

# 2022年12月·第1套 英语六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2022年12月·第1套 英语六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(2022-12) · 六级

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

(30 minutes)

#### Section A

**Directions:** In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

**Questions 1 to 4 are based on the conversation you have just heard.**

1 M: How's your dissertation going? I'm proofreading my first draft and will submit it to my professor tomorrow.

M: 你的论文进展怎么样了？我正在校对初稿，明天要提交给我的教授。

2 W: Oh, I haven't even started writing mine yet, so I'm really worried about finishing by the end of next semester.

W: 哦，我甚至还没开始写呢，所以我真的很担心能不能在下学期末之前完成。

3 M: You mean you haven't even begun yours yet? The final draft is due in five months.

M: 你是说你还一点都没开始吗？终稿五个月后就要交了。

4 W: Of course I've started it, but I can't get to the writing yet as I haven't found enough resources to use, so I'm still researching the topic.

W: 我当然已经开始了，但还没法进入写作阶段，因为我还没找到足够的资料可用，所以我还在研究这个课题。

5 M: Maybe the problem is the way you're doing your research. I started by talking to my professor about where to look for information, and based on that, I found books in the library and a lot of reputable journal articles on the Internet.

M: 也许问题出在你做研究的方式上。我一开始就跟我的教授聊了去哪里找信息, 基于他的建议, 我在图书馆找到了书籍, 还在网上找到了很多可靠的期刊文章。

6 W: I've tried all that, but don't have enough to write the dissertation as my department's minimum length is 70 pages. I think the problem is that my topic isn't viable. And honestly, my professor did warn me at the beginning that I might not be able to find enough material. But I was so interested in the topic that I didn't let his advice turn me.

W: 我都试过了, 但还是不够写论文, 因为我们系要求最少70页。我觉得问题在于我的选题不可行。说实话, 我的教授一开始就警告过我可能找不到足够的材料。但我对这个课题太感兴趣了, 没有听他的劝告。

7 M: Well, I suggest you find a new topic. After all, our professors are here to guide us, so it's best to listen to them.

M: 那我建议你换个新课题。毕竟, 我们的教授是来指导我们的, 所以最好听他们的。

8 W: In retrospect, I wish I had listened to him, but I didn't. And now I don't want to give up my topic as I've already invested so much time and energy.

W: 现在回想起来, 我真希望当时听了他的话, 但我没听。现在我不想放弃我的课题, 因为我已经投入了那么多时间和精力。

9 M: If you're committed to your current topic, maybe you could make some adjustments rather than abandon it completely. What is your topic?

M: 如果你坚持现在的课题, 也许你可以做些调整, 而不是完全放弃它。你的课题是什么?

10 W: It's "Depictions of Femininity in Folklore from the South of the Country".

W: 是"本国南方民间传说中的女性形象描绘"。

11 M: That's pretty narrow. You could find more material if you made the topic broader, maybe by including other kinds of depictions.

M: 这个范围挺窄的。如果你把课题范围扩大一些, 也许能找到更多材料, 比如可以纳入其他类型的描绘。

12 W: Broadening the topic is a great idea, I'll start by including folklore from other regions of the country.

W: 扩大课题范围是个好主意, 我会从纳入本国其他地区的民间传说开始。

1. A) She hasn't started writing it.  
B) She hasn't decided on a topic.  
C) She is proofreading the first draft.  
D) She is working on the references.

**【题目】 What does the woman say about her dissertation?**

【翻译】女士对她的论文说了什么？

- A) 她还没有开始写。 B) 她还没有确定题目。 C) 她正在校对初稿。  
D) 她正在整理参考文献。

【答案】A (细节题) She hasn't started writing it.

【定位】W: Oh, I haven't even started writing mine yet, so I'm really worried about finishing by the end of next semester.

女：哦，我连写都还没开始呢，所以我真的很担心能不能在下学期末之前完成。

【信号】被问者的直接应答。男生先问 How's your dissertation going, 女生张口第一句 I haven't even started writing mine yet 就是对提问的直接应答，对话题的答案就落在被问者这第一反应上。

【替换】I haven't even started writing mine yet ↔ She hasn't started writing it.

去掉 even 的同义压缩

【排除】B) 偷换概念

She hasn't decided on a topic. 听着也像『没进展』，但女生说的是还没开始写，topic 在后文 I'm still researching the topic 里指『还在查资料』，并非『没定下题目』，属偷换概念。

借用原文：I'm still researching the topic

C) 张冠李戴

She is proofreading the first draft. 里 proofreading the first draft 确在录音中出现，但说这话的是男生 I'm proofreading my first draft, 不是女生，张冠李戴。

借用原文：I'm proofreading my first draft

D) 未提及

She is working on the references. 说她在弄参考文献，意味着正文已近完成，与她『还没动笔』完全矛盾，录音里也没说她在做文献，属未提及。

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2. A) He lent many books to the man for reference.  
B) He offered the man advice on resource hunting  
C) He published a lot in a number of reputable journals.  
D) He told the man to be selective when using e-resources.

【题目】What does the man say about his professor?

【翻译】男士对他的教授说了什么？

- A) 他借给男士许多书供参考。 B) 他就资源搜寻向男士提供了建议。  
C) 他在多个知名期刊上发表了大量文章。 D) 他告诉男士在使用电子资源时要有选择性。

【答案】B (细节题) He offered the man advice on resource hunting

【定位】 M: I started by talking to my professor about where to look for information, and based on that, I found books in the library and a lot of reputable journal articles on the Internet.

男：我一开始是去找我教授聊该上哪儿找资料，在这个基础上，我在图书馆找到了书，还在网上找到很多有声望的期刊文章。

【信号】 经过句里的求助动作。男生回顾自己怎么做研究，关键在 I started by talking to my professor about where to look for information——他教授给的正是『去哪找资料』的指点，这句叙述里藏着教授的作为。

【替换】 talking to my professor about where to look for information ↔

**He offered the man advice on resource hunting**

把『聊去哪找资料』概括为『给找资料建议』

【排除】 A) **原词陷阱**

He lent many books to the man for reference. 里 books 确在录音出现，但 I found books in the library 是男生自己在图书馆找到的书，不是教授借给他的，原词陷阱。

借用原文：I found books in the library

C) **原词陷阱**

He published a lot in a number of reputable journals. 用了原词 reputable journal，但 a lot of reputable journal articles on the Internet 说的是男生在网上找到这些文章来读，而非教授在期刊上发表论文，原词陷阱兼无中生有。

借用原文：a lot of reputable journal articles on the Internet

D) **未提及**

He told the man to be selective when using e-resources. 说教授叮嘱『用电子资源要有选择』，但录音里教授只指出了去哪找，从未提『要挑着用』，selective 是未提及。

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3. A) He didn't think her dissertation topic viable.  
B) He wasn't interested in her dissertation topic.  
C) He didn't want her to rush through her dissertation.  
D) He wasn't specific about the length of her dissertation.

【题目】 What does the woman say about her professor?

【翻译】 女士对她的教授说了什么？

- A) 他认为她的论文题目不可行。 B) 他对她的论文题目不感兴趣。  
C) 他不希望她仓促完成论文。 D) 他没有具体说明她的论文篇幅。

【答案】 **A** (细节题) He didn't think her dissertation topic viable.

【定位】 W: And honestly, my professor did warn me at the beginning that I might not be able to find enough material.

女：说实话，我教授一开始就警告过我，我可能找不到足够的材料。

【信号】引述动词 **warn** 引出原话。女生用 my professor did warn me at the beginning that I might not be able to find enough material 转述教授当初的警告，引述动词 warn 后面那句就是教授的态度，是答案句。

【替换】warn me at the beginning that I might not be able to find enough material ↔

**He didn't think her dissertation topic viable.**

『找不到材料』即『选题不可行』

【排除】B) **张冠李戴**

He wasn't interested in her dissertation topic. 把 interested 安在教授身上，但录音里 I was so interested in the topic 说有兴趣的是女生自己，教授只是警告找不到料，张冠李戴又偷换。

借用原文：I was so interested in the topic

C) **未提及**

He didn't want her to rush through her dissertation. 说教授不想她赶工，但教授只警告材料不够，从没说过快慢、赶不赶的事，未提及。

D) **原词陷阱**

He wasn't specific about the length of her dissertation. 提到 length，录音里 length 出现在 my department's minimum length is 70 pages，那是系里的规定，与教授说没说清篇幅无关，原词陷阱。

借用原文：my department's minimum length is 70 pages

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4. A) Change her research methodology.  
B) Narrow down her dissertation topic.  
C) Consult her professor more.  
D) Follow the man's advice.

【题目】What do we learn the woman will do to complete her dissertation?

【翻译】我们了解到女士将做什么来完成她的论文？

- A) 改变她的研究方法。 B) 缩小她的论文题目范围。 C) 多咨询她的教授。  
D) 听从男士的建议。

【答案】D (细节题) Follow the man's advice.

【定位】W: Broadening the topic is a great idea, I'll start by including folklore from other regions of the country.

女：把题目扩大是个好主意，我打算先把全国其他地区的民间传说也纳进来。

【信号】结尾采纳建议的应答。男生上一句建议 You could find more material if you made the topic broader，女生末句 Broadening the topic is a great idea 当即采纳，结尾这句『接受建议』就是答案句。

**【替换】** Broadening the topic is a great idea ↔ **Follow the man's advice.**

采纳男生提议=照他建议办

**【排除】** A) **原词陷阱**

Change her research methodology. 沾了男生那句 Maybe the problem is the way you're doing your research, 但女生最终决定的是扩大题目, 并没说要换研究方法, 原词陷阱。

借用原文: Maybe the problem is the way you're doing your research

B) **与原文相反**

Narrow down her dissertation topic. 与女生的决定正好相反——男生说题目 That's pretty narrow, 建议 made the topic broader, 女生要做的是 broaden (扩大) 而非 narrow (缩小), 与原文相反。

借用原文: That's pretty narrow

C) **原词陷阱**

Consult her professor more. 里 professor 全程反复出现, 诱人选; 但女生采纳的是男生当下的建议, 并未表示要再去多问教授, 原词陷阱。

借用原文: our professors are here to guide us

**Questions 5 to 8 are based on the conversation you have just heard.**

1 W: Today, on Book Talk, we are lucky enough to host John Robbins and discuss his new book, Why Americans Are Fat and How We Can Lose Weight. John isn't just a respected writer; he's also one of the rare celebrity authors writing about science today.

W: 今天在《书谈》节目中,我们非常幸运地邀请到了 John Robbins,来讨论他的新书《为什么美国人肥胖以及我们如何减肥》。John 不仅是一位受人尊敬的作家,他还是当今少数几位撰写科学题材的名人作家之一。

2 M: Thanks for having me, Rebecca, but I'm hardly a celebrity.

M: 谢谢你邀请我,Rebecca,但我算不上什么名人。

3 W: That's very modest of you to say, considering that your four books have sold a total of seven million copies worldwide, and they've been translated into 12 different languages. What makes people so fascinated with your work?

W: 你这么说真是太谦虚了,要知道你的四本书在全球总共售出了七百万册,并且被翻译成了12种不同的语言。是什么让人们对你的作品如此着迷呢?

4 M: Well, people read my books because more than 60% of Americans are overweight, or obese. And other countries are facing similar problems. Basically, we all want to know how to fix things.

M: 嗯,人们读我的书是因为超过60%的美国人超重或肥胖。而其他国家也面临着类似的问题。基本上,我们都想知道如何解决这些问题。

5 W: We certainly do. I've read your new book, and it's fabulous, especially when it comes to the way you make difficult science easy for laymen to understand. That's no small achievement.

W: 我们确实想知道。我读了你的新书,它太棒了,尤其是你把艰深的科学知识变得通俗易懂的方式。这可不是件容易的事。

6 M: I'm glad to hear you find my work accessible, because I was worried when I wrote it that discussing the science might make the book more suited for a specialist audience. My last book was written primarily for the medical community. But this time, I want to help ordinary people take control of their weight.

M: 很高兴听到你觉得我的作品通俗易懂,因为我在写作时还担心讨论科学内容会让这本书更适合专业读者。我上一本书主要是写给医学界的。但这一次,我想帮助普通人控制他们的体重。

7 W: And how do you suggest they do that? Can you give us the basics of your advice for people who want to lose weight?

W: 那你建议他们怎么做呢?你能给我们介绍一下你对想要减肥的人的基本建议吗?

8 M: Briefly, I argue that every person needs to consider their metabolism and eat what suits their body's needs. I don't advocate one single diet. Some people should eat more carbohydrates than others. And different people need different amounts of protein and fat.

M: 简单来说,我认为每个人都需要考虑自己的新陈代谢,吃适合自己身体需求的食物。我不主张单一的饮食方案。有些人应该比其他摄入更多的碳水化合物。而且不同的人需要不同量的蛋白质和脂肪。

9 W: But you do have some recommendations for everyone, including eating ten servings of vegetables and three of fruit a day. We'll talk about those recommendations next, but now we need to take a short break for a message from our sponsor.

W: 但你确实对所有人都有一些建议,包括每天吃十份蔬菜和三份水果。我们接下来会谈谈这些建议,但现在我们需要短暂休息一下,播放赞助商的广告。

5. A) He has translated 12 books.

B) He is a well-known nutritionist.

C) His books sell well worldwide.

D) His latest book sold a million copies.

**【题目】** What does the woman say about the man in her introduction?

**【翻译】** 女士在介绍中是如何评价这位男士的?

- A) 他已经翻译了12本书。 B) 他是一位知名的营养学家。 C) 他的书在全球销量很好。  
D) 他的最新著作售出了一百万册。

**【答案】** C (细节题) His books sell well worldwide.

**【定位】** That's very modest of you to say, considering that your four books have sold a total of seven million copies worldwide, and they've been translated into 12 different languages.

