

2019年12月·第2套 英语六级长篇阅读（信息匹配） 第1篇·36-45 题答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2019年12月·第2套 英语六级长篇阅读（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 14 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第2套(2019-12)·六级

Part III Section B

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

How Much Protein Do You Really Need?

A) The marketing is enticing: Get stronger muscles and healthier bodies with minimal effort by adding protein powder to your morning shake or juice drink. Or grab a protein bar at lunch or for a quick snack. Today, you can find protein supplements everywhere—online or at the pharmacy, grocery store or health food store. They come in powders, pills and bars. With more than \$12 billion in sales this year, the industry is booming and, according to the market research company, Grand View Research, is on track to sell billions more by 2025. But do we really need all this supplemental protein? It depends. There are pros, cons and some other things to consider.

营销宣传很诱人：只需在早晨的奶昔或果汁饮料中加入蛋白粉，就能以最小的努力获得更强壮的肌肉和更健康的身体。或者在午餐时或作为快速零食抓一根蛋白棒。如今，你可以在任何地方找到蛋白质补充剂——网上或药店、杂货店或健康食品店。它们有粉末、药丸和棒状等形式。今年销售额超过120亿美元，这个行业正在蓬勃发展，根据市场研究公司Grand View Research的数据，到2025年销售额有望再增加数十亿美元。但我们真的需要所有这些补充蛋白质吗？这要视情况而定。这其中有利有弊，还有一些其他因素需要考虑。

B) For starters, protein is critical for every cell in our body. It helps build nails, hair, bones, and muscles. It can also help you feel fuller longer than eating foods without protein. And, unlike nutrients that are found only in a few foods, protein is present in all foods. "The typical American diet is a lot higher in protein than a lot of us think," says registered dietitian Angela Pipitone. "It's in

foods many of us expect, such as beef, chicken and other types of meat and dairy. But it's also in foods that may not come immediately to mind like vegetables, fruit, beans and grains."

首先,蛋白质对我们身体的每个细胞都至关重要。它有助于构建指甲、头发、骨骼和肌肉。它还能让你比吃不含蛋白质的食物更长时间地感到饱腹。而且,与只存在于少数食物中的营养素不同,蛋白质存在于所有食物中。注册营养师Angela Pipitone说:"典型的美国饮食中的蛋白质含量比我们许多人想象的要高得多。它存在于我们预期的许多食物中,如牛肉、鸡肉和其他类型的肉类和乳制品。但它也存在于可能不会立即想到的食物中,如蔬菜、水果、豆类和谷物。"

- C) The U.S. government's recommended daily allowance (RDA) for the average adult is 50 to 60 grams of protein a day. This may sound like a lot, but Pipitone says: "We get bits of protein here and there and that really adds up throughout the day." Take, for example, breakfast. If you ate two eggs topped with a little bit of cheese and an orange on the side, you already have 22 grams of protein. Each egg gives you 7 grams, the cheese gives you around 6 grams and the orange—about 2 grams. Add a lunch of chicken, rice and broccoli(西兰花), and you are already over the recommended 50 grams. "You can get enough protein and meet the RDA before you even get to dinner," says Pipitone.

美国政府建议普通成年人每日蛋白质推荐摄入量(RDA)为50至60克。这听起来可能很多,但Pipitone说:"我们在这里那里摄入少量蛋白质,这在一天中真的会累积起来。"以早餐为例。如果你吃了两个鸡蛋,上面放了一点奶酪,旁边还有一个橙子,你已经摄入了22克蛋白质。每个鸡蛋为你提供7克,奶酪提供约6克,橙子约2克。再加上一顿鸡肉、米饭和西兰花的午餐,你就已经超过了推荐的50克。Pipitone说:"你甚至可以在晚餐前就获得足够的蛋白质并满足RDA。"

- D) So if it's so easy to get your protein in food, why add more in the form of powders, snack bars or a boost at your local juice bar? No need to, says Pipitone because, in fact, most of us already get enough protein in our diet. "Whole foods are always the best option rather than adding supplements," she says, noting the FDA does not regulate supplements as stringently as foods or drugs, so there could be less protein, more sugar and some additives you wouldn't expect, such as caffeine(咖啡因).

那么,如果从食物中获取蛋白质如此容易,为什么还要以粉末、零食棒或在当地果汁吧补充的形式添加更多呢?Pipitone说没有必要,因为事实上,我们大多数人在饮食中已经获得了足够的蛋白质。她说:"天然食品总是比添加补充剂更好的选择",并指出FDA对补充剂的监管不如对食品或药物那样严格,因此可能会有更少的蛋白质、更多的糖以及一些你意想不到的添加剂,如咖啡因。

- E) If you are considering a supplement, read the list of ingredients, she says, although this is not always reliable. "I've seen very expensive protein supplements that claim to be high quality but they might not really be beneficial for the average healthy adult," she says. "It could just be a waste of money."

