

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

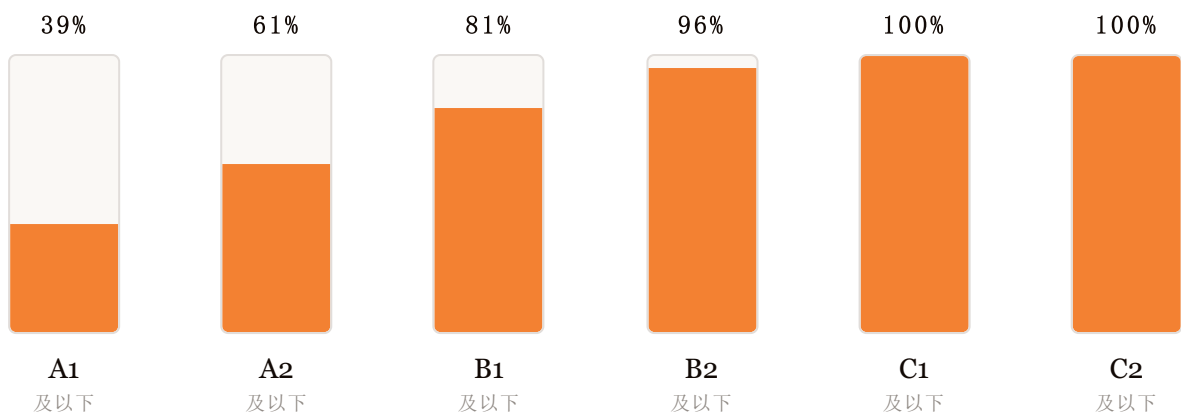
v. 开 (药)

本篇1次 · 真题 8 句

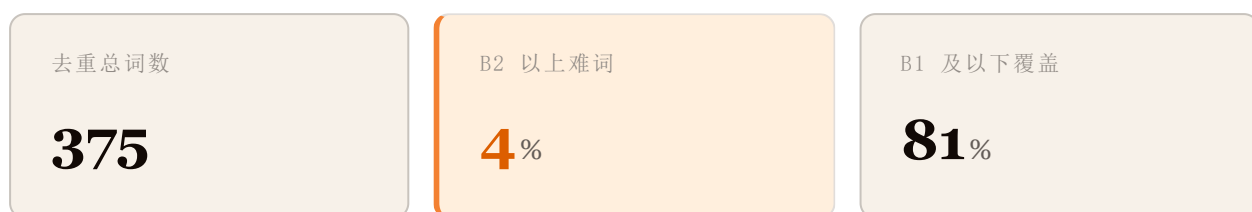
VOCABULARY • 词汇难度分布

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 →