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六级·真题卷第1套·2022年12月

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence “*With the application of information technology in education, college students can now learn in more diverse and efficient ways.*” You can make statements, give reasons, or cite examples to develop your essay. You should write at least 150 words but no more than 200 words.

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

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

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.
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.
7. A) The general public.
B) Those who are overweight.
C) Those who want to lose weight.
D) The medical community.
8. A) Switch to a vegetarian diet.
B) Follow a personalized diet.
C) Adhere to doctors' advice.
D) Cut carbohydrate intake.

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.

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.
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.
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.

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

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.
13. A) Their leadership may be challenged.
B) Their companies may go bankrupt.
C) Unexpected events may occur.
D) Major problems may result.
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.
15. A) Cultivate self-control.
B) Filter their email boxes.
C) Respond only after work.
D) Check only when necessary.

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 I** with a single line through the centre.*

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

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.
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.
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.

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

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.
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.
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.

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

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

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding*

letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

During the summer, when I was a visiting poet at a residency out of state, an angry, confused woman wandered into my class and said: "I have three guns and I want to use them." We all 26 . It wasn't clear if she had the guns, but we each know that, when we teach in America, we are already in danger.

I was dizzy with fear. The woman, who later turned out to be a schizophrenic(精神分裂症患者) without 27 to her medications, was, by some force, wrestled out and 28 away, then put in a hospital for observation, in a step that was actually safer for everyone than any one of us pressing charges. My class went on; we talked about poems. But despite the fact that the rest of our days on campus passed 29 , I was rattled. I couldn't shake the sense that in this country we always live at 30 risk.

A few months later, crisis 31 again. While my husband was locking his bike to drop off our 3-year-old daughter for her preschool-aged day camp, a different woman approached. Swiftly and for no 32 reason, she bent down, picked up our daughter, and began to carry her down the street. It was so fast and confusing that my daughter 33 cried. My husband, in a burst of speed, chased the woman and reclaimed our daughter. The woman, clearly confused, retreated into the public library. A 34 of homeless people who generally know the other homeless in the area said they did not recognize the woman. The woman was so clearly unwell that when she was taken into custody she was incoherent. Heartbreakingly, she called our daughter by the name of someone else's child. Each part of the episode was as haunting as it was 35 .

- | | |
|---------------|---------------|
| A) access | I) network |
| B) apparent | J) overriding |
| C) barely | K) peacefully |
| D) dedication | L) presumably |
| E) escorted | M) stifled |
| F) froze | N) struck |
| G) incredible | O) terrifying |
| H) indignant | |

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**.

This man is running 7 marathons on 7 continents in 7 days

- A) Michael Wardian pushed forward into the penetrating arctic(北极的) wind, fighting the urge to speed up. Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia(体温过低).
- B) At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F, with a wind chill that made it feel even colder. Along the route, armed guards wandered the large sheets of floating ice to minimize the risk of polar bear attacks.

- C) "I like to do stuff that scares me," Wardian said. With ice frozen to his beard, Wardian crossed the finish line that April afternoon in a winning time of 4 hours 7 minutes and 40 seconds, almost two hours slower than his personal best over 26.2 miles. The race for Wardian, however, was less about the result than overcoming his aversion to the cold.
- D) In a few days, Wardian will once again compete in an unfamiliar territory and below-freezing temperatures. He will line up Monday in Antarctica(南极) for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.
- E) An elite ultra-runner, Wardian has his sights on breaking the event's record average marathon time of 3:32:25 set last January by U.S. Marine Corps captain Daniel Cartica. Wardian, a 42-year-old Arlington resident, is a record-breaking racer, known in the ultra-running community for seeking tough courses and setting world records. Last year, he ran 1,254.65 miles in 47 races. The World Marathon Challenge, like most of Wardian's running goals, will be about pushing his limits. "I love diverse and unique challenges," he said. "I'm definitely interested in seeing what I can handle and what my body can accept. That drives me."
- F) Something about the way Richard Donovan carried himself appealed to Wardian. Perhaps it was the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director. The two hit it off, and soon Wardian was participating in Donovan's events. It was at the North Pole Marathon, a race that Donovan organizes, that Wardian first heard about the Irishman's plan for the World Marathon Challenge—a challenge that Donovan himself completed in 2009 and 2012. "I knew that many people had a goal of running seven marathons on seven continents during any time period," Donovan, 50, said. "I felt the natural extension to this idea would be to try to achieve it within a seven-day period."
- G) Wardian started saving for the trip in 2014, connecting with sponsors and getting approval from his wife, Jennifer, before committing. Registration for the event costs 36,000 euros, which covers international charter flights to each of the seven marathon locations: Union Glacier (Antarctica), Punta Arenas, Chile (South America), Miami (North America), Madrid (Europe), Marrakesh, Morocco (Africa), Dubai (Asia) and Sydney (Australia). The challenge is a test of both physical strength and mental fitness. Sleeping on a cramped plane, adjusting to different time zones and finding food to eat (Wardian is a vegetarian) would make it an exhausting trip over a month, let alone a week. "The key to a race like this is getting comfortable being uncomfortable," said Becca Pizzi, last year's women's champion. "The highs of the race are incredibly high, and the lows incredibly low."
- H) Since turning it into an organized event in 2015, Donovan has attracted a variety of runners. This year's challenge will feature a far more elite field, which includes Ryan Hall, America's fastest marathon runner. Despite his proven track record, Hall said he has no time goals and that he still suffers from the same fatigue issues that forced him to leave the professional ranks in 2015. Hall plans to run with his friend, Pastor Matthew Barnett of The Dream Center in Los Angeles—one of the six American men who will be competing. "I don't expect to run a step with Mike, but I will be excited to see how he does," said the 34-year-old Hall, who began weight-lifting after retiring. "If I finish within an hour of him in each marathon, I'd be surprised."
- I) Instead, 43-year-old Petr Vabrousek, an elite Czech Ironman champion, is expected to be Wardian's closest challenger. To others on the trip, simply finishing will be its own reward. Sinead Kane of Ireland is aiming to become the first blind person to complete the challenge. And Beth Ann Telford, a 47-year-old federal government worker from Fairfax and the only American female in this year's mix, is using the event as a

platform to raise money for cancer research. It's a cause with a personal connection to Telford, who was diagnosed with brain cancer in 2004. "Doing something like this is definitely the hardest challenge that I've ever done except for the chemotherapy and brain surgery," she said. "It's going to raise awareness. ...I just wanted to do something that is epic and this certainly is right up there." Wardian, too, hopes his involvement will give him a platform to promote a cause. He recently became an ambassador for the United Nations Women's HeForShe initiative to fight inequalities faced by women and girls worldwide.

J) On a chilly December afternoon, Wardian wove through Washington's crowded sidewalks on the way home from his full-time job as an international ship broker. His elastic, 6-foot frame bounced gently and efficiently off the ground with each step of the hilly six-mile trip back to Arlington. This is a daily routine during the week for Wardian, who started racing professionally in 2003 and runs seven days a week, often multiple times a day. When he travels, he prefers to explore new places on his feet.

K) But in some ways, Wardian still has trouble thinking of himself as a runner. For the majority of his childhood, Wardian devoted his energy to becoming a Division I lacrosse(长曲棍球) player—a dream he realized when he was recruited to play at Michigan State University. "Once he decides to do something, he just works at it until he does it," Michael's younger sister, Mariele, said. "Once he decides to do it, it's usually something that's going to happen. He's always been like that. He's a very motivated individual."

L) It was only a year or so ago that Wardian realized that he had been a runner longer than a lacrosse player. It was not until he ran in the 2004 U.S. Olympic Marathon Trials—the first of three for Wardian—that he felt that he was a legitimate runner. Now more than 10 years and numerous ultra-marathon national titles and world records later, he embraces that identity. Wardian wants to see how far his legs can take him, one epic challenge at a time. "I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at," Wardian said, "because if you're not seeking things out that are challenging and difficult for you, then you're not growing ... So I hope maybe people see what I do, and say, 'Okay, I want to do something different or try something new. ... I'm going to do something that scares me.' That's what I'm hoping people will take from it."

36. Wardian regards the various extraordinary challenges as a test of his physical endurance

37. Wardian hopes his participation in the seven-day marathon series will contribute to a worthy cause.

38. Wardian is going to join over thirty other runners in a week-long marathon series.

39. Over-exertion in extreme cold can lower one's body temperature to a dangerous point.

40. Wardian was very much impressed by a race director's sense of adventure.

41. Once Wardian sets his mind on something, he is determined to make it happen.

42. One top American marathoner quit his running career because of his physical condition.

43. To many of the week-long marathon participants, completing the race will be a success in itself.

44. For Wardian, the marathon in the Arctic was more about how to triumph over the extreme cold.

45. To participate in the seven-day marathon series, Wardian had to raise a lot of money and have his wife's support.

Section C

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

Many people associate their self-worth with their work. The more successful their career, the better they feel about themselves. Work-related self-esteem is therefore a worthy ideal to pursue with vigor, right? Well, not always. According to recent research, in which psychologists interviewed 370 full-time workers over a period of three weeks, the reality is a little more complicated. And it involves negative as well as positive consequences.

It's natural to be drawn towards pleasure and to step away from pain. In the workplace, if that pleasure comes from a triumph which swells our self-respect, people will try to repeat the accomplishment. But repeating that accomplishment is often not realistic, which can lead to severe negative emotional consequences when it doesn't reoccur. This form of motivation is widely regarded as a negative type of motivation. It can hinder other more positive motivation types, such as completing a task purely because it's fulfilling or enjoyable.

What consumes the employee instead is a pressing need to feel mighty and sure of themselves. They then take on only tasks and objectives which serve that ego-driven need. As a result, to avoid feelings of shame and worthlessness associated with failure, they extend themselves to such a degree that there's a subsequent adverse effect on their well-being. This internal pressure to succeed at all costs demands a lot of effort. It depletes their energy, culminating in disproportionate levels of damaging sentiment.

Those negative emotions mount into heightened anxiety, impacting their ability to make the most of their personal life. Their desire to avoid feeling inferior ends up making them feel inferior when it comes to their diminished capacity for friendship and leisure. They end up dissatisfied both at work and outside of it.

But thankfully, for those people compelled almost entirely by this specific form of motivation, the news isn't all bad, or bad at all. The study also discovered several positive outcomes that can actually outweigh the harmful ones. Though these types of employees are motivated by the desire to avoid negative consequences, they are also motivated by the excitement of pursuing emotional rewards. This excitement makes pursuing goals enjoyable and stimulates pleasure and pride that would result from success. An effect of the positive motivation is that it neutralizes the existence of negative motivation.

Sure, it affects people's personal lives to what could be deemed an unhealthy extent, because leisure activities are often seen as a part of life that must be sacrificed to manage work and family demands. However, the way people feel about their work has less to do with whether they're motivated by the preservation of self-esteem but more with the fact that they're simply motivated.

46. What does the author say about the pursuit of work-related self-esteem?

- A) It may result in negative motivation.
- B) It contributes to one's accomplishments.
- C) It can increase one's vigor as one keeps trying.
- D) It costs too much emotionally and psychologically.

47. What do employees tend to do in pursuing work-related self-esteem?
- A) Take on tasks well beyond their actual capabilities.
 - B) Strive to succeed at the expense of their well-being.
 - C) Resort to all means regardless of the consequences.
 - D) Exaggerate their sense of shame and worthlessness.
48. What do we learn about people over-concerned with work-related self-esteem?
- A) They may often feel inferior to their colleagues.
 - B) They cannot enjoy their personal life to the full.
 - C) They are never satisfied with their achievements.
 - D) They have their own view of friendship and leisure.
49. What is the good news we learn from the recent research?
- A) The pursuit of goals may turn out to be enjoyable and pleasant.
 - B) The emotional rewards from goal pursuit are worth the pains taken.
 - C) The negative consequences of goal pursuit can mostly be avoided.
 - D) The goal of swelling self-esteem can be achieved if one keeps trying.
50. What can we infer from the last paragraph?
- A) Workers have to make sacrifices to preserve self-esteem.
 - B) Self-esteem swells when workers are strongly motivated.
 - C) Pursuit of goals affects people's personal lives to an unhealthy extent.
 - D) People feel positive about their work as long as they are motivated.

Passage Two

Questions 51 to 55 are based on the following passage.

Degradation of the world's natural resources by humans is rapidly outpacing the planet's ability to absorb the damage, a recent UN environmental study has found. The study concludes that without radical action the level of prosperity that millions of people in the developed world count on will be impossible to maintain or extend to poorer countries.

Water scarcity is the curse of some of the poorest regions on Earth, leaving developing countries increasingly unable to feed themselves, and causing hardship for millions of people. There appears little prospect of this desperate situation being remedied without radical action being taken. Water resources are under increasing threat from population growth, climate change, rapid urbanization, rising levels of consumption, and the degradation of lands that previously provided a natural replenishment(补充) of water resources.

The rate of damage to the natural environment was found to increase globally, despite concerted efforts to persuade government to take measures to improve the condition. "If current trends continue, and the world fails to improve patterns of production and consumption, then the state of the world's environment will continue to decline," warned UN executive director Achim Steiner.

He said the tools for improving the environment for millions of people existed in developed countries, but were in danger of not being used.

The study found that basic measures to tackle some of the key causes of environmental damage were still not being taken. These included measures to reduce air pollution; to control the damage to marine ecosystems, which can have a huge effect on fish stocks on which hundreds of millions of people depend; and to curb the degradation of land where modern agricultural methods were pursued without regard to the longer-term consequences.

Despite the recent global agreement on cutting greenhouse gas emissions, global carbon output continues to rise. This will put a long-term strain on the ability of developing economies to feed their own people. Climate change is aggravated by the emissions of greenhouse gases from chemical and natural fertilisers used in agriculture which increased by more than a quarter between 2000 and 2010. Other problem areas identified in the report included glaciers, which provide vital water resources for millions of people, but which are shrinking as the climate warms.

In rich countries, these problems have built up over decades and centuries while economic growth was pursued at the expense of the environment. Subsequent efforts to remedy the environment have met with partial success. But in developing countries, the path of future development has more potential to change, which has encouraged international institutions to devise more sustainable growth pathways that are supposed both to alleviate poverty and preserve the environment.

51. What is the major finding of the UN environmental study?

- A) Human activity has rendered Mother Earth almost uninhabitable.
- B) Humans are doing more damage to the earth than it can cope with.
- C) Environmental problems have considerably weakened human prosperity.
- D) Environmental damage is more serious in developed countries these days.

52. What is said about water scarcity in some of the poorest regions?

- A) It is getting so serious that there is little hope of solution.
- B) It largely accounts for their slow economic development.
- C) It can hardly be relieved if no drastic measures are taken.
- D) It is primarily caused by the acceleration of climate change.

53. What does Achim Steiner say about the environmental condition?

- A) It will deteriorate worldwide.
- B) It is attracting global attention.
- C) It is being slowly remedied globally.
- D) It will shrink the world's population.

54. What is the dilemma developing countries face?

- A) They cannot modernise farming without causing land degradation.
- B) They cannot promote industrialisation without polluting waterways.
- C) They cannot boost crop yields without causing greenhouse gas emissions.
- D) They cannot catch up with rich countries without sacrificing the environment.

55. What should developing countries do in their future development according to the passage?

- A) They turn to developed countries for the assistance they need.
- B) They remedy environmental damage by slowing economic growth.
- C) They avoid damaging interference from international institutions.
- D) They improve people's livelihood without harming the environment.

Part IV

Translation

(30 minutes)

Directions: *For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.*

青藏高原(the Qinghai-Tibet Plateau)位于中国西南部,面积约230万平方公里,平均海拔4000米以上,被称为"世界屋脊"。青藏高原自然资源丰富,风景秀丽,拥有多种珍稀野生动物。青藏高原气温很低,形成了大面积高山冰川。这里是亚洲许多著名河流的源头,是中国和东南亚的主要淡水供应源。青藏高原对全球生态系统至关重要。由于气候变化的影响,青藏高原的冰川正在加速融化。中国一直在努力保护青藏高原的生态系统,草地覆盖率不断增加,许多濒危物种得到更为有效的保护。

2022年12月·第1套英语六级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2022年12月·第1套 英语六级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第1套(2022-12) • 六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence “*With the application of information technology in education, college students can now learn in more diverse and efficient ways.*” You can make statements, give reasons, or cite examples to develop your essay. You should write at least 150 words but no more than 200 words.

【参考范文·172词】 写作无唯一标准答案，以下为达标示范

With the application of information technology in education, college students can now learn in more diverse and efficient ways. Not long ago, learning was confined to a fixed classroom and a single textbook, but technology has broken these limits and reshaped how we acquire knowledge.

On the one hand, learning has become far more diverse. Through massive open online courses, a student in a small town can now attend lectures delivered by professors at top universities, which was once unthinkable, and digital libraries offer millions of books and papers at the click of a button. On the other hand, learning is remarkably efficient. Thanks to AI-powered tutors, questions that once took days to solve can be answered in seconds, and search engines help us locate exactly the material we need. As a result, we save time and study with greater focus.

In conclusion, information technology has enriched both the variety and the speed of learning. Yet we should use these tools wisely, treating them as aids to independent thinking rather than substitutes for it.

