything, the information is overwhelming.

这不是因为新鲜食材难以获得。超市提供的品种比以往任何时候都多,而且美国现在的农贸市场数量是20年前的四倍多。也不是因为缺乏可用信息。任何拥有电脑、智能手机或电视的人都可以获得大量食谱、操作视频和烹饪课程。如果说有什么问题的话,那就是信息过载。

C) And yet we aren't cooking. If you eat three meals a day and behave like most Americans, you probably get at least a third of your daily calories(卡路里) outside the home. Nearly two-thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks. So we're eating out or taking in, and we don't sit down—or we do, but we hurry.

然而我们并没有做饭。如果你一天吃三顿饭,并且行为习惯和大多数美国人一样,那么你每天可能至少有三分之一的卡路里来自家庭以外。我们中近三分之二的人每周至少吃一次快餐,而且我们每天近25%的

卡路里来自零食。所以我们在外面吃或叫外卖,而且我们不坐下来吃——或者即使坐下来了,我们也吃得很匆忙。

- D) Shouldn't preparing—and consuming—food be a source of comfort, pride, health, well-being, relaxation, sociability? Something that connects us to other humans? Why would we want to outsource(外包) this basic task, especially when outsourcing it is so harmful?

准备和享用食物难道不应该是舒适、自豪、健康、幸福、放松、社交的源泉吗?不应该是将我们与他人联系起来的東西吗?我们为什么要把这项基本任务外包出去,尤其是当外包如此有害的时候?

- E) When I talk about cooking, I'm not talking about creating elaborate dinner parties or three-day science projects. I'm talking about simple, easy, everyday meals. My mission is to encourage green hands and those lacking time or memory to feed themselves. That means we need modest, realistic expectations, and we need to teach people to cook food that's good enough to share with family and friends.

当我谈论烹饪时,我说的不是举办精致的晚宴或进行三天的科学项目。我说的是简单、容易的日常餐食。我的使命是鼓励新手和那些缺乏时间或记忆力的人自己做饭。这意味着我们需要适度、现实的期望,我们需要教人们烹饪足够好的食物来与家人和朋友分享。

- F) Perhaps a return to real cooking needn't be far off. A recent Harris poll revealed that 79% of Americans say they enjoy cooking and 30% "love it"; 14% admit to not enjoying kitchen work and just 7% won't go near the stove at all. But this doesn't necessarily translate to real cooking, and the result of this survey shouldn't surprise anyone: 52% of those 65 or older cook at home five or more times per week; only a third of young people do.

也许回归真正的烹饪并不遥远。最近的一项Harris民意调查显示,79%的美国人表示他们喜欢烹饪,30%的人"热爱烹饪";14%的人承认不喜欢厨房工作,只有7%的人根本不会靠近炉灶。但这并不一定转化为真正的烹饪,而且这项调查的结果不应让任何人感到惊讶:65岁或以上的人中有52%每周在家做饭五次或更多次;年轻人中只有三分之一这样做。

- G) Back in the 1950s most of us grew up in households where Mom cooked virtually every night. The intention to put a home-cooked meal on the table was pretty much universal. Most people couldn't afford to do otherwise.

回到20世纪50年代,我们大多数人成长在母亲几乎每晚都做饭的家庭。把家常饭菜端上餐桌的意愿几乎是普遍存在的。大多数人负担不起其他选择。

- H) Although frozen dinners were invented in the '40s, their popularity didn't boom until televisions became popular a decade or so later. Since then, packaged, pre-prepared meals have been what's for dinner. The microwave and fast-food chains were the biggest catalysts(催化剂), but the big food companies—which want to sell anything except the raw ingredients that go into cooking—made the home cook an endangered species.

尽管冷冻晚餐在40年代就被发明了,但它们的流行是在大约十年后电视变得普及时才爆发的。从那时起,包装好的预制餐就成了晚餐的选择。微波炉和快餐连锁店是最大的催化剂,但那些大型食品公司——它们想要出售除了烹饪所需原料之外的任何东西——使家庭厨师成了濒危物种。

- I) Still, I find it strange that only a third of young people report preparing meals at home regularly. Isn't this the same crowd that rails against processed junk and champions craft cooking? And isn't this the

generation who say they're concerned about their health and the well-being of the planet? If these are truly the values of many young people, then their behavior doesn't match their beliefs.

尽管如此,我还是觉得奇怪的是,只有三分之一的年轻人报告说定期在家准备餐食。这难道不是同一群反对加工垃圾食品并倡导手工烹饪的人吗?这难道不是那一代说他们关心自己的健康和地球福祉的人吗?如果这些真的是许多年轻人的价值观,那么他们的行为与信念并不匹配。

- J) There have been half-hearted but well-publicized efforts by some food companies to reduce calories in their processed foods, but the Standard American Diet is still the polar opposite of the healthy, mostly plant-based diet that just about every expert says we should be eating. Considering that the government's standards are not nearly ambitious enough, the picture is clear: by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.

一些食品公司曾做出过半心半意但广为宣传的努力来减少其加工食品中的卡路里,但标准美国饮食仍然与几乎每位专家都说我们应该吃的健康的、以植物为主的饮食完全相反。考虑到政府的标准远远不够雄心勃勃,情况很清楚:通过不在家做饭,我们没有吃正确的东西,其后果难以夸大。

- K) To help quantify(量化) the costs of a poor diet, I recently tried to estimate this impact in terms of a most famous food, the burger(汉堡包). I concluded that the profit from burgers is more than offset by the damage they cause in health problems and environmental harm.

为了帮助量化不良饮食的成本,我最近试图用一种最著名的食物——汉堡包——来估算这种影响。我得出的结论是,汉堡包带来的利润被它们在健康问题和环境危害方面造成的损害所抵消而有余。

- L) Cooking real food is the best defense—not to mention that any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant.

烹饪真正的食物是最好的防御——更不用说你在家里吃的任何一餐都可能比你在餐馆吃的一餐少含约200卡路里。

- M) To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself. The common prescription is to primarily shop the grocery store, since that's where fresh produce, meat and seafood, and dairy are. And to save money and still eat well you don't need local, organic ingredients; all you need is real food. I'm not saying local food isn't better; it is. But there is plenty of decent food in the grocery stores.

对于那些关心金钱的美国人,我的建议很简单:买你能负担得起的东西,然后自己烹饪。常见的建议是主要在杂货店购物,因为那里有新鲜农产品、肉类和海鲜以及乳制品。为了省钱并且仍然吃得好,你不需要本地的、有机的食材;你所需要的只是真正的食物。我并不是说本地食物不好;它确实更好。但杂货店里有大量像样的食物。

- N) The other sections you should get to know are the frozen foods and the canned goods. Frozen produce is still produce; canned tomatoes are still tomatoes. Just make sure you're getting real food without tons of added salt or sugar. Ask yourself, would Grandma consider this food? Does it look like something that might occur in nature? It's pretty much common sense: you want to buy food, not unidentifiable foodlike objects.

你还应该了解的其他区域是冷冻食品和罐头食品。冷冻农产品仍然是农产品;罐装西红柿仍然是西红柿。只要确保你买到的是真正的食物,而不是含有大量添加盐或糖的东西。问问自己,奶奶会认为这是食物吗?它看起来像是可能在自然界出现的东西吗?这几乎就是常识:你想要买食物,而不是无法辨认的类似食物的物品。

O) You don't have to hit the grocery store daily, nor do you need an abundance of skill. Since fewer than half of Americans say they cook at an intermediate level and only 20% describe their cooking skills as advanced, the crisis is one of confidence. And the only remedy for that is practice. There's nothing mysterious about cooking the evening meal. You just have to do a little thinking ahead and redefine what qualifies as dinner. Like any skill, cooking gets easier as you do it more: every time you cook, you advance your level of skills. Someday you won't even need recipes. My advice is that you not pay attention to the number of steps and ingredients, because they can be deceiving.

你不必每天去杂货店,也不需要很高的技能。由于不到一半的美国人说他们的烹饪水平处于中级,只有20%的人将自己的烹饪技能描述为高级,所以这场危机是信心危机。而唯一的补救办法就是练习。烹饪晚餐没有什么神秘的。你只需要提前做一点思考,并重新定义什么是晚餐。像任何技能一样,烹饪会随着你做得越多而变得越容易:每次你做饭,你都会提高你的技能水平。总有一天你甚至不需要食谱。我的建议是你不要注意步骤和配料的数量,因为它们可能具有欺骗性。

P) Time, I realize, is the biggest obstacle to cooking for most people. You must adjust your priorities to find time to cook. For instance, you can move a TV to the kitchen and watch your favorite shows while you're standing at the sink. No one is asking you to give up activities you like, but if you're watching food shows on TV, try cooking instead.

我意识到,时间是大多数人做饭的最大障碍。你必须调整你的优先事项来找时间做饭。例如,你可以把电视搬到厨房,在水槽边站着的时候观看你最喜欢的节目。没有人要求你放弃你喜欢的活动,但如果你在电视上看美食节目,试着去做饭吧。

陈述句与逐句解析

36. Cooking benefits people in many ways and enables them to connect with one another.

烹饪在许多方面使人们受益,并使他们能够相互联系。

【答案】 D 段 (强锚点)

【锚点】 做饭让人受益并彼此连接

【定位】 Shouldn't preparing—and consuming—food be a source of comfort, pride, health, well-being, relaxation, sociability? Something that connects us to other humans?

备饭和吃饭难道不该是安慰、自豪、健康、幸福、放松、社交的来源吗?难道不该是把我们与他人连接起来的事情吗?

【改写】 Cooking benefits people in many ways ↔

Shouldn't preparing—and consuming—food be a source of comfort, pride, health, well-being, relaxation, sociability?

列举换概括

enables them to connect with one another ↔ **Something that connects us to other humans**

同根词替换加彼此的同义

【辨邻】 E E 段确实出现 share with family and friends，看起来像与他人连接，但 E 段主旨是让新手也能做简单家常，不是讲做饭让人彼此连接的多重好处；陈述句 benefits people in many ways and enables them to connect with one another 要的是做饭本身的多重好处加人际连接这一组合，E 段并未陈述。

we need to teach people to cook food that's good enough to share with family and friends

37. Abundant information about cooking is available either online or on TV.

关于烹饪的丰富信息可以在网上或电视上获得。

【答案】 B 段（强锚点）

【锚点】 网上和电视上都有大量烹饪信息

【定位】 There are plenty of recipes, how-to videos and cooking classes available to anyone who has a computer, smartphone or television.

对任何拥有电脑、智能手机或电视的人来说，食谱、教学视频和烹饪课都唾手可得。

【改写】 Abundant information about cooking ↔

There are plenty of recipes, how-to videos and cooking classes

abundant 等于 plenty of

either online or on TV ↔ **anyone who has a computer, smartphone or television**

线上等于电脑或手机 电视原样

38. Young people do less cooking at home than the elderly these days.

如今年轻人在家做饭比老年人少。

【答案】 F 段（强锚点）

【锚点】 年轻人比老人在家做饭少

【定位】 52% of those 65 or older cook at home five or more times per week; only a third of young people do.

65 岁及以上的人有 52% 一周在家做饭五次或更多；年轻人只有三分之一会这样。

【改写】 Young people do less cooking at home than the elderly ↔

52% of those 65 or older cook at home five or more times per week; only a third of young people do

百分比差值等于比较级

these days ↔ **A recent Harris poll**

recent 对应 these days

【辨邻】 I I 段也出现 only a third of young people 这一相同数字，但它是被引来作年轻人言行不一的评论素材，不是用来与老人对比下厨频率；陈述句 Young people do less cooking at home than the elderly 要的是老对少的对比来源，这只能出在 F。

I find it strange that only a third of young people report preparing meals at home regularly

39. Cooking skills can be improved with practice.

烹饪技能可以通过练习得到提高。

【答案】 **O** 段 (强锚点)

【锚点】 厨艺靠练习长进

【定位】 Like any skill, cooking gets easier as you do it more: every time you cook, you advance your level of skills.

