

2025年6月·第2套 英语四级长篇阅读（信息匹配） 第1篇·36-45 题 答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2025年6月·第2套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 11 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第2套(2025-06) · 英语四级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Is juicing actually good for you?

A) Freshly juiced fruit has become a basic dietary item—especially for busy, health-conscious consumers who can save time on making (and perhaps even chewing) their food without missing out on nutrients. Fruit juice also has been linked to claims that it can help you both lose weight and stay healthy. All of which, of course, has made it highly profitable. The global fruit and vegetable juices market was valued at \$154 billion in 2016 and is expected to grow.

鲜榨果汁已成为一种基本的膳食食品——尤其是对于忙碌、注重健康的消费者而言,他们可以节省制作(甚至咀嚼)食物的时间,同时又不会错过营养。果汁还与有助于减肥和保持健康的说法联系在一起。所有这些当然使其极具盈利性。2016年全球水果和蔬菜汁市场价值为1540亿美元,预计还将增长。

B) But is juicing really as healthy as we think? Most foods containing fructose—a naturally occurring sugar found in all fruits and fruit juices—don't seem to have harmful effects as long as they're not contributing to excess daily calories. This is because the fibre found in whole fruits is intact, and the sugar is contained within the fruit's cells. It takes our digestive system a while to break these cells down and for fructose to enter the bloodstream.

但榨汁真的像我们认为的那样健康吗?大多数含有果糖的食物——一种天然存在于所有水果和果汁中的糖——只要不导致每日卡路里过量,似乎就没有有害影响。这是因为完整水果中的纤维是完好的,糖被包含在水果的细胞内。我们的消化系统需要一段时间来分解这些细胞,果糖才能进入血液。

C) But this is not the case with fruit juice. Unlike whole fruit, fruit juice has most of the fibre removed. This is why the fructose in fruit juices counts as 'free sugars'—which also include honey and the sugars added to foods. It's recommended by the World Health Organisation that adults have no more

than 30g of added sugar, the equivalent of 150ml of fruit juice, per day. The problem is that, with the fibre removed, fruit juice's fructose is absorbed more quickly. Sudden increases in blood sugar cause the release of insulin(胰岛素) to bring it back down to a stable level. Over time, this mechanism can wear out, increasing the risk of developing type 2 diabetes. In 2013, researchers analysed the health data of 100,000 people collected between 1986 and 2009 and found that fruit juice consumption was linked with increased risk of type 2 diabetes. Another study found a relationship between fruit juice and type 2 diabetes after following the diets and diabetes status of more than 70,000 nurses over 18 years. The researchers explain that the possible reason for this may partly have been the lack of the other components found in whole fruit, like fibre.

但果汁的情况并非如此。与完整水果不同,果汁已去除了大部分纤维。这就是为什么果汁中的果糖被算作"游离糖"——其中还包括蜂蜜和添加到食品中的糖。世界卫生组织建议成年人每天摄入的添加糖不超过30克,相当于150毫升果汁。问题在于,去除纤维后,果汁中的果糖被更快地吸收。血糖的突然升高会导致胰岛素释放,使其降回稳定水平。随着时间的推移,这种机制可能会失效,增加患2型糖尿病的风险。2013年,研究人员分析了1986年至2009年间收集的10万人的健康数据,发现饮用果汁与2型糖尿病风险增加有关。另一项研究在跟踪超过7万名护士18年的饮食和糖尿病状况后,发现了果汁与2型糖尿病之间的关系。研究人员解释说,造成这种情况的可能原因可能部分在于缺乏完整水果中的其他成分,如纤维。

- D) Juices containing vegetables can provide more nutrients and less sugar than juices made up of just fruit—but they still lack valuable fibre. Diets high in fibre have been linked to a lower risk of developing heart disease, stroke, high blood pressure and diabetes, and it's recommended adults consume 30g per day.

含有蔬菜的果汁可以提供比纯水果汁更多的营养和更少的糖——但它们仍然缺乏宝贵的纤维。高纤维饮食与降低患心脏病、中风、高血压和糖尿病的风险有关,建议成年人每天摄入30克。

- E) Aside from the link to type 2 diabetes, many studies agree that fruit juice is harmful if it contributes to an excess in calories. In an analysis of 155 studies, John Sievenpiper, associate professor at the University of Toronto's Department of Nutritional Sciences, set out to understand if the associations between sugary soft drinks and health—including risk of diabetes and heart disease—were applicable to the food and drink we generally consume as part of a healthy diet. He compared studies looking into the effects of fructose-containing sugars with control diets free from or lower in these sugars. His aim? To isolate the effects of consuming too many calories from the effects of foods containing different sugars.

除了与2型糖尿病的关联外,许多研究都认为,如果果汁导致卡路里过量,它就是有害的。在对155项研究的分析中,多伦多大学营养科学系副教授John Sievenpiper着手了解含糖软饮料与健康之间的关联——包括糖尿病和心脏病风险——是否适用于我们通常作为健康饮食一部分而摄入的食物和饮料。他比较了研究含果糖类影响的研究与不含或较少含这些糖类的对照饮食。他的目的?将摄入过多卡路里的影响与含有不同糖类的食物的影响分离开来。

- F) He found negative effects on blood sugar and insulin levels when food provided excess calories from sugars, including fruit juice. However, when the calories weren't in excess overall, there were some advantages to consuming whole fruit—and even fruit juice. Sievenpiper concludes that the recommended 150ml of fruit juice per day, which is an average serving, is reasonable. The paper concluded that foods containing fructose may have some small benefits for long-term blood sugar

control when they don't lead to over-consumption of calories. But when they do lead to too many calories, they risk raising blood sugar and insulin levels.