【参考译文】

随着信息技术在教育中的应用，大学生如今能以更加多样、更加高效的方式学习。不久之前，学习还被局限于一间固定的教室和一本教材，但技术打破了这些限制，重塑了我们获取知识的方式。

一方面，学习变得更为多样。借助大规模开放在线课程，一个小城里的学生如今也能听到顶尖大学教授的授课，这在过去是难以想象的；数字图书馆更是一键之间提供海量书籍与论文。另一方面，学习也变得极为高效。得益于人工智能辅导，过去要花几天才能解决的问题如今几秒钟就能得到解答，搜索引擎帮助我们精准地找到所需材料。结果是，我们节省了时间，也能更专注地学习。

总之，信息技术既丰富了学习的多样性，也提升了学习的效率。但我们应当明智地使用这些工具，把它们当作独立思考的帮手，而不是替代品。

【第1段】照抄首句 + 今昔对比亮中心。第一句 With the application of information technology in education, college students can now learn in more diverse and efficient ways. 逐字照抄给定首句，锁住硬约束；紧接 Not long ago, learning was confined to... but technology has broken these limits 用今昔对比句承接首句、点明技术已重塑学习，落实了首段『照抄 + 对比引出中心』的功能。

【第2段】并列 + 例证咬住两个关键词。用 On the one hand... on the other hand 把 diverse 与 efficient 两个分论点分开；多样面举 massive open online courses 与 digital libraries，高效面举 AI-powered tutors 与 search engines，并用 As a result 点出省时专注的效果。每个例子都回扣了对应关键词，兑现了主体段『分论点 + 例证撑满』的方法。

【第3段】总结呼应 + 让步收分寸。In conclusion, information technology has enriched both the variety and the speed of learning 一句复述中心、首尾呼应两个关键词；随后 Yet we should use these tools wisely... rather than substitutes for it 用让步句补上理性提醒，落实了结尾段『总结加让步』的设计，也让论证更客观。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

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

核心任务

论证技术让大学生学习更多样更高效

这是一篇首句续写议论文：给定首句已经把主题钉死为「信息技术应用于教育，让大学生 learn in more diverse and efficient ways」。所以你的任务不是自由发挥谈技术，而是用统一的中心去证明这句话——把 diverse（多样）和 efficient（高效）两个关键词分别落实、举出具体理由或例子，正文可 make statements, give reasons, or cite examples 来展开，但每一句都得为这两个词服务。

读者 • 语域

无具体读者的正式书面议论

本题是纯议论大作文，没有指定收信人或身份，读者就是阅卷老师。因此语域走正式书面语即可：不用称呼语、不用落款、不用口语缩略和网络用语；行文用完整句、正式连接词，保持客观说理的口吻。不必强行加戏虚构一个读者。

中心立意

技术从多样与高效两面重塑学习

全篇中心紧扣给定首句：信息技术从「学习方式更多样」和「学习效率更高」两个维度，实实在在改变了大学生的学习，并在结尾提醒应把技术当工具而非依赖。中心一句话即：

technology enriches both the variety and the speed of college learning。

要展开的要点

1. 多样：渠道与资源被打开

对应关键词 diverse。要点是技术让学习不再局限于一间固定教室、一本教材——慕课（MOOC）让小城学生也能听名校名师的课，数字图书馆一键提供海量书籍论文。用可见的渠道变化去证明『多样』。

2. 高效：省时且更聚焦

对应关键词 efficient。要点是技术压缩了学习的时间成本：AI 答疑把过去要花几天的问题几秒解决，搜索引擎帮你精准定位所需材料，从而省时、专注。用速度与精准去证明『高效』。

3. 收尾：理性使用不依赖

补充要点，避免一边倒吹捧。承认技术是有力的辅助，但提醒把它当作独立思考的帮手、而非替代品，让论证显得客观、有分寸。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文——对应。

第 1 段 照抄首句并亮中心

开头逐字照抄给定首句作主题句，再用『过去 vs 现在』的对比句点明技术已重塑学习方式，自然引出下文的多样与高效。

第 2 段 两分论点并列论证

主体段，用 on the one hand / on the other hand 把 diverse 与 efficient 两个分论点并列展开，每个分论点配一个具体例子（MOOC、数字图书馆 / AI 答疑、搜索引擎）支撑。

第 3 段 重申中心+加理性提醒

结尾段先一句话总结技术丰富了学习的多样与高效，再补一句让步提醒——应理性使用、把技术当辅助而非替代，收束全篇。

第 1 段 首句 + 今昔对比铺垫

正文以给定首句开篇，随后指出：过去学习被限于固定教室与单一教材，如今技术打破了这些限制、重塑了获取知识的方式，从而为下文的『多样』『高效』做铺垫。

今昔对比承接 · Not long ago, ____ was confined to ____, but ____ has broken these limits and reshaped _____. (用『过去局限于...，但...打破限制并重塑...』承接首句、引出变化)

第 2 段 多样与高效各配一例

多样面：慕课让小城学生也能听名校名师授课，数字图书馆一键提供海量书籍论文；高效面：AI 答疑把原本要花几天的问题几秒解决，搜索引擎帮助精准定位所需材料，结果是省时且更专注。两组例子分别回扣 diverse 与 efficient。

两面并列过渡 · On the one hand, ____; on the other hand, _____. (把两个并列分论点清晰分开，避免糊成一段)

举例支撑 · Through ____, students can now ____, which once _____. (用『借助...，学生如今能...，这在过去...』把抽象论点落到具体例子上)

结果衔接 · As a result, _____. (由例子推出效果，点明『高效/省时』的结论)

第3段 呼应中心 + 理性提醒

先总结：信息技术丰富了学习的多样性、提升了学习效率；再提醒：应明智使用这些工具，把它们当作独立思考的帮手而非替代品。

收束总结 · In conclusion, ____ has enriched both ____ and _____. (用『总之，...既丰富了...也丰富了...』回扣两个关键词收尾)

让步提醒 · Yet we should ____, treating ____ as ____ rather than _____. (用『但我们应...，把...视为...而非...』补一句理性提醒，避免一边倒)

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题

diverse 与 efficient 都要写实

本题最易失分是只写 diverse 或只写 efficient、或抛开这两个词去大谈技术弊端。达标要点是 more diverse and efficient ways 两个词都要有专门段落或分论点正面论证，每个例子都回扣其中一个词，绝不跑题去讲无关内容。

结构连贯

三段各司其职 + 并列词分面

本题达标要点是首段承接首句、主体段用 on the one hand / on the other hand 把两面清晰分开、结尾段总结，不能三段都在举例或糊成一段。易失分处是并列词缺失，导致 diverse 和 efficient 混在一起说不清。

语言准确

话题词块要用对不堆砌

本题围绕 technology、access、efficiency 等话题词块组织语言即可，达标要点是用词准确、搭配地道（如 attend lectures、locate the material）。易失分处是硬凑高级词却搭配出错，反而不如用对的常见词。

字数格式

卡在区间内且首句零改动

本题硬性要求 write at least 150 words but no more than 200 words，写完必须核对是否落在这个区间；同时确认开头逐字照抄了给定首句，这是最致命也最容易忽略的两条硬约束。

典型低分写法 · 反面示例与改法

把首句擅自改写

反面示例：开头写成 Nowadays information technology helps college students learn in various and effective ways.——这改了措辞、没照抄，直接违反 begins with the sentence 的硬约束。修正：老老实实用原句 With the application of information technology in education, college students can now learn in more diverse and efficient ways. 作为第一句。

空泛断言无支撑

反面示例：Technology is very useful. It makes learning better and easier. Everyone likes it.——三句都是口号，既不多样也不高效具体。修正：换成可见例子，如 Through massive open online courses, a student can attend lectures given by top professors, which makes learning far more diverse. 让论点有支撑。

偏题写技术危害

反面示例：However, technology also brings many problems. Students become addicted to phones and waste a lot of time online.——整段在讲弊端，与首句要论证的『多样高效』脱节。修正：本题只需正面论证，结尾若要平衡也只一句让步即可，如 Yet we should use these tools wisely, 不展开成大段批判。

同义反复灌水

反面示例：Technology is good. Technology is really good. It is very very helpful for students to study well and study better.——反复堆同义词凑字。修正：把注水句换成有信息量的内容，如 Search engines help us locate exactly the material we need, so we save time. 既扩了字数又推进了论证。

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

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。

-
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。

-
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

-
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

-
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

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。

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

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

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

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

-
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

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

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.

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) 程度过重，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

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 A2

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. 可达到的

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

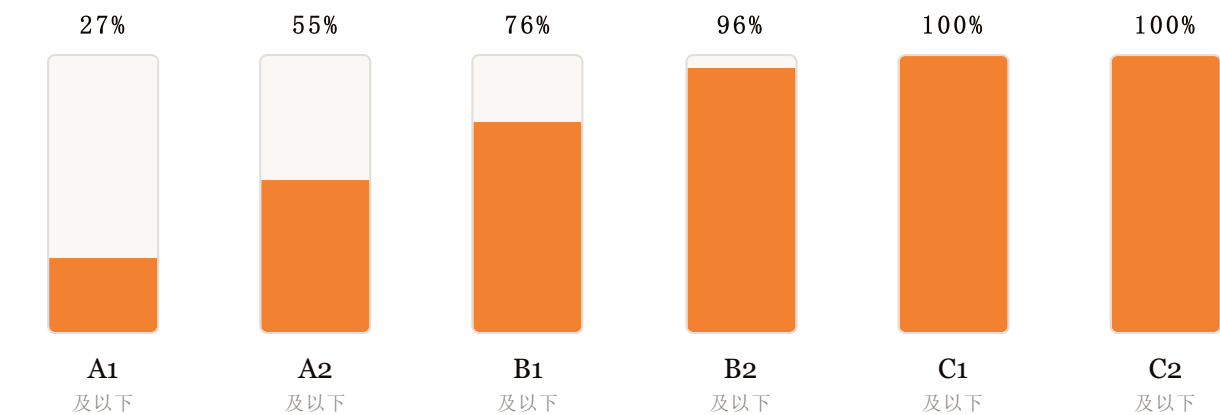
v. 假定，推测（某事属实）

本卷1次·真题8句

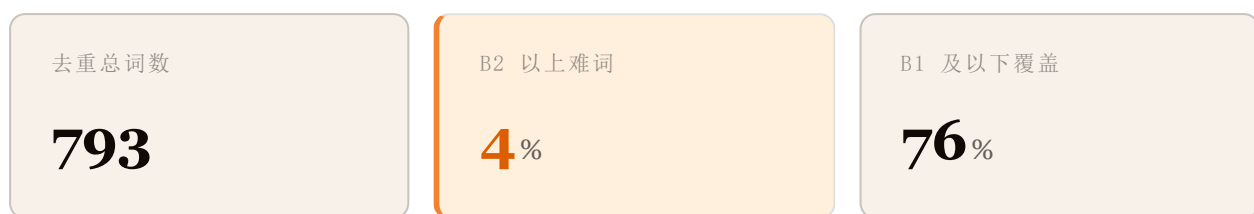
VOCABULARY • 词汇难度分布

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%



英语六级 2022年12月·第1套 · 全卷构成

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

2022年12月·第1套 英语六级完形填空（选词填空）·26–35 题答案与解析

BLANKS & ANALYSIS • 选词填空题和解析

选词填空题和解析 · 26–35 题

本页 26–35 题的正确答案词与逐空解析由懒笔记按2022年12月·第1套 英语六级完形填空（选词填空）原卷词库逐空核对整理。与试卷排版同一卷面：Directions、3 段带空短文（每段之后紧随中文翻译）与 15 词共享词库连续排印；卷面下方逐空紧跟解析——该空词性、原文定位句、正确词与锁定依据，以及同词性被淘汰竞争词的逐个归因。

真题卷第1套(2022-12) • 六级

Part III Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

During the summer, when I was a visiting poet at a residency out of state, an angry, confused woman wandered into my class and said: "I have three guns and I want to use them." We all 26. It wasn't clear if she had the guns, but we each know that, when we teach in America, we are already in danger.

那年夏天,当我在外州的一个驻地项目担任访问诗人时,一位愤怒而困惑的女人闯入了我的课堂并说:"我有三把枪,我想用它们。"我们都僵住了。不清楚她是否真的有枪,但我们每个人都知道,当我们在美国教书时,我们已经身处险境。

I was dizzy with fear. The woman, who later turned out to be a schizophrenic(精神分裂症患者) without 27 to her medications, was, by some force, wrestled out and 28 away, then put in a hospital for observation, in a step that was actually safer for everyone than any one of us pressing charges. My class went on; we talked about poems. But despite the fact that the rest of our days on campus passed 29, I was rattled. I couldn't shake the sense that in this country we always live at 30 risk.

我被恐惧冲昏了头。这名女子后来证实是一位无法获得药物治疗的精神分裂症患者,她被某种力量制服并被护送离开,然后被送往医院接受观察,这一举措实际上比我们任何人提出指控对所有人都更安全。我的课继续进行;我们讨论诗歌。但尽管我们在校园里度过的其余日子都很平静,我仍然心神不宁。我无法摆脱这样的感觉:在这个国家,我们始终生活在巨大的危险之中。

A few months later, crisis 31 again. While my husband was locking his bike to drop off our 3-year-old daughter for her preschool-aged day camp, a different woman approached. Swiftly and for no 32 reason, she bent down, picked up our daughter, and began to carry her down the street. It was

so fast and confusing that my daughter 33 cried. My husband, in a burst of speed, chased the woman and reclaimed our daughter. The woman, clearly confused, retreated into the public library. A 34 of homeless people who generally know the other homeless in the area said they did not recognize the woman. The woman was so clearly unwell that when she was taken into custody she was incoherent. Heartbreakingly, she called our daughter by the name of someone else's child. Each part of the episode was as haunting as it was 35.

几个月后,危机再次降临。当我丈夫锁好自行车准备送我们3岁的女儿去她的学龄前日间营地时,另一位女子走了过来。她迅速地、毫无明显理由地弯下腰,抱起我们的女儿,开始沿街把她带走。这一切发生得如此之快、如此令人困惑,以至于我女儿几乎没有哭出声来。我丈夫猛然加速,追上那名女子并夺回了我们的女儿。那名女子显然很困惑,退进了公共图书馆。一群通常认识该地区其他流浪者的流浪者表示他们不认识这名女子。这名女子显然病得很重,以至于被拘留时她语无伦次。令人心碎的是,她用别人家孩子的名字称呼我们的女儿。这一事件的每个部分都既令人难以忘怀又令人恐惧。

- | | |
|---------------|---------------|
| A) access | I) network |
| B) apparent | J) overriding |
| C) barely | K) peacefully |
| D) dedication | L) presumably |
| E) escorted | M) stifled |
| F) froze | N) struck |
| G) incredible | O) terrifying |
| H) indignant | |

26. We all (26).

【答案】 **F) froze** 动词

【词性槽】 主语 We all 后缺谓语动词, 需一般过去时

【依据】 听到『我有三把枪』后所有人本能呆住

上文 I have three guns and I want to use them. 是极端威胁, 紧接 We all 的反应只能是吓得僵住——freeze 正是英语里表达『因恐惧而瞬间不动』的高频动词, 与下文 I was dizzy with fear. 形成连贯的恐惧反应链。

【竞争词】 E) escorted 及物动词, 缺宾语

escort 意为『护送某人』, 必须带宾语, 而句子是 We all (26). 后面直接句号, 无宾语; 且『我们护送了』也对不上听到威胁后的第一反应。

M) stifled 及物且语义不符

stifle 通常作及物动词(压抑哭声/笑声), 后面缺宾语; 语义上『我们都压抑了』也无对象, 语境不通。

N) struck 强搭配指向第 31 题

strike 在此语境里更常以 crisis struck (危机突然发生) 这一固定搭配出现, 后文 crisis (31) again 才是它的归宿; 用在 26 空只能解作『打击/击中』, 缺宾语也不成句。

27. a schizophrenic(精神分裂症患者) without __(27)__ to her medications

【答案】 A) access (名词)

【词性槽】 介词 without 后接名词

【依据】 access to 是固定搭配，意为『使用权』

have/without access to + 物 是英语里表达『(无法)获得/使用某物』的标准搭配。原句 without access to her medications 即『无法获得自己的药物』，与精神分裂症患者发病的语境完全契合：因为没药才会发作、闯进课堂。

【竞争词】 D) dedication 语义荒诞

dedication 指『奉献、专注』，dedication to her medications 字面是『对药物的奉献』，对精神患者而言荒诞；语义与上下文医疗背景脱节。

I) network 搭配指向第 34 题

network of people / network of homeless 是更经典的搭配，将在第 34 空发挥作用；用在 27 空 network to her medications 不成习语，搭配生硬。

28. was, by some force, wrestled out and __(28)__ away

【答案】 E) escorted (动词)

【词性槽】 并列连词 and 后接同形态过去分词

【依据】 escorted away 表『被护送/押送离开』

escort 常与 in/out/away 搭配，表示有专人带某人离开。原文 wrestled out and escorted away, then put in a hospital for observation，先是被拽出去、再被护送走、然后送医观察——动作链条流畅自然。

【竞争词】 M) stifled 搭配与语义都不对

stifled away 不是英语固定搭配；stifle 表『压抑哭声/欲望』，与『从课堂带走精神患者』这一物理动作毫不相干。

29. the rest of our days on campus passed __(29)___

【答案】 **K) peacefully** (副词)

【词性槽】 修饰动词 passed, 需副词

【依据】 与『despite + I was rattled』形成让步对比

原句 despite the fact that the rest of our days on campus passed __(29)___, I was rattled. 用 despite 引出让步: 表面上的日子平静, 与内心仍受惊形成反差。peacefully (平静地) 正好与 rattled (心神不宁) 构成『外平静、内不安』的对照。

【竞争词】 C) barely 语义反向, 破坏让步逻辑

barely 意为『几乎不』, 『日子几乎没过去』不成话; 且与 despite 之后『虽然...平稳, 但我仍受惊』的逻辑反向。

L) presumably 推测语气与亲历叙述冲突

presumably 表『大概、想必』, 用于推测; 作者亲身在校园, 对自己后续的日子是亲历不是推测, 语气不匹配。

30. in this country we always live at __(30)___ risk.

【答案】 **G) incredible** (形容词)

【词性槽】 介词 at 与名词 risk 之间需形容词

【依据】 at incredible risk 强调难以置信的高风险

incredible 在这里取『大到难以置信』的语义。前文叙述了课堂枪击威胁, 作者由此得出 we always live at __(30)___ risk 的结论——『生活在难以置信的高风险里』, 与全文的极端恐惧场景吻合, 且与下段又一桩街头事件互证。

【竞争词】 H) indignant 对象错配

indignant 修饰人或情绪, an indignant risk 不成习惯搭配, 语法上虽通但语义荒诞。

J) overriding 色彩偏向中性『首要』

overriding risk 偏向 commercial/legal 等正式语体里『首要风险』, 多用于风险评估; 与本句日常生活的弥散性恐惧的语感不符, 更不如 incredible 突出『程度令人震惊』。

【易错】 最具迷惑性的错误词是 J) —— overriding risk 像高级搭配但语体错位。考生背过

overriding priority/concern 这类搭配, 会自然延伸出 overriding risk, 且词性也对、句法也通。防坑: 本文是抒情散文, 谈的是『日常生活里弥散的恐惧』, 需要程度词

(incredible), 不是商务正式语体里的『首要风险』。判断不准时回到全文情绪基调——能与 I was dizzy with fear. 共振的, 才是答案。

31. crisis __(31)__ again.

【答案】 **N) struck** 动词

【词性槽】 主语 crisis 后缺谓语动词

【依据】 **crisis struck again 是地道高频搭配**

strike 作不及物动词时常表示『(灾难/危机/事故)突然降临』, crisis/disaster/tragedy struck 是固定句式。本段开头 A few months later, crisis __(31)__ again. 正是用这一句承接上一段课堂事件, 引出新的危机——结构上与 Each part of the episode was as haunting as it was __(35)_. 所暗示的反复灾祸呼应。

【竞争词】 E) escorted 及物且语义反向

escort 必须带人作宾语; 且 crisis escorted 字面是『危机护送』, 毫无意义。

M) stifled 主语错位

stifle 是『压抑、扼制』, 主语通常是人或机构(压抑某种东西), crisis stifled 反过来了, 且 stifle 也需要宾语, 本句缺。

32. Swiftly and for no __(32)__ reason, she bent down, picked up our daughter

【答案】 **B) apparent** 形容词

【词性槽】 no 与名词 reason 之间需形容词修饰

【依据】 **for no apparent reason 是固定搭配**

for no apparent reason 意为『没有明显的理由』, 是英语里描述行为突兀、动机不明的常用表达。陌生女子毫无来由抱走孩子, 正符合此意——上文 Swiftly and for no __(32)__ reason 用 Swiftly 强调动作之突兀, apparent 与之呼应。

【竞争词】 H) indignant 感情色彩错位

indignant 形容『义愤填膺的』, 用于描述人或情绪, 而非 reason; an indignant reason 不成搭配, 逻辑上女子也并非出于义愤。

J) overriding 搭配相反

overriding reason 意为『压倒一切的理由』, 是『有强烈理由』; 与本句 no (没有) 连用语义自相矛盾——无『压倒一切』的理由是把强调有理由的词放到了否定语境, 明显别扭。

33. my daughter __(33)__ cried

【答案】 **C) barely** (副词)

【词性槽】 主谓之间修饰动词 cried

【依据】 事情发生太快太懵，孩子几乎没来得及哭

上文 It was so fast and confusing 已经为此空铺垫——动作迅猛、孩子来不及反应。

barely cried 即『几乎没哭出声』，与『fast and confusing』因果连贯：还没反应过来，父亲就追上抢回了孩子。

【竞争词】 L) presumably 推测语气与亲历叙述冲突

presumably 表『大概』，是写作者对未亲见之事的推测；但作者一家亲历整段，包括孩子的反应，无须推测，语气错位。

【易错】 最具迷惑性的错误词是 L) —— presumably 看似谨慎但叙述视角不对。副词组只剩 C/L 两个，presumably cried 也能勉强解为『大概哭了』，似乎留有余地；但本段是作者一家亲历，连孩子叫了别人孩子的名字这种细节都记得，没必要用『大概』。防坑：副词二选一时回看叙述视角——亲历用具体程度词 (barely)，未亲见才用推测词 (presumably)。

34. A __(34)__ of homeless people who generally know the other homeless in the area said they did not recognize the woman.