您这么说太谦虚了,毕竟您的四本书在全球总共卖出了七百万册,还被翻译成了12种不同的语言。

【信号】主持人介绍嘉宾的成就陈述句。答案信号是主持人介绍环节里铺陈嘉宾业绩的那句 your four books have sold a total of seven million copies worldwide——访谈开场的 "夸业绩" 句往往就是 introduction 题的答案句。

【替换】sold a total of seven million copies worldwide ↔ His books sell well worldwide  
"全球卖出七百万册" 概括为 "全球畅销"

【排除】A) 原词陷阱

录音说 translated into 12 different languages(译成 12 种语言), A 却说 He has translated 12 books.(翻译了 12 本书)——盗用了原文数字 12, 却把对象从 "语言" 换成 "书", 且作者是 "被翻译" 不是 "去翻译", 听到 12 就选必中招。

借用原文: translated into 12 different languages

B) 未提及

录音介绍他是 a respected writer 和写科学的 celebrity authors, 从没说他是 a well-known nutritionist.(知名营养师)。营养师是顺着 "减肥饮食" 话题脑补出来的, 原文未提及。

D) 原词陷阱

录音是 your four books have sold a total of seven million copies(四本书合计七百万册), D 说 His latest book sold a million copies.(最新一本卖了一百万册)——盗用 "百万册级销量" 的语感, 却把 "四本合计七百万" 偷换成 "单本一百万", 数字与范围全错。

借用原文: your four books have sold a total of seven million copies

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6. A) The desire of Americans to try exotic cuisines.  
B) The demand for information about food safety.  
C) The fact that over half of Americans are overweight.  
D) The fact that science books are difficult to read.

【题目】What has motivated the man to write his books?

【翻译】是什么促使这位男士写作这些书?

- A) 美国人尝试异国风味美食的渴望。 B) 对食品安全信息的需求。  
C) 超过半数美国人超重的事实。 D) 科学书籍难以阅读的事实。

【答案】C (细节题) The fact that over half of Americans are overweight.

【定位】Well, people read my books because more than 60% of Americans are overweight, or obese.  
嗯, 人们读我的书, 是因为超过 60% 的美国人超重, 甚至肥胖。

【信号】因果连接词 because 引出原因。答案信号是显性因果词 because: people read my books because more than 60% of Americans are overweight, because 后面那句现象即为写书/读书的动机。

【替换】 more than 60% of Americans are overweight, or obese ↔

**The fact that over half of Americans are overweight**

"超 60%" 等价于 "过半"

【排除】 A) **未提及**

The desire of Americans to try exotic cuisines.(想尝异国菜)在整段对话里没有任何对应, 纯属话题跑偏的捏造, 与减肥饮食主线无关。

B) **未提及**

The demand for information about food safety.(对食品安全信息的需求)听上去与饮食沾边, 但录音给的动机是 "超重", 从未谈 food safety, 属顺着话题脑补的未提及项。

D) **与原文相反**

录音里 "科学难懂" 是被作者 make difficult science easy for laymen to understand 克服的难点、是卖点, 而非写书动机; D 却把 science books are difficult to read. 说成动机, 盗用了 "difficult science" 的字眼却把作用讲反了。

借用原文: make difficult science easy for laymen to understand

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7. A) The general public.

B) Those who are overweight.

C) Those who want to lose weight.

D) The medical community.

【题目】 **Who does the man say his last book was mainly written for?**

【翻译】 这位男士说他的上一本书主要是为谁而写的?

A) 普通大众。 B) 超重人群。 C) 想要减肥的人。 D) 医学界。

【答案】 **D** (细节题) The medical community.

【定位】 My last book was written primarily for the medical community. But this time, I want to help ordinary people take control of their weight.

我上一本书主要是为医学界写的。但这一次, 我想帮助普通人掌控自己的体重。

【信号】 **限定词 last + 受众句, 并与 "this time" 对照。**答案信号是 My last book was written primarily for the medical community 这句明确的 "上一本 written for 谁", 紧接的 But this time 形成 "上一本 vs 这一本" 对照, 提醒要选 last 对应的那一群。

【替换】 My last book was written primarily for the medical community ↔ **The medical community**

受众原词直接对应

**【排除】 A) 张冠李戴**

The general public. 对应的是 this time, I want to help ordinary people——那是 "这一本(新书)" 的受众。把 this time 的受众安到 last book 头上, 正是没分清两本书的张冠李戴。

借用原文: this time, I want to help ordinary people take control of their weight

**B) 原词陷阱**

Those who are overweight. 借了通篇出现的 overweight 一词, 但录音从没说哪本书是 "为超重者" 而写; 它只是话题词, 不是 last book 的受众。

借用原文: more than 60% of Americans are overweight

**C) 答非所问**

Those who want to lose weight. 贴合全场减肥主题、最顺耳, 但录音说 last book 是写给 medical community 的; "想减肥的人" 从未被点名为某本书的受众, 是借主题诱选。

- 
8. A) Switch to a vegetarian diet.  
B) Follow a personalized diet.  
C) Adhere to doctors' advice.  
D) Cut carbohydrate intake.

**【题目】 What does the man recommend people do?**

**【翻译】 这位男士建议人们做什么?**

- A) 改吃素食。 B) 遵循个性化饮食方案。 C) 听从医生的建议。  
D) 减少碳水化合物摄入。

**【答案】 B (细节题) Follow a personalized diet.**

**【定位】** Briefly, I argue that every person needs to consider their metabolism and eat what suits their body's needs. I don't advocate one single diet.

简单说, 我主张每个人都要考虑自己的新陈代谢, 吃适合自己身体需求的东西。我不提倡某一种单一的食谱。

**【信号】 主张句 I argue + 否定 I don't advocate 立反差。** 答案信号是主张句 I argue that every person needs to consider their metabolism and eat what suits their body's needs, 再以 I don't advocate one single diet 否定 "单一食谱"——一立一否, 强调的正是 "因人而异"。

**【替换】** every person needs to consider their metabolism and eat what suits their body's needs ↔

**Follow a personalized diet**

"按各自身体需求吃" 概括为 "个性化饮食"

I don't advocate one single diet ↔ **Follow a personalized diet**

"不主张单一食谱" 反面印证 "个性化"

**【排除】 A) 未提及**

Switch to a vegetarian diet.(改吃素)在对话里没有依据；录音末尾虽提到多吃蔬果，但那是补充建议，从没让人"改成素食"，属未提及的绝对化主张。

**C) 原词陷阱**

Adhere to doctors' advice. 借了前文 the medical community 留下的"医学"印象，但作者建议的是按自身代谢来，从没让普通人"遵医嘱"，是盗用医学语感的诱选。

借用原文：My last book was written primarily for the medical community

**D) 与原文相反**

录音说 Some people should eat more carbohydrates than others(有些人该比别人多吃碳水)，是"碳水因人而异"；D 却笼统说 Cut carbohydrate intake.(减少碳水)，盗用 carbohydrate 一词，却把"看人而定"讲成了"一律削减"，方向相反。

借用原文：Some people should eat more carbohydrates than others

## Section B

**Directions:** In this section, you will hear two passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

**Questions 9 to 11 are based on the passage you have just heard.**

1 Stress is often depicted as negative, but research shows that moderate amounts of it can be beneficial for your brain and your body.

压力常被描述为负面的，但研究表明，适度的压力对大脑和身体都有益处。

2 First, the benefits for the brain. Studies have shown that short periods of stress can actually bolster cognitive functioning. Researchers discovered that placing rats in a stressful situation for just a few hours doubled the growth of new brain cells. The rats also did better on a memory test later on. Scientists think the same thing happens in humans. But how does stress improve memory? It's simple. When your brain cells multiply, your memory can improve. Viewed from a biological perspective, this makes sense, because animals that are better at remembering dangerous situations can avoid them in the future. If an animal encounters a predator and escapes, for example, it's important to remember where and when that encounter happened. Experts assert that the same principle applies to humans.

首先是对大脑的益处。研究表明，短期压力实际上可以增强认知功能。研究人员发现，将大鼠置于压力环境中仅几个小时，新生脑细胞的生长就会增加一倍。这些大鼠后来在记忆测试中的表现也更好。科学家认为人类也会发生同样的情况。但压力如何改善记忆呢？答案很简单。当脑细胞增殖时，记忆力就能得到改善。从生物学角度来看，这是合理的，因为更善于记住危险情境的动物能够在未来避开这些情境。例如，如果一只动物遇到捕食者并成功逃脱，记住这次遭遇发生的地点和时间就很重要。专家断言，同样的原理也适用于人类。

3 Now, let's turn to how stress benefits the body. This may come as a surprise to laymen. But experts say that stress can keep you from getting sick. Scientists concede that chronic stress can make you more prone to illness. But research shows that short periods of stress can actually provide some protection against getting sick, because it increases your immune functioning. One study shows that rats that experienced brief stress had a surge of immune cell response, which makes the immune system better prepared to fight illness. For humans, there's even evidence that experiencing stress before getting vaccinated could help make vaccines more effective.

现在，让我们转向压力如何使身体受益。这可能会让外行人感到惊讶。但专家表示，压力可以防止你生病。科学家承认，慢性压力会使你更容易患病。但研究表明，短期压力实际上可以提供一些保护，使你免于生病，因为它会增强免疫功能。一项研究表明，经历短暂压力的大鼠出现了免疫细胞反应激增，这使免疫系统能够更好地对抗疾病。对于人类而言，甚至有证据表明，在接种疫苗前经历压力可能有助于提高疫苗的有效性。

9. A) The rate of their growth increased dramatically.  
B) The growth of their new brain cells doubled.  
C) They began to show signs of depression.  
D) They began to get irritated and restless.

**【题目】** What did researchers discover about rats placed briefly in a stressful situation?

**【翻译】** 研究人员发现,短暂置于压力情境中的大鼠会出现什么情况?

- A) 它们的生长速度显著加快。 B) 它们新生脑细胞的生长翻了一番。  
C) 它们开始表现出抑郁的迹象。 D) 它们开始变得烦躁不安。

**【答案】** B (细节题) The growth of their new brain cells doubled.

**【定位】** Researchers discovered that placing rats in a stressful situation for just a few hours doubled the growth of new brain cells.

研究者发现，把大鼠置于压力情境中仅仅几个小时，就使其新脑细胞的生长翻了一倍。

**【信号】** **discovered** 后接发现内容。答案句由 Researchers discovered that 引出，研究动词 discovered 后面紧跟的就是题干要的发现，是天然的答案信号；同时 doubled the growth of new brain cells 给出明确的量化结果，更确认这就是落点。

**【替换】** doubled the growth of new brain cells ↔ **The growth of their new brain cells doubled.**

主被动语序调换

**【排除】 A) 偷换概念**

A 说 rate of their growth increased dramatically (成长速率剧增)，但录音说的是生长翻倍 (数量翻番)，讲的是结果量而非速率；它盗用了原文 growth 一词，却把翻倍偷换成速率剧增，答非所问。

借用原文：doubled the growth of new brain cells

**C) 未提及**

C 说大鼠出现 signs of depression (抑郁迹象)，但录音通篇讲的是适度压力的好处，从未提大鼠抑郁，属于无中生有。

**D) 未提及**

D 说大鼠变得 irritated and restless (烦躁不安)，录音只说短暂压力让脑细胞翻倍、记忆变好，没说大鼠情绪烦躁，是凭压力等于负面的常识硬加的，未提及。

- 
10. A) To avoid them in the future.  
B) To warn others against them.  
C) To make good sense of them.  
D) To reflect on their causes.

**【题目】 Why do people tend to have clear memories of dangerous situations they have encountered?**

**【翻译】 为什么人们往往对自己遭遇的危险情境有清晰的记忆？**

- A) 为了在将来避免这些情境。 B) 为了警告他人不要遭遇这些情境。  
C) 为了合理解释这些情境。 D) 为了反思这些情境的起因。

**【答案】 A** (细节题) To avoid them in the future.

**【定位】** Viewed from a biological perspective, this makes sense, because animals that are better at remembering dangerous situations can avoid them in the future.

从生物学角度看，这是有道理的，因为更善于记住危险情境的动物能在将来躲开它们。

**【信号】 because 引出真原因。**答案句的核心信号是 because，题干问 Why，录音里紧跟 because 后的 can avoid them in the future 正是要的原因——因果连词后面就是答案落点。

**【替换】** can avoid them in the future ↔ **To avoid them in the future.**

几乎原义照搬

**【排除】 B) 未提及**

B 说为了 warn others against them (警告别人提防)，录音只说记住是为了自己将来躲开，从未提及把危险告诉他人，属未提及。

**C) 未提及**

C 说为了 make good sense of them (弄懂它们)，录音讲的目的是 avoid (躲开) 而非理解其含义，方向不符，原文无此说法。

**D) 未提及**

D 说为了 reflect on their causes (反思其成因)，录音从没提反思危险的起因，只说记住以便将来躲开，是凭常识硬推的目的，未提及。

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11. A) Produce a surprising healing effect.

B) Weaken one's immunity in the long run.

C) Make people more susceptible to illness.

D) Provide protection against mental illnesses.