他发现,当食物提供来自糖(包括果汁)的过量卡路里时,会对血糖和胰岛素水平产生负面影响。然而,当卡路里总体上没有过量时,摄入完整水果——甚至果汁——有一些好处。Sievenpiper得出结论,推荐的每天150毫升果汁(这是平均份量)是合理的。该论文得出结论,当含果糖的食物不导致卡路里过度摄入时,可能对长期血糖控制有一些小的益处。但当它们确实导致过多卡路里时,就有升高血糖和胰岛素水平的风险。

- G) So while we know that fruit juice can cause diabetes if it's part of a diet that has more calories overall, it's less clear how juice affects the long-term health of those who aren't overweight. But we have a higher risk of consuming more than the recommended daily number of calories (around 2,000 for women and 2,500 for men) on the days we drink juice, according to research. Numerous studies have shown that drinking fruit juice doesn't make us consume any less of other foods throughout the day.

因此,虽然我们知道如果果汁是整体卡路里过多的饮食的一部分,它可能导致糖尿病,但对于那些不超重的人,果汁如何影响其长期健康就不太清楚了。但根据研究,在我们喝果汁的日子里,我们摄入超过建议的每日卡路里数(女性约2000,男性约2500)的风险更高。大量研究表明,喝果汁并不会让我们全天减少其他食物的摄入。

- H) As it is easy to consume large amounts of fruit juice quite quickly, extra calories are taken in. And extra calories can contribute to weight gain. One way we can improve the effects of fruit juice on our health is making sure we select ripe fruit to retain as much of its goodness as possible, according to Roger Clemens, professor of pharmaceutical(药物的) sciences at the University of Southern California.

由于很容易快速摄入大量果汁,就会摄入额外的卡路里。而额外的卡路里会导致体重增加。南加州大学药物科学教授Roger Clemens表示,我们可以通过确保选择成熟的水果来尽可能保留其营养价值,从而改善果汁对我们健康的影响。

- I) Another reason for fruit juice's recent popularity is the argument that it can help to remove poisonous or harmful substances from the body. However, "the whole concept of a juice diet helping to remove poisonous or harmful substances from the body is completely false," says Clemens. "We consume compounds every day that may be poisonous and our bodies do a wonderful job of removing and eliminating anything harmful from our bodies."

果汁最近流行的另一个原因是,它可以帮助清除体内有毒或有害物质的说法。然而,"果汁饮食有助于清除体内有毒或有害物质的整个概念是完全错误的,"Clemens说。"我们每天都会摄入可能有毒的化合物,而我们的身体在清除和排出体内任何有害物质方面做得非常好。"

- J) And juice isn't a cure-all for getting your nutrients, either. "There are a lot of nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them," says Heather Ferris, a professor of medicine. "You end up with sugary water with some vitamins."

果汁也不是获取营养的万能药。医学教授Heather Ferris说:"水果的某些部分含有大量营养成分,比如苹果皮,但当你榨汁时这些部分被排除在外了。""你最终得到的是含有一些维生素的糖水。"

- K) Plus, she adds, it's not an ideal way to reach the advised 'five a day'. "People try to get five servings of fruit and vegetables per day and don't realise this isn't just about getting vitamins," she says. "It's also about reducing the amount of grain carbs(碳水化合物) and protein and fats in our diet, and

increasing fibre." So while fruit juice is better than no fruit at all, there are limits. It particularly comes with risks when we consume more than 150ml of free sugars per day, or when it puts us over our recommended calorie intake. It provides us with vitamins—but fruit juice is far from a quick fix. 此外,她补充说,这不是达到建议的"每天五份"的理想方式。"人们试图每天摄入五份水果和蔬菜,却没有意识到这不仅仅是为了获取维生素,"她说。"这也是为了减少我们饮食中谷物碳水化合物、蛋白质和脂肪的量,并增加纤维。"因此,虽然果汁总比完全不吃水果好,但也有其局限性。特别是当我们每天摄入超过150毫升游离糖,或当它使我们超过建议的卡路里摄入量时,就会带来风险。它为我们提供维生素——但果汁远非速效药。

陈述句与逐句解析

36. Fruit juice is different from whole fruit in that it contains much less fibre.

果汁与完整水果的不同之处在于它含有的纤维要少得多。

【答案】 C 段 (强锚点)

【锚点】 果汁与整果在纤维含量上的差异

【定位】 Unlike whole fruit, fruit juice has most of the fibre removed.

