

考研英语二 · 英语二真题 · 2019年

Section I

Use of English

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET. (10 points)

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations. 1, when done too often, this habit can sometimes hurt more than it 2.

As for me, weighing myself every day caused me to shift my focus from being generally healthy and physically active, to focusing 3 on the scale. That was bad for my overall fitness goals. I had gained weight in the form of muscle mass, but thinking only of 4 the number on the scale, I altered my training program. That conflicted with how I needed to train to 5 my goals.

I also found that weighing myself daily did not provide an accurate 6 of the hard work and progress I was making in the gym. It takes about three weeks to a month to notice significant changes in your weight 7 altering your training program. The most 8 changes will be observed in skill level, strength and inches lost.

For these 9, I stopped weighing myself every day and switched to a bimonthly weighing schedule 10. Since weight loss is not my goal, it is less important for me to 11 my weight each week. Weighing every other week allows me to observe and 12 any significant weight changes. That tells me whether I need to 13 my training program.

I use my bimonthly weigh-in 14 to get information about my nutrition as well. If my training intensity remains the same, but I'm constantly 15 and dropping weight, this is a 16 that I need to increase my daily caloric intake.

The 17 to stop weighing myself every day has done wonders for my overall health, fitness and well-being. I'm experiencing increased zeal for working out since I no longer carry the burden of a 18 morning weigh-in. I've also experienced greater success in achieving my specific fitness goals, 19 I'm training according to those goals, not the numbers on a scale.

Rather than 20 over the scale, turn your focus to how you look, feel, how your clothes fit and your overall energy level.

1. [A] Besides
[B] Therefore
[C] Otherwise
[D] However
2. [A] helps
[B] cares
[C] warns
[D] reduces

3. [A] initially
[B] solely
[C] occasionally
[D] formally
4. [A] recording
[B] lowering
[C] explaining
[D] accepting
5. [A] modify
[B] set
[C] review
[D] reach
6. [A] definition
[B] depiction
[C] distribution
[D] prediction
7. [A] due to
[B] regardless of
[C] aside from
[D] along with
8. [A] orderly
[B] rigid
[C] precise
[D] immediate
9. [A] claims
[B] judgments
[C] reasons
[D] methods
10. [A] instead
[B] though
[C] again
[D] indeed
11. [A] track
[B] overlook
[C] conceal
[D] report

12. [A] depend on
[B] approve of
[C] hold onto
[D] account for
13. [A] share
[B] adjust
[C] confirm
[D] prepare
14. [A] results
[B] features
[C] rules
[D] tests
15. [A] bored
[B] anxious
[C] hungry
[D] sick
16. [A] principle
[B] secret
[C] belief
[D] sign
17. [A] request
[B] necessity
[C] decision
[D] wish
18. [A] disappointing
[B] surprising
[C] restricting
[D] consuming
19. [A] if
[B] unless
[C] until
[D] because
20. [A] obsessing
[B] dominating
[C] puzzling
[D] triumphing

Section II

Reading Comprehension

Part A

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 1

Unlike so-called basic emotions such as sadness, fear, and anger, guilt emerges a little later, in conjunction with a child's growing grasp of social and moral norms. Children aren't born knowing how to say "I'm sorry"; rather, they learn over time that such statements appease parents and friends – and their own consciences. This is why researchers generally regard so-called moral guilt, in the right amount, to be a good thing.

In the popular imagination, of course, guilt still gets a bad rap. It is deeply uncomfortable – it's the emotional equivalent of wearing a jacket weighted with stones. Yet this understanding is outdated. "There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary – feelings that may be advantageous in one context may be harmful in another. Jealousy and anger, for example, may have evolved to alert us to important inequalities. Too much happiness can be destructive.

And guilt, by prompting us to think more deeply about our goodness, can encourage humans to make up for errors and fix relationships. Guilt, in other words, can help hold a cooperative species together. It is a kind of social glue.

Viewed in this light, guilt is an opportunity. Work by Tina Malti, a psychology professor at the University of Toronto, suggests that guilt may compensate for an emotional deficiency. In a number of studies, Malti and others have shown that guilt and sympathy may represent different pathways to cooperation and sharing. Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses. And vice versa: High sympathy can substitute for low guilt.

In a 2014 study, for example, Malti looked at 244 children. Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions. Then the kids were handed chocolate coins, and given a chance to share them with an anonymous child. For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty. The guilt-prone ones shared more, even though they hadn't magically become more sympathetic to the other child's deprivation.

"That's good news," Malti says. "We can be prosocial because we caused harm and we feel regret."

21. Researchers think that guilt can be a good thing because it may help_____.

- [A] regulate a child's basic emotions
- [B] improve a child's intellectual ability
- [C] foster a child's moral development
- [D] intensify a child's positive feelings

22. According to Paragraph 2, many people still consider guilt to be ____.
- [A] deceptive
 - [B] burdensome
 - [C] addictive
 - [D] inexcusable
23. Vaish holds that the rethinking about guilt comes from an awareness that ____.
- [A] emotions are context-independent
 - [B] emotions are socially constructive
 - [C] emotional stability can benefit health
 - [D] an emotion can play opposing roles
24. Malti and others have shown that cooperation and sharing ____.
- [A] may help correct emotional deficiencies
 - [B] can result from either sympathy or guilt
 - [C] can bring about emotional satisfaction
 - [D] may be the outcome of impulsive acts
25. The word "transgressions" (Line 4, Para. 5) is closest in meaning to ____.
- [A] teachings
 - [B] discussions
 - [C] restrictions
 - [D] wrongdoings

Text 2

Forests give us shade, quiet and one of the harder challenges in the fight against climate change. Even as we humans count on forests to soak up a good share of the carbon dioxide we produce, we are threatening their ability to do so. The climate change we are hastening could one day leave us with forests that emit more carbon than they absorb.

Thankfully, there is a way out of this trap – but it involves striking a subtle balance. Helping forests flourish as valuable "carbon sinks" long into the future may require reducing their capacity to absorb carbon now. California is leading the way, as it does on so many climate efforts, in figuring out the details.

The state's proposed Forest Carbon Plan aims to double efforts to thin out young trees and clear brush in parts of the forest. This temporarily lowers carbon-carrying capacity. But the remaining trees draw a greater share of the available moisture, so they grow and thrive, restoring the forest's capacity to pull carbon from the air. Healthy trees are also better able to fend off insects. The landscape is rendered less easily burnable. Even in the event of a fire, fewer trees are consumed.

The need for such planning is increasingly urgent. Already, since 2010, drought and insects have killed over 100 million trees in California, most of them in 2016 alone, and wildfires have burned hundreds of thousands of acres.

California plans to treat 35,000 acres of forest a year by 2020, and 60,000 by 2030 – financed from the proceeds of the state's emissions-permit auctions. That's only a small share of the total acreage that could benefit,

about half a million acres in all, so it will be vital to prioritize areas at greatest risk of fire or drought.

The strategy also aims to ensure that carbon in woody material removed from the forests is locked away in the form of solid lumber or burned as biofuel in vehicles that would otherwise run on fossil fuels. New research on transportation biofuels is already under way.