**【题目】 What do scientists believe chronic stress can do?**

**【翻译】** 科学家认为慢性压力会造成什么影响?

A) 产生令人惊讶的疗愈效果。 B) 从长远来看削弱人的免疫力。 C) 使人更容易生病。

D) 提供针对精神疾病的保护。

**【答案】 C** (细节题) Make people more susceptible to illness.

**【定位】** Scientists concede that chronic stress can make you more prone to illness.

科学家承认，长期压力会让你更容易生病。

**【信号】 concede 后的让步内容。** 答案句出现题干关键词 chronic stress，并由 Scientists concede that 引出科学家的让步看法；问 chronic 就只认带 chronic 的这句，其后的 make you more prone to illness 即答案。

**【替换】** make you more prone to illness ↔ **Make people more susceptible to illness.**

近义词替换

**【排除】 A) 张冠李戴**

A 说产生 surprising healing effect (惊人疗愈效果), 录音里令人意外的好处是说短期压力 provide some protection against getting sick, 而题干问的是 chronic (长期); A 张冠李戴, 把短期压力的好处安到了长期压力头上。

借用原文: short periods of stress can actually provide some protection against getting sick

**B) 与原文相反**

B 说 Weaken one's immunity in the long run (长期削弱免疫力), 录音讲免疫只说短期压力 increases your immune functioning (增强免疫), 从没说长期压力削弱免疫; B 反了方向又借用 long run 来唬人。

借用原文: increases your immune functioning

**D) 偷换概念**

D 说 protection against mental illnesses (防护精神疾病), 录音说的是短期压力 provide some protection against getting sick (防普通生病), 既错把长期当短期, 又把笼统的生病偷换成 mental illnesses (精神疾病)。

借用原文: provide some protection against getting sick

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

1 For many managers and people who work in leadership positions, dealing with emails is a dilemma. It's likely the "unpredictable, uncontrollable and ongoing nature of day-to-day email in terms of volume, importance and urgency" contributes to their levels of anxiety and to diminished leadership skills.

对于许多管理者和担任领导职位的人来说,处理电子邮件是一个难题。很可能是"日常电子邮件在数量、重要性和紧急程度方面不可预测、不可控制且持续不断的特性"导致了他们的焦虑水平上升以及领导技能的削弱。

2 That's because it's not unusual for many leaders to prioritize email management over people management. An obsession with managing their inbox prevents them from dealing with their employees. As a result, they ignore the issues that might only be mild problems at first, until unfortunately, they inevitably transform into a major problem or crisis by virtue of neglect.

这是因为许多领导者将电子邮件管理置于人员管理之上并不罕见。对管理收件箱的痴迷使他们无法处理员工的问题。结果,他们忽视了那些起初可能只是轻微问题的事项,不幸的是,这些问题最终因疏忽而不可避免地转变成重大问题或危机。

3 As leaders, they are expected to motivate and inspire their team in pursuit of longer-term strategic goals and also, less ambitiously but more practically, to monitor their daily output, to set clear expectations and to give regular feedback.

作为领导者,他们被期望激励和鼓舞团队追求更长远的战略目标,同时,虽然没那么雄心勃勃但更为实际的是,监督团队的日常产出,设定明确的期望并给予定期反馈。

4 When presented with a choice between the appeal of their inbox and other more important activities, many sacrifice the latter. Daily email demands have a negative impact on their goal progress. This is because leaders must divert resources from other tasks to check, filter and respond to emails.

当面临收件箱的吸引力和其他更重要活动之间的选择时,许多人牺牲了后者。日常电子邮件需求对他们的目标进展产生负面影响。这是因为领导者必须从其他任务中转移资源来查看、筛选和回复电子邮件。

5 The solution is cultivating self-control which is like a muscle—it can be strengthened or improved over time through exercise. Some suggestions include making space in your diary for the only periods during which you'll be checking emails, setting a timer for yourself so you don't become distracted by your inbox for too long, turning off email alerts so you're not interrupted by them.

解决方案是培养自我控制能力,它就像肌肉一样——可以通过锻炼随着时间的推移得到强化或改善。一些建议包括在日程表中留出专门用于查看电子邮件的时间段,为自己设置计时器以免被收件箱分散注意力太久,关闭电子邮件提醒以免被它们打断。

12. A) Placing their own interests over their staff's.

B) Being overwhelmed by their daily routines.

C) Lacking the ability to relate to their staff.

D) Spending too much time handling email.

**【题目】 What does the speaker say is a common problem with managers?**

**【翻译】** 说话者认为管理者常见的问题是什么?

A) 将自己的利益置于员工之上。 B) 被日常事务压得喘不过气来。

C) 缺乏与员工建立联系的能力。 D) 花费太多时间处理电子邮件。

**【答案】 D** (细节题) Spending too much time handling email.

**【定位】** When presented with a choice between the appeal of their inbox and other more important activities, many sacrifice the latter. Daily email demands have a negative impact on their goal progress.

当要在收件箱的诱惑与其他更重要的事务之间做选择时,许多人牺牲了后者(更重要的事)。每天的邮件需求对他们的目标推进产生了负面影响。

**【信号】 概括管理者通病的陈述句。**这句不是靠某个转折词跳出来,而是全篇反复落到同一点:管理者把精力压在邮箱上而牺牲更重要的事。many sacrifice the latter 与 prioritize email management over people management 互相印证,共同指向"花太多时间在邮件上"这个通病。

**【替换】** Daily email demands have a negative impact on their goal progress ↔

**Spending too much time handling email**

"邮件占用精力"换说成"花太多时间处理邮件"

**【排除】 A) 偷换概念**

录音说的是管理者把邮件管理置于人员管理之上 prioritize email management over people management, 置于上面的是"邮件"而非"自身利益"; A 把 over...staff 的句式留下, 却换成 own interests, 是偷换。

借用原文: prioritize email management over people management

**B) 原词陷阱**

录音强调的是被"邮件"困住, 未说被泛泛的"日常事务 (daily routines)"压垮; B 借了 day-to-day 的感觉 day-to-day email, 却把焦点从"邮件"扩大成"日常琐事", 范围被放大。

借用原文: day-to-day email

**C) 过度推断**

录音只说管理者沉迷邮箱、忽视员工 prevents them from dealing with their employees, 是"没空管", 并未说他们"缺乏与员工共情的能力 (relate to staff)"; 从"没空管"推到"没能力"是多走了一步。

借用原文: prevents them from dealing with their employees

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13. A) Their leadership may be challenged.

B) Their companies may go bankrupt.

C) Unexpected events may occur.

D) Major problems may result.

**【题目】 What may happen when managers ignore minor problems?**

**【翻译】** 当管理者忽视小问题时可能会发生什么?

A) 他们的领导力可能会受到挑战。 B) 他们的公司可能会破产。

C) 可能会出现意外事件。 D) 可能会导致重大问题。

**【答案】 D (细节题)** Major problems may result.

**【定位】** As a result, they ignore the issues that might only be mild problems at first, until unfortunately, they inevitably transform into a major problem or crisis by virtue of neglect.

结果, 他们忽视了那些起初可能只是轻微问题的事, 直到这些问题不幸地、不可避免地因疏忽而演变成重大问题或危机。

**【信号】 until 之后才是结果落点。** 因果信号在 until unfortunately, they inevitably transform into a major problem or crisis: 起初只是 mild problems, until 之后才转成 major problem。听这类题不能停在"小问题"那半句, 落点在 until / transform into 之后的结果。

**【替换】** transform into a major problem or crisis ↔ **Major problems may result**

"演变成重大问题" = "重大问题随之产生"

**【排除】 A) 张冠李戴**

录音前文确实提到 leadership skills 会下降 diminished leadership skills, 但那是讲邮件焦虑的背景, 不是"忽视小问题"这一动作的后果; A 把别处出现的 leadership 搬来当本题结果, 张冠李戴。

借用原文: diminished leadership skills

**B) 过度推断**

录音最重只说到 major problem or crisis (重大问题或危机), 并未说严重到"公司破产"; B 把"危机"夸大为"破产", 超出录音程度。

**C) 与原文相反**

录音用 inevitably transform (不可避免地演变) 强调这是必然结果, 而 C 说"unexpected events (意外事件)", 恰与"不可避免"相反。

借用原文: they inevitably transform

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14. A) Keep an eye on their employees.

B) Motivate and inspire their team.

C) Sacrifice some of the immediate goals.

D) Have greater ambition in overall planning.

**【题目】 What are leaders expected to do in pursuing their strategic goals?**

**【翻译】** 领导者在追求战略目标时应该做什么?

A) 密切关注他们的员工。 B) 激励和鼓舞他们的团队。 C) 牺牲一些眼前目标。

D) 在整体规划中具有更大的雄心。

**【答案】 B** (细节题) Motivate and inspire their team.

**【定位】** As leaders, they are expected to motivate and inspire their team in pursuit of longer-term strategic goals and also, less ambitiously but more practically, to monitor their daily output, to set clear expectations and to give regular feedback.

作为领导者, 他们被期望去激励和鼓舞团队以追求更长远的战略目标, 同时, 作为志向稍低但更务实的一面, 去监督日常产出、设定明确预期并给予定期反馈。

**【信号】 are expected to + 限定语 in pursuit of strategic goals.** 信号是 expected to motivate and inspire their team in pursuit of longer-term strategic goals: be expected to 直接给出"被期望做的事", 而题干限定"追求战略目标时", 正好对应 in pursuit of...strategic goals 这一半, 落点就在 motivate and inspire.

**【替换】** motivate and inspire their team in pursuit of longer-term strategic goals ↔

**Motivate and inspire their team**

原句动作原样保留

**【排除】 A) 答非所问**

录音里"监督"出现在 to monitor their daily output, 这属于后半句"志向稍低、更务实"的日常事务, 而非题干所问的"追求战略目标"那部分; A 借 monitor 的意思, 却挂错了半句。

借用原文: to monitor their daily output

**C) 原词陷阱**

录音 P4 说的是管理者"牺牲更重要的事" many sacrifice the latter, 并不是"牺牲眼前目标", 且那是讲管理者的毛病、不是"被期望做的事"; C 把 sacrifice 一词搬来制造熟悉感。

借用原文: many sacrifice the latter

**D) 过度推断**

录音只说战略目标是 longer-term (更长远) longer-term strategic goals, 并未要求领导"在整体规划上更有野心"; D 把"长远"擅自升级成"更大野心的规划"。

借用原文: longer-term strategic goals

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15. A) Cultivate self-control.

B) Filter their email boxes.

C) Respond only after work.

D) Check only when necessary.

**【题目】 How can a manager best avoid being distracted by email?**

**【翻译】** 管理者如何才能最好地避免被电子邮件分散注意力?

A) 培养自我控制能力。 B) 过滤他们的电子邮件收件箱。 C) 仅在下班后回复。

D) 仅在必要时查看。

**【答案】 A** (细节题) Cultivate self-control.

**【定位】** The solution is cultivating self-control which is like a muscle—it can be strengthened or improved over time through exercise.

解决办法是培养自控力, 它就像一块肌肉——可以通过锻炼随时间不断增强或提升。

**【信号】 The solution is 给总方案。** 信号是 The solution is cultivating self-control: The solution is 直接抛出总的解决办法。题干带 best, 要的正是这条根本方案, 而其后的 making space in your diary、setting a timer 等都只是它名下的"具体小做法", 不是总解。

**【替换】** The solution is cultivating self-control ↔ **Cultivate self-control**

总方案原样对应

**【排除】 B) 原词陷阱**

录音确实念到 check, filter and respond to emails 里有 filter, 但那是描述邮件耗费精力, 不是给的解决建议; filter 一词制造了熟悉感, 却答非"best 的总办法"。

借用原文: check, filter and respond to emails

**C) 未提及**

录音的具体建议是"在日程里划出专门查邮件的时段" making space in your diary for the only periods during which you'll be checking emails, 并没有说"只在下班后回复"; C 是凭常识臆造的做法。

**D) 答非所问**

录音建议是"划定专门时段查"与"设定定时器" setting a timer for yourself so you don't become distracted, 更接近 D 的味道, 但 D 仍只是 self-control 名下的具体操作; 题干带 best, 要的是总方案 A 而非这条小招。

借用原文: making space in your diary for the only periods during which you'll be checking emails

## Section C

**Directions:** In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

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

1 In last week's lecture, we talked about the problems caused by poor eating habits, focusing on how medical professionals are trying to solve these problems. Today, we'll continue with the topic, but focus on research from a different field—marketing.

在上周的讲座中,我们谈到了不良饮食习惯造成的问题,重点讨论了医疗专业人员如何努力解决这些问题。今天,我们将继续这个话题,但会聚焦于来自不同领域的研究——市场营销。

2 Now, what can marketing tell us about improving nutrition? Well, a team of marketing professors has studied the importance of the visual aspect of food and how that influences food choices.

那么,市场营销能告诉我们什么关于改善营养的信息呢?一个市场营销教授团队研究了食物视觉方面的重要性,以及它如何影响食物选择。

3 Those marketing experts assert that the impact of the appearance of food is greater than we might presume, and might hold the key to encouraging better eating. So how important is the appearance of food?

这些市场营销专家断言,食物外观的影响力比我们想象的要大,并且可能是鼓励更好饮食的关键。那么食物的外观有多重要呢?

4 Research shows that just seeing an appealing photograph of a hamburger in an advertisement, for example, can cause individuals to imagine the taste or smell of that hamburger. This can make them

more likely to purchase and consume it. Of course, that's the point of advertisements. So isn't that a good thing?

研究表明,仅仅是在广告中看到一张诱人的汉堡照片,就能让人们想象那个汉堡的味道或气味。这会让他们更有可能购买和食用它。当然,这就是广告的目的。那么这难道不是一件好事吗?

5 Well, the marketing professors argue that this is actually a problem, because the combination of pleasing aesthetics of and easy access to unhealthy foods, such as hamburgers and pizza, may be contributing to a worldwide health crisis. In fact, statistics show that 39% of all adults in the world weigh too much and another 13% are obese.

