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四级 · 真题卷第1套 · 2020年9月

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay on *the online library*. You can start your essay with the sentence "The online library 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 center.

Questions 1 and 2 are based on the news report you have just heard.

1. A) Ship traffic in the Atlantic.
B) Warm currents in the ocean.
C) Exhaust from cars in Europe.
D) Particles emitted by power plants.
2. A) They need to be taken seriously.
B) They have a huge effect on fishery.
C) They might be causing trouble to air flights.
D) They may be affecting the world's climate.

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

3. A) To appeal for higher wages.
B) To demand better health care.
C) To call for a permanent security guard.
D) To dismiss the bad-tempered supervisor.
4. A) It had already taken strong action.
B) It would put customers' needs first.
C) It would take their appeal seriously.
D) It was seeking help from the police.

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

5. A) The road was flooded.
B) The road was blocked.
C) The road was frozen with snow.
D) The road was covered with spilled gas.
6. A) A truck plunged into a pool of liquid chocolate.
B) The heavy snow made driving very difficult.
C) The truck driver dozed off while driving.
D) A truck hit a barrier and overturned.
7. A) It was a long time before the cleanup was finished.
B) It was a hard task to remove the spilled substance.
C) It was fortunate that no passenger got injured.
D) It was difficult to contact the manufacturer.

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 conversations 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 center.*

Questions 8 to 11 are based on the conversation you have just heard.

8. A) She wanted to save for a new phone.
B) She found it much safer to use cash.
C) She could enjoy discount with cash.
D) She had been cheated using phone apps.
9. A) They can save a lot more time and trouble.
B) They find it less difficult to make purchases.
C) They derive greater pleasure from buying things.
D) They are less aware of the value of their money.
10. A) More valuable items.
B) More non-essential things.
C) Everyday necessities.
D) Electronic devices.
11. A) It can improve shopping efficiency.
B) It is altering the way of shopping.
C) It may lead to excessive spending.
D) It appeals more to younger people.

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

12. A) He wanted to order some wooden furniture.
B) He had to change the furniture delivery time.
C) He had a problem with the furniture delivered.
D) He wanted the furniture store to give him a refund.
13. A) Send the furniture back to the store.
B) Describe the furniture he received.
C) Collect the furniture he ordered.
D) Buy another brand of furniture.
14. A) Correct their mistake.
B) Improve their service.
C) Apologize to his wife.
D) Give the money back.
15. A) She recommended a new style.
B) She offered some gift to the man.
C) She apologized to the man once more.
D) She checked all the items with the man.

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 passages 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 center.*

Questions 16 to 18 are based on the passage you have just heard.

16. A) Reading books of wisdom.
B) Tidying up one's home.
C) Sharing with others.
D) Donating to charity.
17. A) Things that make one happy.
B) Things that are becoming rare.
C) Things that occupy little space.
D) Things that cost a lot of money.
18. A) It joined the city's clean-up campaign.
B) It sold as many as fifty boxes of books.
C) It received an incredibly large number of donated books.
D) It did little business because of the unusual cold weather.

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

19. A) Give free meals to the homeless.
B) Provide shelter for the homeless.
C) Help the vulnerable to cook lunches.
D) Call for change in the local government.
20. A) Strengthen co-operation.
B) Promote understanding.
C) Win national support.
D) Following his example.
21. A) Spreading news of his deeds.
B) Writing him thank-you notes.
C) Following the example he sets.
D) Sending him hand-made bags.

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

22. A) To solve word search puzzles.
B) To send smartphone messages.
C) To test their eyesight using a phone app.
D) To install some audio equipment in a lab.
23. A) They could not go on until the ringing stopped.
B) They could no longer concentrate on their task.
C) They grabbed the phone and called back right away.
D) They asked their experimenter to hang up the phone.
24. A) A rise in emotional problems.
B) A decline in sports activities.
C) A reduction in the amount of sleep.
D) A decline in academic performance.
25. A) Protect the eyesight of the younger generation.
B) Take effective measures to raise productivity.
C) Realize the disruptive effects of technology.
D) Ensure they have sufficient sleep every day.

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.

There are three main types of financial stress people encounter. The first type is apparent in people being stressed about the 26 ups and downs of investment markets—actually not so much the ups, but 27 the downs. These people are usually unable or unprepared to endure the long haul.

The next common type of financial stress is that caused by debt. In a 28 percentage of cases of debt-induced financial stress, credit cards and loans will be a central element. Often there will be a car loan and perhaps a mortgage, but credit cards often seem to be the gateway to debt-related financial difficulties for many.

The third type of stress and 29 the least known is inherited financial stress, which is the most destructive. It is experienced by those who have grown up in households where their parents regularly 30 and fought about money. Money therefore becomes a stressful topic, and so the thought of sitting down and planning is an unattractive 31.

Those suffering inherited financial anxiety 32 to follow one of two patterns. Either they put their head in the sand: they would 33 examining their financial statements, budgeting and discussing financial matters with those closest to them. Alternatively, they would go to the other 34, and micro-analyze everything, to the point of complete 35. They are convinced that whatever decision they make will be the wrong one.

- | | |
|-----------------|----------------|
| A) appearance | I) normal |
| B) argued | J) possibly |
| C) avoid | K) proposition |
| D) considerable | L) repelled |
| E) definitely | M) statement |
| F) extreme | N) tend |
| G) inaction | O) traditional |
| H) incredibly | |

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**.

Doctor's Orders: Let Children Just Play

- A) Imagine a drug that could enhance a child's creativity and critical thinking. Imagine that this drug were simple to make, safe to take, and could be had for free. The nation's leading pediatricians(儿科医生) say this miracle compound exists. In a new clinical report, they are urging doctors to prescribe it liberally to the children in their care.
- B) "This may seem old-fashioned, but there are skills to be learned when kids aren't told what to do," said Dr. Michael Yogman, a Harvard Medical School pediatrician who led the drafting of the call to arms. Whether

it's rough physical play, outdoor play or social or pretend play, kids derive important lessons from the chance to make things up as they go, he said.

- C) The advice, issued Monday by the American Academy of Pediatrics, may come as a shock to some parents. After spending years fretting(烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play—or better yet, playing with them—could seem like a step backward. The pediatricians insist that it's not. The academy's guidance does not include specific recommendations for the dosing of play. Instead, it asks doctors to advise parents before their babies turn two that play is essential to healthy development.
- D) "Play is not silly behavior," the academy's report declares. It fosters children's creativity, cooperation and problem-solving skills—all of which are critical for a 21st-century workforce. When parents engage in play with their children, it builds a wall against the harmful effects of all kinds of stress, including poverty, the academy says. In the pediatricians' view, essentially every life skill that's valued in adults can be built up with play. "Collaboration, negotiation, decision-making, creativity, leadership, and increased physical activity are just some of the skills and benefits children gain through play," they wrote. The pediatricians' appeal comes as kids are being squeezed by increasing academic demands at school and the constant invasion of digital media.
- E) The trends have been a long time coming. Between 1981 and 1997, detailed time-use studies showed that the time children spent at play declined by 25 percent. Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic "skills and drills" has cut deeply into recess(课间休息) and other time for free play.
- F) By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of "choice time," when they were permitted to play freely with blocks, toys or other children. One in four Los Angeles teachers reported there was no time at all for "free play." Increased academic pressures have left 30 percent of U.S. kindergarten classes without any recess. Such findings prompted the American Academy of Pediatrics to issue a policy statement in 2013 on the "crucial role of recess in school."
- G) Pediatricians aren't the only ones who have noticed. In a report titled "Crisis in the Kindergarten," a group of educators, health professionals and child advocates called the loss of play in early childhood "a tragedy, both for the children themselves and for our nation and world." Kids in play-based kindergartens "end up equally good or better at reading and other intellectual skills, and they are more likely to become well-adjusted healthy people," the Alliance for Childhood said in 2009. Indeed, new research demonstrates why playing with blocks might have been time better spent, Yogman said. The trial assessed the effectiveness of an early mathematics intervention(干预) aimed at preschoolers. The results showed almost no gains in math achievement.
- H) Another playtime thief: the growing proportion of kids' time spent in front of screens and digital devices, even among preschoolers. Last year, Common Sense Media reported that children up through age eight spent an average of two hours and 19 minutes in front of screens each day, including an average of 42 minutes a day for those under two. This increase of digital use comes with rising risks of obesity, sleep deprivation and cognitive(认知的), language and social-emotional delays, the American Academy of Pediatrics warned in 2016.
- I) "I respect that parents have busy lives and it's easy to hand a child an iPhone," Yogman said. "But there's a cost to that. For young children, it's much too passive. And kids really learn better when they're actively

engaged and have to really discover things."

- J) The decline of play is a special hazard for the roughly 1 in 5 children in the United States who live in poverty. These 14 million children most urgently need to develop the resilience(韧劲) that is cultivated with play. Instead, Yogman said, they are disproportionately affected by some of the trends that are making play scarce: academic pressures at schools that need to improve test scores, outside play areas that are limited or unsafe, and parents who lack the time or energy to share in playtime.
- K) Yogman also worries about the pressures that squeeze playtime for more affluent kids. "The notion that as parents we need to schedule every minute of their time is not doing them a great service," he said. Even well-meaning parents may be "robbing them of the opportunity to have that joy of discovery and curiosity—the opportunity to find things out on their own."
- L) Play may not be a hard sell to kids. But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism(怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world. They should welcome the simplicity of the message, Lerner said. "It's liberating to be able to offer them this advice: that your spending time with your child and letting him play is one of the most valuable things you can do," he said. "It doesn't have to involve spending a lot of money or time, or joining a parenting group. It's something we can offer that's achievable. They just don't recognize it right now as particularly valuable."
36. Increased use of digital devices steals away children's playtime.
37. Since the beginning of this century, an increasing amount of time has been shifted in public schools from recess to academic activities.
38. It has been acknowledged that while kids may welcome pediatricians' recommendation, their parents may doubt its feasibility.
39. According to some professionals, deprivation of young children's playtime will do harm not only to children themselves but to the country and the world.
40. By playing with children, parents can prevent them from being harmed by stress.
41. Playing with digital devices discourages kids from active discovery, according to pediatrician Dr. Michael Yogman.
42. The suggestion of letting children simply play may sound like going backwards to parents who want to help build their children's skills.
43. Dr. Michael Yogman believes the idea that parents should carefully schedule children's time may not be helpful to their growth.
44. One quarter of teachers in an American city said that children in kindergartens had no time for playing freely.
45. According to a pediatrician, no matter what kind of play children engage in, they are learning how to create things.

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.

Americans spend billions of dollars each year trying to change our weight with diets, gym memberships and plastic surgery.

Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety and depression, as well as unhealthy strategies for weight loss or muscle gain. It also has a financial cost. Having an eating disorder boosts annual health care costs by nearly US \$2,000 per person.

Why is there both external and internal pressure to look "perfect"? One reason is that society rewards people who are thin and healthy looking. Researchers have shown that body mass index is related to wages and income. Especially for women, there is a clear penalty at work for being overweight or obese. Some studies have also found an impact for men, though a less noticeable one.

While the research literature is clear that labor market success is partly based on how employers and customers perceive your body image, no one had explored the other side of the question. Does a person's own perception of body image matter to earnings and other indicators of success in the workplace?

Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

As in other research, women in our sample tend to over-perceive their weight—they think they're heavier than they are—while men tend to under-perceive theirs.

We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence self-esteem(自尊心), mental health and health behaviors.

While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would also help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

46. What does the author say may have an adverse impact on people?

- A) Undergoing plastic surgeries in pursuit of beauty.
- B) Imitating the lifestyles of heroes and role models.
- C) Striving to achieve perfection regardless of financial cost.
- D) Attempting to meet society's expectation of appearance.

47. What have researchers found out about people's earnings?
- A) They are closely related to people's social status.
 - B) They have to do with people's body weight and shape.
 - C) They seem to matter much less to men than to women.
 - D) They may not be equal to people's contributions.
48. What does the author's recent study focus on?
- A) Previous literature on indicators of competitiveness in the workplace.
 - B) Traits that matter most in one's pursuit of success in the labor market.
 - C) Whether self-perception of body image impacts one's workplace success.
 - D) How bosses' perception of body image impacts employees' advancement.
49. What is the finding of the author's recent research?
- A) Being overweight actually does not do much harm to the overall well-being of employees.
 - B) People are not adversely affected in the workplace by false self-perception of body weight.
 - C) Self-esteem helps to combat gender inequality in the workplace.
 - D) Gender inequality continues to frustrate a lot of female employees.
50. What does the author think would help improve the condition in the labor market?
- A) Banning discrimination on the basis of employees' body image.
 - B) Expanding protection of women against gender discrimination.
 - C) Helping employees change their own perception of beauty.
 - D) Excluding body shape as a category in the labor contract.

Passage Two

Questions 51 to 55 are based on the following passage.

The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting. You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

At the minimum, most of us work because we want to be able to support ourselves, our families, and the people around us. In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society. When you separate work and life, it's a little bit harder to make that connection. But when you think of work as part of a full life and a complete experience, it becomes easier to see that success in one aspect often supports another.

Losing your balance and falling isn't pleasant. A goal to balance suggests that things could quickly get off balance, and that causes terrible outcomes. It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

How we talk to ourselves matters, and how we talk about issues makes a difference. Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.

51. What does the author suggest by saying "The work-life balance is dead"?

- A) The hope of achieving a thriving life is impossible to realize.
- B) The pursuit of a fulfilling career involves personal sacrifice.
- C) The imbalance between work and life simply doesn't exist anymore
- D) The concept of work-life balance contributes little to a fulfilling life.

52. What does the author say about our use of language?

- A) It impacts how we think and behave.
- B) It changes with the passage of time.
- C) It reflects how we communicate.
- D) It differs from person to person.

53. What does the author say we do in an ideal world?

- A) We do work that betters the lives of our families and friends.
- B) We do work that gives us bursts of joy each new day.
- C) We do meaningful work that contributes to society.
- D) We do demanding work that brings our capacity into full play.

54. What does the author say about life?

- A) It is cyclical.
- B) It is dynamic.
- C) It is fulfilling.
- D) It is risky.

55. What does the author advise us to do?

- A) Make life as simple as possible.
- B) Talk about balance in simpler terms.
- C) Balance life and work in a new way.
- D) Strive for a more fulfilling life.

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**.

茅台(Moutai)是中国最有名的白酒，在新中国成立前夕，被选为国宴用酒。据说赤水沿岸的村民四千年前就开始酿造茅台。在西汉时期，那里的人们生产出了高质量的茅台，并把它献给皇帝。自唐朝开始，这种地方酒通过海上丝绸之路运往海外。茅台味道柔和，有一种特殊的香味；适量饮用可以帮助缓解疲劳，有镇静作用，因而广受国内外消费者的喜爱。

2020年9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9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(2020-09) • 四级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay on *the online library*. You can start your essay with the sentence “The online library is becoming increasingly popular.” You should write at least 120 words but no more than 180 words.

【参考范文·167词】 写作无唯一标准答案，以下为达标示范

The online library is becoming increasingly popular. More and more students and researchers now turn to digital collections rather than walking to a physical reading room. This shift is not a passing trend but a reflection of how deeply the Internet has reshaped the way we learn.

There are two main reasons behind its growing appeal. For one thing, an online library allows us to access resources anytime and anywhere. Whether we are sitting at home or waiting for a bus, a single click brings a vast collection of e-books and journals to our screen. For another, it helps us search for information efficiently. Instead of flipping through hundreds of pages, we simply type in a keyword and locate exactly what we need within seconds, which saves an enormous amount of time.

In conclusion, the online library owes its popularity to its convenience and efficiency. As technology keeps advancing, I firmly believe that it will play an even more important role in our future study and research.

【参考译文】

网络图书馆正变得越来越受欢迎。如今越来越多的学生和研究者转向数字馆藏，而不再走进实体阅览室。这一转变并非一时风潮，而是反映出互联网已经何等深刻地重塑了我们的学习方式。

它日益走红背后有两个主要原因。一方面，网络图书馆让我们能够随时随地获取资源。无论是坐在家还是等公交，轻轻一点，海量的电子书和期刊便呈现在屏幕上。另一方面，它帮助我们高效地检索信息。我们不必翻阅成百上千页，只需输入一个关键词，几秒之内就能精准定位所需内容，省下大量时间。

总而言之，网络图书馆之所以广受欢迎，靠的正是它的便捷与高效。随着技术不断进步，我坚信它将在我们未来的学习和研究中扮演更加重要的角色。

【第1段】首句照抄补背景。开头 The online library is becoming increasingly popular. 一字不改照抄首句，落实“照抄首句再补背景”；随后 More and more students and researchers... 与 This shift is not a passing trend but... 两句补足背景、点出趋势，完成第一段“照抄首句点题”的功能。

【第2段】两理由各带说明。There are two main reasons 总起，For one thing... allows us to access resources anytime and anywhere 与 For another... search for information efficiently 并列两条理由，每条后跟 Whether we are sitting at home... 和 Instead of flipping through hundreds of pages... 的具体说明，兑现“一句一理由配说明”、内容不空。

【第3段】收拢中心再展望。In conclusion... owes its popularity to its convenience and efficiency 把两条原因收回中心，As technology keeps advancing, I firmly believe... 再加展望收尾，落实“回扣中心加展望”、首尾照应。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

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

核心任务

写网络图书馆为何走红

本题要写一篇围绕网络图书馆的议论文——write an essay on the online library，核心任务是说清这一现象为什么越来越受欢迎、带来哪些好处，而不是介绍某一座具体图书馆。给定首句 The online library is becoming increasingly popular 已经把话题钉死在“网络图书馆越来越流行”上，全篇都要为这句现象服务。

读者 • 语域

面向阅卷人的正式书面语

本题是四级议论文，write an essay on the online library 只要求写一篇 essay，没有具体收信人，所以不必纠结称呼与署名。语域按面向阅卷老师的正式书面语来定：不用 gonna、wanna 这类口语缩写，不用第二人称聊天式，观点句用完整规范的书面句式，这样在“语言”一维才不吃亏。

中心立意

便捷加高效所以流行

中心：The online library is becoming increasingly popular 之所以流行，是因为它一便捷（随时随地可用、资源海量）、二高效（检索快省时）。全篇只论证这一条，绝不滑到纸质图书馆或泛谈互联网上去。

要展开的要点

1. 随时随地取资源

第一条理由：网络图书馆不受时空限制，在家、在路上都能用，一键就能调出海量电子书与期刊。配套可用词块 access resources anytime and anywhere、a vast collection of e-books。

2. 关键词检索高效

第二条理由：不用一页页翻纸质书，输入关键词几秒定位到要找的内容，大幅省时。配套可用词块 search for information efficiently。

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 照抄首句点题

原样搬出给定首句，再补一两句背景把现象交代清楚，引出下文。

第 2 段 并列展开原因

主体段，用 for one thing / for another 并列两条受欢迎的原因，每条配一句具体说明。

第 3 段 总结加展望

简短重申中心（便捷高效），再加一句对未来的展望收尾。

第 1 段 首句加使用背景

原样抄出 The online library is becoming increasingly popular, 再补：越来越多学生和研究者用数字馆藏取代跑实体阅览室，这反映出互联网深刻改变了学习方式。

亮明现象 · ____ is becoming increasingly popular. (照抄给定首句，主语换成本题话题)

点出趋势本质 · This shift is not a passing trend but a reflection of _____. (把现象拔高为一种趋势)

第 2 段 两条原因各带例

理由一：随时随地可用——在家或等车时一键调出海量电子书与期刊；理由二：检索高效——输入关键词几秒定位所需，省下大量翻页时间。

引出理由总起 ·

There are two main reasons behind _____. (先总起，告诉读者要讲几条)

并列第一点 · For one thing, ____ allows us to _____. (领出第一条理由，后面补说明)

并列第二点 · For another, it helps us _____. (领出第二条理由，与第一条呼应)

第 3 段 重申便捷高效

重申网络图书馆的流行源于便捷与高效，再展望：随着技术进步，它在未来学习和研究中会扮演更重要的角色。

总结回扣 · In conclusion, ____ owes its popularity to _____. (一句把原因收回中心)

展望呼应 · As ____ keeps advancing, I firmly believe that _____. (用展望句收尾，语气积极)

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

只谈网络图书馆

本题必须始终扣住 the online library，两条理由都要落在“网络”这一特性上（随时随地、检索快），一旦写成纸质书借还或泛谈上网就跑题。

结构连贯

三段各司其职

本题按点题—展开—收束三段推进，主体段用 for one thing / for another 并列，结尾用 in conclusion 收口，段落功能清晰、不糊成一团。

语言准确

用资源相关词块

本题适合嵌入 access resources anytime and anywhere、a vast collection of e-books、search for information efficiently 等词块，但要用对语境、别堆砌，句式适度长短交替提升档次。

字数格式

卡在上下限之间

严格遵守 write at least 120 words but no more than 180 words，既不能不足、也不能超；三段式篇幅正好可控，别在结尾注水重复。

典型低分写法 · 反面示例与改法

改写首句失分

反面示例：Nowadays, online libraries are very popular and loved by everyone.（擅自改写、还漏了定冠词与原措辞）。改法：开头必须逐字写成 The online library is becoming increasingly popular. 再往下续写。

写成纸质图书馆

反面示例：The library is a quiet place where we can borrow paper books and enjoy reading.（偏到传统实体图书馆）。改法：改成 An online library lets us open a vast collection of e-books without leaving home. 扣住“网络”特性。

空喊好处无支撑

反面示例：The online library has many advantages. It is very good, convenient and helpful, so people like it. (通篇空话)。改法：改成 For one thing, it allows us to access resources anytime and anywhere; even while waiting for a bus, we can open an e-book with a single click. 给出具体场景。

英语四级 2020年9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9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9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(2020-09) • 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 center.

Questions 1 and 2 are based on the news report you have just heard.

¹ A NASA satellite orbiting over Portugal took photographs that reveal the effects of pollution from ships. One of the photos shows a thin film of clouds above the brilliant blue of the North Atlantic, cut by white lines of thicker clouds that look like scars. NASA officials explained those thicker clouds are signs of ship traffic below. When ships power their way through the ocean, they pump exhaust into the atmosphere, just as cars do. And those massive amounts of particles can cause clouds to form. Get enough of those particles in one place, as from the exhaust of a ship, and they can lead to the creation of new clouds easily visible from space. "These clouds can be huge. Some of them stretch hundreds of kilometres from end to end," NASA officials said. It's likely that these sorts of clouds are having some effect on the global climate, according to NASA officials. But scientists aren't yet sure what effect it has. NASA一颗在葡萄牙上空运行的卫星拍摄的照片揭示了船舶污染的影响。其中一张照片显示,在北大西洋耀眼的蓝色上方有一层薄薄的云,被看起来像伤疤的白色粗云线条切割开来。NASA官员解释说,那些较厚的云是下方船舶交通的迹象。当船舶在海洋中航行时,它们会像汽车一样向大气中排放废气。而那些大量的颗粒物会导致云的形成。当足够多的这些颗粒物聚集在一个地方,比如来自船舶的废气,它们就会导致新云层的

形成,从太空中很容易看到。NASA官员说:'这些云可能非常巨大。其中一些从一端到另一端绵延数百公里。'据NASA官员称,这类云很可能对全球气候产生某种影响。但科学家们还不确定它会产生什么影响。

1. A) Ship traffic in the Atlantic.
B) Warm currents in the ocean.
C) Exhaust from cars in Europe.
D) Particles emitted by power plants.

【题目】 What has caused the thick clouds in the photos taken by NASA satellite?

【翻译】 NASA卫星拍摄的照片中厚云层是什么原因造成的?

- A) 大西洋的船舶交通。 B) 海洋中的暖流。 C) 欧洲汽车的尾气。
D) 发电厂排放的颗粒物。

【答案】 A (细节题) Ship traffic in the Atlantic.

【定位】 NASA officials explained those thicker clouds are signs of ship traffic below. When ships power their way through the ocean, they pump exhaust into the atmosphere, just as cars do. And those massive amounts of particles can cause clouds to form.

NASA 官员解释说, 那些更厚的云是下方船只航行的标志。当船只破浪穿行于海洋时, 它们会像汽车一样把尾气排入大气。而那大量的颗粒物能够促使云的形成。

【信号】 因果词 **cause** 连起两端。答案信号是因果动词: those massive amounts of particles can cause clouds to form 里的 cause 直接把'船排出的颗粒物'与'云的形成'连起来, 再往前 those thicker clouds are signs of ship traffic below 点明云来自船, 因果链清楚。

【替换】 those thicker clouds are signs of ship traffic below ↔ **Ship traffic in the Atlantic.**

原文 ship traffic 与选项同源

those massive amounts of particles can cause clouds to form ↔ **Ship traffic in the Atlantic.**

颗粒来自船故归因于船

【排除】 B) **未提及**

Warm currents in the ocean. 听着像海洋话题, 但录音通篇没说暖流造成云; 只提到 North Atlantic 这片海域, 未提 warm currents, 属凭海洋联想的无中生有。

C) **原词陷阱**

Exhaust from cars in Europe. 偷了录音里的原词: 录音确实说船排尾气 just as cars do, 只是拿汽车作类比, 真正造云的是船不是汽车; 选项把类比对象 cars 当成了真凶, 是典型原词陷阱。

借用原文: they pump exhaust into the atmosphere, just as cars do

D) **原词陷阱**

Particles emitted by power plants. 盗了录音原词 particles: 录音的颗粒物是船排出的 (ships...pump exhaust), 而非 power plants 电厂; 录音从头到尾没出现 power plants, 选项把颗粒物的来源偷换成了电厂。

借用原文: they pump exhaust into the atmosphere

2. A) They need to be taken seriously.
B) They have a huge effect on fishery.
C) They might be causing trouble to air flights.
D) They may be affecting the world's climate.

【题目】 What do NASA officials think about the thick clouds?

【翻译】 NASA官员如何看待这些厚云层？

- A) 需要认真对待它们。 B) 它们对渔业有巨大影响。 C) 它们可能给航班造成麻烦。
D) 它们可能正在影响世界气候。

【答案】 D (态度观点题) They may be affecting the world's climate.

【定位】 It's likely that these sorts of clouds are having some effect on the global climate, according to NASA officials. But scientists aren't yet sure what effect it has.

据 NASA 官员说，这类云很可能正对全球气候产生某种影响。但科学家尚不确定它具体有什么影响。

【信号】 结尾结论句 + according to。 答案信号是录音结尾的下结论措辞：It's likely that these sorts of clouds are having some effect on the global climate, according to NASA officials, It's likely 表推测性判断、according to NASA officials 点明这正是官员的看法，态度题答案常落在这种结尾结论句。

【替换】 these sorts of clouds are having some effect on the global climate ↔

They may be affecting the world's climate.

having effect on=affecting 同义

It's likely that ↔ **They may be affecting the world's climate.**

It's likely=may 同度推测

【排除】 A) 未提及

They need to be taken seriously. 听起来像合理表态，但录音里官员只说‘很可能影响气候’，从未说要‘认真对待/重视’这些云，属于没有依据的拔高，原文未提。

B) 原词陷阱

They have a huge effect on fishery. 偷了录音里的原词：录音前面说云 These clouds can be huge，又说 having some effect on the global climate，选项拼凑 huge 和 effect，却把对象换成了根本没提的 fishery 渔业，是原词陷阱叠加无中生有。

借用原文：These clouds can be huge

C) 偷换概念

They might be causing trouble to air flights. 借了录音‘有某种影响’的意思，却把受影响对象换成 air flights 航班——录音只说影响 global climate，从未提航班，属于把影响对象偷换。

借用原文：having some effect on the global climate

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

1 Staff at a suburban supermarket in Melbourne say they feel unsafe at work after security guards were removed. This came after a series of physical attacks and verbal abuse by customers. More than 50 workers at the store have signed a letter calling for a permanent security guard following a series of incidents, including a customer threatening to attack a supervisor with a knife. A security worker had guarded the store each night from 7 p.m. until 12 a.m., but that had stopped suddenly on Monday, employees said. One worker said an angry customer had thrown a chicken at his head after complaining about how long she had waited to be served. Another worker said the lack of protection at the store made her feel uncomfortable at work. However, the spokesman of the supermarket said the store had taken strong action in response to incidents. "We have found very few instances of bad customer behavior at our store in the past year. In the rare cases we have seen bad behavior, we have taken strong action in response, including banning a customer from the store."