【答案】 **I) network** (名词)

【词性槽】 冠词 A 与 of 短语之间的主语位置

【依据】 a network of homeless people 表『流浪者之间的人际网』

network of + 人群 指『某群体的人际网络』，与定语从句 who generally know the other homeless in the area 完美呼应——彼此互相认识的群体正是『一张网』。

【竞争词】 D) dedication 搭配与单复数都不对

dedication of homeless people 不构成英语习惯搭配；且 dedication 表抽象品质，与定语从句『相互认识』的群体属性无关。

35. Each part of the episode was as haunting as it was __(35)___.

【答案】 **O) terrifying** 形容词

【词性槽】 as...as 比较结构后接形容词

【依据】 与 **haunting** 同色调、共同收束恐怖基调

haunting 意为『萦绕心头、挥之不去的（恐惧）』，与 terrifying（令人恐惧的）感情色彩一致——孩子被陌生人抱走这一段经历，既挥之不去又骇人。这个收尾与第二段 I couldn't shake the sense that in this country we always live at __(30)__ risk. 的恐惧基调一脉相承，是全文情感的回扣。

【竞争词】 **G) incredible** 词义模糊，色彩不齐

incredible 表『难以置信』，可褒可贬；与 haunting 的负面色调虽不冲突但不够对位，而 incredible 已在 30 题作为更精准的『难以估量的风险』所需。

H) indignant 对象错配

indignant 是『义愤的』，形容人或情绪，不修饰 episode（事件）。

J) overriding 语义不搭

overriding 是『压倒一切的、最重要的』，an overriding episode 不成英语；与 haunting 也不构成同色调对应。

WORD BANK · 词库分类表

15 个候选词 · 词性与词义

选词填空文后的共享词库共 **15** 个词（A-O），为 10 个空各选一个、每词最多用一次。下面给出每个词的词性与中文词义；标注「用于第 N 空」的 10 个为答案，其余 5 个为干扰词。

A) **access** 名词 动词

（名）使用权、获取途径；（动）进入、访问
用于第 27 空

B) **apparent** 形容词

明显的、显而易见的
用于第 32 空

C) **barely** 副词

几乎不、勉强
用于第 33 空

D) **dedication** 名词

奉献、专注、献身精神
干扰词 · 未选用

E) **escorted** 动词 形容词

(动词过去式/过去分词) 护送、押送

用于第 28 空

F) **froze** 动词

(freeze 的过去式) 僵住、呆住、冻结

用于第 26 空

G) **incredible** 形容词

难以置信的、惊人的

用于第 30 空

H) **indignant** 形容词

愤慨的、义愤填膺的

干扰词 · 未选用

I) **network** 名词 动词

(名) 网络、人脉群体; (动) 建立联系

用于第 34 空

J) **overriding** 形容词

最重要的、压倒一切的

干扰词 · 未选用

K) **peacefully** 副词

平静地、和平地

用于第 29 空

L) **presumably** 副词

大概、想必

干扰词 · 未选用

M) **stifled** 动词 形容词

(动词过去式/过去分词) 压抑、抑制; (形) 被压抑的

干扰词 · 未选用

N) **struck** 动词

(strike 的过去式/过去分词) 袭击、突然发生、给...以打击

用于第 31 空

O) **terrifying** 形容词

令人恐惧的、骇人的

用于第 35 空

全文主旨

美国校园与公共空间中精神失常陌生人带来的暗藏暴力威胁

作者以两件亲历事件——课堂上闯入的扬言持枪女子与街头试图抱走自己 3 岁女儿的女子——铺陈出一种弥散全篇的恐惧基调，正如 I couldn't shake the sense that in this country we always live at __(30)__ risk. 所点明：在美国，日常生活始终笼罩着某种隐性风险。

DISTRACTORS · 干扰词复盘

这 5 个词始终没被任何空选用

词库 15 词里有 5 个是命题人埋的干扰词——它们词性看着也对、词义也沾点边，却不该填进任何一个空。下面逐个剖析它们最像哪个空的答案、为什么是陷阱。

D) **dedication** 最容易被误填进 27 空

27 题 without __(27)__ to her medications 介词后定名词，dedication 也是名词且常和 to 连用 (dedication to one's work)。考生若只看『to』而忘了语境是精神病人和药物，就会误选；识破方法：always 把候选词代回去问『这话讲得通吗』——dedication to medications 字面是『对药物的奉献』，对精神病人荒诞。

H) **indignant** 易被误填到 30 或 35

indignant 是形容词且色彩强烈，30、35 两空都需形容词；如果只凭『情感色彩浓』选词，很可能误代入。识破方法：indignant 只能修饰人或情绪 (an indignant woman/voice)，不修饰 risk、episode 这类非人名词。

J) **overriding** 在 30 题最具迷惑性

overriding risk 在金融/法律文本里确实是固定搭配（首要风险），考生看着也通；但全文是抒情散文不是商务报告，overriding 的正式语体与本段日常恐惧的语感不齐。识破方法：判断语体——议论散文里 risk 前更常用 incredible/serious 这种程度词。

L) **presumably** 在 29、33 两空都很像

副词组只有三个，presumably 词性对、位置对，看上去能填 29 或 33；但作者全程亲历，不需要推测语气。识破方法：分清『亲历叙事 vs 第三方推测』——亲历叙事用 actually/peacefully/barely，第三方推测才用 presumably。

M) **stifled** 最像 26 空『我们压抑（情绪）了』

听到持枪威胁后『大家都压抑了情绪』乍读也成立，stifled 还能与 cry/laugh 搭配，迷惑性强；但 26 题 We all __(26)__ 后无宾语，stifle 作及物动词缺宾语句法不立，且 froze 才是英语本能反应的高频词。识破方法：看『有没有宾语』；再问『英语里突遭威胁的第一反应词是什么』。

SENTENCE INSIGHTS • 句子精讲

4 句真题句逐层精讲

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

The woman, who later turned out to be a schizophrenic(精神分裂症患者) without access to her medications, was, by some force, wrestled out and escorted away, then put in a hospital for observation, in a step that was actually safer for everyone than any one of us pressing charges.

第2段，第2句

综合来看,本句主干识别难度高、成分划分训练价值高、结构典型性强,虽然时态相对单纯,但被动并列谓语和双层定语从句的组合对目标学生群体构成明显挑战。作为结构分析和时态训练的材料,本句能同时练习多个重要技能点,且句式模式在真题中复用率高,值得优先安排给学生练习。

Swiftly and for no apparent reason, she bent down, picked up our daughter, and began to carry her down the street.

第3段，第3句

覆盖了主语、并列谓语、宾语、方式状语、原因状语、地点状语等多种成分,并列谓语结构和多状语修饰对基础学习者有一定练习价值,但缺少从句、复杂宾补等高阶成分

It was so fast and confusing that my daughter barely cried.

第3段，第4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,掌握后可迁移到大量类似结构,典型性较高。

The woman was so clearly unwell that when she was taken into custody she was incoherent.

第3段，第8句

"so...that..."结果状语从句和"when"时间状语从句都是四六级、考研真题中的高频句式。两层从句嵌套的结构在阅读理解和长难句分析中极为常见,掌握本句的分析方法可以迁移到大量类似句型,代表性很强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 20 个英语六级真题高频词

下列单词既在本篇英文短文中出现，又是 **英语六级** 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。

later

A1

adv. 以后，later

本篇2次·真题 87 句

clearly

A2

adv. 清楚地，明白地

本篇2次·真题 32 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

risk

A2

n. 风险

本篇1次·真题 167 句

access

B1

n. 进入

本篇1次·真题 101 句

despite

B1

prep. 尽管

本篇1次·真题 77 句

crisis

B2

n. 危机

本篇1次·真题 62 句

generally

B1

adv. 通常，一般地

本篇1次·真题 60 句

approach

B1

v. 靠近，接近（在空间或时间上）

本篇1次·真题 59 句

network

B1

n. 网络

本篇1次·真题 53 句

charge

B1

v. 收费

本篇1次·真题 44 句

recognize

B1

v. 认出

本篇1次·真题 42 句

campus

B1

n. （大学或学院的）校园

本篇1次·真题 40 句

press

A2

v. 按，压

本篇1次·真题 30 句

strike

B1

v. 打击

本篇1次 · 真题 25 句

observation

B2

n. 观察

本篇1次 · 真题 24 句

barely

B1

adv. 几乎不

本篇1次 · 真题 11 句

medication

B2

n. 药物;药品

本篇1次 · 真题 11 句

wander

B1

v. 漫步

本篇1次 · 真题 11 句

confused

A2

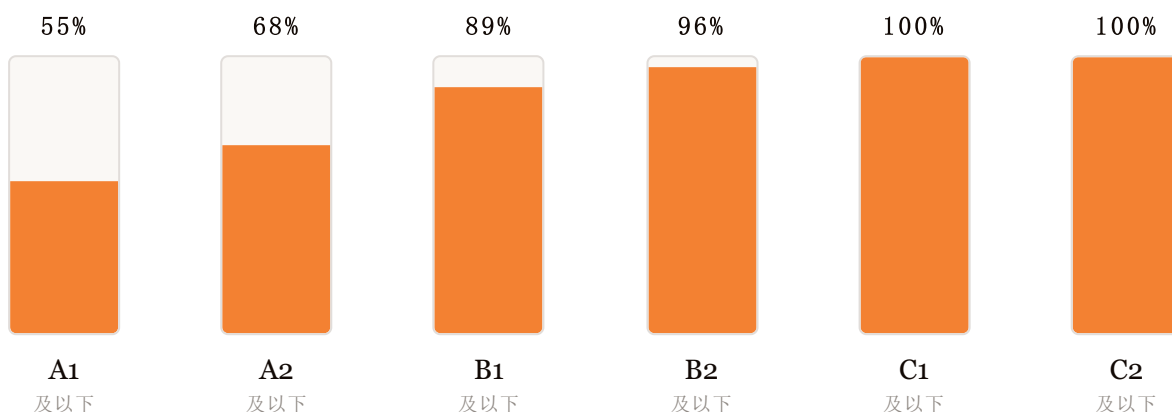
adj. 困惑的

本篇1次 · 真题 9 句

VOCABULARY · 词汇难度分布

全文 132 词按 CEFR 难度累积覆盖

带空短文去重后共 **132** 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 5 个 · 约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 132 个 · 末柱为 100%

去重总词数

132

B2 以上难词

4%

B1 及以下覆盖

89%

英语六级 2022年12月·第1套 · 全卷构成

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

2022年12月·第1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2022年12月·第1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 12 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第1套(2022-12)·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**.

This man is running 7 marathons on 7 continents in 7 days

- A) Michael Wardian pushed forward into the penetrating arctic(北极的) wind, fighting the urge to speed up. Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia(体温过低).

Michael Wardian 顶着刺骨的北极寒风向前推进,努力克制着加速的冲动。他被告知,用力过猛就会开始出汗,而这只会增加体温过低的风险。

- B) At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F, with a wind chill that made it feel even colder. Along the route, armed guards wandered the large sheets of floating ice to minimize the risk of polar bear attacks.

在2014年北极马拉松赛上,气温降至华氏零下22度,风寒效应使人感觉更加寒冷。沿途有武装警卫在大片浮冰上巡逻,以尽量减少北极熊袭击的风险。

- C) "I like to do stuff that scares me," Wardian said. With ice frozen to his beard, Wardian crossed the finish line that April afternoon in a winning time of 4 hours 7 minutes and 40 seconds, almost two hours slower than his personal best over 26.2 miles. The race for Wardian, however, was less about the result than overcoming his aversion to the cold.

"我喜欢做让我害怕的事情,"Wardian说。那年4月的下午,胡子上结着冰的Wardian冲过终点线,以4小时7分40秒的成绩夺冠,比他26.2英里的个人最好成绩慢了近两个小时。然而对Wardian来说,这场比赛的意义与其说是结果,不如说是克服他对寒冷的厌恶。

- D) In a few days, Wardian will once again compete in an unfamiliar territory and below-freezing temperatures. He will line up Monday in Antarctica(南极) for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.

几天后,Wardian将再次在陌生的地域和零度以下的气温中参赛。他将于周一在南极洲参加世界马拉松挑战赛的第一站——与其他32名冒险者一起踏上一段不寻常的旅程,参赛者将穿越不同的时区和气候,在七天内在七大洲跑七场马拉松。

- E) An elite ultra-runner, Wardian has his sights on breaking the event's record average marathon time of 3:32:25 set last January by U.S. Marine Corps captain Daniel Cartica. Wardian, a 42-year-old Arlington resident, is a record-breaking racer, known in the ultra-running community for seeking tough courses and setting world records. Last year, he ran 1,254.65 miles in 47 races. The World Marathon Challenge, like most of Wardian's running goals, will be about pushing his limits. "I love diverse and unique challenges," he said. "I'm definitely interested in seeing what I can handle and what my body can accept. That drives me."

作为一名精英超长跑运动员,Wardian的目标是打破该赛事的平均马拉松时间纪录3小时32分25秒,该纪录由美国海军陆战队上尉Daniel Cartica于去年1月创造。42岁的Arlington居民Wardian是一位破纪录的赛跑者,在超长跑界以寻求艰难赛道和创造世界纪录而闻名。去年,他在47场比赛中跑了1254.65英里。世界马拉松挑战赛,就像Wardian的大多数跑步目标一样,将是对他极限的挑战。"我喜欢多样化和独特的挑战,"他说。"我绝对有兴趣看看自己能应对什么,我的身体能接受什么。这驱动着我。"

- F) Something about the way Richard Donovan carried himself appealed to Wardian. Perhaps it was the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director. The two hit it off, and soon Wardian was participating in Donovan's events. It was at the North Pole Marathon, a race that Donovan organizes, that Wardian first heard about the Irishman's plan for the World Marathon Challenge—a challenge that Donovan himself completed in 2009 and 2012. "I knew that many people had a goal of running seven marathons on seven continents during any time period," Donovan, 50, said. "I felt the natural extension to this idea would be to try to achieve it within a seven-day period."

Richard Donovan的举止有某种吸引Wardian的地方。也许是Donovan在2010年爱尔兰Galway举行的50公里锦标赛上第一次见面时所展现的冒险精神,当时Donovan是比赛总监。两人一拍即合,很快Wardian就开始参加Donovan组织的赛事。正是在Donovan组织的北极马拉松赛上,Wardian第一次听说这位爱尔兰人关于世界马拉松挑战赛的计划——Donovan本人曾在2009年和2012年完成了这项挑战。"我知道许多人的目标是在任意时间段内在七大洲跑七场马拉松,"50岁的Donovan说。"我觉得这个想法的自然延伸就是尝试在七天内完成它。"

- G) Wardian started saving for the trip in 2014, connecting with sponsors and getting approval from his wife, Jennifer, before committing. Registration for the event costs 36,000 euros, which covers international charter flights to each of the seven marathon locations: Union Glacier (Antarctica), Punta Arenas, Chile (South America), Miami (North America), Madrid (Europe), Marrakesh, Morocco (Africa), Dubai (Asia) and Sydney (Australia). The challenge is a test of both physical strength and mental fitness. Sleeping on a cramped plane, adjusting to different time zones and finding food to eat (Wardian is a vegetarian) would make it an exhausting trip over a month, let alone a week. "The

key to a race like this is getting comfortable being uncomfortable," said Becca Pizzi, last year's women's champion. "The highs of the race are incredibly high, and the lows incredibly low."

Wardian从2014年开始为这次旅行存钱,联系赞助商,并在承诺参赛前得到妻子Jennifer的批准。该赛事的报名费为36000欧元,涵盖前往七个马拉松比赛地点的国际包机航班:Union Glacier(南极洲)、智利Punta Arenas(南美洲)、Miami(北美洲)、Madrid(欧洲)、摩洛哥Marrakesh(非洲)、Dubai(亚洲)和Sydney(澳大利亚)。这项挑战是对体力和精神的双重考验。在拥挤的飞机上睡觉、适应不同的时区、寻找食物(Wardian是素食主义者),即使是一个月的旅程也会令人精疲力竭,更不用说一周了。"这样的比赛关键在于让自己在不舒适中感到舒适,"去年的女子冠军Becca Pizzi说。"比赛的高潮极其高涨,低谷也极其低落。"

- H) Since turning it into an organized event in 2015, Donovan has attracted a variety of runners. This year's challenge will feature a far more elite field, which includes Ryan Hall, America's fastest marathon runner. Despite his proven track record, Hall said he has no time goals and that he still suffers from the same fatigue issues that forced him to leave the professional ranks in 2015. Hall plans to run with his friend, Pastor Matthew Barnett of The Dream Center in Los Angeles—one of the six American men who will be competing. "I don't expect to run a step with Mike, but I will be excited to see how he does," said the 34-year-old Hall, who began weight-lifting after retiring. "If I finish within an hour of him in each marathon, I'd be surprised."

自2015年将其变成有组织的赛事以来,Donovan吸引了各种各样的跑步者。今年的挑战赛将呈现更加精英化的阵容,其中包括美国最快的马拉松选手Ryan Hall。尽管有着经过验证的记录,Hall表示他没有时间目标,并且仍然遭受着迫使他在2015年离开职业赛场的同样的疲劳问题。Hall计划与他的朋友、洛杉矶梦想中心的牧师Matthew Barnett一起跑——他是参赛的六名美国男子之一。"我不指望与Mike跑任何一步,但我会很兴奋地看他的表现,"34岁的Hall说,他在退役后开始举重。"如果我在每场马拉松中能在他之后一小时内完赛,我会感到惊讶。"

- I) Instead, 43-year-old Petr Vabrousek, an elite Czech Ironman champion, is expected to be Wardian's closest challenger. To others on the trip, simply finishing will be its own reward. Sinead Kane of Ireland is aiming to become the first blind person to complete the challenge. And Beth Ann Telford, a 47-year-old federal government worker from Fairfax and the only American female in this year's mix, is using the event as a platform to raise money for cancer research. It's a cause with a personal connection to Telford, who was diagnosed with brain cancer in 2004. "Doing something like this is definitely the hardest challenge that I've ever done except for the chemotherapy and brain surgery," she said. "It's going to raise awareness. ...I just wanted to do something that is epic and this certainly is right up there." Wardian, too, hopes his involvement will give him a platform to promote a cause. He recently became an ambassador for the United Nations Women's HeForShe initiative to fight inequalities faced by women and girls worldwide.

相反,43岁的Petr Vabrousek,一位捷克精英铁人三项冠军,预计将成为Wardian最接近的挑战者。对于这次旅行中的其他人来说,仅仅完赛本身就是回报。爱尔兰的Sinead Kane的目标是成为第一位完成这项挑战的盲人。来自Fairfax、47岁的联邦政府工作人员Beth Ann Telford是今年唯一的美国女性参赛者,她将这次赛事作为平台为癌症研究筹款。这是一项与Telford有个人联系的事业,她在2004年被诊断出患有脑癌。"做这样的事情绝对是我做过的最艰难的挑战,除了化疗和脑部手术,"她说。"这将提高人们的意识.....我只是想做一些史诗般的事情,而这肯定就是。"Wardian也希望他的参与能为他提供一个平台来推广一项事业。他最近成为联合国妇女署HeForShe倡议的大使,该倡议旨在对抗全世界妇女和女孩面临的不平等。

- J) On a chilly December afternoon, Wardian wove through Washington's crowded sidewalks on the way home from his full-time job as an international ship broker. His elastic, 6-foot frame bounced gently and efficiently off the ground with each step of the hilly six-mile trip back to Arlington. This is a daily routine during the week for Wardian, who started racing professionally in 2003 and runs seven days a week, often multiple times a day. When he travels, he prefers to explore new places on his feet.

在12月一个寒冷的下午,Wardian穿过华盛顿拥挤的人行道,从他作为国际船舶经纪人的全职工作地点回家。在这段回Arlington的6英里丘陵路程中,他富有弹性的6英尺身躯每一步都轻盈高效地从地面弹起。这是Wardian工作日的日常惯例,他从2003年开始职业比赛,每周跑步七天,经常一天跑多次。当他旅行时,他更喜欢用双脚探索新地方。

- K) But in some ways, Wardian still has trouble thinking of himself as a runner. For the majority of his childhood, Wardian devoted his energy to becoming a Division I lacrosse(长曲棍球) player—a dream he realized when he was recruited to play at Michigan State University. "Once he decides to do something, he just works at it until he does it," Michael's younger sister, Mariele, said. "Once he decides to do it, it's usually something that's going to happen. He's always been like that. He's a very motivated individual."