然而,这些市场营销教授认为这实际上是个问题,因为不健康食品(如汉堡和披萨)令人愉悦的美感与便捷的获取途径相结合,可能正在导致一场全球性的健康危机。事实上,统计数据显示,全世界39%的成年人超重,另有13%肥胖。

6 Now, as we discussed last time, medical professionals have tried to fight the obesity epidemic by focusing on the nutrients found in different foods, emphasizing things like carbohydrate, fat, sugar and calorie content. But they've had limited success.

正如我们上次讨论的,医疗专业人员试图通过关注不同食物中的营养成分来对抗肥胖流行病,强调碳水化合物、脂肪、糖和卡路里含量等内容。但他们取得的成效有限。

7 The marketing professors believe that the real solution to obesity is making food look appealing and focusing on the pleasure of both looking at and eating that food. That pleasure can be used as a tool to promote healthy food choices. In fact, the research done by the team showed that associating healthy food with pleasant images, experiences and emotions led to greater interest in purchasing or eating it. "This is a better strategy," they claim, than reminding consumers that a certain food is good for them. But are they right?

这些市场营销教授认为,解决肥胖问题的真正办法是让食物看起来诱人,并关注观看和食用食物的愉悦感。这种愉悦感可以作为促进健康食物选择的工具。事实上,该团队进行的研究表明,将健康食品与愉快的图像、体验和情感联系起来,会增加人们购买或食用它的兴趣。他们声称,"这是一个更好的策略",而不是提醒消费者某种食物对他们有益。但他们说得对吗?

8 Well, the researchers cited a marketing campaign designed to reverse the sales decline of carrots. The campaign didn't emphasize the carrots' healthy qualities, but embraced their beauty and the pleasure derived from eating them. For example, the ads focused on the bright, beautiful orange color and crisp texture of the carrots. The campaign led to an impressive increase in product sales of more than 10%. The researchers believe that other companies could bolster sales of healthy foods with similar ads, depicting their products as attractive and a source of pleasure.

研究人员引用了一个旨在扭转胡萝卜销售下滑的市场营销活动。该活动没有强调胡萝卜的健康品质,而是展现了它们的美感以及食用它们带来的愉悦。例如,广告聚焦于胡萝卜明亮美丽的橙色和爽脆的质地。该活动使产品销量大幅增长了10%以上。研究人员认为,其他公司可以通过类似的广告来提升健康食品的销量,将其产品描绘成具有吸引力且能带来愉悦的来源。

16. A) The key to increasing healthy food supply.  
B) The best way to improve marketing research.  
C) The impact of advertisements on consumption.  
D) The importance of the appearance of food.

**【题目】** What does the speaker say a team of marketing professors has studied?

**【翻译】** 说话者说一个营销学教授团队研究了什么？

- A) 增加健康食品供应的关键。 B) 改进营销研究的最佳方法。 C) 广告对消费的影响。  
D) 食物外观的重要性。

**【答案】** D (细节题) The importance of the appearance of food.

**【定位】** Well, a team of marketing professors has studied the importance of the visual aspect of food and how that influences food choices.

嗯，一组营销学教授研究了食物视觉方面的重要性，以及它如何影响食物选择。

**【信号】** 题干原词 **studied** 在原文直接出现。录音 a team of marketing professors has studied the importance of the visual aspect of food 与题干同用 studied，是对研究对象的直接交代，定位信号明确，无需转折或推断。

**【替换】** the importance of the visual aspect of food ↔ **The importance of the appearance of food.**  
visual aspect 同义改写为 appearance

**【排除】** A) **原词陷阱**

选项把录音多次提到的 healthy 拼成 increasing healthy food supply，但录音研究的是外观对选择的影响，从未谈增加健康食品的供给量，属听到 healthy 就想选的原词陷阱。

借用原文：promote healthy food choices

B) **原词陷阱**

选项借用录音里的 marketing 拼成 improve marketing research，但讲者说的是营销学者拿来研究外观，而非研究如何改进市场调研本身，属答非所问。

借用原文：a team of marketing professors

C) **原词陷阱**

录音确实在 seeing an appealing photograph of a hamburger in an advertisement 提到广告，但那是用来举例说明外观如何起作用，不是这组学者研究的对象；选项把举例细节当成研究主题，属原词陷阱。

借用原文：an appealing photograph of a hamburger in an advertisement

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17. A) By focusing on the nutrients in different foods.  
B) By emphasizing the diversity of food.  
C) By stressing pleasing aesthetics of food.  
D) By winning the support of marketing professors.

**【题目】** How have medical professionals tried to fight obesity?

【翻译】 医疗专业人员如何努力对抗肥胖？

- A) 通过关注不同食物中的营养成分。 B) 通过强调食物的多样性。  
C) 通过强调食物赏心悦目的美感。 D) 通过赢得营销学教授的支持。

【答案】 **A** (细节题) By focusing on the nutrients in different foods.

【定位】 medical professionals have tried to fight the obesity epidemic by focusing on the nutrients found in different foods, emphasizing things like carbohydrate, fat, sugar and calorie content.  
医学专家曾试图通过关注不同食物中的营养成分来对抗肥胖流行病，强调诸如碳水化合物、脂肪、糖和卡路里含量之类的东西。

【信号】 主体词 **medical professionals** 领出做法句。录音 medical professionals have tried to fight the obesity epidemic by focusing on the nutrients 主体与题干完全一致，by focusing on 直接给出做法，是该主体名下的答案句信号。

【替换】 by focusing on the nutrients found in different foods ↔

**By focusing on the nutrients in different foods.**

几乎原句对应仅省略 found

【排除】 B) **未提及**

选项 By emphasizing the diversity of food. 的 diversity 在录音里从未出现，医学专家强调的是营养成分而非食物多样性，属无中生有。

C) **张冠李戴**

强调美感 By stressing pleasing aesthetics of food. 确是录音里的做法，但那是营销学者的主张，不是医学专家的做法；选项把营销学者的招安到医学专家头上，属张冠李戴。

借用原文：the combination of pleasing aesthetics

D) **原词陷阱**

选项 By winning the support of marketing professors. 借用录音里的 marketing professors，但录音从没说医学专家去争取营销教授的支持，二者只是讲座中并列对比的两方，属原词陷阱。

借用原文：a team of marketing professors

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18. A) They can attract customers with the healthy qualities of their products.

B) They can boost sales of healthy foods by making them visually appealing.

C) They can turn to marketing professors for advice.

D) They can rely on advertising for sales promotion.

【题目】 **What can other companies learn from the example of the carrot promotion campaign?**

【翻译】 其他公司能从胡萝卜促销活动的例子中学到什么？

- A) 它们可以用产品的健康品质吸引顾客。  
B) 它们可以通过使健康食品在视觉上更吸引人来提升销量。  
C) 它们可以向营销学教授寻求建议。 D) 它们可以依靠广告进行促销。

【答案】 **B** (推断题) They can boost sales of healthy foods by making them visually appealing.

【定位】 The researchers believe that other companies could bolster sales of healthy foods with similar ads, depicting their products as attractive and a source of pleasure.

研究者认为，其他公司可以用类似的广告来提升健康食品的销量，把它们的产品描绘得有吸引力、是一种愉悦的来源。

【信号】 **结尾外推句 could+similar 给出启示。** 录音结尾 other companies could bolster sales of healthy foods with similar ads 用 could 与 similar 把胡萝卜案例外推到其他公司，正是题干所问的启示落点。

【替换】 bolster sales of healthy foods with similar ads, depicting their products as attractive ↔

**They can boost sales of healthy foods by making them visually appealing.**

bolster=boost、attractive=visually appealing

【排除】 A) **与原文相反**

选项 They can attract customers with the healthy qualities of their products. 借用录音 didn't emphasize the carrots' healthy qualities 的原词，但录音明说该案例恰恰没强调健康属性，选项把否定说成肯定，属与原文相反。

借用原文：The campaign didn't emphasize the carrots' healthy qualities

C) **原词陷阱**

选项 They can turn to marketing professors for advice. 借用录音里的 marketing professors，但讲者说的是公司可用类似广告，从没说让公司去求助营销教授，属原词陷阱。

借用原文：a team of marketing professors

D) **偷换概念**

选项 They can rely on advertising for sales promotion. 借用录音的 ads，但录音强调的是靠把产品拍得有吸引力、令人愉悦的广告，而非泛泛依赖广告；选项丢掉视觉吸引这一关键限定，属偷换概念。

借用原文：bolster sales of healthy foods with similar ads, depicting their products as attractive and a source of pleasure

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

1 The household cleaning products industry really began to take off in the 1950s. Prior to that, resourceful housewives who had grown up in a less prosperous era relied on substances that they used in their kitchens such as vinegar used to clean windows.

家庭清洁产品行业真正开始腾飞是在20世纪50年代。在此之前,在不太富裕时代长大的精打细算的家庭主妇们依赖她们在厨房中使用的物质,如用醋来清洁窗户。

2 Today, the household cleaning products industry is worth billions of dollars a year and is dominated by large global companies. In recent years, however, many countries have witnessed a surge in the

number of small businesses and companies offering more environment-friendly cleaning products, and they're doing good business too.

如今,家庭清洁产品行业每年价值数十亿美元,并由大型跨国公司主导。然而近年来,许多国家见证了提供更环保清洁产品的小企业和公司数量激增,而且它们的生意也很好。

3 One reason for this is that consumers are becoming more aware of environment and sustainability issues. They also want to make their home a safe place, free from toxic chemicals. The third reason is people's awareness of and knowledge about technology has never been greater. In the past, people might have been skeptical of a new product claimed to be able to achieve amazing cleaning results, but they now have faith in technology's ability to do what was once thought impossible.

原因之一是消费者对环境和可持续发展问题的意识越来越强。他们还希望让自己的家成为一个安全的地方,远离有毒化学物质。第三个原因是人们对技术的认识和了解从未如此之高。过去,人们可能会对声称能够达到惊人清洁效果的新产品持怀疑态度,但他们现在相信技术有能力做到曾经认为不可能的事情。

4 There is perhaps no better example of this than a patented cloth sold by one company, which remarkably uses only water rather than traditional cleaning products. The company claims its cloth lifts, traps and removes dirt and bacteria. And considering that people don't see these products in shops, or advertised on TV or in the press, it has been a pretty steep rise.

也许没有比一家公司销售的专利布更好的例子了,它显著地只使用水而不是传统清洁产品。该公司声称其布料能够提起、捕获和去除污垢和细菌。考虑到人们在商店里看不到这些产品,也没有在电视或报刊上看到广告,这已经是一个相当陡峭的增长了。

5 Many of the people behind these companies began testing the viability of their products by selling them at local markets. Then, in many cases, customers are doing the marketing for these products by leaving threads of comments on social media, praising their virtues. There are also TV shows and books dedicated to maintaining home tidiness and cleanliness and the benefits of having a clean home.

这些公司背后的许多人开始通过在当地市场销售来测试其产品的可行性。然后,在许多情况下,顾客通过在社交媒体上留下大量评论来为这些产品做营销,称赞它们的优点。还有专门讲述保持家庭整洁和清洁以及拥有干净家庭的好处的电视节目和书籍。

6 Having a safe and clean home might be one thing people feel they can control in an increasingly out-of-control world. And there are social media celebrities. One woman in Britain has become a social media sensation with more than two million followers for her cleaning tips page.

在一个日益失控的世界中,拥有一个安全干净的家可能是人们觉得自己能够控制的一件事。还有社交媒体名人。英国一位女性因其清洁技巧页面而成为社交媒体轰动人物,拥有超过两百万粉丝。

19. A) It has witnessed a spectacular surge in demand.

B) It has met much criticism from environmentalists.

C) It has seen more small businesses offering environment-friendly products.

D) It has experienced increasingly fierce competition among global companies.

**【题目】 What does the speaker say about the cleaning products industry in recent years?**

【翻译】说话者关于近年来清洁产品行业说了什么？

- A) 该行业需求出现了惊人的激增。 B) 该行业受到了环保主义者的诸多批评。
- C) 该行业出现了更多提供环保产品的小企业。
- D) 该行业经历了全球公司之间日益激烈的竞争。

【答案】 C (细节题) It has seen more small businesses offering environment-friendly products.

【定位】 In recent years, however, many countries have witnessed a surge in the number of small businesses and companies offering more environment-friendly cleaning products, and they're doing good business too.

然而近年来，许多国家见证了提供更环保清洁用品的小企业和公司数量激增，而且它们的生意还相当不错。

【信号】 时间标志 in recent years + 转折 however。In recent years, however 同时给出题干要的时间窗和一个转折信号——however 把话锋从前句"大公司主导"转向"小企业崛起"，转折之后才是答案落点。

【替换】 a surge in the number of small businesses and companies offering more environment-friendly cleaning products

↔ more small businesses offering environment-friendly products

a surge in the number of = more 的同义概括

【排除】 A) 原词陷阱

录音确实念了 surge，但原文是 a surge in the number of small businesses (企业数量激增)，选项 a spectacular surge in demand 把它偷换成"需求激增"，听到 surge 就选会中招。

借用原文：a surge in the number of small businesses and companies

B) 未提及

选项 much criticism from environmentalists 在录音里找不到任何对应——原文讲的是环保产品走红、生意红火，从无"被批评"之说，属凭空捏造。

D) 原词陷阱

录音第2段确有 large global companies，选项 fierce competition among global companies 借这个词造出"全球公司竞争加剧"，可原文只说大公司"主导"行业，没说它们之间竞争更激烈。

借用原文：dominated by large global companies

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20. A) Consumers now know much more about technology.

- B) Their mass production has sharply reduced the price
- C) Consumers tend to favor all that is novel.
- D) Their quality has been greatly improved.

【题目】 Why are newly developed cleaning products selling well?

【翻译】为什么新开发的清洁产品卖得很好？

- A) 消费者现在对技术了解得多得多。 B) 它们的大规模生产大幅降低了价格。  
C) 消费者倾向于青睐一切新颖的东西。 D) 它们的质量得到了极大改善。

【答案】 **A** (细节题) Consumers now know much more about technology.