State governments are well accustomed to managing forests, but traditionally they've focused on wildlife, watersheds and opportunities for recreation. Only recently have they come to see the vital part forests will have to play in storing carbon. California's plan, which is expected to be finalized by the governor next year, should serve as a model.

26. By saying "one of the harder challenges," the author implies that_____.

- [A] global climate change may get out of control
- [B] people may misunderstand global warming
- [C] extreme weather conditions may arise
- [D] forests may become a potential threat

27. To maintain forests as valuable "carbon sinks," we may need to_____.

- [A] preserve the diversity of species in them
- [B] accelerate the growth of young trees
- [C] strike a balance among different plants
- [D] lower their present carbon-absorbing capacity

28. California's Forest Carbon Plan endeavors to_____.

- [A] cultivate more drought-resistant trees
- [B] reduce the density of some of its forests
- [C] find more effective ways to kill insects
- [D] restore its forests quickly after wildfires

29. What is essential to California's plan according to Paragraph 5?

- [A] To handle the areas in serious danger first.
- [B] To carry it out before the year of 2020.
- [C] To perfect the emissions-permit auctions.
- [D] To obtain enough financial support.

30. The author's attitude to California's plan can best be described as_____.

- [A] ambiguous
- [B] tolerant
- [C] supportive
- [D] cautious

Text 3

American farmers have been complaining of labor shortages for several years. The complaints are unlikely to stop without an overhaul of immigration rules for farm workers.

Congress has obstructed efforts to create a more straightforward visa for agricultural workers that would let foreign workers stay longer in the U.S. and change jobs within the industry. If this doesn't change, American businesses, communities, and consumers will be the losers.

Perhaps half of U.S. farm laborers are undocumented immigrants. As fewer such workers enter the country, the characteristics of the agricultural workforce are changing. Today's farm laborers, while still predominantly born in Mexico, are more likely to be settled rather than migrating and more likely to be married than single. They're also aging. At the start of this century, about one-third of crop workers were over the age of 35. Now more than half are. And picking crops is hard on older bodies. One oft-debated cure for this labor shortage remains as implausible as it's been all along: Native U.S. workers won't be returning to the farm.

Mechanization isn't the answer, either – not yet, at least. Production of corn, cotton, rice, soybeans, and wheat has been largely mechanized, but many high-value, labor-intensive crops, such as strawberries, need labor. Even dairy farms, where robots do a small share of milking, have a long way to go before they're automated.

As a result, farms have grown increasingly reliant on temporary guest workers using the H-2A visa to fill the gaps in the workforce. Starting around 2012, requests for the visas rose sharply; from 2011 to 2016 the number of visas issued more than doubled.

The H-2A visa has no numerical cap, unlike the H-2B visa for nonagricultural work, which is limited to 66,000 a year. Even so, employers complain they aren't given all the workers they need. The process is cumbersome, expensive, and unreliable. One survey found that bureaucratic delays led the average H-2A worker to arrive on the job 22 days late. The shortage is compounded by federal immigration raids, which remove some workers and drive others underground.

In a 2012 survey, 71 percent of tree-fruit growers and almost 80 percent of raisin and berry growers said they were short of labor. Some western farmers have responded by moving operations to Mexico. From 1998 to 2000, 14.5 percent of the fruit Americans consumed was imported. Little more than a decade later, the share of imports was 25.8 percent.

In effect, the U.S. can import food or it can import the workers who pick it.

31. What problem should be addressed according to the first two paragraphs?

- [A] Discrimination against foreign workers in the U.S.
- [B] Biased laws in favor of some American businesses.
- [C] Flaws in U.S. immigration rules for farm workers.
- [D] Decline of job opportunities in U.S. agriculture.

32. One trouble with U.S. agricultural workforce is_____.

- [A] the rising number of illegal immigrants
- [B] the high mobility of crop workers
- [C] the lack of experienced laborers
- [D] the aging of immigrant farm workers

33. What is the much-argued solution to the labor shortage in U.S. farming?

- [A] To attract younger laborers to farm work.
- [B] To get native U.S. workers back to farming.
- [C] To use more robots to grow high-value crops.
- [D] To strengthen financial support for farmers.

34. Agricultural employers complain about the H-2A visa for its_____.

- [A] slow granting procedures
- [B] limit on duration of stay
- [C] tightened requirements
- [D] control of annual admissions

35. Which of the following could be the best title for this text?

- [A] U.S. Agriculture in Decline?
- [B] Import Food or Labor?
- [C] America Saved by Mexico?
- [D] Manpower vs. Automation?

Text 4

Arnold Schwarzenegger, Dia Mirza and Adrian Grenier have a message for you: It's easy to beat plastic. They're part of a bunch of celebrities starring in a new video for World Environment Day – encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

The key messages that have been put together for World Environment Day do include a call for governments to enact legislation to curb single-use plastics. But the overarching message is directed at individuals.

My concern with leaving it up to the individual, however, is our limited sense of what needs to be achieved. On their own, taking our own bags to the grocery store or quitting plastic straws, for example, will accomplish little and require very little of us. They could even be detrimental, satisfying a need to have "done our bit" without ever progressing onto bigger, bolder, more effective actions – a kind of "moral licensing" that allays our concerns and stops us doing more and asking more of those in charge.

While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we're ignoring the balance of power that implies that as "consumers" we must shop sustainably, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

It's important to acknowledge that the environment isn't everyone's priority – or even most people's. We shouldn't expect it to be. In her latest book, *Why Good People Do Bad Environmental Things*, Wellesley College professor Elizabeth R. DeSombre argues that the best way to collectively change the behavior of large numbers of people is for the change to be structural.

This might mean implementing policy such as a plastic tax that adds a cost to environmentally problematic action, or banning single-use plastics altogether. India has just announced it will "eliminate all single-use plastic

in the country by 2022." There are also incentive-based ways of making better environmental choices easier, such as ensuring recycling is at least as easy as trash disposal.

DeSombre isn't saying people should stop caring about the environment. It's just that individual actions are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior.

None of this is about writing off the individual. It's just about putting things into perspective. We don't have time to wait. We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

36. Some celebrities star in a new video to____.
- [A] demand new laws on the use of plastics
 - [B] urge consumers to cut the use of plastics
 - [C] invite public opinion on the plastics crisis
 - [D] disclose the causes of the plastics crisis
37. The author is concerned that "moral licensing" may____.
- [A] mislead us into doing worthless things
 - [B] prevent us from making further efforts
 - [C] weaken our sense of accomplishment
 - [D] suppress our desire for success
38. By pointing out our identity "citizens", the author indicates that____.
- [A] our focus should be shifted to community welfare
 - [B] our relationship with local industries is improving
 - [C] we have been actively exercising our civil rights
 - [D] we should press our government to lead the combat
39. DeSombre argues that the best way for a collective change should be____.
- [A] a win-win arrangement
 - [B] a self-driven mechanism
 - [C] a cost-effective approach
 - [D] a top-down process
40. The author concludes that individual efforts____.
- [A] can be too aggressive
 - [B] can be too inconsistent
 - [C] are far from sufficient
 - [D] are far from rational

Part B

Directions:

Read the following text and match each of the numbered items in the left column to its corresponding information in the right column. There are two extra choices in the right column. Mark your answers on the ANSWER SHEET. (10 points)

In choosing a new home, Camille McClain's kids have a single demand: a backyard.