与整果不同, 果汁中绝大部分纤维已被去除。

【改写】 Fruit juice is different from whole fruit ↔ Unlike whole fruit, fruit juice

different from 与 Unlike 是同义

it contains much less fibre ↔ has most of the fibre removed

含量少 用 被移除 反向表达

【辨邻】 B 段虽出现 the fibre found in whole fruits is intact, 但角度是 整果纤维完好, 并未直接陈述果汁的纤维去除, 与题干 Fruit juice ... contains much less fibre 的主语不一致。

the fibre found in whole fruits is intact

D 段重心是 Diets high in fibre have been linked to a lower risk of developing heart disease, 而非陈述 Fruit juice is different from whole fruit 这一对比关系。

they still lack valuable fibre

37. Some people believe a juice diet helps to rid our body of harmful or poisonous substances.

有些人认为果汁饮食有助于清除我们身体中的有害或有毒物质。

【答案】 I 段 (强锚点)

【锚点】 果汁排毒说法

【定位】 Another reason for fruit juice's recent popularity is the argument that it can help to remove poisonous or harmful substances from the body.

果汁近期流行的另一原因是有说法称它能帮助清除体内的有毒或有害物质。

【改写】 Some people believe ↔ **the argument that**

信念视角的不同表达

a juice diet helps to rid our body of harmful or poisonous substances ↔

it can help to remove poisonous or harmful substances from the body

rid 与 remove 同义

【辨邻】 **K** K 段说的是 fruit juice is far from a quick fix, 与排毒说法无关, 仅在 果汁被高估 的大话题上相邻。

fruit juice is far from a quick fix

38. A lot of research comes to the same conclusion that fruit juice does harm to the human body when it leads to surplus calories.

大量研究得出相同的结论, 即当果汁导致过剩热量时会对人体造成伤害。

【答案】 **E** 段 (强锚点)

【锚点】 多项研究指向热量过剩时果汁有害

【定位】 Aside from the link to type 2 diabetes, many studies agree that fruit juice is harmful if it contributes to an excess in calories.

除了与二型糖尿病的关联之外, 许多研究一致认为, 当果汁导致热量过剩时它就是有害的。

【改写】 A lot of research comes to the same conclusion ↔ **many studies agree**

得出相同结论 与 一致同意

fruit juice does harm to the human body ↔ **fruit juice is harmful**

动词短语 与 形容词谓语句

when it leads to surplus calories ↔ **if it contributes to an excess in calories**

leads to 与 contributes to 同义; surplus 与 excess 同义

【辨邻】 **C** C 段研究指向的是 fruit juice consumption was linked with increased risk of type 2 diabetes, 而不是 fruit juice does harm to the human body when it leads to surplus calories 这一热量框架。

fruit juice consumption was linked with increased risk of type 2 diabetes

F F 段重点是 when they don't lead to over-consumption of calories 时 may have some small benefits, 与题干 does harm ... when it leads to surplus calories 方向相反。

foods containing fructose may have some small benefits for long-term blood sugar control when they don't lead to over-consumption of calories

39. The claimed health benefits of fruit and vegetable juices have rendered the industry very profitable.

水果和蔬菜汁声称的健康益处使该行业非常有利可图。

【答案】 **A** 段 (强锚点)

【锚点】健康宣称使果汁行业利润丰厚

【定位】Fruit juice also has been linked to claims that it can help you both lose weight and stay healthy. All of which, of course, has made it highly profitable.

果汁还被宣称能帮助你既减重又保健。所有这些当然让它非常有利可图。

【改写】The claimed health benefits of fruit and vegetable juices ↔

claims that it can help you both lose weight and stay healthy

claims 名词化 + 健康好处的展开

have rendered the industry very profitable ↔ **has made it highly profitable**

render 与 make 同义

40. To increase the benefits of fruit juice to our health, we'd better choose ripe fruit to make juice.

为了增加果汁对我们健康的益处，我们最好选择成熟的水果来榨汁。

【答案】H 段（强锚点）

【锚点】选成熟果实榨汁

【定位】One way we can improve the effects of fruit juice on our health is making sure we select ripe fruit to retain as much of its goodness as possible, according to Roger Clemens, professor of pharmaceutical(药物的) sciences at the University of Southern California.

南加州大学药物科学教授罗杰·克莱门斯指出，改善果汁对健康影响的一种方法，是确保挑选成熟的水果，以尽可能保留它的营养。

【改写】To increase the benefits of fruit juice to our health ↔

improve the effects of fruit juice on our health

目的状语同义改写

choose ripe fruit to make juice ↔ **select ripe fruit to retain as much of its goodness as possible**

choose 与 select 同义；动作目的延展

【辨邻】J 段说的是 There are a lot of nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them, 重心是被丢掉的营养，并非 choose ripe fruit 这一选材建议。

nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them

41. Diets containing large amounts of fibre reduce the risk of heart disease, diabetes and other health hazards.

含有大量纤维的饮食可降低心脏病、糖尿病和其他健康危害的风险。

【答案】D 段（强锚点）

【锚点】高纤维饮食预防多种疾病

【定位】 Diets high in fibre have been linked to a lower risk of developing heart disease, stroke, high blood pressure and diabetes, and it's recommended adults consume 30g per day.