像任何技能一样，做饭做得越多就越容易：每做一次，你的厨艺都会上一个台阶。

【改写】 Cooking skills can be improved with practice ↔

the crisis is one of confidence. And the only remedy for that is practice

practice 是 remedy 的同义替换

Cooking skills can be improved ↔ **every time you cook, you advance your level of skills**
advance 等于 improve

40. In the mid-20th century, most families ate dinner at home instead of eating out.

在20世纪中叶,大多数家庭在家吃晚餐而不是外出就餐。

【答案】 **G** 段 (强锚点)

【锚点】 20 世纪中叶大多数家庭在家吃晚饭

【定位】 Back in the 1950s most of us grew up in households where Mom cooked virtually every night.

回到 1950 年代，我们大多数人在妈妈几乎每晚做饭的家庭长大。

【改写】 In the mid-20th century ↔ **Back in the 1950s**

十年是世纪中段的下位

most families ate dinner at home instead of eating out ↔ **Mom cooked virtually every night**
妈妈每晚做饭 等于 全家在家吃

【辨邻】 **H** 段确实出现 frozen dinners were invented in the '40s 与 televisions became popular a decade or so later, 年代相邻像是 20 世纪中叶的话题，但 H 段说的是预制餐如何成为晚餐主力，恰恰是不在家做饭的开端，与题干 ate dinner at home instead of eating out 完全相反。

packaged, pre-prepared meals have been what's for dinner

41. Even those short of time or money should be encouraged to cook for themselves and their family.

即使是那些缺少时间或金钱的人也应该被鼓励为自己和家人做饭。

【答案】 **E** 段 (强锚点)

【锚点】 也要鼓励缺时间缺钱的人自己做饭

【定位】 My mission is to encourage green hands and those lacking time or memory to feed themselves. That means we need modest, realistic expectations, and we need to teach people to cook food that's good enough to share with family and friends.

我的使命是鼓励厨房新手和那些没时间没记忆力的人也能自己做饭吃。这意味着我们需要务实的、合理的期待，并且要教人们做出能与家人朋友分享的好饭。

【改写】 Even those short of time or money ↔ **those lacking time or memory**
short of 等于 lacking

should be encouraged to cook for themselves and their family ↔

My mission is to encourage green hands and those lacking time or memory to feed themselves
使命转被动陈述加 feed 等于 cook for

【辨邻】 M M 段确实出现 money is a concern 与自己做的建议，但 M 段重心是购物指南——去超市、买真食物、不用本地有机；它没有像 E 段那样把门槛人群作为被鼓励对象、也没有点出缺时间这个维度，故不是 Even those short of time or money should be encouraged 这种陈述的源头。

To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself

P P 段确实出现 Time 与调整优先级的建议，但它讲的是给所有人挤时间的方法，并未把缺时间的人作为一个被鼓励的人群单独点出；陈述句 Even those short of time or money should be encouraged to cook for themselves and their family 强调的是对门槛人群的鼓励，这只出在 E。

Time, I realize, is the biggest obstacle to cooking for most people. You must adjust your priorities to find time to cook

42. Eating food not cooked by ourselves can cause serious consequences.

吃非自己烹饪的食物可能会导致严重后果。

【答案】 J 段（强锚点）

【锚点】 不自己做饭会有严重后果

【定位】 Considering that the government's standards are not nearly ambitious enough, the picture is clear: by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.

考虑到政府标准远不够进取，事情很清楚：因为不在家做饭，我们就吃不对，后果难以高估。

【改写】 Eating food not cooked by ourselves ↔ **by not cooking at home**
正反同义

can cause serious consequences ↔ **the consequences are hard to overstate**
难以高估 等于 严重

【辨邻】 K K 段紧接 J 段，用 burger 作为坏饮食代价的一个具体量化案例，给出 profit from burgers is more than offset by the damage they cause in health problems and environmental harm——这是为 J 段难以高估的后果做的例证，不是严重后果的总判词本身；陈述句 Q42 要的是总判词，应回 J。

the profit from burgers is more than offset by the damage they cause in health problems and environmental harm

43. To eat well and still save money, people should buy fresh food and cook it themselves.

为了吃得好又省钱,人们应该购买新鲜食物并自己烹饪。

【答案】 M 段 (强锚点)

【锚点】 买新鲜食物自己做才省钱又吃好

【定位】 To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself.

对那些手头紧的美国人，我的建议很简单：买你买得起的，然后自己做。

【改写】 To eat well and still save money ↔

And to save money and still eat well you don't need local, organic ingredients; all you need is real food

对仗结构直接复现

people should buy fresh food and cook it themselves ↔

Buy what you can afford, and cook it yourself

祈使转陈述加真食物等于新鲜食物

【辨邻】 N N 段确实讲自己买、自己做的指南，但它聚焦于 frozen foods 与 canned goods 这两个区，不再点 save money 这个维度；陈述句 Q43 的双钉 save money 加 fresh food 在 M 同时齐备，应选 M。

The other sections you should get to know are the frozen foods and the canned goods

44. We get a fairly large portion of calories from fast food and snacks.

我们从快餐和零食中获得相当大一部分热量。

【答案】 C 段 (强锚点)

【锚点】 我们相当大一部分卡路里来自快餐和零食

【定位】 Nearly two-thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks.

我们近三分之二的人每周吃一次快餐，并且每天约 25% 的卡路里来自零食。

【改写】 a fairly large portion of calories from fast food and snacks ↔

Nearly two-thirds of us grab fast food once a week, and we get almost 25% of our daily calories from snacks

三词共现加数字证比例

45. The popularity of TV led to the popularity of frozen food.

电视的普及导致了冷冻食品的普及。

【答案】 **H** 段 (强锚点)

【锚点】 电视普及带动冷冻食品流行

【定位】 Although frozen dinners were invented in the '40s, their popularity didn't boom until televisions became popular a decade or so later.

虽然冷冻餐在 40 年代就被发明，但要等到大约十年后电视普及，它们才真正风靡。

【改写】 The popularity of TV led to the popularity of frozen food ↔

their popularity didn't boom until televisions became popular a decade or so later

not until 因果与 led to 同义

frozen food ↔ **frozen dinners**

frozen 同根加 dinners 是 food 的下位

【辨邻】 **G** G 段讲 Back in the 1950s 妈妈每晚做饭，时间与 H 段相邻、像是同一年代的话题，但 G 段不出现 television 与 frozen 这两个关键锚点；题干 The popularity of TV led to the popularity of frozen food 要的是 TV 到 frozen food 的因果链，G 段没有提供，不可能是源头段。

Back in the 1950s most of us grew up in households where Mom cooked virtually every night

PARAGRAPH MAP • 段落主旨图

16 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

以一个反问开场：为什么这么多美国人在吃本该贴上警告标签的加工垃圾食品。本段是全文的引入段，抛出问题但不给答案。

信息指纹 垃圾加工食品的反问开场

B 驳斥两种常见借口：不是因为新鲜食材难买，也不是因为信息不够。超市更丰富、农贸市场比 20 年前多四倍；食谱、教学视频、烹饪课在电脑、手机、电视上随处可得，甚至信息过载。

信息指纹 新鲜食材与烹饪信息都不缺

C 美国人大量从外面摄取热量：每日至少三分之一卡路里来自家外、近三分之二的人每周吃一次快餐、近 25% 卡路里来自零食，吃饭还匆忙。

信息指纹 外卖与零食的具体卡路里占比

D 反问读者：备饭和吃饭本应带来安慰、自豪、健康、放松、社交，把人与人连起来；为什么要把这件基础事务外包，何况外包还有害？

信息指纹 做饭的多重好处与人际连接

E 作者声明立场：不谈精致晚宴或科学项目式烹饪，而是鼓励厨房新手、没时间没记忆力的人也能做简单日常餐；要让人们学会做出能与家人朋友分享的好饭。

信息指纹 面向新手与忙人的简单家常

F 援引 Harris 民调：79% 的美国人说喜欢做饭、30% 是真爱；但年龄分层显示：65 岁及以上有 52% 一周下厨五次以上，年轻人只有三分之一。

信息指纹 Harris 民调按年龄分的下厨频率

G 回忆 1950 年代：大多数家庭妈妈几乎每晚做饭，做家常饭是普遍意愿，大多数人也无力外卖。

信息指纹 1950 年代妈妈每晚下厨

H 冷冻餐 40 年代被发明，但要等到约十年后电视普及才真正流行；从此预制餐成晚餐主力。微波炉与快餐连锁是最大推手，大食品公司让家厨成濒危物种。

信息指纹 电视普及催热冷冻餐

I 对年轻人提出诘问：只有三分之一年轻人在家做饭，与他们口头反对加工垃圾食品、提倡手工烹饪、关心健康与地球的姿态明显不符——言行不一。

信息指纹 年轻人言行不一

J 食品公司减卡只是半心半意的公关；标准美国饮食依然与专家推崇的植物为主的健康饮食相反。结论：不在家做饭让我们吃错东西，后果难以高估。

信息指纹 不在家做饭的严重后果

K 作者以汉堡为例量化坏饮食的代价：汉堡带来的利润远抵不上它造成的健康问题与环境损害。

信息指纹 以汉堡量化坏饮食代价

L 提出对策：自己做真正的食物是最佳防线；家里做的一餐通常比餐厅一餐少约 200 卡。

信息指纹 家做比外卖少约 200 卡

M 给手头紧的人的建议：买得起的就买、自己做；主要逛超市（生鲜、肉海鲜、奶制品都在那）；不必一定要本地有机，只要是真食物；本地更好但超市也有大量像样食物。

信息指纹 在超市买真食物自己做

N 继续指南：冷冻食品和罐装食品区也值得熟悉，冷冻蔬菜还是蔬菜、罐装西红柿还是西红柿；只要别盐糖过多。用奶奶会不会认这是食物当判断标准——要买食物，不买所谓的类似食物的不明物。

信息指纹 冷冻罐装也可以但别盐糖过多

O 你不必每天逛超市、也不必厨艺高超；危机其实是信心问题，解药就是练习。每做一次，技能就长一截；终有一天连菜谱都不用看。建议别被步骤数和食材数吓住。

信息指纹 厨艺靠练习而非天赋

P 时间是最大障碍：必须调整优先级才能腾出时间做饭。比如把电视搬到厨房，边做饭边看节目；不要求放弃喜欢的活动，但如果在看美食节目，不如直接动手做。

信息指纹 时间是最大障碍 把电视搬厨房

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。

Supermarkets offer more variety than ever, and there are over four times as many farmers markets in the US as there were 20 years ago.

B段，第2句

并列句加比较结构是四六级和考研阅读中的高频句式，"there be" 存在句和倍数比较 "倍数 + as ... as" 都是常考点，本句作为典型例句的代表性强，学习后可迁移到大量类似句子。

Nor is it for lack of available information.

B段，第3句

否定副词（如 nor、neither、never）引起的倒装结构是四六级和考研阅读中的高频考点，本句 "Nor is it" 的倒装模式非常典型，掌握后可以迁移到大量类似句式中，实用性很强。

If anything, the information is overwhelming.