但在某些方面,Wardian仍然很难将自己视为一名跑步者。在他童年的大部分时间里,Wardian将精力投入到成为一名NCAA一级联盟长曲棍球运动员——当他被密歇根州立大学招募时,这个梦想实现了。"一旦他决定做某件事,他就会一直努力直到完成,"Michael的妹妹Mariele说。"一旦他决定做,这通常就是会发生的事情。他一直都是这样。他是一个非常有动力的人。"

- L) It was only a year or so ago that Wardian realized that he had been a runner longer than a lacrosse player. It was not until he ran in the 2004 U.S. Olympic Marathon Trials—the first of three for Wardian—that he felt that he was a legitimate runner. Now more than 10 years and numerous ultramarathon national titles and world records later, he embraces that identity. Wardian wants to see how far his legs can take him, one epic challenge at a time. "I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at," Wardian said, "because if you're not seeking things out that are challenging and difficult for you, then you're not growing ... So I hope maybe people see what I do, and say, 'Okay, I want to do something different or try something new. ... I'm going to do something that scares me.' That's what I'm hoping people will take from it."

直到大约一年前,Wardian才意识到他做跑步者的时间比做长曲棍球运动员的时间更长。直到他参加2004年美国奥运会马拉松选拔赛——这是Wardian参加的三次选拔赛中的第一次——他才觉得自己是一名真正的跑步者。如今十多年过去了,获得了无数超级马拉松全国冠军和世界纪录之后,他接受了这个身份。Wardian想看看自己的双腿能带他走多远,一次一个史诗般的挑战。"我想一直做令人兴奋、充满冒险、与众不同的事情,最重要的是,可能是我不擅长的事情,"Wardian说,"因为如果你不去寻找对你来说具有挑战性和困难的事情,那么你就没有成长.....所以我希望人们也许能看到我所做的,然后说,'好的,我想做一些不同的事情或尝试一些新的东西.....我要做一些让我害怕的事情。'这就是我希望人们从中得到的启示。"

陈述句与逐句解析

36. Wardian regards the various extraordinary challenges as a test of his physical endurance

Wardian 将各种非凡的挑战视为对其身体耐力的考验

【答案】 **E** 段 (弱锚点)

【锚点】 把各种非凡挑战当作身体耐力的测试

【定位】 I love diverse and unique challenges, he said. I'm definitely interested in seeing what I can handle and what my body can accept. That drives me.

「我热爱多样而独特的挑战，」他说，「我非常想看看自己能扛多少、身体能接受到什么程度。这正是驱动我前进的东西。」

【改写】 the various extraordinary challenges ↔ **diverse and unique challenges**

形容词同义词替换

a test of his physical endurance ↔ **seeing what I can handle and what my body can accept**

动词短语被概括为抽象名词 (名词化)

【辨邻】 **L** L段的核心是if you're not seeking things out that are challenging and difficult for you, then you're not growing——是「成长论」而非「身体耐力测试论」，话题相邻但命题方向不同。

I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at

K K段焦点在Once he decides to do something, he just works at it until he does it——这是「决心-执行力」的评价，与「身体耐力测试」无关。

Once he decides to do something, he just works at it until he does it

37. Wardian hopes his participation in the seven-day marathon series will contribute to a worthy cause.

Wardian 希望他参加为期七天的马拉松系列赛将有助于一项有价值的事业

【答案】 **I** 段 (弱锚点)

【锚点】 希望以七日赛参与为公益事业出力

【定位】 Wardian, too, hopes his involvement will give him a platform to promote a cause. He recently became an ambassador for the United Nations Women's HeForShe initiative to fight inequalities faced by women and girls worldwide.

Wardian同样希望，自己的这次参赛能给他一个平台来推动某项事业。他不久前成为联合国HeForShe运动的形象大使，旨在反抗全球女性和女孩面临的不平等。

【改写】 his participation in the seven-day marathon series ↔ **his involvement**

概括上位 (具体到抽象)

will contribute to a worthy cause ↔ **will give him a platform to promote a cause**

动作同义替换+评价性形容词补足

【辨邻】 L L段焦点是I hope maybe people see what I do, and say, Okay, I want to do something different or try something new——是个体激励层面，与陈述句要的「contribute to a worthy cause」（推动公益事业）不在同一命题上。

I hope maybe people see what I do

38. Wardian is going to join over thirty other runners in a week-long marathon series.

Wardian 将与其他三十多名跑者一起参加为期一周的马拉松系列赛

【答案】 D 段（强锚点）

【锚点】 与三十多名跑者一起加入为期一周的马拉松系列赛

【定位】 He will line up Monday in Antarctica for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.
他将于周一在南极站上世界马拉松挑战赛的第一段起点——与另外32位冒险者一同踏上这趟非凡之旅：参赛者们穿越不同时区与气候，在七天里跑完七大洲的七场马拉松。

【改写】 over thirty other runners ↔ 32 other adventure seekers

数字落入范围+下位词替换

a week-long marathon series ↔ seven marathons on seven continents in seven days

时间+赛事被压缩成抽象表述

【辨邻】 H H段强调阵容more elite，没说人数；陈述句要的是「数量超过30人」的具体事实，匹配点必须落在D段。

This year's challenge will feature a far more elite field, which includes Ryan Hall, America's fastest marathon runner

39. Over-exertion in extreme cold can lower one's body temperature to a dangerous point.

在极度寒冷中过度劳累会使人的体温降至危险水平

【答案】 A 段（强锚点）

【锚点】 极寒下用力过猛会把体温降到危险点

【定位】 Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia.

用力过猛他就会开始出汗，而别人告诉他，那只会增加体温过低的风险。

【改写】 Over-exertion in extreme cold ↔ Too much effort and he'd begin to sweat

动作描述对应：用力过猛=Over-exertion

can lower one's body temperature to a dangerous point ↔

would only increase the risk of hypothermia

专有术语的白话定义改写

【辨邻】 B B段焦点在天气数据和外部风险（北极熊），没有把「过度用力」与「体温下降」挂钩——而陈述句问的正是这条机理。

At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F, with a wind chill that made it feel even colder

C C段关注的是Wardian通过比赛战胜his aversion to the cold，是心理层面，与陈述句的生理机理（用力—出汗—失温）不在同一维度。

The race for Wardian, however, was less about the result than overcoming his aversion to the cold

40. Wardian was very much impressed by a race director's sense of adventure.

Wardian 对一位赛事总监的冒险精神印象深刻

【答案】 F 段（强锚点）

【锚点】 某位赛事总监的冒险气质打动了Wardian

【定位】 Something about the way Richard Donovan carried himself appealed to Wardian. Perhaps it was the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director.

Richard Donovan的某种气质打动了Wardian。也许就是2010年爱尔兰Galway的50K锦标赛上、Donovan作为赛事总监出场时所展现的那种冒险精神。

【改写】 was very much impressed by ↔

Something about the way Richard Donovan carried himself appealed to Wardian

动词同义替换：impressed by≈appealed to

a race director's sense of adventure ↔

the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director

名词搭配原样复现

【辨邻】 K K段焦点是妹妹对其性格的评价，跟陈述句要的「赛事总监的冒险气质打动了Wardian」完全不在一条线上。

Once he decides to do something, he just works at it until he does it

41. Once Wardian sets his mind on something, he is determined to make it happen.

一旦 Wardian 下定决心做某件事,他就决心将其实现

【答案】 K 段（强锚点）

【锚点】 一旦下决心做某事，就一定让它成真

【定位】 Once he decides to do something, he just works at it until he does it, Michael's younger sister, Mariele, said. Once he decides to do it, it's usually something that's going to happen.

「一旦他决定做某件事，他就会一直坚持到做成为止。」Michael的妹妹Mariele说，「一旦他决定要做，那件事通常就会成真。」

【改写】 Once Wardian sets his mind on something ↔ **Once he decides to do something**

习语同义替换

he is determined to make it happen ↔ **he just works at it until he does it**

决心+持续动作=必达结果

【辨邻】 **L** L段焦点是if you're not seeking things out that are challenging and difficult for you, then you're not growing——是成长哲学，与陈述句要的「下定决心就一定做成」是不同命题。

I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at

E E段强调diverse and unique challenges与what my body can accept，是挑战类型与身体测试，并未提出「决心即必达」。

I'm definitely interested in seeing what I can handle and what my body can accept. That drives me

42. One top American marathoner quit his running career because of his physical condition.

一位美国顶级马拉松运动员因身体状况放弃了跑步生涯

【答案】 **H** 段（强锚点）

【锚点】 某位美国顶尖马拉松选手因身体状况退出跑步生涯

【定位】 Despite his proven track record, Hall said he has no time goals and that he still suffers from the same fatigue issues that forced him to leave the professional ranks in 2015.

尽管成绩斐然，Hall表示自己不设时间目标，并且仍在承受当年迫使他在2015年退出职业赛场的那种疲劳问题。

【改写】 One top American marathoner ↔ **Ryan Hall, America's fastest marathon runner**

形容词同义集合：top等于fastest

quit his running career ↔ **forced him to leave the professional ranks in 2015**

被动结果与主动动作互换

because of his physical condition ↔ **fatigue issues**

具体症状被概括为身体状况

【辨邻】 **I** I段的焦点是「完赛即回报」与「借赛公益」的不同动机，没有任何「美国顶尖马拉松选手退役」的命题。

simply finishing will be its own reward

43. To many of the week-long marathon participants, completing the race will be a success in itself.

对于许多参加为期一周马拉松的选手来说,完成比赛本身就是一种成功

【答案】 **I** 段（弱锚点）

【锚点】 对许多周赛参与者而言，完赛本身就是成功

【定位】 To others on the trip, simply finishing will be its own reward.

对这趟旅程里的其他人来说，仅仅完赛本身就是一种回报。

【改写】 To many of the week-long marathon participants ↔ **To others on the trip**

范围限定的同义替换

completing the race will be a success in itself ↔ **simply finishing will be its own reward**

完赛即回报=完赛即成功

【辨邻】 **E** 陈述句的主体是「许多周赛参与者」（非Wardian一人）；E段只讲Wardian自己。同时E段从未把「完赛」等同于「成功」，命题维度也不同。

I'm definitely interested in seeing what I can handle and what my body can accept. That drives me

G G段焦点在getting comfortable being uncomfortable——讲完赛过程中要承受不适，而非「完赛本身就是成功」。

The key to a race like this is getting comfortable being uncomfortable

44. For Wardian, the marathon in the Arctic was more about how to triumph over the extreme cold.

对 **Wardian** 来说,北极的马拉松更多的是关于如何战胜极度寒冷

【答案】 **C** 段（强锚点）

【锚点】 北极那场马拉松对Wardian来说重点在战胜极寒

【定位】 The race for Wardian, however, was less about the result than overcoming his aversion to the cold.

然而对Wardian来说，这场比赛重点不在成绩，而在战胜自己对寒冷的厌恶。

【改写】 was more about how to triumph over the extreme cold ↔

was less about the result than overcoming his aversion to the cold

比较结构等值替换+动词同义

the marathon in the Arctic ↔ **The race**

代词性回指被还原为具体赛事

【辨邻】 **A** A段是开篇白描+科普机理，未对「赛事的意义」做评价；陈述句要的「赛事意义=战胜冷」恰恰只在C段被显式提出。

Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia

B B段焦点在外部环境（温度、风寒、北极熊），不涉Wardian的赛事意义；陈述句的how to triumph over the extreme cold需要主体（Wardian）和对抗动作，B段没有。

At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F

45. To participate in the seven-day marathon series, Wardian had to raise a lot of money and have his wife's support.

为了参加为期七天的马拉松系列赛,Wardian 必须筹集大量资金并获得妻子的支持

【答案】 G 段 (强锚点)

【锚点】 为参赛Wardian需要筹大笔钱并征得妻子支持

【定位】 Wardian started saving for the trip in 2014, connecting with sponsors and getting approval from his wife, Jennifer, before committing.

Wardian从2014年起为这趟旅程攒钱、联系赞助商,并在正式报名前征得了妻子Jennifer的同意。

【改写】 had to raise a lot of money ↔ **started saving for the trip in 2014, connecting with sponsors**
具体动作被概括为抽象动作

have his wife's support ↔ **getting approval from his wife, Jennifer**
approval等于support的同义概括

【辨邻】 D D段焦点在「他将参赛+32位同行者」的事实,没有raise a lot of money/wife's support等备赛准备信息。

He will line up Monday in Antarctica for the first leg of the World Marathon Challenge

PARAGRAPH MAP • 段落主旨图

12 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」,是逐句回扫定位的工作台。

A 开篇白描:Wardian在北极顶着刺骨寒风跑,他被告知不能用力过猛,因为出汗会增加体温过低(hypothermia)的风险。

信息指纹 北极风+出汗增加失温风险

B 交代2014北极马拉松的极端环境:minus-22 degrees F的低温、风寒更冷,以及武装警卫沿途巡逻防北极熊。

信息指纹 零下22华氏度+武装警卫防北极熊

C Wardian在北极赛中以4 hours 7 minutes and 40 seconds夺冠,比个人最好成绩慢近两小时;这场比赛对他来说重点不在成绩,而在克服自己对寒冷的恐惧。

信息指纹 北极赛重点是克服怕冷

D 几天后Wardian将在南极开跑「七天七大洲七场马拉松」，与32 other adventure seekers一同出发。

信息指纹 32位同行者+七天七洲七马

E 介绍Wardian的精英超马身份：去年跑了1,254.65 miles in 47 races；他把「挑战」看作探查自己身体极限的方式。

信息指纹 把挑战看作身体极限测试

F 回溯Wardian与赛事总监Donovan的相识：在2010年爱尔兰50K锦标赛上，Donovan身上的「冒险气质」打动了他；后来在北极马拉松上Wardian第一次听说Donovan的「七日七洲」构想。

信息指纹 Donovan的冒险气质打动Wardian

G 讲他为参赛做的准备：从2014年开始攒钱、找赞助、并征得妻子Jennifer同意才报名；报名费36,000 euros，赛事是身心双重考验。

信息指纹 攒钱拉赞助+妻子点头才报名

H 今年精英化阵容：包括美国最快马拉松选手Ryan Hall，他因fatigue issues被迫于2015年退出职业赛场；他将与朋友Barnett牧师一起跑。

信息指纹 Ryan Hall因疲劳问题退役

I 其他参赛者群像：捷克铁人三项冠军Vabrousek是Wardian最大对手；对盲人Kane、脑癌幸存者Telford等人而言「完赛本身就是回报」；Wardian也希望借此推动联合国HeForShe事业。

信息指纹 完赛即回报+借赛为公益发声

J 日常侧写：Wardian下班后跑六英里回家，2003年开始职业跑步，一周七天、常常一天多次。

信息指纹 日常跑步习惯（每周七天）

K 讲他童年是为了进NCAA一级联盟打长曲棍球而努力；妹妹评价：他一旦决定要做某件事，就一定会做成。

信息指纹 一旦决定就一定做成（妹妹评价）

L

直到一年前他才意识到自己当跑者比当长曲棍球员还久；自2004年奥运马拉松选拔赛后才把自己当作「真正的跑者」；他希望大家看到他敢做让自己害怕的事。

信息指纹 迟来的自我身份认同（跑者）

SENTENCE INSIGHTS • 句子精讲

12 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。

With ice frozen to his beard, Wardian crossed the finish line that April afternoon in a winning time of 4 hours 7 minutes and 40 seconds, almost two hours slower than his personal best over 26.2 miles.

C段，第2句

本句涵盖主语、谓语、宾语、多种状语(伴随、时间、方式、程度)、比较结构,成分种类丰富。伴随状语中的独立主格"With ice frozen to his beard"、比较分句中的谓语省略和系表结构,都是值得练习的典型难点,适合用于成分划分训练。

He will line up Monday in Antarctica(南极) for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.

D段，第2句

本句成分丰富：包含时间状语、地点状语、目的状语、方式状语（分词短语）、定语从句，以及从句内部的宾语、目的状语等。定语从句的识别、分词短语作状语的判断、介词短语作不同类型状语的区别，都是常见易错点，训练价值较高。

"I'm definitely interested in seeing what I can handle and what my body can accept. That drives me."

E段，第6句

be interested in doing 搭配 + 宾语从句是四六级和考研阅读中的高频句式；用 what 引导宾语从句表示 所...的事物 也是常考结构；并列宾语从句由 and 连接的写法同样典型；指示代词 That 指代前文内容作主语的用法在议论文和说明文中常见。整句结构代表性强，学生掌握后可在多种语境中迁移运用。

Sleeping on a cramped plane, adjusting to different time zones and finding food to eat (Wardian is a vegetarian) would make it an exhausting trip over a month, let alone a week.

G段，第4句

本句成分丰富且有练习价值：主语是三个并列动名词短语（动名词作主语是常见考点），谓语是情态结构，宾语和宾语补足语构成 make 的宾补搭配（易与双宾语混淆），还有时间状语。这些成分覆盖了多个易错点（动名词、宾补结构、状语位置），适合作为划分成分的训练素材。

Since turning it into an organized event in 2015, Donovan has attracted a variety of runners.

H段，第1句

"Since + 动名词短语" 引导时间状语 + 主句现在完成时的结构在四六级和考研阅读中较为常见，是典型的表达过去某时间点以来持续影响的句式，掌握后可迁移到类似语境。

Hall plans to run with his friend, Pastor Matthew Barnett of The Dream Center in Los Angeles—one of the six American men who will be competing.

H段，第4句

本句的 "主句 + 嵌套定语从句 + 同位语" 结构在四六级和考研阅读中较为常见，尤其是同位语与定语从句的组合使用，是典型的新闻报道和学术文本句式，掌握后可迁移至同类长句的理解。

It's a cause with a personal connection to Telford, who was diagnosed with brain cancer in 2004.

I段，第5句

主句加非限制性定语从句是四六级及考研阅读中的高频句式，用逗号隔开的关系代词从句补充人物背景信息这一结构极为典型，学习后可广泛迁移到类似句子的理解

"Doing something like this is definitely the hardest challenge that I've ever done except for the chemotherapy and brain surgery," she said.

I段，第6句

成分丰富且含多个训练点：动名词短语作主语、系表结构、整个从句作宾语、定语从句修饰表语中的名词、关系代词在从句中作宾语、介词短语作后置定语、时间状语 ever 的位置，覆盖多种成分类型和易错结构，训练价值高。

This is a daily routine during the week for Wardian, who started racing professionally in 2003 and runs seven days a week, often multiple times a day.

J段，第3句

主句 + 非限制性定语从句是四六级和考研阅读中的高频句式，用于在陈述主要信息后补充背景或细节。从句中并列谓语表达时间跨度（过去开始、现在持续）的用法也很常见。句子长度适中、结构清晰，是典型的说明性长句，掌握后可大量复用到阅读理解和写作中。

For the majority of his childhood, Wardian devoted his energy to becoming a Division I lacrosse(长曲棍球) player-a dream he realized when he was recruited to play at Michigan State University.

K段，第2句

本句结构高度典型：主句 + 破折号同位语 + 定语从句（省略关系代词）+ 嵌套时间状语从句，这种“主句 + 修饰性从句层层嵌套”的模式在四六级和考研阅读中极为常见。掌握本句的分析方法可直接迁移到大量真题长难句，代表性强。

It was only a year or so ago that Wardian realized that he had been a runner longer than a lacrosse player.

L段，第1句

涵盖强调句的形式主语、被强调的时间状语、宾语从句、系表结构、比较状语等多种成分；强调句 "It was ... that" 的识别和分析是高频易错点，宾语从句与比较结构的结合也值得练习，成分种类丰富且实用性强。

It was not until he ran in the 2004 U.S. Olympic Marathon Trials-the first of three for Wardian-that he felt that he was a legitimate runner.