高纤维饮食与降低心脏病、中风、高血压和糖尿病的发病风险相关，并建议成年人每天摄入30克纤维。

【改写】 Diets containing large amounts of fibre ↔ **Diets high in fibre**

high in 与 containing large amounts of 同义

reduce the risk of heart disease, diabetes and other health hazards ↔

linked to a lower risk of developing heart disease, stroke, high blood pressure and diabetes

降低风险 + 并列项部分列举加兜底

【辨邻】 **B** B段说的是 the fibre found in whole fruits is intact，重心是细胞与果糖的关系，未涉及 reduce the risk of heart disease, diabetes 这种多病种预防结论。

the fibre found in whole fruits is intact

C C段重心是 fruit juice consumption was linked with increased risk of type 2 diabetes，是增加而非降低风险，与题干 reduce the risk 方向相反。

fruit juice consumption was linked with increased risk of type 2 diabetes

42. According to a research paper, drinking fruit juice is beneficial on condition that it is consumed in reasonable amounts.

根据一篇研究论文，在合理用量的条件下饮用果汁是有益的。

【答案】 **F** 段（弱锚点）

【锚点】 适量饮用条件下果汁有益

【定位】 Sievenpiper concludes that the recommended 150ml of fruit juice per day, which is an average serving, is reasonable.

Sievenpiper 得出结论：每天推荐摄入 150 毫升果汁，作为平均一份的量，是合理的。

【改写】 According to a research paper ↔ **The paper concluded**

研究论文与该论文同义

drinking fruit juice is beneficial ↔ **foods containing fructose may have some small benefits**

有益 与 有一些小益处同义

on condition that it is consumed in reasonable amounts ↔

when they don't lead to over-consumption of calories

适量的反向同义表达

【辨邻】 E E 段重心是 He compared studies looking into the effects of fructose-containing sugars with control diets free from or lower in these sugars, 是研究框架的介绍, 结论尚未出现, 与 According to a research paper 的 结论 视角不匹配。

To isolate the effects of consuming too many calories from the effects of foods containing different sugars

C C 段重心是 fruit juice consumption was linked with increased risk of type 2 diabetes, 与 drinking fruit juice is beneficial 方向相反。

fruit juice consumption was linked with increased risk of type 2 diabetes

43. One expert claims that juicing wastes a lot of nutrients contained in fruits.

一位专家声称榨汁会浪费水果中所含的大量营养物质。

【答案】 J 段 (强锚点)

【锚点】 榨汁浪费水果营养

【定位】 There are a lot of nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them.

水果的某些部位 (比如苹果皮) 含有大量营养, 但榨汁时这些营养就被排除掉了。

【改写】 One expert claims that ↔ Heather Ferris, a professor of medicine

具体专家被泛化为一位专家

juicing wastes a lot of nutrients contained in fruits ↔

a lot of nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them

排除等于浪费

【辨邻】 H H 段说的是 making sure we select ripe fruit to retain as much of its goodness as possible, 是 留住营养 的正面建议, 与题干 juicing wastes a lot of nutrients 的否定性相反。

making sure we select ripe fruit to retain as much of its goodness as possible

44. It takes some time for fruit's cells to be digested and for fructose to be absorbed.

水果的细胞被消化以及果糖被吸收需要一些时间。

【答案】 B 段 (强锚点)

【锚点】 细胞需时间被消化、果糖被吸收

【定位】 It takes our digestive system a while to break these cells down and for fructose to enter the bloodstream.

我们的消化系统需要一段时间来分解这些细胞, 果糖也需要一段时间才能进入血液。

【改写】 It takes some time ↔ **It takes our digestive system a while**

some time 与 a while 同义

for fruit's cells to be digested ↔ **to break these cells down**

主动改写为被动

for fructose to be absorbed ↔ **for fructose to enter the bloodstream**

被吸收 等于 进入血液

【辨邻】 **C** C 段说的是 fruit juice's fructose is absorbed more quickly, 是 快吸收 的对照视角, 与题干 takes some time ... for fructose to be absorbed 的 需时间 方向相反。

fruit juice's fructose is absorbed more quickly

45. A lot of research has demonstrated that drinking fruit juice does not reduce our daily consumption of other foods.

大量研究表明, 饮用果汁不会减少我们每天对其他食物的摄入量。

【答案】 **G** 段 (强锚点)

【锚点】 果汁不减少其他食物摄入

【定位】 Numerous studies have shown that drinking fruit juice doesn't make us consume any less of other foods throughout the day.

众多研究表明, 喝果汁并不会让我们一整天中减少摄入其他食物。

【改写】 A lot of research has demonstrated ↔ **Numerous studies have shown**

研究表明 的两种写法

drinking fruit juice does not reduce our daily consumption of other foods ↔

drinking fruit juice doesn't make us consume any less of other foods throughout the day

不减少 等于 不让我们少吃

【辨邻】 **H** H 段说的是 As it is easy to consume large amounts of fruit juice quite quickly, extra calories are taken in, 是 果汁带来额外热量 的视角, 与题干 does not reduce our daily consumption of other foods 的 不减少其他食物 视角不同。

As it is easy to consume large amounts of fruit juice quite quickly, extra calories are taken in