B段，第5句

本句覆盖主语、系动词谓语、表语和状语四种成分，结构完整但成分种类有限。值得练习的点在于：1) 识别 "If anything" 这类固定短语作状语而非从句引导词；2) 区分 "overwhelming" 在此为形容词作表语，而非动词的现在分词。对于初学者有一定辨析价值，但缺少宾语、定语从句、复杂状语从句等更多样化的成分。

And yet we aren't cooking.

C段，第1句

简单句结构在真题中常见，现在进行时否定形式也属常规考点，但本句过于简短、信息量少，不如典型的复杂简单句（含多种修饰成分）或多从句结构更具代表性，作为句式范本的迁移价值中等偏下。

So we're eating out or taking in, and we don't sit down—or we do, but we hurry.

C段，第4句

本句覆盖了主语、谓语、状语等基本成分，且第二个主句中 "we do" 的 "do" 代替前文动词短语，是承前省略的典型示例，有助于练习识别省略结构。此外并列谓语 ("eating out or taking in") 和多个小句的并列转折关系也值得分析，有一定训练价值。

Although frozen dinners were invented in the '40s, their popularity didn't boom until televisions became popular a decade or so later.

H段，第1句

"Although...主句...until..." 的让步加时间限定结构在四六级和考研阅读中高频出现,是典型的复杂句式,掌握后可迁移到大量真题句子。

Still, I find it strange that only a third of young people report preparing meals at home regularly.

I段，第1句

"find it + 形容词 + that从句" 是四六级和考研阅读中非常典型的句式,频繁出现。这种形式宾语结构既能考查学生对句子成分的理解,又能考查对从句的识别能力。掌握这个句式后可以迁移到 "think it necessary that..."、"make it clear that..." 等类似结构,实用性很强。

If these are truly the values of many young people, then their behavior doesn't match their beliefs.

I段，第4句

条件状语从句引导主句的结构是英语考试中的高频句式,If 条件句的用法在四六级和考研阅读中反复出现,掌握此结构对理解类似句型有较强迁移性。

Considering that the government's standards are not nearly ambitious enough, the picture is clear: by not cooking at home, we're not eating the right things, and the consequences are hard to overstate.

J段，第2句

介词加宾语从句作状语、冒号引出解释性并列主句、现在进行时表达当前状态，都是考试中常见的句式；整体结构有较强的代表性，学习后可迁移到类似句型。

Cooking real food is the best defense—not to mention that any meal you're likely to eat at home contains about 200 fewer calories than one you would eat in a restaurant.

L段，第1句

主句 + 补充说明（含宾语从句）+ 比较状语从句 + 省略关系代词的定语从句，这种组合在四六级和考研阅读中高频出现。特别是 not to mention 引出补充论据、定语从句省略关系代词、比较状语从句嵌套定语从句，都是真题常考句式，掌握后可大量复用。

To those Americans for whom money is a concern, my advice is simple: Buy what you can afford, and cook it yourself.

M段，第1句

包含限制性定语从句修饰先行词、宾语从句作及物动词宾语、冒号引出具体的说明等多个四六级和考研常考句式；定语从句的介词 + 关系代词结构、宾语从句的关系代词前置都是典型考点，句式代表性较强，掌握后可迁移到大量类似句子

The common prescription is to primarily shop the grocery store, since that's where fresh produce, meat and seafood, and dairy are.

M段，第2句

本句的结构非常典型：主句 + 原因状语从句（"since" 引导）+ 表语从句（"where" 引导）嵌套。这种 "主句 + since 从句" 的因果说明结构，以及 "be + where 从句" 的表语从句结构，都是四六级和考研阅读中的高频句式。学生掌握这种结构后，可以迁移到大量类似句子的分析中，代表性很强。

And to save money and still eat well you don't need local, organic ingredients; all you need is real food.

M段，第3句

本句覆盖的成分类型较丰富：主语、谓语、宾语、表语、目的状语、定语从句，且呈现了两个值得练习的点：一是句首不定式短语作目的状语的识别，二是定语从句省略关系代词后插在主语和系动词之间的定位。对基础学习者有一定训练价值，但缺少宾补、双宾、复杂状语等更多成分类型。

Since fewer than half of Americans say they cook at an intermediate level and only 20% describe their cooking skills as advanced, the crisis is one of confidence.

O段，第2句

句首原因状语从句 + 主句的结构在四六级和考研阅读中高频出现，Since 引导原因从句、宾语从句省略 that、并列谓语共享主语、describe...as 固定搭配等都是常考句式特征。掌握本句的分析方法可直接迁移到大量真题句子，典型性很强。

Like any skill, cooking gets easier as you do it more: every time you cook, you advance your level of skills.

O段，第6句

全句覆盖主语、谓语、宾语、表语、状语等多种核心成分,尤其包含两种不同的状语从句(比较/时间状语从句和时间状语从句),还有介词短语作状语,成分种类丰富。句首状语和从句位置的变化能训练学生识别修饰关系的能力,是较好的成分划分练习材料。

No one is asking you to give up activities you like, but if you're watching food shows on TV, try cooking instead.

P段，第4句

句子结构高度典型：并列句 + 定语从句修饰宾语 + 条件状语从句 + 祈使句，这些都是四六级和考研真题的高频句式。特别是 ask sb to do sth 结构、省略关系代词的定语从句、if 引导的条件状语从句，都是考试常见考点。掌握本句结构可迁移到大量类似句子

In the mid-20th century, most families ate dinner at home instead of eating out.

第40题题干

覆盖主语、谓语、宾语、时间状语、地点状语、方式状语六种成分，成分种类较丰富。地点状语和方式状语连续出现有一定练习价值，可帮助学生区分不同状语类型。但成分本身较浅显，无易混淆的难点。

HIGH-FREQUENCY · 真题高频词

本篇出现的 102 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。

cooking A1

n. 烹饪

本篇12次 · 真题 59 句

calorie B1

n. 卡路里，热量单位

本篇5次 · 真题 57 句

ingredient B1

n. (烹饪) 食材, 原料

本篇4次 · 真题 18 句

available A2

adj. 可获得的

本篇3次 · 真题 48 句

grocery B1

n. 食品杂货

本篇3次 · 真题 19 句

popularity B2

n. 受欢迎

本篇3次 · 真题 18 句

frozen A2

adj. 冷冻的

本篇3次 · 真题 13 句

would A1

aux. (will 的过去式) 将要, 会

本篇2次 · 真题 466 句

local A2

adj. 当地的

本篇2次 · 真题 150 句

lack B1

v. 缺少

本篇2次 · 真题 115 句

diet A2

n. 日常饮食

本篇2次 · 真题 113 句

consequence B2

n. 结果

本篇2次 · 真题 38 句

snack A2

n. 零食

本篇2次 · 真题 37 句

burger A2

n. 汉堡包

本篇2次 · 真题 20 句

junk B1

n. 废物

本篇2次 · 真题 15 句

recipe A2

n. 烹饪食谱

本篇2次 · 真题 12 句

processed B1

adj. 经过加工的

本篇2次 · 真题 11 句

less A1

det. 较少的

本篇1次 · 真题 224 句

likely A2

adj. 很可能的

本篇1次·真题 224 句

benefit B1

n. 好处

本篇1次·真题 169 句

online A2

adj. 在线的

本篇1次·真题 145 句

better A1

adj. 更好的 (good 的比较级)

本篇1次·真题 139 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次·真题 118 句

process B1

n. 过程

本篇1次·真题 108 句

decade B1

n. 十年

本篇1次·真题 99 句

impact B2

n. 影响

本篇1次·真题 98 句

behavior B1

n. 行为

本篇1次·真题 92 句

project A2

n. 项目

本篇1次·真题 90 句

expert B1

n. 专家

本篇1次·真题 89 句

least A2

det. 最少的

本篇1次·真题 84 句

concern B1

v. 涉及

本篇1次·真题 79 句

later A1

adv. 以后, later

本篇1次·真题 70 句

enable B1

v. 使能够

本篇1次·真题 58 句

damage B1

n. 损害

本篇1次·真题 55 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次 · 真题 52 句

species B2

n. 物种

本篇1次 · 真题 51 句

contain B1

v. 包含, 含有

本篇1次 · 真题 50 句

realize B1

v. 意识到, 认识到

本篇1次 · 真题 50 句

source B1

n. 来源

本篇1次 · 真题 50 句

per B1

prep. 每

本篇1次 · 真题 49 句

recently A2

adv. 最近

本篇1次 · 真题 48 句

variety B1

n. 多样化

本篇1次 · 真题 47 句

generation B2

n. 一代人

本篇1次 · 真题 44 句

harm B1

n. 伤害

本篇1次 · 真题 44 句

reveal B2

v. 揭示

本篇1次 · 真题 43 句

belief B1

n. 相信

本篇1次 · 真题 41 句

thinking A2

n. 思考

本篇1次 · 真题 40 句

smartphone B1

n. 智能手机

本篇1次 · 真题 38 句

conclude B2

v. 断定; 推断出

本篇1次 · 真题 36 句

occur B1

v. 发生, 出现

本篇1次 · 真题 36 句

mostly B1

adv. 主要地

本篇1次·真题 35 句

environmental B1

adj. 环境的

本篇1次·真题 34 句

expectation B2

n. 期待;预期

本篇1次·真题 34 句

household B1

n. 家庭

本篇1次·真题 33 句

instance B2

n. 例子

本篇1次·真题 33 句

mission B1

n. 任务

本篇1次·真题 33 句

ahead A2

adv. 在前面

本篇1次·真题 32 句

crisis B2

n. 危机

本篇1次·真题 32 句

advance B1

v. 前进

本篇1次·真题 31 句

harmful B1

adj. 有害的

本篇1次·真题 31 句

estimate B2

v. 估计

本篇1次·真题 27 句

necessarily B2

adv. 必然地

本篇1次·真题 27 句

regularly A2

adv. 经常地

本篇1次·真题 27 句

craft B1

n. 手艺

本篇1次·真题 25 句

microwave B1

n. 微波炉

本篇1次·真题 25 句

warning A2

n. 警告

本篇1次·真题 25 句

chain B1

n. 链条

本篇1次 · 真题 23 句

concerned B1

adj. 担心的

本篇1次 · 真题 23 句

confidence B1

n. 信心

本篇1次 · 真题 23 句

priority B2

n. 优先事项

本篇1次 · 真题 23 句

crowd A2

n. 人群

本篇1次 · 真题 22 句

stuff A2

n. 东西

本篇1次 · 真题 22 句

behave B1

v. 表现, 举止

本篇1次 · 真题 21 句

admit B1

v. 承认 (事实、错误等)