Melbourne郊区一家超市的员工表示，在保安人员被撤走后，他们感到工作不安全。此前发生了一系列顾客对员工的肢体攻击和言语辱骂事件。该店超过50名员工签署了一封信函，要求配备常驻保安，此前发生了一系列事件，包括一名顾客威胁要用刀攻击一名主管。员工称，此前每晚7点到午夜12点都有一名保安值守，但这一安排在周一突然停止了。一名员工说，一位愤怒的顾客在抱怨等待服务时间过长后，向他头部扔了一只鸡。另一名员工表示，店内缺乏保护措施让她在工作时感到不安。然而，该超市的发言人表示，店方已对这些事件采取了强有力的应对措施。"我们发现过去一年中本店极少出现顾客不当行为。在我们遇到的罕见不当行为案例中，我们都采取了强有力的应对措施，包括禁止某位顾客进入本店。"

3. A) To appeal for higher wages.
B) To demand better health care.
C) To call for a permanent security guard.
D) To dismiss the bad-tempered supervisor.

【题目】 For what purpose did the staff at a supermarket in Melbourne sign a letter?

【翻译】 墨尔本一家超市的员工签署联名信的目的是什么？

- A) 呼吁提高工资。 B) 要求更好的医疗保健。 C) 呼吁配备常驻保安。
D) 解雇脾气暴躁的主管。

【答案】 C (目的题) To call for a permanent security guard.

【定位】 More than 50 workers at the store have signed a letter calling for a permanent security guard following a series of incidents, including a customer threatening to attack a supervisor with a knife.

店里 50 多名员工签署了一封信，在一连串事件（包括一名顾客威胁要持刀袭击一位主管）之后，呼吁配备一名长期保安。

【信号】 动词 signed a letter 紧跟诉求 calling for。答案句的信号是"做该动作的动词 + 紧跟的诉求短语"：原文 have signed a letter calling for a permanent security guard 里，signed a letter 正是题干问的"签信"动作，其后 calling for（呼吁）后面的名词就是签信的目的所在，顺势锁定这句即可。

【替换】 calling for a permanent security guard ↔ To call for a permanent security guard.

现在分词转不定式，措辞几乎一致

【排除】 A) 未提及

To appeal for higher wages. 说"为加薪"。录音通篇没提工资，只谈安全与保安——这是"员工签名常被想成为了待遇"的常识替代，属未提及。

B) 偷换概念

To demand better health care. 说"为更好的医疗"。录音从未提 health care，谈的全是人身安全 (security / guard)。它把"安全"偷换成"医疗保健"，靠 care 一类词制造"好像听过"的熟悉感。

D) 原词陷阱

To dismiss the bad-tempered supervisor. 说"为开除坏脾气的主管"。supervisor 确实是录音原词，但原文是 a customer threatening to attack a supervisor with a knife——主管是"被顾客威胁"的受害者，不是员工要开除的对象。它盗用 supervisor 让你"听到就想选"，实则张冠李戴。

借用原文：a customer threatening to attack a supervisor with a knife

-
4. A) It had already taken strong action.
B) It would put customers' needs first.
C) It would take their appeal seriously.
D) It was seeking help from the police.

【题目】 What did the spokesman of the supermarket say regarding the employees' demand?

【翻译】 该超市的发言人对员工的要求说了什么？

- A) 它已经采取了强有力的行动。 B) 它会把顾客的需求放在首位。
C) 它会认真对待他们的呼吁。 D) 它正在向警方寻求帮助。

【答案】 A (细节题) It had already taken strong action.

【定位】 However, the spokesman of the supermarket said the store had taken strong action in response to incidents.

然而，超市的发言人说，门店已经针对这些事件采取了有力的应对行动。

【信号】 转折 However + 引述 spokesman said。双重信号锁定这句：一是 However (然而) 这个转折，前面讲的是员工的不满与诉求，however 之后才轮到题干问的"发言人"开口；二是引述词 the spokesman of the supermarket said，它后面紧跟的就是发言人原话。两信号叠加，答案句无疑。

【替换】 had taken strong action in response to incidents ↔ It had already taken strong action.

原话保留 + 加 already 点出已完成

【排除】 B) 未提及

It would put customers' needs first. 说"会把顾客需求放首位"。发言人确实提到顾客，但从没说"以顾客为先"；这是借"超市当然重视顾客"的常识硬填，属未提及。

C) 偷换概念

It would take their appeal seriously. 说"会认真对待诉求"，是最像标准回应、最顺耳的一项。但发言人原话是 had taken strong action——讲的是"已经做了有力行动"，不是"将会认真对待"。它把"已做"偷换成"将认真对待"，且这话录音根本没说。

D) 未提及

It was seeking help from the police. 说"正在向警方求助"。录音里发言人提到的应对是 banning a customer from the store (封禁顾客)，从未提报警 / police。它顺着"安全事件常报警"的惯性硬接，属未提及。

借用原文：banning a customer from the store

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

¹ Drivers on their way to the Polish capital of Warsaw on Wednesday morning found the road blocked by an unusual obstacle: tons of liquid chocolate that spilled onto the motorway. A truck carrying the sweet load hit a road barrier and overturned, blocking two lanes. The cracked tank spilled a pool of rapidly-hardening chocolate, which quickly covered the width of the road. While the driver was taken to hospital with a broken arm, firefighters struggled to remove a reported twelve tons of solid chocolate from the road. A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow. After contacting the chocolate manufacturer, the firefighters resorted to spraying hot, pressurized water to get rid of the sticky substance. The local TV also noted that the cleanup spanned more than a mile, because drivers simply drove through the chocolate after the crash, leaving a long chocolate trail. But despite the sticky situation, firefighters and police attending to the cleanup were reportedly cheerful about the long task ahead. After all, who could be mad about twelve tons of chocolate?

周三上午，前往波兰首都华沙的司机们发现道路被一个不寻常的障碍物堵住了：数吨液体巧克力洒在了高速公路上。一辆装载着这些甜蜜货物的卡车撞上了道路护栏并侧翻，堵塞了两条车道。破裂的储罐溢出了一大片迅速凝固的巧克力，很快覆盖了整个路面宽度。司机因手臂骨折被送往医院，而消防员则艰难地清除路面上据报道有十二吨的固体巧克力。消防队的一名代表告诉当地电视台，清除巧克力比处理积雪还要困难。在联系了巧克力制造商后，消防员采取了喷洒热的高压水来清除这种黏性物质。当地电视台还指出，清理工作跨越了一英里多，因为事故发生后司机们直接开车穿过巧克力，留下了一条长长的巧克力痕迹。但尽管情况棘手，据报道参与清理工作的消防员和警察对眼前的漫长任务都很乐观。毕竟，谁会因为十二吨巧克力而生气呢？

5. A) The road was flooded.
B) The road was blocked.
C) The road was frozen with snow.
D) The road was covered with spilled gas.

【题目】 What did drivers on the motorway to Warsaw find?

【翻译】 在通往华沙的高速公路上，司机们发现了什么？

- A) 道路被水淹了。 B) 道路被堵住了。 C) 道路被雪冻住了。
D) 道路被洒出的汽油覆盖了。

【答案】 B (细节题) The road was blocked.

【定位】 Drivers on their way to the Polish capital of Warsaw on Wednesday morning found the road blocked by an unusual obstacle: tons of liquid chocolate that spilled onto the motorway.

周三早晨，前往波兰首都华沙的司机们发现道路被一个不寻常的障碍物堵住了：数吨洒到高速公路上的液态巧克力。

【信号】 题干原话 **found 直接对上**。新闻开篇第一句就出现 Drivers on their way to the Polish capital of Warsaw on Wednesday morning found the road blocked, 和题干 What did drivers on the motorway to Warsaw find? 用同一个动词 found、同一批主语 drivers——题干词在录音里复现，就是答案句的最强信号。

【替换】 found the road blocked ↔ **The road was blocked.**

几乎原句，主被动微调

【排除】 A) **原词陷阱**

录音说 liquid chocolate that spilled onto the motorway (液态巧克力洒到路上)，选项 The road was flooded. 把"洒出液体"夸成"被水淹"。听到 liquid、spilled 就想到"淹"，但录音的状态词是 blocked (堵)，不是 flooded (淹)。

借用原文：tons of liquid chocolate that spilled onto the motorway

C) **原词陷阱**

录音后面消防员说清理巧克力 was worse than dealing with snow (比处理雪还难)，只是拿"雪"作比较；选项 The road was frozen with snow. 却把"雪"说成路面真被雪冻住。snow 是录音念过的词，但它出现在比喻里，不是路的实际状况。

借用原文：removing the chocolate was worse than dealing with snow

D) **偷换概念**

录音洒的是 liquid chocolate (液态巧克力)，选项 The road was covered with spilled gas. 把"洒出物"偷换成 gas (汽油)。“路被洒出物覆盖”这个框架对，但具体物质被换错了。

借用原文：tons of liquid chocolate that spilled onto the motorway

6. A) A truck plunged into a pool of liquid chocolate.
B) The heavy snow made driving very difficult.
C) The truck driver dozed off while driving.
D) A truck hit a barrier and overturned.

【题目】 What does the report say about the accident?

【翻译】 报道对这起事故是怎么说的？

- A) 一辆卡车坠入了液态巧克力池中。 B) 大雪使得驾驶非常困难。
C) 卡车司机在驾驶时打瞌睡了。 D) 一辆卡车撞上护栏并侧翻了。

【答案】 D (细节题) A truck hit a barrier and overturned.

【定位】 A truck carrying the sweet load hit a road barrier and overturned, blocking two lanes.

一辆载着甜蜜货物的卡车撞上路边护栏后翻车，堵住了两条车道。

【信号】 动作链 **hit...and overturned** 交代经过。这句 A truck carrying the sweet load hit a road barrier and overturned 用"撞护栏→翻车"的动作链直接讲清事故怎么发生，是题干问 about the accident 的正解所在；新闻顺听到第二句即落点。

【替换】 hit a road barrier and overturned ↔ A truck hit a barrier and overturned.

近乎原词，仅省 road

【排除】 A) 与原文相反

选项 A truck plunged into a pool of liquid chocolate. 说卡车"冲进巧克力液池"，把巧克力当成事故起因；但录音是先 hit a road barrier and overturned、罐裂后才 spilled a pool of rapidly-hardening chocolate——巧克力是翻车的结果，不是起因。pool、liquid chocolate 都是录音原词，顺序却被颠倒。

借用原文：The cracked tank spilled a pool of rapidly-hardening chocolate

B) 原词陷阱

选项 The heavy snow made driving very difficult. 把事故归因于大雪，但录音里 snow 只出现在 was worse than dealing with snow 的比喻中，根本没说当天下雪、更没说雪致驾驶困难。这是借"念过的 snow"硬造一个录音没有的起因。

借用原文：removing the chocolate was worse than dealing with snow

C) 未提及

选项 The truck driver dozed off while driving. 说司机开车打瞌睡，录音只提到 the driver was taken to hospital with a broken arm (司机手臂骨折送医)，从没说打瞌睡。"卡车出事=司机疲劳"是常识脑补，录音并未提及。

7. A) It was a long time before the cleanup was finished.
B) It was a hard task to remove the spilled substance.
C) It was fortunate that no passenger got injured.
D) It was difficult to contact the manufacturer.

【题目】 What did the firefighters' representative tell the local TV?

【翻译】 消防员代表对当地电视台说了什么？

- A) 清理工作过了很长时间才完成。 B) 清除洒出的物质是一项艰巨的任务。
C) 幸运的是没有乘客受伤。 D) 联系制造商很困难。

【答案】 B (细节题) It was a hard task to remove the spilled substance.

【定位】 A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow.

消防部门的一位发言人告诉当地电视台，清除这些巧克力比处理积雪还要麻烦。

【信号】 **told 引出的直接引语。** 录音 A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow 用 told the local TV 引出发言人原话，与题干 What did the firefighters' representative tell the local TV? 的 tell the local TV 一字对应——"told"就是答案句的信号词。

【替换】 removing the chocolate was worse than dealing with snow ↔

It was a hard task to remove the spilled substance.

"比雪还糟"="很难", 巧克力=洒出物

【排除】 A) **张冠李戴**

选项 It was a long time before the cleanup was finished. 说清理"花了很久"。录音里确有 the long task ahead 暗示任务漫长，但那是叙述者的话、不是发言人 told 的内容；发言人说的是"难" (worse than snow)，不是"久"。盗用了 long 一词，又张冠李戴换了说话人。

借用原文：cheerful about the long task ahead

C) **未提及**

选项 It was fortunate that no passenger got injured. 说幸好没乘客受伤，但录音明说 the driver was taken to hospital with a broken arm——司机手臂骨折，且全程没提乘客。既与"有人受伤"相悖，也不是发言人说的内容。

D) **原词陷阱**

选项 It was difficult to contact the manufacturer. 说难联系厂家。录音确有 After contacting the chocolate manufacturer (联系了厂家之后)，说明厂家已联系上、根本不难；contact、manufacturer 都是原词，却凭空加了"困难"，且非发言人 told 的内容。

借用原文：After contacting the chocolate manufacturer, the firefighters resorted to spraying hot, pressurized water

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 conversations 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 center.

Questions 8 to 11 are based on the conversation you have just heard.

1 M: Lisa, why did you pay for your meal with cash instead of the payment apps on your phone?

M: Lisa,你为什么用现金付餐费,而不是用手机上的支付应用?

2 W: Well, I've gone back to cash. I'm only using payment apps if that's the only option. I'm trying to save money for a new phone, and I find that using cash rather than payment apps helps me to save.

W: 嗯,我已经改回用现金了。只有在别无选择的情况下我才用支付应用。我想攒钱买个新手机,我发现用现金而不是支付应用能帮我省钱。

3 M: But how? Money is money, isn't it? I don't think it matters whether you take it out to the bank and put it in your wallet or simply transfer from your bank account to the seller's bank account using an app.

M: 但怎么会呢?钱就是钱,不是吗?我觉得不管你是从银行取出来放进钱包,还是用应用从你的银行账户转到卖家的银行账户,都没什么区别。

4 W: No, I believe it does matter. It's a psychological phenomenon. I believe we have less connection with the value of our money when we just tap the "Approve" buttons on our phones.

W: 不,我认为确实有区别。这是一种心理现象。我觉得当我们只是在手机上点"确认"按钮时,我们和钱的价值之间的联系就少了。

5 M: You might have a point. Since I stopped carrying cash around and started using my phone apps to pay, I may have developed a tendency to buy more small or non-essential items.

M: 你说得有道理。自从我不再随身带现金,开始用手机应用支付以后,我可能养成了更多购买小件或非必需品的倾向。

6 W: That's highly possible. Think about the amount of time we spend with our phones in our hands, and all the things we do with our phones. It sometimes seems that our phone is buying the product for us, not ourselves.

W: 很有可能。想想我们手里拿着手机的时间有多长,还有我们用手机做的所有事情。有时候感觉好像是我们的手机在买东西,而不是我们自己。

7 M: So cashless payment affects our ability to budget?

M: 所以无现金支付影响我们做预算的能力?

8 W: I believe so. If we spend a hundred yuan in cash, we realize that we don't have that hundred yuan to spend on something else. But if we're spending electronically, we are less likely to make that mental calculation.

W: 我认为是的。如果我们花了一百元现金,我们会意识到我们没有那一百元去花在别的东西上了。但如果我们是电子支付,我们就不太可能做那种心理计算。

9 M: I stopped using my credit card because I found I was spending excessively. Perhaps I should take the same approach of paying using my phone.

M: 我不用信用卡了,因为我发现我花得太多。也许我应该对手机支付采取同样的做法。

10 W: It's worth considering.

W: 值得考虑。

8. A) She wanted to save for a new phone.

B) She found it much safer to use cash.

C) She could enjoy discount with cash.

D) She had been cheated using phone apps.

【题目】 Why did the woman decide to go back to cash for payment?

【翻译】 这位女士为什么决定回归使用现金支付?

- A) 她想为一部新手机存钱。 B) 她发现使用现金安全得多。 C) 她用现金可以享受折扣。
D) 她使用手机应用程序时被骗过。

【答案】 A (细节题) She wanted to save for a new phone.

【定位】 I'm trying to save money for a new phone, and I find that using cash rather than payment apps helps me to save.

我正想攒钱买部新手机, 而且我发现用现金而不用支付 App 能帮我省钱。

【信号】 被问者的直接应答。 男方一开口就问她为何用现金, 女方紧接着应答 I'm trying to save money for a new phone——这是被问者对"为什么"的直接交代, 问题落在回答方, 这一句就是答案句。

【替换】 save money for a new phone ↔ save for a new phone

近乎同义·略去 money

【排除】 B) 原词陷阱

B 借用了录音反复出现的 using cash 这个原词，但她说用现金是为了"省钱"，全程没说现金"更安全 (safer)"，B 把"省钱"偷换成了"安全"，听到 cash 就选会中招。

借用原文：using cash rather than payment apps

C) 未提及

C 说用现金能"享受折扣 (discount)"，但录音里女方只讲省钱与心理感受，从未提到现金有任何折扣，属凭空添加的理由。

D) 原词陷阱

D 借用录音里的 using an app / phone apps 这一原词，编出"用 App 被骗过 (cheated)"的理由，但录音从头到尾没提任何"被骗"的事，是用熟词加吓人情节做的干扰。

借用原文：transfer from your bank account to the seller's bank account using an app

-
9. A) They can save a lot more time and trouble.
B) They find it less difficult to make purchases.
C) They derive greater pleasure from buying things.
D) They are less aware of the value of their money.

【题目】 What happens when people use apps for payment according to the woman?

【翻译】 根据这位女士的说法,人们使用应用程序支付时会发生什么?

- A) 他们可以节省大量时间和麻烦。 B) 他们发现购物不那么困难了。
C) 他们从购物中获得更大的乐趣。 D) 他们对自己金钱的价值不那么敏感。

【答案】 D (细节题) They are less aware of the value of their money.

【定位】 I believe we have less connection with the value of our money when we just tap the "Approve" buttons on our phones.

我觉得，当我们只是在手机上点一下"确认"键时，我们和钱的价值之间的联系就变弱了。

【信号】 观点句 I believe 引出结论。 女方用 I believe we have less connection with the value of our money 给出明确判断，I believe 是她下结论的信号词，加上题干限定 according to the woman，这句正是答案句。

【替换】 we have less connection with the value of our money ↔

They are less aware of the value of their money.

同义替换·connection 换成 aware

【排除】 A) 答非所问

A 说用 App "省时省力 (save time and trouble) ", 听上去是手机支付的常识好处, 但女方这段讲的是"对钱的价值感变弱", 根本没说省时省事, A 是用生活常识脑补、答非所问。

B) 答非所问

B 说用 App 让人"更容易买东西 (less difficult to make purchases) ", 与女方强调的"对钱的价值更没感觉"不是一回事, 是另一个看似合理却未被女方说出的方向。

C) 未提及

C 说人们"从买东西中获得更多快乐 (greater pleasure) ", 但录音里女方谈的是花钱时的心理"麻木", 从未说更快乐, pleasure 是凭空加进来的情绪词。

10. A) More valuable items.

B) More non-essential things.

C) Everyday necessities.

D) Electronic devices.

【题目】 What might the man tend to buy with payment apps?

【翻译】 这位男士可能倾向于用支付应用程序购买什么?

A) 更有价值的物品。 B) 更多非必需品。 C) 日常必需品。 D) 电子设备。

【答案】 B (细节题) More non-essential things.

【定位】 Since I stopped carrying cash around and started using my phone apps to pay, I may have developed a tendency to buy more small or non-essential items.

自从我不再随身带现金、开始用手机 App 付款以来, 我可能养成了买更多小件或非必需品的倾向。

【信号】 被问者本人自述 tendency to buy。 题目问"the man"买什么, 答案就在男方自陈 a tendency to buy more small or non-essential items 这句——这是当事人对自己购买倾向的直接陈述, tendency to buy 是定位信号。

【替换】 buy more small or non-essential items ↔ **More non-essential things.**

近乎原义·items 换 things

【排除】 A) 与原文相反

A 说买"更贵重的东西 (valuable items) ", 借用了录音 items 这个原词, 但男方说的是买"small (小件) "非必需品, 与"贵重"正好相反, 极性反了。

借用原文: buy more small or non-essential items

C) 与原文相反

C 的"everyday necessities (日常必需品) "与录音 non-essential items 只差一个否定前缀, 盗用了"essential"这个词根, 却把"非必需"偷换成"必需", 意思正好掉头。

借用原文: non-essential items

D) 未提及

D 说买"电子产品 (electronic devices) ", 因为整段在聊"手机、App"显得很搭, 但录音从没说男方买电子产品, 是借话题氛围编出来的干扰。

11. A) It can improve shopping efficiency.

B) It is altering the way of shopping.

C) It may lead to excessive spending.

D) It appeals more to younger people.

【题目】 What does the man think of electronic payment?

【翻译】 这位男士如何看待电子支付?

A) 它可以提高购物效率。 B) 它正在改变购物方式。 C) 它可能导致过度消费。

D) 它对年轻人更有吸引力。

【答案】 C (态度观点题) It may lead to excessive spending.

【定位】 I stopped using my credit card because I found I was spending excessively. Perhaps I should take the same approach of paying using my phone.

我已经不用信用卡了, 因为我发现自己花钱太过头。也许我对手机付款也该采取同样的做法(不用它)。

【信号】 负面措辞 spending excessively 透态度。 男方说 I found I was spending excessively 并打算对手机付款"take the same approach" (即也要戒掉), spending excessively 这个负面措辞, 加上他把电子支付与刷爆的信用卡相提并论, 暴露了他认为电子支付会让人"过度消费"的态度。

【替换】 I found I was spending excessively ↔ **It may lead to excessive spending.**

同根改写·动词转名词

【排除】 A) 答非所问

A 说电子支付"提高购物效率 (improve shopping efficiency) ", 是手机支付的常识优点, 但男方全程在讲它让人乱花钱, 从没夸它效率高, A 靠常识脑补、与他的负面态度不符。

B) 答非所问

B 说电子支付"正在改变购物方式 (altering the way of shopping) ", 这话本身没错、也算贴题, 但它只是客观描述"在变", 没表明男方"怎么看", 题问的是态度 (think of) , B 答非所问。

D) 未提及

D 说电子支付"更吸引年轻人 (appeals more to younger people) ", 但录音里两人从没谈到年龄或年轻人, younger people 是凭空添加的内容。

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

1 W: Hello, Mr. Brown. I was expecting your call. My secretary told me you were having some problems with the wooden table. Is that right?

W: 您好, Brown先生。我一直在等您的电话。我的秘书告诉我您那张木桌子出了些问题。是这样吗?

2 M: No, no. The table is fine. The problem is the chairs.

M: 不不不。桌子没问题。问题出在椅子上。

3 W: Oh, the chairs. So what exactly is the issue?

W: 哦, 椅子。那具体是什么问题呢?

4 M: Well, put simply, these are not the chairs my wife and I selected in your store last week. There must be some confusion with our order.

M: 嗯, 简单来说, 这些椅子不是我和我妻子上周在你们店里选的那些。我们的订单肯定搞混了。

5 W: Oh, I see. I'm looking through my files now, and I see that the delivery was this morning. Is that correct?

W: 哦, 我明白了。我现在正在查我的文件, 我看到送货是今天早上。对吗?

6 M: Yes.

M: 是的。

7 W: Do you mind describing the chairs that were delivered to your apartment, Mr. Brown?

W: Brown先生, 您介意描述一下送到您公寓的那些椅子吗?

8 M: Sure. These have a flat back with a rounded top and are very heavy. They are light brown and look kind of cheap. The ones we ordered were dark brown to match the table.

M: 当然可以。这些椅子是平背的, 顶部是圆的, 而且非常重。它们是浅棕色的, 看起来有点廉价。我们订的那些是深棕色的, 要和桌子配套。

9 W: Right, of course. It says here you purchased the Arlington table and four Milano chairs. As you said, there must have been some confusion with the order. I'm terribly sorry. We will send a van to

collect those four and replace them with the Milano you purchased. Will tomorrow 9 a.m. be okay, Mr. Brown?

W: 好的，当然。这里显示您购买的是Arlington桌子和四把Milano椅子。正如您所说，订单肯定搞混了。非常抱歉。我们会派车去收回那四把椅子，换成您购买的Milano椅子。明天早上9点可以吗，Brown先生？

10 M: Yes, that would be great. Thank you.

M: 可以，那太好了。谢谢您。

11 W: Good. Did everything else you ordered from us arrive okay?

W: 好的。您从我们这订的其他东西都到齐了吗？

12 M: Yes, I think so. Let me check. The mirror and two paintings are here. The two coffee tables are also here. And the sofa... Yes, we haven't noticed anything else wrong or missing. But if we do, we will certainly let you know.

M: 是的，我想是的。让我检查一下。镜子和两幅画在这儿。两张茶几也在这儿。还有沙发.....是的，我们没注意到有其他东西不对或缺失。但如果有的话，我们一定会告诉您。

13 W: Okay, great. Once again, I'm sorry for the confusion and trouble caused.

W: 好的，太好了。再次为造成的混乱和麻烦向您道歉。

12. A) He wanted to order some wooden furniture.

B) He had to change the furniture delivery time.

C) He had a problem with the furniture delivered.

D) He wanted the furniture store to give him a refund.

【题目】 Why did the man call the woman?

【翻译】 男士为什么给女士打电话？

- A) 他想订购一些木制家具。 B) 他不得不更改家具配送时间。
C) 他对配送的家具有问题。 D) 他想让家具店给他退款。

【答案】 C （目的题） He had a problem with the furniture delivered.

【定位】 M: No, no. The table is fine. The problem is the chairs.

男：不不，桌子没问题。问题出在椅子上。

【信号】 男方应答点出问题所在。 女方先问是不是桌子出了问题，男方应答 The problem is the chairs., 这是被问者的直接应答、也是他亮明来意的落点——他打电话正是因为送来的椅子有问题，应答句里的 problem 就是答案信号。

【替换】 The problem is the chairs. ↔ **He had a problem with the furniture delivered.**

chairs 上位概括为 furniture

the delivery was this morning ↔ **the furniture delivered**

delivery 名词转 delivered 分词

【排除】 A) 原词陷阱

录音开头女方提到 the wooden table, 后文又有 purchased、order 等词, A 项 He wanted to order some wooden furniture 把 wooden、order 这些原词拼起来, 但男方打电话不是去下新订单, 而是投诉送错货, 属听到原词就想选的陷阱。

借用原文: the wooden table

B) 原词陷阱

录音确实多次出现 delivery、this morning、tomorrow 9 a.m. 等时间与送货词, B 项 He had to change the furniture delivery time 借这些词制造假象, 但男方从没要求更改送货时间, 改时间的话是女方为退换货才提的。

借用原文: the delivery was this morning

D) 未提及

买家投诉容易让人联想到要退款, 但录音里男方只要求换成对的椅子, 女方也只承诺换货, 自始至终没人提 refund, D 项 He wanted the furniture store to give him a refund 是凭常识脑补、录音未提及。

13. A) Send the furniture back to the store.

B) Describe the furniture he received.

C) Collect the furniture he ordered.

D) Buy another brand of furniture.

【题目】 What did the woman ask the man to do?

【翻译】 女士要求男士做什么?

- A) 把家具退回商店。 B) 描述他收到的家具。 C) 取他订购的家具。
D) 购买另一个品牌的家具。

【答案】 B (细节题) Describe the furniture he received.

【定位】 W: Do you mind describing the chairs that were delivered to your apartment, Mr. Brown?

女: 布朗先生, 您介意描述一下送到您公寓的那些椅子吗?