她说,如果你正在考虑补充剂,请阅读成分表,尽管这并不总是可靠的。她说:"我见过一些非常昂贵的蛋白质补充剂声称质量很高,但它们可能对普通健康成年人并没有真正的益处。这可能只是浪费钱。"

- F) But there are certain situations that do warrant extra protein. "Anytime you're repairing or building muscle," Pipitone says, such as if you're an extreme endurance athlete, training for a marathon, or you're a body builder. If you're moderately exercising for 150 minutes a week, as the Centers for Disease Control and Prevention recommends, or less than that, you're probably not an extreme athlete. Extreme athletes expend lots of energy breaking down and repairing and building muscles. Protein can give them the edge they need to speed along that process.

但某些情况确实需要额外的蛋白质。Pipitone说:"任何时候你在修复或增强肌肉时",比如如果你是极限耐力运动员、正在为马拉松训练或你是健美运动员。如果你按照美国疾病控制与预防中心的建议每周

进行150分钟的适度锻炼,或少于这个时间,你可能不是极限运动员。极限运动员消耗大量能量来分解、修复和增强肌肉。蛋白质可以为他们提供加速这一过程所需的优势。

- G) Vegans can benefit from protein supplements since they do not eat animal-based protein sources like meat, dairy or eggs. And, for someone always on-the-go who may not have time for a meal, a protein snack bar can be a good option for occasional meal replacement. Also, individuals recovering from surgery or an injury can also benefit from extra protein. So, too, can older people. At around age 60, "muscles really start to break down," says Kathryn Starr, an aging researcher, "and because of that, the protein needs of an older adult actually increase."

素食主义者可以从蛋白质补充剂中受益,因为他们不吃肉类、乳制品或鸡蛋等动物性蛋白质来源。而且,对于总是忙碌可能没有时间吃饭的人来说,蛋白质零食棒可以作为偶尔代餐的良好选择。此外,手术或受伤后康复的人也可以从额外的蛋白质中受益。老年人也是如此。衰老研究员Kathryn Starr说,在60岁左右,"肌肉真的开始分解",正因为如此,老年人的蛋白质需求实际上会增加。

- H) In fact, along with her colleague Connie Bales, Starr recently conducted a small study that found that adding extra protein foods to the diet of obese older individuals who were trying to lose weight strengthened their muscles. Participants in the study were separated into two groups—one group was asked to eat 30 grams of protein per meal in the form of whole foods. That meant they were eating 90 grams of protein a day. The other group—the control group—was put on a typical low-calorie diet with about 50 to 60 grams of protein a day. After six months, researchers found the high protein group had significantly improved their muscle function—almost twice as much as the control group. "They were able to walk faster, had improved balance, and were also able to get up out of a chair faster than the control group," Starr says. All 67 participants were over 60 years of age, and both groups lost about the same amount of weight.

事实上,Starr最近与她的同事Connie Bales进行了一项小型研究,发现在试图减肥的肥胖老年人的饮食中添加额外的蛋白质食物增强了他们的肌肉。研究参与者被分成两组——一组被要求以天然食品的形式每餐摄入30克蛋白质。这意味着他们每天摄入90克蛋白质。另一组——对照组——采用典型的低热量饮食,每天约50至60克蛋白质。六个月后,研究人员发现高蛋白组的肌肉功能显著改善——几乎是对照组的两倍。Starr说:"他们能够走得更快,平衡能力得到改善,而且比对照组更快地从椅子上站起来。"所有67名参与者年龄都超过60岁,两组减轻的体重大致相同。

- I) Starr is now looking into whether high-protein diets also improve the quality of the muscle itself in seniors. She's using CT scans to measure muscle size and fat, and comparing seniors on a high-protein diet to those on regular diets. She says her findings should be available in a couple of months.

Starr现在正在研究高蛋白饮食是否也能改善老年人肌肉本身的质量。她使用CT扫描来测量肌肉大小和脂肪,并将高蛋白饮食的老年人与常规饮食的老年人进行比较。她说她的研究结果应该会在几个月内公布。

- J) In the meantime, 70-year-old Corliss Keith, who was in the high protein group in Starr's latest study, says she feels a big difference. "I feel excellent," she says, "I feel like I have a different body, I have more energy, I'm stronger." She says she is able to take Zumba exercise classes three times a week,

work out on the treadmill(跑步机), and take long, brisk walks. Keith also lost more than 15 pounds. "I'm a fashionable person, so now I'm back in my three-inch heels," she says.