本篇1次 · 真题 20 句

ambitious B2

adj. 有雄心的

本篇1次 · 真题 20 句

portion B1

n. 部分

本篇1次 · 真题 20 句

profit B1

n. 利润, 盈利

本篇1次 · 真题 20 句

sink A2

v. 下沉

本篇1次 · 真题 20 句

elderly B2

adj. 年老的

本篇1次 · 真题 19 句

truly B1

adv. 真正地

本篇1次 · 真题 19 句

adjust B2

v. 调整

本篇1次 · 真题 18 句

advanced B2

adj. 先进的

本篇1次 · 真题 18 句

mom A1

n. 妈妈

本篇1次·真题 16 句

comfort B1

n. 舒适

本篇1次·真题 15 句

label B1

n. 标签

本篇1次·真题 14 句

defense B1

n. 防御

本篇1次·真题 13 句

endangered B2

adj. 濒危的

本篇1次·真题 13 句

primarily B2

adv. 主要地

本篇1次·真题 13 句

boom B1

n. 繁荣

本篇1次·真题 12 句

modest B2

adj. 谦虚的, 谦逊的

本篇1次·真题 12 句

raw B1

adj. 未加工的

本篇1次·真题 12 句

obstacle B2

n. 障碍物

本篇1次·真题 11 句

otherwise B2

adv. 否则, 不然

本篇1次·真题 11 句

fairly B1

adv. 相当

本篇1次·真题 10 句

poll B2

n. 民意调查

本篇1次·真题 10 句

universal B2

adj. 普遍的

本篇1次·真题 10 句

intention B1

n. 意图

本篇1次·真题 9 句

overwhelming B2

adj. 压倒性的

本篇1次·真题 9 句

realistic B2

adj. 现实的

本篇1次 · 真题 9 句

grab B1

v. 抓住

本篇1次 · 真题 8 句

qualify B2

v. 使具备资格;取得资格

本篇1次 · 真题 8 句

remedy B2

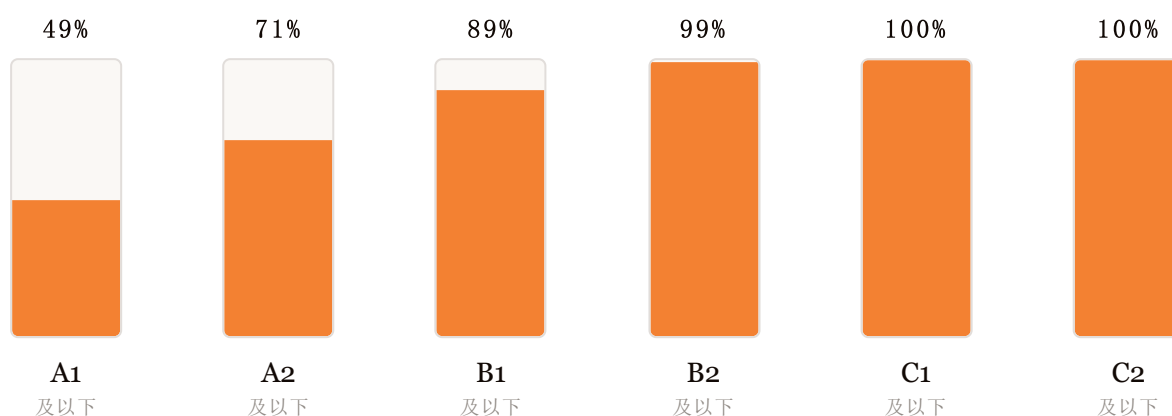
n. 治疗方法

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 368 词按 CEFR 难度累积覆盖

全文去重后共 **368** 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 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 368 个 · 末柱为 100%

去重总词数

368

B2 以上难词

1%

B1 及以下覆盖

89%

英语四级 2020年7月·第1套 · 全卷构成

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

2020年7月·第1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2020年7月·第1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 3 段原文（段首标 P1-P3 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1套(2020-07) • 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 The wallet is heading for extinction. As a day-to-day essential, it will die off with the generation who read print newspapers. The kind of shopping where you hand over notes and count out change in return now happens only in the most minor of our retail encounters, like buying a bar of chocolate or a pint of milk, from a corner shop. At the shops where you spend any real money, that money is increasingly abstracted. And this is more and more true, the higher up the scale you go. At the most cutting-edge retail stores Victoria Beckham on Dover Street, for instance you don't go and stand at any kind of cash register, when you decide to pay. The staff are equipped with iPads to take your payment while you relax on a sofa.

钱包正走向消亡。作为日常必需品,它将随着阅读纸质报纸的那一代人一起消失。那种你递出纸币并数着找零的购物方式,现在仅发生在最琐碎的零售场景中,比如从街角小店买一块巧克力或一品脱牛奶。在你花费任何实际金额的商店里,那些钱越来越抽象化了。而且越是高端,这一点就越真实。在最前沿的零售店——比如Dover Street的Victoria Beckham店——当你决定付款时,你不用去任何收银台前站着。店员配备了iPad,可以在你舒适地坐在沙发上时为你处理付款。

P2 Which is nothing more or less than excellent service, if you have the money. But across society, the abstraction of the idea of cash makes me uneasy. Maybe I'm just old-fashioned. But earning money isn't quick or easy for most of us. Isn't it a bit weird that spending it should happen in half a blink(眨

眼) of an eye? Doesn't a wallet—that time-honoured Friday-night feeling of pleasing, promising fatness—represent something that matters?

如果你有钱,这无非就是优质服务。但在整个社会中,现金概念的抽象化让我感到不安。也许我只是守旧。但对我们大多数人来说,挣钱既不快也不容易。花钱却在眨眼之间发生,这难道不有点奇怪吗?钱包——那种历史悠久的周五夜晚那种令人愉悦、充满希望的厚实感——难道不代表着某种重要的东西吗?

P3 But I'll leave the economics to the experts. What bothers me about the death of the wallet is the change it represents in our physical environment. Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets—is the very opposite of what our world is becoming. The opposite of a wallet is a smartphone or an iPad. The rounded edges, cool glass, smooth and unknowable as a pebble(鹅卵石). Instead of digging through pieces of paper and peering into corners, we move our fingers left and right. No more counting out coins. Show your wallet, if you still have one. It may not be here much longer.

但我把经济学问题留给专家。钱包消亡困扰我的是它所代表的我们物理环境的变化。钱包的外观和手感的一切——扣件和材料随岁月磨损、撕裂和松动的方式,塑料、纸张、金和银,还有手写的电话号码和印刷的电影票——恰恰与我们的世界正在变成的样子相反。钱包的反面是智能手机或iPad。圆润的边缘,冰冷的玻璃,光滑得像鹅卵石一样不可知。我们不再翻找纸片和窥视角落,而是左右滑动手指。不再数硬币。展示你的钱包吧,如果你还有的话。它可能不会在这里待太久了。

题目与逐题解析

46. What is happening to the wallet?

- A) It is disappearing.
- B) It is being fattened.
- C) It is becoming costly.
- D) It is changing in style.

钱包正在发生什么变化?

A) 它正在消失。 B) 它正在变厚。 C) 它正在变得昂贵。 D) 它的样式正在改变。

【答案】 A (细节题)

【判型】 题干 What is happening to the wallet 是开放式 what 问句, 直接问钱包“正在发生什么”, 不含 infer/suggest/imply, 属于对原文事实的客观转述。

【拆句】 Q46 主干 What is happening to the wallet, what 作主语, is happening 现在进行时, to the wallet 介宾短语作状语, 结构平铺直叙, 无陷阱。

【定位】 The wallet is heading for extinction. As a day-to-day essential, it will die off with the generation who read print newspapers.

钱包正走向消亡。作为日常必需品, 它将随着读纸质报纸的那代人一起消失。

【选项】 A) ✓ 正确

heading for extinction ↔ **disappearing**

预判的“正在消失”与 disappearing 在词义、时态上完全吻合，无须再权衡其他选项。

B) 偷换概念

being fattened 把 fatness 此处比喻钱包鼓胀的怀旧描写当成了事实陈述——原文是“过去周五发薪那种鼓胀的感觉令人愉悦”，并不是说钱包真的在变厚。

C) 无中生有

becoming costly 说“钱包变得昂贵”，全文从未讨论钱包本身的售价或制造成本，仅讨论它的“消亡”与“象征意义”。

D) 与原文相反

changing in style 暗示钱包还在、只是换了款式，与 heading for extinction 与 It may not be here much longer 表达的“将不复存在”相反。

47. How are business transactions done in big modern stores?

- A) Individually.
- B) Electronically.
- C) In the abstract.
- D) Via cash register.

大型现代商店里的商业交易是如何完成的？

A) 单独进行。 B) 通过电子方式。 C) 以抽象的方式。 D) 通过收银机。

【答案】 B (细节题)

【判型】 How are business transactions done 用 how 直问交易在大店里怎么完成，要的是原文对做法的客观描述。

【拆句】 Q47 主干 transactions are done，被动语态，how 问做法的方式，介词短语 in big modern stores 限定场景。

【定位】 At the most cutting-edge retail stores—Victoria Beckham on Dover Street, for instance—you don't go and stand at any kind of cash register, when you decide to pay. The staff are equipped with iPads to take your payment while you relax on a sofa.

在最前沿的零售店里——比如多佛街上的维多利亚·贝克汉姆店——付款时你根本不用去站在任何收银台前。店员配备了 iPad，你舒服地坐在沙发上，他们就给你结账。

【选项】 A) 过度推断

Individually 意为“一对一/单独地”，原文虽提到坐在沙发上接受服务的舒适感，但并未把这种服务方式称为 individually，也未与“群体性服务”对比。

B) ✓ 正确

The staff are equipped with iPads to take your payment ↔ **Electronically**

预判“用电子设备付款”恰好被 Electronically 这一上位副词完整覆盖，定位与替换两端都通。

C) 答非所问

In the abstract 取自 the abstraction of the idea of cash，那是作者对现象的评价（金钱概念被抽象化），并非交易“如何完成”的具体做法。

D) 与原文相反

Via cash register 说“通过收银台”，但定位句明说 you don't go and stand at any kind of cash register——大店里恰恰不用收银台。

48. What makes the author feel uncomfortable nowadays?

A) Saving money is becoming a thing of the past.

B) The pleasing Friday-night feeling is fading.

C) Earning money is getting more difficult.

D) Spending money is so fast and easy.

是什么让作者在当今感到不舒服？

A) 省钱正在成为过去的事情。 B) 令人愉快的周五晚上的感觉正在消退。 C) 挣钱正变得更加困难。

D) 花钱如此快速和容易。

【答案】 D (细节题)

【判型】 What makes the author feel uncomfortable 直问导致作者不适的事物，答案在原文中有对应陈述，不需推断。

【拆句】 Q48 主干 What makes the author feel uncomfortable，使役结构 make sb do, what 作主语问主语本身，nowadays 时间状语限定范围。

【定位】 But across society, the abstraction of the idea of cash makes me uneasy. Maybe I'm just old-fashioned. But earning money isn't quick or easy for most of us. Isn't it a bit weird that spending it should happen in half a blink of an eye?

但放眼整个社会，金钱概念被抽象化这件事让我不安。也许我只是老派。但挣钱对大多数人来说既不快也不轻松。花钱却能在眨眼之间完成，这难道不有点怪吗？

【选项】 A) 无中生有

Saving money is becoming a thing of the past 说“存钱在变成过去式”，原文从未讨论存钱 (saving)，只讨论花钱与挣钱。

B) 张冠李戴

The pleasing Friday-night feeling is fading 取自 that time-honoured Friday-night feeling of pleasing, promising fatness, 但原文用这一感受作“钱包代表着重要的东西”的论据，不是作者声称的不安根源；他不安的是 spending it should happen in half a blink of an eye。

C) 偷换概念

Earning money is getting more difficult 把原文 earning money isn't quick or easy for most of us 的“挣钱本来就不快不易”误读成“挣钱正变得更难”——原文没有“更难（在变化中）”的意思，且作者不舒服的真正对象是花钱、不是挣钱。

D) ✓ 正确

spending it should happen in half a blink of an eye ↔ Spending money is so fast and easy 预判“花钱太快太轻易”与 Spending money is so fast and easy 字面一一对应，不需要权衡其他选项。

49. Why does the author choose to write about what's happening to the wallet?

- A) It represents a change in the modern world.
- B) It has something to do with everybody's life.
- C) It marks the end of a time-honoured tradition.
- D) It is the concern of contemporary economists.