【信号】 Do you mind 是请求信号。 女方说 Do you mind describing the chairs, Do you mind 加动名词是典型的礼貌请求句式, 这正是她请男方做某事的那一句, 请求的动作就是 describing, 是本题答案信号。

【替换】 describing the chairs that were delivered ↔ **Describe the furniture he received**

describe 换形且 chairs 概括为 furniture

【排除】 A) 张冠李戴

录音后文女方说 We will send a van to collect those four, 是商家派车来取、把货送回店里, A 项 Send the furniture back to the store 把这个送回动作安到男方头上, 可这是商家做的、不是女方请男方做的, 属张冠李戴。

借用原文: We will send a van to collect those four

C) 原词陷阱

录音里 collect 出自女方的 send a van to collect those four, 是商家来取货, C 项 Collect the furniture he ordered 借 collect 一词制造假象, 但取货是商家的事, 且 collect 的是错送的椅子不是他订的货, 方向也反了。

借用原文: send a van to collect those four

D) 未提及

D 项 Buy another brand of furniture 说让男方另买一个牌子的家具, 录音里女方只承诺换成原来订的 Milano 椅子, 从没让他改买别的品牌, brand 一词也未出现, 属未提及。

14. A) Correct their mistake.

B) Improve their service.

C) Apologize to his wife.

D) Give the money back.

【题目】 What did the woman promise to do for the man?

【翻译】 女士承诺为男士做什么?

A) 纠正他们的错误。 B) 改进他们的服务。 C) 向他的妻子道歉。 D) 把钱退回。

【答案】 A (细节题) Correct their mistake.

【定位】 W: ... I'm terribly sorry. We will send a van to collect those four and replace them with the Milano you purchased. Will tomorrow 9 a.m. be okay, Mr. Brown?

女:非常抱歉。我们会派一辆车来把这四把收走, 换成您当初买的 Milano 椅子。明天上午九点方便吗, 布朗先生?

【信号】 We will 是承诺信号。 女方用将来时 We will send a van to collect those four and replace them with the Milano you purchased, We will 表明这是商家做出的承诺, 承诺的核心动作是收走错货、换成对的, 正是本题答案信号。

【替换】 replace them with the Milano you purchased ↔ **Correct their mistake**

具体换货概括为纠正错误

there must have been some confusion with the order ↔ **mistake**

confusion 同义于 mistake

【排除】 B) 未提及

B 项 Improve their service 说商家承诺改进服务，但录音里女方只承诺这一单的换货处理，从没说今后要改善服务，service 一词也没出现，属凭印象拔高、未提及。

C) 原词陷阱

录音里女方确实说了 I'm terribly sorry, C 项 Apologize to his wife 借这个道歉做文章，但她是向男方布朗先生道歉、不是向他妻子，且本题问的是承诺去做的事，道歉是当场动作不是承诺，方向也错。

借用原文：I'm terribly sorry

D) 未提及

D 项 Give the money back 退钱，是顾客投诉时最容易联想到的结果，但录音里女方的承诺是换货不是退款，全程没出现 refund 或 money back，属凭常识想当然、未提及。

15. A) She recommended a new style.

B) She offered some gift to the man.

C) She apologized to the man once more.

D) She checked all the items with the man.

【题目】 What did the woman do at the end of the conversation?

【翻译】 女士在对话结束时做了什么？

- A) 她推荐了一种新款式。 B) 她给男士提供了一些礼品。 C) 她再次向男士道歉。
D) 她和男士核对了所有物品。

【答案】 C (细节题) She apologized to the man once more.

【定位】 W: Okay, great. Once again, I'm sorry for the confusion and trouble caused.

女：好的。再一次，对于这次弄错和造成的麻烦我很抱歉。

【信号】 末句 Once again sorry 是收尾道歉。 录音最后一句女方说 Once again, I'm sorry for the confusion and trouble caused, Once again 加 sorry 是对话结尾再次致歉的明确信号，正对应题干的 at the end，是本题答案句。

【替换】 Once again, I'm sorry ↔ **She apologized to the man once more**

be sorry 转 apologize、once again 转 once more

【排除】 A) 未提及

A 项 She recommended a new style 说女方推荐新款式，但录音里她只承诺换回男方原订的 Milano，从没推荐任何新样式，style、recommend 都没出现，属未提及。

B) 未提及

B 项 She offered some gift to the man 说女方送礼，录音里女方只做了道歉和安排换货，从未提供任何礼物，gift 一词全程没出现，属未提及。

D) 原词陷阱

录音前文男方自己核对过 The mirror and two paintings are here 等物品，D 项 She checked all the items with the man 借这个核对场景做文章，但核对清单的是男方、且发生在对话中段不是结尾，本题问的是女方在结尾做的事，人和时点都对不上。

借用原文：The mirror and two paintings are here

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 passages 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 center.

Questions 16 to 18 are based on the passage you have just heard.

1 Do you have too much stuff? Are you, dare we say it "untidy"? Say hello to a TV show called "Tidying Up with Marie Kondo", a home improvement show based on her wildly popular book The Life-Changing Magic of Tidying Up. In the show, Marie Kondo acts as a tiny garbage fairy for messy people, visiting their houses to share the wisdom of the "KonMari" method. This method is simple in theory but can be endlessly complex in practice. You divide all the stuff in your house—all of it—into several categories, and then examine each item—all of them—to see if it sparks joy. If it does, you keep it. If it doesn't, you thank it and neatly discard it. So, is the TV show inspiring people to tidy up? Firsthand accounts seem to indicate a small wave of people bringing piles of donation bags to used goods stores. One store received thousands of bags of used possessions in one day. January is usually the stores' slow season for donations because it's cold and people don't want to bother, but not this January. People seemed determined to clean up their homes. One used bookstore received a month's worth of books in donations in a week when a man gave over fifty boxes of books from his home. It seems Marie's TV show is having a big impact after all.

你是否拥有太多东西？你是否，容我直言，“不整洁”？来认识一下一档名为《跟着Marie Kondo学整理》的电视节目，这是一档基于她极受欢迎的书籍《怦然心动的人生整理魔法》的家居改造节目。在节目中，Marie Kondo扮演着凌乱之人的小小垃圾仙子，造访他们的房屋以分享“KonMari”方法的智慧。这个方法在理论上很简单，但在实践中可能无限复杂。你要把家里的所有东西——所有东西——分成几个类别，然后检查每一件物品——每一件——看它是否能激发喜悦。如果能，你就保留它。如果不能，你就感谢它并整齐地丢弃它。那么，这档电视节目是否激励人们去整理呢？第一手资料似乎表明出现了一小波人们将成堆的捐赠袋带到二手商店的浪潮。一家商店在一天内收到了数千袋二手物品。一月通常是这些商店捐赠的淡季，因

为天气寒冷,人们不想费事,但今年一月不同。人们似乎下定决心清理他们的家。一家二手书店在一周内收到了相当于一个月的捐赠书籍,当时一名男子从家里捐出了五十多箱书。看来Marie的电视节目毕竟产生了巨大影响。

16. A) Reading books of wisdom.

B) Tidying up one's home.

C) Sharing with others.

D) Donating to charity.

【题目】 What is Marie Kondo's TV show about?

【翻译】 Marie Kondo 的电视节目是关于什么的?

A) 阅读智慧书籍。 B) 整理自己的家。 C) 与他人分享。 D) 捐赠给慈善机构。

【答案】 B (主旨题) Tidying up one's home.

【定位】 Say hello to a TV show called "Tidying Up with Marie Kondo", a home improvement show based on her wildly popular book The Life-Changing Magic of Tidying Up.

来认识一档叫《和近藤麻理惠一起整理》的电视节目,这是一档家居改善类节目,改编自她那本极受欢迎的书《怦然心动的人生整理魔法》。

【信号】 开头点题句直接报出节目名与定位。录音一开篇就用 a TV show called "Tidying Up with Marie Kondo", a home improvement show 点明节目名和它“家居改善”的定位,这是主旨题最典型的“开头点题”信号——主题在第一句就交代了。

【替换】 Tidying Up with Marie Kondo ↔ **Tidying up one's home.**

节目名里的 Tidying Up 概括为“整理家”

a home improvement show ↔ **Tidying up one's home.**

home improvement = 整理 one's home

【排除】 A) 原词陷阱

录音确有 her wildly popular book 和 share the wisdom of the "KonMari" method, A 把 book、wisdom 两个原词拼成 Reading books of wisdom., 但那本书只是节目的来源、wisdom 指整理方法的智慧,节目本身不是“读智慧之书”,属听到原词就想选的陷阱。

借用原文: share the wisdom of the "KonMari" method

C) 原词陷阱

录音说近藤 share the wisdom of the "KonMari" method, C 借 share 造出 Sharing with others., 可原文 share 的宾语是“整理方法的智慧”,不是“和别人分享东西”,主题更不是分享,属答非所问的原词陷阱。

借用原文: share the wisdom of the "KonMari" method

D) 原词陷阱

录音后半提到人们 bringing piles of donation bags to used goods stores, D 据此造出 Donating to charity., 但捐赠只是节目带来的“效果”而非节目本身的主题,且原文是捐到二手店、并非 charity,既偷换概念又答非所问。

借用原文: bringing piles of donation bags to used goods stores

-
17. A) Things that make one happy.
B) Things that are becoming rare.
C) Things that occupy little space.
D) Things that cost a lot of money.

【题目】 What things can be kept in one's home according to Marie Kondo?

【翻译】 根据 Marie Kondo 的说法,什么东西可以保留在家中?

- A) 让人感到快乐的东西。 B) 正在变得稀有的东西。 C) 占用空间小的东西。
D) 花费很多钱的东西。

【答案】 A (细节题) Things that make one happy.

【定位】 ...examine each item—all of them—to see if it sparks joy. If it does, you keep it.

.....逐一检视每件物品——全部都要——看它是否让你心动(带来喜悦)。如果会,你就留下它。

【信号】 条件句 If it does, you keep it 给出“留下”的标准。录音用 to see if it sparks joy. If it does, you keep it. 这个条件—结果句直接给出判断标准:会带来 joy 的就留下。这里 keep 与题干 kept 对应、joy 是判定信号,正是答案句。

【替换】 if it sparks joy ↔ Things that make one happy.

sparks joy = make one happy

you keep it ↔ can be kept

you keep it 主动 = can be kept 被动

【排除】 B) 未提及

录音判定标准只有“是否 spark joy”, 全程没有任何关于“东西稀有/将变稀有”的说法, Things that are becoming rare. 是凭空添加的标准。

C) 未提及

原文整理的标准是 joy, 与物品占地大小无关; Things that occupy little space. 把一个常识里合理、但录音没说的标准塞进来, 属未提及。

D) 未提及

近藤的标准是看是否 sparks joy, 与价格无关, 甚至贵而不让你心动的也该丢; Things that cost a lot of money. 既非原文标准, 又与“按心动取舍”的精神相左。

-
18. A) It joined the city's clean-up campaign.
B) It sold as many as fifty boxes of books.
C) It received an incredibly large number of donated books.
D) It did little business because of the unusual cold weather.

【题目】 What do we learn about one used bookstore this January?

【翻译】关于今年一月的一家旧书店,我们了解到什么?

- A) 它加入了该市的清理运动。 B) 它售出了多达五十箱书。
C) 它收到了数量极其庞大的捐赠书籍。 D) 由于异常寒冷的天气,它几乎没有生意。

【答案】C (细节题) It received an incredibly large number of donated books.

【定位】One used bookstore received a month's worth of books in donations in a week when a man gave over fifty boxes of books from his home.

一家二手书店在一周内收到的捐书量相当于平常一个月, 因为有一人把家里五十多箱书都捐了出来。

【信号】对象 + 时间复现, 紧跟的动词 **received** 是落点。录音出现 One used bookstore received a month's worth of books in donations in a week, 与题干的 used bookstore、January 对象时间吻合, 紧跟的动词 received (收到) 正是这家书店“发生了什么”的核心信号。

【替换】received a month's worth of books in donations in a week ↔

received an incredibly large number of donated books

“一周收到一个月的量”=“收到大量捐书”

gave over fifty boxes of books ↔ **an incredibly large number of donated books**

fifty boxes 是“数量大”的实证

【排除】A) **张冠李戴**

录音说 People seemed determined to clean up their homes, A 借 clean-up 造出 It joined the city's clean-up campaign., 可 clean up 的主语是“人们整理自家”, 根本没说书店参加什么城市清理活动, 属张冠李戴式原词陷阱。

借用原文: People seemed determined to clean up their homes

B) **原词陷阱**

录音原文是一个人 gave over fifty boxes of books (捐出五十多箱给书店), B 直接搬来数字造出 It sold as many as fifty boxes of books., 把动作从“收到捐赠”偷换成“书店卖出”, 数字耳熟但方向全反, 是最毒的原词陷阱。

借用原文: gave over fifty boxes of books from his home

D) **与原文相反**

录音说一月通常因为 it's cold and people don't want to bother 捐赠少, 但 not this January——今年反而捐赠暴增; D 造出 It did little business because of the unusual cold weather., 既偷用 cold, 又取了被 but 否定掉的“前半”, 与原文结论相反。

借用原文: January is usually the stores' slow season for donations because it's cold ... but not this January

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

1 At just 12 years old, Mike Hannon is making a difference in his community one lunch at a time. "Mike's Lunches of Love" has fed more than 2,000 of the town's most vulnerable residents. Mike

delivers meals to the homeless. "It's like a way to give people joy, maybe spark something in them that can change them," Mike told WBZ-TV. The mayor of Mike's town feels that Mike is a great community leader, especially in such times of so much negative news. While his father commented on how proud he was of his son, yet, Mike isn't looking for praise, but kindness in return. He hopes his acts of charity will influence others to spread positive actions in their own towns. Mike includes a handwritten message of joy on each bag. His message and star power have spread all over the country. To date, his online page to raise funds has brought in more than \$44,000 and counting, raising more than \$17,000 in just one day, with the help of many famous actors and others. People from all over the country are sending special handcrafted bags to help the young man with his mission to help those in need. Many are hoping the simple act of kindness spreads. Mike is seen as hope for the future of the town, the country and the world.

年仅12岁的Mike Hannon正在通过一份份午餐为他的社区带来改变。"Mike的爱心午餐"已经为镇上2000多名最脆弱的居民提供了食物。Mike为无家可归者送餐。"这就像是给人们带来快乐的一种方式，也许能在他们心中点燃某种可以改变他们的东西，"Mike告诉WBZ-TV。Mike所在镇的镇长认为Mike是一位优秀的社区领袖，尤其是在充斥着如此多负面新闻的时期。他的父亲评论说他为儿子感到多么自豪，然而Mike并不是在寻求赞扬，而是希望得到善意的回报。他希望自己的慈善行为能影响其他人在他们自己的城镇传播积极的行动。Mike在每个袋子上都附有一条手写的快乐留言。他的留言和明星影响力已经传遍全国。迄今为止，他的在线筹款页面已经筹集了超过44000美元并且还在增加，仅一天就筹集了超过17000美元，这得益于许多著名演员和其他人的帮助。来自全国各地的人们正在寄送特制的手工袋子，以帮助这位年轻人完成帮助需要帮助的人的使命。许多人希望这种简单的善举能够传播开来。Mike被视为该镇、该国和世界未来的希望。

19. A) Give free meals to the homeless.
B) Provide shelter for the homeless.
C) Help the vulnerable to cook lunches.
D) Call for change in the local government.

【题目】 What does Mike Hannon do to help people in his town?

【翻译】 Mike Hannon 做了什么来帮助他镇上的人们？

- A) 为无家可归者提供免费餐食。 B) 为无家可归者提供庇护所。
C) 帮助弱势群体烹饪午餐。 D) 呼吁地方政府做出改变。

【答案】 A (细节题) Give free meals to the homeless.

【定位】 "Mike's Lunches of Love" has fed more than 2,000 of the town's most vulnerable residents. Mike delivers meals to the homeless.

迈克的爱心午餐已经为镇上 2000 多名最弱势的居民提供了食物。迈克把饭菜送到无家可归者手中。

【信号】 反复出现的核心动作 fed / delivers meals。定位信号是这个动作被连说两遍且是全篇主线——先说 has fed more than 2,000，紧接着 Mike delivers meals to the homeless，喂饭、送饭反复强调，正是他帮人的核心行为，答案句就在这里。

【替换】 Mike delivers meals to the homeless ↔ Give free meals to the homeless.

delivers meals 同义改写为 Give free meals

【排除】 B) 原词陷阱

Provide shelter for the homeless. 借用了原文里的 the homeless 这个原词来制造听到就想选的诱惑，但录音说的是送饭 (meals)，从没说提供住处 (shelter)，把帮助方式偷换了。

借用原文：Mike delivers meals to the homeless

C) 原词陷阱

Help the vulnerable to cook lunches. 偷用了原文 most vulnerable residents 的 vulnerable 一词，且 lunches 让人联想到 Lunches of Love，听着很耳熟；但原文是他亲自送饭给弱势者，不是帮弱势者自己做午饭，动作主体和方式都被改了。

借用原文："Mike's Lunches of Love" has fed more than 2,000 of the town's most vulnerable residents.

D) 原词陷阱

Call for change in the local government. 里的 change 看似呼应原文 change them，但原文的 change 指改变受助者的内心，而非呼吁地方政府改革；原文通篇讲做善事，根本没提向政府提诉求。

借用原文：spark something in them that can change them

20. A) Strengthen co-operation.

B) Promote understanding.

C) Win national support.

D) Following his example.

【题目】 What does Mike hope others will do?

【翻译】 Mike 希望其他人做什么？

A) 加强合作。 B) 促进理解。 C) 赢得全国支持。 D) 效仿他的榜样。

【答案】 D (细节题) Following his example.

【定位】 He hopes his acts of charity will influence others to spread positive actions in their own towns.

他希望自己的慈善之举能影响别人，让他们在自己的城镇也去传播积极的行动。

【信号】 愿望动词 hopes 直接领出期望。定位信号是表愿望的动词 He hopes——它后面那句 will influence others to spread positive actions 就是他希望别人做的事。听到 hope 立刻锁定其后内容，这是愿望类细节题的硬定位点。

【替换】 influence others to spread positive actions in their own towns ↔ Following his example.

影响别人去做同样的事即效仿他

【排除】 A) 未提及

Strengthen co-operation. 是个听着很正面的大词，但原文从没说他希望大家加强合作；他要的是别人各自在自己城镇行善（spread positive actions），不是彼此协作。属于原文未出现的内容。

B) 未提及

Promote understanding. 同样是个正面大词，原文没有任何关于增进理解的表述。他的愿望明确是 spread positive actions（传播积极行动），与增进理解不是一回事。

C) 原词陷阱

Win national support. 里的 national 容易呼应原文后文反复出现的 all over the country，让人听着耳熟；但赢得全国支持讲的是他自己声名远播的结果，不是他希望别人做的事，答非所问。

借用原文：His message and star power have spread all over the country.

-
21. A) Spreading news of his deeds.
B) Writing him thank-you notes.
C) Following the example he sets.
D) Sending him hand-made bags.

【题目】 How are people all over the country responding to what Mike is doing?

【翻译】 全国各地的人们如何回应 Mike 所做的事情？

- A) 传播他的事迹。 B) 给他写感谢信。 C) 效仿他树立的榜样。
D) 给他寄送手工制作的袋子。

【答案】 D（细节题） Sending him hand-made bags.

【定位】 People from all over the country are sending special handcrafted bags to help the young man with his mission to help those in need.

全国各地的人们正在寄送特制的手工袋子，来帮助这个少年完成他帮助困难者的使命。

【信号】 他人动作进行时 People are sending. 定位信号是描述他人正在做某事的进行时句

People from all over the country are sending special handcrafted bags——题干问 how people are responding，原文这句正面回答了人们在做什么，是答案句。

【替换】 People from all over the country are sending special handcrafted bags ↔

Sending him hand-made bags.

handcrafted bags 同义为 hand-made bags

【排除】 A) 原词陷阱

Spreading news of his deeds. 借用了原文多次出现的 spread (spread positive actions / have spread all over the country) 来制造耳熟, 但原文 spread 的是积极行动和他的影响力, 不是说人们在传播他事迹的新闻, 答非所问。

借用原文: His message and star power have spread all over the country.

B) 张冠李戴

Writing him thank-you notes. 容易让人想起原文 Mike includes a handwritten message——但写手写留言的是迈克自己(写在每个袋子上), 不是别人给迈克写感谢信。这是把迈克做的事安到别人头上的张冠李戴。

借用原文: Mike includes a handwritten message of joy on each bag.

C) 答非所问

Following the example he sets. 与 20 题答案 Following his example. 几乎同义, 是迈克希望别人做的 (his hope), 不是别人实际的回应方式。原文讲别人实际在寄手工袋子, 而非说人们已经在效仿他, 把愿望偷换成了现实回应。

借用原文: influence others to spread positive actions in their own towns

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

1 In a recent study carried out by psychologists on the disruptive effects of smartphones, two groups of college students were given word search puzzles. The first group was told to complete the puzzles with its participants' smartphones in their line of sight. The second group, however, was told that the phones would interfere with the equipment in the experiment, and would need to be moved away from the testing area. Midway through the second group's solving of the puzzles, the experimenter called one of the phones and let it ring for a while before hanging up. Many of the students in that group were unable to focus from then on, becoming anxious and performing more poorly than the first group.

在心理学家最近开展的一项关于智能手机干扰效应的研究中,两组大学生被要求完成单词搜索谜题。第一组被告知在参与者视线范围内有智能手机的情况下完成谜题。然而,第二组被告知手机会干扰实验设备,需要移到测试区域之外。在第二组解谜题进行到一半时,实验人员拨打了其中一部手机,让它响了一会儿后才挂断。该组中许多学生从那时起无法集中注意力,变得焦虑,表现也比第一组差。

2 Use of electronics has also been known to lead to a decline in human interactions. Rather than having real-life conversations, many express emotions and engage in deep conversations through social media sites. Many students use their phones and computers during class for non-academic activities, which leads to poor grades. Perhaps the most dramatic impact is the reduction in the amount of sleep, which leads to poor health and weight gain.

电子产品的使用也被认为会导致人际互动的减少。许多人不是进行现实生活中的对话,而是通过社交媒体网站表达情感和进行深入交流。许多学生在课堂上将手机和电脑用于非学术活动,这导致成绩不佳。也许最显著的影响是睡眠时间的减少,这会导致健康状况不佳和体重增加。

3 Technology is a great tool; however, it's important to recognize its downsides. Lack of sleep, reduction of productivity and weight gain are only a few. If we're not careful about all these minor problems right now, the effect on the future generation is going to be much bigger.

技术是一个伟大的工具;然而,认识到它的缺点很重要。睡眠不足、生产力下降和体重增加只是其中几个问题。如果我们现在不注意所有这些小问题,对未来一代的影响将会大得多。

22. A) To solve word search puzzles.
B) To send smartphone messages.
C) To test their eyesight using a phone app.
D) To install some audio equipment in a lab.

【题目】 What were the college students in both groups required to do in the study?

【翻译】 研究中要求两组大学生做什么?

- A) 解字谜游戏。 B) 发送智能手机消息。 C) 使用手机应用程序测试他们的视力。
D) 在实验室安装一些音频设备。

【答案】 A (细节题) To solve word search puzzles.

【定位】 two groups of college students were given word search puzzles.

两组大学生被分发了找词谜题(让他们解)。

【信号】 实验开头交代任务的句子。答案句是篇章开头交代实验安排的那句 two groups of college students were given word search puzzles, '被给了找词谜题'正是两组共同要做的事;细节题的答案句往往就落在交代任务/背景的起始句,听到 were given 这种安排动作即锁定。

【替换】 were given word search puzzles ↔ To solve word search puzzles.

被给谜题=去解谜题

【排除】 B) 原词陷阱

To send smartphone messages. 把原文反复出现的 smartphones 拿来装样子,但原文里手机只是被'放在视线内/挪走/打进来响'的实验变量,从没让学生去'发短信',是听到 smartphone 就想选的原词陷阱。

借用原文: smartphones in their line of sight

C) 未提及

To test their eyesight using a phone app. 听起来像个合理实验,但原文研究的是手机对'注意力/专注'的干扰,全篇没提 eyesight 或 app,属凭常识臆造的未提及项。

D) 原词陷阱

To install some audio equipment in a lab. 借了原文第二组被告知手机会 interfere with the equipment 里的 equipment 一词,但 equipment 是实验里的'设备'、是手机要被挪开的理由,绝非让学生去'安装音频设备',把无关动作硬安在学生头上。

借用原文: would interfere with the equipment in the experiment

23. A) They could not go on until the ringing stopped.
B) They could no longer concentrate on their task.
C) They grabbed the phone and called back right away.
D) They asked their experimenter to hang up the phone.

【题目】 What do we learn about many of the students in the second test group after the phone rang?

【翻译】 关于第二个测试组中的许多学生在手机响起后我们了解到什么？

- A) 他们无法继续进行,直到铃声停止。 B) 他们无法再集中精力完成任务。
C) 他们立即抓起手机回拨。 D) 他们要求实验人员挂断电话。

【答案】 B (细节题) They could no longer concentrate on their task.

【定位】 Many of the students in that group were unable to focus from then on, becoming anxious and performing more poorly than the first group.

那一组里许多学生从那以后再也无法集中注意力, 变得焦虑, 表现比第一组更差。

【信号】 事件之后紧跟的状态描述句。电话响 (let it ring for a while before hanging up) 这个事件之后紧接的描述句就是答案句: Many of the students in that group were unable to focus from then on。细节题里‘某事件之后怎样’的答案, 几乎都落在事件句的下一句, 听到 from then on 这种时间衔接就锁定。

【替换】 were unable to focus from then on ↔ They could no longer concentrate on their task.

无法集中=不再能专注

【排除】 A) 与原文相反

They could not go on until the ringing stopped. 借了原文 let it ring for a while 的 ring, 编成‘要等铃声停了才能继续’。但原文是‘从那以后一直无法专注’, 并非‘等铃停就好了’, 恰恰相反——干扰是持续的, 这是盗用 ring 又改了意思的陷阱。

借用原文: let it ring for a while before hanging up

C) 未提及

They grabbed the phone and called back right away. 描述学生抓起电话立刻回拨, 原文里学生根本没碰电话 (是 experimenter 打进来再挂掉), 学生只是变得焦虑、表现变差, ‘回拨’是凭想象添的动作。

D) 张冠李戴

They asked their experimenter to hang up the phone. 借了原文 experimenter 和 hang up (before hanging up), 但挂电话的是实验者本人主动挂的, 不是学生要求他挂的, 把动作的发起方安错了人。

借用原文: before hanging up

-
24. A) A rise in emotional problems.
B) A decline in sports activities.
C) A reduction in the amount of sleep.
D) A decline in academic performance.

【题目】 According to the passage, what is the most dramatic impact of smartphone use?

【翻译】 根据文章,智能手机使用最显著的影响是什么?

- A) 情绪问题的增加。 B) 体育活动的减少。 C) 睡眠时间的减少。
D) 学业成绩的下降。

【答案】 C (细节题) A reduction in the amount of sleep.

【定位】 Perhaps the most dramatic impact is the reduction in the amount of sleep, which leads to poor health and weight gain.

也许最显著的影响是睡眠量的减少,它会导致健康变差和体重增加。

【信号】 最高级the most dramatic直接点题。答案句被最高级标记直接点亮: Perhaps the most dramatic impact is the reduction in the amount of sleep, 与题干 the most dramatic impact 完全对应。听力里最高级 the most... 后面紧跟的就是答案,是最硬的定位信号。

【替换】 the reduction in the amount of sleep ↔ A reduction in the amount of sleep.