McClain's little ones aren't the only kids who have an opinion when it comes to housing, and in many cases youngsters' views weigh heavily on parents' real estate decisions, according to a 2018 Harris Poll survey of more than 2,000 U.S. adults.

While more families buck an older-generation proclivity to leave kids in the dark about real estate decisions, realty agents and psychologists have mixed views about the financial, personal and long-term effects kids' opinions may have.

The idea of involving children in a big decision is a great idea because it can help them feel a sense of control and ownership in what can be an overwhelming process, said Ryan Hooper, clinical psychologist in Chicago.

"Children may face serious difficulties in coping with significant moves, especially if it removes them from their current school or support system," he said.

Greg Jaroszewski, real estate broker with Gagliardo Realty Associates, said he's not convinced that kids should be involved in selecting a home – but their opinions should be considered in regards to proximity to friends and social activities, if possible.

Younger children should feel like they're choosing their home – without actually getting a choice in the matter, said Adam Bailey, real estate attorney based in New York.

Asking them questions about what they like about the backyard of a potential home will make them feel like they're being included in the decision-making process, Bailey said.

Many of the aspects of homebuying aren't a consideration for children, said Tracey Hampson, a real estate agent based in Santa Clarita, Calif. And placing too much emphasis on their opinions can ruin a fantastic home purchase.

"Speaking with your children before you make a real estate decision is wise, but I wouldn't base the purchasing decision solely on their opinions," Hampson said.

The other issue is that many children – especially older ones – may base their real estate knowledge on HGTV shows, said Aaron Norris of The Norris Group in Riverside, Calif.

"They love Chip and Joanna Gaines just as much as the rest of us," he said. "HGTV has seriously changed how people view real estate. It's not shelter, it's a lifestyle. With that mindset change come some serious money consequences."

Kids tend to get stuck in the features and the immediate benefits to them personally, Norris said.

Parents need to remind their children that their needs and desires may change over time, said Julie Gurner, a real estate analyst with FitSmallBusiness.com.

"Their opinions can change tomorrow," Gurner said. "Harsh as it may be to say, that decision should likely not be made contingent on a child's opinions, but rather made for them with great consideration into what home can meet their needs best—and give them an opportunity to customize it a bit and make it their own."

This advice is more relevant now than ever before, even as more parents want to embrace the ideas of their children, despite the current housing crunch.

	[A] remarks that significant moves may pose challenges to children.
41. Ryan Hooper	[B] says that it is wise to leave kids in the dark about real estate decisions.
42. Adam Bailey	[C] advises that home purchases should not be based only on children's opinions.
43. Tracey Hampson	[D] thinks that children should be given a sense of involvement in homebuying decisions.
44. Aaron Norris	[E] notes that aspects like children's friends and social activities should be considered upon homebuying.
45. Julie Gurner	[F] believes that homebuying decisions should be based on children's needs rather than their opinions.
	[G] assumes that many children's views on real estate are influenced by the media.

Section III

Translation

46. Directions:

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

It is easy to underestimate English writer James Herriot. He had such a pleasant, readable style that one might think that anyone could imitate it. How many times have I heard people say, "I could write a book. I just haven't the time." Easily said. Not so easily done. James Herriot, contrary to popular opinion, did not find it easy in his early days of, as he put it, "having a go at the writing game". While he obviously had an abundance of natural talent, the final, polished work that he gave to the world was the result of years of practicing, re-writing and reading. Like the majority of authors, he had to suffer many disappointments and rejections along the way, but these made him all the more determined to succeed. Everything he achieved in life was earned the hard way and his success in the literary field was no exception.

Section IV

Writing

Part A

47. Directions:

Suppose Professor Smith asked you to plan a debate on the theme of city traffic.

Write him an email to

1)suggest a specific topic with your reasons, and

2)tell him about your arrangements.

You should write about 100 words on the ANSWER SHEET.

Do not use your own name. Use "Li Ming" instead. (10 points)

Part B

48. Directions:

Write an essay based on the chart below. In your writing, you should

1)interpret the chart, and

2)give your comments.

You should write about 150 words on the ANSWER SHEET. (15 points)

2019年 考研英语二完形填空（四选一）· 1-20 空答案与解析

CLOZE & ANALYSIS • 完形题和解析

完形填空题和解析 · 1-20 空

本页 1-20 空的正确选项与逐空解析由懒笔记基于2019年 考研英语二完形填空（四选一）原卷逐空核对整理。与试卷排版同一卷面：Directions、7 段带空原文（每段之后紧随中文翻译）与每空四选项连续排印；卷面下方逐空紧跟解析——正确选项、原文填空线索、四选项逐个辨析（正确项契合点 + 错项错因与差别），以及代入验证。

英语二真题(2019)

Section I

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET. (10 points)

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations. 1, when done too often, this habit can sometimes hurt more than it 2.
定期称体重是了解体重显著波动的好方法。然而,当称重过于频繁时,这一习惯有时弊大于利。

As for me, weighing myself every day caused me to shift my focus from being generally healthy and physically active, to focusing 3 on the scale. That was bad for my overall fitness goals. I had gained weight in the form of muscle mass, but thinking only of 4 the number on the scale, I altered my training program. That conflicted with how I needed to train to 5 my goals.
就我而言,每天称体重使我的注意力从保持总体健康和身体活跃转移到只关注体重秤上的数字。这对我的整体健身目标不利。我以肌肉质量的形式增加了体重,但由于只想着降低体重秤上的数字,我改变了训练计划。这与我为实现目标所需的训练方式相冲突。

I also found that weighing myself daily did not provide an accurate 6 of the hard work and progress I was making in the gym. It takes about three weeks to a month to notice significant changes in your weight 7 altering your training program. The most 8 changes will be observed in skill level, strength and inches lost.

我还发现每天称体重无法准确反映我在健身房付出的努力和取得的进步。由于改变训练计划而导致体重发生显著变化大约需要三周到一个月的时间。最直接的变化将体现在技能水平、力量和减少的英寸数上。

For these 9, I stopped weighing myself every day and switched to a bimonthly weighing schedule 10. Since weight loss is not my goal, it is less important for me to 11 my weight each week. Weighing every other week allows me to observe and 12 any significant weight changes. That tells me whether I need to 13 my training program.

基于这些原因,我停止了每天称体重,改为每两周称一次体重。由于减重不是我的目标,每周跟踪体重对我来说不那么重要。每两周称一次体重让我能够观察和记录任何显著的体重变化。这告诉我是否需要调整训练计划。

I use my bimonthly weigh-in 14 to get information about my nutrition as well. If my training intensity remains the same, but I'm constantly 15 and dropping weight, this is a 16 that I need to increase my daily caloric intake.