作者为什么选择写钱包正在发生的变化？

- A) 它代表了现代世界的一种变化。 B) 它与每个人的生活都有关系。
- C) 它标志着一个历史悠久的传统的终结。 D) 它是当代经济学家关注的问题。

【答案】 A (推断题)

【判型】 Why does the author choose to write 问的是作者的写作动机，原文不会一字一句写“我写本文是因为...”，需要从作者明确表达“在意什么”的句子做一步延伸。

【拆句】 Q49 主干 Why does the author choose to write about X, choose to + 不定式作宾语，about 引导写作话题，what's happening to the wallet 名词性从句作 about 的宾语。

【定位】 But I'll leave the economics to the experts. What bothers me about the death of the wallet is the change it represents in our physical environment.

但我把经济这层留给专家。真正困扰我的，是钱包消亡所代表的、我们身处的物理环境的变化。

【选项】 A) ✓ 正确

the change it represents in our physical environment ↔

represents a change in the modern world

预判“钱包代表着当代世界的某种变化”与 It represents a change in the modern world 完全对应。

B) 过度推断

has something to do with everybody's life 说钱包消失与“每个人的生活”都相关，原文虽然提到 across society，但作者强调的是“我真正在意的是它代表的变化”，并不是“它和每个人有关”。

C) 以偏概全

It marks the end of a time-honoured tradition 取自 that time-honoured Friday-night feeling，但 time-honoured 只是描述周五夜感受的形容词，全文并不是把钱包写作“一种古老传统的终结”，而是借它说环境变化。

D) 与原文相反

concern of contemporary economists 说钱包消失是当代经济学家关心的事，但作者在定位句开头就写明 I'll leave the economics to the experts，把经济视角主动让出去——这正是他写本文的动机所排除的对象。

50. What can we infer from the passage about the author?

- A) He is resistant to social changes.
- B) He is against technological progress.
- C) He feels reluctant to part with the traditional wallet.
- D) He feels insecure in the ever-changing modern world.

从文章中我们可以推断出作者什么？

- A) 他抵制社会变革。
- B) 他反对技术进步。
- C) 他不愿放弃传统钱包。
- D) 他在不断变化的现代世界中感到不安全。

【答案】 C (推断题)

【判型】 题干 What can we infer from the passage about the author 直接用 infer 提示推断题，要求基于全文判断作者形象。

【拆句】 Q50 主干 What can we infer，情态动词 can 表能力可能，from the passage 与 about the author 是两个并列介宾短语分别交代依据与对象，结构平稳无陷阱。

【选项】 A) 过度推断

resistant to social changes 说作者抗拒“社会变化”——但作者 Maybe I'm just old-fashioned 已自嘲只是老派，且 I'll leave the economics to the experts 表明他不打算就更大范围的社会议题表态。

B) 与原文相反

against technological progress 说作者反对科技进步，但作者明确称 Which is nothing more or less than excellent service——他承认电子化是优秀服务；他不满的是钱包消亡所代表的物理环境变化，而非科技本身。

C) ✓ 正确

Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets—is the very opposite of what our world is becoming

↔ **reluctant to part with the traditional wallet**

Show your wallet, if you still have one. It may not be here much longer ↔

reluctant to part with the traditional wallet

三段表态聚合出“对传统钱包眷恋而不舍”，与 He feels reluctant to part with the traditional wallet 完全吻合。

D) 无中生有

feels insecure in the ever-changing modern world 说作者在“日新月异的现代世界感到不安全”，原文里作者表达的是不安 (uneasy) 与困扰 (bothers me)，均针对钱包消亡这一具体事，没有任何对“安全感缺失”的描述。

SENTENCE INSIGHTS • 句子精讲

6 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。

And this is more and more true, the higher up the scale you go.

第1段，第5句

"the + 比较级" 引导的比较状语从句是四六级和考研阅读中的常见句式，虽然本句只出现了 "the + 比较级" 的前半部分(后半部分省略)，但这种省略形式在真题中也较为典型。主句的主系表结构同样高频。整体结构具有较高的代表性和复用价值。

At the most cutting-edge retail stores Victoria Beckham on Dover Street, for instance you don't go and stand at any kind of cash register, when you decide to pay.

第1段，第6句

主句的主干 "you don't go and stand" 被句首较长的地点状语 "At the most cutting-edge retail stores Victoria Beckham on Dover Street" 和插入语 "for instance" 分隔，主语 "you" 要跳过这些成分才能与谓语连接。此外，句末的时间状语从句 "when you decide to pay" 也会干扰初学者快速识别主句结束位置。

The staff are equipped with iPads to take your payment while you relax on a sofa.

第1段，第7句

主句 + while 时间状语从句的结构在四六级和考研阅读中常见，被动语态和不定式作目的状语也是高频考点，句式具有较强代表性和迁移价值。

What bothers me about the death of the wallet is the change it represents in our physical environment.

第3段，第2句

主系表结构 + 主语从句 + 定语从句是四六级和考研阅读中的高频句式组合。What 引导主语从句、省略关系代词的定语从句都是典型考点，且本句的组合方式（主语从句在前、定语从句嵌套在表语中）在真题中反复出现。掌握本句结构后，学生可以直接迁移到大量类似长难句的分析中。

Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets—is the very opposite of what our world is becoming.

第3段，第3句

本句覆盖主语、系动词、表语、定语从句、宾语从句、同位语、状语等多种成分，尤其主语部分的破折号同位语结构和宾语从句中连接代词 "what" 兼作宾语的双重身份，是易错且值得反复练习的考点，成分划分训练收益较高。

Instead of digging through pieces of paper and peering into corners, we move our fingers left and right.

第3段，第6句

简单句带前置状语的结构在考试中较常见，"Instead of"引导的对比状语也是实用句式，具有一定代表性，但不属于高频复现的典型难句模式。

HIGH-FREQUENCY • 真题高频词

本篇出现的 40 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。

wallet A2

n. 钱包

本篇9次 · 真题 21 句

author A2

n. 作者

本篇3次 · 真题 244 句

represent B1

v. 代表

本篇3次 · 真题 28 句

cash A2

n. 现金

本篇2次 · 真题 37 句

earn A2

v. 赚得，挣得（金钱）

本篇2次 · 真题 28 句

retail B2

n. 零售

本篇2次 · 真题 9 句

less A1

det. 较少的

本篇1次 · 真题 224 句

physical B1

adj. 身体的

本篇1次 · 真题 98 句

expert B1

n. 专家

本篇1次 · 真题 89 句

concern B1

v. 涉及

本篇1次 · 真题 79 句

traditional B1

adj. 传统的

本篇1次·真题 79 句

material B1

n. 材料

本篇1次·真题 69 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 53 句

generation B2

n. 一代人

本篇1次·真题 44 句

staff B1

n. 全体员工

本篇1次·真题 43 句

smartphone B1

n. 智能手机

本篇1次·真题 38 句

instance B2

n. 例子

本篇1次·真题 33 句

style A2

n. 方式

本篇1次·真题 31 句

tradition B1

n. 传统

本篇1次·真题 31 句

essential B1

adj. 必不可少的

本篇1次·真题 30 句

payment B1

n. 支付

本篇1次·真题 28 句

economist B2

n. 经济学家

本篇1次·真题 24 句

technological B2

adj. 技术的

本篇1次·真题 24 句

peer B2

n. 同龄人

本篇1次·真题 20 句

scale B1

n. 规模

本篇1次·真题 20 句

minor B2

adj. 较小的

本篇1次·真题 19 句

bar

A2

n. 酒吧

本篇1次 · 真题 18 句

nowadays

B1

adv. 现在

本篇1次 · 真题 17 句

register

B1

v. 登记, 注册

本篇1次 · 真题 16 句

abstract

B2

adj. 抽象的

本篇1次 · 真题 15 句

encounter

B2

v. 遇到

本篇1次 · 真题 14 句

reluctant

B2

adj. 不情愿的

本篇1次 · 真题 14 句

costly

B2

adj. 昂贵的, 代价高的

本篇1次 · 真题 13 句

economics

B2

n. 经济学

本篇1次 · 真题 13 句

uncomfortable

B1

adj. 不舒服的

本篇1次 · 真题 10 句

equip

B1

v. 装备

本篇1次 · 真题 9 句

fade

B1

v. 逐渐消失

本篇1次 · 真题 9 句

promising

B2

adj. 有希望的

本篇1次 · 真题 9 句

tear

A2

v. 撕裂, 撕破

本篇1次 · 真题 9 句

bother

B1

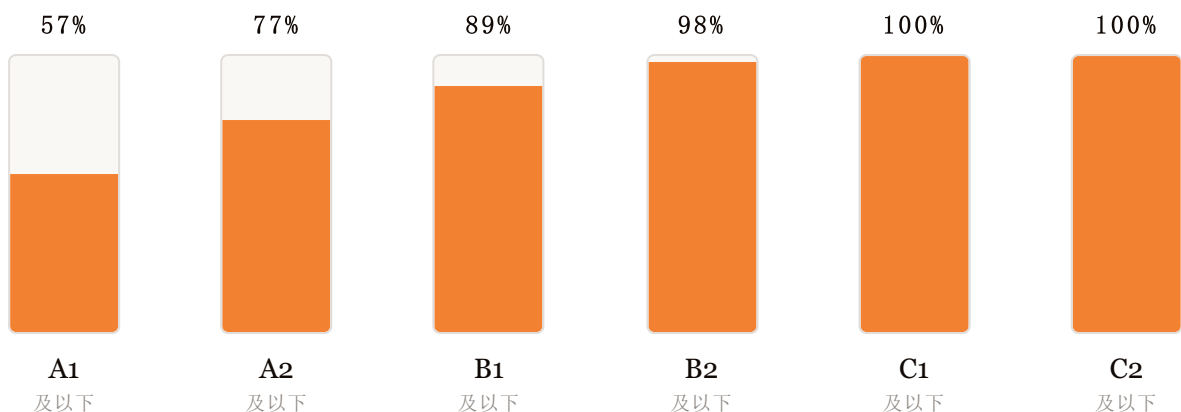
v. 打扰; 烦扰

本篇1次 · 真题 8 句

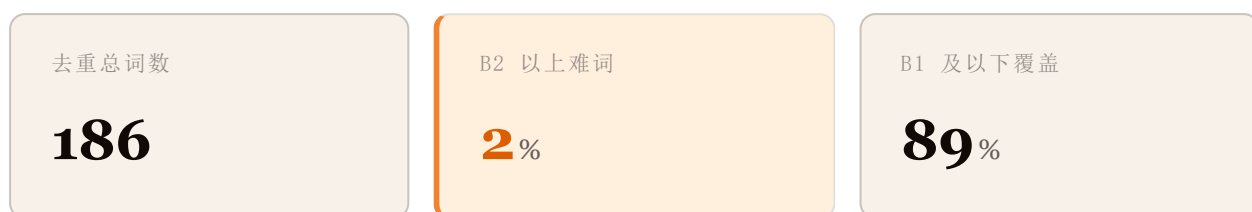
VOCABULARY · 词汇难度分布

全文 186 词按 CEFR 难度累积覆盖

全文去重后共 186 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 4 个 · 约 2%。



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 186 个 · 末柱为 100%



英语四级 2020年7月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	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 →

2020年7月·第1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 • 阅读理解和解析

阅读理解和解析·51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2020年7月·第1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1套(2020-07) • 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 It's late in the evening: time to close the book and turn off the computer. You're done for the day. What you may not realize, however, is that the learning process actually continues—in your dreams. 夜深了：该合上书本、关掉电脑了。你这一天的工作结束了。然而，你可能没有意识到的是，学习过程实际上还在继续——在你的梦中。

P2 It might sound like science fiction, but researchers are increasingly focusing on the relationship between the knowledge and skills our brains absorb during the day and the fragmented, often bizarre imaginings they generate at night. Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity (suggesting that there's some truth to the popular notion that we're "getting" a foreign language once we begin dreaming in it). What's more, researchers are coming to recognize that dreaming is an essential part of understanding, organizing and retaining what we learn.