几乎原句搬到选项

【排除】 A) 原词陷阱

A rise in emotional problems. 蹭了第二段 express emotions 里的 emotion, 但原文那句讲的是人们改用社交媒体表达情绪、并未说情绪问题‘上升’,更没把它列为‘最突出’的影响,属盗用 emotion 一词的陷阱。

借用原文: many express emotions and engage in deep conversations through social media sites

B) 未提及

A decline in sports activities. 说体育活动减少,原文只提到 human interactions (人际互动) 减少,从未提及 sports,属凭常识联想(手机多→运动少)添出来的未提及项。

D) 答非所问

A decline in academic performance. 对应原文 leads to poor grades, 学业下滑原文确实提了,但它只是并列后果之一、没被冠以 the most dramatic,被最高级点名的是睡眠,故D是真有其事却答错重点的诱选。

借用原文: which leads to poor grades

-
25. A) Protect the eyesight of the younger generation.
B) Take effective measures to raise productivity.
C) Realize the disruptive effects of technology.
D) Ensure they have sufficient sleep every day.

【题目】 What does the speaker suggest people do?

【翻译】说话者建议人们做什么？

- A) 保护年轻一代的视力。 B) 采取有效措施提高生产力。 C) 认识到技术的破坏性影响。
D) 确保他们每天有充足的睡眠。

【答案】C (目的题) Realize the disruptive effects of technology.

【定位】Technology is a great tool; however, it's important to recognize its downsides.

科技是个很好的工具；然而，认清它的负面作用很重要。

【信号】转折however后的主张句。答案句藏在转折之后：先扬 Technology is a great tool, 转折 however, it's important to recognize its downsides 才是说话人真正要强调的主张。转折 however 后、又带 it's important to 这种态度口吻的句子，正是说话人立场的落点，是目的题最强的信号。

【替换】recognize its downsides ↔ Realize the disruptive effects of technology.

认清负面=意识到破坏性影响

【排除】A) 未提及

Protect the eyesight of the younger generation. 拼了原文末句 the future generation of the generation, 但 protect eyesight (保护视力) 原文从没提，是借 generation 一词又凭常识添出来的未提及项。

借用原文：the effect on the future generation

B) 原词陷阱

Take effective measures to raise productivity. 借了第三段 reduction of productivity 的 productivity, 但原文把 productivity 下降列为科技的‘坏处之一’，说话人的主张是‘认清这些坏处’，而非‘采取措施提高生产力’，盗词又跑题。

借用原文：reduction of productivity

D) 答非所问

Ensure they have sufficient sleep every day. 蹭了第二、三段反复出现的 sleep, 但‘保证充足睡眠’只是科技危害里的一个具体侧面，说话人结尾给的是总括主张‘认清科技的负面’，D把局部当成了说话人的整体建议。

借用原文：Lack of sleep, reduction of productivity and weight gain are only a few.

SENTENCE INSIGHTS • 句子精讲

28 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 50 workers at the store have signed a letter calling for a permanent security guard following a series of incidents, including a customer threatening to attack a supervisor with a knife.

第1段，第3句

本句展现了英语长句的典型构造方式：简单句主干 + 现在分词短语作后置定语 + 现在分词短语作状语 + 介词短语补充说明。这种结构在四六级和考研阅读中频繁出现，掌握后可迁移到大量类似长句的分析，具有较高的典型性和复用价值。

One worker said an angry customer had thrown a chicken at his head after complaining about how long she had waited to be served.

第1段，第5句

本句的结构非常典型：主句 + 宾语从句的转述句式、宾语从句中嵌套时间状语从句、状语从句中再嵌套疑问词引导的宾语从句，这种多层嵌套结构在四六级和考研阅读中频繁出现。掌握这种句式后，学生可以迁移到大量相似的复杂句分析中。

After contacting the chocolate manufacturer, the firefighters resorted to spraying hot, pressurized water to get rid of the sticky substance.

第1段，第6句

本句成分种类较为丰富：包含主语、谓语、宾语（动名词短语）、时间状语（介词短语）、目的状语（不定式短语）。宾语"spraying hot, pressurized water"是动名词短语，适合练习识别非谓语动词作宾语；两个状语的类型和结构不同，可训练区分状语功能。但句子整体较短，修饰层次不多，练习难度中等。

But despite the sticky situation, firefighters and police attending to the cleanup were reportedly cheerful about the long task ahead.

第1段，第8句

本句涵盖主语（含并列和后置定语）、系动词、表语、让步状语、以及修饰表语的介词短语状语，成分种类较丰富。主语中的现在分词短语后置定语以及介词短语"about the long task ahead"修饰形容词的用法，是学生容易混淆的点（容易误判为谓语或独立成分），有一定训练价值。

It was a long time before the cleanup was finished.

第7题，A

It was...before 从句是四六级和考研中常见的的时间状语从句句型，表示一段时间后某事才发生，典型性较强，掌握后可迁移到类似结构。

It was fortunate that no passenger got injured.

第7题，C

"It + be + 形容词 + that 从句" 是四六级和考研阅读中的高频句式，主语从句结构也是常考语法点。掌握此句型后可迁移到大量类似句子，实用性强。

M: Lisa, why did you pay for your meal with cash instead of the payment apps on your phone?

第1段，第1句

特殊疑问句是四六级和考研听力、阅读中的常见句式，尤其是日常对话场景中询问原因的表达。本句的 "why did you..." 结构、"pay for" 固定搭配、"instead of" 对比结构都是高频考点。虽然是简单句，但其结构和表达方式具有很强的典型性和可迁移性。

I don't think it matters whether you take it out to the bank and put it in your wallet or simply transfer from your bank account to the seller's bank account using an app.

第3段，第3句

这句结构层次清楚但不算过难，既能训练长句拆解，又不会被复杂时态分散注意力。对打基础和练稳定分析步骤都很合适，值得优先练习。

W: No, I believe it does matter.

第4段，第1句

"主句 + 宾语从句" 是四六级和考研常考句式，believe/think/suppose 等动词后接省略 that 的宾语从句非常典型。does 强调用法虽不算最高频，但也是标准语法现象。学习者掌握后可迁移到大量类似句子。

But if we're spending electronically, we are less likely to make that mental calculation.

第8段，第3句

"if 从句 + 主句" 的条件复合句是四六级和考研中的高频句式，"be likely to do" 结构也是常考搭配。主句采用系表结构 + 不定式的形式，符合英语说明可能性或倾向的典型表达方式，迁移性强，学生掌握后可应用于大量类似句子。

M: I stopped using my credit card because I found I was spending excessively.

第9段，第1句

原因状语从句 + 宾语从句的嵌套结构在四六级和考研真题中非常常见，尤其是 "because" 引导的原因从句嵌套宾语从句这种模式，是考试中高频出现的句式。掌握这个结构后，学生可以大量复用到类似的因果关系表达中。句子整体结构典型性强，是值得重点学习的常考句式。

Why did the woman decide to go back to cash for payment?

第8题 题干

特殊疑问句是四六级听力和阅读中的常见句式，Why 引导的原因询问也是高频题型。虽为简单句，但疑问句的倒装语序和不定式宾语结构都具有代表性，掌握后可迁移至大量类似问句。

She found it much safer to use cash.

第8题，B

"find/think/make it + 形容词 + to do" 是四六级和考研阅读中的高频句式，本句结构极具代表性，掌握后可直接迁移到大量类似句子

They find it less difficult to make purchases.

第9题，B

"find it + 形容词 + to do" 是四六级和考研阅读、完形填空中的高频句式，这种形式宾语结构在学术文章和新闻报道中也常见，掌握本句结构后可直接迁移到大量类似句子（如 make it possible to, consider it necessary to 等），具有很强的代表性和复用性。

They are less aware of the value of their money.

第9题，D

主系表结构在考试中常见，less aware of 这种形容词 + 介词搭配也是典型表达方式，具有一定代表性，但句子整体较短、修饰层次简单，不属于高频复杂句式。

As you said, there must have been some confusion with the order.

第9段，第3句

there be 句型 and 情态动词加完成体的组合在四六级和考研中频繁出现，状语从句引导也是典型句式，掌握后可迁移到大量类似句子

But if we do, we will certainly let you know.

第12段，第6句

条件状语从句 + 主句是四六级和考研阅读中的常见句式，使役动词 "let" 的用法也频繁出现，具有较好的迁移价值，但整体结构偏简单，复杂度不足以代表难度较高的真题。

You divide all the stuff in your house—all of it—into several categories, and then examine each item—all of them—to see if it sparks joy.

第1段，第6句

句子的"并列主句 + 嵌套宾语从句"结构在四六级和考研阅读中非常常见，破折号插入同位语、不定式作目的状语、"if"引导宾语从句等都是高频句式，掌握后可大量复用，代表性较强。

It seems Marie's TV show is having a big impact after all.

第1段，第15句

"It seems + 主语从句"是四六级和考研阅读中的高频句式，形式主语结构和主语从句都是常考语法点。掌握这种结构可迁移到"It appears/happens/turns out + 从句"等大量同类句型，典型性强。

It sold as many as fifty boxes of books.

第18题，B

主谓宾简单句在真题中常见，但本句的 "as many as + 数词" 强调结构和 "boxes of books" 搭配属于常规表达，并非高频考点句式，典型性中等。

At just 12 years old, Mike Hannon is making a difference in his community one lunch at a time.

第1段，第1句

本句涵盖主语、谓语、宾语、以及三个不同类型的状语（年龄状语、地点状语、方式状语），成分种类较为丰富，适合练习识别状语的多样性和位置。但缺少定语、补语、从句等更复杂成分，训练价值中等偏上。

"Mike's Lunches of Love" has fed more than 2,000 of the town's most vulnerable residents.

第1段，第2句

主谓宾的简单句结构在各类考试中常见，现在完成时也是常考时态，但本句缺少复杂修饰成分和从句结构，作为典型真题句式的代表性中等，掌握后可复用到类似的简单陈述句中

In a recent study carried out by psychologists on the disruptive effects of smartphones, two groups of college students were given word search puzzles.

第1段，第1句

被动语态简单句在四六级和考研阅读中频繁出现，尤其是学术或研究类文本常用此结构陈述实验步骤或结果，本句的“主语 + be + 过去分词 + 宾语”搭配句首较长状语的模式具有较高代表性，掌握后可迁移应用

The first group was told to complete the puzzles with its participants' smartphones in their line of sight.

第1段，第2句

"be told to do" 是四六级和考研阅读中的高频被动结构，常用于描述实验、指令或规定。句中不定式后接介词短语作状语的组合也是典型长难句的常见模式。掌握本句结构后，可迁移至大量类似表达，代表性强。

The second group, however, was told that the phones would interfere with the equipment in the experiment, and would need to be moved away from the testing area.

第1段，第3句

覆盖了被动语态主句、宾语从句、并列谓语、方式状语、不定式宾语等多种成分，尤其宾语从句整体作宾语、并列谓语共享主语、被动不定式作宾语这些点是易错易混的典型结构，练习价值较高

Technology is a great tool; however, it's important to recognize its downsides.

第3段，第1句

分号连接并列句、“however”引导转折、“it is + 形容词 + to do”句型都是常见结构，具备一定典型性；但句子整体较短、结构简单，作为真题句式的代表性中等。

They could not go on until the ringing stopped.

第23题, A

"主句 + until 时间状语从句" 是四六级和考研阅读中的常见句式,用于表达 "直到某事发生才能做某事" 的时间逻辑,具有较高的代表性和迁移价值。

Take effective measures to raise productivity.

第25题, B

祈使句在真题中时有出现 (尤其是建议类、命令类表达), "take measures to do" 也是常见搭配,具有一定代表性; 但祈使句的出题频率远低于陈述句和疑问句, 学习迁移范围中等。

HIGH-FREQUENCY • 真题高频词

本卷出现的 203 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。

app B1

n. 应用程序

本卷9次 · 真题 27 句

cash A2

n. 现金

本卷8次 · 真题 37 句

payment B1

n. 支付

本卷8次 · 真题 28 句

effect A2

n. 影响

本卷7次 · 真题 156 句

customer A2

n. 顾客, 客户

本卷6次 · 真题 124 句

would A1

aux. (will 的过去式) 将要, 会

本卷5次 · 真题 466 句

firefighter A2

n. 消防员

本卷5次 · 真题 12 句

less A1

det. 较少的

本卷4次 · 真题 224 句

local A2

adj. 当地的

本卷4次·真题 150 句

amount A2

n. 数量

本卷4次·真题 87 句

security B1

n. 安全

本卷4次·真题 62 句

official B1

adj. 官方的

本卷4次·真题 47 句

remove A2

v. 移开

本卷4次·真题 46 句

smartphone B1

n. 智能手机

本卷4次·真题 38 句

puzzle B1

n. 谜

本卷4次·真题 15 句

accord C1

n. (国家、团体间的) 协议

本卷3次·真题 174 句

impact B2

n. 影响

本卷3次·真题 98 句

simply B1

adv. 仅仅, 只不过

本卷3次·真题 90 句

sign A1

n. 标志

本卷3次·真题 78 句

decline B2

v. 下降

本卷3次·真题 73 句

account A2

n. 账户

本卷3次·真题 61 句

power A2

n. 权力

本卷3次·真题 59 句

deliver B1

v. 递送, 运送 (货物、信件等)

本卷3次·真题 41 句

item A2

n. 项目

本卷3次·真题 39 句

purchase B1

v. 购买

本卷3次 · 真题 39 句

appeal B2

v. 呼吁

本卷3次 · 真题 31 句

block A2

n. 街区

本卷3次 · 真题 24 句

donation B2

n. 捐赠

本卷3次 · 真题 16 句

homeless B1

adj. 无家可归的

本卷3次 · 真题 16 句

reduction B2

n. 减少

本卷3次 · 真题 15 句

confusion B2

n. 困惑

本卷3次 · 真题 12 句

exhaust B2

v. 使筋疲力尽

本卷3次 · 真题 8 句

likely A2

adj. 很可能的

本卷2次 · 真题 224 句

employee A2

n. 雇员, 员工

本卷2次 · 真题 194 句

lack B1

v. 缺少

本卷2次 · 真题 115 句

affect B1

v. 影响

本卷2次 · 真题 113 句

behavior B1

n. 行为

本卷2次 · 真题 92 句

community B1

n. 社区

本卷2次 · 真题 81 句

gain B1

v. 获得; 赢得

本卷2次 · 真题 64 句

climate B1

n. 气候

本卷2次 · 真题 60 句

attack A2

v. 攻击

本卷2次·真题 55 句

demand B1

v. 坚决要求

本卷2次·真题 50 句

realize B1

v. 意识到, 认识到

本卷2次·真题 50 句

response B1

n. 回答

本卷2次·真题 47 句

generation B2

n. 一代人

本卷2次·真题 44 句

contact B1

n. 联系

本卷2次·真题 43 句

staff B1

n. 全体员工

本卷2次·真题 43 句

manufacturer B2

n. 制造商

本卷2次·真题 34 句

rare B1

adj. 稀有的

本卷2次·真题 33 句

equipment B1

n. 设备

本卷2次·真题 32 句

series B1

n. 系列

本卷2次·真题 31 句

productivity B2

n. 生产率

本卷2次·真题 30 句

unusual B1

adj. 不寻常的

本卷2次·真题 30 句

delivery B1

n. 递送

本卷2次·真题 23 句

vulnerable C1

adj. 易受伤害的

本卷2次·真题 23 句

stuff A2

n. 东西

本卷2次·真题 22 句

seriously B1

adv. 严肃地

本卷2次·真题 19句

wisdom B2

n. 智慧

本卷2次·真题 19句

incident B2

n. (尤指不寻常或令人不快的) 事件, 事情

本卷2次·真题 18句

okay A2

adj. 可以的

本卷2次·真题 18句

wooden A2

adj. 木制的, 木头的

本卷2次·真题 15句

dramatic B2

adj. 巨大的

本卷2次·真题 12句

permanent B2

adj. 永久的

本卷2次·真题 11句

spark B1

n. 火花

本卷2次·真题 10句

apologize B1

v. 道歉; 认错

本卷2次·真题 9句

kindness B1

n. 善良; 仁慈(品质)

本卷2次·真题 9句

representative B2

n. 代表

本卷2次·真题 9句

barrier B2

n. 障碍物

本卷2次·真题 8句

liquid B1

n. 液体

本卷2次·真题 8句

substance B2

n. 物质

本卷2次·真题 8句

online A2

adj. 在线的

本卷1次·真题 145句

better A1

adj. 更好的 (good 的比较级)

本卷1次·真题 139句

tend B1

v. 倾向于, 往往会

本卷1次·真题 137 句

product A2

n. 产品

本卷1次·真题 128 句

participant B2

n. 参与者

本卷1次·真题 117 句

focus B1

n. 重点

本卷1次·真题 107 句

physical B1

adj. 身体的

本卷1次·真题 98 句

base A2

n. 基础

本卷1次·真题 95 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

global B2

adj. 全球的

本卷1次·真题 81 句

academic B2

adj. 学术的

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

effective B1

adj. 有效的, 起作用的

本卷1次·真题 63 句

positive B1

adj. 积极的

本卷1次·真题 62 句

connection B1

n. 联系

本卷1次·真题 61 句

resident B2

n. 居民

本卷1次·真题 61 句

option B1

n. 选择

本卷1次·真题 60 句

solve A2

v. 解决 (问题、困难)

本卷1次·真题 58 句

engage B2

v. 参与;从事

本卷1次·真题 57 句

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

medium B1

adj. 中等的

本卷1次·真题 55 句

ensure B2

v. 确保

本卷1次·真题 54 句

struggle B1

v. 奋斗

本卷1次·真题 54 句

wrong A2

adj. 错误的

本卷1次·真题 54 句

perform B1

v. 执行

本卷1次·真题 52 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本卷1次·真题 50 句

emotional B1

adj. 情绪的

本卷1次·真题 50 句

easily A2

adv. 容易地

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

budget B1

n. 预算

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

reveal B2

v. 揭示

本卷1次 · 真题 43 句

despite B1

prep. 尽管

本卷1次 · 真题 40 句

fund B2

n. 资金

本卷1次 · 真题 40 句

interaction B2

n. 相互作用

本卷1次 · 真题 40 句

pollution B1

n. 污染

本卷1次 · 真题 38 句

quickly A2

adv. 快速地

本卷1次 · 真题 38 句

ban B2

v. 禁止

本卷1次 · 真题 37 句

site A2

n. 地点

本卷1次 · 真题 37 句

credit B1

n. 赊购, 赊账

本卷1次 · 真题 36 句

exactly B1

adv. 精确地

本卷1次 · 真题 36 句

flight A2

n. 航班

本卷1次 · 真题 36 句

indicate B2

v. 表明

本卷1次 · 真题 35 句

respond B1

v. 回答, 答复

本卷1次 · 真题 35 句

lane B1

n. 车道

本卷1次·真题 34 句

recognize B1

v. 认出

本卷1次·真题 34 句

recommend B1

v. 推荐

本卷1次·真题 34 句

instance B2

n. 例子

本卷1次·真题 33 句

mission B1

n. 任务

本卷1次·真题 33 句

ahead A2

adv. 在前面

本卷1次·真题 32 句

protection B1

n. 保护

本卷1次·真题 32 句

style A2

n. 方式

本卷1次·真题 31 句

theory B1

n. 理论

本卷1次·真题 31 句

aware A2

adj. 知道的

本卷1次·真题 30 句

electronic B1

adj. 电子的

本卷1次·真题 30 句

psychologist B2

n. 心理学家

本卷1次·真题 30 句

campaign B2

n. 运动

本卷1次·真题 29 句

driving A2

n. 驾驶

本卷1次·真题 29 句

improvement B1

n. 改进

本卷1次·真题 29 句

gas A2

n. 气体

本卷1次·真题 28 句

brand B1

n. 品牌, 商标

本卷1次·真题 27 句

unable A2

adj. 不能的

本卷1次·真题 27 句

complex B2

adj. 复杂的, 难懂的

本卷1次·真题 26 句

psychological B2

adj. 心理的

本卷1次·真题 25 句

transfer B1

v. 转移

本卷1次·真题 24 句

install B1

v. 安装 (设备、软件)

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

comment B1

n. 评论

本卷1次·真题 21 句

discount B1

n. 折扣; 减价

本卷1次·真题 21 句

wallet A2

n. 钱包

本卷1次·真题 21 句

efficiency B2

n. 效率

本卷1次·真题 20 句

inspire B2

v. 激励

本卷1次·真题 20 句

complain A2

v. 抱怨

本卷1次·真题 19 句

mayor B1

n. 市长

本卷1次·真题 19 句

minor B2

adj. 较小的

本卷1次·真题 19 句

concentrate B1

v. 集中注意力

本卷1次·真题 17 句

crash B1

v. (车辆) 猛撞, 碰撞

本卷1次·真题 17 句

missing A2

adj. 找不到的

本卷1次·真题 16 句

pump B1

n. 泵

本卷1次·真题 16 句

rid B2

v. 使摆脱

本卷1次·真题 16 句

tendency B2

n. 倾向

本卷1次·真题 16 句

wage B1

n. 工资

本卷1次·真题 16 句

certainly A2

adv. 当然

本卷1次·真题 15 句

charity B1

n. 慈善机构

本卷1次·真题 15 句

regarding B2

prep. 关于

本卷1次·真题 15 句

select B1

v. 选择, 挑选

本卷1次·真题 15 句

spending A2

n. 开支

本卷1次·真题 15 句

sufficient B2

adj. 足够的

本卷1次·真题 15 句

anxious B1

adj. 焦虑的

本卷1次·真题 14 句

atmosphere B2

n. 气氛

本卷1次·真题 14 句

donate B2

v. 捐赠, 捐献 (金钱、物品等)

本卷1次·真题 14 句

load B1

n. 负载

本卷1次·真题 14 句

tap

B1

v. 轻敲、轻拍

本卷1次·真题 14 句

apartment

A2

n. 公寓

本卷1次·真题 13 句

frozen

A2

adj. 冷冻的

本卷1次·真题 13 句

phenomenon

B2

n. 现象

本卷1次·真题 13 句

suddenly

A2

adv. 突然地

本卷1次·真题 13 句

wave

A2

n. 波浪

本卷1次·真题 13 句

approve

B1

v. 批准, 认可 (正式同意)

本卷1次·真题 12 句

creation

B2

n. 创造

本卷1次·真题 12 句

flood

B1

n. 洪水

本卷1次·真题 12 句

garbage

B1

n. 垃圾

本卷1次·真题 12 句

stretch

B1

v. 伸展

本卷1次·真题 12 句

threaten

B1

v. 威胁, 恐吓

本卷1次·真题 12 句

alter

B2

v. 改变, 更改 (使某物与之前不同)

本卷1次·真题 11 句

derive

B2

v. 获得

本卷1次·真题 11 句

obstacle

B2

n. 障碍物

本卷1次·真题 11 句

poorly

B1

adv. 糟糕地

本卷1次·真题 11 句

shelter B1

n. 遮蔽处

本卷1次·真题 11 句

category B1

n. 类别

本卷1次·真题 10 句

emit B2

v. 发出, 排放 (光、热、气体等)

本卷1次·真题 10 句

incredibly B2

adv. 极其, 非常 (表示程度)

本卷1次·真题 10 句

scar B2

n. 伤疤

本卷1次·真题 10 句

span B2

n. 时间段

本卷1次·真题 10 句

testing B1

n. 测试

本卷1次·真题 10 句

uncomfortable B1

adj. 不舒服的

本卷1次·真题 10 句

file A2

n. 文件

本卷1次·真题 9 句

interfere B2

v. 干涉, 介入 (他人事务)

本卷1次·真题 9 句

occupy B2

v. 占据, 占用 (空间、时间)

本卷1次·真题 9 句

pile B1

n. 堆

本卷1次·真题 9 句

bother B1

v. 打扰; 烦扰

本卷1次·真题 8 句

crack B1

v. 破裂

本卷1次·真题 8 句

deed B2

n. 行为

本卷1次·真题 8 句

excessive B2

adj. 过多的

本卷1次·真题 8 句

grab

B1

v. 抓住

本卷1次·真题8句

possession

B2

n. 拥有

本卷1次·真题8句

verbal

B2

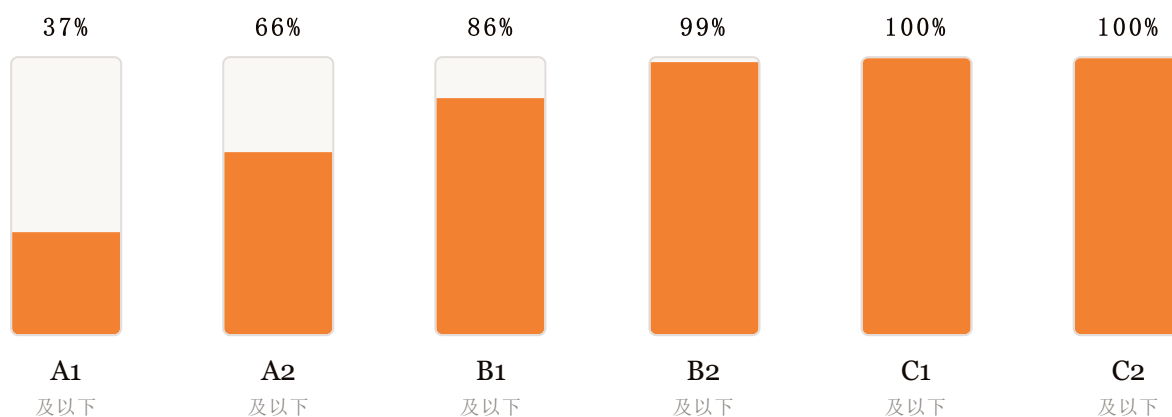
adj. 口头的

本卷1次·真题8句

VOCABULARY · 词汇难度分布

全卷录音原文 666 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **666** 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 5 个·约 1%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全卷录音原文去重词 666 个·末柱为 100%

去重总词数

666

B2 以上难词

1%

B1 及以下覆盖

86%

英语四级 2020年9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9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9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、4 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(2020-09) · 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.

There are three main types of financial stress people encounter. The first type is apparent in people being stressed about the 26 ups and downs of investment markets—actually not so much the ups, but 27 the downs. These people are usually unable or unprepared to endure the long haul.

人们会遇到三种主要类型的财务压力。第一种类型表现在人们对投资市场的正常起伏感到压力——实际上不太关注上涨,但肯定会关注下跌。这些人通常无法或没有准备好承受长期投资。

The next common type of financial stress is that caused by debt. In a 28 percentage of cases of debt-induced financial stress, credit cards and loans will be a central element. Often there will be a car loan and perhaps a mortgage, but credit cards often seem to be the gateway to debt-related financial difficulties for many.

下一种常见的财务压力类型是由债务引起的。在相当大比例的债务引发的财务压力案例中,信用卡和贷款是核心因素。通常会有汽车贷款,也许还有抵押贷款,但信用卡往往似乎是许多人陷入债务相关财务困境的入口。

The third type of stress and 29 the least known is inherited financial stress, which is the most destructive. It is experienced by those who have grown up in households where their parents regularly 30 and fought about money. Money therefore becomes a stressful topic, and so the thought of sitting down and planning is an unattractive 31.

第三种压力类型,也可能是最不为人知的,是遗传性财务压力,这是最具破坏性的。经历这种压力的人成长于父母经常为金钱争吵和争执的家庭。因此金钱成为一个令人紧张的话题,所以坐下来做规划的想法是一个没有吸引力的提议。

Those suffering inherited financial anxiety 32 to follow one of two patterns. Either they put their head in the sand: they would 33 examining their financial statements, budgeting and discussing financial matters with those closest to them. Alternatively, they would go to the other 34, and micro-analyze everything, to the point of complete 35. They are convinced that whatever decision they make will be the wrong one.