我还利用每两周一次的称重结果来获取关于营养的信息。如果我的训练强度保持不变,但我经常感到饥饿并且体重下降,这表明我需要增加每日热量摄入。

The 17 to stop weighing myself every day has done wonders for my overall health, fitness and well-being. I'm experiencing increased zeal for working out since I no longer carry the burden of a 18 morning weigh-in. I've also experienced greater success in achieving my specific fitness goals, 19 I'm training according to those goals, not the numbers on a scale.

停止每天称体重的决定对我的整体健康、健身和幸福感产生了奇妙的效果。由于不再承受令人失望的晨间称重的负担,我对锻炼的热情增加了。我在实现具体健身目标方面也取得了更大的成功,因为我是根据这些目标进行训练,而不是根据体重秤上的数字。

Rather than 20 over the scale, turn your focus to how you look, feel, how your clothes fit and your overall energy level.

与其纠结于体重秤,不如将注意力转向你的外表、感觉、衣服的合身度以及整体精力水平。

1. [A] Besides
[B] Therefore
[C] Otherwise
[D] However
2. [A] helps
[B] cares
[C] warns
[D] reduces
3. [A] initially
[B] solely
[C] occasionally
[D] formally
4. [A] recording
[B] lowering
[C] explaining
[D] accepting
5. [A] modify
[B] set
[C] review
[D] reach

6. ☐ A] definition
☐ B] depiction
☐ C] distribution
☐ D] prediction
7. ☐ A] due to
☐ B] regardless of
☐ C] aside from
☐ D] along with
8. ☐ A] orderly
☐ B] rigid
☐ C] precise
☐ D] immediate
9. ☐ A] claims
☐ B] judgments
☐ C] reasons
☐ D] methods
10. ☐ A] instead
☐ B] though
☐ C] again
☐ D] indeed
11. ☐ A] track
☐ B] overlook
☐ C] conceal
☐ D] report
12. ☐ A] depend on
☐ B] approve of
☐ C] hold onto
☐ D] account for
13. ☐ A] share
☐ B] adjust
☐ C] confirm
☐ D] prepare
14. ☐ A] results
☐ B] features
☐ C] rules
☐ D] tests

15. [A] bored
[B] anxious
[C] hungry
[D] sick
16. [A] principle
[B] secret
[C] belief
[D] sign
17. [A] request
[B] necessity
[C] decision
[D] wish
18. [A] disappointing
[B] surprising
[C] restricting
[D] consuming
19. [A] if
[B] unless
[C] until
[D] because
20. [A] obsessing
[B] dominating
[C] puzzling
[D] triumphing

1. ____

【答案】 [D] However 逻辑关系

【线索】 前句褒后句贬，构成明显语义反转

前句把每日称重描述为a wonderful way（褒义），后句紧接着说this habit can sometimes hurt more than it __ (2) __（贬义、提出风险）。一褒一贬之间需要一个表示转折的连接词，答案应具备"however/but"的语义。

【选项】 A) Besides X 表补充而非转折

Besides意为"此外/而且"，用于补充同向论据，但本处前后句是一褒一贬的反向关系，不能用补充词。

B) Therefore X 表因果方向反了

Therefore意为"因此"，要求后句是前句的结果。前句说"每日称重是好办法"，后句却说"会有害"，明显不是因果关系。

C) Otherwise X 表假设条件下的相反结果

Otherwise意为"否则"，意味着"如果不这样做，就会....."。但前句并未提出一个需被遵守的条件，逻辑链对不上。

D) However ✓ 标准转折词，承接"好处—风险"反转

However意为"然而"，正好承接前句"a wonderful way"与后句"hurt more than it helps"的褒贬反差，是英语议论文中最典型的让步转折信号。

【验证】 代入后整句为However, when done too often, this habit can sometimes hurt more than it __ (2) __，与前句的肯定基调形成清晰转折，引出全文"过频称重有害"的核心主张，与第一步 outline 的"总-反"开头完全吻合。

2. ____

【答案】 [A] helps 词义辨析

【线索】 本句 hurt 与空成反义对照

this habit can sometimes hurt more than it __(2)__ 中, hurt 表"伤害", 连词 more than 暗示"伤害大于其(某种正面作用)". 空处需要一个与 hurt 语义相反的动词, 指"有益/帮助".

【选项】 A) helps ✓ 标准反义对照, hurt vs helps

helps"帮助"与 hurt 构成最经典的英语反义对, hurt more than it helps是"弊大于利"的固定表达, 正中本句框架。

B) cares ✗ 动作主体不对, 且非 hurt 的反义

cares"在乎/关心"主语通常是人, 习惯也无法"在乎"; 且 care 不构成与 hurt 的反义对照。

C) warns ✗ 义近"提醒"但与 hurt 不对照

warns"警告"虽然能与"称重"勉强搭上(提醒体重变化), 但与 hurt 不构成反义, hurt more than it warns 语义混乱。

D) reduces ✗ 缺宾语、且语义不对

reduces"减少"是及物动词, 需要宾语; 且"减少"与 hurt 不构成反义对照, 与全文"称重的利弊"主题也无直接关联。

【验证】 代入后this habit can sometimes hurt more than it __(2)__读作"弊大于利", 正好作为第1段从褒到贬的过渡总评, 自然引出第2段作者亲历的负面后果, 与全文脉络一致。

3. ____

【答案】 [B] solely 词义辨析

【线索】 前文用 shift ... from ... to 暗示"由广转窄"

weighing myself every day caused me to shift my focus from being generally healthy and physically active, to focusing __(3)__ on the scale中, from 后是"全面健康与体能活跃"(范围广), to 后应当是与之相对的"范围窄"——只盯一件事。空处需要一个表"唯一、单一"的副词。

【选项】 A) initially X 时间维度, 错维度

initially"最初地"是时间副词, 与"从全面健康转为只盯体重秤"的范围对照不匹配。

B) solely ✓ "唯一地、仅仅", 正与"generally"反义

solely"仅仅、唯一地"完美对照前文的being generally healthy and physically active——从"广泛关注健康"窄化到"只盯体重秤", 是范围由广到窄的反义对照。

C) occasionally X 频率"偶尔", 与每日称重事实矛盾

occasionally"偶尔地"是频率副词, 但作者明确说weighing myself every day, 每日称重不可能"偶尔关注"体重秤, 逻辑自相矛盾。

D) formally X 方式"正式地", 语义与场景无关

formally"正式地"修饰"关注体重秤"语义奇怪, 与作者亲历健身的非正式语境也不搭。

【验证】 代入后to focusing __(3)__ on the scale变为"仅仅盯着体重秤", 与前文"generally healthy"形成"广—窄"对照, 又顺势引出下一句That was bad for my overall fitness goals——"只盯一件事"才会让整体目标受损, 全段逻辑自治。

4. ____

【答案】 [B] lowering 词义辨析

【线索】 上句揭示"增肌反致体重上升"是动机背景

I had gained weight in the form of muscle mass, but thinking only of __(4)__ the number on the scale, I altered my training program——作者已经因增肌而体重上升，却仍执着改训练计划，唯一合理的动机是"想把秤上数字降下来"。