PARAGRAPH MAP • 段落主旨图

11 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」, 是逐句回扫定位的工作台。

A 果汁因省时与营养卖点成为忙碌人群的日常饮品，被宣称兼具减重与保健功效，由此撑起一个 \$154 billion in 2016 的全球市场。

信息指纹 千亿美元市场规模

B 整果中的果糖危害有限，因为 the fibre found in whole fruits is intact，细胞需要时间被消化，果糖进入血液也较慢。

信息指纹 整果纤维完好、消化慢

C 果汁去除了大部分纤维，果糖变成 'free sugars'，吸收过快、血糖飙升，长期增加 type 2 diabetes 风险；并列举两项大型研究佐证。

信息指纹 去纤维、自由糖与二型糖尿病证据

D 蔬菜汁比纯果汁糖少营养多，但同样缺纤维；高纤维饮食与降低心脏病、中风、高血压、糖尿病风险相关。

信息指纹 高纤维饮食的多病种预防

E 多伦多大学副教授 John Sievenpiper 主导一项涵盖 155 studies 的分析，意在区分热量过剩与含糖食物本身的影响。

信息指纹 Sievenpiper 的 155 项研究综述

F Sievenpiper 的结论是：热量过剩时果汁伤身，但热量不过剩时整果乃至果汁有益；每日 150ml of fruit juice 是合理量。

信息指纹 热量不过剩时果汁仍有益

G 对非超重者果汁的长期影响不明；研究表明喝果汁的日子总热量更可能超标，而且 drinking fruit juice doesn't make us consume any less of other foods throughout the day。

信息指纹 喝果汁不会减少其他食物摄入

H 果汁易快速大量摄入而带来多余热量进而长胖；南加州大学 Roger Clemens 建议挑成熟果实来留住营养。

信息指纹 选成熟果实最大化营养

I 果汁流行的另一原因是据称能 remove poisonous or harmful substances from the body, 但 Clemens 直接否定这一说法。

信息指纹 排毒说法被专家否定

J 医学教授 Heather Ferris 指出榨汁会丢掉果皮等部位中的大量营养, 最后只剩 sugary water with some vitamins。

信息指纹 榨汁丢掉果皮等部位的营养

K 再补充: 果汁不是达成 'five a day' 的理想方式; 超过 150ml of free sugars per day 或致热量超标时风险更大, 果汁绝非速效良方。

信息指纹 五份蔬果与速效良方的反驳

SENTENCE INSIGHTS • 句子精讲

29 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。

But is juicing really as healthy as we think?

B段, 第1句

"as...as" 比较结构和疑问句倒装都是四六级和考研阅读中的高频句式; 本句将两者结合, 展示了典型的比较疑问句模式, 学生掌握后可直接迁移到大量类似句型中

Most foods containing fructose—a naturally occurring sugar found in all fruits and fruit juices—don't seem to have harmful effects as long as they're not contributing to excess daily calories.

B段, 第2句

"seem to do" 结构、现在分词作后置定语、破折号引出同位语、"as long as" 引导条件状语从句, 都是四六级和考研阅读中的高频句式; 整句体现科学说明文的典型语言特征, 学习后可大量复用

This is because the fibre found in whole fruits is intact, and the sugar is contained within the fruit's cells.

B段，第3句

主系表结构加表语从句是四六级和考研阅读中的常见句式，because 引导的表语从句（而非状语从句）也是常考的辨析点。句中并列结构、后置定语、被动语态都是真题中反复出现的典型用法，掌握后可迁移到大量类似句子。

It takes our digestive system a while to break these cells down and for fructose to enter the bloodstream.

B段，第4句

本句使用的 'It takes sb/sth + 时间 + to do' 句型是四六级和考研阅读中的高频结构，形式主语搭配不定式作真正主语也是必考语法点。双宾语结构和并列不定式的组合进一步提升了典型性，掌握后可迁移到大量类似句子。

This is why the fructose in fruit juices counts as 'free sugars'—which also include honey and the sugars added to foods.

C段，第3句

主系表 + 表语从句 + 非限制性定语从句的组合在学术说明文中高频出现，是四六级和考研阅读的常见句式；破折号引出补充说明的用法也具有代表性。

It's recommended by the World Health Organisation that adults have no more than 30g of added sugar, the equivalent of 150ml of fruit juice, per day.

C段，第4句

形式主语结构在四六级和考研真题中高频出现,尤其是 "It is + 过去分词 + that 从句" 这一句型常用于表达建议、观点、事实等,本句作为该句型的标准范例,掌握后可大量迁移应用

The problem is that, with the fibre removed, fruit juice's fructose is absorbed more quickly.

C段，第5句

"主系表 + 表语从句"结构（尤其 "The problem/fact/reason is that..."）是四六级和考研阅读中的高频句式。被动语态和独立主格结构也是常考点。本句结构典型，掌握后可迁移至大量类似句式，代表性强。

In 2013, researchers analysed the health data of 100,000 people collected between 1986 and 2009 and found that fruit juice consumption was linked with increased risk of type 2 diabetes.

C段，第8句

句子结构高度典型：主句 + 宾语从句的组合是四六级和考研阅读的常见句式，及物动词后接 that 引导的宾语从句说明发现、认为、表明等内容是学术文本的标准表达。且句中包含后置定语修饰名词、被动语态等常考结构，掌握后可大量复用。

Another study found a relationship between fruit juice and type 2 diabetes after following the diets and diabetes status of more than 70,000 nurses over 18 years.