L段，第2句

涵盖主系表结构、强调句型、时间状语从句、宾语从句、同位语等多种成分；特别是强调句中的形式主语与被强调状语、that 的双重角色（强调句标志词 vs 从句引导词）、系表结构后嵌套宾语从句等，都是易错且值得反复练习的考点。

HIGH-FREQUENCY · 真题高频词

本篇出现的 123 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。

marathon

B2

n. 马拉松赛跑 (42.195公里)

本篇17次 · 真题 21 句

challenge

B1

n. 挑战

本篇10次 · 真题 119 句

would

A1

aux. (will 的过去式) 将要，会

本篇5次 · 真题 568 句

event

A2

n. 事件

本篇5次 · 真题 99 句

physical

B1

adj. 身体的

本篇3次 · 真题 91 句

elite

C1

n. 精英

本篇3次 · 真题 37 句

series

B1

n. 系列

本篇3次 · 真题 33 句

continent

A2

n. 大陆

本篇3次 · 真题 22 句

adventure

B1

n. 冒险经历

本篇3次 · 真题 17 句

risk

A2

n. 风险

本篇2次 · 真题 167 句

participant

B2

n. 参与者

本篇2次·真题 91 句

seek

B1

v. 寻找

本篇2次·真题 70 句

realize

B1

v. 意识到, 认识到

本篇2次·真题 64 句

extreme

B2

adj. 极度的

本篇2次·真题 60 句

player

A2

n. 运动员

本篇2次·真题 41 句

compete

B1

v. 竞争

本篇2次·真题 36 句

participate

B1

v. 参加

本篇2次·真题 31 句

champion

B1

n. 冠军

本篇2次·真题 22 句

zone

B1

n. 区域

本篇2次·真题 19 句

definitely

B1

adv. 肯定地

本篇2次·真题 16 句

platform

B1

n. 平台

本篇2次·真题 16 句

incredibly

B2

adv. 极其, 非常 (表示程度)

本篇2次·真题 15 句

pole

B1

n. 杆

本篇2次·真题 8 句

less

A1

det. 较少的

本篇1次·真题 273 句

community

B1

n. 社区

本篇1次·真题 163 句

climate

B1

n. 气候

本篇1次·真题 160 句

issue

B1

n. 问题

本篇1次·真题 158 句

individual

B2

adj. 单独的

本篇1次·真题 142 句

mental

B1

adj. 精神的

本篇1次·真题 120 句

simply

B1

adv. 仅仅, 只不过

本篇1次·真题 119 句

average

A2

adj. 平均的

本篇1次·真题 112 句

career

B1

n. 职业

本篇1次·真题 106 句

support

A2

v. 支持

本篇1次·真题 103 句

united

B1

adj. 联合的

本篇1次·真题 97 句

later

A1

adv. 以后, later

本篇1次·真题 87 句

professional

B1

adj. 专业的

本篇1次·真题 82 句

promote

B2

v. 促进

本篇1次·真题 82 句

contribute

B1

v. 捐献

本篇1次·真题 79 句

despite

B1

prep. 尽管

本篇1次·真题 77 句

recently

A2

adv. 最近

本篇1次·真题 76 句

attract

B1

v. 吸引 (注意力、兴趣)

本篇1次·真题 67 句

variety

B1

n. 多样化

本篇1次·真题 66 句

various B1

adj. 各种各样的

本篇1次·真题 63 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次·真题 59 句

aim B1

v. 瞄准

本篇1次·真题 57 句

feature B1

n. 特征

本篇1次·真题 55 句

unique B2

adj. 独特的

本篇1次·真题 54 句

explore B1

v. 探索

本篇1次·真题 52 句

limit B1

n. 限度

本篇1次·真题 51 句

majority B2

n. 大多数, 大部分

本篇1次·真题 51 句

connection B1

n. 联系

本篇1次·真题 50 句

inequality B2

n. 不平等

本篇1次·真题 50 句

resident B2

n. 居民

本篇1次·真题 50 句

appeal B2

v. 呼吁

本篇1次·真题 48 句

track A2

n. 小路

本篇1次·真题 48 句

certainly A2

adv. 当然

本篇1次·真题 43 句

reward B1

n. 报酬

本篇1次·真题 43 句

female A2

adj. 女性的

本篇1次·真题 42 句

interested A1

adj. 感兴趣的

本篇1次·真题41句

marine B2

adj. 海洋的

本篇1次·真题41句

identity B2

n. 身份

本篇1次·真题39句

worldwide B1

adj. 全世界的

本篇1次·真题35句

awareness B2

n. 意识

本篇1次·真题33句

vegetarian B1

n. 素食者

本篇1次·真题33句

handle A2

v. 处理

本篇1次·真题32句

flight A2

n. 航班

本篇1次·真题31句

embrace B2

v. 拥抱

本篇1次·真题30句

federal B2

adj. 联邦(制)的

本篇1次·真题29句

attack A2

v. 攻击

本篇1次·真题28句

childhood A2

n. 童年

本篇1次·真题28句

urge B2

v. 敦促

本篇1次·真题27句

lower A2

adj. 较低的;下方的

本篇1次·真题26句

initiative B2

n. 主动性

本篇1次·真题25句

numerous B2

adj. 众多的, 许多的

本篇1次·真题25句

union B2

n. 工会

本篇1次 · 真题 25 句

diverse B2

adj. 多种多样的

本篇1次 · 真题 24 句

quit B1

v. 离开 (工作、学校等)

本篇1次 · 真题 24 句

tough B1

adj. 困难的

本篇1次 · 真题 24 句

route B1

n. 路线

本篇1次 · 真题 23 句

routine B1

n. 常规

本篇1次 · 真题 23 句

strength B1

n. 力量

本篇1次 · 真题 23 句

challenging B2

adj. 有挑战性的

本篇1次 · 真题 22 句

display B1

v. 展示

本篇1次 · 真题 22 句

exciting A2

adj. 令人兴奋的

本篇1次 · 真题 22 句

location B1

n. 地点, 位置

本篇1次 · 真题 22 句

mix A2

v. 混合

本篇1次 · 真题 21 句

multiple B2

adj. 多个的

本篇1次 · 真题 21 句

adjust B2

v. 调整

本篇1次 · 真题 20 句

overcome B2

v. 克服

本篇1次 · 真题 20 句

stuff A2

n. 东西

本篇1次 · 真题 20 句

organize B1

v. 组织, 安排 (活动、会议等)

本篇1次 · 真题 19 句

rank B2

n. 等级

本篇1次 · 真题 19 句

devote B2

v. 把...奉献给

本篇1次 · 真题 18 句

unusual B1

adj. 不寻常的

本篇1次 · 真题 17 句

division B1

n. 分开

本篇1次 · 真题 16 句

recruit B2

v. 招募

本篇1次 · 真题 16 句

involvement B2

n. 参与

本篇1次 · 真题 15 句

minimize B2

v. 使减少到最低限度

本篇1次 · 真题 15 句

crowded A2

adj. 拥挤的, 挤满人的

本篇1次 · 真题 14 句

fatigue B2

n. 疲劳

本篇1次 · 真题 14 句

efficiently B2

adv. 高效地

本篇1次 · 真题 13 句

journey A2

n. 旅行, 旅程

本篇1次 · 真题 13 句

participation B2

n. 参与

本篇1次 · 真题 13 句

surprised A2

adj. 感到惊讶的

本篇1次 · 真题 13 句

uncomfortable B1

adj. 不舒服的

本篇1次 · 真题 13 句

approval B2

n. 赞成

本篇1次 · 真题 12 句

commit B2

v. 承诺、保证做某事

本篇1次·真题12句

determined B1

adj. 坚决的

本篇1次·真题12句

okay A2

adj. 可以的

本篇1次·真题12句

retire B1

v. 退休

本篇1次·真题12句

fitness B1

n. 健康

本篇1次·真题11句

frame B1

n. 框架

本篇1次·真题11句

impress B1

v. 使印象深刻

本篇1次·真题11句

legitimate C1

adj. 合法的

本篇1次·真题11句

motivated B1

adj. 有积极性的

本篇1次·真题11句

seeker B2

n. 寻求者

本篇1次·真题11句

wander B1

v. 漫步

本篇1次·真题11句

worthy B2

adj. 值得的

本篇1次·真题11句

diagnose B2

v. 诊断 (疾病)

本篇1次·真题9句

dip B1

v. 浸, 蘸

本篇1次·真题9句

float B1

v. 漂浮

本篇1次·真题9句

surgery B1

n. 外科手术

本篇1次·真题8句

territory

B2

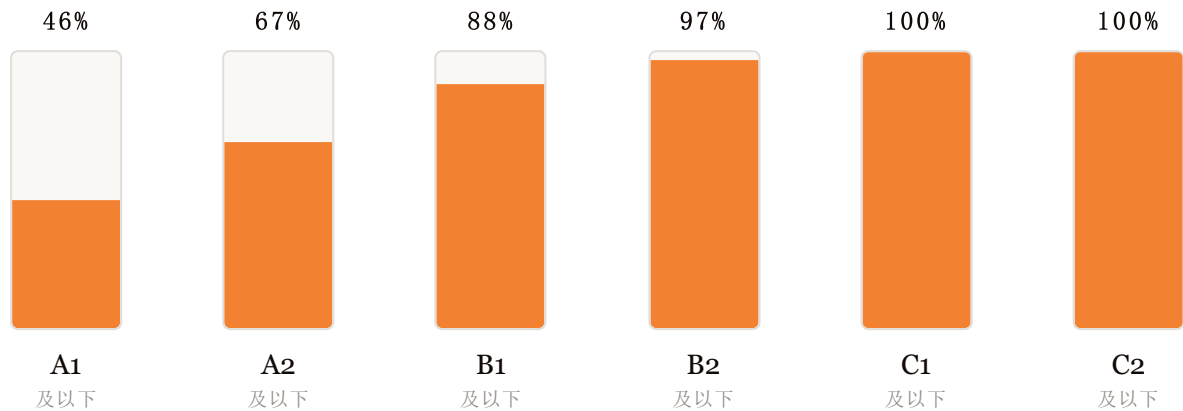
n. 领土

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 400 词按 CEFR 难度累积覆盖

全文去重后共 **400** 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 13 个 · 约 3%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 400 个 · 末柱为 100%

去重总词数

400

B2 以上难词

3%

B1 及以下覆盖

88%

英语六级 2022年12月·第1套 · 全卷构成

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

2022年12月·第1套 英语六级阅读理解（四选一） 第1篇·46–50 题 答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2022年12月·第1套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 6 段原文（段首标 P1–P6 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2022-12) • 六级

Part III Section C (1)

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on Answer Sheet 2 with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

P1 Many people associate their self-worth with their work. The more successful their career, the better they feel about themselves. Work-related self-esteem is therefore a worthy ideal to pursue with vigor, right? Well, not always. According to recent research, in which psychologists interviewed 370 full-time workers over a period of three weeks, the reality is a little more complicated. And it involves negative as well as positive consequences.

许多人将自我价值与工作联系在一起。他们的职业生涯越成功,对自己的感觉就越好。因此,与工作相关的自尊是一个值得全力追求的理想,对吗?然而,并非总是如此。根据最近的研究,心理学家在三周时间内采访了370名全职员工,现实情况要复杂一些。它既涉及消极后果,也涉及积极后果。

P2 It's natural to be drawn towards pleasure and to step away from pain. In the workplace, if that pleasure comes from a triumph which swells our self-respect, people will try to repeat the accomplishment. But repeating that accomplishment is often not realistic, which can lead to severe negative emotional consequences when it doesn't reoccur. This form of motivation is widely regarded as a negative type of motivation. It can hinder other more positive motivation types, such as completing a task purely because it's fulfilling or enjoyable.

人们自然会被快乐吸引,远离痛苦。在职场中,如果这种快乐来自于增强我们自尊的胜利,人们就会试图重复这一成就。但重复这一成就往往是不现实的,当它没有再次出现时,可能会导致严重的负面情绪后果。这种形式的动机被广泛认为是一种消极的动机类型。它可能会妨碍其他更积极的动机类型,比如纯粹因为任务令人满足或愉快而完成任务。

P3 What consumes the employee instead is a pressing need to feel mighty and sure of themselves. They then take on only tasks and objectives which serve that ego-driven need. As a result, to avoid feelings of shame and worthlessness associated with failure, they extend themselves to such a degree that there's a subsequent adverse effect on their well-being. This internal pressure to succeed at all costs demands a lot of effort. It depletes their energy, culminating in disproportionate levels of damaging sentiment.

相反,困扰员工的是一种迫切需要感到强大和自信的需求。然后他们只承担那些服务于自我驱动需求的任务和目标。因此,为了避免与失败相关的羞耻感和无价值感,他们过度延伸自己,以至于随后对他们的幸福感产生不利影响。这种不惜一切代价成功的内在压力需要大量努力。它耗尽了他们的精力,最终导致不成比例的破坏性情绪水平。

P4 Those negative emotions mount into heightened anxiety, impacting their ability to make the most of their personal life. Their desire to avoid feeling inferior ends up making them feel inferior when it comes to their diminished capacity for friendship and leisure. They end up dissatisfied both at work and outside of it.

这些负面情绪累积成高度焦虑,影响他们充分利用个人生活的能力。他们避免感到自卑的愿望最终使他们在友谊和休闲能力减弱方面感到自卑。他们最终在工作内外都感到不满。

P5 But thankfully, for those people compelled almost entirely by this specific form of motivation, the news isn't all bad, or bad at all. The study also discovered several positive outcomes that can actually outweigh the harmful ones. Though these types of employees are motivated by the desire to avoid negative consequences, they are also motivated by the excitement of pursuing emotional rewards. This excitement makes pursuing goals enjoyable and stimulates pleasure and pride that would result from success. An effect of the positive motivation is that it neutralizes the existence of negative motivation.

但值得庆幸的是,对于那些几乎完全受这种特定动机形式驱使的人来说,消息并非全是坏的,或者根本不坏。该研究还发现了几个积极结果,实际上可以超过有害结果。尽管这些类型的员工受到避免负面后果的愿望的驱使,但他们也受到追求情感回报的兴奋感的驱使。这种兴奋感使追求目标变得愉快,并激发成功可能带来的快乐和自豪感。积极动机的一个效果是它中和了消极动机的存在。

P6 Sure, it affects people's personal lives to what could be deemed an unhealthy extent, because leisure activities are often seen as a part of life that must be sacrificed to manage work and family demands. However, the way people feel about their work has less to do with whether they're motivated by the preservation of self-esteem but more with the fact that they're simply motivated.

当然,它在某种程度上影响人们的个人生活,这可能被认为是不健康的,因为休闲活动通常被视为生活中必须牺牲的一部分,以应对工作和家庭需求。然而,人们对工作的感受与其说与他们是否受到保护自尊的动机驱使有关,不如说更多地与他们只是受到激励这一事实有关。

题目与逐题解析

46. What does the author say about the pursuit of work-related self-esteem?

- A) It may result in negative motivation.
- B) It contributes to one's accomplishments.
- C) It can increase one's vigor as one keeps trying.
- D) It costs too much emotionally and psychologically.

作者对追求与工作相关的自尊有何看法？

- A) 这可能导致负面动机。 B) 这有助于个人成就。 C) 随着不断尝试,这能增强个人活力。
D) 这在情感和心理上代价太高。

【答案】 **A** (细节题)

【判型】 What does the author say about the pursuit of work-related self-esteem 直接问作者对某话题的陈述，没有 infer/imply，需要回到原文找到该话题的明确表态句。

【拆句】 题干主干 What does the author say about... 是 wh- 疑问句，about 后接介宾 the pursuit of work-related self-esteem，结构平铺直叙，无陷阱。

【定位】 Work-related self-esteem is therefore a worthy ideal to pursue with vigor, right? Well, not always. According to recent research, in which psychologists interviewed 370 full-time workers over a period of three weeks, the reality is a little more complicated. And it involves negative as well as positive consequences.

于是工作型自尊就是一个值得全力追求的理想，对吗？嗯，并非总是如此。根据一项让心理学家在三周内访谈 370 名全职员工的近期研究，现实要更复杂一些。它既牵涉正面后果，也牵涉负面后果。

【选项】 **A) ✓ 正确**

involves negative as well as positive consequences ↔ **It may result in negative motivation**
预判的负面后果在 negative motivation 中被精确收口为研究真正定义的负面后果类型——动机层面的负面，故锁定 A。

B) 与原文相反

It contributes to one's accomplishments 把 a worthy ideal to pursue with vigor 当成作者真实观点，但作者立刻用 not always 否定了这种乐观说法。

C) 偷换概念

It can increase one's vigor as one keeps trying 把原文中描述追求方式的 with vigor 改造成追求会增加 vigor，混淆 vigor 作方式状语与作宾语的角色。

D) 过度推断

It costs too much emotionally and psychologically 给出 too much 的程度判断，但首段仅说 involves negative as well as positive consequences，并未将代价定性为过高。

47. What do employees tend to do in pursuing work-related self-esteem?

- A) Take on tasks well beyond their actual capabilities.
- B) Strive to succeed at the expense of their well-being.
- C) Resort to all means regardless of the consequences.
- D) Exaggerate their sense of shame and worthlessness.

员工在追求与工作相关的自尊时往往会做什么？

- A) 承担远超自身实际能力的任务。 B) 以牺牲自身幸福为代价努力获得成功。
C) 不顾后果诉诸一切手段。 D) 夸大自己的羞耻感和无价值感。

【答案】 B (细节题)

【判型】 What do employees tend to do 是对客观行为的提问，不要求推断，回原文找直接描述行为的句子即可。

【拆句】 题干为 wh- 疑问句，主干 What do employees tend to do, in pursuing work-related self-esteem 是介词短语作伴随状语，限定行为发生的语境，无难句。

【定位】 As a result, to avoid feelings of shame and worthlessness associated with failure, they extend themselves to such a degree that there's a subsequent adverse effect on their well-being.

结果，为了躲开与失败相连的羞耻感和无价值感，他们把自己拉伸到这种程度，以至于随之而来的是对其身心健康的不利影响。

【选项】 A) 过度推断

Take on tasks well beyond their actual capabilities 把 to such a degree that there's a subsequent adverse effect on their well-being 改写为超出实际能力，但原文只说付出过度，没说任务超出能力。

B) ✓ 正确

they extend themselves to such a degree that there's a subsequent adverse effect on their well-being

↔ **Strive to succeed at the expense of their well-being**

预判中的拼命与损害自身两成分被 Strive to succeed 和 at the expense of their well-being ——收拢，故锁定 B。

C) 与原文相反

Resort to all means regardless of the consequences 说他们不顾后果，但原文 to avoid feelings of shame and worthlessness associated with failure 恰恰说他们极其在意后果。

D) 与原文相反

Exaggerate their sense of shame and worthlessness 把 to avoid feelings of shame and worthlessness 改成夸大羞耻感，正话反说。

48. What do we learn about people over-concerned with work-related self-esteem?

- A) They may often feel inferior to their colleagues.
- B) They cannot enjoy their personal life to the full.
- C) They are never satisfied with their achievements.
- D) They have their own view of friendship and leisure.

关于过度关注与工作相关的自尊的人,我们了解到什么?

- A) 他们可能经常觉得不如同事。
- B) 他们无法充分享受个人生活。
- C) 他们对自己的成就从不满足。
- D) 他们对友谊和休闲有自己的看法。

【答案】 B (细节题)

【判型】 What do we learn about people over-concerned with work-related self-esteem 询问对某类人群的认识, 要求回原文找作者对这类人的直接论断。

【拆句】 题干主干 What do we learn about people, 过去分词短语 over-concerned with work-related self-esteem 作 people 的后置定语, 限定具体人群, 结构清晰。

【定位】 Those negative emotions mount into heightened anxiety, impacting their ability to make the most of their personal life. Their desire to avoid feeling inferior ends up making them feel inferior when it comes to their diminished capacity for friendship and leisure.

那些负面情绪累积成加剧的焦虑, 影响他们充分享受个人生活的能力。他们想要避免自卑的渴望最终反而让他们在自己对友谊与闲暇的削弱能力面前感到自卑。

【选项】 A) 偷换概念

They may often feel inferior to their colleagues 把原文 feel inferior 的对照对象改成 colleagues, 但原文比较对象是 diminished capacity for friendship and leisure, 与同事无关。

B) ✓ 正确

impacting their ability to make the most of their personal life ↔

They cannot enjoy their personal life to the full

预判中的个人生活质量被削弱被 cannot enjoy their personal life to the full 完整收拢, 故锁定 B。

C) 过度推断

They are never satisfied with their achievements 用 never 加 with their achievements 描述成就维度的不满, 但原文说的是 dissatisfied both at work and outside of it, 且未升级到 never 的极端否定。

D) 无中生有

They have their own view of friendship and leisure 借 friendship and leisure 词面做诱饵, 但原文只说他们对友谊与闲暇的能力削弱, 从未说他们持独到看法。

49. What is the good news we learn from the recent research?

- A) The pursuit of goals may turn out to be enjoyable and pleasant.
- B) The emotional rewards from goal pursuit are worth the pains taken.
- C) The negative consequences of goal pursuit can mostly be avoided.
- D) The goal of swelling self-esteem can be achieved if one keeps trying.