【选项】 A) recording X 只"记"无须改训练，动机不足

recording"记录数字"是被动观察，不会促使作者altered my training program，动机—后果链条接不上。

B) lowering ✓ "降低数字"才会驱作者改训练

lowering"降低(数字)"完美解释"为何已增肌还要扰乱训练"——作者只想让秤上数字降下来，所以放弃了真正适合自己目标的训练方式。

C) explaining X "解释数字"语义不通

explaining"解释"数字在此语境怪异，且作者已经知道增肌的原因，无需向自己解释。

D) accepting X 若接受数字就不会改训练，与后果相反

accepting"接受"数字意味着作者不在意秤上读数，与紧跟着的"altered my training program"完全矛盾。这是干扰性较强的反向项，需特别警惕。

【验证】 代入后thinking only of __(4)__ the number on the scale, I altered my training program变为"只想着把秤上数字降下来，于是改了训练计划"，动机—后果链完整，又与第1段"过频称重有害"的主旨呼应。

5. ____

【答案】 [D] reach 词义辨析

【线索】 前句指出新训练与正确训练方式相冲突

That conflicted with how I needed to train to __(5)__ my goals——作者已经设定好健身目标，本句讲的是"为达到这些目标"需要的训练方式被打乱。空处需要表"达成、实现"的动词。

【选项】 A) modify X "修改目标"与练习目的不符

modify"修改"目标在此语境奇怪——作者并没有要改目标，而是要达到既定目标。

B) set X "设定目标"在训练之前已完成

set"设定"目标通常在训练之前；这里作者已经有了目标（fitness goals），训练是为了"达成"而非"设定"。

C) review X "复审目标"与训练目的无关

review"复审/回顾"目标偏管理类语境，与"训练以达成目标"的运动语境不搭。

D) reach ✓ "达到目标"是 train to 的最自然搭配

reach"达到"目标，是 reach one's goals 的高频搭配，且与全文"为了真正的健身目标该怎么训练"主线完全一致。

【验证】 代入后That conflicted with how I needed to train to __(5)__ my goals读作"那与我为达到目标所需的训练方式相冲突"，与第2段"扰乱了正确训练"的核心控诉相符。

6. ____

【答案】 [B] depiction 词义辨析

【线索】 accurate ____ of 努力与进展 = 准确反映/描绘

weighing myself daily did not provide an accurate __ (6) __ of the hard work and progress I was making in the gym——作者说每日称重没法"准确反映"努力与进展。空处需要一个能与 accurate 搭配、又能表"反映、呈现"的名词。

【选项】 A) definition X "定义"对象是概念非过程

definition"定义"通常针对概念或术语，不用来"定义努力与进展"，与语境不符。

B) depiction ✓ "描绘"努力与进展，正中 accurate 搭配

depiction"描绘、刻画"与 accurate 完美搭配 (accurate depiction 是高频搭配)，意为"准确反映你在健身房付出的努力与进展"，正是作者要说的意思。

C) distribution X "分布"对象不对

distribution"分布"用于人口、资源等可量化分布的对象，"努力与进展的分布"语义生硬。

D) prediction X "预测"指向未来，时态对不上

prediction"预测"指向未来，而原文 the hard work and progress I was making 是已发生事实，无法"预测"。

【验证】代入后weighing myself daily did not provide an accurate __ (6) __ of the hard work and progress I was making in the gym读作"每日称重无法准确描绘你已付出的努力与进展"，与紧跟着的"需要 3 周到 1 个月才能看出体重变化"形成自洽的因果链。

7. ____

【答案】 [A] due to 固定搭配

【线索】 前果后因——"改训练"是"体重变化"的原因

It takes about three weeks to a month to notice significant changes in your weight __ (7) __ altering your training program——"体重变化"发生在"改变训练计划"之后，是后者引起的。空处需要表"由于"的介词短语。

【选项】 A) due to ✓ "由于"，标准因果搭配

due to"由于"正好引出体重变化的原因——改训练计划。整句读作"由于改了训练计划，要 3 周到 1 个月才能看出体重变化"，与第3段解释"为何每日称重看不出进展"的核心一致。

B) regardless of ✗ "不管"否认因果，与语境相反

regardless of"无论/不管"暗示二者无关，但本文核心恰恰是"改训练计划"导致了体重变化的滞后，正是有关。

C) aside from ✗ "除.....之外"语义跑偏

aside from"除.....之外"暗示还有其他并列项，但本句并未列举多项原因，仅在讲"改训练—体重变化"这一对因果。

D) along with ✗ "伴随"表共现非因果

along with"连同/伴随"表两件事同时存在，但原文是"改训练→体重变化"的先后因果，而非平行共现。

【验证】 代入后significant changes in your weight __ (7) __ altering your training program读作"由于改了训练计划而带来的体重显著变化"，承上启下解释"为何日称看不出进展"，并为后一句The most __ (8) __ changes will be observed in skill level, strength and inches lost做铺垫。

8. ____

【答案】 [D] immediate 词义辨析

【线索】 前句强调体重变化"慢"，本句应给出"快"的对照

上句It takes about three weeks to a month to notice significant changes in your weight强调体重变化耗时长；本句以 The most ____ changes 开头，紧承其后讲"哪种变化最先被看到"。空处应填表"快、即时"的形容词。

【选项】 A) orderly X "有序的"与时间维度不符

orderly"有秩序的"形容动作或排列，不与上句"耗时长"形成对照。

B) rigid X "僵硬的"褒贬不符

rigid"僵硬的、严格的"通常带贬义，与"鼓励观察身体进步"的正面语境不搭。

C) precise X "精确的"维度错，不与"慢"对照

precise"精确的"虽然听起来正面，但维度是"准确度"而非"快慢"，无法对照上句的耗时叙述。这是最具迷惑性的干扰项。

D) immediate ✓ "即时的"正好与"3 周到 1 个月"形成对照

immediate"即时的、立刻的"在时间维度上与上句"3 周到 1 个月"形成清晰对照——体重慢变，但技能、力量、围度先变。

【验证】 代入后The most __ (8) __ changes will be observed in skill level, strength and inches lost读作"最即时可见的变化是技能、力量和围度"，正与上句"体重要 3 周到 1 个月才变"对照，第3段"为何日称看不出进展"的论证链完整。

9. ____

【答案】 [C] reasons 词义辨析

【线索】 第2、3段全是"为什么不该每日称重"的原因

weighing myself every day caused me to shift my focus和weighing myself daily did not provide an accurate __ (6) __ of the hard work and progress——前两段都在列举"每日称重"的弊端，是清一色的"原因"。

【选项】 A) claims X "主张"指尚未证实的说法

claims"主张/说法"暗示未必属实，但作者讲的都是亲身经历的事实，不是主张。

B) judgments X "判断"指评价行为

judgments"判断"侧重评价结论，但前文给的是"原因+亲历"，不是评判式语句。

C) reasons ✓ "原因"，承接前两段所有理由

reasons"原因"正好回指前两段列举的所有弊端，构成 for these reasons "基于上述原因"的高频回指搭配，并合理引出"我停了日称"的结论。

D) methods X "方法"指代对象与前文不符

methods"方法"应指代具体做法，但前两段讲的是"日称的弊端"而非"方法"，指代对象对不上。

【验证】 代入后For these __ (9) __, I stopped weighing myself every day and switched to a bimonthly weighing schedule __ (10) __读作"基于这些原因，我停了日称改为双周"，正好把前两段的"为什么"和本段的"我怎么做"连成因果，全段过渡顺畅。