C段，第9句

主谓宾加后置时间状语是学术类文本常见句式，宾语带介词短语修饰、状语含动名词结构都是四六级阅读高频模式，有一定代表性

The researchers explain that the possible reason for this may partly have been the lack of the other components found in whole fruit, like fibre.

C段，第10句

主句 + 宾语从句 (that 引导) + 后置定语 (过去分词作定语) 是四六级和考研阅读中的高频句式。宾语从句内部的情态动词 + 完成式结构也是科技说明文常见表达，学生掌握后可大量复用于理解学术类长句。

Juices containing vegetables can provide more nutrients and less sugar than juices made up of just fruit—but they still lack valuable fibre.

D段，第1句

并列转折句式 (but 连接两个主句) 是四六级和考研阅读中的高频结构，第一个主句中的比较状语 (than 引导) 和后置定语 (分词作定语) 也是常见句式。掌握这类句子的分析方法可以迁移到大量类似的真题句子，具有较高的代表性。

Aside from the link to type 2 diabetes, many studies agree that fruit juice is harmful if it contributes to an excess in calories.

E段，第1句

宾语从句 + 嵌套的条件状语从句是四六级和考研真题中的高频句式。agree that 引导宾语从句、if 引导条件从句都是典型结构，掌握后可大量迁移到类似句型。

In an analysis of 155 studies, John Sievenpiper, associate professor at the University of Toronto's Department of Nutritional Sciences, set out to understand if the associations between sugary soft drinks and health—including risk of diabetes and heart disease—were applicable to the food and drink we generally consume as part of a healthy diet.

E段，第2句

覆盖同位语、插入语、省略关系代词的定语从句、系表结构、多重介词短语修饰等多种成分；宾语从句的主干识别、定语从句省略还原、破折号插入成分的定位都是易错点；适合作为综合性成分划分练习

He compared studies looking into the effects of fructose-containing sugars with control diets free from or lower in these sugars.

E段，第3句

"compare A with B" 结构以及名词后跟现在分词短语或形容词短语作后置定语，在四六级和考研阅读中非常常见，属于典型的学术表达句式，掌握后可迁移到大量类似句子。

The paper concluded that foods containing fructose may have some small benefits for long-term blood sugar control when they don't lead to over-consumption of calories.

F段，第4句

conclude that 引导宾语从句是四六级、考研常考句式，宾语从句内嵌套状语从句的结构也是典型的复杂句模式，且句中涉及情态动词表推测、分词作定语等高频考点，具有很强的代表性和可迁移性。

So while we know that fruit juice can cause diabetes if it's part of a diet that has more calories overall, it's less clear how juice affects the long-term health of those who aren't overweight.

G段，第1句

涵盖了形式主语、主语从句、宾语从句、状语从句及定语从句，是练习识别从句功能和分层分析的极佳案例。

But we have a higher risk of consuming more than the recommended daily number of calories (around 2,000 for women and 2,500 for men) on the days we drink juice, according to research.

G段，第2句

本句展示了真题中常见的句式特征：主干 + 长修饰成分（介词短语、括号补充）+ 后置状语 + 定语从句修饰时间名词，并涉及关系副词省略这一高频现象。这种结构在四六级和考研阅读中反复出现，掌握后可迁移到大量类似句子的分析。虽非最顶级的典型句式（如强调句、倒装等特殊结构），但代表性仍较强。

As it is easy to consume large amounts of fruit juice quite quickly, extra calories are taken in.

H段，第1句

句子包含被动语态、形式主语结构、状语从句、不定式短语等多种成分，覆盖面较广。形式主语 "it" 与真正主语的关系是常见易错点，被动语态的识别也是重要训练内容。适合作为划分成分的练习句，能让学生接触多种语法现象。

And extra calories can contribute to weight gain.

H段，第2句

简单句中使用情态动词表达可能性，以及 contribute to 这类动词加介词的固定搭配，是四六级和考研阅读中常见的表达方式。虽然句子本身结构简单，但这种 "情态动词 + 动词原形 + 介词短语" 的模式具有较好的迁移性，学生掌握后可应用于多种类似句式。

However, "the whole concept of a juice diet helping to remove poisonous or harmful substances from the body is completely false," says Clemens.

I段，第2句

本句涵盖了主谓宾结构（主句）、主系表结构（宾语从句）、定语（介词短语和分词短语修饰名词）、倒装（says Clemens）等多种成分和结构。宾语从句的主语部分层层修饰，适合训练学生识别复杂名词短语和后置定语；倒装结构也是实际阅读中常见的易错点。成分种类较丰富，有一定训练价值。

"There are a lot of nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them," says Heather Ferris, a professor of medicine.

J段，第2句

本句体现多个高频考点句式：直接引语倒装、there be 存在句、限制性定语从句修饰先行词、时间状语从句作从句内状语、定语从句先行词与关系代词间有插入成分。这些都是四六级和考研阅读中反复出现的典型结构，掌握后可广泛复用。句式综合性强且具有代表性。

Plus, she adds, it's not an ideal way to reach the advised 'five a day'.