这听起来可能像科幻小说，但研究人员越来越关注我们的大脑在白天吸收的知识和技能与它们在夜间产生的支离破碎、往往bizarre的想象之间的关系。科学家发现，梦见我们学过的任务与该活动表现的改善有关（这表明，一旦我们开始用外语做梦，我们就“掌握”了这门外语这一流行观念有一定道理）。此外，研究人员开始认识到，做梦是理解、组织和保留我们所学内容的重要组成部分。

P3 While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural(神经的) virtual reality. A vivid example of such replay can be seen in a video researchers made recently about sleep disorders.

They taught a series of dance moves to a group of patients with conditions like sleepwalking, in which the sleeper engages in the kind of physical movement that does not normally occur during sleep. They then videotaped the subjects as they slept. Lying in bed, eyes closed, one female patient on the tape performs the dance moves she learned earlier.

研究表明，当我们睡觉时，大脑会重放它在清醒时经历的活动模式，使我们进入一位心理学家所说的神经虚拟现实。这种重放的生动例子可以在研究人员最近制作的一段关于睡眠障碍的视频中看到。他们向一组患有梦游等疾病的患者教授了一系列舞蹈动作，在这种疾病中，睡眠者会做出通常在睡眠期间不会发生的身体运动。然后他们录制了受试者睡觉时的视频。录像中，一名女性患者躺在床上，闭着眼睛，表演着她之前学过的舞蹈动作。

P4 This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know. In a 2010 study, researchers at Harvard Medical School reported that college students who dreamed about a computer maze(迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task. 这表明，当我们的身体处于休息状态时，我们的大脑正在从我们最近遇到的信息和事件中提取重要内容，然后将这些数据整合到我们已经知道的庞大知识库中。在2010年的一项研究中，哈佛医学院的研究人员报告称，梦见他们学过的电脑迷宫任务的大学生，在找到穿过迷宫的路径的能力上，比没有梦见该任务的参与者提高了10倍。

P5 Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material. Think about that as your head hits the pillow tonight.

哈佛研究人员之一Robert Stickgold建议，在睡前学习或在下午学习后小睡一会儿可能会增加梦见学习材料的几率。今晚当你的头碰到枕头时，想想这一点。

题目与逐题解析

51. What is scientists' finding about dreaming?

- A) It involves disconnected weird images.
- B) It resembles fragments of science fiction.
- C) Dreaming about a learned task betters its performance.
- D) Dreaming about things being learned disturbs one's sleep.

科学家关于做梦有什么发现？

- A) 它涉及不连贯的怪异图像。
- B) 它类似于科幻小说的片段。
- C) 梦到已学习的任务能提高其表现。
- D) 梦到正在学习的事物会干扰睡眠。

【答案】 C (细节题)

【判型】 题干What is scientists' finding about dreaming是“what is ...finding”句式，问一个具体事实，不含 infer/imply 等推断信号，也不问 mainly about/title，属常规细节题。

【拆句】 What is scientists' finding about dreaming? 主干是 What is scientists' finding, about dreaming 是介词短语作 finding 的后置定语，限定“关于做梦的发现”。句子结构简单，无陷阱。

【定位】 Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity

科学家发现，梦见我们学过的某项任务与该任务表现的提升相关联。

【选项】 A) 答非所问

It involves disconnected weird images只是the fragmented, often bizarre imaginings they generate at night的转述，是“梦的现象”而非“科学家的发现”，与题干所问的 finding 不在同一语义层。

B) 偷换概念

It resembles fragments of science fiction借It might sound like science fiction这句比喻造干扰；原文只是说“听起来像科幻小说”，并不是科学家的发现内容。

C) ✓ 正确

dreaming about a task we've learned ↔ **Dreaming about a learned task**

is associated with improved performance in that activity ↔ **better its performance**

预判要点“梦到所学任务→表现提升”，Dreaming about a learned task better its performance恰好覆盖“梦到所学任务”和“表现提升”两个语义成分，与定位句完全对位。

D) 无中生有

原文只谈梦对学习的“正向作用”，从未提及Dreaming about things being learned disturbs one's sleep中所说的“扰乱睡眠”这一层；属凭空增加结论。

52. What happens when one enters a dream state?

- A) The body continues to act as if the sleeper were awake.
- B) The neural activity of the brain will become intensified.
- C) The brain behaves as if it were playing a virtual reality video game.
- D) The brain once again experiences the learning activities of the day.

当一个人进入梦境状态时会发生什么？

- A) 身体继续表现得好像睡眠者处于清醒状态。
- B) 大脑的神经活动会变得更加活跃。
- C) 大脑表现得好像在玩虚拟现实电子游戏。
- D) 大脑再次体验白天的学习活动。

【答案】 D (细节题)

【判型】 题干What happens when one enters a dream state问“进入梦境时发生什么”，是对客观事实的提问，不含推断信号。

【拆句】 What happens when one enters a dream state? 主句 What happens 是主语从句疑问形式，when 引导时间状语从句修饰 happens，one 是泛指代词。结构平铺直叙，无陷阱。

【定位】 While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural(神经的) virtual reality.

研究表明，当我们睡觉时，大脑会重演它在清醒时所经历的活动模式，从而让我们进入某心理学家所称的“神经虚拟现实”。

【选项】 A) 以偏概全

The body continues to act as if the sleeper were awake只描述了patients with conditions like sleepwalking, in which the sleeper engages in the kind of physical movement that does not normally occur during sleep这一梦游异常情况；原文明示这并非常态。

B) 无中生有

The neural activity of the brain will become intensified借neural(神经的) virtual reality中的 neural 一词造形似干扰；原文只说大脑重演活动，从未说神经活动“变得更强烈”。

C) 过度推断

The brain behaves as if it were playing a virtual reality video game把原文比喻 what one psychologist calls a neural(神经的) virtual reality扩写为“在玩虚拟现实电子游戏”，添加了 game 这一无中生有的设定。

D) ✓ 正确

the brain replays ↔ The brain once again experiences
the patterns of activity it experienced during waking hours ↔

the learning activities of the day

预判核心“大脑再次经历白天的活动”，The brain once again experiences the learning activities of the day在“再次”“经历”“白天活动”三处均精确等值。

53. What does the brain do while we are sleeping?

- A) It systematizes all the data collected during the day.
- B) It substitutes old information with new data.
- C) It processes and absorbs newly acquired data.
- D) It classifies information and places it in different files.

我们睡觉时大脑在做什么？

- A) 它系统化白天收集的所有数据。
- B) 它用新数据替换旧信息。
- C) 它处理和吸收新获得的数据。
- D) 它对信息进行分类并将其放入不同的文件中。

【答案】 C (细节题)

【判型】 题干What does the brain do while we are sleeping是 what does X do 句式，问大脑在做什么这一客观行为。

【拆句】 What does the brain do while we are sleeping? 主句 What does the brain do 是疑问句，while we are sleeping 是时间状语从句，sleeping 是现在分词。无陷阱。

【定位】 This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know.

这表明，当我们的身体休息时，大脑在从最近接触到的信息和事件中提取重要内容，然后把这些数据整合进我们已有的庞大知识库中。

【选项】 A) 以偏概全

It systematizes all the data collected during the day把原文what's important（重要的部分）擅自扩大为 all the data（全部数据），与原文“筛选重要”相矛盾。

B) 与原文相反

It substitutes old information with new data说“用新数据替代旧信息”，与定位句 integrating that data into the vast store of what we already know恰好相反——原文是把新数据“整合进”已有知识，并非“替换掉”已有知识。

C) ✓ 正确

drawing what's important from the information and events we've recently encountered ↔

It processes and absorbs newly acquired data

the information and events we've recently encountered ↔ **newly acquired data**

预判核心“提取+整合新信息”，It processes and absorbs newly acquired data两个谓语动词精确对应定位句的两个动名词，是最贴合的同义替换。

D) 无中生有

It classifies information and places it in different files中的 classifies（分类）+ places...in different files（放入不同文件）在原文中找不到对应；原文只说“提取重要+整合进已有知识库”，没有“分门别类放进不同档案”这一层动作。

54. What does Robert Stickgold suggest about enhancing learning?

- A) Having a little sleep after studying in the day.
- B) Staying up late before going to bed.
- C) Having a dream about anything.
- D) Thinking about the odds of dreaming about the material.

Robert Stickgold 对增强学习有什么建议？

- A) 白天学习后小睡一会儿。
- B) 睡前熬夜到很晚。
- C) 做任何事情的梦。
- D) 思考梦到这些材料的可能性。

【答案】 A（细节题）

【判型】 题干What does Robert Stickgold suggest about enhancing learning问某人具体建议什么，是事实型问题。

【拆句】 What does Robert Stickgold suggest about enhancing learning? 主干 What does Robert Stickgold suggest, about enhancing learning 介词短语作 suggest 的状语，限定话题范围。enhancing 是动名词。无陷阱。

【定位】 Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material.

哈佛研究人员之一的 Robert Stickgold 建议：临睡前学习，或者在下午学习之后小睡一会儿，可能会增加梦到所学内容的几率。

【选项】 A) ✓ 正确

taking a nap following a study session in the afternoon ↔

Having a little sleep after studying in the day

Stickgold 的建议含两条，其中“下午学完后小睡”一条与Having a little sleep after studying in the day逐词对位；选项不必复述全部建议，只要属于建议之一即正确。

B) 偷换概念

Staying up late before going to bed（睡前熬夜）与原文studying right before bedtime（临睡前学习）方向完全不同——原文建议的是睡前“学习”，不是“熬夜”。

C) 以偏概全

Having a dream about anything说“做关于任何事的梦”，而原文dreaming about the material强调“梦到所学的材料”——选项把对象 the material 扩大成 anything，与原意不符。

D) 张冠李戴

Thinking about the odds of dreaming about the material借用原文最后一句Think about that as your head hits the pillow tonight并改造为“去想梦到材料的几率”，但原文这句是给读者的提醒，不是 Stickgold 的“增强学习”建议；同时把 odds 这一名词强行说成 Stickgold 建议的“做法”。

55. What can be inferred about dreaming from the passage?

- A) We may enhance our learning through dreaming.
- B) Dreaming improves your language ability.
- C) All sleepwalkers perform dance moves when they are sleeping.
- D) Taking a nap after learning can help you find the way through the maze.

从文章中可以推断出关于做梦的什么信息？

- A) 我们可以通过做梦来增强学习。 B) 做梦能提高你的语言能力。
- C) 所有梦游者在睡觉时都会做出舞蹈动作。 D) 学习后小睡可以帮助你找到穿过迷宫的路。

【答案】 A （推断题）

【判型】 题干What can be inferred about dreaming from the passage中inferred 显式宣告本题问“从全文可推出”，不是问字面陈述。

【拆句】 What can be inferred about dreaming from the passage? 主干是 What can be inferred, be inferred 是被动语态（情态动词 can+be+过去分词），about dreaming 与 from the passage 都是介词短语作状语，分别限定推断对象和推断依据来源。被动结构提示考生关注“可被推出来的内容”，而非原文字面说法。

【选项】 A) ✓ 正确

dreaming is an essential part of understanding, organizing and retaining what we learn ↔

We may enhance our learning through dreaming

college students who dreamed about a computer maze(迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task

↔ **We may enhance our learning through dreaming**

全文研究结论、机制、实验、建议四层证据全部指向“做梦有助于学习”，We may enhance our learning through dreaming恰好是这条主线的一步合理外推，且情态动词 may 留出合理余地，最稳。

B) 以偏概全

Dreaming improves your language ability只对应原文括号里举的语言例证we're "getting" a foreign language once we begin dreaming in it，不能覆盖迷宫实验、Stickgold 建议等其他区间；且原文用 popular notion（流行观念）描述此说法，并非作者断言。

C) 以偏概全

All sleepwalkers perform dance moves when they are sleeping把原文one female patient on the tape performs the dance moves she learned earlier中“某位女患者”扩大为“所有梦游者”，把单一例证拔到全称命题。

D) 强加因果

Taking a nap after learning can help you find the way through the maze强行把第四段哈佛迷宫实验与第五段 Stickgold 的小睡建议拼成因果关系——原文中两者只是分别论证“做梦助学”这一更大主线，并未明示“学完小睡就能走出迷宫”。

SENTENCE INSIGHTS • 句子精讲

16 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。

You're done for the day.