与此同时,70岁的Corliss Keith参加了Starr最新研究中的高蛋白组,她说她感觉到了很大的不同。她说:"我感觉很好,我觉得我有了一个不同的身体,我有更多的精力,我更强壮了。"她说她能够每周参加三次尊巴健身课程,在跑步机上锻炼,并进行长时间的快步行走。Keith还减掉了15磅以上。她说:"我是一个时尚的人,所以现在我又穿上了我的三英寸高跟鞋。"

- K) As people age, Starr says muscle strength is key to helping them stay strong and continue living on their own in their own home. "I feel very much alive now," says Keith. "I feel like I could stay by myself until I'm 100."

Starr说,随着年龄的增长,肌肉力量是帮助他们保持强壮并继续在自己家中独立生活的关键。Keith说:"我现在感觉非常有活力。我觉得我可以独自生活到100岁。"

- L) But can people overdo protein? Pipitone says you do have to be careful. Other researchers say too much protein can cause cramps(痉挛), headaches, and fatigue. Dehydration(脱水) is also a risk when you eat too much protein. Pipitone says if you increase protein, you also have to increase your fluid intake. "I always tell people to make sure they're drinking enough fluids," which for the average person is 60 to 70 ounces a day, which translates into eight 8-ounce glasses of water or liquid per day.

但人们会摄入过量蛋白质吗?Pipitone说你确实必须小心。其他研究人员表示,过多的蛋白质会导致痉挛、头痛和疲劳。当你摄入过多蛋白质时,脱水也是一种风险。Pipitone说,如果你增加蛋白质,你也必须增加液体摄入量。她说:"我总是告诉人们要确保他们喝足够的液体",对于普通人来说是每天60至70盎司,这相当于每天八杯8盎司的水或液体。

- M) There have been some indications that extra protein makes the kidneys work harder, which could be problematic for individuals with a history of kidney disease and for them, the supplements may increase the risk of kidney stones, she says.

有一些迹象表明额外的蛋白质会使肾脏工作更努力,这对有肾病史的人来说可能有问题,对他们来说,补充剂可能会增加肾结石的风险,她说。

- N) Bottom Line: if you think you need more protein in your diet, consider these questions: Are you an extreme athlete; are you recovering from injury or surgery; or are you 60 years or older? If so, adding high protein foods like eggs and meat products to your diet can be beneficial. And, if you're not sure, it is always a good idea to check with your primary care provider.

结论是:如果你认为你的饮食中需要更多蛋白质,请考虑以下问题:你是极限运动员吗;你正在从受伤或手术中康复吗;或者你是60岁或以上吗?如果是这样,在饮食中添加鸡蛋和肉类产品等高蛋白食物可能是有益的。而且,如果你不确定,咨询你的初级保健医生总是一个好主意。

陈述句与逐句解析

36. It is quite easy for one to take in the recommended amount of protein.

人们很容易摄入推荐量的蛋白质。

【答案】C 段(强锚点)

【锚点】锚定“摄入推荐量”+“轻松”

【定位】 Add a lunch of chicken, rice and broccoli, and you are already over the recommended 50 grams. "You can get enough protein and meet the RDA before you even get to dinner," says Pipitone.

再加上一顿鸡肉、米饭和西兰花的午餐，你就已经超过推荐的50克了。Pipitone说：“你还没吃晚饭之前就能摄入足够蛋白质、达到RDA了。”

【改写】 take in the recommended amount of protein ↔ **meet the RDA**

术语同义替换

quite easy for one ↔ **before you even get to dinner**

形容词→具体演示

37. Pipitone claims that healthy adults need not spend money on protein supplements.

Pipitone 声称健康成年人无需花钱购买蛋白质补充剂。

【答案】 E 段（强锚点）

【锚点】 锚定“Pipitone+健康成人+花钱”

【定位】 I've seen very expensive protein supplements that claim to be high quality but they might not really be beneficial for the average healthy adult, she says. It could just be a waste of money. 她说：“我见过非常昂贵、号称高品质的蛋白质补剂，但它们对一般健康成年人可能并没有真正的益处。”“它可能就只是浪费钱。”

【改写】 healthy adults ↔ **the average healthy adult**

身份原样对应

need not spend money on protein supplements ↔ **It could just be a waste of money**

反向判断同义

【辨邻】 D D段Pipitone的论点是Whole foods are always the best option rather than adding supplements——重点在比较“天然食物”和“补剂”哪个更好，而陈述句healthy adults need not spend money on protein supplements的重点是“健康成人是否需要花钱买补剂”——前者讲选择，后者讲花钱，且D段没有healthy adults这一身份限定。