K段，第1句

涵盖插入语的识别、系表结构、不定式作后置定语三个考点，其中插入语是常见易错点，适合练习如何剥离非核心成分找主干，有一定训练价值。

It particularly comes with risks when we consume more than 150ml of free sugars per day, or when it puts us over our recommended calorie intake.

K段，第5句

主句加并列状语从句的结构在四六级和考研阅读中非常常见，尤其是用"when"引导条件从句、通过"or"连接并列分句的模式。这种句式在科普类、说明类文章中频繁出现，具有较高的代表性和迁移价值。

It provides us with vitamins—but fruit juice is far from a quick fix.

K段，第6句

第一句涉及双宾语结构（"provide sb with sth"），可练习间接宾语和直接宾语的认识；第二句是主系表结构，涉及介词短语作表语。成分种类有一定覆盖，但无特别易错点或复杂修饰成分。

Fruit juice is different from whole fruit in that it contains much less fibre.

第36题题干

本句覆盖主系表结构和主谓宾结构两种基本句型，涉及主语、系动词、表语、谓语、宾语、状语从句等多种成分。"in that"引导的原因状语从句是较少见的句式，具有一定练习价值。但整体成分类型偏常规，缺少定语从句、同位语等复杂修饰结构。

Some people believe a juice diet helps to rid our body of harmful or poisonous substances.

第37题 题干

"主句 + 宾语从句(省略 that)" 是四六级和考研阅读中的高频句式, believe/think/say 等动词引出宾语从句的结构极为常见。本句结构简洁且代表性强, 掌握后可直接迁移到大量类似句型。

Diets containing large amounts of fibre reduce the risk of heart disease, diabetes and other health hazards.

第41题 题干

主语带后置定语的主谓宾结构在四六级和考研阅读中非常常见, 分词作后置定语是高频考点。本句结构简洁、无复杂嵌套, 是该句式的标准代表, 掌握后可大量复用于科技、健康类阅读材料

According to a research paper, drinking fruit juice is beneficial on condition that it is consumed in reasonable amounts.

第42题 题干

"结论 + 条件状语从句"的结构在学术论文和阅读理解中极其常见, 特别是 "on condition that" 这一正式表达的掌握非常有价值。

It takes some time for fruit's cells to be digested and for fructose to be absorbed.

第44题 题干

"It takes time for sb/sth to do"是四六级和考研高频句式, 真题中常见; 并列不定式被动结构也是常考点; 本句作为该句式的典型代表, 迁移性强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 97 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。

calorie B1

n. 卡路里, 热量单位

本篇13次·真题 57 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇10次·真题 52 句

diet A2

n. 日常饮食

本篇9次·真题 113 句

contain B1

v. 包含, 含有

本篇9次·真题 50 句

diabetes B2

n. 糖尿病

本篇9次·真题 26 句

fibre B2

n. 纤维

本篇9次·真题 13 句

risk A2

n. 风险

本篇8次·真题 108 句

effect A2

n. 影响

本篇6次·真题 156 句

harmful B1

adj. 有害的

本篇6次·真题 31 句

per B1

prep. 每

本篇5次·真题 49 句

remove A2

v. 移开

本篇5次·真题 46 句

nutrient B2

n. 营养物质

本篇5次·真题 13 句

type A2

n. 类型

本篇4次·真题 97 句

amount A2

n. 数量

本篇4次·真题 87 句

link A2

n. 联系

本篇4次·真题 52 句

poisonous B2

adj. 有毒的

本篇4次·真题 17 句

excess B2

n. 过量

本篇4次 · 真题 9 句

benefit B1

n. 好处

本篇3次 · 真题 169 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇3次 · 真题 118 句

professor B1

n. 教授 (大学教师的最高职称)

本篇3次 · 真题 105 句

contribute B1

v. 捐献

本篇3次 · 真题 74 句

recommend B1

v. 推荐

本篇3次 · 真题 34 句

cell B1

n. 细胞

本篇3次 · 真题 23 句

vitamin B1

n. 维生素

本篇3次 · 真题 11 句

substance B2

n. 物质

本篇3次 · 真题 8 句

researcher B2

n. 研究人员

本篇2次 · 真题 239 句

lack B1

v. 缺少

本篇2次 · 真题 115 句

according B1

prep. 根据

本篇2次 · 真题 88 句

claim B1

v. 声称

本篇2次 · 真题 56 句

extra A2

adj. 额外的

本篇2次 · 真题 48 句

consumption B2

n. 消费

本篇2次 · 真题 44 句

overall B1

adj. 总体的

本篇2次 · 真题 39 句

quickly A2

adv. 快速地

本篇2次·真题 38 句

conclude B2

v. 断定;推断出

本篇2次·真题 36 句

absorb B2

v. 吸收 (液体、气体等)