第1段，第2句

系表结构 be + 过去分词作表语在口语和书面语中都很常见，for + 时间范围的状态也是典型用法。虽然简单，但这类结构在真题中经常以更复杂的形式出现，掌握基础形式有一定迁移价值。

What you may not realize, however, is that the learning process actually continues—in your dreams.

第1段，第3句

本句涵盖主语从句、表语从句、系动词、情态动词、状语等多种成分，主语从句中“What”既是引导词又充当宾语，表语从句中包含程度状语和地点状语，成分丰富且具有典型易错点，非常适合成分划分训练。

It might sound like science fiction, but researchers are increasingly focusing on the relationship between the knowledge and skills our brains absorb during the day and the fragmented, often bizarre imaginings they generate at night.

第2段，第1句

并列转折结构（“but”连接两个主句）、“focus on”固定搭配、“between ... and ...”并列、省略关系代词的定语从句，均为四六级和考研阅读中的高频句式。尤其是省略关系代词的定语从句，在真题中大量出现，掌握后迁移性强。结构典型性很高。

Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity (suggesting that there's some truth to the popular notion that we're "getting" a foreign language once we begin dreaming in it).

第2段，第2句

这句在结构层级和时态分布上都具有较高训练价值，难度也足以暴露常见弱点，但又不是过于偏门的特例。若目标是提升长句拆解与时态判断能力，它非常值得优先精练。

What's more, researchers are coming to recognize that dreaming is an essential part of understanding, organizing and retaining what we learn.

第2段，第3句

宾语从句嵌套、“that”和“what”引导的名词性从句、动名词作介词宾语、并列结构，都是四六级和考研阅读中高频出现的句式；掌握本句的分析方法可直接迁移到大量真题句子，代表性很强。

While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural(神经的) virtual reality.

第3段，第1句

这种“主句 + 宾语从句 + 定语从句 + 现在分词伴随状语”的复合结构在学术英语和四六级、考研英语阅读中极其常见，具有极高的重现率和可迁移学习价值。

They taught a series of dance moves to a group of patients with conditions like sleepwalking, in which the sleeper engages in the kind of physical movement that does not normally occur during sleep.

第3段，第3句

本句覆盖双宾语结构、介词短语后置定语、非限制性定语从句、限制性定语从句嵌套、关系代词在从句中充当主语等多种成分类型,且定语从句嵌套层次分明,适合训练学生识别从句归属、区分限定与非限定修饰、定位先行词等核心技能

Lying in bed, eyes closed, one female patient on the tape performs the dance moves she learned earlier.

第3段，第5句

本句涵盖了主谓宾基本结构、定语从句（含关系代词省略）、分词短语作状语、独立主格结构作状语等多种成分类型，且定语从句的关系代词省略是常见易错点；句首两个状语短语的识别也能帮助学生区分非谓语修饰成分与主句核心成分，训练价值较高。

This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know.

第4段，第1句

本句结构训练价值高、代表性强，时态也有一定层次，适合作为中高频精析材料。虽然不属于最极端复杂句，但正因为难度适中又覆盖面广，值得优先练习。

In a 2010 study, researchers at Harvard Medical School reported that college students who dreamed about a computer maze(迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task.

第4段，第2句

覆盖了主谓宾、时间状语、宾语从句、多层定语从句、过去完成时等多种成分和结构;尤其定语从句嵌套和关系代词省略(they had learned省略which/that)是易错点,且宾语从句内部主语被长定语从句分隔,适合训练成分划分和从句识别能力,训练价值高

Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material.

第5段，第1句

及物动词后接 that 宾语从句是四六级和考研阅读中的高频句式，宾语从句内部用并列主语配合情态动词也是常见结构；同位语的使用、动名词作主语、介词短语和分词短语作修饰成分，都是真题中经常出现的典型结构，掌握后可迁移到大量类似句子。

What is scientists' finding about dreaming?

第51题 题干

特殊疑问句是四六级和考研阅读理解及翻译中的常见句式，尤其是以疑问词开头的主系表倒装结构（What is ...）在题目和文章中频繁出现。本句结构简洁典型，掌握后可直接迁移到大量类似问句的理解和分析中，具有较高的代表性。

Dreaming about a learned task betters its performance.

第51题，C

本句成分划分训练价值中等偏上：主语为动名词短语，涵盖动名词作主语这一常考点；谓语为不常见的实义动词"betters"，需识别动词形式；宾语为名词短语，结构简单。主语部分包含介词短语"about a learned task"作状语、过去分词"learned"作定语，提供了一定的修饰成分练习机会。但整体成分种类不算丰富，缺少补语、同位语、复杂状语从句等进阶结构。

The body continues to act as if the sleeper were awake.

第52题, A

本句涵盖主谓结构、不定式作谓语的一部分、主系表结构、状语从句等多种成分类型,且虚拟语气的识别("were"而非"was")是一个重要的易错点。适合用于训练学生识别系动词、虚拟语气和状语从句的能力。

The brain behaves as if it were playing a virtual reality video game.

第52题, C

"as if" 引导虚拟语气的方式状语从句是四六级和考研中的常考句式,在阅读理解和写作中频繁出现。掌握这一结构可以迁移到大量类似句子,如 "as though"、"as if" 的其他虚拟场景,具有很高的复用价值。

Taking a nap after learning can help you find the way through the maze.

第55题, D

本句涵盖了多种成分类型:动名词短语作主语、情态动词加动词原形作谓语、代词作宾语、省略 to 的不定式短语作宾语补足语、介词短语作状语。这些成分都是考试常考点,尤其是动名词作主语和 "help + 宾语 + 动词原形" 结构,容易出错。作为成分划分练习句,覆盖面较广,训练价值较高。

HIGH-FREQUENCY • 真题高频词

本篇出现的 54 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5次·真题 239 句

data B1

n. 数据

本篇4次·真题 73 句

dreaming A2

v. 做梦

本篇4次·真题 10 句

learning A1

n. 学习

本篇3次·真题 120 句

process B1

n. 过程

本篇2次·真题 108 句

material B1

n. 材料

本篇2次·真题 69 句

performance B1

n. 表演

本篇2次·真题 66 句

perform B1

v. 执行

本篇2次·真题 52 句

recently A2

adv. 最近

本篇2次·真题 48 句

reality B1

n. 现实

本篇2次·真题 38 句

enhance B2

v. 提高

本篇2次·真题 37 句

nap B1

n. 小睡, 打盹

本篇2次·真题 18 句

absorb B2

v. 吸收 (液体、气体等)

本篇2次·真题 16 句

odd B1

adj. 奇怪的

本篇2次·真题 14 句

virtual B2

adj. 虚拟的 (计算机生成的)

本篇2次·真题 11 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

better A1

adj. 更好的 (good 的比较级)

本篇1次·真题 139 句

participant B2

n. 参与者

本篇1次·真题 117 句

relationship B1

n. 关系

本篇1次·真题 109 句

focus B1

n. 重点

本篇1次·真题 107 句

finding B2

n. 调查结果

本篇1次·真题 99 句

physical B1

adj. 身体的

本篇1次·真题 98 句

event A2

n. 事件

本篇1次·真题 66 句

involve B1

v. 包含

本篇1次·真题 65 句

engage B2

v. 参与;从事

本篇1次·真题 57 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 53 句

image A2

n. 形象, 印象

本篇1次·真题 52 句

realize B1

v. 意识到, 认识到

本篇1次·真题 50 句

female A2

adj. 女性的

本篇1次·真题 37 句

pattern B1

n. 模式

本篇1次·真题 37 句

occur B1

v. 发生, 出现

本篇1次·真题 36 句

indicate B2

v. 表明

本篇1次·真题 35 句

recognize B1

v. 认出

本篇1次·真题 34 句

series B1

n. 系列

本篇1次·真题 31 句

essential B1

adj. 必不可少的

本篇1次·真题 30 句

psychologist B2

n. 心理学家

本篇1次·真题 30 句

improvement B1

n. 改进

本篇1次·真题 29 句

movement B1

n. 移动

本篇1次·真题 28 句

understanding B1

n. 理解;领悟

本篇1次·真题 28 句

acquire B2

v. 获得

本篇1次·真题 24 句

behave B1

v. 表现, 举止

本篇1次·真题 21 句

vast B2

adj. 巨大的

本篇1次·真题 20 句

generate B2

v. 产生, 引起 (结果、反应等)

本篇1次·真题 19 句

encounter B2

v. 遇到

本篇1次·真题 14 句

newly B1

adv. 最近

本篇1次·真题 14 句

session B1

n. 会议;会期

本篇1次·真题 13 句

disorder B2

n. 疾病

本篇1次·真题 12 句

normally A2

adv. 通常

本篇1次·真题 10 句

classify B2

v. 将...分类;把...归类

本篇1次·真题 9 句

file A2

n. 文件

本篇1次·真题 9 句

integrate C1

v. 使融入

本篇1次·真题 9 句

resemble B1

v. 像

本篇1次·真题 9 句

improved

A2

adj. 改进的

本篇1次 · 真题 8 句

substitute

B2

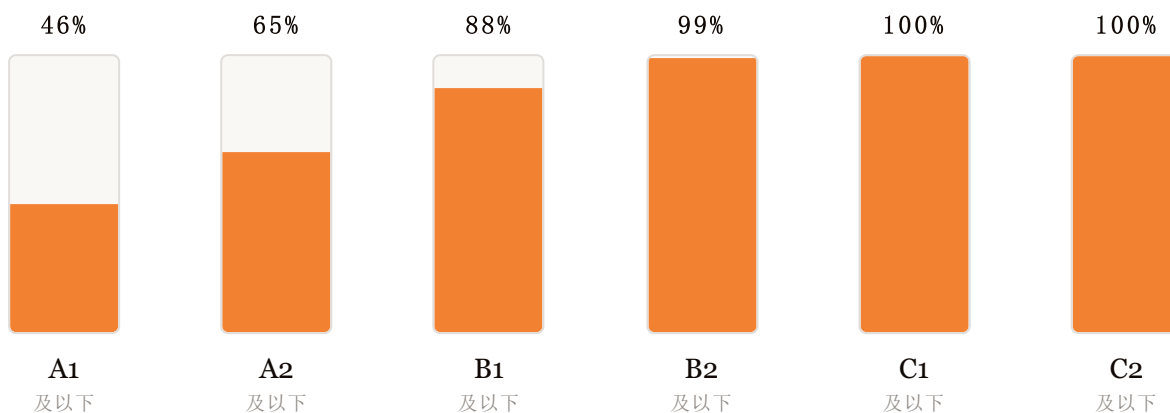
n. 替代品

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 206 词按 CEFR 难度累积覆盖

全文去重后共 **206** 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 3 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 206 个 · 末柱为 100%

去重总词数

206

B2 以上难词

1%

B1 及以下覆盖

88%

英语四级 2020年7月·第1套 · 全卷构成

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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 →

2020年7月·第1套英语四级汉译英（段落翻译）·中国火锅文化介绍 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2020年7月·第1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1套(2020-07) • 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**.