Whole foods are always the best option rather than adding supplements

38. The protein supplement business is found to be thriving.

蛋白质补充剂行业被发现正在蓬勃发展。

【答案】 A 段（强锚点）

【锚点】 锚定“补剂业+蓬勃”

【定位】 With more than \$12 billion in sales this year, the industry is booming and, according to the market research company, Grand View Research, is on track to sell billions more by 2025. 今年销售额超过120亿美元，这个行业正在蓬勃发展，根据市场调研公司Grand View Research的数据，到2025年还将再卖出数十亿美元。

【改写】 The protein supplement business ↔ **the industry**
business=industry
thriving ↔ **booming**
thriving=booming

39. Protein can speed the repairing of damaged muscles.

蛋白质能够加速受损肌肉的修复。

【答案】 **F** 段 (强锚点)

【锚点】 锚定“加速+修复肌肉”

【定位】 Extreme athletes expend lots of energy breaking down and repairing and building muscles.
Protein can give them the edge they need to speed along that process.

极限运动员消耗大量能量去分解、修复和构建肌肉。蛋白质能给他们所需的优势去加速这个过程。

【改写】 speed the repairing ↔ **speed along that process**

动词+对象直接对应

damaged muscles ↔ **breaking down and repairing and building muscles**

状态笼统化

【辨邻】 **H** 陈述句speed the repairing of damaged muscles的关键是“加速修复受损肌肉”这一动作链，而H段讲的是significantly improved their muscle function——是“改善功能”，没有“加速修复”这一动作。

the high protein group had significantly improved their muscle function

40. Protein supplements may overburden some internal organs, thus leading to their malfunctioning.

蛋白质补充剂可能会使某些内脏器官负担过重,从而导致其功能失调。

【答案】 **M** 段 (强锚点)

【锚点】 锚定“内脏负担+功能失常”

【定位】 There have been some indications that extra protein makes the kidneys work harder, which could be problematic for individuals with a history of kidney disease and for them, the supplements may increase the risk of kidney stones, she says.

有一些迹象表明，额外的蛋白质会让肾脏工作得更辛苦，这对有肾病史的人可能成问题，对他们而言，补剂可能增加得肾结石的风险。

【改写】 overburden some internal organs ↔ **makes the kidneys work harder**

上下位词+动作同义

leading to their malfunctioning ↔ **increase the risk of kidney stones**

功能失常=器官疾病

【辨邻】 L L段的痉挛、头痛、疲劳、脱水都属于全身性的不良反应，没有任何器官层面的描述，与陈述句overburden some internal organs的“使内脏负担过重”不构成对应。

too much protein can cause cramps, headaches, and fatigue. Dehydration is also a risk

41. Older adults need to take in more protein to keep their muscles strong.

老年人需要摄入更多蛋白质以保持肌肉强健。

【答案】 G 段（强锚点）

【锚点】 锚定“老年人+保肌”

【定位】 At around age 60, "muscles really start to break down," says Kathryn Starr, an aging researcher, "and because of that, the protein needs of an older adult actually increase."

老年研究者Kathryn Starr说：“60岁左右，肌肉真的开始分解了，正因为这样，老年人对蛋白质的需求实际上增加了。”

【改写】 Older adults ↔ **an older adult**

身份原样对应

take in more protein ↔ **the protein needs ... actually increase**

动作↔需求的等价

keep their muscles strong ↔ **muscles really start to break down**

正向目的对应反向问题

【辨邻】 H H段是一场具体实验的描述，对象是“想减重的肥胖老年人”这一更窄人群，且重点在the high protein group had significantly improved their muscle function这一实验结果——而陈述句Q41问的是“老年人普遍需要多摄入蛋白”这——般性论断，论断主体在G段。

adding extra protein foods to the diet of obese older individuals who were trying to lose weight
strengthened their muscles

K K段muscle strength is key to helping them stay strong and continue living on their own in their own home——讲的是肌力的意义，不是“老年人为什么要多吃蛋白”。

muscle strength is key to helping them stay strong and continue living on their own in their
own home

42. Protein is found in more foods than people might realize.

蛋白质存在于比人们可能意识到的更多食物中。

【答案】 B 段（强锚点）

【锚点】 锚定“分布广+超认知”

【定位】 But it's also in foods that may not come immediately to mind like vegetables, fruit, beans and grains.