本篇2次·真题 16 句

reasonable B1

adj. 合理的

本篇2次·真题 11 句

profitable B2

adj. 盈利的, 有利可图的

本篇2次·真题 10 句

sugary B2

adj. 含糖的

本篇2次·真题 9 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 466 句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题 174 句

system A2

n. 系统

本篇1次·真题 162 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

affect B1

v. 影响

本篇1次·真题 113 句

relationship B1

n. 关系

本篇1次·真题 109 句

average A2

adj. 平均的

本篇1次·真题 89 句

case A2

n. 情况

本篇1次·真题 89 句

expert B1

n. 专家

本篇1次·真题 89 句

consumer B1

n. 消费者

本篇1次·真题 84 句

global B2

adj. 全球的

本篇1次·真题 81 句

department A2

n. 部门

本篇1次·真题 66 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

negative B1

adj. 否定的

本篇1次·真题 57 句

generally B1

adv. 通常, 一般地

本篇1次·真题 53 句

protein B1

n. 蛋白质

本篇1次·真题 51 句

associate B2

v. 联系

本篇1次·真题 45 句

limit B1

n. 限度

本篇1次·真题 45 句

harm B1

n. 伤害

本篇1次·真题 44 句

billion B1

num. 十亿 (1,000,000,000)

本篇1次·真题 41 句

item A2

n. 项目

本篇1次·真题 39 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本篇1次·真题 39 句

status B2

n. 地位

本篇1次·真题 39 句

concept B2

n. 概念

本篇1次·真题 38 句

occur B1

v. 发生, 出现

本篇1次·真题 36 句

completely B1

adv. 完全地

本篇1次 · 真题 34 句

release B1

v. 释放

本篇1次 · 真题 31 句

argument B1

n. 争论

本篇1次 · 真题 29 句

grain B1

n. 谷物, 粮食

本篇1次 · 真题 29 句

association B2

n. 协会

本篇1次 · 真题 28 句

highly B1

adv. 非常

本篇1次 · 真题 28 句

valuable B1

adj. 贵重的

本篇1次 · 真题 28 句

skin A2

n. 皮肤

本篇1次 · 真题 25 句

analysis B2

n. 分析

本篇1次 · 真题 24 句

intake B2

n. 摄入量

本篇1次 · 真题 21 句

ideal B2

adj. 理想的

本篇1次 · 真题 20 句

organisation B1

n. 组织机构

本篇1次 · 真题 20 句

datum C1

n. 数据 (单数形式, 复数为 data)

本篇1次 · 真题 18 句

numerous B2

adj. 众多的, 许多的

本篇1次 · 真题 18 句

popularity B2

n. 受欢迎

本篇1次 · 真题 18 句

demonstrate B2

v. 证明

本篇1次 · 真题 16 句

eliminate B2

v. 消除

本篇1次·真题 16 句

increased A2

v. 增加了

本篇1次·真题 16 句

rid B2

v. 使摆脱

本篇1次·真题 16 句

stable B1

adj. 稳定的

本篇1次·真题 16 句

beneficial B2

adj. 有益的

本篇1次·真题 15 句

select B1

v. 选择, 挑选

本篇1次·真题 15 句

unlike B1

prep. 不像

本篇1次·真题 15 句

naturally B1

adv. 自然地

本篇1次·真题 14 句

partly B1

adv. 部分地

本篇1次·真题 14 句

plus A2

prep. 加, 加上

本篇1次·真题 13 句

dietary B2

adj. 饮食的

本篇1次·真题 12 句

component B2

n. 组成部分

本篇1次·真题 10 句

mechanism B2

n. 机制

本篇1次·真题 10 句

nutritional B2

adj. 营养的

本篇1次·真题 10 句

overweight B1

adj. 超重的

本篇1次·真题 10 句

retain B2

v. 保留

本篇1次·真题 10 句

stroke B1

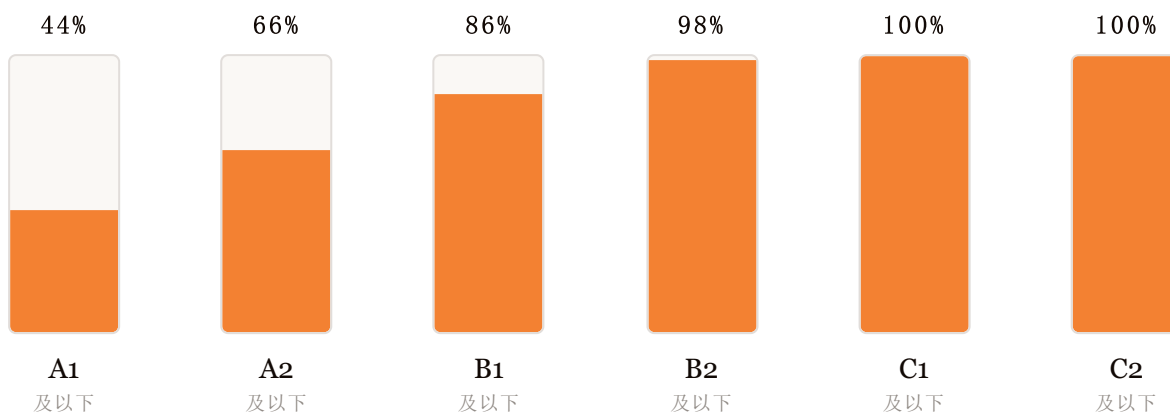
n. 中风

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 301 词按 CEFR 难度累积覆盖

全文去重后共 **301** 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 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 301 个 · 末柱为 100%

去重总词数

301

B2 以上难词

2%

B1 及以下覆盖

86%

英语四级 2025年6月·第2套 · 全卷构成

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