在中国，火锅已有2,000多年的历史，最早流行于最寒冷的地区，然后在很多地区盛行，出现了具有地方特色的种类。吃火锅时，家人和朋友围坐在桌边，桌子中间放着热腾腾的火锅。吃火锅时，人们可以根据自己的口味放肉、海鲜、蔬菜和其他配料，自己烹饪。人们可以一边尽情地聊天，一边享受美食。

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。

In China, hot pot has a history of more than 2,000 years. It first became popular in the coldest regions and then spread to many other areas, giving rise to varieties with distinct local features. When eating hot pot, family and friends sit around a table, with a steaming hot pot in the middle. They can add meat, seafood, vegetables and other ingredients according to their own tastes, and cook them themselves. Meanwhile, they can chat to their hearts' content while enjoying the food.

【衔接】第1句 → 第2句：从「历史源流」到「现场场景」用 Today / When 切换

第1句讲 火锅已有2,000多年的历史 的源流（用现在完成时和过去时），第2句切到 吃火锅时，家人和朋友围坐在桌边的现场画面（一般现在时）。两句之间是时间面切换，第2句开头的 When eating hot pot 本身就起承接作用，无需再补 Today/Nowadays；若要更明显，可在第2句句首加 Today 强调「如今的吃法」，让历史与现实的对照更清晰。

第2句 → 第3句：同主语场景的承接用 At the same time / While eating

第2句和第3句都以 吃火锅时 开头，且都在描述「吃火锅这件事」的现场。若两句各自重复 When eating hot pot 会显得啰嗦。处理办法是第3句把开头的时间状语压缩成 At the same time 或干脆省略（因为上下文场景已经清楚），主句保留 people can add... and cook...。

第3句 → 第4句：从「做的事」到「同时的体验」用 Meanwhile / and 承接

第3句讲 放.....配料，自己烹饪 的动手过程，第4句讲 一边尽情地聊天，一边享受美食 的同时体验，两者是「正在做 A 的同时还能做 B」的并列关系。可在第4句开头补 Meanwhile 显化「同时」的逻辑；也可把第3句的 cook them themselves 和第4句的 chat while enjoying the food 用 and 串成一句，让节奏更紧凑。

全篇代词承接：people 与 they 交替使用

第3句和第4句主语都是 people。若两句都写 people 会显重复；可以把第4句的 people 改成 they 承接，使得「people can add... → they can chat...」上下衔接更自然，也避免名词反复。

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】中国火锅文化介绍

本段是一篇典型的中国饮食文化客观介绍：开篇 在中国，火锅已有2,000多年的历史 交代源流，随后描述吃火锅的常态场景与做法，整体语体属于文化/民俗介绍类说明文，重在客观陈述事实与一般做法，而非讲述某一次具体事件。

【时态】一般现在时

全段除 火锅已有2,000多年的历史，最早流行于最寒冷的地区 这类讲源流的句子需要用「现在完成时 + 一般过去时」表已完成与历史动作外，其余 吃火锅时，家人和朋友围坐在桌边 人们可以一边尽情地聊天，一边享受美食 都是讲普遍做法与现状，因此全篇主时态定为「一般现在时」，仅在讲历史时局部偏离。

【译法】火锅

火锅 是全篇核心文化负载词，统一译作 hot pot（两词分写、首字母小写，作普通名词），全篇出现处不要再改成 chafing dish、fondue 或 hotpot 等其他写法，避免同一专名前后不一致。

具有地方特色的种类

具有地方特色的种类 是文化味较浓的表达，统一意译为 varieties with distinct local features（或 varieties with regional characteristics）。全篇若需再次指代各地火锅，沿用 local varieties 之类的说法，避免一会儿 styles、一会儿 kinds、一会儿 types 来回切换。

配料

其他配料 在烹饪语境里统一译作 other ingredients，不要混用 materials、stuff、seasonings 等。ingredient 一词即可覆盖肉、海鲜、蔬菜之外的各种食材，且贴合 cooking 场景。

1. 在中国，火锅已有2,000多年的历史，最早流行于最寒冷的地区，然后在很多地区盛行，出现了具有地方特色的种类。

【主干】以「火锅」为主语贯穿全句（主语策略：原句主语）

中文已有明确主语 火锅，且后面三个分句「已有.....历史」「最早流行于.....」「然后在很多地区盛行」共享同一个主语，所以英文直接用 hot pot 作主语，主谓宾骨架定为 hot pot has a history of more than 2,000 years（主干1：火锅 + 有 + 历史）。

【降级】次要动词降级为状语 + 独立分句

本句中文挂了四个动作：已有2,000多年的历史、最早流行于最寒冷的地区、然后在很多地区盛行、出现了具有地方特色的种类。「已有.....历史」作主干谓语 has a history of；「最早流行于最寒冷的地区，然后在很多地区盛行」处理成 which first became popular in the coldest regions and then spread to many other areas 的非限制性定语从句，挂到 history 后面太绕，所以直接挂到主语 hot pot 上更清；「出现了具有地方特色的种类」是结果，用 giving rise to varieties with distinct local features 的现在分词短语作结果状语收尾。这样四个动作一主三辅，避免照中文一路 and 平铺。

【语法】时态（局部偏离基调）

全篇基调是一般现在时，但本句讲源流 已有2,000多年的历史，强调从过去延续到现在的状态，用「现在完成时」更稳：has a history of more than 2,000 years；后面 最早流行于最寒冷的地区，然后在很多地区盛行 讲的是历史发生过的动作，用一般过去时：first became popular、spread to。这是 globalPlan 里允许的「确有需要处偏离」。

单复数

最寒冷的地区 中「地区」不止一处，用复数 the coldest regions；具有地方特色的种类 中「种类」也不止一种，用复数 varieties；很多地区 译 many other areas，复数。

数字格式

2,000多年 在英文里写作 more than 2,000 years，逗号保留作千位分隔符；不要写成 2000 多年 或 over 2 thousand years 这种半中半英。

介词搭配

「有.....年的历史」固定搭配 have a history of + 时间；「流行于某地」用 be popular in / become popular in；「出现了.....种类」用 give rise to varieties，不要写成 appear varieties（appear 不及物，不能直接带宾语）。

【译文】In China, hot pot has a history of more than 2,000 years. It first became popular in the coldest regions and then spread to many other areas, giving rise to varieties with distinct local features.

2. 吃火锅时，家人和朋友围坐在桌边，桌子中间放着热腾腾的火锅。

【主干】以「family and friends」为主语立骨架（主语策略：原句主语）

中文 家人和朋友围坐在桌边 已经给出明确主语「家人和朋友」，所以英文直接用 family and friends 作主语，谓语用 sit around，宾语 a table，主干为 family and friends sit around a table。后半句 桌子中间放着热腾腾的火锅 是对 table 的补充描写，转成定语从句更自然。

【降级】「桌子中间放着.....」改写成定语从句

中文 桌子中间放着热腾腾的火锅 表面看是独立一句，其实在描写「桌子」的状态，与前句共用同一张桌子。所以降级为定语从句 with a steaming hot pot in the middle 或 in the middle of which sits a steaming hot pot，挂到 a table 后面，避免再开一个独立主谓写成 a hot pot is put in the middle of the table 那种生硬的流水句。「热腾腾的」译作 steaming（动词分词作定语），自然带出「冒着热气」的视觉感。

【语法】时态

本句讲普遍做法，回指基调用「一般现在时」：sit、is。

主谓一致

主语 family and friends 是复数（两个名词并列由 and 连接），谓语用 sit，不是 sits；hot pot 单数，定语从句里若用 sits，主语是 a steaming hot pot，单数第三人称，动词要加 s。

冠词

首次提到 table 用不定冠词 a table；中间提到的「热腾腾的火锅」是这桌特指的一个，用 a steaming hot pot 也可（首次出现），不要写成 the hot pot，会让读者以为前文已具体指过某一只。

介词搭配

「围坐在桌边」用 sit around a table（around 表围绕），不要用 sit at（at 表「在.....旁」，不含围绕感）；「在中间」用 in the middle of，不是 at the middle of。

【译文】When eating hot pot, family and friends sit around a table, with a steaming hot pot in the middle.

3. 吃火锅时，人们可以根据自己的口味放肉、海鲜、蔬菜和其他配料，自己烹饪。

【主干】用 people 补出泛指主语（主语策略：补主语）

中文 人们可以根据自己的口味放肉、海鲜、蔬菜和其他配料 虽然出现了「人们」，但语义其实是泛指任何吃火锅的人。英文直接保留 people 即可，谓语为情态动词 can + 并列动词 add... and cook，主干为 people can add ingredients and cook them themselves。

【降级】「根据.....」译介词短语 + 并列两个谓语

本句有两个核心动作 放.....配料 与 自己烹饪，所以谓语并列：add... and cook。根据自己的口味 不是一个动作，而是「放」这个动作的方式，译作 according to their own tastes 介词短语作状语挂在 add 后面；自己 强调亲自动手，用反身代词 themselves 作同位语强调，挂到 cook 后面。

【语法】时态

讲普遍做法，回指基调用一般现在时：can add、cook。情态动词 can 后接动词原形。

单复数

肉、海鲜、蔬菜和其他配料 译作 meat, seafood, vegetables and other ingredients: meat, seafood 是不可数名词不加 s, vegetables、ingredients 是可数名词且数量不止一种，用复数。这是主体考生最容易翻车的点：四个词不能一律加 s，也不能一律不加。

代词一致

主语 people 是复数，所属代词用 their，反身代词用 themselves，不要写成 his/himself 或 oneself。

并列结构

「肉、海鲜、蔬菜和其他配料」是四项并列，英文用 A, B, C and D 结构，最后一项前用 and，逗号是否在 and 前（牛津逗号）可选，但前三项之间必须用逗号分隔。

【译文】 When eating hot pot, people can add meat, seafood, vegetables and other ingredients according to their own tastes, and cook them themselves.

4. 人们可以一边尽情地聊天，一边享受美食。

【主干】 保留 people 作主语（主语策略：原句主语）

中文 人们可以一边尽情地聊天，一边享受美食 主语「人们」已明确给出，与上句的主语一致，英文继续用 people。主干立 people can chat and enjoy the food（情态动词 + 两个并列动词）。

【降级】 「一边……一边……」译并列结构 while/and

一边尽情地聊天，一边享受美食 是「同时发生的两件事」。最稳的译法有两种：① 并列谓语 chat to their hearts' content and enjoy the food（用 and 连接两个并列动作，自然表同时）；② 用 while 引导伴随状语 chat to their hearts' content while enjoying the food（while 后接 doing 表同时进行）。本句两个动作地位对等、节奏对仗，用第二种 while + 现在分词更出彩。

【语法】时态

讲普遍做法，跟基调用一般现在时：can chat、enjoy。情态动词 can 后接动词原形。

副词搭配

尽情地 译作 to their hearts' content（地道惯用搭配，意为「尽情地、心满意足地」），不要直译成 as much as they want 或 freely，前者啰嗦，后者意思偏「自由地」。注意 hearts' 是复数所有格，撇号在 s 后面，因为主语 people 是复数。

冠词

享受美食 译作 enjoy the food: the food 特指桌上正在吃的火锅食物，用 the；如果泛指「美食」概念，用 enjoy delicious food（无冠词）。本句语境是「正在吃的这桌」，用 the 更贴。

【译文】 People can chat to their hearts' content while enjoying the food.

英语四级 2020年7月·第1套 · 全卷构成

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