但蛋白质也存在于一些可能不会立刻想到的食物里，比如蔬菜、水果、豆类和谷物。

【改写】 more foods than people might realize ↔ **a lot higher in protein than a lot of us think**

比较句式的同义改写

more foods ↔

foods that may not come immediately to mind like vegetables, fruit, beans and grains

笼统范围对应具体列举

【辨邻】 **C** C段You can get enough protein and meet the RDA before you even get to dinner讲的是“很容易就能达到推荐量”，重点在“数量”而不是“范围”；陈述句more foods than people might realize问的是“分布范围超出认知”，论点角度不同。

You can get enough protein and meet the RDA before you even get to dinner

43. Additional protein was found to help strengthen the muscles of overweight seniors seeking weight loss.

研究发现额外的蛋白质有助于增强寻求减重的超重老年人的肌肉。

【答案】 **H** 段（强锚点）

【锚点】 锚定“超重老人+减重+加蛋白”

【定位】 Starr recently conducted a small study that found that adding extra protein foods to the diet of obese older individuals who were trying to lose weight strengthened their muscles.

Starr最近做了一项小研究，发现给那些想减重的肥胖老年人在饮食中加入额外蛋白质食物，强化了他们的肌肉。

【改写】 overweight seniors seeking weight loss ↔

obese older individuals who were trying to lose weight

三重身份的同义词替换

Additional protein was found to help strengthen the muscles ↔

adding extra protein foods to the diet ... strengthened their muscles

动作直接对应

【辨邻】 **G** G段虽然有“老年人”和“蛋白”，但缺少陈述句overweight和seeking weight loss这两个元素——陈述句明确指向“想减重的肥胖老年人”这一更窄人群，必须在H段才能完全对应。

the protein needs of an older adult actually increase

44. Pipitone believes that whole foods provide the best source of protein.

Pipitone 认为天然食物提供最好的蛋白质来源。

【答案】 **D** 段（强锚点）

【锚点】 锚定“Pipitone+天然食物+最佳”

【定位】 No need to, says Pipitone because, in fact, most of us already get enough protein in our diet.

"Whole foods are always the best option rather than adding supplements," she says.

Pipitone说没必要，因为事实上我们大多数人已经从饮食中获得了足够的蛋白质。“天然食物始终是最好的选择，而不是加补剂。”

【改写】 Pipitone believes ↔ she says

人名指代等价

whole foods provide the best source of protein ↔

Whole foods are always the best option rather than adding supplements

近义词替换+句式简化

【辨邻】 E E段Pipitone的核心论点是健康成人买补剂It could just be a waste of money——讲的是补剂浪费钱，而陈述句Q44的核心是“天然食物是最好的蛋白来源”——立场对象不同。

It could just be a waste of money

B B段陈述的是protein is present in all foods这一分布事实，没有“天然食物是最佳来源”这种价值判断；陈述句best source强调的是“最佳”这一立场表态，必须落在D段。

protein is present in all foods

45. People are advised to drink more liquid when they take in more protein.

建议人们在摄入更多蛋白质时多喝液体。

【答案】 L 段（强锚点）

【锚点】 锚定“多吃蛋白+多喝水”

【定位】 Pipitone says if you increase protein, you also have to increase your fluid intake.

Pipitone说如果你增加蛋白质摄入，你也得增加液体摄入量。

【改写】 drink more liquid ↔ increase your fluid intake

动作短语同义改写

when they take in more protein ↔ if you increase protein

时间状语对应条件状语

People are advised to ↔ you also have to

建议↔要求的等价

【辨邻】 M M段焦点是肾脏负担和肾结石风险，与陈述句Q45“多喝水”的建议没有对应。

extra protein makes the kidneys work harder

PARAGRAPH MAP • 段落主旨图

14 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

- A 用蛋白粉/蛋白棒等蛋白质补剂的市场已成行业风口——With more than \$12 billion in sales this year, the industry is booming, 并预计到2025年还要卖出几十亿, 但我们真的需要这么多额外的蛋白质吗? 该段以这个总起问题引出全篇。

信息指纹 120亿美元产业与2025预测

- B 蛋白质对身体每个细胞都关键, 且和只在少数食物里出现的营养素不同——protein is present in all foods, 注册营养师Pipitone指出, The typical American diet is a lot higher in protein than a lot of us think, 蔬菜、水果、豆类、谷物里都有。

信息指纹 蛋白质几乎无处不在

- C 美国政府推荐成人每天蛋白质摄入量是50 to 60 grams of protein a day; 段里用早餐两个鸡蛋加奶酪和橙子已经22 grams of protein、再加上午餐就over the recommended 50 grams来说明, 普通饮食轻松超标。

信息指纹 RDA数字与早餐凑数算法

- D 既然食物里就够吃, 为什么还要补? Pipitone的回答是不用——Whole foods are always the best option rather than adding supplements; 并指出FDA对补剂的监管不像对食物和药物那么严, 可能蛋白含量更少、糖更多甚至有咖啡因。