我们从最近的研究中了解到的好消息是什么？

- A) 追求目标可能会变得令人愉快和快乐。 B) 追求目标带来的情感回报值得付出的辛苦。
- C) 追求目标的负面后果大多可以避免。 D) 如果不断尝试,提升自尊的目标可以实现。

【答案】 A (细节题)

【判型】 What is the good news we learn from the recent research 询问原文里明示的正面发现, 属客观转述, 不需推断。

【拆句】 题干主干 What is the good news, we learn from the recent research 是省略关系代词的定语从句修饰 news, 平铺直叙, 无陷阱。

【定位】 Though these types of employees are motivated by the desire to avoid negative consequences, they are also motivated by the excitement of pursuing emotional rewards. This excitement makes pursuing goals enjoyable and stimulates pleasure and pride that would result from success.

尽管这些员工受到躲避负面后果的渴望驱使, 他们同时也受到追求情感奖赏所带来的兴奋的驱使。这种兴奋让追求目标变得令人享受, 并激发出本会因成功而产生的愉悦与自豪。

【选项】 A) ✓ 正确

This excitement makes pursuing goals enjoyable and stimulates pleasure and pride ↔

The pursuit of goals may turn out to be enjoyable and pleasant

预判中的追求带来享受被 enjoyable and pleasant 完整收拢, 故锁定 A。

B) 无中生有

The emotional rewards from goal pursuit are worth the pains taken 引入代价对价值的权衡关系, 但原文 An effect of the positive motivation is that it neutralizes the existence of negative motivation 只说正面动机中和负面动机, 未做代价值得的判断。

C) 过度推断

The negative consequences of goal pursuit can mostly be avoided 把 neutralizes the existence of negative motivation 升级为多数可避免, 但 neutralize 是抵消、不是避免, 且原文未说大多数。

D) 与原文相反

The goal of swelling self-esteem can be achieved if one keeps trying 与 repeating that accomplishment is often not realistic 直接冲突; 原文明说重复成就并不现实。

50. What can we infer from the last paragraph?

- A) Workers have to make sacrifices to preserve self-esteem.
- B) Self-esteem swells when workers are strongly motivated.
- C) Pursuit of goals affects people's personal lives to an unhealthy extent.
- D) People feel positive about their work as long as they are motivated.

我们可以从最后一段推断出什么？

- A) 员工必须做出牺牲以维护自尊。 B) 当员工受到强烈激励时,自尊会提升。
- C) 追求目标在不健康的程度上影响了人们的个人生活。
- D) 只要人们受到激励,他们就会对自己的工作感到积极。

【答案】 **D** (推断题)

【判型】 What can we infer from the last paragraph 明示 infer, 定位段已锁尾段, 要求基于尾段明示信息做一步推断。

【拆句】 题干主干 What can we infer, from the last paragraph 是介词短语作状语指出推断的依据来源, 结构简单。

【定位】 However, the way people feel about their work has less to do with whether they're motivated by the preservation of self-esteem but more with the fact that they're simply motivated.

然而, 人们对工作的感受真正取决于的, 与其说是他们是否被维护自尊的渴望所驱动, 不如说是他们到底有没有被驱动这件事本身。

【选项】 A) **偷换概念**

Workers have to make sacrifices to preserve self-esteem 把 leisure activities are often seen as a part of life that must be sacrificed to manage work and family demands 中牺牲闲暇的目的改成 preserve self-esteem, 目的错位。

B) **与原文相反**

Self-esteem swells when workers are strongly motivated 把因果说成动机强则自尊膨胀, 但原文 has less to do with whether they're motivated by the preservation of self-esteem 反而弱化了自尊在因果链里的地位。

C) **以偏概全**

Pursuit of goals affects people's personal lives to an unhealthy extent 把 Sure, it affects people's personal lives to what could be deemed an unhealthy extent 这一让步分句当作尾段主结论, 但 However 之后才是作者真正立场。

D) **✓ 正确**

the way people feel about their work has less to do with whether they're motivated by the preservation of self-esteem but more with the fact that they're simply motivated

↔ **People feel positive about their work as long as they are motivated**

预判中的有动机即正向感受被 as long as they are motivated 完整收拢, 且 positive 与文章正向 good news 区段的态度一致, 故锁定 D。

12 句真题句逐层精讲

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

The more successful their career, the better they feel about themselves.

第1段，第2句

"the more..., the more..." 是四六级和考研阅读中的高频句型，本句展示了该句型的标准用法和省略特征，学习价值高，迁移性强

Work-related self-esteem is therefore a worthy ideal to pursue with vigor, right?

第1段，第3句

主系表加后置定语的结构在四六级和考研阅读中非常常见，尤其是名词后接不定式作定语的模式（如 the ability to do, the need to address）频繁出现。therefore 作为逻辑连接副词也是学术和议论文中的典型标志。掌握本句的分析方法可以直接迁移到大量同类句型。句末的 right 虽是口语化附加成分，在书面考试中不多见，但不影响整体结构的代表性。

They then take on only tasks and objectives which serve that ego-driven need.

第3段，第2句

主句加限制性定语从句的结构是四六级和考研阅读中非常常见的句式。关系代词"which"修饰宾语、在从句中充当主语的用法，以及用定语从句对名词进行限定说明的表达方式，都是高频考点。掌握这类句式后可以在大量真题句子中复用分析方法，具有较高的典型性和迁移价值。

As a result, to avoid feelings of shame and worthlessness associated with failure, they extend themselves to such a degree that there's a subsequent adverse effect on their well-being.

第3段，第3句

本句包含 "such...that" 程度结果状语从句、不定式作目的状语、"there be" 存在句型，这些都是四六级和考研真题中频繁出现的典型结构，掌握后可大量迁移到其他类似句子，具有高度代表性。

Those negative emotions mount into heightened anxiety, impacting their ability to make the most of their personal life.

第4段，第1句

简单句配分词短语作状语是四六级和考研阅读中的高频句式，特别是逗号加现在分词表示结果或伴随的用法，在真题中反复出现，掌握后可广泛迁移到类似结构的句子。

Though these types of employees are motivated by the desire to avoid negative consequences, they are also motivated by the excitement of pursuing emotional rewards.

第5段，第3句

让步状语从句 + 主句的结构在四六级和考研阅读中较为常见，"Though... , ... also..." 的对比逻辑是典型的让步转折句式。被动语态的使用也符合学术或正式文体的特征。掌握此结构后可迁移到类似的让步、转折场景。

Take on tasks well beyond their actual capabilities.

第47题，A

覆盖了谓语（动词短语）、宾语、后置定语三种成分，且后置定语是介词短语修饰名词的典型结构，适合练习识别修饰关系。但成分种类偏少（无主语、表语、状语、补语等），也无易错的形式主语、双宾语、宾补等结构，训练价值中等。

Strive to succeed at the expense of their well-being.

第47题，B

覆盖了谓语、目的状语（不定式）、方式状语（介词短语）三种成分，结构简洁但典型，适合初学者练习识别祈使句和状语类型，但成分种类不够丰富，没有复杂的易错点。

They may often feel inferior to their colleagues.

第48题，A

主系表结构在四六级和考研阅读中非常常见，情态动词 may 表示推测也是高频考点。"feel + 形容词" 作连系动词的用法经常出现在描述心理状态或感受的语境中。虽然本句本身较简单，但这种结构模式在复杂句中也频繁作为主句或从句的骨架出现，具有较高的典型性和迁移价值。

They are never satisfied with their achievements.

第48题，C

系表结构加频率副词和介词短语修饰，是四六级和考研阅读中常见的基础句式；虽然本句本身简单，但这种“主语 + be + 形容词 + 介词短语”的模式在真题中反复出现（如描述态度、状态、特征时），掌握后可迁移到更复杂的变体。

The pursuit of goals may turn out to be enjoyable and pleasant.

第49题，A

“情态动词 + 系动词短语 + 表语”是常见句式，turn out to be 在四六级和考研阅读中经常出现，表示“结果证明是”。掌握这一结构有一定迁移价值，但本句本身过于简单，不如含从句的复杂句更具代表性。

People feel positive about their work as long as they are motivated.

第50题，D

主句加条件状语从句的结构在四六级和考研阅读中较为常见，“as long as”引导的条件从句是高频句式之一。句子结构简洁典型，掌握后可迁移到类似的条件逻辑表达场景。但整体难度偏低，未能覆盖更复杂的考试常见句式如多层嵌套或分隔结构。

HIGH-FREQUENCY • 真题高频词

本篇出现的 85 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。

negative

B1

adj. 否定的

本篇8次 · 真题 132 句

motivation

B2

n. 动力

本篇7次 · 真题 23 句

positive

B1

adj. 积极的

本篇5次 · 真题 144 句

consequence

B2

n. 结果

本篇5次 · 真题 66 句

motivate B2

v. 激励

本篇5次 · 真题 33 句

pursuit B2

n. 追求

本篇5次 · 真题 25 句

pursue B2

v. 追求

本篇4次 · 真题 43 句

employee A2

n. 雇员, 员工

本篇3次 · 真题 190 句

type A2

n. 类型

本篇3次 · 真题 84 句

emotional B1

adj. 情绪的

本篇3次 · 真题 52 句

leisure B1

n. 闲暇

本篇3次 · 真题 16 句

accomplishment B2

n. 成就

本篇3次 · 真题 12 句

enjoyable B1

adj. 令人愉快的

本篇3次 · 真题 10 句

effect A2

n. 影响

本篇2次 · 真题 191 句

affect B1

v. 影响

本篇2次 · 真题 116 句

demand B1

v. 坚决要求

本篇2次 · 真题 92 句

associate B2

v. 联系

本篇2次 · 真题 54 句

desire B2

n. 愿望

本篇2次 · 真题 44 句

reward B1

n. 报酬

本篇2次 · 真题 43 句

extent B2

n. 程度

本篇2次 · 真题 28 句

sacrifice B2

n. 牺牲

本篇2次·真题 27 句

unhealthy B1

adj. 有害健康的;不健康的

本篇2次·真题 21 句

pain A2

n. 疼痛

本篇2次·真题 14 句

excitement B1

n. 兴奋

本篇2次·真题 12 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 568 句

less A1

det. 较少的

本篇1次·真题 273 句

author A2

n. 作者

本篇1次·真题 264 句

impact B2

n. 影响

本篇1次·真题 185 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

tend B1

v. 倾向于, 往往会

本篇1次·真题 170 句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题 167 句

view A2

n. 观点, 看法

本篇1次·真题 134 句

simply B1

adv. 仅仅, 只不过

本篇1次·真题 119 句

career B1

n. 职业

本篇1次·真题 106 句

colleague B1

n. 同事

本篇1次·真题 84 句

involve B1

v. 包含

本篇1次·真题 82 句

contribute B1

v. 捐献

本篇1次 · 真题 79 句

workplace B1

n. 工作场所

本篇1次 · 真题 70 句

mostly B1

adv. 主要地

本篇1次 · 真题 59 句

specific B2

adj. 具体的

本篇1次 · 真题 59 句

pressure B1

n. 心理压力

本篇1次 · 真题 57 句

reality B1

n. 现实

本篇1次 · 真题 57 句

psychologist B2

n. 心理学家

本篇1次 · 真题 54 句

failure B1

n. 失败

本篇1次 · 真题 47 句

expense B1

n. 花费

本篇1次 · 真题 46 句

achievement B1

n. 成就

本篇1次 · 真题 44 句

anxiety B2

n. 焦虑

本篇1次 · 真题 44 句

outcome B2

n. 结果

本篇1次 · 真题 40 句

ideal B2

adj. 理想的

本篇1次 · 真题 38 句

capacity B2

n. 容量

本篇1次 · 真题 36 句

means A2

n. 方法

本篇1次 · 真题 35 句

preserve B2

v. 保护

本篇1次 · 真题 34 句

harmful B1

adj. 有害的

本篇1次·真题 32 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次·真题 31 句

complicated B2

adj. 复杂的

本篇1次·真题 29 句

entirely B1

adv. 完全地

本篇1次·真题 29 句

widely B1

adv. 广泛地

本篇1次·真题 29 句

extend B1

v. 延伸; 延长

本篇1次·真题 28 句

therefore B1

adv. 因此, 所以

本篇1次·真题 28 句

regardless B2

adv. 不管

本篇1次·真题 27 句

strive B2

v. 努力, 奋斗, 力求

本篇1次·真题 27 句

strongly B1

adv. 强烈地

本篇1次·真题 23 句

adverse C1

adj. 不利的

本篇1次·真题 21 句

diminish C1

v. 减少

本篇1次·真题 21 句

actual B1

adj. 真实的

本篇1次·真题 20 句

capability B2

n. 能力

本篇1次·真题 20 句

exaggerate B2

v. 夸大

本篇1次·真题 19 句

objective B2

n. 目标

本篇1次·真题 19 句

internal B2

adj. 内部的

本篇1次·真题 17 句

deem C1

v. 认为, 视为 (正式用语)

本篇1次·真题 16 句

stimulate B2

v. 刺激

本篇1次·真题 16 句

compel B2

v. 强迫;迫使

本篇1次·真题 15 句

existence B2

n. 存在;生存

本篇1次·真题 15 句

severe B2

adj. 严重的

本篇1次·真题 15 句

deplete C1

v. 大量减少

本篇1次·真题 13 句

emotionally B2

adv. 在情感上

本篇1次·真题 13 句

hinder B2

v. 阻碍, 妨碍

本篇1次·真题 12 句

realistic B2

adj. 现实的

本篇1次·真题 12 句

motivated B1

adj. 有积极性的

本篇1次·真题 11 句

outweigh C1

v. (重要性、价值等) 超过, 胜过

本篇1次·真题 11 句

preservation B2

n. 保护

本篇1次·真题 11 句

satisfied B1

adj. 满意的

本篇1次·真题 11 句

worthy B2

adj. 值得的

本篇1次·真题 11 句

purely B2

adv. 纯粹地

本篇1次·真题 10 句

resort B2

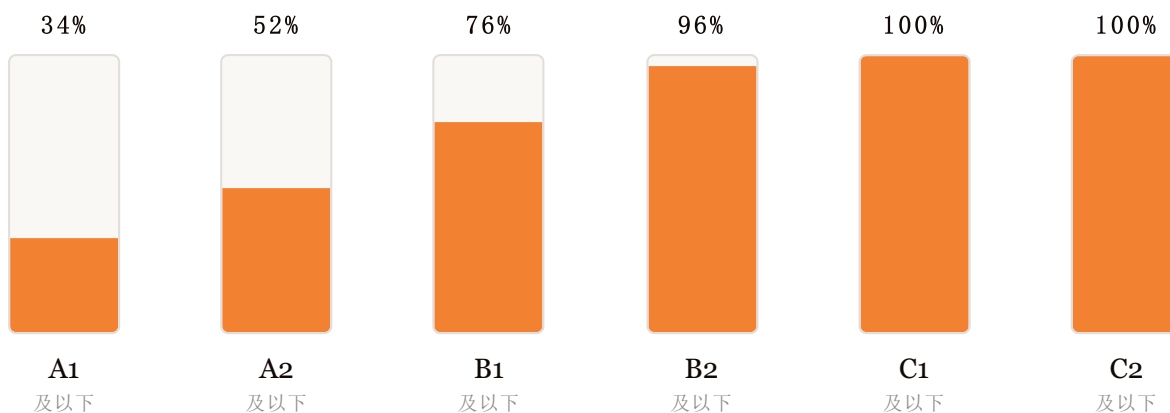
n. 度假胜地

本篇1次 · 真题 10 句

VOCABULARY · 词汇难度分布

全文 223 词按 CEFR 难度累积覆盖

全文去重后共 **223** 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 9 个 · 约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 223 个 · 末柱为 100%

去重总词数

223

B2 以上难词

4%

B1 及以下覆盖

76%

英语六级 2022年12月·第1套 · 全卷构成

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

2022年12月·第1套 英语六级阅读理解（四选一） 第2篇·51-55 题 答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2022年12月·第1套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 7 段原文（段首标 P1-P7 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2022-12) · 六级

Part III Section C (2)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage Two

Questions 51 to 55 are based on the following passage.

P1 Degradation of the world's natural resources by humans is rapidly outpacing the planet's ability to absorb the damage, a recent UN environmental study has found. The study concludes that without radical action the level of prosperity that millions of people in the developed world count on will be impossible to maintain or extend to poorer countries.

联合国近期的一项环境研究发现，人类对世界自然资源的破坏速度正在迅速超过地球吸收这种损害的能力。该研究得出结论，如果不采取根本性行动，发达国家数百万人所依赖的繁荣水平将无法维持，也无法延伸到较贫穷的国家。

P2 Water scarcity is the curse of some of the poorest regions on Earth, leaving developing countries increasingly unable to feed themselves, and causing hardship for millions of people. There appears little prospect of this desperate situation being remedied without radical action being taken. Water resources are under increasing threat from population growth, climate change, rapid urbanization, rising levels of consumption, and the degradation of lands that previously provided a natural replenishment(补充) of water resources.

水资源匮乏是地球上一些最贫穷地区的祸患，使发展中国家越来越无法养活自己，并给数百万人造成困苦。如果不采取根本性行动，这种绝望的局面似乎没有什么改善的希望。水资源正面临来自人口增长、气候变化、快速城市化、消费水平上升，以及以前提供水资源自然补充的土地退化的日益增长的威胁。

P3 The rate of damage to the natural environment was found to increase globally, despite concerted efforts to persuade government to take measures to improve the condition. "If current trends continue,

and the world fails to improve patterns of production and consumption, then the state of the world's environment will continue to decline," warned UN executive director Achim Steiner.

尽管各国政府做出协调努力以采取措施改善状况,但全球范围内对自然环境的破坏速度仍在加快。联合国执行主任Achim Steiner警告说:如果当前趋势继续下去,世界未能改善生产和消费模式,那么世界环境状况将继续恶化。

P4 He said the tools for improving the environment for millions of people existed in developed countries, but were in danger of not being used.

他说,改善数百万人环境的工具在发达国家已经存在,但有不被使用的危险。

P5 The study found that basic measures to tackle some of the key causes of environmental damage were still not being taken. These included measures to reduce air pollution; to control the damage to marine ecosystems, which can have a huge effect on fish stocks on which hundreds of millions of people depend; and to curb the degradation of land where modern agricultural methods were pursued without regard to the longer-term consequences.

该研究发现,解决一些造成环境破坏的关键原因的基本措施仍未得到采取。这些措施包括减少空气污染的措
施;控制对海洋生态系统的破坏,这可能对数亿人所依赖的鱼类资源产生巨大影响;以及遏制土地退
化,而现代农业方法在实施时并未考虑长期后果。

P6 Despite the recent global agreement on cutting greenhouse gas emissions, global carbon output continues to rise. This will put a long-term strain on the ability of developing economies to feed their own people. Climate change is aggravated by the emissions of greenhouse gases from chemical and natural fertilisers used in agriculture which increased by more than a quarter between 2000 and 2010. Other problem areas identified in the report included glaciers, which provide vital water resources for millions of people, but which are shrinking as the climate warms.

尽管最近达成了关于减少温室气体排放的全球协议,但全球碳排放量仍在继续上升。这将对发展中经济体养活本国人民的能力造成长期压力。农业中使用的化学和天然肥料所排放的温室气体加剧了气候变化,这些排放在2000年至2010年间增加了超过四分之一。报告中指出的其他问题领域包括冰川,它为数百万人提供重要的水资源,但随着气候变暖正在缩小。

P7 In rich countries, these problems have built up over decades and centuries while economic growth was pursued at the expense of the environment. Subsequent efforts to remedy the environment have met with partial success. But in developing countries, the path of future development has more potential to change, which has encouraged international institutions to devise more sustainable growth pathways that are supposed both to alleviate poverty and preserve the environment.