【定位】 The third reason is people's awareness of and knowledge about technology has never been greater. In the past, people might have been skeptical of a new product claimed to be able to achieve amazing cleaning results, but they now have faith in technology's ability to do what was once thought impossible.

第三个原因是，人们对技术的认知和了解从未像现在这样深。过去人们可能会怀疑一款号称能达到惊人清洁效果的新产品，但如今他们相信技术有能力做到曾被认为不可能的事。

【信号】 **明示标志 The third reason + 对应题干"new products"**。The third reason is people's awareness of and knowledge about technology has never been greater 用 The third reason 直接挂出一条理由；题干问的是 newly developed products，对应的正是这条"人们更懂技术、因而信任新产品"的原因。

【替换】 people's awareness of and knowledge about technology has never been greater ↔

**Consumers now know much more about technology**

knowledge...never been greater = know much more 的同义改写

【排除】 B) **未提及**

选项 mass production has sharply reduced the price 听上去顺理成章，但录音讲好卖的原因是环保意识、安全、懂技术，从头到尾没提"量产降价"，是用生活常识替代原文。

C) **过度推断**

选项 favor all that is novel (偏爱一切新奇) 看似贴近"新产品"，但录音说的是人们 have faith in technology (信任技术能力)，不是"凡新必爱"，把"信任技术"推成"盲目追新"推过了头。

借用原文：they now have faith in technology's ability to do what was once thought impossible

D) **偷换概念**

选项 quality has been greatly improved 录音并未提及——原文讲的是消费者对技术的"认知与信任"，而非产品"质量本身"提高了，二者不能混为一谈。

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21. A) Purchasing only this kind of products for home cleaning.  
B) Writing positive comments about them on social media.  
C) Demonstrating on TV how effective these products are.  
D) Telling one another about their incomparable virtues.

【题目】 **What are some customers doing to help promote non-traditional cleaning products?**

【翻译】一些顾客正在做什么来帮助推广非传统清洁产品？

- A) 只购买这类产品用于家庭清洁。 B) 在社交媒体上撰写关于它们的正面评论。  
C) 在电视上演示这些产品有多有效。 D) 相互告知它们无可比拟的优点。

【答案】 **B** (细节题) Writing positive comments about them on social media.

【定位】 Then, in many cases, customers are doing the marketing for these products by leaving threads of comments on social media, praising their virtues.

然后，很多情况下，是顾客在为这些产品做营销——他们在社交媒体上留下一串串评论，称赞产品的优点。

【信号】 **主语对应 customers + 动作 doing the marketing.** customers are doing the marketing for these products 的主语正是题干的 customers、目的正是 help promote (做营销=帮推广)，后面 by leaving... 直接交代了具体做法，是答案句。

【替换】 leaving threads of comments on social media, praising their virtues ↔

**Writing positive comments about them on social media**

leaving...comments, praising = writing positive comments 的同义改写

【排除】 A) **未提及**

选项 Purchasing only this kind of products 里的 only (只买这一种) 录音没有任何依据——原文讲顾客帮做营销、写评论，从没说他们"只"用这类产品。

C) **原词陷阱**

录音第4段提过 TV (advertised on TV)、第5段提过 TV shows, 选项 Demonstrating on TV 借这些 TV 造"上电视演示", 可原文恰恰说这类产品没在电视宣传、且"上电视演示"是节目而非顾客所为, 听到 TV 就选会中招。

借用原文: people don't see these products in shops, or advertised on TV or in the press

D) **原词陷阱**

选项 Telling one another about their incomparable virtues 用了录音的 virtues, 但原文顾客是"在社交媒体写评论"称赞, 而非 Telling one another (互相口头转告); 盗了对的词、错在渠道。

借用原文: leaving threads of comments on social media, praising their virtues

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

1 Throwing spare change into a fountain is a time-honored ritual: throw a penny into the water, and your wish might come true. But all that money has to go somewhere. Otherwise, the growing piles of pennies, quarters and euros could clog up the fountains' works. Today, I'm going to talk about where all the coins go.

向喷泉中投掷零钱是一项历史悠久的仪式:将一枚硬币扔进水中,你的愿望就有可能实现。但所有这些钱必须有去处。否则,不断堆积的便士、两角五分硬币和欧元可能会堵塞喷泉的运作系统。今天,我将谈谈所有这些硬币的去向。

2 Well, the coins collected can go to all sorts of different places—from fountain maintenance to charity or public service. In New York City, for example, coins collected from fountains in public parks often go towards the fountains' maintenance itself, though entrepreneurs who don't mind getting their hands wet often get to it first. There are over 50 beautiful decorative display fountains in New York City parks. They are cleaned by the parks' staff every few weeks. But most of the coins have already been removed by entrepreneurial New Yorkers and there is not a significant amount left to be collected.

收集到的硬币可以流向各种不同的地方——从喷泉维护到慈善或公共服务。例如在纽约市,从公共公园喷泉中收集的硬币通常用于喷泉本身的维护,尽管不介意弄湿双手的创业者往往会抢先一步。纽约市公园里有50多座美丽的装饰性展示喷泉。它们每隔几周就由公园工作人员清理一次。但大部分硬币已经被有创业精神的纽约人拿走了,剩下可供收集的数量并不多。

3 Other cities, though, can pull in a much more serious haul. Take for example, Rome's famous Trevi fountain: for hundreds of years, visitors have thrown coins over their shoulder into the fountain to ensure that they will return. So many tourists toss in coins that Roman officials have the fountain cleaned every night, reportedly getting as much as \$4,000 in loose change from around the world each day. Most of the money collected each night goes towards running a supermarket for the needy. And collecting that cash is serious business. Roman officials have been known to be tough on anyone caught skimming coins from the fountain. In one case in 2005, police arrested four fountain cleaners after they were spotted slipping coins into their own pockets after collecting them. Authorities finally caught one notorious thief named Thomas Morgan and banned him from the fountain after he fished out thousands of dollars in change over 34 years using a magnetic stick.

然而,其他城市的收获可能要丰厚得多。以罗马著名的Trevi喷泉为例:数百年来,游客们将硬币从肩膀上方抛入喷泉以确保他们会再次回来。有如此多的游客投掷硬币,以至于罗马官员每天夜里都要清理喷泉,据报道每天能收集到来自世界各地价值高达4000美元的零钱。每晚收集到的大部分钱用于运营一家为贫困人群服务的超市。收集这些现金是一项严肃的工作。罗马官员对任何被抓到从喷泉中私拿硬币的人都会严厉处理。在2005年的一个案例中,警方逮捕了四名喷泉清洁工,因为他们被发现在收集硬币后将硬币偷偷塞进自己的口袋。当局最终抓获了一名叫Thomas Morgan的臭名昭著的小偷,并禁止他靠近喷泉,此前他在34年间使用磁棒从喷泉中捞取了数千美元的零钱。

4 For the most part, money collected from privately-owned fountains in the United States also goes to charity. The fountain in New York City's Bryant Park is owned and operated by a not-for-profit corporation, which puts the cash collected by cleaners towards the fountain's own maintenance. Tens of thousands of dollars in coins removed from wishing wells, fountains and ponds in Florida's Walt Disney World are donated each year to support foster children living in the state. Whether or not your wish comes true after tossing a coin into a fountain, you can rest assured knowing that the change is likely going to someone who needs it.

在美国,从私人拥有的喷泉中收集的钱大部分也流向了慈善机构。纽约市Bryant公园的喷泉由一家非营利公司拥有和运营,该公司将清洁工收集的现金用于喷泉自身的维护。佛罗里达州Walt Disney World的许愿井、喷泉和池塘中取出的数万美元硬币每年都被捐赠用于支持该州的寄养儿童。无论你向喷泉投掷硬币后愿望是否实现,你都可以放心,这些零钱很可能会流向需要它的人。

22. A) Increasing cleaners' workload.  
B) Blocking the fountains' works.  
C) Breaking a time-honored ritual.  
D) Polluting the fountains' water.

**【题目】** What problem might be caused by the growing piles of coins in fountains?

**【翻译】** 喷泉中不断堆积的硬币可能会造成什么问题?

- A) 增加清洁工的工作量。 B) 堵塞喷泉的运作装置。 C) 破坏一项由来已久的仪式。  
D) 污染喷泉的水。

**【答案】** B (细节题) Blocking the fountains' works.

**【定位】** Otherwise, the growing piles of pennies, quarters and euros could clog up the fountains' works.

否则, 越堆越多的便士、25 美分和欧元硬币可能会堵塞喷泉的运作机件。

**【信号】** **Otherwise** 引出假设后果。信号是 Otherwise (否则) ——它引出"如果钱不被运走会怎样"的假设性后果, 正对题干问的"会造成什么问题", 紧跟其后的 could clog up the fountains' works 就是答案句的核心。

**【替换】** clog up the fountains' works ↔ **Blocking the fountains' works**  
clog up = Blocking 同义替换

**【排除】** A) **原词陷阱**

选项 Increasing cleaners' workload 里的 cleaners 在后文确实反复出现(喷泉由 staff 清理), 但录音从没说"硬币堆积会加重清洁工负担", 是借后文的"清洁"话题诱你听到 cleaners 就选。

借用原文: They are cleaned by the parks' staff every few weeks.

C) **原词陷阱**

选项 Breaking a time-honored ritual 直接搬了录音第一句的 time-honored ritual, 但那句是说"投币许愿是个老传统", 是引入话题, 根本不是在讲"硬币堆积造成的问题"——典型的把开头原词拿来骗。

借用原文: Throwing spare change into a fountain is a time-honored ritual

D) **未提及**

选项 Polluting the fountains' water 听起来"硬币泡水里好像会污染"很合常识, 但录音通篇没提水质污染, 是用生活常识替文本作答的典型坑。

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23. A) They are occasionally retrieved by curious tourists.  
B) They are regularly donated to charity organizations.  
C) They are mostly used for the fountains' maintenance.  
D) They are usually used as wages for fountain cleaners.

**【题目】** What does the speaker say about the coins collected from New York City's park fountains?

【翻译】说话者关于从纽约市公园喷泉中收集的硬币说了什么？

- A) 它们偶尔会被好奇的游客取走。 B) 它们定期捐赠给慈善组织。  
C) 它们大多用于喷泉的维护。 D) 它们通常用作喷泉清洁工的工资。

【答案】C (细节题) They are mostly used for the fountains' maintenance.

【定位】But most of the coins have already been removed by entrepreneurial New Yorkers and there is not a significant amount left to be collected.

但大部分硬币已经被有生意头脑的纽约人捞走了，剩下能被收走的已所剩无几。

【信号】转折 But 后才是真意。信号是 But——前半句说"市政人员每几周清理一次"是表面信息，转折 But 之后的 most of the coins have already been removed by entrepreneurial New Yorkers 才是录音真正想强调的实情，这正是答案落点。

【替换】go towards the fountains' maintenance itself ↔ used for the fountains' maintenance  
go towards=used for 同指用途

【排除】A) 张冠李戴

选项 occasionally retrieved by curious tourists 看似对上"硬币被人提前取走"，但录音说取走硬币的是 entrepreneurial New Yorkers (有生意头脑的纽约人)，不是 curious tourists (好奇游客)——把取走者的身份偷换了，属张冠李戴。

借用原文：most of the coins have already been removed by entrepreneurial New Yorkers

B) 张冠李戴

选项 donated to charity organizations 里的 charity 录音确有 (罗马的钱办惠民超市、迪士尼捐寄养儿童)，但那是罗马和迪士尼喷泉的事，不是本题问的纽约公园喷泉——张冠李戴。

借用原文：Tens of thousands of dollars in coins removed from wishing wells, fountains and ponds in Florida's Walt Disney World are donated each year to support foster children

D) 未提及

选项 used as wages for fountain cleaners 里 cleaners / staff 录音确有 (喷泉由公园 staff 清理)，但录音从没说硬币被"当作清洁工的工资"，是借"清洁"话题拼出的无中生有。

借用原文：They are cleaned by the parks' staff every few weeks.

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24. A) It is invested in a series of businesses.

B) It is used exclusively for its maintenance.

C) It is used to run a supermarket for the needy.

D) It is estimated to be about \$40,000 a month.

【题目】What do we learn about the money collected from Rome's Trevi Fountain?

【翻译】关于从罗马许愿池收集的钱,我们了解到什么?

- A) 它被投资于一系列生意。 B) 它专门用于该喷泉的维护。  
C) 它被用来经营一家为贫困者服务的超市。 D) 它估计每月约为40000美元。

【答案】 **C** (细节题) It is used to run a supermarket for the needy.

【定位】 Most of the money collected each night goes towards running a supermarket for the needy.  
每晚收上来的钱，大部分用于运营一家面向困难群体的超市。

【信号】 **goes towards 点明用途**。信号是表用途的 goes towards (用于.....) ——它直接交代这笔钱的去向，紧跟其后的 running a supermarket for the needy 就是答案。听到 goes towards 这类"用于"的短语就锁定其后内容。

【替换】 running a supermarket for the needy ↔ **run a supermarket for the needy**  
running→run 仅词形微调

【排除】 A) **原词陷阱**

选项 invested in a series of businesses 里 business(es) 一词录音确有 (serious business 指"收钱是件正经事")，但那是形容"这事很严肃"，根本不是说钱拿去"投资做生意"——盗用 business 一词制造误会。

借用原文：collecting that cash is serious business

B) **张冠李戴**

选项 used exclusively for its maintenance 描述的"专门用于喷泉维护"是录音里纽约公园喷泉和 Bryant Park 喷泉的处置，不是罗马许愿池的，张冠李戴；且 exclusively (专门、唯一) 程度过死，罗马的钱是"大部分"办超市。

借用原文：which puts the cash collected by cleaners towards the fountain's own maintenance

D) **与原文相反**

选项 about \$40,000 a month 把数字改了：录音说的是 as much as \$4,000 in loose change from around the world each day (每天约 4000 美元)，选项改成"每月 4 万"——金额和时间单位都被动了手脚，是典型数字陷阱。

借用原文：getting as much as \$4,000 in loose change from around the world each day

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25. A) He was arrested for stealing money from four fountain cleaners.