信息指纹 天然食物优于补剂

- E 如果真要考虑买补剂, 要看配料表; Pipitone说I've seen very expensive protein supplements that claim to be high quality but they might not really be beneficial for the average healthy adult, 对一般健康成年人来说It could just be a waste of money。

信息指纹 对健康成人是浪费钱

- F 确实有些情况需要额外补——Anytime you're repairing or building muscle, 比如极限耐力运动员、马拉松训练者、健美选手; 蛋白质能speed along that process, 帮他们在分解修复肌肉时占得先机。

信息指纹 极限运动员加速修复

G 纯素食者、忙得没空吃饭的人、术后/伤后恢复的人、以及老年人都能从额外蛋白质里获益；老年研究者Starr指出At around age 60, "muscles really start to break down", 因此the protein needs of an older adult actually increase。

信息指纹 60岁后蛋白需求增加

H Starr与同事Bales做过一项小研究，给obese older individuals who were trying to lose weight在饮食里加蛋白食物，六个月后the high protein group had significantly improved their muscle function，几乎是对照组的两倍。

信息指纹 肥胖减重老人加蛋白实验

I Starr下一步在研究高蛋白饮食是否也改善老年人肌肉本身的质量，她用CT扫描测量肌肉大小和脂肪，将高蛋白饮食的老年人与常规饮食的老年人作对比；段末说her findings should be available in a couple of months。

信息指纹 CT扫描后续研究

J 70岁的Corliss Keith是Starr上一项研究里高蛋白组的受试者，她现身说法称I feel like I have a different body, I have more energy, I'm stronger，能一周上三次Zumba课、跑步机锻炼、长距离快走，还减重15磅以上。

信息指纹 Keith现身说法

K Starr总结说人随年龄增长，肌肉力量是让他们继续在自己家里独立生活的关键；Keith本人也回应说I feel like I could stay by myself until I'm 100。

信息指纹 肌力支撑独立居家

L 蛋白质会不会摄入过量？Pipitone说要小心：吃太多会导致痉挛、头痛、疲劳，还有Dehydration的风险；她强调如果增加蛋白，必须同时增加饮水量——if you increase protein, you also have to increase your fluid intake。

信息指纹 增蛋白必须同步增水

M 有迹象表明，额外蛋白质会让the kidneys work harder，对有肾病史的人可能成问题，补剂可能increase the risk of kidney stones。

信息指纹 增加肾脏负担与肾结石风险

N

底线建议：如果你觉得自己需要更多蛋白，先问自己是不是极限运动员、是不是术后/伤后恢复、是不是60岁以上；如果是，加鸡蛋肉类等高蛋白食物有益；不确定就咨询初级保健医生。

信息指纹

三类人群清单与就医建议

SENTENCE INSIGHTS • 句子精讲

14 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。

Take, for example, breakfast.

C段，第3句

本句成分单一（谓语、宾语、方式状语），且插入语 for example 的识别是一个小练习点。但总体覆盖面窄，无定语从句、多重修饰、复杂宾补等值得反复练习的结构，训练收益有限。

If you're moderately exercising for 150 minutes a week, as the Centers for Disease Control and Prevention recommends, or less than that, you're probably not an extreme athlete.

F段，第3句

条件状语从句前置 + 主句的结构在四六级和考研阅读中频繁出现，非限制性定语从句内嵌在状语从句中的情况也较为常见。as 引导定语从句并在从句中充当成分是典型考点。整体句式具有较高的代表性和复用价值。

Extreme athletes expend lots of energy breaking down and repairing and building muscles.

F段，第4句

虽然句子结构简单，但包含了主语、谓语、宾语、状语四种成分，且状语部分由三个并列的动名词短语构成，可用于练习动名词作状语的识别以及并列结构的分析，具有一定的训练价值。

Vegans can benefit from protein supplements since they do not eat animal-based protein sources like meat, dairy or eggs.

G段，第1句

主句加原因状语从句是四六级和考研阅读中的常见句式，"since" 引导原因从句的用法具有代表性。情态动词加不及物动词配介词短语 ("can benefit from") 也是典型搭配。但句子整体较为平铺直叙，缺少定语从句、被动结构等更高频的考点组合，典型性中等偏上。

At around age 60, "muscles really start to break down," says Kathryn Starr, an aging researcher, "and because of that, the protein needs of an older adult actually increase."

G段，第5句

本句覆盖了主语、谓语、宾语（不定式短语）、原因状语、程度状语等多种成分，第二个主句的主语结构较复杂（名词 + 介词短语后置定语），适合练习识别较长主语和状语的位置关系，但缺少定语从句、宾语从句等更丰富的从句成分，训练价值中等偏上。

After six months, researchers found the high protein group had significantly improved their muscle function—almost twice as much as the control group.