在富裕国家,这些问题是在以牺牲环境为代价追求经济增长的过程中,经过几十年甚至几个世纪积累起来的。随后补救环境的努力取得了部分成功。但在发展中国家,未来发展道路有更大的改变潜力,这鼓励了国际机构设计更可持续的增长路径,既能减轻贫困又能保护环境。

题目与逐题解析

51. What is the major finding of the UN environmental study?

- A) Human activity has rendered Mother Earth almost uninhabitable.
- B) Humans are doing more damage to the earth than it can cope with.
- C) Environmental problems have considerably weakened human prosperity.
- D) Environmental damage is more serious in developed countries these days.

联合国环境研究的主要发现是什么？

- A) 人类活动已使地球母亲几乎不适宜居住。 B) 人类对地球造成的破坏超过了地球的承受能力。
- C) 环境问题已大大削弱了人类的繁荣。 D) 如今发达国家的环境破坏更为严重。

【答案】 **B** (主旨题)

【判型】 题干 What is the major finding of the UN environmental study? 问的是研究的"主要发现", 对应全文的中心结论, 而非局部细节。

【拆句】 What is the major finding of the UN environmental study? 是典型 wh-疑问句, 主干 What is the major finding, of 短语修饰 finding, 无从句、无否定, 结构平铺直叙, 无陷阱。

【选项】 A) **无中生有**

Mother Earth almost uninhabitable 说地球"几乎不宜居住", 原文只说破坏速度超过吸收能力, 并未提到地球已濒临不宜居住的程度。

B) **✓ 正确**

Degradation of the world's natural resources by humans is rapidly outpacing the planet's ability to absorb the damage

↔ **Humans are doing more damage to the earth than it can cope with**

预判"破坏速度超过地球承受力"在 Humans are doing more damage to the earth than it can cope with 中以 more...than it can cope with 完整复现, 是定位句的标准同义替换。

C) **偷换概念**

原文意思是"破坏超过吸收能力会使富国当前繁荣不可维持"——是"环境破坏会损害繁荣"的预言; Environmental problems have considerably weakened human prosperity 改成"环境问题已经显著削弱了人类繁荣", 把未来的预警偷换成已发生的事实。

D) **无中生有**

Environmental damage is more serious in developed countries these days 断言发达国家环境破坏更严重, 原文从未做"发达国家 vs 发展中国家谁更严重"的横向比较, 是无中生有的比较。

52. What is said about water scarcity in some of the poorest regions?

- A) It is getting so serious that there is little hope of solution.
- B) It largely accounts for their slow economic development.
- C) It can hardly be relieved if no drastic measures are taken.
- D) It is primarily caused by the acceleration of climate change.

关于一些最贫困地区的水资源短缺问题,文中说了什么?

- A) 问题变得如此严重以至于几乎没有解决希望。
- B) 这在很大程度上是这些地区经济发展缓慢的原因。
- C) 如果不采取严厉措施,水资源短缺问题很难得到缓解。
- D) 水资源短缺问题主要是由气候变化加速造成的。

【答案】 C (细节题)

【判型】 题干 What is said about water scarcity in some of the poorest regions? 形式 "What is said about X", 问的是文中对 X 的具体陈述, 是典型细节题。

【拆句】 What is said about water scarcity in some of the poorest regions? 被动语态, 主干 What is said, about 介词短语带出讨论对象, in 短语限定范围; 结构清楚、无陷阱。

【定位】 There appears little prospect of this desperate situation being remedied without radical action being taken.

如果不采取激进行动, 这种绝望的状况几乎没有得到改善的前景。

【选项】 A) 过度推断

原文是"不激进行动则无望"——前提是"如果不采取", there is little hope of solution 把条件去掉、直接断言"几乎无解", 把有条件的判断推为无条件结论, 过度推断。

B) 张冠李戴

原文只说水资源短缺让发展中国家 increasingly unable to feed themselves, and causing hardship for millions of people, 关心的是粮食与民生; It largely accounts for their slow economic development 转到"经济发展缓慢"上, 原文未做此因果归因。

C) ✓ 正确

There appears little prospect of this desperate situation being remedied without radical action being taken

↔ **It can hardly be relieved if no drastic measures are taken**

预判"无激进行动→几乎无望解决"在 It can hardly be relieved if no drastic measures are taken 中以 hardly + if no...are taken 完整复刻, 是定位句的标准同义重写。

D) 以偏概全

原文罗列了 population growth, climate change, rapid urbanization, rising levels of consumption, and the degradation of lands 五个并列威胁因素; It is primarily caused by the acceleration of climate change 单挑"气候加剧"为主因, 原文从未做此排序。

53. What does Achim Steiner say about the environmental condition?

- A) It will deteriorate worldwide.
- B) It is attracting global attention.
- C) It is being slowly remedied globally.
- D) It will shrink the world's population.

Achim Steiner对环境状况有何看法？

- A) 环境状况将在全球范围内恶化。 B) 环境状况正在引起全球关注。
- C) 环境状况正在全球范围内缓慢改善。 D) 环境状况将导致世界人口减少。

【答案】 A (细节题)

【判型】 题干 What does Achim Steiner say about the environmental condition? 问具体人物对具体话题的具体陈述，属于事实细节，不是推断或主旨。

【拆句】 What does Achim Steiner say about the environmental condition? 主动语态特殊疑问句，主干 What does Achim Steiner say, about 短语带出陈述对象，无从句无否定，结构透明。

【定位】 If current trends continue, and the world fails to improve patterns of production and consumption, then the state of the world's environment will continue to decline.

如果当前趋势继续下去，世界又无法改善生产与消费模式，那么全球环境状况将持续恶化。

【选项】 A) ✓ 正确

the state of the world's environment will continue to decline ↔ **It will deteriorate worldwide**
预判"环境将持续恶化"在 It will deteriorate worldwide 中以 will deteriorate 保留 will 未来时态，worldwide 保留全球范围，整句结构紧贴定位句。

B) 无中生有

It is attracting global attention 说环境正吸引全球关注，原文 Steiner 引语只谈"将继续恶化"，未提全球对它的关注度。

C) 与原文相反

It is being slowly remedied globally 说环境正在被缓慢修复，与原文 the rate of damage to the natural environment was found to increase globally 及 Steiner 引语"将继续恶化"完全相反。

D) 无中生有

It will shrink the world's population 说环境状况会缩减世界人口，原文 Steiner 引语只字未提人口收缩。

54. What is the dilemma developing countries face?

- A) They cannot modernise farming without causing land degradation.
- B) They cannot promote industrialisation without polluting waterways.
- C) They cannot boost crop yields without causing greenhouse gas emissions.
- D) They cannot catch up with rich countries without sacrificing the environment.

发展中国家面临什么困境？

- A) 这些国家无法在不造成土地退化的情况下实现农业现代化。
- B) 这些国家无法在不污染水道的情况下推进工业化。
- C) 这些国家无法在不造成温室气体排放的情况下提高农作物产量。
- D) 这些国家无法在不牺牲环境的情况下赶上富裕国家。

【答案】 C (细节题)

【判型】 题干 What is the dilemma developing countries face? 问的是文中明确描述的具体两难，是文中实有陈述的细节，不是推理。

【拆句】 What is the dilemma developing countries face? 主干 What is the dilemma，后接省略关系代词的定语从句 (which/that) developing countries face 修饰 dilemma；基础薄弱考生易把 face 误解为名词“面孔”，须留意它在此是及物动词“面对”。

【定位】 This will put a long-term strain on the ability of developing economies to feed their own people. Climate change is aggravated by the emissions of greenhouse gases from chemical and natural fertilisers used in agriculture which increased by more than a quarter between 2000 and 2010.

这（碳排放上升）将长期压制发展中经济体养活本国人口的能力。气候变化又被农业中化肥（化学与天然）所排放的温室气体所加剧——这类排放在 2000 到 2010 年间增长了超过四分之一。

【选项】 A) 张冠李戴

cannot modernise farming without causing land degradation 是"现代化农业导致土地退化", 原文第 5 段才提 curb the degradation of land where modern agricultural methods were pursued, 但与本题第 6 段的"养人 vs 温室气体"两难是两个不同话题。

B) 无中生有

cannot promote industrialisation without polluting waterways 说"工业化必然污染水道", 原文未谈发展中国家工业化的两难, 也未谈水道污染。

C) ✓ 正确

This will put a long-term strain on the ability of developing economies to feed their own people

↔ **boost crop yields**

Climate change is aggravated by the emissions of greenhouse gases from chemical and natural fertilisers used in agriculture

↔ **causing greenhouse gas emissions**

预判"养人靠提产、提产致排放"在 They cannot boost crop yields without causing greenhouse gas emissions 中以 cannot...without... 双重否定形式把目的与代价绑成两难, 与原文两面对应。

D) 偷换概念

cannot catch up with rich countries without sacrificing the environment 说"追赶富国必牺牲环境", 这是 P7 谈"富国曾以环境换增长"的引申、且原文 P7 的态度是发展中国家"有潜力改变路径"——选项把 P7 的论点反向化, 又错放进本题两难。

55. What should developing countries do in their future development according to the passage?

- A) They turn to developed countries for the assistance they need.
- B) They remedy environmental damage by slowing economic growth.
- C) They avoid damaging interference from international institutions.
- D) They improve people's livelihood without harming the environment.

根据文章,发展中国家在未来发展中应该怎么做?

- A) 这些国家应向发达国家寻求所需的援助。
- B) 这些国家应通过放缓经济增长来修复环境破坏。
- C) 这些国家应避免来自国际机构的破坏性干预。
- D) 这些国家应在不损害环境的情况下改善人民生活。

【答案】 D (细节题)

【判型】 题干 What should developing countries do in their future development according to the passage? 明确要 according to the passage, 问文中给出的具体建议, 是细节题不是推断。

【拆句】 What should developing countries do in their future development according to the passage? 情态动词疑问句, 主干 What should developing countries do, in 短语限定时间范围, according to 短语指明答题依据; 结构清晰无陷阱。

【定位】 But in developing countries, the path of future development has more potential to change, which has encouraged international institutions to devise more sustainable growth pathways that are supposed both to alleviate poverty and preserve the environment.

但在发展中国家，未来发展的路径有更大的可改变潜力，这促使国际机构设计了更可持续的发展路径——既要减贫，又要保护环境。

【选项】 A) 无中生有

turn to developed countries for the assistance they need 说"向发达国家求援"，原文 P7 只说国际机构"设计了可持续路径"，未提向发达国家求援。

B) 与原文相反

remedy environmental damage by slowing economic growth 说"靠放缓经济增长来修补环境"，但原文 P7 提的 sustainable growth pathways 是"既减贫又护环境"——发展与环保并行，不是减速换环保。

C) 与原文相反

avoid damaging interference from international institutions 说"避开国际机构的破坏性干预"，但原文 P7 has encouraged international institutions to devise more sustainable growth pathways 中国际机构是建设性角色——选项把它颠倒成"破坏性"。

D) ✓ 正确

alleviate poverty ↔ improve people's livelihood

preserve the environment ↔ without harming the environment

预判"减贫与护环境兼顾"在 They improve people's livelihood without harming the environment 中以 improve...without harming 双动作并列承接 both...and 结构，是 P7 对策句的标准同义改写。

SENTENCE INSIGHTS • 句子精讲

20 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。

Degradation of the world's natural resources by humans is rapidly outpacing the planet's ability to absorb the damage, a recent UN environmental study has found.

第1段，第1句

宾语从句前置的倒装结构在四六级和考研阅读中高频出现，常用于新闻报道和学术文献引述研究发现或观点。本句的"内容陈述 + 逗号 + 主语 + has found/shows/indicates"模式是典型的引述句式，掌握后可直接迁移到大量类似句子。

The study concludes that without radical action the level of prosperity that millions of people in the developed world count on will be impossible to maintain or extend to poorer countries.

第1段，第2句

本句结构高度典型：主句加宾语从句的框架、定语从句修饰名词、条件状语提供前提、不定式补充说明表语等，都是四六级和考研阅读中的常见句式。特别是宾语从句主语被定语从句隔开、定语从句关系代词充当宾语等现象，在真题长难句中反复出现，掌握后可大量复用，代表性很强。

There appears little prospect of this desperate situation being remedied without radical action being taken.

第2段，第2句

本句涵盖 there 句型的主语后置、后置定语（介词短语）、动名词作介词宾语、动名词的被动形式等多个重要考点，尤其是 there 句型和动名词被动是容易出错的结构，作为成分划分练习句收益较高

The rate of damage to the natural environment was found to increase globally, despite concerted efforts to persuade government to take measures to improve the condition.

第3段，第1句

本句结构在四六级和考研阅读中较为典型：长主语 + 被动语态 + 不定式宾补 + 让步状语是常见的学术或新闻报道句式。掌握后可迁移到类似句型（如环境、经济、社会问题的描述），实用性较强。

"If current trends continue, and the world fails to improve patterns of production and consumption, then the state of the world's environment will continue to decline," warned UN executive director Achim Steiner.

第3段，第2句

引语后倒装 + 宾语从句包含条件复合句的结构，是四六级和考研阅读中高频出现的学术报道句式；条件状语从句与主句的搭配、引语作宾语的用法都是典型句型，掌握后可大量迁移到类似语境。

He said the tools for improving the environment for millions of people existed in developed countries, but were in danger of not being used.

第4段，第1句

主句 + 省略 that 的宾语从句 + 从句内并列谓语,是四六级和考研阅读中的典型结构,宾语从句主语带后置定语、并列谓语用 but 转折也是高频句式,掌握后可迁移到大量真题句子,代表性较强。

The study found that basic measures to tackle some of the key causes of environmental damage were still not being taken.

第5段，第1句

"主句 + that 引导的宾语从句" 是四六级和考研阅读中的高频句式；从句中 "措施 + 被动语态" 的表达也是学术类文本的典型结构；定语后置修饰名词的用法常见。掌握后可广泛迁移。

These included measures to reduce air pollution; to control the damage to marine ecosystems, which can have a huge effect on fish stocks on which hundreds of millions of people depend; and to curb the degradation of land where modern agricultural methods were pursued without regard to the longer-term consequences.

第5段，第2句

本句成分丰富且坑点密集，适合作为划分练习。宾语由三个并列不定式短语构成，需识别并列关系和后置定语；从句中包含关系代词作主语、介词加关系代词前置、关系副词作地点状语等多种定语从句变体；被动语态和情态动词结构增加谓语识别难度；嵌套从句考验层级归属判断能力，覆盖了多种易错点

Despite the recent global agreement on cutting greenhouse gas emissions, global carbon output continues to rise.

第6段，第1句

"介词短语作让步状语 + 主句" 是英语考试中常见的句式，尤其是 Despite 引导的让步结构在四六级和考研阅读中频繁出现。掌握这种结构对理解转折关系的长难句有一定帮助，但本句整体较短且无从句，典型性中等。

Climate change is aggravated by the emissions of greenhouse gases from chemical and natural fertilisers used in agriculture which increased by more than a quarter between 2000 and 2010.

第6段，第3句

本句成分丰富且层次分明：主句包含主语、被动谓语、长状语（内含多层修饰），从句包含主语、谓语和两个状语，特别适合练习状语识别、定语从句分析、过去分词作定语、以及被动语态的判定，训练价值高。

In rich countries, these problems have built up over decades and centuries while economic growth was pursued at the expense of the environment.

第7段，第1句

本句的"主句 + while 时间状语从句"结构在考试阅读中非常常见，while 既可表示时间同步也可隐含对比或因果，是高频句式。现在完成时与一般过去时的搭配（现在完成时在主句、一般过去时在从句）也是典型的时间关系表达方式。被动语态在学术和新闻语体中高频出现。掌握本句结构后，学生可以迁移到大量类似的复合句分析中，代表性较强。

But in developing countries, the path of future development has more potential to change, which has encouraged international institutions to devise more sustainable growth pathways that are supposed both to alleviate poverty and preserve the environment.

第7段，第3句

本句结构高度典型：非限制性定语从句补充主句结果、限制性定语从句嵌套限定名词、"encourage sb to do" 和 "be supposed to" 都是四六级高频句式，且定语从句的两层嵌套是真题阅读中常见的复杂句模式，掌握后可大量迁移到类似长难句的分析。

What is said about water scarcity in some of the poorest regions?

第52题 题干

被动语态疑问句是四六级和考研阅读中的常见句式，尤其在学术讨论和观点引述场景中频繁出现；"What is said/done/known" 结构具有很强的可迁移性。掌握本句结构后可快速识别类似句型。

It is getting so serious that there is little hope of solution.

第52题，A

so ... that 引导结果状语从句是四六级和考研高频句式，there be 存在句也是常考结构，且主句用进行时表达动态变化在真题中较为常见，整体结构具有较高的代表性和迁移价值

It largely accounts for their slow economic development.

第52题，B

主谓宾加状语的简单句结构在真题中常见，但本句过于简单，缺乏真题常考的从句、非谓语、倒装等复杂结构，代表性中等偏低。

They cannot modernise farming without causing land degradation.

第54题，A

情态动词 + 动词原形 + 宾语 + 介词短语状语是四六级和考研阅读中的常见句式，尤其 without doing 结构经常出现在表达条件或方式的语境中。掌握后可迁移到同类句型。但句子整体较短且结构相对简单，不属于最高频的复杂长难句模板。

They cannot promote industrialisation without polluting waterways.

第54题，B

情态动词加动词原形的结构是四六级和考研高频句式，介词短语作状语也常见，且 "without doing" 表示否定条件的用法在真题中多次出现，具有一定代表性，掌握后可迁移到类似句型。

They cannot boost crop yields without causing greenhouse gas emissions.

第54题，C

本句涵盖了主语、谓语、宾语和状语四种核心成分，且状语部分包含动名词短语，适合练习识别介词短语作状语以及区分动名词与谓语动词。虽然成分种类不算特别丰富，但对基础学习者来说具有一定的练习价值。

They cannot catch up with rich countries without sacrificing the environment.

第54题，D

简单句搭配情态动词和介词短语状语，是四六级和考研阅读中常见的基础句式；"cannot do sth without doing sth" 这一否定 + 条件的表达模式在议论文中频繁出现，具有一定迁移价值。

They avoid damaging interference from international institutions.