B) He was sentenced to 34 years' imprisonment.

C) He collected rare coins from around the world.

D) He stole a lot of money from a fountain with a magnetic stick.

【题目】 **What does the speaker say about Thomas Morgan?**

【翻译】 说话者关于 Thomas Morgan 说了什么？

A) 他因从四名喷泉清洁工那里偷钱而被逮捕。 B) 他被判处 34 年监禁。

C) 他收集来自世界各地的稀有硬币。 D) 他用磁棒从喷泉中偷了很多钱。

【答案】 **D** (细节题) He stole a lot of money from a fountain with a magnetic stick.

【定位】 Authorities finally caught one notorious thief named Thomas Morgan and banned him from the fountain after he fished out thousands of dollars in change over 34 years using a magnetic stick.

当局最终抓获一名臭名昭著、名叫 Thomas Morgan 的小偷，并禁止他靠近喷泉——此前他用一根磁棒在 34 年间钓走了数千美元的零钱。

【信号】 人名 + 其后动作链。信号是人名 named Thomas Morgan 一出现就锁定本句，重点在它后面的动作链 fished out thousands of dollars in change over 34 years using a magnetic stick——"用磁棒钓走数千美元"就是答案核心。

【替换】 fished out thousands of dollars in change ↔ stole a lot of money from a fountain

fished out=stole 概括偷取

using a magnetic stick ↔ with a magnetic stick

using=with 同指工具

【排除】 A) 张冠李戴

选项 arrested for stealing money from four fountain cleaners 里的 four fountain cleaners 录音确有，但那是 2005 年警方抓的"四名监守自盗的清洁工"，是另一桩案子，跟 Thomas Morgan 无关——把别人的事安到他头上，还把"四名清洁工"从"被抓的人"偷换成"被偷的对象"。

借用原文：police arrested four fountain cleaners after they were spotted slipping coins into their own pockets

B) 原词陷阱

选项 sentenced to 34 years' imprisonment 盗用录音的数字 34 years，但录音说的是 he over 34 years 间一直作案，结果只是被 banned from the fountain（禁入喷泉），并没有"判刑 34 年"——把"作案时长"偷换成"刑期"。

借用原文：banned him from the fountain after he fished out thousands of dollars in change over 34 years

C) 原词陷阱

选项 collected rare coins from around the world 里 from around the world 录音确有（罗马许愿池收来自世界各地的零钱），但那是说硬币来源广，不是说 Morgan"收藏稀有硬币"——他是偷钱不是藏币，纯属拼凑别处原词造的无中生有。

借用原文：as much as \$4,000 in loose change from around the world each day

SENTENCE INSIGHTS • 句子精讲

## 33 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。

W: Oh, I haven't even started writing mine yet, so I'm really worried about finishing by the end of next semester.

第2段，第1句

并列句 + 因果逻辑 + 现在完成时是口语和写作中的常见句式，"be worried about" 结构也是典型搭配，学习后可迁移到类似表达中

W: Of course I've started it, but I can't get to the writing yet as I haven't found enough resources to use, so I'm still researching the topic.

第4段，第1句

并列主句 + 嵌套状语从句的结构在四六级和考研真题中十分常见，尤其是因果逻辑链的表达方式具有高度代表性。现在完成时与情态动词结构的搭配也是典型考点。掌握本句的分析方法可直接迁移到大量考试真题。

But I was so interested in the topic that I didn't let his advice turn me.

第6段，第4句

"so ... that ..." 结果状语从句是四六级和考研阅读中的常见句式，系表结构和使役动词 "let" 的用法也是高频考点。本句结构具有较强代表性，掌握后可迁移到大量类似句子的理解和分析中。

M: Well, I suggest you find a new topic.

第7段，第1句

suggest 等建议类动词后接省略 that 的宾语从句，且从句用虚拟语气动词原形，是四六级和考研中的高频句式。这类结构在写作和阅读中反复出现，掌握后可应用于 advise、recommend、insist 等多个同类动词，迁移性强。

W: In retrospect, I wish I had listened to him, but I didn't.

第8段，第1句

「wish + 宾语从句（虚拟语气）」和「but 连接的并列句」都是四六级和考研真题中的高频句式。wish 后的虚拟语气是必考语法点，并列句中的转折关系也是常见的逻辑表达方式。本句结构紧凑、逻辑清晰，典型性很强，掌握后可广泛迁移到类似句式的理解。

And now I don't want to give up my topic as I've already invested so much time and energy.

第8段，第2句

"主句 + as 引导的原因状语从句" 是四六级和考研阅读中的高频句式，且句中 "don't want to do" 和 "have done" 也是常考结构。这类因果复合句在真题中反复出现，掌握后可大量复用。

You could find more material if you made the topic broader, maybe by including other kinds of depictions.

第11段，第2句

虚拟语气的条件句是四六级和考研的高频考点，"if + 过去式，主语 + could/would/might + 动词原形" 是与现在或将来事实相反的标准虚拟结构。从句中的 "make + 宾语 + 形容词" 结构也是常考句型。主句用情态动词表达委婉建议，符合书面英语常见表达方式。掌握本句结构可以迁移到大量类似的虚拟条件句和建议句中。

He told the man to be selective when using e-resources.

第2题，D

本句在成分划分上覆盖了主语、谓语、间接宾语、宾语补足语以及时间状语从句，成分类型较为丰富。特别值得练习的是双宾语结构 ("tell sb to do") 中间接宾语与宾语补足语的区分，以及时间状语从句中省略结构的识别和还原。这些都是学生容易混淆的点，具有较好的训练价值。

He wasn't interested in her dissertation topic.

第3题，B

主系表结构配合固定搭配 "be interested in" 是四六级、考研阅读中的高频句式，学生需熟练掌握该搭配的表语范围判定，具有一定迁移价值。

Narrow down her dissertation topic.

第4题，B

祈使句在口语和应用文中常见，但在四六级或考研阅读长难句中出现频率不高；该句型结构简单、不涉及从句嵌套或复杂修饰，作为考试句式的代表性中等，掌握后可用于识别类似指令性表达，但迁移价值不如复合句典型。

W: Today, on Book Talk, we are lucky enough to host John Robbins and discuss his new book, Why Americans Are Fat and How We Can Lose Weight.

第1段，第1句

本句涵盖主语、系表结构谓语、时间和地点状语、不定式作状语、同位语等多种成分,并且不定式中包含并列动作和复杂宾语。虽然没有易错的定语从句或状语从句,但同位语的识别和不定式结构的划分对初学者有一定练习价值。

W: And how do you suggest they do that?

第7段，第1句

疑问句 + 间接疑问宾语从句的结构在口语和听力材料中高频出现，是四六级和考研听力常考句式。掌握这一结构有助于理解类似的建议、询问或转述类句子，迁移价值较高。

Viewed from a biological perspective, this makes sense, because animals that are better at remembering dangerous situations can avoid them in the future.

第2段，第9句

主句加原因状语从句的因果结构,以及定语从句嵌套在从句主语中修短名词的模式,是四六级和考研真题中的高频句式。句子既展示了原因状语从句的典型用法(because引导),又展示了限制性定语从句的常见位置(紧跟先行词),学习后可直接迁移到大量类似句子的分析中。

It's likely the "unpredictable, uncontrollable and ongoing nature of day-to-day email in terms of volume, importance and urgency" contributes to their levels of anxiety and to diminished leadership skills.

第1段，第2句

It is + 形容词 + 主语从句 是考试中极高频的句式，常用于表达观点、可能性或评价。本句的主语从句结构（长主语 + 谓语 + 并列宾语）也是典型学术和说明文写法。掌握本句的拆解方法可以直接迁移到大量真题句子上。

That's because it's not unusual for many leaders to prioritize email management over people management.

第2段，第1句

本句涉及主系表结构、表语从句、形式主语与真正主语的识别、不定式复合结构等多种成分，覆盖面较广。形式主语 it 和后置的不定式真正主语是常见易错点，指示代词 That 的指代也需要理解，适合作为成分划分的练习句。

An obsession with managing their inbox prevents them from dealing with their employees.

第2段，第2句

"prevent somebody from doing something" 是考试中常见的固定搭配结构，主语为抽象名词带介词短语修饰也是典型的学术或正式文体句式，掌握后可迁移到大量类似句子

As a result, they ignore the issues that might only be mild problems at first, until unfortunately, they inevitably transform into a major problem or crisis by virtue of neglect.

第2段，第3句

全句结构为 "主句 + 定语从句 + 时间状语从句"，是四六级和考研阅读中的高频句型。宾语后紧跟限制性定语从句修饰先行词，"until" 引导时间状语从句说明动作终点，这两种结构在真题中反复出现。情态动词 "might" 表推测、副词 "inevitably" 表必然性，也是常见表达方式。整体句式具有较高的代表性和迁移价值，掌握后可应用于大量类似句子的分析，是典型的考试句型训练材料。

As leaders, they are expected to motivate and inspire their team in pursuit of longer-term strategic goals and also, less ambitiously but more practically, to monitor their daily output, to set clear expectations and to give regular feedback.

第3段，第1句

"主语 + be expected to do" 结构以及多个不定式并列在四六级和考研阅读中高频出现,尤其在论述职责、要求、期待等主题时常见。本句虽为简单句,但并列不定式的排列方式 (包括插入成分的使用) 是正式书面语的典型句式,掌握后可迁移到类似表达责任或期望的句子中

When presented with a choice between the appeal of their inbox and other more important activities, many sacrifice the latter.

第4段，第1句

覆盖了状语从句的省略结构(省略主语和 be 动词)、被动语态、方式状语(with 引导的介词短语)、主谓宾基本结构,以及代词 the latter 的指代理解。这些是常见易错点,适合作为成分划分的练习句

Daily email demands have a negative impact on their goal progress.

第4段，第2句

简单句的主谓宾结构在四六级和考研中较为常见，但本句过于简单，缺少从句、非谓语、并列等真题中高频出现的复杂结构特征，代表性中等偏下

This is because leaders must divert resources from other tasks to check, filter and respond to emails.

第4段，第3句

主系表结构搭配表语从句是四六级和考研中常见的句式，尤其是用 This is because 来阐释原因的表达方式在学术和说明文中频繁出现。从句内部的情态动词加不定式目的状语也是典型结构，掌握后可广泛迁移到其他句子。

What does the speaker say is a common problem with managers?

第12题题干

该句型非常典型。疑问句中包含宾语从句的结构在四六级和考研听力、阅读理解题中极为常见，尤其是询问某人所说内容的间接疑问句。掌握这种结构后，学生可以轻松应对大量类似的真题句式，迁移价值很高。

How can a manager best avoid being distracted by email?

第15题题干

疑问句 + 情态动词 + 动名词作宾语是四六级和考研阅读中常见的句式。特别是 "How can ... avoid doing ..." 这种询问方法或建议的疑问句结构，在实用文本和议论文中频繁出现。掌握这种结构后，学习者可以迁移到大量类似句型，典型性较高。

Well, the marketing professors argue that this is actually a problem, because the combination of pleasing aesthetics of and easy access to unhealthy foods, such as hamburgers and pizza, may be contributing to a worldwide health crisis.

第5段，第1句

句子覆盖主谓宾、主系表、状语等多种成分，宾语从句和原因状语从句提供了较好的从句练习机会。原因从句的主语结构复杂 ("the combination of... and...")，包含并列、介词短语修饰和同位语，适合训练长主语的成分划分。情态动词加进行体的谓语也是值得练习的结构。

The household cleaning products industry really began to take off in the 1950s.

第1段，第1句

句中包含较长的主语(含多层定语修饰)、谓语动词加不定式的结构、程度状语、时间状语等多种成分，可以练习区分修饰成分与核心成分，以及辨别不定式在句中的作用。但整体结构简单，缺少宾语、表语、定语从句等更丰富的成分类型。

In recent years, however, many countries have witnessed a surge in the number of small businesses and companies offering more environment-friendly cleaning products, and they're doing good business too.

第2段，第2句

并列句结构在四六级和考研真题中高频出现,且第一分句的"主谓宾 + 宾语后置定语"模式是典型的长难句基础结构;现在完成时和现在进行时的搭配使用也是常见的时态组合;学生掌握后可应用于大量类似句型

There are also TV shows and books dedicated to maintaining home tidiness and cleanliness and the benefits of having a clean home.

第5段，第3句

There be 句型 + 后置定语(过去分词短语)+ 并列结构是四六级和考研阅读中的高频句式组合。本句展示了后置定语如何扩展主语、以及 "be dedicated to" 这一常考搭配，结构代表性强，掌握后可迁移到大量类似句子。

Otherwise, the growing piles of pennies, quarters and euros could clog up the fountains' works.

第1段，第3句

简单句 + 情态动词是四六级和考研阅读中的常见句式，主谓宾结构配合情态动词表达推测或可能性的用法具有一定代表性。句首状语承接上文的用法（Otherwise）也较典型。但因结构较简单、无从句嵌套，作为复杂长难句的代表性略显不足，属于中等偏上的典型性。

In New York City, for example, coins collected from fountains in public parks often go towards the fountains' maintenance itself, though entrepreneurs who don't mind getting their hands wet often get to it first.