10. ____

【答案】 [A] instead 逻辑关系

【线索】 stopped ... switched ... 即"换做新做法"对比

I stopped weighing myself every day and switched to a bimonthly weighing schedule __ (10) __——前一动作是"停掉旧做法", 后一动作是"换上新做法"。这种"停 A 换 B"的结构, 空处应填"取而代之"。

【选项】 A) instead ✓ "取而代之", 正中 stop A switch B 句式

instead"作为替代"完美呼应 stopped ... and switched 的替换关系, 句末加 instead 把对比强调到位。

B) though ✗ "不过"用作让步, 无对照对象

though作副词时表"不过", 需要一个被让步的前句陈述, 但本句已表态"换做双周", 无让步对象。

C) again ✗ "又一次"与首次更改不符

again"再次"暗示之前已做过同样的更改, 但文中作者只更改这一次, 前后不一致。

D) indeed ✗ "确实"用作强调, 与替代关系不符

indeed"确实"用于强调或确认上文, 但本句重点不是强调, 而是讲"换做新方案"。

【验证】 代入后I stopped weighing myself every day and switched to a bimonthly weighing schedule __ (10) __读作"我停了日称, 改为双周称一次", 承接前文"原因"自然引出"新做法", 全段从因到果的链条完整。

11. ____

【答案】 [A] track 词义辨析

【线索】 Since weight loss is not my goal 是因

Since weight loss is not my goal, it is less important for me to __(11)__ my weight each week——“减重不是我的目标”是因，所以每周“密切关注/追踪”体重就没那么重要。空处应填表“追踪、监控”。

【选项】 A) track ✓ “追踪”体重，与“减重不是目标”逻辑契合

track“追踪、监控”与 my weight 搭配自然，且与“减重不是目标”形成“目标—监控”的标准因果链。

B) overlook ✗ “忽视”则不需“less important”修饰

overlook“忽视”本就是负面动作，没必要再说“不那么重要去忽视”——逻辑层级混乱。

C) conceal ✗ “隐瞒”对象错位

conceal“隐瞒”对象通常是“信息”且面向他人，自己对自己的体重谈不上“隐瞒”。

D) report ✗ “汇报”需有接收方

report“汇报”需要汇报对象，但这是作者私人健身记录，没有汇报对象。

【验证】 代入后Since weight loss is not my goal, it is less important for me to __(11)__ my weight each week读作“由于减重不是我的目标，每周追踪体重就不那么重要”，与后一句“双周一称足以观察显著变化”形成自洽的递进。

12. ____

【答案】 [D] account for 固定搭配

【线索】 并列动词 observe 锚定“观察—理解”语义链

Weighing every other week allows me to observe and __(12)__ any significant weight changes——“observe”是观察，本句紧接讲“That tells me whether I need to __(13)__ my training program”，说明作者不仅观察还要根据观察做决策。空处应填“理解/解释”含义的动词，把“看到”升级为“能解释”。

【选项】 A) depend on X “依赖”与 observe 不形成递进

depend on“依赖”对象通常是支撑物，不与“观察”并列，也无法解释 weight changes。

B) approve of X “赞成”语义反向

approve of“赞成”体重变化语义古怪——作者观察变化是为做训练决策，不是表态赞成。

C) hold onto X “抓住不放”对象不对

hold onto“抓住、保留”语义错位——作者要解释变化而非保留变化。

D) account for ✓ “解释”体重变化，与 observe 形成“看到—解释”递进

account for“解释、说明（原因）”与 observe 并列，构成“观察体重变化→解释体重变化”的标准递进，并为下句“决定是否调整训练”做铺垫。

【验证】 代入后allows me to observe and __(12)__ any significant weight changes读作“让我观察并解释体重的显著变化”，紧接That tells me whether I need to __(13)__ my training program——只有解释清楚变化原因，才能据此判断要不要改训练，整段逻辑自洽。

13. _____

【答案】 [B] **adjust** 词义辨析

【线索】 上句"解释体重变化"指向"是否要改训练"

allows me to observe and __(12)__ any significant weight changes. That tells me whether I need to __(13)__ my training program——根据体重变化决定要不要做的事，只能是"调整"训练计划，而不是分享/确认/准备。

【选项】 A) share X "分享"无逻辑必要

share"分享"训练计划与体重变化无因果关系。

B) **adjust** ✓ "调整"，根据体重反馈改训练计划

adjust"调整"与 training program 是固定搭配 (adjust one's training program)，并与上句"解释体重变化"形成"反馈→调整"的标准因果链。

C) confirm X "确认"语义偏弱

confirm"确认"训练计划只是"再核对一次"，与"根据变化反馈做出决策"的语境不对应。

D) prepare X "准备"指向新计划

prepare"准备"暗示从头规划，但作者已有 training program，需要的是改而非建。

【验证】 代入后That tells me whether I need to __(13)__ my training program读作"那让我知道是否需要调整训练计划"，与全段"观察→解释→决策"的递进闭环。

14. ____

【答案】 [A] results 词义辨析

【线索】 "用 weigh-in ____ 获取营养信息"暗示"结果/数据"

I use my bimonthly weigh-in __ (14) __ to get information about my nutrition as well
——作者把双周称重的"什么"用来获取营养信息? 只可能是称重"结果"。

【选项】 A) results ✓ "结果"可被解读以获取营养信息

results"结果"——双周称重的结果可被解读以判断营养状况, 正与下句"训练强度不变但体重下降说明要增加热量"形成证据链。

B) features X "特征"对象错

features"特征"通常修饰事物本身(如产品特征), 不修饰"称重这件事"。

C) rules X "规则"无法用于获取信息

rules"规则"是行为指南, 不能"用来获取营养信息"。

D) tests X "测试"与 weigh-in 重复

tests"测试"本身已含"行为"义, 和 weigh-in 重叠, 且"用测试获取信息"与"用结果获取信息"相比, 前者太抽象、不及结果具体。

【验证】 代入后I use my bimonthly weigh-in __ (14) __ to get information about my nutrition as well读作"我把双周称重的结果用来获取营养信息", 正与下句If my training intensity remains the same, but I'm constantly __ (15) __ and dropping weight构成"看结果—推营养"的证据链。

15. ____

【答案】 [C] hungry 词义辨析

【线索】 下句"需要增加每日热量摄入"反推原因为"缺热量"

this is a __(16)__ that I need to increase my daily caloric intake——结论是要"增加每日热量摄入"。能与"掉体重"并列、又能由"热量不足"解释的状态,只能是"饿"。