第55题，C

主谓宾结构搭配现在分词作定语和介词短语后置定语，是四六级和考研阅读中常见的简单句式，具有一定代表性。但由于过于简单、没有从句或复杂修饰，无法代表考试中更典型的长难句结构，迁移价值中等偏下。

HIGH-FREQUENCY • 真题高频词

本篇出现的 98 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。

environmental B1

adj. 环境的

本篇7次 · 真题 112 句

damage B1

n. 损害

本篇7次 · 真题 46 句

million A2

num. 一百万

本篇5次 · 真题 126 句

climate B1

n. 气候

本篇4次 · 真题 160 句

resource B1

n. 资源

本篇4次 · 真题 119 句

growth B1

n. 增长

本篇4次 · 真题 104 句

measure B1

v. 测量

本篇4次 · 真题 100 句

remedy B2

n. 治疗方法

本篇4次 · 真题 15 句

degradation C1

n. 退化

本篇4次 · 真题 13 句

economic B2

adj. 经济的

本篇3次 · 真题 167 句

global B2

adj. 全球的

本篇3次·真题 140 句

gas A2

n. 气体

本篇3次·真题 77 句

emission B2

n. 排放物

本篇3次·真题 69 句

greenhouse B1

n. 温室

本篇3次·真题 56 句

developed B1

adj. 发达的

本篇3次·真题 20 句

region B1

n. 地区

本篇2次·真题 78 句

despite B1

prep. 尽管

本篇2次·真题 77 句

consumption B2

n. 消费

本篇2次·真题 56 句

institution B2

n. 机构

本篇2次·真题 52 句

pursue B2

v. 追求

本篇2次·真题 43 句

radical B2

adj. 根本的

本篇2次·真题 29 句

cannot A1

aux. 不能

本篇2次·真题 27 句

shrink B2

v. 缩小

本篇2次·真题 23 句

prosperity C1

n. 繁荣

本篇2次·真题 16 句

globally B2

adv. 全球地

本篇2次·真题 13 句

developing B1

adj. 发展中的（指国家或地区）

本篇2次·真题 12 句

scarcity C1

n. 缺乏

本篇2次·真题8句

effect A2

n. 影响

本篇1次·真题191句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题167句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次·真题138句

finding B2

n. 调查结果

本篇1次·真题121句

rate A2

n. 速度

本篇1次·真题121句

decade B1

n. 十年

本篇1次·真题120句

major B1

adj. 主要的

本篇1次·真题108句

economy B1

n. 经济

本篇1次·真题102句

crop B1

n. 农作物

本篇1次·真题95句

account A2

n. 账户

本篇1次·真题93句

potential B2

adj. 潜在的

本篇1次·真题92句

decline B2

v. 下降

本篇1次·真题88句

promote B2

v. 促进

本篇1次·真题82句

increasingly B2

adv. 越来越; 日益; 不断增加地

本篇1次·真题78句

exist A2

v. 存在; 实际上有

本篇1次·真题77句

solution B1

n. 解决办法

本篇1次 · 真题 76 句

identify B1

v. 识别

本篇1次 · 真题 75 句

current B1

adj. 现在的

本篇1次 · 真题 72 句

agriculture B2

n. 农业

本篇1次 · 真题 70 句

attract B1

v. 吸引 (注意力、兴趣)

本篇1次 · 真题 67 句

consequence B2

n. 结果

本篇1次 · 真题 66 句

maintain B1

v. 维持

本篇1次 · 真题 64 句

farming A2

n. 农业;耕作

本篇1次 · 真题 63 句

trend B1

n. 趋势

本篇1次 · 真题 63 句

production B1

n. 生产

本篇1次 · 真题 58 句

boost B2

v. 提高

本篇1次 · 真题 55 句

threat B1

n. 威胁

本篇1次 · 真题 51 句

chemical B1

adj. 化学的

本篇1次 · 真题 46 句

expense B1

n. 花费

本篇1次 · 真题 46 句

harm B1

n. 伤害

本篇1次 · 真题 46 句

pattern B1

n. 模式

本篇1次 · 真题 46 句

ecosystem

B2

n. 生态系统

本篇1次·真题 45 句

yield

B2

v. 产生

本篇1次·真题 45 句

poverty

B2

n. 贫穷

本篇1次·真题 44 句

carbon

B2

n. 碳 (化学元素)

本篇1次·真题 43 句

marine

B2

adj. 海洋的

本篇1次·真题 41 句

worldwide

B1

adj. 全世界的

本篇1次·真题 35 句

pollution

B1

n. 污染

本篇1次·真题 34 句

preserve

B2

v. 保护

本篇1次·真题 34 句

executive

B2

n. 主管;经理;管理人员

本篇1次·真题 32 句

stock

B1

n. 库存

本篇1次·真题 32 句

sustainable

B2

adj. 可持续的

本篇1次·真题 32 句

previously

B1

adv. 以前, 先前 (指过去某个时间)

本篇1次·真题 31 句

conclude

B2

v. 断定;推断出

本篇1次·真题 30 句

vital

B2

adj. 极其重要的, 必不可少的

本篇1次·真题 29 句

extend

B1

v. 延伸;延长

本篇1次·真题 28 句

largely

B2

adv. 主要地

本篇1次·真题 28 句

rapidly B1

adv. 迅速地

本篇1次·真题 28 句

agricultural B2

adj. 农业的

本篇1次·真题 27 句

sacrifice B2

n. 牺牲

本篇1次·真题 27 句

increasing B1

adj. 越来越多的

本篇1次·真题 26 句

persuade B1

v. 说服

本篇1次·真题 26 句

unable A2

adj. 不能的

本篇1次·真题 24 句

primarily B2

adv. 主要地

本篇1次·真题 21 句

alleviate C1

v. 减轻, 缓和 (痛苦、问题等)

本篇1次·真题 19 句

prospect B2

n. 可能性

本篇1次·真题 19 句

cope B2

v. 应对

本篇1次·真题 18 句

tackle B2

v. 处理

本篇1次·真题 18 句

assistance B1

n. 帮助

本篇1次·真题 16 句

deteriorate C1

v. 恶化, 变坏

本篇1次·真题 16 句

render B2

v. 使成为

本篇1次·真题 16 句

absorb B2

v. 吸收 (液体、气体等)

本篇1次·真题 15 句

supposed B1

adj. 应该的

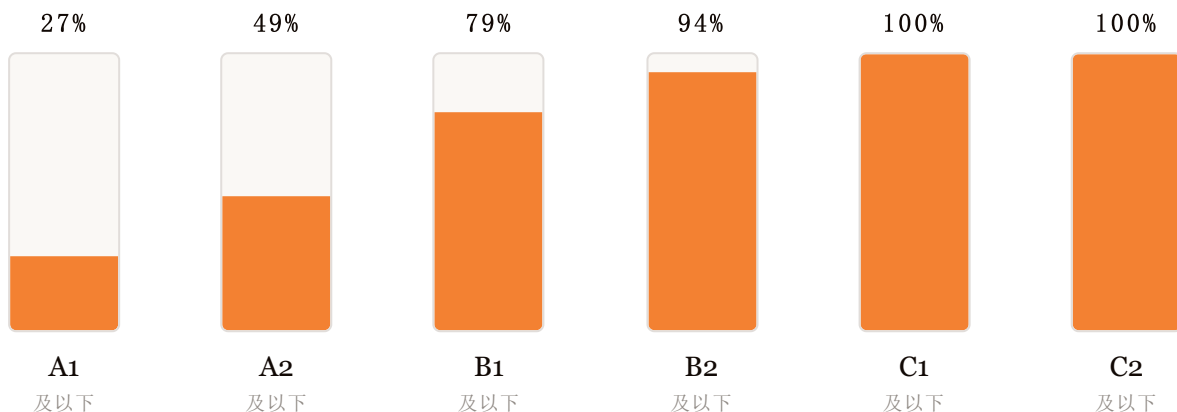
本篇1次·真题 15 句

<u>output</u> B1 n. 产量 本篇1次 · 真题 14 句	<u>slowly</u> A1 adv. 缓慢地 本篇1次 · 真题 13 句
<u>considerably</u> B2 adv. 相当大地 本篇1次 · 真题 11 句	<u>devise</u> B2 v. 设计 本篇1次 · 真题 10 句
<u>livelihood</u> B2 n. 生计 本篇1次 · 真题 10 句	<u>strain</u> B2 n. 压力 本篇1次 · 真题 9 句
<u>acceleration</u> B2 n. 加速 本篇1次 · 真题 8 句	<u>relieve</u> B2 v. 减轻、缓解（疼痛、焦虑等不适） 本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 233 词按 CEFR 难度累积覆盖

全文去重后共 **233** 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 14 个 · 约 6%。



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 233 个 · 末柱为 100%

去重总词数

233

B2 以上难词

6%

B1 及以下覆盖

79%



英语六级 2022年12月·第1套 · 全卷构成

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Part IV	汉译英（段落翻译）	题目解析 →

2022年12月·第1套英语六级汉译英（段落翻译）·客观介绍青藏高原的概况与生态 参考译文与解析

PASSAGE & TRANSLATION • 题和解析

汉译英真题、参考译文与逐句解析

本页整篇参考英译与逐句解析由懒笔记基于2022年12月·第1套 英语六级汉译英（段落翻译）原卷题干译审整理。与试卷排版同一卷面：Directions 与一整段中文原文连续排印——整段连排、无段落标记无题号，把它切成一句句翻译单元本身就是解题动作。卷面之后先给整篇参考英译定稿，再按自切句序逐句拆分：定英文主干、降级修饰成分、逐项落实语法点、句内定稿英译，答案直显。

真题卷第1套(2022-12) • 六级

Part IV

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

青藏高原(the Qinghai-Tibet Plateau)位于中国西南部，面积约230万平方公里，平均海拔4000米以上，被称为“世界屋脊”。青藏高原自然资源丰富，风景秀丽，拥有多种珍稀野生动物。青藏高原气温很低，形成了大面积高山冰川。这里是亚洲许多著名河流的源头，是中国和东南亚的主要淡水供应源。青藏高原对全球生态系统至关重要。由于气候变化的影响，青藏高原的冰川正在加速融化。中国一直在努力保护青藏高原的生态系统，草地覆盖率不断增加，许多濒危物种得到更为有效的保护。

参考译文

整篇参考英译是复盘资产，考卷上只印中文原文——四六级 Part IV 翻译按整篇「表达通顺连贯、用词准确、语法正确」四档评分。

Located in the southwest of China, the Qinghai-Tibet Plateau, with an area of about 2.3 million square kilometers and an average altitude of over 4,000 meters, is known as "the Roof of the World". It is rich in natural resources, boasts beautiful scenery, and is home to various rare wild animals. Due to its low temperatures, the plateau has formed large areas of alpine glaciers. It is the source of many famous rivers in Asia and a major freshwater supply for China and Southeast Asia. It is vital to the global ecosystem. Due to climate change, the glaciers on the plateau are melting at an accelerating rate. China has been making efforts to protect the ecosystem of the plateau, with grassland coverage steadily increasing and many endangered species being more effectively protected.

【衔接】第2句起改用 It 承接，避免反复整名

第1句首次出现全名 the Qinghai-Tibet Plateau 后，第2句 青藏高原自然资源丰富 不再重复整名，改用代词 It 承接 (It is rich in...)；第4句 这里 同样译 It。整篇靠 It 串联，既连贯又不啰嗦。

第6句因果转折处补 due to 显逻辑

第5句说青藏高原「至关重要」，第6句 由于气候变化的影响，青藏高原的冰川正在加速融化 转入「正面临威胁」。句首 Due to climate change 既交代原因，也自然完成从「价值」到「危机」的语义过渡，无需另加转折词。

第7句用 with 伴随结构收束全篇成果

末句讲中国的保护行动与成效，用 China has been making efforts..., with... 的伴随结构把「行动+成果」收成一句，作为全篇的落点，读来有总结收束之感，避免与前文割裂。

逐句解析

一整段连排中文、无段落标记无题号——把它切成一句句翻译单元本身就是解题动作，句前 N. 为逐句解析自切的句序号（非考卷题号），与卷面中文逐字对应。

【主旨】客观介绍青藏高原的概况与生态

全篇在客观介绍青藏高原这一地理实体的位置、面积、资源、生态价值与现状，属典型的「中国地理/生态介绍」说明文语体。开篇 青藏高原(the Qinghai-Tibet Plateau)位于中国西南部，面积约230万平方公里，平均海拔4000米以上 全是客观事实陈述，不带感情色彩，用词宜平实、准确，避免华丽或口语化表达。

【时态】一般现在时

全篇是对青藏高原现状与客观特征的介绍，讲的是「现在长期成立的事实」，故主时态定一般现在时。如 位于中国西南部、这里是亚洲许多著名河流的源头 都是恒常事实。仅个别讲「正在发生」或「一直在做」的动作处偏离：正在加速融化 用现在进行时、一直在努力保护 用现在完成进行时。

【译法】青藏高原

原文已给出官方英译，全篇统一用 the Qinghai-Tibet Plateau；后文重复出现时多用代词 it 承接，避免反复整名。依据 青藏高原(the Qinghai-Tibet Plateau)，括号内即约定俗成的官方译名，直接照用最稳妥。

世界屋脊

文化负载称号，采用约定俗成的意译 the Roof of the World，首字母大写并加定冠词 the（这是专有称号）。依据 被称为"世界屋脊"，此为青藏高原的固定别称，不可音译。

东南亚

固定地理专名，统一译 Southeast Asia，首字母大写、不加冠词。依据 是中国和东南亚的主要淡水供应源。

1. 青藏高原(the Qinghai-Tibet Plateau)位于中国西南部，面积约230万平方公里，平均海拔4000米以上，被称为"世界屋脊"。

【主干】 主语是青藏高原，主干谓语取「位于」（主语策略：原句主语）

中文主语明确就是 青藏高原，主干立为 The Qinghai-Tibet Plateau is located in / lies in the southwest of China（主谓宾齐全）。其余「面积约230万平方公里」「平均海拔4000米以上」「被称为世界屋脊」都是对主语的补充描述，不与主干争谓语。

【降级】 面积、海拔降级为 with 介词短语，别称用 known as 分词

「面积约230万平方公里，平均海拔4000米以上」是两条并列的客观数据，降级为 with an area of about 2.3 million square kilometers and an average altitude of over 4,000 meters（with 引导的介词短语，挂在主干后）；被称为"世界屋脊" 降级为过去分词短语 known as "the Roof of the World"。这样一句话只有一个谓语 is located，其余全是修饰，避免译成 it is located..., its area is..., it is called... 三个并列流水句。

【语法】 时态

回指全篇基调用一般现在时：is located。位置是恒常事实，不用过去时。

介词搭配

「位于.....西南部」用 in the southwest of China（高原是中国境内的一部分，用 in 不用 to）；「面积为」用 an area of；「海拔4000米以上」的「以上」用 over / above。

数字单复数

2.3 million square kilometers、4,000 meters，单位名词随复数加 -s；million 前有具体数字时不加 -s（2.3 million 不是 2.3 millions）。

【译文】 Located in the southwest of China, the Qinghai-Tibet Plateau, with an area of about 2.3 million square kilometers and an average altitude of over 4,000 meters, is known as "the Roof of the World".

2. 青藏高原自然资源丰富，风景秀丽，拥有多种珍稀野生动物。

【主干】 主语青藏高原，主干谓语取「拥有」（主语策略：原句主语）

三个分句共用主语 青藏高原。「自然资源丰富」「风景秀丽」是形容状态，「拥有多种珍稀野生动物」含实义动词「拥有」，最适合当主干谓语：It is rich in natural resources... and is home to various rare wild animals.

【降级】 三分句用 and 并列谓语，第二句承前省主语

本句三个分句共主语，可处理为并列谓语：It is rich in natural resources, boasts beautiful scenery and is home to various rare wild animals。「风景秀丽」用 boast（拥有引以为傲的）一词更地道，省得再起 its scenery is beautiful。三个谓语共一个主语 It，无需重复。

【语法】时态

一般现在时: is rich, boasts, is home to——讲的是恒常特征。

搭配

「资源丰富」固定搭配 be rich in (不是 rich of) ; 「是.....的家园/栖息地」用 be home to。

单复数

「多种珍稀野生动物」不止一种, animals 用复数; various 后接复数名词。

【译文】 It is rich in natural resources, boasts beautiful scenery, and is home to various rare wild animals.

3. 青藏高原气温很低, 形成了大面积高山冰川。

【主干】 前因「气温很低」、后果「形成冰川」, 主干取后果 (主语策略: 原句主语)

两分句是因果关系: 气温很低 是原因, 形成了大面积高山冰川 是结果。主干立结果句 vast alpine glaciers have formed / the low temperature has led to...; 「气温很低」降级为原因状语。主语可定为 The low temperature (让原因作主语带出结果), 更显因果。

【降级】 原因句降级为 with 短语或让其作主语

「气温很低」可处理为 Due to its low temperatures / With low temperatures 作原因状语, 主干 the plateau has formed large areas of alpine glaciers; 或直接 The low temperatures have led to the formation of vast alpine glaciers。两动词「(气温) 低」「形成」中只留「形成」作谓语, 避免 and 平铺。

【语法】时态

「形成了」表已经形成并持续存在的结果, 用现在完成时 have formed 比一般过去时更贴切; 本篇基调虽为现在时, 此处讲「已完成并延续」属合理偏离。

单复数

「大面积高山冰川」冰川不止一片, glaciers 用复数; 「大面积」译 large areas of / vast areas of。

搭配

「高山冰川」用 alpine glaciers (alpine = 高山的) 或 high-mountain glaciers; 「形成」可用 form / lead to the formation of。

【译文】 Due to its low temperatures, the plateau has formed large areas of alpine glaciers.

4. 这里是亚洲许多著名河流的源头, 是中国和东南亚的主要淡水供应源。

【主干】 「这里」指代青藏高原, 补为 It 作主语 (主语策略: 补主语)

中文主语是指示词 这里, 指代上文的青藏高原, 英文补一个明确主语 It。两分句共主语: It is the source of many famous rivers in Asia and a major freshwater supply for China and Southeast Asia。主干谓语 is, 两个并列表语。

【降级】 两个「是.....」并表语, 用 and 连接

两分句都是「(这里) 是.....」的判断句, 共主语共系动词, 合并为 It is A and B: It is the source of many famous rivers in Asia and a major freshwater supply for China and Southeast Asia。无需重复 It is。

【语法】时态

一般现在时 is, 恒常事实。

搭配

「.....的源头」用 the source of; 「淡水供应源」用 freshwater source / supply; 「主要的」用 major / main。

单复数与冠词

「许多著名河流」rivers 复数; 「源头」此处特指、用 the source; 「东南亚」Southeast Asia 专名不加冠词、首字母大写。

【译文】 It is the source of many famous rivers in Asia and a major freshwater supply for China and Southeast Asia.

5. 青藏高原对全球生态系统至关重要。

【主干】 主语青藏高原（可用 It 承接），主干 is vital（主语策略：原句主语）

短判断句，主语 青藏高原，谓语「至关重要」译为系表 is vital / is of great importance。整句 It is vital to the global ecosystem。

【降级】 单一简单句，无需降级

本句只有一个主谓结构，信息单一，是天然的简单句，直接译出即可，不需要降级修饰。

【语法】时态

一般现在时 is, 恒常事实。

搭配

「对.....至关重要」用 be vital/crucial/essential to（介词用 to, 不用 for/of）; 「全球生态系统」the global ecosystem, 特指、加 the。

【译文】 It is vital to the global ecosystem.

6. 由于气候变化的影响，青藏高原的冰川正在加速融化。

【主干】 主语「冰川」，主干谓语「融化」（主语策略：原句主语）

主干主语是 青藏高原的冰川（the glaciers on the plateau），谓语「正在加速融化」are melting at an accelerating rate。由于气候变化的影响 是原因状语，不进主干。

【降级】 「由于.....影响」降级为 Due to 介词短语

由于气候变化的影响 降级为 Due to climate change / Affected by climate change 作句首原因状语; 主干 the glaciers on the plateau are melting at an accelerating rate。「的影响」无需逐字译成 the influence of, Due to climate change 已含此意，避免 Due to the influence of climate change 的中式累赘。

【语法】时态

「正在加速融化」是当下正在进行的动作，用现在进行时 are melting，属对全篇现在时基调的合理偏离（强调进行中）。

单复数与主谓一致

冰川复数 glaciers，谓语用 are（复数主语配 are，不是 is）。

表达「加速」

「加速融化」用 are melting at an accelerating rate / are melting faster and faster，别生造 speed-up melting。

【译文】 Due to climate change, the glaciers on the plateau are melting at an accelerating rate.

7. 中国一直在努力保护青藏高原的生态系统，草地覆盖率不断增加，许多濒危物种得到更为有效的保护。

【主干】 主干「中国一直努力保护生态系统」，后两分句各自独立（主语策略：原句主语）

本句含三层信息、主语不同：① 中国一直在努力保护青藏高原的生态系统，主语 China，主干 China has been making efforts to protect...；② 草地覆盖率不断增加 主语是 grassland coverage；③ 许多濒危物种得到更为有效的保护 主语是 endangered species（且是被保护，宜用被动）。第一层作主干，后两层是其成果，降级为伴随/结果状语。

【降级】 成果两分句用 with 伴随结构降级，物种句转被动

后两层是「努力保护」的成果，用 with 引导的伴随结构降级挂在主干后：..., with grassland coverage steadily increasing and many endangered species being more effectively protected。许多濒危物种得到更为有效的保护 中物种是动作的承受者，转被动 being protected（subjectStrategy 已说本句多主语，此处分句内部用被动）。避免译成三个 and 平铺的流水句。

【语法】时态

「一直在努力」强调从过去持续到现在并仍在进行，用现在完成进行时 has been making efforts / has been working，属合理偏离基调。

语态

「物种得到保护」物种是承受者，用被动 species being protected / are protected；这是英文被动多于汉语的典型，中文「得到/受到」常对应英文被动。

单复数与主谓一致

「许多濒危物种」species 此处复数（species 单复数同形，由 many 与谓语判定为复数）；coverage 不可数、不加 -s。

搭配

「努力做」make efforts to do / work to do；「覆盖率」coverage / coverage rate；「濒危物种」endangered species；「更有效地」more effectively。

【译文】 China has been making efforts to protect the ecosystem of the plateau, with grassland coverage steadily increasing and many endangered species being more effectively protected.

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Part IV	汉译英（段落翻译）	本题