第2段，第2句

主句覆盖主语(带后置定语)、谓语、宾语(带所有格修饰)、地点状语、插入语;让步状语从句主语带定语从句修饰;谓语是动词短语 "get to";还有频度状语和顺序状语;定语从句有关系代词作主语、否定谓语、动名词短语作宾语。成分种类丰富,涉及后置定语、定语从句嵌套、动名词宾语等易错点,作为划分练习句收益较高。

So many tourists toss in coins that Roman officials have the fountain cleaned every night, reportedly getting as much as \$4,000 in loose change from around the world each day.

第3段，第3句

so ... that 引导的结果状语从句是四六级和考研阅读中的高频句式,常用于表达因果关系。have + 宾语 + 过去分词 的使役结构也是常考语法点,在新闻报道、说明文体裁中频繁出现。本句结构具有较强的代表性,掌握后可迁移到大量类似句子的理解和分析中,是典型的应试必备句式。

In one case in 2005, police arrested four fountain cleaners after they were spotted slipping coins into their own pockets after collecting them.

第3段，第7句

本句成分丰富：主句包含主谓宾和时间状语从句，从句内有被动谓语、主语、宾语补足语（现在分词短语），补足语内又嵌套介词短语和动名词。特别是感官动词被动句 + 现在分词补足语这一结构，是学生易错的考点，训练价值高。

Authorities finally caught one notorious thief named Thomas Morgan and banned him from the fountain after he fished out thousands of dollars in change over 34 years using a magnetic stick.

第3段，第8句

并列谓语加时间状语从句的组合在四六级和考研阅读中非常常见，属于典型的复合句结构。后置定语修饰宾语、分词短语作状语等也是高频句式。掌握本句的分析方法可以迁移到大量类似结构的句子。

It is used to run a supermarket for the needy.

第24题，C

"It is used to do" 结构在四六级和考研阅读中较为常见，属于典型的被动语态 + 不定式目的状语的组合，学习后可迁移到类似句型（如 It is designed to...、It is intended to...）的理解。

HIGH-FREQUENCY • 真题高频词

## 本卷出现的 318 个英语六级真题高频词

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。

**fountain**

B1

n. 喷泉

本卷26次·真题 26 句

**product**

A2

n. 产品

本卷17次·真题 271 句

**professor**

B1

n. 教授 (大学教师的最高职称)

本卷13次·真题 112 句

**marketing**

B1

n. 营销

本卷12次·真题 45 句

**stress**

B1

n. 压力

本卷11次·真题 126 句

**email**

A2

n. 电子邮件

本卷10次·真题 53 句

**cleaning**

A2

n. 清洁

本卷10次·真题 17 句

**dissertation**

C1

n. 学位论文

本卷9次·真题 13 句

**focus**

B1

n. 重点

本卷6次·真题 200 句

**maintenance**

B2

n. 维护

本卷5次·真题 14 句

**researcher**

B2

n. 研究人员

本卷4次·真题 363 句

**better**

A1

adj. 更好的 (good 的比较级)

本卷4次·真题 205 句

**consumer**

B1

n. 消费者

本卷4次·真题 165 句

**campaign**

B2

n. 运动

本卷4次·真题 57 句

**cell**

B1

n. 细胞

本卷4次·真题 47 句

**benefit**

B1

n. 好处

本卷3次·真题 244 句

**likely** A2

adj. 很可能的

本卷3次·真题 228 句

**impact** B2

n. 影响

本卷3次·真题 185 句

**actually** A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷3次·真题 182 句

**million** A2

num. 一百万

本卷3次·真题 126 句

**resource** B1

n. 资源

本卷3次·真题 119 句

**expert** B1

n. 专家

本卷3次·真题 114 句

**quality** A2

n. 质量

本卷3次·真题 112 句

**claim** B1

v. 声称

本卷3次·真题 111 句

**growth** B1

n. 增长

本卷3次·真题 104 句

**demand** B1

v. 坚决要求

本卷3次·真题 92 句

**customer** A2

n. 顾客, 客户

本卷3次·真题 87 句

**amount** A2

n. 数量

本卷3次·真题 84 句

**diet** A2

n. 日常饮食

本卷3次·真题 82 句

**professional** B1

adj. 专业的

本卷3次·真题 82 句

**importance** B1

n. 重要性

本卷3次·真题 60 句

**purchase** B1

v. 购买

本卷3次·真题 55 句

**staff** B1

n. 全体员工

本卷3次·真题 44 句

**celebrity** B2

n. 名人, 名流

本卷3次·真题 35 句

**worldwide** B1

adj. 全世界的

本卷3次·真题 35 句

**obesity** B2

n. 肥胖 (症)

本卷3次·真题 34 句

**remove** A2

v. 移开

本卷3次·真题 34 句

**motivate** B2

v. 激励

本卷3次·真题 33 句

**emphasize** B2

v. 强调

本卷3次·真题 21 句

**encounter** B2

v. 遇到

本卷3次·真题 21 句

**immune** B2

adj. 有免疫力的

本卷3次·真题 19 句

**appearance** B1

n. 外貌

本卷3次·真题 15 句

**leadership** B2

n. 领导地位;领导权

本卷3次·真题 15 句

**virtue** B2

n. 美德

本卷3次·真题 14 句

**charity** B1

n. 慈善机构

本卷3次·真题 13 句

**surge** B2

n. 激增

本卷3次·真题 12 句

**appealing** B2

adj. 有吸引力的

本卷3次·真题 10 句

**draft** B2

n. 草稿

本卷3次·真题 10 句

**less** A1

det. 较少的

本卷2次·真题 273 句

**employee** A2

n. 雇员, 员工

本卷2次·真题 190 句

**tend** B1

v. 倾向于, 往往会

本卷2次·真题 170 句

**issue** B1

n. 问题

本卷2次·真题 158 句

**global** B2

adj. 全球的

本卷2次·真题 140 句

**negative** B1

adj. 否定的

本卷2次·真题 132 句

**major** B1

adj. 主要的

本卷2次·真题 108 句

**argue** B1

v. 争论

本卷2次·真题 106 句

**support** A2

v. 支持

本卷2次·真题 103 句

**medium** B1

adj. 中等的

本卷2次·真题 98 句

**case** A2

n. 情况

本卷2次·真题 97 句

**effective** B1

adj. 有效的, 起作用的

本卷2次·真题 94 句

**promote** B2

v. 促进

本卷2次·真题 82 句

**contribute** B1

v. 捐献

本卷2次·真题 79 句

**increasingly** B2

adv. 越来越;日益;不断增加地

本卷2次·真题 78 句

**solution** B1

n. 解决办法

本卷2次·真题 76 句

**journal**

B1

n. 杂志

本卷2次·真题 66 句

**material**

B1

n. 材料

本卷2次·真题 66 句

**management**

B1

n. 管理

本卷2次·真题 63 句

**crisis**

B2

n. 危机

本卷2次·真题 62 句

**media**

B1

n. 大众传播媒介（报刊、电视、广播、互联...

本卷2次·真题 58 句

**respond**

B1

v. 回答, 答复

本卷2次·真题 52 句

**rely**

B1

v. 依赖;依靠

本卷2次·真题 51 句

**ignore**

B1

v. 忽视;不理睬

本卷2次·真题 46 句

**invest**

B2

v. 投资（金钱、时间等以期获得回报）

本卷2次·真题 45 句

**protection**

B1

n. 保护

本卷2次·真题 42 句

**interested**

A1

adj. 感兴趣的

本卷2次·真题 41 句

**official**

B1

adj. 官方的

本卷2次·真题 37 句

**assert**

C1

v. 坚称

本卷2次·真题 34 句

**household**

B1

n. 家庭

本卷2次·真题 30 句

**promotion**

B2

n. 晋升, 升职

本卷2次·真题 29 句

**comment**

B1

n. 评论

本卷2次·真题 28 句

**chronic** B2

adj. (疾病) 慢性的, 长期的

本卷2次·真题 27 句

**sacrifice** B2

n. 牺牲

本卷2次·真题 27 句

**rare** B1

adj. 稀有的

本卷2次·真题 25 句

**recommendation** B2

n. 推荐

本卷2次·真题 25 句

**eating** A1

n. 吃

本卷2次·真题 22 句

**worried** A2

adj. 担心的

本卷2次·真题 21 句

**ad** A2

n. 广告

本卷2次·真题 20 句

**inspire** B2

v. 激励

本卷2次·真题 20 句

**witness** B2

n. 目击者

本卷2次·真题 19 句

**cash** A2

n. 现金

本卷2次·真题 18 句

**depict** B2

v. 描绘

本卷2次·真题 17 句

**bolster** C1

v. 支持

本卷2次·真题 15 句

**nutrient** B2

n. 营养物质

本卷2次·真题 14 句

**filter** B1

n. 过滤器

本卷2次·真题 13 句

**strategic** B2

adj. 战略(性)的

本卷2次·真题 13 句

**stressful** B1

adj. 压力大的

本卷2次·真题 13 句

**length** A2

n. 长度

本卷2次·真题 11 句

**obese** C1

adj. 肥胖的

本卷2次·真题 11 句

**pile** B1

n. 堆

本卷2次·真题 10 句

**viable** C1

adj. 可行的

本卷2次·真题 10 句

**needy** B2

adj. 贫困的

本卷2次·真题 9 句

**carbohydrate** B2

n. 碳水化合物

本卷2次·真题 8 句

**donate** B2

v. 捐赠, 捐献 (金钱、物品等)

本卷2次·真题 8 句

**functioning** B2

adj. 运转正常的

本卷2次·真题 8 句

**layman** C1

n. 外行

本卷2次·真题 8 句

**reference** B1

n. 提及

本卷2次·真题 8 句

**ritual** B2

n. 仪式

本卷2次·真题 8 句

**author** A2

n. 作者

本卷1次·真题 264 句

**effect** A2

n. 影响

本卷1次·真题 191 句

**system** A2

n. 系统

本卷1次·真题 176 句

**community** B1

n. 社区

本卷1次·真题 163 句

**positive** B1

adj. 积极的

本卷1次·真题 144 句

**local** A2

adj. 当地的

本卷1次·真题 143 句

**individual** B2

adj. 单独的

本卷1次·真题 142 句

**reduce** B1

v. 减少, 降低 (数量、大小、程度等)

本卷1次·真题 138 句

**view** A2

n. 观点, 看法

本卷1次·真题 134 句

**base** A2

n. 基础

本卷1次·真题 126 句

**rate** A2

n. 速度

本卷1次·真题 121 句

**mental** B1

adj. 精神的

本卷1次·真题 120 句

**challenge** B1

n. 挑战

本卷1次·真题 119 句

**design** B1

n. 设计

本卷1次·真题 119 句

**access** B1

n. 进入

本卷1次·真题 101 句

**event** A2

n. 事件

本卷1次·真题 99 句

**united** B1

adj. 联合的

本卷1次·真题 97 句

**publish** B1

v. 出版, 发行 (书籍、杂志等)

本卷1次·真题 94 句

**lack** B1

v. 缺少

本卷1次·真题 89 句

**decline** B2

v. 下降

本卷1次·真题 88 句

**evidence** B1

n. 证据

本卷1次·真题 87 句

**later** A1

adv. 以后, later

本卷1次·真题 87 句

**cognitive** C1

adj. 认知的

本卷1次·真题 85 句

**traditional** B1

adj. 传统的

本卷1次·真题 84 句

**region** B1

n. 地区

本卷1次·真题 78 句

**source** B1

n. 来源

本卷1次·真题 75 句

**billion** B1

num. 十亿 (1,000,000,000)

本卷1次·真题 74 句

**organization** B1

n. 组织

本卷1次·真题 73 句

**advertising** B1

n. 广告业

本卷1次·真题 72 句

**current** B1

adj. 现在的

本卷1次·真题 72 句

**reflect** B1

v. 反映, 显示

本卷1次·真题 71 句

**due** B1

adj. 预期的

本卷1次·真题 70 句

**attract** B1

v. 吸引 (注意力、兴趣)

本卷1次·真题 67 句

**significant** B2

adj. 重要的

本卷1次·真题 65 句

**maintain** B1

v. 维持

本卷1次·真题 64 句

**protein** B1

n. 蛋白质

本卷1次·真题 64 句

**apply** A2

v. 申请

本卷1次·真题 63 句

**internet** B2

n. 互联网

本卷1次·真题 63 句

**strategy** B2

n. 策略

本卷1次·真题 63 句

**wage** B1

n. 工资

本卷1次·真题 63 句

**occur** B1

v. 发生, 出现

本卷1次·真题 62 句

**mostly** B1

adv. 主要地

本卷1次·真题 59 句

**specific** B2

adj. 具体的

本卷1次·真题 59 句

**overall** B1

adj. 总体的

本卷1次·真题 58 句

**production** B1

n. 生产

本卷1次·真题 58 句

**ensure** B2

v. 确保

本卷1次·真题 57 句

**image** A2

n. 形象, 印象

本卷1次·真题 57 句

**consumption** B2

n. 消费

本卷1次·真题 56 句

**advocate** B2

v. 拥护

本卷1次·真题 55 句

**boost** B2

v. 提高

本卷1次·真题 55 句

**associate** B2

v. 联系

本卷1次·真题 54 句

**principle** B2

n. 原则, 准则

本卷1次·真题 54 句

**solve** A2

v. 解决 (问题、困难)