【选项】 A) bored X "无聊"与热量摄入无关

bored"无聊"与训练、体重、营养都无直接因果关系。

B) anxious X "焦虑"无法由"缺热量"线性解释

anxious"焦虑"是心理状态,与"需要增加热量"的结论不构成直接因果。

C) hungry ✓ "饿"与"掉体重"共因,反推"需增加热量"

hungry"饥饿"与"掉体重"共享同一原因(热量摄入不足),正是下句"需要增加每日热量摄入"的直接信号。

D) sick X "生病"不能用"加热量"解决

sick"生病"的解决方案不是"增加热量摄入",因果链对不上。

【验证】 代入后I'm constantly __(15)__ and dropping weight读作"我一直饿,而且在掉体重",与下句"这是一个需要增加每日热量摄入的 ____"组成"饿+掉体重→该多吃"的清晰因果链。

16. ____

【答案】 [D] sign 词义辨析

【线索】 前文给"饿+掉体重",本句给"需要加热量"

I'm constantly __(15)__ and dropping weight, this is a __(16)__ that I need to increase my daily caloric intake——前是症状证据,后是推论。空处应填"标志/信号"类名词。

【选项】 A) principle X "原则"对象错

principle"原则"指普遍准则,不与"个人具体症状—结论"的语境搭配。

B) secret X "秘诀"语境不对

secret"秘诀"指未广为人知的窍门,但本句是作者从症状推论,不是揭秘。

C) belief X "信念"对象不对

belief"信念"是主观信念,与"客观症状指示"的语境不符。

D) sign ✓ "标志、迹象",正中"症状指示结论"

sign"标志、信号"完美填入 this is a sign that 高频句式,意为"这是一个表明.....的信号",正与本段"看症状—得结论"的逻辑一致。

【验证】 代入后this is a __(16)__ that I need to increase my daily caloric intake读作"这是一个表明我需要增加每日热量摄入的信号",第5段"用称重结果判断营养"的论证完整。

17. ____

【答案】 [C] **decision** 词义辨析

【线索】 前文"For these reasons, I stopped"表明是作者自己拿的主意

For these __ (9) __, I stopped weighing myself every day——是作者基于前两段原因主动做的选择。空处应填"主动作出的决定"类名词。

【选项】 A) request X "请求"动作发出者错

request"请求"通常由他人向自己发出，但本文是作者自己决定的，不是别人请求。

B) necessity X "必要性"过于客观、与亲历语境不符

necessity"必要性"暗示客观无奈，但作者讲的是自己权衡后主动选择，并无强制必要。

C) **decision** ✓ "决定"——作者主动作出，正中亲历语境

decision"决定"完美呼应 For these reasons, I stopped 的主动决断，the decision to do sth 是高频搭配。

D) wish X "愿望"未必已落实

wish"愿望"含"想做"而未必做的意味，但作者已经做了并见到效果，不能仅称为愿望。

【验证】 代入后The __ (17) __ to stop weighing myself every day has done wonders for my overall health, fitness and well-being读作"停掉日称的决定对我的整体健康、体能和幸福感大有裨益"，与第4段"我停了日称"亲历完全对应，并为第6段"总结好处"开头。

18. ____

【答案】 **[A] disappointing** 词义辨析

【线索】 **burden 是负面词, weigh-in 又与"看见数字不如意"挂钩**

I no longer carry the burden of a __(18)__ morning weigh-in——burden 是负面词, 且前文I had gained weight in the form of muscle mass 但作者却为"数字"焦虑, 可见日称的痛苦正是"看数字让人失望"。空处应填"令人失望"类负面形容词。

【选项】 A) **disappointing** ✓ "令人失望的", 与 **burden** 同色调

disappointing"令人失望的"完美对应作者前文"想降数字却看见数字上升"的失望体验, 与burden 的负面情感同向。

B) **surprising** X "令人惊讶"偏中性、与 **burden** 不搭

surprising"令人惊讶"偏中性, 可褒可贬, 不足以解释为何是"负担"。

C) **restricting** X "限制性的"对象错

restricting"限制性的"多修饰规则/条件, 而非"早晨称重"这一事件本身。

D) **consuming** X "消耗的"语义偏"时间/精力消耗"

consuming"耗费的"通常与 time/energy 搭配, 单用修饰"早晨称重"不自然, 且未必触发"burden"的情绪意味。

【验证】 代入后I no longer carry the burden of a __(18)__ morning weigh-in读作"我不再背负令人失望的晨称负担", 与前文"看见数字让作者扰乱训练"的失望体验完全呼应, 并支撑第6段"心情更好"的总结。

19. ____

【答案】 [D] **because** 逻辑关系

【线索】 主句报喜"取得更大成功", 从句给原因"按目标训练"

I've also experienced greater success in achieving my specific fitness goals, __(19)___ I'm training according to those goals, not the numbers on a scale——主句是结果"成功", 从句是原因"按目标训练而非按秤上数字"。空处需要 because 引出原因。

【选项】 A) if X "如果"表假设, 与已实现的成功矛盾

if"如果"引出假设条件, 但作者已经取得成功, 不是假设。

B) unless X "除非"逻辑反向

unless"除非"=if not, 意为"若不按目标训练就不会成功", 与作者实际"按目标训练"的事实表达方式不符, 意思也错位。

C) until X "直到"是时间, 非因果

until"直到"表时间界限, 本句陈述的是因果而非时间。

D) **because** ✓ "因为", 结果 + 原因的标配

because"因为"完美连接"成功"与"按目标训练"这一果—因关系。

【验证】 代入后I've also experienced greater success ..., __(19)___ I'm training according to those goals, not the numbers on a scale读作"我也取得了更大的成功, 因为我是按目标而非按秤上数字训练", 正好作为第6段"停日称的好处"的最有力收尾。

20. ____

【答案】 [A] **obsessing** 词义辨析

【线索】 对照对象 **turn focus to ...** 暗示"原本注意力被秤夺走"

Rather than __ (20) __ over the scale, turn your focus to how you look, feel, how your clothes fit and your overall energy level——被推荐的做法是"把注意力转向感受/外观", 被否定的做法应是"全部注意力被秤上数字夺走", 即"过度执着".

【选项】 A) **obsessing** ✓ "过度执着于"——**obsess over** 是固定搭配, 正中对照

obsessing"过度执着于、痴迷于"与 over 构成固定搭配 obsess over, 且"痴迷于秤上数字"正与"关注外观、感受"形成反义对照, 恰是全文反对的行为。

B) **dominating** ✗ "支配"主宾关系反了

dominating"支配"指人支配物, 但本句要表达的是"被秤上的数字支配了注意力", 主被动方向相反。

C) **puzzling** ✗ "困惑"语义不对

puzzling"困惑、迷惑"主语应为令人困惑的事物本身, puzzle over 虽存在但表"思索", 与作者反对的"对数字执着"语义不贴。

D) **triumphing** ✗ "凯旋、胜过"语义反向

triumphing"战胜"是正面成就, 但全文反对的是"被秤束缚", 不是"战胜秤".