H段，第5句

省略that的宾语从句和"as...as"比较结构都是四六级、考研阅读中的高频句式，过去完成时与一般过去时的搭配也是常考时态组合，典型性很强，掌握后可大量复用。

Starr is now looking into whether high-protein diets also improve the quality of the muscle itself in seniors.

I段，第1句

whether 引导的宾语从句是四六级和考研阅读中的高频句式，常用于科研报道、学术讨论等语境。主句用现在进行时描述正在进行的研究，从句用一般现在时表达待验证的可能性，这种"研究动作 + 研究内容"的句式组合在真题中反复出现，典型性较高，掌握后可迁移到类似语境。

She says she is able to take Zumba exercise classes three times a week, work out on the treadmill(跑步机), and take long, brisk walks.

J段，第3句

"主句 + 宾语从句" 是四六级和考研英语阅读中的高频句式,宾语从句省略 that 也是常见现象。从句中 "be able to + 并列不定式" 的结构在真题中反复出现,表达能力或可能性。本句结构具有较强的代表性,学生掌握后可直接迁移到大量同类句型。

Keith also lost more than 15 pounds.

J段，第4句

简单句在真题中常见，但本句结构过于基础，缺少真题常考的从句、非谓语、特殊句式等典型特征，代表性一般。

If so, adding high protein foods like eggs and meat products to your diet can be beneficial.

N段，第2句

条件状语从句 + 主句结构是四六级和考研英语阅读中的高频句式，"If so" 省略用法常见，动名词短语作主语 + 情态动词谓语也是典型搭配，本句结构具有很强的代表性和迁移价值。

It is quite easy for one to take in the recommended amount of protein.

第36题题干

形式主语"It is + 形容词 + for sb to do sth"是四六级和考研英语阅读、写作中的高频句型，在正式书面语和学术文本中大量出现。掌握本句结构后，考生可以直接迁移到类似句型（如"It is important/necessary/possible for sb to do sth"），实用性和代表性都很强。

Protein supplements may overburden some internal organs, thus leading to their malfunctioning.

第40题题干

简单句配情态动词和现在分词作结果状语的组合在四六级和考研英语阅读中较为常见，特别是科技、健康类话题中经常用 may/can 表推测并用分词短语补充说明结果，具有较好的代表性和迁移价值。

Older adults need to take in more protein to keep their muscles strong.

第41题 题干

简单句 + 不定式作宾语 + 不定式作目的状语是英语中非常常见的基础句式，在考试中频繁出现。掌握这一结构对理解类似句子有较好的迁移性，但结构本身不够复杂，不属于高难度典型句式。

People are advised to drink more liquid when they take in more protein.

第45题 题干

被动语态加不定式补足语的结构 (be advised to do) 以及 when 引导的时间状语从句都是四六级和考研英语阅读中的常见句式。句式具有一定代表性，掌握后可在类似语境中迁移应用，但句子整体较为简单，不如多层嵌套或复杂修饰的句子典型性高。

HIGH-FREQUENCY • 真题高频词

本篇出现的 89 个英语六级真题高频词

下列单词既在本篇真题中出现，又是 **英语六级** 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。

protein B1

n. 蛋白质

本篇47次 · 真题 64 句

muscle A2

n. 肌肉

本篇13次 · 真题 24 句

supplement B2

n. 补充物

本篇10次 · 真题 28 句

diet A2

n. 日常饮食

本篇9次 · 真题 82 句

gram B1

n. 克（重量单位）

本篇9次 · 真题 9 句

bar A2

n. 酒吧

本篇5次 · 真题 19 句

extreme B2

adj. 极度的

本篇4次 · 真题 60 句

athlete B1

n. 运动员

本篇4次 · 真题 49 句

recommend

B1

v. 推荐

本篇4次 · 真题 47 句

extra

A2

adj. 额外的

本篇4次 · 真题 33 句

researcher

B2

n. 研究人员

本篇3次 · 真题 363 句

individual

B2

adj. 单独的

本篇3次 · 真题 142 句

average

A2

adj. 平均的

本篇3次 · 真题 112 句

senior

B1

adj. 级别高的

本篇3次 · 真题 52 句

snack

A2

n. 零食

本篇3次 · 真题 15 句

less

A1

det. 较少的

本篇2次 · 真题 273 句

benefit

B1

n. 好处

本篇2次 · 真题 244 句

risk

A2

n. 风险

本篇2次 · 真题 167 句

quality

A2

n. 质量

本篇2次 · 真题 112 句

claim

B1

v. 声称

本篇2次 · 真题 111 句

participant

B2

n. 参与者

本篇2次 · 真题 91 句

amount

A2

n. 数量

本篇2次 · 真题 84 句

source

B1

n. 来源

本篇2次 · 真题 75 句

billion

B1

num. 十亿 (1,000,000,000)