本卷1次·真题 54 句

**beauty** A2

n. 美

本卷1次·真题 53 句

**mainly** B1

adv. 主要地

本卷1次·真题 53 句

**audience** A2

n. 观众

本卷1次·真题 52 句

**operate** B1

v. 运转

本卷1次·真题 52 句

**response** B1

n. 回答

本卷1次·真题 52 句

**aspect** B2

n. 方面

本卷1次·真题 50 句

**sign** A1

n. 标志

本卷1次·真题 49 句

**appeal** B2

v. 呼吁

本卷1次·真题 48 句

**growing** A2

adj. 增长的

本卷1次·真题 47 句

**recommend** B1

v. 推荐

本卷1次·真题 47 句

**chemical** B1

adj. 化学的

本卷1次·真题 46 句

**diversity** B2

n. 多样性

本卷1次·真题 46 句

**demonstrate** B2

v. 证明

本卷1次·真题 45 句

**achievement** B1

n. 成就

本卷1次·真题 44 句

**anxiety** B2

n. 焦虑

本卷1次·真题 44 句

**desire** B2

n. 愿望

本卷1次·真题 44 句

**mass** B1

n. 大量

本卷1次·真题 44 句

**completely** B1

adv. 完全地

本卷1次·真题 43 句

**novel** B1

n. 小说

本卷1次·真题 43 句

**pursue** B2

v. 追求

本卷1次·真题 43 句

**department** A2

n. 部门

本卷1次·真题 41 句

**perspective** B2

n. 观点

本卷1次·真题 38 句

**estimate** B2

v. 估计

本卷1次·真题 36 句

**nutrition** B2

n. 营养

本卷1次·真题 36 句

**lecture** B1

n. 讲座

本卷1次·真题 35 句

**aware** A2

adj. 知道的

本卷1次·真题 34 句

**awareness** B2

n. 意识

本卷1次·真题 33 句

**otherwise** B2

adv. 否则, 不然

本卷1次·真题 33 句

**regular** B1

adj. 经常的

本卷1次·真题 33 句

**series** B1

n. 系列

本卷1次·真题 33 句

**vegetarian** B1

n. 素食者

本卷1次·真题 33 句

**expectation** B2

n. 期待, 预期

本卷1次·真题 32 句

**handle** A2

v. 处理

本卷1次·真题 32 句

**consume** B2

v. 消耗, 耗费 (燃料、能源、时间等)

本卷1次·真题 31 句

**content** B1

n. 内容

本卷1次·真题 31 句

**cultivate** B2

v. 培养, 发展 (技能、态度、关系等)

本卷1次·真题 31 句

**depression** B2

n. 抑郁症

本卷1次·真题 31 句

**era** B2

n. 时代

本卷1次·真题 31 句

**switch** A2

v. 转换

本卷1次·真题 31 句

**embrace** B2

v. 拥抱

本卷1次·真题 30 句

**press** A2

v. 按, 压

本卷1次·真题 30 句

**spot** A2

n. 地点

本卷1次·真题 30 句

**transform** B2

v. 使彻底改变;使转变

本卷1次·真题 30 句

**broad** B1

adj. 宽阔的

本卷1次·真题 29 句

**finally** A2

adv. 终于, 最终

本卷1次·真题 29 句

**immediate** B2

adj. 立即的, 即刻的

本卷1次·真题 29 句

**limited** B1

adj. 有限的

本卷1次·真题 29 句

**entrepreneur** C1

n. 企业家;创业者

本卷1次·真题 27 句

**greatly** B1

adv. 非常

本卷1次·真题 27 句

**regularly** A2

adv. 经常地

本卷1次·真题 27 句

**strengthen** B2

v. 加强

本卷1次·真题 27 句

**visual** B2

adj. 视觉的

本卷1次·真题 26 句

**accessible** B2

adj. 可到达的

本卷1次·真题 25 句

**beginning** A1

n. 开始

本卷1次·真题 25 句

**favor** B1

n. 帮忙

本卷1次·真题 25 句

**feedback** B1

n. 反馈

本卷1次·真题 25 句

**hunting** B1

n. 打猎

本卷1次·真题 25 句

**pursuit** B2

n. 追求

本卷1次·真题 25 句

**statistic** B2

n. 统计数字

本卷1次·真题 25 句

**beneficial** B2

adj. 有益的

本卷1次·真题 24 句

**calorie** B1

n. 卡路里, 热量单位

本卷1次·真题 24 句

**escape** A2

v. 逃跑; 逃脱

本卷1次·真题 24 句

**muscle** A2

n. 肌肉

本卷1次·真题 24 句

**ordinary** B1

adj. 普通的

本卷1次·真题 24 句

**thanks** A1

intj. 谢谢

本卷1次·真题 24 句

**tough** B1

adj. 困难的

本卷1次·真题 24 句

**toxic** B2

adj. 有毒的, 中毒性的

本卷1次·真题 24 句

**prepared** A2

adj. 准备好的

本卷1次·真题 23 句

**relate** B1

v. 使有联系, 把...联系起来

本卷1次·真题 23 句

**routine** B1

n. 常规

本卷1次·真题 23 句

**abandon** B2

v. 离弃

本卷1次·真题 22 句

**display** B1

v. 展示

本卷1次·真题 22 句

**foster** B2

v. 培养

本卷1次·真题 22 句

**prior** B2

adj. 先前的, 之前的

本卷1次·真题 22 句

**authority** B2

n. 权力

本卷1次·真题 21 句

**ban** B2

v. 禁止

本卷1次·真题 21 句

**planning** B1

n. 规划

本卷1次·真题 21 句

**primarily** B2

adv. 主要地

本卷1次·真题 21 句

**unhealthy** B1

adj. 有害健康的; 不健康的

本卷1次·真题 21 句

**volume** B1

n. 音量

本卷1次·真题 21 句

**basically** B1

adv. 基本上

本卷1次·真题 20 句

**consult** B2

v. 咨询, 请教 (专业人士)

本卷1次·真题 20 句

**corporation** B2

n. 公司, 企业 (尤指大型的、有限责任的)

本卷1次·真题 20 句

**exotic** B2

adj. 异国情调的;外来的

本卷1次·真题 20 句

**latest** B1

adj. 最新的

本卷1次·真题 20 句

**surprising** A2

adj. 令人惊讶的

本卷1次·真题 20 句

**trap** B1

n. 陷阱

本卷1次·真题 20 句

**bacterium** B2

n. 细菌

本卷1次·真题 19 句

**host** B1

n. 主人

本卷1次·真题 19 句

**narrow** B1

adj. 狭窄的

本卷1次·真题 19 句

**prioritize** B2

v. 优先处理

本卷1次·真题 19 句

**remind** A2

v. 提醒

本卷1次·真题 19 句

**unfortunately** B1

adv. 不幸地

本卷1次·真题 19 句

**attractive** B1

adj. 有吸引力的

本卷1次·真题 18 句

**biological** B2

adj. 生物的

本卷1次·真题 18 句

**unexpected** B1

adj. 意外的

本卷1次·真题 18 句

**combination**

B1

n. 结合

本卷1次·真题 17 句

**dominate**

B2

v. 控制

本卷1次·真题 17 句

**reverse**

B2

v. 颠倒

本卷1次·真题 17 句

**sustainability**

C1

n. 可持续性

本卷1次·真题 17 句

**unusual**

B1

adj. 不寻常的

本卷1次·真题 17 句

**writing**

A2

n. 写作

本卷1次·真题 17 句

**alert**

B2

adj. 警觉的

本卷1次·真题 16 句

**brief**

B1

adj. 简短的;短暂的

本卷1次·真题 16 句

**dramatically**

B2

adv. 显著地

本卷1次·真题 16 句

**guide**

A2

n. 指南;手册

本卷1次·真题 16 句

**neglect**

B2

v. 忽视;疏忽

本卷1次·真题 16 句

**retrieve**

B2

v. 取回

本卷1次·真题 16 句

**tip**

A2

n. 小费

本卷1次·真题 16 句

**cite**

B2

v. 引用, 引证

本卷1次·真题 15 句

**criticism**

B2

n. 批评

本卷1次·真题 15 句

**occasionally**

B1

adv. 偶尔

本卷1次·真题 15 句

**suit** A2

n. 套装

本卷1次·真题 15 句

**epidemic** C1

n. 流行病

本卷1次·真题 14 句

**latter** B2

det. 后者的

本卷1次·真题 14 句

**ongoing** B2

adj. 持续进行的

本卷1次·真题 14 句

**output** B1

n. 产量

本卷1次·真题 14 句

**predator** B2

n. 捕食性动物，食肉动物

本卷1次·真题 14 句

**substance** B2

n. 物质

本卷1次·真题 14 句

**concede** C1

v. 承认（某事属实、正确）

本卷1次·真题 13 句

**modest** B2

adj. 谦虚的，谦逊的

本卷1次·真题 13 句

**oh** A1

intj. 哦（表示惊讶、理解或反应）

本卷1次·真题 13 句

**sharply** B2

adv. 急剧地

本卷1次·真题 13 句

**slip** B1

v. 滑倒

本卷1次·真题 13 句

**susceptible** C1

adj. 易受影响的

本卷1次·真题 13 句

**derive** B2

v. 获得

本卷1次·真题 12 句

**exclusively** B2

adv. 专门地

本卷1次·真题 12 句

**newly** B1

adv. 最近

本卷1次·真题 12 句

**adhere** C1

v. 遵守, 坚持 (规则、信念等)

本卷1次·真题 11句

**amazing** A2

adj. 令人惊奇的

本卷1次·真题 11句

**block** A2

n. 街区

本卷1次·真题 11句

**curious** B1

adj. 好奇的

本卷1次·真题 11句

**dedicate** B2

v. 致力于

本卷1次·真题 11句

**faith** B1

n. 信任

本卷1次·真题 11句

**moderate** B2

adj. 适度的

本卷1次·真题 11句

**multiply** B1

v. 乘

本卷1次·真题 11句

**overwhelm** B2

v. 使不知所措

本卷1次·真题 11句

**selective** B2

adj. 有选择性的

本卷1次·真题 11句

**specialist** B2

n. 专家

本卷1次·真题 11句

**adjustment** B2

n. 调整

本卷1次·真题 10句

**advertise** B1

v. 为...做广告

本卷1次·真题 10句

**fierce** B2

adj. 凶猛的, 凶狠的

本卷1次·真题 10句

**impressive** B2

adj. 令人印象深刻的

本卷1次·真题 10句

**obsession** C1

n. 痴迷

本卷1次·真题 10句

**broaden** B2

v. 扩大

本卷1次·真题9句

**environmentalist** B2

n. 环保主义者

本卷1次·真题9句

**follower** B1

n. 追随者

本卷1次·真题9句

**irritated** B2

adj. 恼怒的

本卷1次·真题9句

**minimum** B2

n. 最小值

本卷1次·真题9句

**skeptical** B2

adj. 怀疑的

本卷1次·真题9句

**texture** B2

n. 质地

本卷1次·真题9句

**unpredictable** B2

adj. 无法预测的

本卷1次·真题9句

**ambition** B2

n. 雄心

本卷1次·真题8句

**entrepreneurial** C1

adj. 创业的

本卷1次·真题8句

**metabolism** C1

n. 新陈代谢

本卷1次·真题8句

**pizza** A2

n. 比萨饼

本卷1次·真题8句

**practically** B2

adv. 几乎，差不多

本卷1次·真题8句

**presume** C1

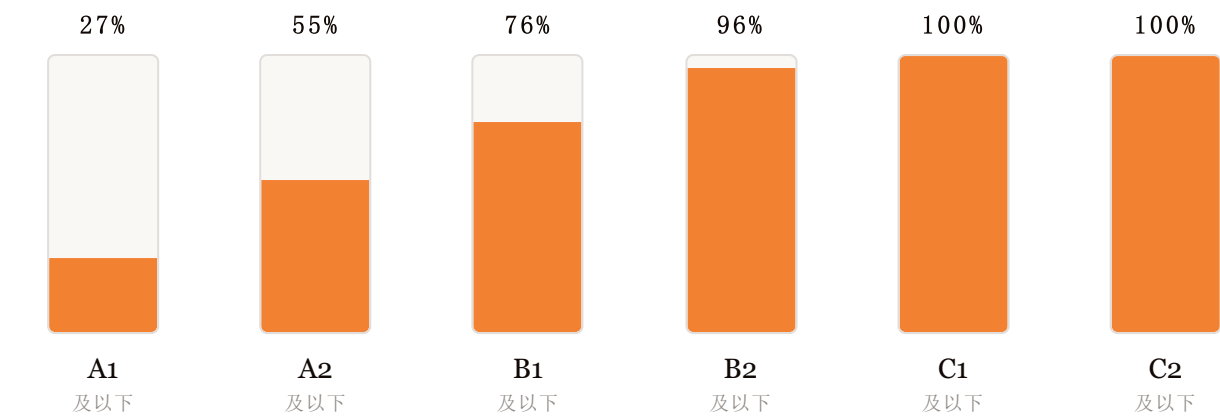
v. 假定，推测（某事属实）

本卷1次·真题8句

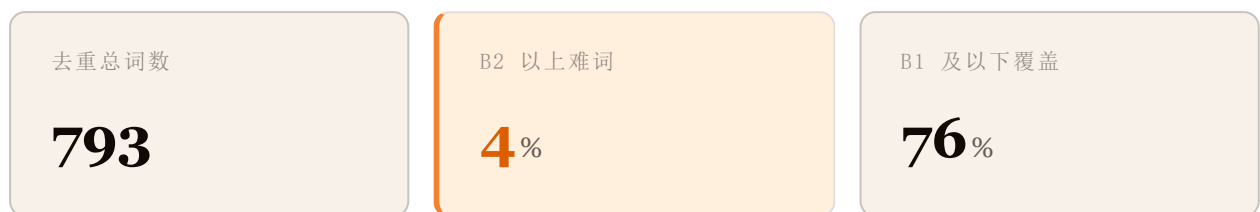
VOCABULARY • 词汇难度分布

## 全卷录音原文 793 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **793** 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 32 个·约 4%。



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 793 个 · 末柱为 100%



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