那些遭受遗传性财务焦虑的人往往遵循两种模式之一。要么他们采取鸵鸟政策:他们会避免审查自己的财务报表、做预算以及与最亲近的人讨论财务问题。或者,他们会走向另一个极端,对所有事情进行微观分析,以至于完全无法行动。他们确信无论做出什么决定都会是错误的。

- | | |
|-----------------|----------------|
| A) appearance | I) normal |
| B) argued | J) possibly |
| C) avoid | K) proposition |
| D) considerable | L) repelled |
| E) definitely | M) statement |
| F) extreme | N) tend |
| G) inaction | O) traditional |
| H) incredibly | |

26. people being stressed about the __(26)__ ups and downs of investment markets

【答案】 **I) normal** 形容词

【词性槽】 形容词修饰名词短语 ups and downs

【依据】 **normal ups and downs = 正常的起伏**

the normal ups and downs of investment markets = 投资市场『正常的』起起落落——
这是为下文做铺垫：正是这种『本属正常』的波动让某些人焦虑，凸显其抗压力不足
(unable or unprepared to endure the long haul) 。

【竞争词】 **D) considerable**

considerable 『相当大的』把锅推给市场，与下句『这些人无法忍受长期持有』的主旨方向相反

如果填 considerable，意思变成『市场剧烈起伏让人焦虑』，那就是合理反应，与下句强调『这些人本身不耐长期持有』的主旨矛盾——作者要说的是『连正常波动他们都受不了』。且 D considerable 留给 28 题做 a considerable percentage 才是命题人最常用的搭配（见第 28 题）。

o) traditional traditional 『传统的』与 ups and downs 搭配不自然

市场的起伏一般用 normal/regular/usual 描述其常态，traditional 多用于传统做法/传统行业，与『市场波动』搭配生硬。

【易错】 最具迷惑性的错误词是 **D)** —— considerable 看似合理实则反主旨。the __(26)__ ups and downs of investment markets 处不少考生会填 considerable 『相当大的』，把锅推给市场剧烈波动；但下句 These people are usually unable or unprepared to endure the long haul. 明确指出问题在『当事人不耐长期持有』，所以这里应是 normal 『正常的』——连正常波动都受不了，才凸显当事人抗压不足。防坑：形容词题先看作者立场指向当事人还是指向外部。

27. actually not so much the ups, but __(27)__ the downs.

【答案】 **E) definitely** (副词)

【词性槽】 not so much A but __ B 平行结构里修饰名词性短语

【依据】 **definitely** 强调『肯定就是 the downs』，与 not so much the ups 形成强对比

not so much the ups, but definitely the downs = 与其说是上涨让他们焦虑，不如说『肯定就是』下跌让他们焦虑——definitely 的『肯定地』语气与 not so much 的『不那么』形成精准对比。

【竞争词】 H) **incredibly** **incredibly** 多修饰形容词/副词，且语义『极其』程度过头

incredibly 常用法是 incredibly + adj./adv. (如 incredibly fast)；这里直接修饰名词短语 the downs 不自然，且『难以置信地』与『肯定地』在此对比框架下力度也不对。

J) **possibly** **possibly** 『可能』削弱语气，与 but 引导的强对比相悖

but 后通常是『肯定/强调』的转折，填 possibly 『可能是 the downs』反而让对比软掉，逻辑也变成『也许是』，违背作者要强调下跌才是压力源的意图。

【易错】 最具迷惑性的错误词是 J) —— possibly 削弱语气与 but 强对比相悖。not so much the ups, but __(27)__ the downs 处看到 possibly 觉得『可能就是 the downs』也通，但 but 引导的是强对比，副词应是强化方向 (definitely)，不是削弱方向 (possibly)。防坑：but 后填副词时优先确定『强化』还是『弱化』。

28. In a __(28)__ percentage of cases of debt-induced financial stress, credit cards and loans will be a central element.

【答案】 **D) considerable** (形容词)

【词性槽】 冠词 a 与名词 percentage 之间填形容词

【依据】 **a considerable percentage of** 是『相当大比例的』固定搭配

In a considerable percentage of cases of debt-induced financial stress, credit cards and loans will be a central element. = 『相当大比例的债务诱发型财务压力案例中，信用卡和贷款是核心要素』——considerable 用来强调比例『可观』，正好支撑作者后续把信用卡定位为『债务困境的入口』(credit cards often seem to be the gateway to debt-related financial difficulties)。

【竞争词】 O) **traditional** **traditional percentage** 不是英语固定搭配，语义也不通

『传统的比例』不是常用说法，比例只有大/小、相当大/可忽略等量化形容词；traditional 在这里完全没有量化含义。

29. The third type of stress and __(29)__ the least known is inherited financial stress

【答案】 J) possibly 副词

【词性槽】 句中插入语，修饰整个判断『最不为人知』

【依据】 possibly『也许是最不为人知的』口吻克制、合乎学术叙述

and possibly the least known = 『而且可能也是最不为人知的一类』，作者用 possibly 表达留有余地的判断；与紧接其后的强判断 which is the most destructive 『最具破坏性』在语气上一软一硬，恰好搭配。

【竞争词】 H) incredibly incredibly『难以置信地』与 the least known 搭配不自然

『难以置信地最不为人知』语义别扭；且 incredibly 通常修饰形容词时强调程度 (incredibly hard)，与 the least known 这种最高级判断重叠拗口。

30. those who have grown up in households where their parents regularly __(30)__ and fought about money.

【答案】 B) argued 动词

【词性槽】 情态副词 regularly 后 + 与 and fought 并列

【依据】 argue and fight 是常见搭配，描述父母为钱争吵打架

代入 their parents regularly argued and fought about money., 意为『父母经常为钱争吵和打架』；与下句 Money therefore becomes a stressful topic 因果连贯——父母吵闹 → 孩子心里把钱当压力话题。

【竞争词】 L) repelled repel 是『击退/使厌恶』，不能描述父母之间的争吵

repel 一般用作 repel sb./sth. (带宾语)，且语义偏『驱赶/令人反感』，与下句 fought about money (为钱打架) 的对象一致性、语义递进都对不上。

31. the thought of sitting down and planning is an unattractive __ (31) __.

【答案】 **K) proposition** (名词)

【词性槽】 be 动词 is 后 + 形容词 unattractive 修饰 → 表语名词

【依据】 **an unattractive proposition = 一件没有吸引力的事/提议**

the thought of sitting down and planning is an unattractive proposition. = 『坐下来好好做财务规划这件事，对他们来说是没有吸引力的提议/选项』。proposition 在这里取『事情，提议』之意，与 the thought of sitting down and planning (坐下来规划的念头) 正好对应：作者把『规划』视作一个可接受/不接受的选项。

【竞争词】 **A) appearance appearance** 『外表/出现』与『规划是一件无吸引力之事』不搭

an unattractive appearance 通常指『一个不吸引人的外表』，主语是人或物的外观，不能用来形容『规划这个念头』。

G) inaction inaction 『不作为』与『坐下来规划』语义相反

规划是『行动』，把它说成 unattractive inaction (无吸引力的不作为) 逻辑直接打架。

M) statement statement 『声明/报表』与『一个念头』不对应

an unattractive statement 是『一份不吸引人的声明』，话题对象错位；且 statement 留作他用 (在第 33 题里出现的 financial statements 已说明它指『财务报表』)。

32. Those suffering inherited financial anxiety __ (32) __ to follow one of two patterns.

【答案】 **N) tend** (动词)

【词性槽】 主语后缺谓语 + 后接 to do

【依据】 **tend to do 固定搭配 = 倾向于**

代入 Those suffering inherited financial anxiety tend to follow one of two patterns. = 这些人『倾向于』遵循两种模式之一，语义贴合下文紧接的 Either ... Alternatively ... 两种模式分述。

【竞争词】 **B) argued 过去式不合时态 + 不接 to do**

argued 是过去式，与全文一般现在时叙述 (There are three main types) 不符，且 argue to do 不是常用搭配。

C) avoid avoid 后接动名词不接不定式

avoid 的搭配是 avoid doing，不是 avoid to do；语法上直接出局。

L) repelled 过去式 + 词义不符

repelled 是过去式形态；意思是『击退/使厌恶』，与『遵循两种模式之一』语义不搭。

33. they would __(33)__ examining their financial statements, budgeting and discussing financial matters with those closest to them.

【答案】 **C) avoid** (动词)

【词性槽】 情态动词 would 后接动词原形 + 后接动名词宾语

【依据】 **avoid doing 固定搭配 + 与『put their head in the sand』呼应**

上句 Either they put their head in the sand (把头埋进沙里 = 鸵鸟式回避) 已经定调『回避』, 本空选 avoid 与之意思一致: 他们会回避查看财务报表、做预算、讨论财务。

【竞争词】 **L) repelled 形态不合 + 搭配不对**

repelled 是过去式/过去分词形态, 不能跟在 would 后 (would 后应接原形 repel); 且 repel 意为『击退/排斥某人某物』, repel doing 不成立。

34. Alternatively, they would go to the other __(34)___

【答案】 **F) extreme** (名词)

【词性槽】 形容词 other 与介词 and 之间应为名词

【依据】 **go to the other extreme = 走向另一个极端, 固定搭配**

Alternatively, they would go to the other extreme, and micro-analyze everything, to the point of complete __(35)__: 上文 Either 端是『鸵鸟式回避』, 下文 Alternatively 端是『微观分析一切』——正是两个极端。go to the other extreme 这条固定短语正好把两端结构封住。

35. micro-analyze everything, to the point of complete __(35)___.

【答案】 **G) inaction** (名词)

【词性槽】 形容词 complete 修饰 + 介词短语 to the point of ___ 作宾语

【依据】 **micro-analyze 到完全 inaction = 分析到瘫痪不作为 (analysis paralysis)**

micro-analyze everything, to the point of complete inaction. = 『把一切都细到极致地分析, 以至于完全无法行动』——这正是『分析瘫痪』的经典描述, 与下句 They are convinced that whatever decision they make will be the wrong one. 『他们认定无论做什么决定都是错的』完美呼应: 因怕错而不动。

【竞争词】 **A) appearance appearance 『外表』与『过度分析到极致』毫无逻辑关系**

complete appearance (完全的外表) 不构成可懂表达, 话题完全对不上。

M) statement complete statement 与上下文『分析到无法行动』脱节

『完全声明』在语境里无指向; 且本段强调的是行动层面的瘫痪, 不是表态层面的完整。

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) **appearance** 名词

外表，外观；出现

干扰词 · 未选用

B) **argued** 动词

争吵，争辩 (argue 的过去式/过去分词)

用于第 30 空

C) **avoid** 动词

避免，回避

用于第 33 空

D) **considerable** 形容词

相当大的，可观的

用于第 28 空

E) **definitely** 副词

肯定地，明确地

用于第 27 空

F) **extreme** 名词 形容词

极端；极端的

用于第 34 空

G) **inaction** 名词

不作为，无行动

用于第 35 空

H) **incredibly** 副词

难以置信地，极其

干扰词 · 未选用

I) **normal** 形容词

正常的，常规的

用于第 26 空

J) **possibly** 副词

可能地，也许

用于第 29 空

K) **proposition** 名词

提议，主张；事情，问题

用于第 31 空

L) **repelled** 动词 形容词

击退，使厌恶 (repel 的过去式/过去分词)

干扰词 · 未选用

M) **statement** 名词

声明，陈述；财务报表

干扰词 · 未选用

N) **tend** 动词

倾向于，往往会

用于第 32 空

0) **traditional** 形容词

传统的

干扰词 · 未选用

全文主旨

三种财务压力，尤以原生家庭遗传型最具破坏性

文章开门见山：There are three main types of financial stress people encounter.，随后第二、三、四段依次讲解三种类型——投资市场波动型、债务型、以及最具破坏性的「遗传型」财务压力（the most destructive），后者使当事人要么逃避、要么过度分析。

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。

A) **appearance** 最像第 31 / 35 题答案的名词干扰

appearance 词性对（名词），看起来又是个『外表/出现』的高频词，主体考生容易在 an unattractive __ (31) __ 这类位置先入为主——但 appearance 与『规划这件事』『过度分析到极致』都不构成抽象表达。识破方式：表语名词必须回扣主语，主语是『念头/事情』就选 proposition 这类抽象事件名词，不选 appearance 这种偏外观的具象名词。

H) **incredibly** 最像第 27 / 29 题答案的副词干扰

incredibly 词性对（副词）且程度强烈，可能让人误以为能匹配第 27 题 but __ (27) __ the downs 的强对比；但 incredibly 习惯修饰形容词/副词（incredibly + adj./adv.），直接修饰名词短语 the downs 不自然。识破方式：副词题先排查它『常修饰什么词性』，再看程度方向。

L) **repelled** 最像第 30 题答案的动词过去式干扰

repelled 形态也是过去式，乍看与 argued and fought 的过去式并列槽位匹配；但 repel 意为『击退/排斥某人某物』，要带宾语且不与 fight 同语义场。识破方式：并列动词不仅形态要对齐，语义场也要对齐（这里是『冲突』场），argue / fight 是孪生兄弟，repel 不属同一场。

M) **statement** 在第 31 / 35 题处冒充名词答案

statement 在文中其实已经以 financial statements examining their financial statements 出现过，主体考生看到熟词容易直接搬到 an unattractive __ (31) __ 或 complete __ (35) __ 处填。但作为选词填空候选，statement 在本卷各空位都与上下文核心动作（规划/分析瘫痪）脱节。识破方式：词库词若已在原文出现过，反而要警惕——选词填空里这种『熟词』常被设为陷阱。

0) **traditional** 最像第 26 / 28 题答案的形容词干扰

traditional 词性对（形容词），看着是个安全词，主体考生看到 the __ (26) __ ups and downs 可能误填『传统的起伏』；看到 a __ (28) __ percentage 可能误填『传统的比例』。但 traditional 不能描述市场波动也不能量化比例。识破方式：『传统的』指『沿袭老做法』，与市场波动/数量比例都不搭，是典型的『词性对但语义场错』干扰。

SENTENCE INSIGHTS • 句子精讲

4 句真题句逐层精讲

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

The first type is apparent in people being stressed about the normal ups and downs of investment markets—actually not so much the ups, but definitely the downs.

第1段，第2句

这句主干不算难，但很适合练习不要把分词结构误判为谓语，也适合练习长后置修饰的拆解。就结构和时态训练而言，属于值得优先练的中等难度材料。

Money therefore becomes a stressful topic, and so the thought of sitting down and planning is an unattractive proposition.

第3段，第3句

并列句结构在考试中较为常见，'and so'引出因果关系的句式也是典型用法。主系表结构和动名词短语作定语都是基础句式。但本句缺少更高频的从句结构（定语从句、状语从句等），代表性中等

Either they put their head in the sand: they would avoid examining their financial statements, budgeting and discussing financial matters with those closest to them.

第4段，第2句

覆盖了主语、谓语、宾语、地点状语等基本成分。第二个分句的宾语是三个并列的动名词短语（examining、budgeting、discussing），且最后一个动名词短语还带有介词短语 with those closest to them，可以练习识别动名词作宾语以及并列结构的划分。有一定训练价值，但缺少从句、定语、补语等更复杂的成分。

They are convinced that whatever decision they make will be the wrong one.

第4段，第4句

本句结构层级清楚但不简单，既有代表性，又能集中训练外层主干识别、从句嵌套和系表结构判断。对句子结构与时态训练都很有价值。

HIGH-FREQUENCY • 真题高频词

本篇出现的 34 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。

financial

B2

adj. 财政的

本篇8次 · 真题 101 句

stress

B1

n. 压力

本篇5次 · 真题 102 句

type

A2

n. 类型

本篇4次 · 真题 97 句

would

A1

aux. (will 的过去式) 将要，会

本篇2次 · 真题 466 句

credit

B1

n. 赊购，赊账

本篇2次 · 真题 36 句

loan

B1

n. 贷款

本篇2次 · 真题 16 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

tend B1

v. 倾向于, 往往会

本篇1次 · 真题 137 句

case A2

n. 情况

本篇1次 · 真题 89 句

least A2

det. 最少的

本篇1次 · 真题 84 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次 · 真题 64 句

argue B1

v. 争论

本篇1次 · 真题 58 句

wrong A2

adj. 错误的

本篇1次 · 真题 54 句

budget B1

n. 预算

本篇1次 · 真题 45 句

anxiety B2

n. 焦虑

本篇1次 · 真题 41 句

extreme B2

adj. 极度的

本篇1次 · 真题 39 句

pattern B1

n. 模式

本篇1次 · 真题 37 句

household B1

n. 家庭

本篇1次 · 真题 33 句

regularly A2

adv. 经常地

本篇1次 · 真题 27 句

unable A2

adj. 不能的

本篇1次 · 真题 27 句

definitely B1

adv. 肯定地

本篇1次 · 真题 25 句

central B1

adj. 主要的

本篇1次 · 真题 24 句

investment

B1

n. 投资

本篇1次 · 真题 20 句

therefore

B1

adv. 因此, 所以

本篇1次 · 真题 16 句

debt

B1

n. 欠款

本篇1次 · 真题 15 句

percentage

B1

n. 百分比, 百分率

本篇1次 · 真题 15 句

possibly

B1

adv. 可能, 也许

本篇1次 · 真题 15 句

statement

B1

n. 声明

本篇1次 · 真题 15 句

encounter

B2

v. 遇到

本篇1次 · 真题 14 句

element

B1

n. 要素

本篇1次 · 真题 10 句

apparent

B2

adj. 显而易见的, 明显的

本篇1次 · 真题 9 句

considerable

B2

adj. 相当大的

本篇1次 · 真题 9 句

stressed

B1

adj. 焦虑不安的

本篇1次 · 真题 9 句

stressful

B1

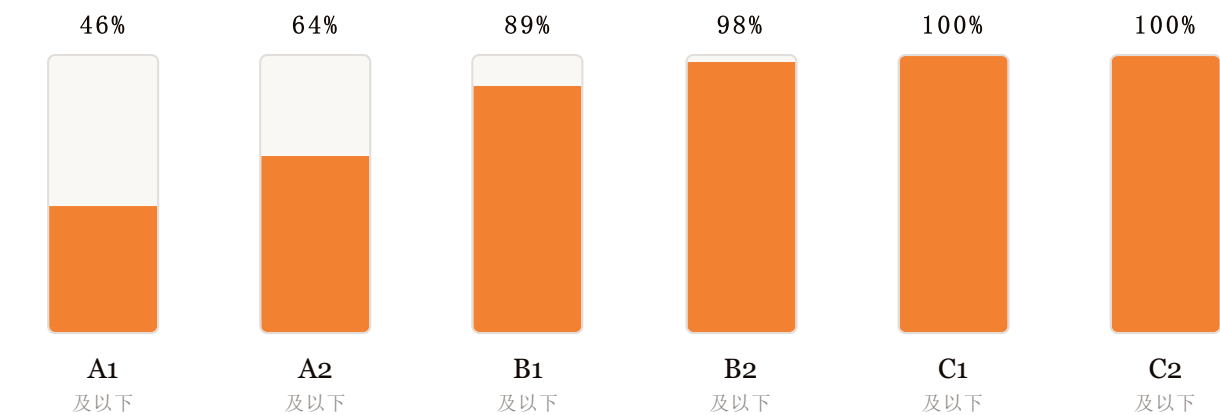
adj. 压力大的

本篇1次 · 真题 8 句

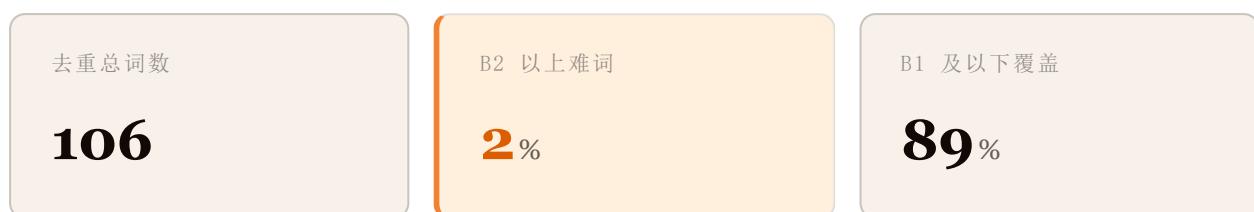
VOCABULARY • 词汇难度分布

全文 106 词按 CEFR 难度累积覆盖

带空短文去重后共 **106** 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 2 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 106 个 · 末柱为 100%



英语四级 2020年9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9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9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 12 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(2020-09) · 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**.

Doctor's Orders: Let Children Just Play

- A) Imagine a drug that could enhance a child's creativity and critical thinking. Imagine that this drug were simple to make, safe to take, and could be had for free. The nation's leading pediatricians(儿科医生) say this miracle compound exists. In a new clinical report, they are urging doctors to prescribe it liberally to the children in their care.

想象一种能够增强儿童创造力和批判性思维的药物。想象这种药物制作简单、服用安全,而且可以免费获得。全美顶尖的儿科医生表示,这种神奇的化合物确实存在。在一份新的临床报告中,他们敦促医生向其照护的儿童大量开具这种处方。

- B) "This may seem old-fashioned, but there are skills to be learned when kids aren't told what to do," said Dr. Michael Yogman, a Harvard Medical School pediatrician who led the drafting of the call to arms. Whether it's rough physical play, outdoor play or social or pretend play, kids derive important lessons from the chance to make things up as they go, he said.

"这可能看起来很老套,但当孩子们不被告知该做什么时,他们能学到一些技能,"哈佛医学院儿科医生 Michael Yogman说道,他主持起草了这份行动号召。他说,无论是激烈的身体游戏、户外游戏还是社交游戏或假扮游戏,孩子们都能从即兴创造的机会中获得重要的经验教训。

- C) The advice, issued Monday by the American Academy of Pediatrics, may come as a shock to some parents. After spending years fretting(烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play—or better yet, playing with them—could seem like a step backward. The pediatricians insist that it's not. The

academy's guidance does not include specific recommendations for the dosing of play. Instead, it asks doctors to advise parents before their babies turn two that play is essential to healthy development.

美国儿科学会周一发布的这一建议可能会让一些家长感到震惊。在花费数年时间为购买哪些玩具、下载哪些应用程序以及送孩子参加哪些课后技能培养项目而烦恼之后,让孩子们单纯地玩耍——或者更好的是,和他们一起玩耍——似乎是一种倒退。儿科医生们坚称事实并非如此。该学会的指导意见并不包括游戏剂量的具体建议。相反,它要求医生在婴儿两岁之前就告知家长,游戏对健康发展至关重要。

- D) "Play is not silly behavior," the academy's report declares. It fosters children's creativity, cooperation and problem-solving skills—all of which are critical for a 21st-century workforce. When parents engage in play with their children, it builds a wall against the harmful effects of all kinds of stress, including poverty, the academy says. In the pediatricians' view, essentially every life skill that's valued in adults can be built up with play. "Collaboration, negotiation, decision-making, creativity, leadership, and increased physical activity are just some of the skills and benefits children gain through play," they wrote. The pediatricians' appeal comes as kids are being squeezed by increasing academic demands at school and the constant invasion of digital media.

"游戏不是愚蠢的行为,"学会的报告宣称。它培养儿童的创造力、合作能力和解决问题的能力——所有这些对于21世纪的劳动力队伍都至关重要。学会表示,当家长参与和孩子一起玩耍时,就能建立起抵御各种压力(包括贫困)有害影响的屏障。在儿科医生看来,成年人所重视的几乎每一项生活技能都可以通过游戏建立起来。他们写道:"协作、谈判、决策、创造力、领导力以及身体活动的增加,只是儿童通过游戏获得的部分技能和益处。"儿科医生的呼吁正值儿童受到学校日益增长的学业要求以及数字媒体持续入侵的双重挤压之际。

- E) The trends have been a long time coming. Between 1981 and 1997, detailed time-use studies showed that the time children spent at play declined by 25 percent. Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic "skills and drills" has cut deeply into recess(课间休息) and other time for free play.

这些趋势由来已久。1981年至1997年间,详细的时间使用研究显示,儿童用于游戏的时间减少了25%。自2001年采取全面教育改革以来,公立学校稳步增加了用于准备标准化考试的时间。对学业"技能和训练"的关注已经大幅削减了课间休息和其他自由游戏时间。

- F) By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of "choice time," when they were permitted to play freely with blocks, toys or other children. One in four Los Angeles teachers reported there was no time at all for "free play." Increased academic pressures have left 30 percent of U.S. kindergarten classes without any recess. Such findings prompted the American Academy of Pediatrics to issue a policy statement in 2013 on the "crucial role of recess in school."

到2009年,一项对洛杉矶幼儿园教室的研究发现,五岁儿童承受着如此沉重的学业要求,以至于他们每天平均只有19分钟的"选择时间",在这段时间里他们可以自由地玩积木、玩具或与其他孩子玩耍。四分之一的洛杉矶教师报告说根本没有时间进行"自由游戏"。学业压力的增加导致美国30%的幼儿园班级没有任何课间休息。这些发现促使美国儿科学会在2013年就"课间休息在学校中的关键作用"发布了一份政策声明。

- G) Pediatricians aren't the only ones who have noticed. In a report titled "Crisis in the Kindergarten," a group of educators, health professionals and child advocates called the loss of play in early childhood

"a tragedy, both for the children themselves and for our nation and world." Kids in play-based kindergartens "end up equally good or better at reading and other intellectual skills, and they are more likely to become well-adjusted healthy people," the Alliance for Childhood said in 2009. Indeed, new research demonstrates why playing with blocks might have been time better spent, Yogman said. The trial assessed the effectiveness of an early mathematics intervention(干预) aimed at preschoolers. The results showed almost no gains in math achievement.

注意到这一点的不只是儿科医生。在一份题为"幼儿园危机"的报告中,一群教育工作者、健康专业人士和儿童权益倡导者称幼儿期游戏的丧失是"一场悲剧,无论对儿童自身还是对我们的国家和世界而言"。Alliance for Childhood在2009年表示,在以游戏为基础的幼儿园中的孩子"最终在阅读和其他智力技能方面表现得同样好或更好,而且他们更有可能成为适应良好的健康人"。Yogman说,事实上,新的研究证明了为什么玩积木可能是更好的时间利用方式。该试验评估了一项针对学龄前儿童的早期数学干预的有效性。结果显示数学成绩几乎没有提高。

- H) Another playtime thief: the growing proportion of kids' time spent in front of screens and digital devices, even among preschoolers. Last year, Common Sense Media reported that children up through age eight spent an average of two hours and 19 minutes in front of screens each day, including an average of 42 minutes a day for those under two. This increase of digital use comes with rising risks of obesity, sleep deprivation and cognitive(认知的), language and social-emotional delays, the American Academy of Pediatrics warned in 2016.

另一个游戏时间窃贼是:儿童在屏幕和数字设备前度过的时间比例不断增长,即使在学龄前儿童中也是如此。去年,Common Sense Media报告称,八岁及以下儿童平均每天在屏幕前花费2小时19分钟,其中两岁以下儿童平均每天花费42分钟。美国儿科学会在2016年警告说,数字产品使用的增加伴随着肥胖、睡眠不足以及认知、语言和社会情感发育迟缓风险的上升。

- I) "I respect that parents have busy lives and it's easy to hand a child an iPhone," Yogman said. "But there's a cost to that. For young children, it's much too passive. And kids really learn better when they're actively engaged and have to really discover things."

"我理解家长们生活繁忙,给孩子一部iPhone很容易,"Yogman说。"但这是有代价的。对于幼儿来说,这太过被动了。而且当孩子们积极参与并且必须真正发现事物时,他们学得更好。"

- J) The decline of play is a special hazard for the roughly 1 in 5 children in the United States who live in poverty. These 14 million children most urgently need to develop the resilience(韧劲) that is cultivated with play. Instead, Yogman said, they are disproportionately affected by some of the trends that are making play scarce: academic pressures at schools that need to improve test scores, outside play areas that are limited or unsafe, and parents who lack the time or energy to share in playtime.

游戏的减少对于美国大约五分之一生活在贫困中的儿童来说是一种特殊危险。这1400万儿童最迫切需要通过游戏培育的韧劲。Yogman说,相反,他们受到一些使游戏稀缺的趋势的影响尤为严重:需要提高考试成绩的学校的学业压力、有限或不安全的户外游戏区域,以及缺乏时间或精力参与游戏时间的家长。

- K) Yogman also worries about the pressures that squeeze playtime for more affluent kids. "The notion that as parents we need to schedule every minute of their time is not doing them a great service," he

said. Even well-meaning parents may be "robbing them of the opportunity to have that joy of discovery and curiosity—the opportunity to find things out on their own."