本篇2次 · 真题 74 句

per B1

prep. 每

本篇2次·真题 53 句

option B1

n. 选择

本篇2次·真题 48 句

recover B1

v. 恢复健康

本篇2次·真题 35 句

strengthen B2

v. 加强

本篇2次·真题 27 句

beneficial B2

adj. 有益的

本篇2次·真题 24 句

injury B1

n. (身体) 伤害, 损伤

本篇2次·真题 21 句

typical B1

adj. 典型的

本篇2次·真题 19 句

dairy B1

n. 奶制品

本篇2次·真题 15 句

surgery B1

n. 外科手术

本篇2次·真题 8 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 568 句

product A2

n. 产品

本篇1次·真题 271 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 182 句

local A2

adj. 当地的

本篇1次·真题 143 句

online A2

adj. 在线的

本篇1次·真题 139 句

view A2

n. 观点, 看法

本篇1次·真题 134 句

process B1

n. 过程

本篇1次·真题 126 句

finding B2

n. 调查结果

本篇1次·真题 121 句

measure B1

v. 测量

本篇1次·真题 100 句

according B1

prep. 根据

本篇1次·真题 96 句

colleague B1

n. 同事

本篇1次·真题 84 句

type A2

n. 类型

本篇1次·真题 84 句

recently A2

adv. 最近

本篇1次·真题 76 句

seek B1

v. 寻找

本篇1次·真题 70 句

realize B1

v. 意识到, 认识到

本篇1次·真题 64 句

available A2

adj. 可获得的

本篇1次·真题 63 句

conduct B2

v. 组织并实施

本篇1次·真题 59 句

loss B1

n. 丧失

本篇1次·真题 56 句

boost B2

v. 提高

本篇1次·真题 55 句

balance B1

n. 平衡

本篇1次·真题 49 句

track A2

n. 小路

本篇1次·真题 48 句

cell B1

n. 细胞

本篇1次·真题 47 句

thus B2

adv. 因此, 所以

本篇1次·真题 47 句

marketing B1

n. 营销

本篇1次·真题 45 句

critical B2

adj. 批评的

本篇1次·真题 42 句

function B1

n. 功能

本篇1次·真题 40 句

regular B1

adj. 经常的

本篇1次·真题 33 句

unlike B1

prep. 不像

本篇1次·真题 31 句

ingredient B1

n. (烹饪) 食材, 原料

本篇1次·真题 28 句

thrive B2

v. 茁壮成长

本篇1次·真题 27 句

additional B1

adj. 额外的

本篇1次·真题 24 句

provider B2

n. 供应者

本篇1次·真题 24 句

strength B1

n. 力量

本篇1次·真题 23 句

marathon B2

n. 马拉松赛跑 (42.195公里)

本篇1次·真题 21 句

regulate B2

v. 管理

本篇1次·真题 21 句

reliable B1

adj. 可靠的

本篇1次·真题 20 句

grand B1

adj. 宏伟的

本篇1次·真题 19 句

grocery B1

n. 食品杂货

本篇1次·真题 19 句

bone A2

n. 骨

本篇1次·真题 18 句

internal B2

adj. 内部的

本篇1次·真题 17 句

significantly B2

adv. 显著地

本篇1次·真题 16 句

fatigue B2

n. 疲劳

本篇1次·真题 14 句

grain B1

n. 谷物, 粮食

本篇1次·真题 14 句

nutrient B2

n. 营养物质

本篇1次·真题 14 句

boom B1

n. 繁荣

本篇1次·真题 11 句

fashionable B1

adj. 时髦的

本篇1次·真题 11 句

obese C1

adj. 肥胖的

本篇1次·真题 11 句

pill B1

n. 药丸

本篇1次·真题 10 句

vegan B2

n. 严格素食主义者 (不吃任何动物制品的人)

本篇1次·真题 10 句

indication B2

n. 迹象

本篇1次·真题 9 句

problematic C1

adj. 有问题的

本篇1次·真题 9 句

register B1

v. 登记, 注册

本篇1次·真题 9 句

scan B1

v. 仔细查看、审视

本篇1次·真题 9 句

anytime A2

adv. 在任何时候

本篇1次·真题 8 句

intake B2

n. 摄入量

本篇1次·真题 8 句

occasional

B1

adj. 偶尔的，偶然发生的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 363 词按 CEFR 难度累积覆盖

全文去重后共 **363** 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 363 个 · 末柱为 100%

去重总词数

363

B2 以上难词

2%

B1 及以下覆盖

91%

英语六级 2019年12月·第2套 · 全卷构成

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