Yogman还担心挤压更富裕孩子游戏时间的压力。他说:"作为家长,我们需要安排孩子每一分钟时间的观念并没有给他们提供很好的服务。"即使是出于好意的家长也可能"剥夺了他们拥有发现和好奇的乐趣的机会——自己发现事物的机会。"

- L) Play may not be a hard sell to kids. But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism(怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world. They should welcome the simplicity of the message, Lerner said. "It's liberating to be able to offer them this advice: that your spending time with your child and letting him play is one of the most valuable things you can do," he said. "It doesn't have to involve spending a lot of money or time, or joining a parenting group. It's something we can offer that's achievable. They just don't recognize it right now as particularly valuable."

游戏对孩子来说可能不难推销。但UCLA儿科医生Carlos Lerner承认,儿科医生的新处方可能会遭到家长的怀疑,他们渴望得到如何让孩子在世界上占据优势的建議。Lerner说,他们应该欢迎这一信息的简单性。他说:"能够向他们提供这样的建议是一种解放:你花时间陪伴孩子并让他玩耍是你能做的最有价值的事情之一。这不必涉及花费大量金钱或时间,也不必加入育儿小组。这是我们能够提供的可实现的东西。他们只是现在还没有意识到它特别有价值。"

陈述句与逐句解析

36. Increased use of digital devices steals away children's playtime.

数字设备使用的增加剥夺了儿童的游戏时间。

【答案】 **H** 段 (强锚点)

【锚点】 数字设备偷走玩耍时间

【定位】 Another playtime thief: the growing proportion of kids' time spent in front of screens and digital devices, even among preschoolers.

另一个偷走玩耍时间的「贼」是: 儿童花在屏幕和数字设备前的时间比例越来越高, 连学龄前儿童也不例外。

【改写】 Increased use of digital devices ↔

the growing proportion of kids' time spent in front of screens and digital devices

名词短语等价转写

steals away children's playtime ↔ **Another playtime thief**

比喻的动词化还原

【辨邻】 **I** I 段虽同样谈 hand a child an iPhone 这种数字设备使用, 但讨论的是 it's much too passive 这种被动性后果, 并未提「挤压/偷走玩耍时间」, 覆盖局部。

I respect that parents have busy lives and it's easy to hand a child an iPhone

37. Since the beginning of this century, an increasing amount of time has been shifted in public schools from recess to academic activities.

自本世纪初以来,公立学校中越来越多的时间从课间休息转移到了学业活动上。

【答案】 E 段 (强锚点)

【锚点】 本世纪初课间被学业挤压

【定位】 Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic "skills and drills" has cut deeply into recess(课间休息) and other time for free play.

自 2001 年大规模教育改革以来,公立学校用于备战标准化考试的时间稳步增加。这种对学业「技能与训练」的聚焦,深深挤占了课间和其它自由玩耍的时间。

【改写】 Since the beginning of this century ↔

Since the adoption of sweeping education reforms in 2001

时间范围的上位概括

an increasing amount of time has been shifted in public schools from recess to academic activities

↔

public schools have steadily increased the amount of time devoted to preparing for standardized tests

增减表达对位

【辨邻】 F F 段同样谈学业压力挤课间,但给的是 By 2009 的截面结果,并未陈述「自本世纪初起就开始转移」这一持续动作。

By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements

38. It has been acknowledged that while kids may welcome pediatricians' recommendation, their parents may doubt its feasibility.

人们已经认识到,虽然孩子们可能欢迎儿科医生的建议,但他们的父母可能会怀疑其可行性。

【答案】 L 段 (强锚点)

【锚点】 孩子欢迎、家长怀疑可行性

【定位】 But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism(怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world.

但 UCLA 儿科医生 Carlos Lerner 承认,儿科医生开出的这条新「处方」可能遭到家长的怀疑——这些家长正急切地想知道怎样让自己的孩子在世界上占得先机。

【改写】 kids may welcome pediatricians' recommendation ↔ **Play may not be a hard sell to kids**

否定加商业用语的换说

their parents may doubt its feasibility ↔

the pediatricians' new prescription may meet with skepticism(怀疑) from parents

近义词替换

【辨邻】 **C** C 段虽然也讲家长反应 may come as a shock to some parents, 但「震惊」是初次听到的反应, 与题干「怀疑可行性」的语义不一致; 且 C 段未陈述「孩子欢迎而家长怀疑」这一两端反差结构。

The advice, issued Monday by the American Academy of Pediatrics, may come as a shock to some parents

39. According to some professionals, deprivation of young children's playtime will do harm not only to children themselves but to the country and the world.

据一些专业人士称,剥夺幼儿的游戏时间不仅会对儿童自身造成伤害,还会对国家和世界造成伤害。

【答案】 **G** 段 (强锚点)

【锚点】 对孩子、国家与世界都有害

【定位】 In a report titled "Crisis in the Kindergarten," a group of educators, health professionals and child advocates called the loss of play in early childhood "a tragedy, both for the children themselves and for our nation and world."

在一份名为《幼儿园危机》的报告中,一群教育工作者、健康专业人士与儿童权益倡导者将幼儿期玩耍的流失称为「一场悲剧——既是对孩子本身的,也是对我们国家和世界的」。

【改写】 According to some professionals ↔

a group of educators, health professionals and child advocates

上位词替换

deprivation of young children's playtime will do harm not only to children themselves but to the country and the world

↔

the loss of play in early childhood a tragedy, both for the children themselves and for our nation and world

三元并列的同义替换

【辨邻】 **D** D 段虽然提到 harmful effects of all kinds of stress 涉及伤害, 但说话主体是 the academy 而非题干所指的 some professionals; 并且 D 段未出现「孩子 + 国家 + 世界」的三元并列。

When parents engage in play with their children, it builds a wall against the harmful effects of all kinds of stress

40. By playing with children, parents can prevent them from being harmed by stress.

通过与孩子一起玩耍,父母可以防止他们受到压力的伤害。

【答案】 **D** 段 (强锚点)

【锚点】 家长陪玩防压力之害

【定位】 When parents engage in play with their children, it builds a wall against the harmful effects of all kinds of stress, including poverty, the academy says.

学会指出,当家长与孩子一起玩耍时,能筑起一道墙,抵御各种压力(包括贫困)所带来的危害。

【改写】 By playing with children, parents ↔ **When parents engage in play with their children**

状语换成时间状语从句

can prevent them from being harmed by stress ↔

builds a wall against the harmful effects of all kinds of stress

比喻与字面表达防止

【辨邻】 **J** 段陈述 The decline of play is a special hazard for the roughly 1 in 5 children in the United States who live in poverty, 主语是「玩耍流失对贫困儿童的危害」,与题干「家长陪玩到防止压力伤害」方向相反。

The decline of play is a special hazard for the roughly 1 in 5 children in the United States who live in poverty

41. Playing with digital devices discourages kids from active discovery, according to pediatrician Dr. Michael Yogman.

据儿科医生**Michael Yogman**博士称,玩数字设备会阻碍孩子进行主动探索。

【答案】 **I** 段 (强锚点)

【锚点】 Yogman 论数字设备抑制主动探索

【定位】 But there's a cost to that. For young children, it's much too passive. And kids really learn better when they're actively engaged and have to really discover things.

但这是有代价的。对幼儿来说,这种方式过于被动;孩子真正学得好,是在他们被主动调动、并且必须自己去发现东西的时候。

【改写】 Playing with digital devices ↔ **hand a child an iPhone**

下位例子做上位指代

discourages kids from active discovery ↔

it's much too passive. And kids really learn better when they're actively engaged and have to really discover things

负面动作等于正面缺位

according to pediatrician Dr. Michael Yogman ↔ **Yogman said**

言说主体专名复现

【辨邻】 **H** H 段虽然也讲数字设备危害 rising risks of obesity, sleep deprivation and cognitive(认知的), language and social-emotional delays, 但说话主体是 the American Academy of Pediatrics warned in 2016, 不是 Yogman 个人发言。

This increase of digital use comes with rising risks of obesity, sleep deprivation and cognitive(认知的), language and social-emotional delays, the American Academy of Pediatrics warned in 2016

42. The suggestion of letting children simply play may sound like going backwards to parents who want to help build their children's skills.

对于想要帮助培养孩子技能的父母来说,让孩子单纯玩耍的建议可能听起来像是在倒退。

【答案】 **C** 段 (强锚点)

【锚点】 让孩子单纯玩听起来像倒退

【定位】 After spending years fretting(烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play—or better yet, playing with them—could seem like a step backward.

在多年纠结于买什么玩具、下哪些应用、把孩子送去哪个课后技能班之后, 让孩子单纯地玩(或者更进一步, 陪他们一起玩) 可能听上去像在开倒车。

【改写】 letting children simply play ↔ **letting them simply play**

原样复现

parents who want to help build their children's skills ↔

which skill-building programs to send their kids to after school

动机的具象化

going backwards ↔ **a step backward**

近义比喻替换

【辨邻】 **L** L 段虽然也谈家长对建议的反应 meet with skepticism(怀疑) from parents, 但情绪是「怀疑」, 并未表达「觉得是倒退」这一具体感受。

the pediatricians' new prescription may meet with skepticism(怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world

43. Dr. Michael Yogman believes the idea that parents should carefully schedule children's time may not be helpful to their growth.

Michael Yogman 博士认为,父母应该仔细安排孩子时间的观念可能无助于他们的成长。

【答案】 **K** 段 (强锚点)

【锚点】 Yogman 反对把孩子时间排满

【定位】 "The notion that as parents we need to schedule every minute of their time is not doing them a great service," he said.

「我们做家长的需要把孩子每一分钟时间都安排好」, 这种观念其实并未真正帮到他们, 他说。

【改写】 parents should carefully schedule children's time ↔

as parents we need to schedule every minute of their time

同义动词加程度词强化

may not be helpful to their growth ↔ is not doing them a great service

礼貌否定与直白否定

【辨邻】 I I 段 Yogman 的话题是 it's easy to hand a child an iPhone 与「主动 vs 被动」问题，而题干谈的是「安排时间」，主题不一致。

For young children, it's much too passive. And kids really learn better when they're actively engaged and have to really discover things

44. One quarter of teachers in an American city said that children in kindergartens had no time for playing freely.

美国某城市四分之一的教师表示,幼儿园的孩子没有时间自由玩耍。

【答案】 F 段 (强锚点)

【锚点】 某城市四分之一教师称无自由玩耍

【定位】 One in four Los Angeles teachers reported there was no time at all for "free play."

四分之一的洛杉矶教师称,孩子完全没有「自由玩耍」的时间。

【改写】 One quarter of teachers in an American city ↔ One in four Los Angeles teachers

比例与地名上位替换

children in kindergartens had no time for playing freely ↔ there was no time at all for free play

副词与形容词形式互换

【辨邻】 E E 段虽然也谈玩耍时间下降 the time children spent at play declined by 25 percent, 给的是「25%」这一整体下降幅度,不是「四分之一教师称无自由玩耍」这一具体指标。

Between 1981 and 1997, detailed time-use studies showed that the time children spent at play declined by 25 percent

45. According to a pediatrician, no matter what kind of play children engage in, they are learning how to create things.

据一位儿科医生称,无论孩子参与什么样的游戏,他们都在学习如何创造事物。

【答案】 B 段 (强锚点)

【锚点】 无论玩哪种玩都是在学创造

【定位】 Whether it's rough physical play, outdoor play or social or pretend play, kids derive important lessons from the chance to make things up as they go, he said.

他说,无论是激烈的身体玩耍、户外玩耍,还是社交或假装玩耍,孩子都能从「边玩边自己编造」的机会中学到重要的本领。

【改写】 no matter what kind of play children engage in ↔

Whether it's rough physical play, outdoor play or social or pretend play

概括与枚举

they are learning how to create things ↔

kids derive important lessons from the chance to make things up as they go

近义短语替换

【辨邻】 D D 段虽然也谈玩耍培养的能力 Collaboration, negotiation, decision-making, creativity, leadership, and increased physical activity, 但并未用「无论哪种玩耍」这种并列结构来概括, 不符题干 no matter what kind of play 的限定。

Collaboration, negotiation, decision-making, creativity, leadership, and increased physical activity are just some of the skills and benefits children gain through play

PARAGRAPH MAP • 段落主旨图

12 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 把儿科医生群体推荐的这种「神药」——自由玩耍——比作能增强孩子创造力与批判思维、又简单安全免费的灵丹妙药, 指出权威机构正在号召医生大力开方推荐。

信息指纹 把玩耍比作灵丹妙药

B 哈佛医学院儿科医生 Yogman 牵头起草这份倡议, 他指出无论是身体玩耍、户外玩耍还是社交或假装玩耍, 孩子都能从「边玩边自己想点子」的过程里学到重要本领。

信息指纹 Yogman 论「边玩边创造」的学习

C 美国儿科学会周一发布的这条建议可能让花了多年挑玩具、下应用、报技能班的家长感到震惊: 让孩子单纯玩耍看似在「开倒车」, 但学会坚称并非如此, 并要求医生在孩子两岁前就提醒家长玩耍对健康发育至关重要。

信息指纹 建议看似「开倒车」的震惊感

D 学会报告宣称玩耍不是「傻行为」, 它培养创造力、合作与解决问题等 21 世纪劳动力关键技能; 当家长参与孩子玩耍时, 能筑起一道墙, 抵御包括贫困在内的各种压力带来的危害。

信息指纹 家长陪玩筑墙挡压力伤害

E 玩耍时间下降是长期趋势：1981–1997 年儿童玩耍时间下降 25%；自 2001 年大规模教育改革以来，公立学校用于应试准备的时间稳步增加，对「技能与训练」的聚焦深深挤占了课间与其它自由玩耍时间。

信息指纹 2001 年教改后公立学校挤占课间

F 到 2009 年，洛杉矶幼儿园研究发现五岁儿童平均每天只剩 19 分钟「自选时间」，四分之一的洛杉矶教师称完全没有「自由玩耍」时间；学业压力让 30% 的美国幼儿园没有课间，这促使儿科学会在 2013 年发文强调课间作用。

信息指纹 洛杉矶四分之一教师称无自由玩耍

G 不只是儿科医生关注：一群教育、健康专业人士与儿童权益倡导者在《幼儿园危机》报告中称幼儿期玩耍流失是「一场悲剧，对孩子本身、对国家与世界都是如此」，并指出以玩耍为基础的幼儿园培养出的孩子阅读和智力技能不输他人、还更可能成为身心健康的成年人。

信息指纹 《幼儿园危机》报告称之为悲剧

H 另一个「偷玩耍时间的贼」是屏幕与数字设备：去年 Common Sense Media 报告称 8 岁及以下儿童平均每天看屏幕 2 小时 19 分钟，2 岁以下也达 42 分钟；2016 年学会警告这会带来肥胖、睡眠不足与认知/语言/社交情感发育延迟的风险。

信息指纹 屏幕设备是另一个偷玩耍的贼

I Yogman 表示理解家长忙、随手把 iPhone 塞给孩子很容易，但代价是这种方式对幼儿「太被动」；孩子真正学得好是在被主动调动、必须自己去发现的时候。

信息指纹 iPhone 太被动、主动发现才学得好

J 玩耍下降对全美约五分之一生活在贫困中的孩子尤其危险——这 1400 万孩子最迫切需要靠玩耍培养韧劲，却恰恰被多种使玩耍变少的趋势不成比例地伤害：要提分的学业压力、有限或不安全的户外场地、没时间或精力陪玩的父母。

信息指纹 1400 万贫困儿童最受冲击

K Yogman 还担心富裕家庭孩子的玩耍时间被挤压——他认为「家长要安排孩子每一分钟」的观念并未真正帮孩子，反而剥夺了他们独自发现、保持好奇的机会。

信息指纹 把每一分钟排满并非帮孩子

L

UCLA 儿科医生 Carlos Lerner 承认，儿科医生这条新「处方」对急于让孩子领先的家
长来说可能遭到怀疑，但他强调家长应当欢迎这条信息的简单：花时间陪孩子、让孩
子玩，本身就是最有价值的事，不必花大钱大时间，也不必加入育儿团体。

信息指纹

Lerner 谈家长的怀疑与简单处方

SENTENCE INSIGHTS • 句子精讲

9 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。

Whether it's rough physical play, outdoor play or social or pretend play, kids derive important lessons from the chance to make things up as they go, he said.

B段，第2句

句首用 "Whether" 引导让步从句、主句采用 "主谓宾 + 介词短语状语" 结构、不定式作后置定语，
这些都是四六级和考研阅读中的常见句式。"as they go" 这种简短的时间从句嵌套在不定式短语
中，也是真题里常出现的修饰方式。整体句式有一定代表性，掌握后可迁移到类似的让步从句 +
复杂主句的场景。但句子没有涉及定语从句、名词性从句等更高频的考点，因此典型性较高但不是
最顶级的范例。

After spending years fretting(烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play—or better yet, playing with them—could seem like a step backward.

C段，第2句

本句成分丰富且有训练价值：动名词短语作主语（还带插入并列）、情态系动词谓语、介词短语作
表语、长时间状语内嵌多个并列疑问词结构，涵盖了主谓表状四大成分及非谓语、并列、插入等易
错点，是练习成分划分的优质素材

The pediatricians insist that it's not.

C段，第3句

"主句 + that 引导的宾语从句" 是四六级和考研阅读中的高频句式，掌握后可广泛迁移到类似结构

It fosters children's creativity, cooperation and problem-solving skills—all of which are critical for a 21st-century workforce.

D段，第2句

“主句 + 破折号后补充说明 + 关系词回指前文”是正式英语里很常见的表达方式。掌握这种句式后，阅读中遇到类似补充性说明结构时很容易迁移。

By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of "choice time," when they were permitted to play freely with blocks, toys or other children.

F段，第1句

主句 + 宾语从句 + 嵌套状语从句是四六级和考研阅读中的高频句式，so...that 结果状语结构和被动语态 + 不定式补语都是常考结构，掌握后可应用于大量类似长难句的分析

But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism(怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world.

L段，第2句

本句覆盖了主谓宾、宾语从句、非限制性定语从句、双宾语结构、地点状语、不定式作宾语补充等多种成分，且包含情态动词、系表结构等易错点。特别是双宾语结构和 who 引导的非限制性定语从句是常考难点，适合作为成分划分的综合练习句。

"It's liberating to be able to offer them this advice: that your spending time with your child and letting him play is one of the most valuable things you can do," he said.

L段，第4句

涵盖形式主语、真正主语、表语、动名词作主语、同位语从句、定语从句中省略关系代词、并列结构等多种成分，且同位语从句和定语从句的区分是常见易错点，训练价值很高

According to some professionals, deprivation of young children's playtime will do harm not only to children themselves but to the country and the world.

第39题 题干

本句呈现 "名词短语主语 + 助动词 + 及物动词 + 宾语 + 并列状语" 的结构，其中长主语、"not only ... but" 并列结构、"do harm to" 搭配均为四六级和考研阅读中常见句式，具有较高的代表性和迁移价值。

According to a pediatrician, no matter what kind of play children engage in, they are learning how to create things.

第45题 题干

本句成分较为丰富：让步状语从句中有疑问词作宾语的前置现象，主句中有疑问词加不定式作宾语的结构，适合练习状语从句识别、疑问词在从句中的成分判定、以及复杂宾语的划分，具有较好的训练价值

HIGH-FREQUENCY • 真题高频词

本篇出现的 114 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。

pediatrician

B2

n. 儿科医生

本篇11次 · 真题 10 句

academic

B2

adj. 学术的

本篇6次 · 真题 69 句

academy

B2

n. 学院

本篇6次 · 真题 20 句

digital

B1

adj. 数字的

本篇5次 · 真题 75 句

kindergarten

A2

n. 幼儿园

本篇5次 · 真题 12 句

accord

C1

n. (国家、团体间的) 协议

本篇3次 · 真题 174 句

average A2

adj. 平均的

本篇3次·真题89句

pressure B1

n. 心理压力

本篇3次·真题63句

device B1

n. 设备

本篇3次·真题60句

creativity B2

n. 创造力

本篇3次·真题34句

better A1

adj. 更好的 (good 的比较级)

本篇2次·真题139句

stress B1

n. 压力

本篇2次·真题102句

physical B1

adj. 身体的

本篇2次·真题98句

simply B1

adv. 仅仅, 只不过

本篇2次·真题90句

opportunity B1

n. 机会

本篇2次·真题89句

amount A2

n. 数量

本篇2次·真题87句

issue B1

n. 问题

本篇2次·真题83句

decline B2

v. 下降

本篇2次·真题73句

professional B1

adj. 专业的

本篇2次·真题67句

gain B1

v. 获得; 赢得

本篇2次·真题64句

engage B2

v. 参与; 从事

本篇2次·真题57句

nation B1

n. 国家

本篇2次·真题51句

harm B1

n. 伤害

本篇2次·真题44句

trend B1

n. 趋势

本篇2次·真题44句

childhood A2

n. 童年

本篇2次·真题30句

critical B2

adj. 批评的

本篇2次·真题30句

recommendation B2

n. 推荐

本篇2次·真题30句

valuable B1

adj. 贵重的

本篇2次·真题28句

poverty B2

n. 贫穷

本篇2次·真题25句

block A2

n. 街区

本篇2次·真题24句

schedule A2

n. 时间表

本篇2次·真题21句

acknowledge B2

v. 承认(事实、错误等)

本篇2次·真题17句

freely B1

adv. 自由地

本篇2次·真题12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

effect A2

n. 影响

本篇1次·真题156句

million A2

num. 一百万

本篇1次·真题119句

lack B1

v. 缺少

本篇1次·真题115句

affect B1

v. 影响

本篇1次·真题 113 句

risk A2

n. 风险

本篇1次·真题 108 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

behavior B1

n. 行为

本篇1次·真题 92 句

view A2

n. 观点, 看法

本篇1次·真题 85 句

growth B1

n. 增长

本篇1次·真题 77 句

involve B1

v. 包含

本篇1次·真题 65 句

policy B1

n. 政策

本篇1次·真题 61 句

united B1

adj. 联合的

本篇1次·真题 60 句

obesity B2

n. 肥胖 (症)

本篇1次·真题 57 句

medium B1

adj. 中等的

本篇1次·真题 55 句

demand B1

v. 坚决要求

本篇1次·真题 50 句

per B1

prep. 每

本篇1次·真题 49 句

shift B1

v. 移动

本篇1次·真题 49 句

exist A2

v. 存在;实际上有

本篇1次·真题 46 句

loss B1

n. 丧失

本篇1次 · 真题 46 句

media B1

n. 大众传播媒介（报刊、电视、广播、互联...

本篇1次 · 真题 45 句

curiosity B2

n. 好奇心

本篇1次 · 真题 44 句

states A1

n. 国家

本篇1次 · 真题 43 句

specific B2

adj. 具体的

本篇1次 · 真题 42 句

thinking A2

n. 思考

本篇1次 · 真题 40 句

particularly B2

adv. 尤其，特别（强调某事物）

本篇1次 · 真题 39 句

aim B1

v. 瞄准

本篇1次 · 真题 38 句

enhance B2

v. 提高

本篇1次 · 真题 37 句

recognize B1

v. 认出

本篇1次 · 真题 34 句

achievement B1

n. 成就

本篇1次 · 真题 33 句

reading A1

n. 阅读

本篇1次 · 真题 33 句

crisis B2

n. 危机

本篇1次 · 真题 32 句

appeal B2

v. 呼吁

本篇1次 · 真题 31 句

cultivate B2

v. 培养，发展（技能、态度、关系等）

本篇1次 · 真题 31 句

harmful B1

adj. 有害的

本篇1次 · 真题 31 句

delay B1

n. 延迟

本篇1次·真题 30 句

essential B1

adj. 必不可少的

本篇1次·真题 30 句

app B1

n. 应用程序

本篇1次·真题 27 句

increasing B1

adj. 越来越多的

本篇1次·真题 26 句

beginning A1

n. 开始

本篇1次·真题 25 句

educator B2

n. 教育工作者

本篇1次·真题 25 句

indeed B1

adv. 确实，的确（强调肯定）

本篇1次·真题 25 句

carefully A2

adv. 仔细地

本篇1次·真题 24 句

cognitive C1

adj. 认知的

本篇1次·真题 24 句

workforce B2

n. （一国或一地区的）劳动力，劳动人口

本篇1次·真题 24 句

limited B1

adj. 有限的

本篇1次·真题 23 句

crucial B2

adj. 至关重要的

本篇1次·真题 22 句

advocate B2

v. 拥护

本篇1次·真题 20 句

deeply B1

adv. 深深地

本篇1次·真题 20 句

roughly B1

adv. 大约，大概

本篇1次·真题 19 句

burden B2

n. 负担

本篇1次·真题 18 句

leadership B2

n. 领导地位; 领导权

本篇1次 · 真题 18 句

requirement B2

n. 要求

本篇1次 · 真题 18 句

shock B1

n. 震惊

本篇1次 · 真题 17 句

demonstrate B2

v. 证明

本篇1次 · 真题 16 句

increased A2

v. 增加了

本篇1次 · 真题 16 句

intervention C1

n. 干预

本篇1次 · 真题 16 句

statement B1

n. 声明

本篇1次 · 真题 15 句

anxious B1

adj. 焦虑的

本篇1次 · 真题 14 句

assess B2

v. 评估

本篇1次 · 真题 14 句

urge B2

v. 敦促

本篇1次 · 真题 14 句

actively B1

adv. 积极主动地

本篇1次 · 真题 13 句

constant B2

adj. 持续不断的

本篇1次 · 真题 12 句

prompt B2

v. 促使

本篇1次 · 真题 12 句

derive B2

v. 获得

本篇1次 · 真题 11 句

discourage B2

v. 使泄气

本篇1次 · 真题 11 句

negotiation B2

n. 谈判

本篇1次 · 真题 11 句

outdoor A2

adj. 户外的, 室外的

本篇1次·真题 11 句

reform B2

v. 改革

本篇1次·真题 11 句

trial B2

n. 审判, 审讯

本篇1次·真题 11 句

clinical B2

adj. 临床的

本篇1次·真题 10 句

devote B2

v. 把...奉献给

本篇1次·真题 10 句

essentially B2

adv. 本质上

本篇1次·真题 10 句

passive B2

adj. 被动的

本篇1次·真题 10 句

proportion B2

n. 部分

本篇1次·真题 10 句

thief A2

n. 小偷

本篇1次·真题 10 句

collaboration B2

n. 合作

本篇1次·真题 9 句

engaged B1

adj. 忙碌的

本篇1次·真题 9 句

prescribe B2

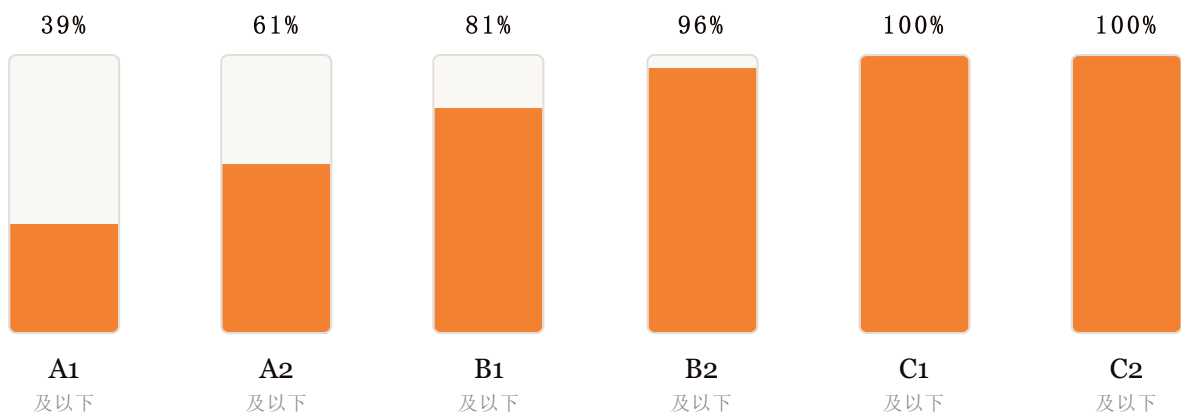
v. 开 (药)

本篇1次·真题 8 句

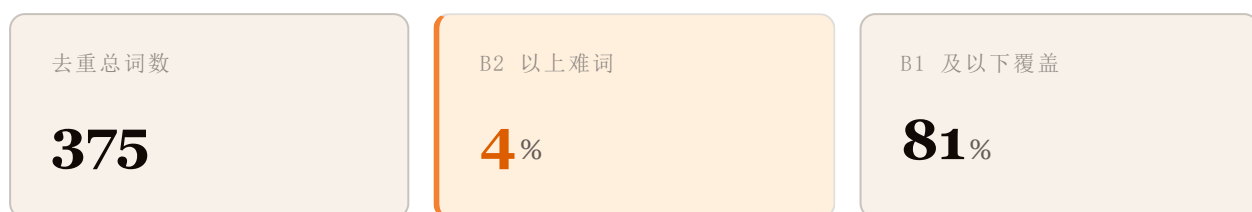
VOCABULARY • 词汇难度分布

全文 375 词按 CEFR 难度累积覆盖

全文去重后共 **375** 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 15 个·约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 375 个 · 末柱为 100%



英语四级 2020年9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9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9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 9 段原文（段首标 P1-P9 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(2020-09) • 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 Americans spend billions of dollars each year trying to change our weight with diets, gym memberships and plastic surgery.

美国人每年花费数十亿美元试图通过节食、健身房会员和整形手术来改变体重。

P2 Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety and depression, as well as unhealthy strategies for weight loss or muscle gain. It also has a financial cost. Having an eating disorder boosts annual health care costs by nearly US \$2,000 per person.

努力达到"完美"模特和电影英雄形象的标准有其阴暗面：焦虑和抑郁，以及不健康的减重或增肌策略。这也有经济代价。患有饮食失调症会使每人每年的医疗保健费用增加近2000美元。

P3 Why is there both external and internal pressure to look "perfect"? One reason is that society rewards people who are thin and healthy looking. Researchers have shown that body mass index is related to wages and income. Especially for women, there is a clear penalty at work for being overweight or obese. Some studies have also found an impact for men, though a less noticeable one.

为什么会有追求"完美"外表的外部 and 内部压力？一个原因是社会会奖励那些看起来苗条健康的人。研究人员已经表明，体重指数与工资和收入相关。尤其是对女性而言，超重或肥胖在工作中会受到明显的惩罚。一些研究也发现了对男性的影响，尽管不那么显著。

P4 While the research literature is clear that labor market success is partly based on how employers and customers perceive your body image, no one had explored the other side of the question. Does a

person's own perception of body image matter to earnings and other indicators of success in the workplace?

虽然研究文献清楚地表明劳动力市场的成功部分取决于雇主和客户如何看待你的体型形象，但没有人探讨过这个问题的另一面。一个人自己对体型形象的感知是否会影响收入和工作场所成功的其他指标？

P5 Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

我们最近发表的研究通过追踪一个大型全国随机美国人样本，在身体从青少年体型转变为成年体型以及人们建立身份认同的关键时期，回答了这个问题。

P6 As in other research, women in our sample tend to over-perceive their weight—they think they're heavier than they are—while men tend to under-perceive theirs.

与其他研究一样，我们样本中的女性倾向于过度感知自己的体重——她们认为自己比实际更重——而男性则倾向于低估自己的体重。

P7 We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence self-esteem(自尊心), mental health and health behaviors.

我们发现普通人对体重的自我感知与劳动力市场结果之间没有关系，尽管自我感知的体重会影响自尊心、心理健康和健康行为。

P8 While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

虽然劳动力市场中持续存在的性别惩罚令人沮丧，但我们发现错误感知的体重不会损害劳动者，这一结果更令人振奋。

P9 Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would also help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

由于雇主对体重的感知是劳动力市场中重要的因素，因此修改反歧视法律将体型纳入保护类别也会有所帮助。Michigan是唯一一个禁止基于体重和身高歧视的州。我们认为扩大这种保护将使劳动力市场更加公平和高效。

题目与逐题解析

46. What does the author say may have an adverse impact on people?

- A) Undergoing plastic surgeries in pursuit of beauty.
- B) Imitating the lifestyles of heroes and role models.
- C) Striving to achieve perfection regardless of financial cost.
- D) Attempting to meet society's expectation of appearance.

作者认为什么可能对人们产生不利影响？

- A) 为追求美而接受整形手术。 B) 模仿英雄和榜样的生活方式。 C) 不计经济代价地努力追求完美。

D) 试图符合社会对外表的期望。

【答案】 D (细节题)

【判型】 题干 What does the author say may have an adverse impact on people? 用 What 直问作者所述的某种不利影响，是对原文事实信息的复述，不要求推理。

【拆句】 What does the author say may have an adverse impact on people? 主干其实是 What may have an adverse impact on people (什么会对人产生不利影响)，中间的 the author say 是插入说明「作者所说的」。考生若把 say 误当作主干动词，就会读不通；记住「主语+情态动词 have+宾语」才是句子骨架。

【定位】 Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety and depression, as well as unhealthy strategies for weight loss or muscle gain.

努力达到「完美」模特和电影英雄的形象是有阴暗面的：焦虑、抑郁，以及不健康的减肥或增肌方式。

【选项】 A) 偷换概念

Undergoing plastic surgeries in pursuit of beauty (为了美而整形) 只是 plastic surgery 在引子段被列举的现象之一，原文没说「整形」本身有 dark side，而是说「试图迎合完美形象」才有。

B) 偷换概念

Imitating the lifestyles of heroes and role models 偷偷把原文的 images (形象、外貌) 替换成 lifestyles (生活方式)，与原文 images of "perfect" models and movie heroes 强调的是「外貌形象」而非生活方式不符。

C) 无中生有

Striving to achieve perfection regardless of financial cost 的 regardless of financial cost (不计经济成本) 在原文里没有依据；It also has a financial cost 只是说「同时也产生经济成本」，并非「不计成本」。

D) ✓ 正确

Trying to live up to the images of "perfect" models and movie heroes ↔

Attempting to meet society's expectation of appearance

Attempting to meet society's expectation of appearance 恰好把预判「迎合社会对外貌期待」逐字呈现，正中。

47. What have researchers found out about people's earnings?

- A) They are closely related to people's social status.
- B) They have to do with people's body weight and shape.
- C) They seem to matter much less to men than to women.
- D) They may not be equal to people's contributions.

研究人员对人们的收入有什么发现？

A) 它们与人们的社会地位密切相关。 B) 它们与人们的体重和体型有关。

c) 它们对男性的重要性似乎远低于对女性的重要性。 d) 它们可能与人们的贡献不相称。

【答案】 B (细节题)

【判型】 题干 What have researchers found out about people's earnings? 问研究者「发现了什么」，定位到结论句直接复述即可。

【拆句】 What have researchers found out about people's earnings? 现在完成时强调「已经研究并得出结论」，主干是 What have researchers found out (研究者发现了什么)，about people's earnings 是话题限定。结构平直，无陷阱。

【定位】 Researchers have shown that body mass index is related to wages and income.
研究者已证明，身体质量指数（即体型胖瘦的衡量指标）与薪资和收入相关。

【选项】 A) 无中生有

They are closely related to people's social status 的 social status (社会地位) 在原文从未出现，原文只谈体重/体型与收入的关系。

B) ✓ 正确

body mass index is related to wages and income ↔

They have to do with people's body weight and shape

They have to do with people's body weight and shape 把定位句逐成分等值改写，是与预判最贴合的一项。

C) 答非所问

They seem to matter much less to men than to women 把比较关系错置在「收入」上，原文说的是「体重对女性收入的惩罚比男性明显」，而非「收入对男性意义更小」。题目问的是研究者发现的关于收入的事，而非男女对收入的看重程度。

D) 无中生有

They may not be equal to people's contributions (收入可能与贡献不匹配) 涉及的「贡献」概念在原文完全不存在。

48. What does the author's recent study focus on?

- A) Previous literature on indicators of competitiveness in the workplace.
- B) Traits that matter most in one's pursuit of success in the labor market.
- C) Whether self-perception of body image impacts one's workplace success.
- D) How bosses' perception of body image impacts employees' advancement.

作者最近的研究关注什么？

- A) 关于职场竞争力指标的先前文献。 B) 在劳动力市场追求成功中最重要的特质。
- C) 身体形象的自我认知是否影响职场成功。 D) 老板对身体形象的认知如何影响员工的晋升。

【答案】 C (细节题)

【判型】 题干 What does the author's recent study focus on? 直问研究焦点，需要在原文找到明确指明研究问题的句子。

【拆句】 What does the author's recent study focus on? 主干 What does the study focus on (研究关注什么) , author's recent 是修饰 study 的两个前置定语。结构清晰, 无难点。

【定位】 Does a person's own perception of body image matter to earnings and other indicators of success in the workplace? Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

一个人自己对身体形象的感知是否影响其收入和其他职场成功指标? 我们最近发表的研究通过追踪一批庞大的全国随机样本回答了这个问题——这些样本横跨人从青少年体型变成成年体型、并开始建立自我认同的关键时期。

【选项】 A) **张冠李戴**

Previous literature on indicators of competitiveness in the workplace 写的是「前人文献」, 但原文明确说「前人文献清楚雇主感知会影响职场成功, 无人探究问题的另一面」——前人文献是背景而非作者研究焦点。

B) **无中生有**

Traits that matter most in one's pursuit of success in the labor market 的 Traits (特质) 一词原文未出现; 原文讨论的是「自我感知」这一具体维度, 而非泛泛的「特质」。

C) **✓ 正确**

Does a person's own perception of body image matter to earnings and other indicators of success in the workplace?

↔ **Whether self-perception of body image impacts one's workplace success**

Whether self-perception of body image impacts one's workplace success 把 P4 的疑问句逐成分改写, 预判一对就中。

D) **与原文相反**

How bosses' perception of body image impacts employees' advancement 的 bosses' perception (雇主的感知) 恰恰是原文 how employers and customers perceive your body image 这条已被前人研究透、作者明确表态「另一面没人探讨」的方向。作者研究焦点正是其对立立面。

49. What is the finding of the author's recent research?

- A) Being overweight actually does not do much harm to the overall well-being of employees.
- B) People are not adversely affected in the workplace by false self-perception of body weight.
- C) Self-esteem helps to combat gender inequality in the workplace.
- D) Gender inequality continues to frustrate a lot of female employees.

作者最近的研究有什么发现?

- A) 超重实际上对员工的整体福祉并没有太大损害。
- B) 人们在职场中不会因对体重的错误自我认知而受到不利影响。
- C) 自尊有助于对抗职场中的性别不平等。 D) 性别不平等继续使许多女性员工感到沮丧。

【答案】 **B** (细节题)

【判型】 题干 What is the finding of the author's recent research? 问研究结论本身，是对原文 We found... 句的同义复述。

【拆句】 What is the finding of the author's recent research? 主干 What is the finding (结果是什么)， of the author's recent research 是后置定语限定 finding 的来源。无难点。

【定位】 We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence self-esteem(自尊心), mental health and health behaviors.

我们发现普通人对自身体重的感知与劳动力市场结果之间没有关系，尽管自我感知的体重确实会影响自尊心、心理健康和健康行为。

【选项】 A) **偷换概念**

Being overweight actually does not do much harm to the overall well-being of employees 把研究主语从「自我感知体重」换成「真实超重」；原文研究的是 self-perception (自我感知)，不是 actual overweight；且原文从未说真实超重「不损害」员工，P3 反而明确女性超重在职场上有 clear penalty。

B) **✓ 正确**

no relationship between the average person's self-perception of weight and labor market outcomes

↔

People are not adversely affected in the workplace by false self-perception of body weight

People are not adversely affected in the workplace by false self-perception of body weight 是对 P7 结论句的标准被动改写，与预判完全一致。

C) **与原文相反**

Self-esteem helps to combat gender inequality in the workplace 说「自尊心帮助对抗性别不平等」，与原文 self-perceived weight can influence self-esteem (自我感知体重影响自尊) 方向完全相反，且原文没说自尊能对抗性别不平等。

D) **答非所问**

Gender inequality continues to frustrate a lot of female employees 对应的是 the continued gender penalty in the labor market is frustrating 那句情绪表态，并非作者本次研究的核心发现；题干问 finding (研究结论)，不是问情绪感受。

50. What does the author think would help improve the condition in the labor market?

A) Banning discrimination on the basis of employees' body image.

B) Expanding protection of women against gender discrimination.

C) Helping employees change their own perception of beauty.

D) Excluding body shape as a category in the labor contract.

作者认为什么有助于改善劳动力市场的状况？

A) 禁止基于员工身体形象的歧视。 B) 扩大对女性反性别歧视的保护。

c) 帮助员工改变自己对美的认知。 d) 在劳动合同中排除体型作为一个类别。

【答案】 **A** (细节题)

【判型】 题干 What does the author think would help improve the condition in the labor market? 问作者认为什么能改善现状，对应原文末段的明确主张句。

【拆句】 What does the author think would help improve the condition in the labor market?
主干 What would help improve the condition (什么能帮助改善现状)，the author think 插入说明「作者认为」，in the labor market 限定改善对象。结构稍长但平直，提醒考生把 the author think 当插入语处理即可。

【定位】 Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would also help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

既然在劳动力市场中真正起作用的是雇主对体重的感知，那么修改反歧视法、把体型也列入受保护类别就会有所帮助。密歇根州是唯一以法律禁止基于体重和身高进行歧视的州。我们相信扩大此类保护会让劳动力市场更公平、更高效。

【选项】 **A) ✓ 正确**

changing discrimination laws to include body type as a category ↔

Banning discrimination on the basis of employees' body image

Michigan is the only state that prohibits discrimination on the basis of weight and height ↔

Banning discrimination on the basis of employees' body image

Banning discrimination on the basis of employees' body image 把 P9 的法律建议浓缩为一句，预判对比即中。

B) 偷换概念

Expanding protection of women against gender discrimination 把保护对象偷偷换成「女性免受性别歧视」，但原文末段主张扩大的是「基于体型的反歧视保护」(body type)，不是性别歧视保护；P8 提到 gender penalty 但作者紧接着说 our finding... is more heartening，并未把性别保护作为主推方案。

C) 与原文相反

Helping employees change their own perception of beauty 主张「帮助员工改变自我审美感知」；但原文 Since employers' perception of weight is what matters in the labor market 明确表态「起作用的是雇主感知」，作者要改的是法律环境而不是员工自我感知。

D) 与原文相反

Excluding body shape as a category in the labor contract 写的是「把体型排除在劳动合同范畴之外」，与原文 include body type as a category 中 include (纳入) 形成 Excluding (排除) 的反义对立，完全反向。

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。

Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety and depression, as well as unhealthy strategies for weight loss or muscle gain.

第2段，第1句

动名词短语作主语、冒号引出同位说明，这种结构在四六级和考研阅读中较为常见，尤其是学术或说明类文本；掌握后可迁移至类似的长主语句式，具有较好的典型性和复用价值。

Some studies have also found an impact for men, though a less noticeable one.

第3段，第5句

现在完成时 + 让步状语从句的组合在学术写作和考试阅读中较为常见，“though”引导的省略结构也是典型的书面表达方式。句式具有一定代表性，适合作为让步状语和时态结合的练习材料。

Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

第5段，第1句

本句结构“主句 + 并列定语从句修饰时间名词”是四六级和考研阅读中的高频句式。定语从句用“when”引导修饰时间，且两个从句并列，是典型的学术文本写法。掌握这种结构后，学生可以在大量真题中复用识别方法，具有较高的迁移价值。

Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would also help.

第9段，第1句

原因状语从句 + 主句的结构在四六级和考研阅读中非常常见，表语从句、动名词作主语、情态动词表达建议等也是典型考点。本句结构具有很强的代表性和可迁移性。

Michigan is the only state that prohibits discrimination on the basis of weight and height.

第9段，第2句

"主系表 + 限制性定语从句修饰表语中的名词"是考试中常见的句式,特别是用 that 引导定语从句修饰表语的结构在阅读理解和翻译中频繁出现,具有较高的代表性和迁移价值。

What does the author think would help improve the condition in the labor market?

第50题题干

本句是四六级和考研阅读中高频出现的句式：特殊疑问句 + 动词（think/believe/suggest 等）+ 宾语从句，且疑问词前置。这类结构在学术文章和考试题目中反复出现，掌握后可以快速理解大量类似句子，典型性很强。

HIGH-FREQUENCY · 真题高频词

本篇出现的 95 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。

labor

B1

n. 劳动

本篇8次 · 真题 35 句

image

A2

n. 形象，印象

本篇6次 · 真题 52 句

employee

A2

n. 雇员，员工

本篇5次 · 真题 194 句

workplace

B1

n. 工作场所

本篇5次 · 真题 48 句

author

A2

n. 作者

本篇4次 · 真题 244 句

impact

B2

n. 影响

本篇4次 · 真题 98 句

gender B1

n. 性别 (社会文化意义上的)

本篇4次·真题 71 句

perception C1

n. 看法

本篇4次·真题 19 句

discrimination C1

n. 歧视

本篇4次·真题 11 句

would A1

aux. (will 的过去式) 将要, 会

本篇3次·真题 466 句

researcher B2

n. 研究人员

本篇2次·真题 239 句

less A1

det. 较少的

本篇2次·真题 224 句

tend B1

v. 倾向于, 往往会

本篇2次·真题 137 句

financial B2

adj. 财政的

本篇2次·真题 101 句

finding B2

n. 调查结果

本篇2次·真题 99 句

employer B1

n. 雇主

本篇2次·真题 52 句

harm B1

n. 伤害

本篇2次·真题 44 句

expand B2

v. 扩大;扩展;增长

本篇2次·真题 34 句

protection B1

n. 保护

本篇2次·真题 32 句

related B1

adj. 相关的

本篇2次·真题 28 句

beauty A2

n. 美

本篇2次·真题 22 句

basis B2

n. 基础;根据

本篇2次·真题 21 句

inequality B2

n. 不平等

本篇2次·真题 19 句

penalty B1

n. 处罚

本篇2次·真题 19 句

indicator B2

n. 指示物;指示信号

本篇2次·真题 14 句

pursuit B2

n. 追求

本篇2次·真题 14 句

sample B1

n. 样品

本篇2次·真题 14 句

surgery B1

n. 外科手术

本篇2次·真题 11 句

category B1

n. 类别

本篇2次·真题 10 句

overweight B1

adj. 超重的

本篇2次·真题 10 句

literature B2

n. 文学

本篇2次·真题 9 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

customer A2

n. 顾客, 客户

本篇1次·真题 124 句

affect B1

v. 影响

本篇1次·真题 113 句

diet A2

n. 日常饮食

本篇1次·真题 113 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

type A2

n. 类型

本篇1次·真题 97 句

base A2

n. 基础

本篇1次·真题 95 句

behavior B1

n. 行为

本篇1次·真题 92 句

average A2

adj. 平均的

本篇1次·真题 89 句

mental B1

adj. 精神的

本篇1次·真题 86 句

gain B1

v. 获得;赢得

本篇1次·真题 64 句

pressure B1

n. 心理压力

本篇1次·真题 63 句

reward B1

n. 报酬

本篇1次·真题 56 句

strategy B2

n. 策略

本篇1次·真题 53 句

publish B1

v. 出版, 发行 (书籍、杂志等)

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

boost B2

v. 提高

本篇1次·真题 46 句

loss B1

n. 丧失

本篇1次·真题 46 句

anxiety B2

n. 焦虑

本篇1次·真题 41 句

billion B1

num. 十亿 (1,000,000,000)

本篇1次·真题 41 句

explore B1

v. 探索

本篇1次·真题 40 句

income

B1

n. 收入

本篇1次·真题 39 句

overall

B1

adj. 总体的

本篇1次·真题 39 句

status

B2

n. 地位

本篇1次·真题 39 句

ban

B2

v. 禁止

本篇1次·真题 37 句

female

A2

adj. 女性的

本篇1次·真题 37 句

previous

B1

adj. 先前的

本篇1次·真题 37 句

expectation

B2

n. 期待;预期

本篇1次·真题 34 句

muscle

A2

n. 肌肉

本篇1次·真题 34 句

track

A2

n. 小路

本篇1次·真题 33 句

depression

B2

n. 抑郁症

本篇1次·真题 31 句

outcome

B2

n. 结果

本篇1次·真题 31 句

critical

B2

adj. 批评的

本篇1次·真题 30 句

lifestyle

B1

n. 生活方式

本篇1次·真题 29 句

attempt

B1

v. 试图

本篇1次·真题 24 句

eating

A1

n. 吃

本篇1次·真题 24 句

equal

A2

adj. 相等的

本篇1次·真题 23 句

trait

B2

n. 特征

本篇1次·真题 22 句

closely

B1

adv. 紧密地

本篇1次·真题 21 句

perceive

B2

v. 理解, 领悟 (某事的性质或意义)

本篇1次·真题 21 句

contribution

B2

n. 贡献

本篇1次·真题 20 句

annual

B1

adj. 每年的, 年度的

本篇1次·真题 19 句

appearance

B1

n. 外貌

本篇1次·真题 18 句

combat

B2

n. 战斗

本篇1次·真题 18 句

identity

B2

n. 身份

本篇1次·真题 18 句

mass

B1

n. 大量

本篇1次·真题 17 句

regardless

B2

adv. 不管

本篇1次·真题 17 句

strive

B2

v. 努力, 奋斗, 力求

本篇1次·真题 17 句

wage

B1

n. 工资

本篇1次·真题 16 句

efficient

B2

adj. 效率高的

本篇1次·真题 15 句

imitate

B2

v. 模仿, 仿效(行为、声音、方式等)

本篇1次·真题 15 句

contract

B2

n. 合同

本篇1次·真题 14 句

partly

B1

adv. 部分地

本篇1次·真题 14 句

disorder

B2

n. 疾病

本篇1次·真题 12 句

obese

C1

adj. 肥胖的

本篇1次·真题 12 句

membership

B1

n. 会员资格

本篇1次·真题 11 句

perfection

B2

n. 完美

本篇1次·真题 10 句

undergo

B2

v. 经历, 经受 (尤指艰难、痛苦或变化的过...)

本篇1次·真题 10 句

unhealthy

B1

adj. 有害健康的;不健康的

本篇1次·真题 10 句

index

B1

n. 索引

本篇1次·真题 9 句

teenage

A2

adj. 十几岁的

本篇1次·真题 9 句

advancement

B2

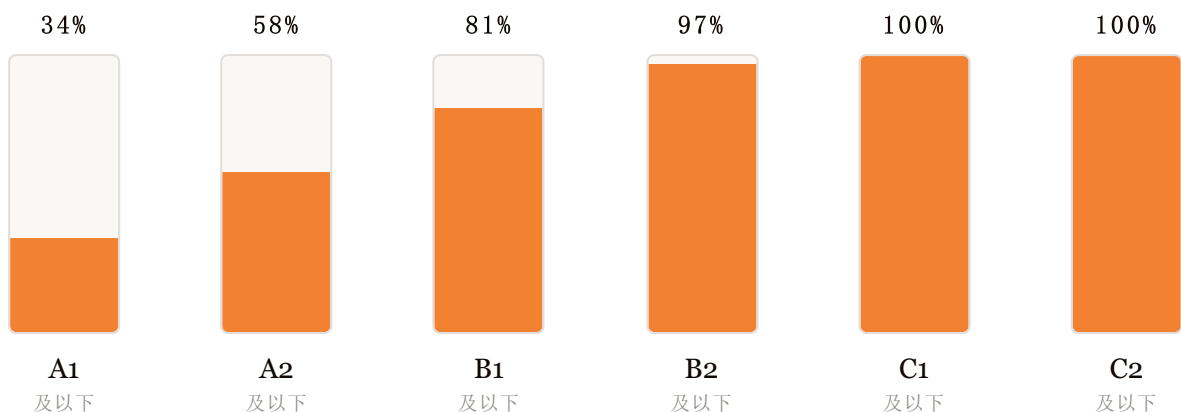
n. 进步

本篇1次·真题 8 句

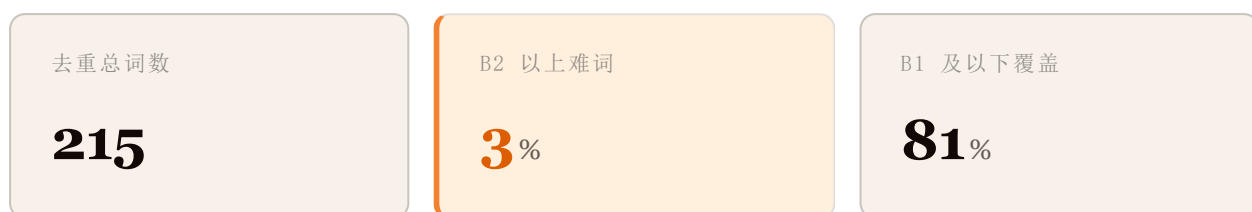
VOCABULARY • 词汇难度分布

全文 215 词按 CEFR 难度累积覆盖

全文去重后共 **215** 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 7 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 215 个 · 末柱为 100%



英语四级 2020年9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9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 • 阅读理解题和解析

阅读理解题和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2020年9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 4 段原文（段首标 P1-P4 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(2020-09) • 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 The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting. You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

工作与生活的平衡已经死了。我这样说,并不是主张你应该放弃追求一份充实的职业生涯和一个蓬勃发展的个人生活,我当然也不是说你必须放弃其中一个才能拥有另一个。我也承认我们确实存在工作与生活的问
题,但我认为平衡这个概念从来都没有帮助,因为它过于局限。你看,我们的语言会产生影响,我们如何称呼事物很重要,因为它影响我们的思维,进而影响我们的行动。

P2 At the minimum, most of us work because we want to be able to support ourselves, our families, and the people around us. In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society. When you separate work and life, it's a little bit harder to make that connection. But when you think of work as part of a

full life and a complete experience, it becomes easier to see that success in one aspect often supports another.

至少,我们大多数人工作是因为我们想要能够养活自己、我们的家人以及我们周围的人。在理想的世界里,我们都在做让自己感到自豪并为自己提供意义和目的的工作。但即使你的工作并不能让你每天都兴奋不已,工作也是我们每个人所做之事以及我们对社会所做贡献的一部分。当你把工作和生活分开时,要建立这种联系就会更加困难。但当你把工作视为完整生活和完整体验的一部分时,就更容易看到在一个方面的成功往往会支持另一个方面。

P3 Losing your balance and falling isn't pleasant. A goal to balance suggests that things could quickly get off balance, and that causes terrible outcomes. It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

失去平衡并摔倒并不愉快。以平衡为目标意味着事情可能很快失去平衡,而这会导致可怕的后果。更具建设性的做法是思考能够随着生活和工作的变化而持续演进的解决方案。与其说是摔倒或失败,不如说你可能会有好日子、更好的日子或不太好的日子。这些变化是正常的,把生活看作是不不断演进和变化的事物,比把它看作一个可能因一步失误而出错的高风险事业更有用。

P4 How we talk to ourselves matters, and how we talk about issues makes a difference. Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.

我们如何与自己对话很重要,我们如何谈论问题会产生影响。让我们埋葬"工作与生活的平衡",以更宏大、更好的视角思考工作与生活的充实,少做一些平衡,多做一些生活。

题目与逐题解析

51. What does the author suggest by saying "The work-life balance is dead"?

- A) The hope of achieving a thriving life is impossible to realize.
- B) The pursuit of a fulfilling career involves personal sacrifice.
- C) The imbalance between work and life simply doesn't exist anymore.
- D) The concept of work-life balance contributes little to a fulfilling life.

作者说"工作与生活的平衡已死"是什么意思?

- A) 实现充实生活的希望是不可能实现的。 B) 追求令人满意的职业需要个人牺牲。
- C) 工作与生活之间的不平衡根本不再存在了。 D) 工作与生活平衡的概念对充实的生活贡献甚微。

【答案】 D (词义句意题)

【判型】 题干用 What does the author suggest by saying 的句式, 直接询问作者说这句话想表达什么, 是典型的句意理解题。

【拆句】 主干是 What does the author suggest, by 引导的方式状语 by saying "The work-life balance is dead" 修饰 suggest, 引号内是宾语从句的内容, 整体平铺直叙, 无陷阱。

【定位】 The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting.

「工作-生活平衡」这个说法已经死了。我说这话不是劝你放弃追求充实的事业和蓬勃的私人生活，更不是说你必须放弃其一才能拥有另一个。我承认我们确实存在工作-生活问题，但我主张「平衡」这个概念从来都没什么用，因为它把人框得太死。

【选项】 A) 把对「概念」的否定偷换成对「目标」的否定

选项说「实现充实人生的希望根本不可能实现」，而作者明确否认了这种解读：I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life——他根本没说目标做不到，只说「平衡」这个词不好用。

B) 无中生有

选项说追求充实事业需要「个人牺牲」，文中通篇没讨论过 sacrifice 或牺牲——作者只是要换掉 balance 的提法，没说追求事业要牺牲生活。

C) 与原文相反

选项说工作和生活的失衡现象不再存在了，作者却紧接着承认 I also acknowledge that we have a work-life problem——他承认问题真实存在，只是反对 balance 这个概念，与选项正相反。

D) ✓ 正确

the concept of balance has never been helpful ↔

The concept of work-life balance contributes little to a fulfilling life

a fulfilling career and a thriving personal life ↔ **a fulfilling life**

The concept of work-life balance contributes little to a fulfilling life 用「贡献甚微」换「从来没帮助」、用「充实人生」概括「事业加私生活」，正是定位句 the concept of balance has never been helpful 的同义改写。

52. What does the author say about our use of language?

- A) It impacts how we think and behave.
- B) It changes with the passage of time.
- C) It reflects how we communicate.
- D) It differs from person to person.

作者关于我们使用语言说了什么？

- A) 它影响我们的思维和行为方式。
- B) 它随着时间的流逝而变化。
- C) 它反映了我们如何沟通。
- D) 它因人而异。

【答案】 A (细节题)

【判型】 题干 What does the author say about our use of language 直接问作者关于某具体对象的明确表述，要求复述原文观点。

【拆句】主干 What does the author say, about 介词短语 about our use of language 限定 say 的内容范围，句式简单。

【定位】You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

你看，我们的语言会造成不同，我们如何称呼事物很重要，因为它影响我们的思维，进而影响我们的行动。

【选项】A) ✓ 正确

it affects our thinking and therefore our actions ↔ **It impacts how we think and behave**

It impacts how we think and behave 同时覆盖「思维」和「行动」两个语义点，与定位句中的因果链完全对应，是定位句的最简同义改写。

B) 无中生有

选项说语言「随时间推移而变化」，原文谈的是语言对思维的影响，从未讨论语言本身的历时演变。

C) 偷换概念

选项说语言「反映」我们如何沟通，定位句说语言「影响」思维和行动——reflect（反映）和 affect（影响）方向相反：一个是被动镜像，一个是主动塑造。

D) 无中生有

选项说语言「因人而异」，原文谈的是语言对所有人的共同效应（影响思维与行动），完全没讨论个体差异。

53. What does the author say we do in an ideal world?

A) We do work that betters the lives of our families and friends.

B) We do work that gives us bursts of joy each new day.

C) We do meaningful work that contributes to society.

D) We do demanding work that brings our capacity into full play.

作者说在理想世界中我们做什么？

A) 我们做改善家人和朋友生活的工作。 B) 我们做每天都给我们带来快乐的工作。

C) 我们做对社会有贡献的有意义的工作。 D) 我们做充分发挥我们能力的高要求工作。

【答案】C（细节题）

【判型】题干 What does the author say we do in an ideal world 限定在 ideal world 这一条件下询问具体做法，是单点细节复述。

【拆句】主干 What does the author say we do, we do 是宾语从句省略 that, in an ideal world 是地点状语；句式直白。

【定位】 In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society.

在理想世界里，我们都在做让自己自豪、能为我们提供意义与目的的工作。但即便你的工作不会让你每天都因喜悦而颤抖，工作仍是我们每个人所做的事情之一，是我们对社会做出的贡献。

【选项】 A) 偷换概念

选项说工作让「家人与朋友」的生活变得更好，原文说的是 the contribution we make to society——贡献对象是「社会」，不是「家人与朋友」；且 support ... our families, and the people around us 是讲「养活」，不是「理想世界中的工作内容」。

B) 与原文相反

原文 even if your job doesn't give you shivers of joy each new day 用 even if 引导让步：即便工作不带来 shivers of joy，工作也仍是贡献——意味着作者承认「很多人的工作并不带来 shivers of joy」，选项却把「带来 shivers of joy」说成「理想世界的状态」，与原文意图相反。

C) ✓ 正确

provides meaning and purpose to us ↔ **meaningful work**
the contribution we make to society ↔ **contributes to society**

We do meaningful work that contributes to society 同时打中「有意义的工作」和「对社会有贡献」两个语义点，与定位句两层并列对应。

D) 无中生有

选项说「做让我们能力全开的高难度工作」，原文谈的是工作的「意义、目的、对社会贡献」，从未涉及工作难度或能力发挥维度。

54. What does the author say about life?

- A) It is cyclical.
- B) It is dynamic.
- C) It is fulfilling.
- D) It is risky.

作者关于生活说了什么？

A) 它是循环的。 B) 它是动态的。 C) 它是充实的。 D) 它是有风险的。

【答案】 B (细节题)

【判型】 What does the author say about life 与第 52 题同款句式，问作者对 life 这个对象的明确陈述。

【拆句】 What does the author say about life 一句话主谓宾齐全，无从句、无否定，无陷阱。

【定位】 These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

这些变化都是正常的，把人生看作不断演变、不断变化的事物，比把它看成「一步错就全盘崩」的高风险事业更有益。

【选项】 A) 偷换概念

选项说生活是「循环往复」的，原文说的是「不断演变与变化」——演变是单向推进，循环是周期回到原点，两者方向不同。

B) ✓ 正确

ever evolving and changing ↔ It is dynamic

These variations are normal ↔ It is dynamic

It is dynamic 用「动态的」一词总括了原文 ever evolving、changing、variations 等同一语义场词汇，符合作者对 life 的定性。

C) 张冠李戴

选项说生活是「充实的」——但原文 provides meaning and purpose 修饰的是 work，不是 life；本题问的是作者对 life 的看法。

D) 与原文相反

选项说生活是「有风险的」，但原文 rather than a high-risk enterprise where things could go wrong with one misstep 中的 rather than（而不是）正是要否定「高风险」这种看法——作者主张的恰恰是 life 不是 high-risk。

55. What does the author advise us to do?

- A) Make life as simple as possible.
- B) Talk about balance in simpler terms.
- C) Balance life and work in a new way.
- D) Strive for a more fulfilling life.

作者建议我们做什么？

- A) 让生活尽可能简单。
- B) 用更简单的方式谈论平衡。
- C) 以一种新的方式平衡生活和工作。
- D) 追求更充实的生活。

【答案】 D (主旨题)

【判型】 What does the author advise us to do 不指向某段细节，而问作者贯穿全文给读者的最终主张，落在末段总结句，本质是主旨或态度类问题。

【拆句】 What does the author advise us to do, 主干 the author advise us, to do 是不定式宾语补足语，结构平直。

【选项】 A) 无中生有

选项说让生活「尽可能简单」，原文从未谈过 simple 或 simplicity——作者主张的是「更宏大美好的 fulfillment」，与「简化」无关。

B) 以偏概全

选项把作者的呼吁缩到「用更简单的措辞谈论 balance」，但作者主张的是「抛弃 balance、转向 fulfillment」，不是「换种说法继续谈 balance」。

C) 与原文相反

选项说「用新方式平衡工作与生活」，但作者末段明确 Let's bury "work-life balance"——要埋葬 balance，而不是用新方式继续 balance。

D) ✓ 正确

think bigger and better about work-life fulfillment ↔ **Strive for a more fulfilling life**
a lot more living ↔ **a more fulfilling life**

Strive for a more fulfilling life 用 strive for 对接末段 think bigger and better about, 用 a more fulfilling life 对接 work-life fulfillment 加 a lot more living——选项准确覆盖全文呼吁的两个核心词 fulfillment 与 living。

SENTENCE INSIGHTS • 句子精讲

5 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。

By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other.

第1段，第2句

高度典型的并列 + 宾语从句结构，在四六级和考研真题中频繁出现。“主句 + that 宾语从句”的组合是议论文和说明文的常用句式，“and”连接并列主句也是长难句的常见扩展方式。掌握本句的分析方法后，学生可大量复用到类似结构的句子中。

You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

第1段，第4句

主语从句结构（“how we refer to things matters”）和原因状语从句结构都是考研、四六级阅读中的高频句式，并且全句展示了并列主句的典型用法。掌握后可以迁移到大量类似句子，代表性强。

These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

第3段，第5句

覆盖主系表结构、形式主语、定语从句、并列谓语、状语等多种成分，且第二主句的 "it" 作形式主语容易被误判为真正主语，"go wrong" 的表语识别和 "with one misstep" 的状语作用都是常见易错点

How we talk to ourselves matters, and how we talk about issues makes a difference.

第4段，第1句

主语从句作主语 + 简单谓语 ("matters") 或谓语 + 宾语 ("makes a difference") 的结构，在四六级和考研阅读中高频出现。并列句式也是常考句型。掌握本句的分析方法可直接迁移到大量类似句子。

Make life as simple as possible.

第55题，A

祈使句是四六级和考研真题中常见的句式，尤其在议论文开头或结尾提出建议时频繁出现。"Make + 宾语 + 形容词补语"的使役结构也是高频考点，学习此句型可迁移到大量类似表达。

HIGH-FREQUENCY • 真题高频词

本篇出现的 42 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。

balance

B1

n. 平衡

本篇 10 次 · 真题 55 句

author

A2

n. 作者

本篇 5 次 · 真题 244 句

better A1

adj. 更好的 (good 的比较级)

本篇2次 · 真题 139 句

career B1

n. 职业

本篇2次 · 真题 119 句

support A2

v. 支持

本篇2次 · 真题 118 句

contribute B1

v. 捐献

本篇2次 · 真题 74 句

concept B2

n. 概念

本篇2次 · 真题 38 句

ideal B2

adj. 理想的

本篇2次 · 真题 20 句

evolve B2

v. 逐渐发展;进化

本篇2次 · 真题 17 句

pursuit B2

n. 追求

本篇2次 · 真题 14 句

less A1

det. 较少的

本篇1次 · 真题 224 句

affect B1

v. 影响

本篇1次 · 真题 113 句

impact B2

n. 影响

本篇1次 · 真题 98 句

simply B1

adv. 仅仅, 只不过

本篇1次 · 真题 90 句

issue B1

n. 问题

本篇1次 · 真题 83 句

involve B1

v. 包含

本篇1次 · 真题 65 句

connection B1

n. 联系

本篇1次 · 真题 61 句

argue B1

v. 争论

本篇1次 · 真题 58 句

wrong A2

adj. 错误的

本篇1次 · 真题 54 句

realize B1

v. 意识到, 认识到

本篇1次 · 真题 50 句

shift B1

v. 移动

本篇1次 · 真题 49 句

exist A2

v. 存在;实际上有

本篇1次 · 真题 46 句

thinking A2

n. 思考

本篇1次 · 真题 40 句

reflect B1

v. 反映, 显示

本篇1次 · 真题 39 句

working A2

adj. 有工作的

本篇1次 · 真题 39 句

quickly A2

adv. 快速地

本篇1次 · 真题 38 句

solution B1

n. 解决办法

本篇1次 · 真题 38 句

outcome B2

n. 结果

本篇1次 · 真题 31 句

differ B1

v. 不同, 有区别

本篇1次 · 真题 30 句

definitely B1

adv. 肯定地

本篇1次 · 真题 25 句

meaningful B2

adj. 有意义的

本篇1次 · 真题 24 句

aspect B2

n. 方面

本篇1次 · 真题 22 句

behave B1

v. 表现, 举止

本篇1次 · 真题 21 句

advocate B2

v. 拥护

本篇1次 · 真题 20 句

contribution

B2

n. 贡献

本篇1次 · 真题 20 句

capacity

B2

n. 容量

本篇1次 · 真题 18 句

acknowledge

B2

v. 承认 (事实、错误等)

本篇1次 · 真题 17 句

strive

B2

v. 努力, 奋斗, 力求

本篇1次 · 真题 17 句

therefore

B1

adv. 因此, 所以

本篇1次 · 真题 16 句

fulfill

B2

v. 履行、执行 (承诺、义务、职责等)

本篇1次 · 真题 10 句

anymore

A2

adv. (不) 再

本篇1次 · 真题 8 句

bury

B1

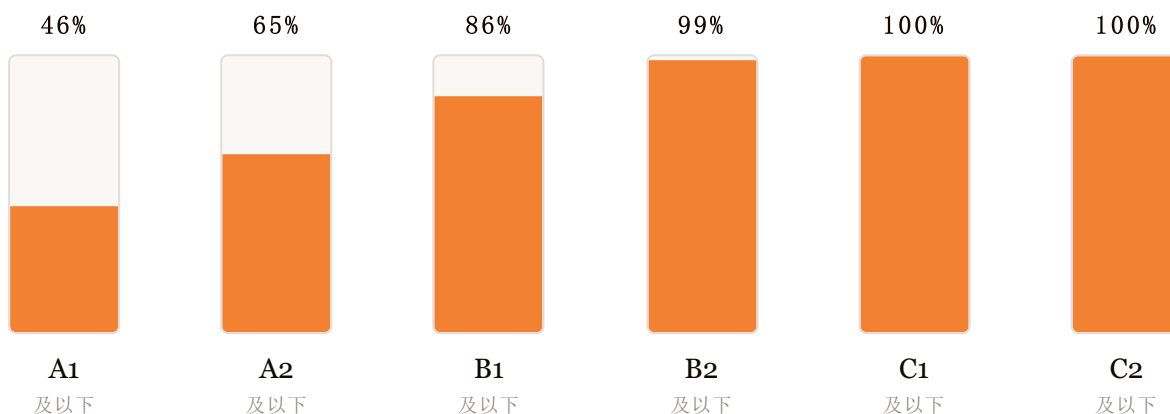
v. 埋葬, 安葬

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 163 词按 CEFR 难度累积覆盖

全文去重后共 **163** 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 2 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 163 个 · 末柱为 100%

去重总词数

163

B2 以上难词

1%

B1 及以下覆盖

86%



英语四级 2020年9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）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2020年9月·第1套英语四级汉译英（段落翻译）·介绍中国名酒茅台 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9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(2020-09) • 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**.

茅台(Moutai)是中国最有名的白酒，在新中国成立前夕，被选为国宴用酒。据说赤水沿岸的村民四千年前就开始酿造茅台。在西汉时期，那里的人们生产出了高质量的茅台，并把它献给皇帝。自唐朝开始，这种地方酒通过海上丝绸之路运往海外。茅台味道柔和，有一种特殊的香味；适量饮用可以帮助缓解疲劳，有镇静作用，因而广受国内外消费者的喜爱。

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。

Moutai is the most famous Chinese liquor, and on the eve of the founding of the People's Republic of China, it was selected as the official drink for state banquets. It is said that villagers along the Chishui River began to brew Moutai four thousand years ago. During the Western Han Dynasty, the local people produced high-quality Moutai and presented it to the emperor. Starting from the Tang Dynasty, this local liquor was shipped overseas via the Maritime Silk Road. Moutai has a mellow taste and a unique fragrance; when consumed in moderation, it can help relieve fatigue and has a calming effect, and thus it is very popular with consumers both at home and abroad.

【衔接】句1→句2 补时间承接

句1 讲茅台的当代地位与近现代历史（新中国成立前夕），句2 一下跳到 四千年前，跨度极大；英文承接时可在句2 开头加 In fact 或 Actually 提示「这其实由来已久」，让读者跟得上时间跳跃；也可保留原状但句2 用 It is said that 句首本身已起到引出新话题的作用，本定稿采用后者。

句2→句3 时间链条递进

句2「四千年前」、句3 在西汉时期、句4 自唐朝开始 形成清晰的历史时间链。英文译稿把时间状语都放在句首（four thousand years ago / During the Western Han Dynasty / Starting from the Tang Dynasty），自然形成「时间线索贯穿」的衔接效果，不必额外加 then / later。

句4→句3 用代词承接避免重复

句3 已经出现 Moutai 和「高质量的茅台」，句4 中文用 这种地方酒 换种说法承接，英文照译为 this local liquor，既避免连续三句都用 Moutai 重复、又呼应「地方酒」的产地属性，是英文常用的「同义替换避免重复」手法。

句5 内部因果显化

句5 中 因而广受国内外消费者的喜爱 的「因而」是结果关联词，英文必须用 thus / therefore / and so 显化出来，不能丢掉。本定稿用 and thus 把前后两个语段的因果摆到台面，符合英文形合的明示逻辑习惯。

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】介绍中国名酒茅台

整段是对一种中国文化产品的客观介绍——开篇直接定性 茅台(Moutai)是中国最有名的白酒，随后铺陈它的历史渊源、产地工艺、风味与功效，属典型的「中国文化/特产介绍」语体，行文以客观陈述事实为主、不带强烈个人立场。

【时态】一般现在时

全段主体是在客观介绍茅台「是什么、有什么特点」，开篇 茅台(Moutai)是中国最有名的白酒 与篇末 茅台味道柔和，有一种特殊的香味 都是当下普遍成立的事实——这类「介绍/说明类」语体英文默认用一般现在时；只有讲到具体历史事件（新中国成立前夕被选为国宴用酒、四千年前开始酿造、西汉生产并进贡、唐朝起经海上丝绸之路外运）才偏离基调改用一般过去时，其余一律回到现在时。

【译法】茅台

统一译作 Moutai——原文 茅台(Moutai) 已用括号给出官方音译，全篇凡指这种酒一律用 Moutai，不要改用 Maotai 或 Moutai liquor 之类的不同写法，保持前后一致。

白酒

统一译作 Chinese liquor (或 Chinese spirit) ——白酒不是 white wine (wine 指葡萄酒)，是中国特有的高度蒸馏酒，中国最有名的白酒 中的「白酒」译为 Chinese liquor 更准确；全篇统一用这一译法。

国宴用酒

统一译作 the official drink for state banquets——被选为国宴用酒 中「国宴」是 state banquet (国家级宴会)，「国宴用酒」即国家正式宴会上指定使用的酒。

赤水

统一译作 the Chishui River——赤水沿岸的村民 中的「赤水」是河名，按汉语拼音音译加上 River 作类名提示，全篇统一这一写法。

西汉

统一译作 the Western Han Dynasty——在西汉时期 是中国朝代名，按约定俗成译法处理；与下文 Tang Dynasty 配套。

唐朝

统一译作 the Tang Dynasty——自唐朝开始 是中国朝代名，固定译法，首字母大写，前加定冠词 the。

海上丝绸之路

统一译作 the Maritime Silk Road——海上丝绸之路 是历史专名，约定俗成译法，首字母大写，前加定冠词 the。

1. 茅台(Moutai)是中国最有名的白酒，在新中国成立前夕，被选为国宴用酒。

【主干】茅台作主语 + 两个并列谓语 (主语策略：原句主语)

中文 茅台(Moutai)是中国最有名的白酒，在新中国成立前夕，被选为国宴用酒 里「茅台」是全句共用的主语，后面挂着两件事——「是...白酒」「被选为...用酒」。英文主干以 Moutai 作主语，配两个并列谓语：is the most famous Chinese liquor (系表结构) + was selected as the official drink for state banquets (被动结构)，中间用 and 连接。

【降级】时间状语前置 + 被动结构

在新中国成立前夕 是时间状语，安到第二个谓语前面，处理成 on the eve of the founding of the People's Republic of China; 被选为国宴用酒 中文已是被动义，直接用英文被动 was selected as..., 不要照中文字面写成 people selected it。整句结构：Moutai is ..., and on the eve of ..., it was selected as...。

【语法】时态

「是中国最有名的白酒」回指全篇基调一般现在时——用 is；「在新中国成立前夕被选为国宴用酒」是发生在过去的具体历史事件，偏离基调改用一般过去时被动 was selected。一句之内两个时态并存，因为讲的是两件不同时间维度的事。

冠词

「最有名的白酒」是最高级，英文最高级前必须加 the——the most famous Chinese liquor；「国宴用酒」特指国宴上指定的那种酒，用 the official drink；state banquets 因泛指各种国宴场合用复数无冠词。

用词

「白酒」不能译成 white wine (wine 指葡萄酒)，按 glossary 统一译成 Chinese liquor；「新中国成立」指中华人民共和国成立，译为 the founding of the People's Republic of China，不要简化成 New China is established。

【译文】 Moutai is the most famous Chinese liquor, and on the eve of the founding of the People's Republic of China, it was selected as the official drink for state banquets.

2. 据说赤水沿岸的村民四千年前就开始酿造茅台。

【主干】 It is said that 引导转述 (主语策略：形式主语 it)

据说赤水沿岸的村民四千年前就开始酿造茅台 开头的「据说」是无明确施事的转述语，英文标准做法是用形式主语 it: It is said that..., 真正的内容放到 that 从句里。从句主干是 villagers (along the Chishui River) began to brew Moutai。

【降级】「赤水沿岸的」后置定语 + 时间状语

中文 赤水沿岸的村民 里「赤水沿岸的」修饰「村民」，英文不要堆在 villagers 前面写成 the Chishui River-side villagers，改为后置介词短语 villagers along the Chishui River，更地道；四千年前 是过去时间状语，英文用 four thousand years ago，放在谓语后即可。

【语法】时态

「据说」本身是当前普遍流传的说法，用一般现在时 is said；从句「四千年前就开始酿造」是发生在过去的动作，用一般过去时 began；这是「主句现在、从句过去」的时态错位，因 four thousand years ago 是明确的过去时间标志，必须用过去时。

单复数

「村民」不是一个人而是一群人，用复数 villagers，相应谓语 began (过去时与单复数无关，但若改用现在时需是 begin)。

搭配

「开始酿造」用 began to brew 或 started brewing 均可；「酿造(酒)」专门动词是 brew (啤酒/烈酒均可) 或 make，不要用 produce (偏工业化生产)。「四千年前」译为 four thousand years ago，注意 thousand 在确切数字前不加 s。

【译文】 It is said that villagers along the Chishui River began to brew Moutai four thousand years ago.

3. 在西汉时期，那里的人们生产出了高质量的茅台，并把它献给皇帝。

【主干】 people 作主语 + 两个并列谓语 (主语策略：原句主语)

那里的人们生产出了高质量的茅台，并把它献给皇帝 里「那里的人们」是明确主语 the local people / people there, 后面挂两个共主语的动作「生产出」「献给」，英文用并列谓语 produced ... and presented it to the emperor。

【降级】 时间状语前置 + 「把...献给...」译成 present sth to sb

在西汉时期 译为 During the Western Han Dynasty, 时间状语放句首；把它献给皇帝 是「把字句」，英文转成「present + 直接宾语 + to + 间接宾语」结构：presented it to the emperor, 不要照字面写成 give it the emperor (缺介词) 或 gift it (gift 作动词不正式)。

【语法】 时态

全句讲的是西汉时期发生的历史事件，回到一般过去时——produced、presented 均用过去式，偏离全篇现在时基调。

冠词

「皇帝」特指当时在位的那位皇帝，用 the emperor (定冠词)；「高质量的茅台」中 Moutai 是专名不需冠词，high-quality 作前置定语直接修饰即可。

用词

「献给」是把贡品献给君主，最贴切的动词是 present (庄重、表「呈献」) 或 offer (呈给)；不要用 give (过于口语) 或 contribute (贡献给集体)。「高质量的」用 high-quality 作前置定语，比 with high quality 简洁。

【译文】 During the Western Han Dynasty, the local people produced high-quality Moutai and presented it to the emperor.

4. 自唐朝开始，这种地方酒通过海上丝绸之路运往海外。

【主干】 this local liquor 作主语走被动 (主语策略：转被动)

这种地方酒通过海上丝绸之路运往海外 中文表面无明确施事 (没说「谁」运)，动作「运往」的承受者是「这种地方酒」，英文走被动结构：this local liquor was shipped / transported overseas, 让承受者作主语。

【降级】 时间状语前置 + 方式状语「通过...」译为介词短语

自唐朝开始 译为 Starting from the Tang Dynasty 或 Since the Tang Dynasty 放句首作时间状语；通过海上丝绸之路 是方式状语，译为 via / through the Maritime Silk Road, 介词短语形式紧跟谓语；运往海外 中「海外」用副词 overseas 或 abroad。

【语法】时态

句子讲的是从唐朝开始的历史现象，整体是过去事件，用一般过去时被动 was shipped；偏离全篇现在时基调。注意不要因为「自...开始」就误用现在完成时 has been shipped——后者要求动作延续到现在，本句无此暗示。

语态

本句必须用被动语态 (was shipped)，因为中文没点出施事方，英文若硬补 people shipped it 会显得多余。被动结构 be + 过去分词，主语和过去分词不存在主谓一致问题，但主语单复数决定 be 动词形式——this local liquor 是单数，用 was。

冠词

「这种地方酒」用 this local liquor，this 已限定就不再加 the；「海上丝绸之路」是专名，按 glossary 译为 the Maritime Silk Road，定冠词 the 必须加。

【译文】 Starting from the Tang Dynasty, this local liquor was shipped overseas via the Maritime Silk Road.

5. 茅台味道柔和，有一种特殊的香味；适量饮用可以帮助缓解疲劳，有镇静作用，因而广受国内外消费者的喜爱。

【主干】 Moutai 贯穿全句作主语 + 多组并列谓语（主语策略：原句主语）

本句中文以分号切成两个语段，但都在讲 茅台 这同一个主语：前段两个谓语「味道柔和」「有一种特殊的香味」；后段三个谓语「（适量饮用）可以帮助缓解疲劳」「有镇静作用」「广受...喜爱」。英文以 Moutai 作主语，用并列谓语与从句把这些信息有层次地挂上去，不切成五个小短句。

【降级】 前段并列谓语 + 后段「适量饮用」改条件状语 + 因果用 thus 连接

前段 味道柔和，有一种特殊的香味 用 has a mellow taste and a unique fragrance 合并；适量饮用可以帮助缓解疲劳，有镇静作用 中「适量饮用」是隐含条件，转成 when consumed in moderation（过去分词短语作条件状语），主句仍以 Moutai 为主语：Moutai can help relieve fatigue and has a calming effect；因而广受国内外消费者的喜爱 是结果，用 thus / and therefore 引出，避免照字面写成 because of this it is loved by...

【语法】时态

本句讲的是茅台至今普遍成立的特征与功效，回到全篇基调一般现在时——has、can help、is loved 全部用现在时形式。注意是 is loved（被动现在时），不是 was loved。

语态

「广受...喜爱」是典型被动义：动作承受者是茅台、施事是消费者，英文用 is loved by / is popular with（更地道）/ is favored by 都行，本译稿用 is popular with...更地道自然。

搭配

「味道柔和」用 mellow taste（mellow 专指口感柔和醇厚）；「特殊的香味」用 unique fragrance（fragrance 比 smell 正式、专指好闻的香气）；「缓解疲劳」是 relieve fatigue（固定搭配）；「镇静作用」是 a calming effect（不可数概念前加不定冠词 a，因前面有形容词修饰）；「适量饮用」是 in moderation 或 moderately。

单复数

「国内外消费者」是复数，consumers 加 s；「国内外」用 both at home and abroad 或 domestic and foreign 修饰 consumers，前者更口语化、后者更书面，本译稿用 both at home and abroad。

【译文】 Moutai has a mellow taste and a unique fragrance; when consumed in moderation, it can help relieve fatigue and has a calming effect, and thus it is very popular with consumers both at home and abroad.

英语四级 2020年9月·第1套 · 全卷构成

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