【验证】 代入后Rather than __ (20) __ over the scale, turn your focus to how you look, feel, how your clothes fit and your overall energy level读作"与其执着于秤上的数字, 不如把注意力转向外观、感受、衣服合不合身和整体精力", 正好作为全文的总结劝告, 与第1段"过频称重有害"首尾呼应。

OVERVIEW • 通读建境

全文主旨与行文脉络

完形是语篇题——单看空所在的半句往往四个选项都「像」。下面是全文主旨与行文脉络, 是每个空锁定线索、代入验证时核对的全局工作台。

全文主旨

作者讲述放弃每日称重、改为双周称重对健康与训练目标更有利

文章是第一人称经验分享: 开篇承认Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations, 但紧接着用转折点明做得太频反而有害; 随

后The __(17)__ to stop weighing myself every day has done wonders for my overall health, fitness and well-being点出全文立场——少称反而更好。

行文脉络

总-反-亲历-改法-延伸-收尾的六段递进结构

第1段先肯定后转折(this habit can sometimes hurt more than it __(2)__); 第2段亲历——每日称重让作者偏离训练目标(weighing myself every day caused me to shift my focus); 第3段补理由——一个月才能看出体重变化(It takes about three weeks to a month to notice significant changes in your weight); 第4段给出新做法——双周称一次(I stopped weighing myself every day and switched to a bimonthly weighing schedule); 第5段延伸用途——用称重数据判断营养摄入(to get information about my nutrition as well); 第6段总结好处、第7段升华建议(turn your focus to how you look, feel, how your clothes fit and your overall energy level)。

SENTENCE INSIGHTS • 句子精讲

11 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。

Weighing yourself regularly is a wonderful way to stay aware of any significant weight fluctuations.

第1段，第1句

动名词短语作主语 + 系表结构 + 不定式作定语，这是四六级和考研阅读中常见的句式组合。特别是动名词作主语这一用法在说明文和议论文中频繁出现，掌握此句型后可迁移到大量类似句子，具有较高的典型性和复用价值。

As for me, weighing myself every day caused me to shift my focus from being generally healthy and physically active, to focusing solely on the scale.

第2段，第1句

本句涵盖动名词短语作主语、cause sb to do 结构（宾语 + 宾语补足语）、from...to... 并列结构、介词短语作状语等多种成分类型，动名词和不定式的识别与主谓宾补的划分是常见易错点，适合作为成分划分练习

It takes about three weeks to a month to notice significant changes in your weight due to altering your training program.

第3段，第2句

形式主语 "It takes ... to do" 是四六级和考研英语阅读、写作中的高频句式，广泛用于表达 "做某事需要多长时间或多大代价"。掌握这一结构后，可以直接迁移到大量类似句子中。句子整体结构清晰、典型，具有很强的代表性。

For these reasons, I stopped weighing myself every day and switched to a bimonthly weighing schedule instead.

第4段，第1句

句中涵盖并列谓语、动名词短语作宾语、介词短语作状语等多种成分类型，有一定练习价值。但成分分布相对常规，没有复杂的修饰关系或易错点（如形式主语、宾语补足语、复杂定语从句等），练习收益中等。

Since weight loss is not my goal, it is less important for me to track my weight each week.

第4段，第2句

Since 引导的原因状语从句加主句是四六级和考研英语阅读中的高频句式；形式主语 it is + 形容词 + for sb + to do 也是常考结构；整句体现了因果逻辑和形式主语两个核心考点，典型性很高，掌握后可迁移到大量类似句子

Weighing every other week allows me to observe and account for any significant weight changes.

第4段，第3句

涵盖动名词短语作主语、双宾语结构（间接宾语加不定式直接宾语）、并列不定式等多种成分类型，适合练习非谓语动词作主语和复杂宾语的划分，具有一定训练价值。

That tells me whether I need to adjust my training program.

第4段，第4句

双宾语结构 tell sb sth 加宾语从句的组合在四六级和考研英语阅读中较为常见，whether 引导的宾语从句也是高频考点。本句结构清晰、长度适中，作为典型句式具有较好的代表性和复用价值，掌握后可迁移到类似的 ask、show、inform 等动词的双宾语 + 从句结构。

The decision to stop weighing myself every day has done wonders for my overall health, fitness and well-being.

第6段，第1句

本句的“名词+不定式定语”结构（如“the decision to stop”）在四六级和考研阅读中高频出现，且现在完成时也是常考时态。句型简洁但包含典型的修饰关系，学习后可迁移到大量类似句子。

I'm experiencing increased zeal for working out since I no longer carry the burden of a disappointing morning weigh-in.

第6段，第2句

主句加原因状语从句的结构在四六级和考研阅读中非常常见，since 引导原因从句是典型的复合句句式。这种因果逻辑的表达方式在学术文本和议论文中频繁出现，掌握后可广泛迁移到其他相似句式的理解和写作中

I've also experienced greater success in achieving my specific fitness goals, because I'm training according to those goals, not the numbers on a scale.

第6段，第3句

主句 + 原因状语从句的结构是四六级和考研阅读中的高频句式，现在完成时与现在进行时的搭配也较为常见，掌握后可迁移到大量类似句子，具有较高的典型性和实用性。

Rather than obsessing over the scale, turn your focus to how you look, feel, how your clothes fit and your overall energy level.

第7段，第1句

祈使句 + 宾语从句并列结构在四六级和考研真题中较为常见，尤其是劝告、建议类的表达。句首的 Rather than 短语作对比状语也是高频句式。承前省略虽然增加了一点难度，但也是考试中会出现的典型现象。

HIGH-FREQUENCY • 真题高频词

本篇出现的 29 个考研英语二真题高频词

下列单词既在本篇完形原文中出现，又是 **考研英语二** 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，点击查看该词的释义、音标、词形与真题例句。

scale B1

n. 规模

本篇4次 · 真题 20 句

focus B1

n. 重点

本篇3次 · 真题 77 句

significant B2

adj. 重要的

本篇3次 · 真题 47 句

overall B1

adj. 总体的

本篇3次 · 真题 32 句

observe B2

v. 观察;注意到

本篇2次 · 真题 17 句

alter B2

v. 改变, 更改 (使某物与之前不同)

本篇2次 · 真题 13 句

less A1

det. 较少的

本篇1次 · 真题 150 句

gain B1

v. 获得;赢得

本篇1次 · 真题 43 句

loss B1

n. 丧失

本篇1次 · 真题 43 句

account A2

n. 账户

本篇1次 · 真题 42 句

sign A1

n. 标志

本篇1次 · 真题 42 句

according B1

prep. 根据

本篇1次 · 真题 35 句

generally B1

adv. 通常, 一般地

本篇1次 · 真题 35 句

due B1

adj. 预期的

本篇1次 · 真题 31 句

shift B1

v. 移动

本篇1次 · 真题 31 句

specific B2

adj. 具体的

本篇1次 · 真题 28 句

mass

B1

n. 大量

本篇1次 · 真题 25 句

track

A2

n. 小路

本篇1次 · 真题 24 句

conflict

B2

n. 冲突

本篇1次 · 真题 19 句

switch

A2

v. 转换

本篇1次 · 真题 17 句

lower

A2

adj. 较低的;下方的

本篇1次 · 真题 16 句

burden

B2

n. 负担

本篇1次 · 真题 15 句

adjust

B2

v. 调整

本篇1次 · 真题 14 句

immediate

B2

adj. 立即的, 即刻的

本篇1次 · 真题 14 句

strength

B1

n. 力量

本篇1次 · 真题 12 句

aware

A2

adj. 知道的

本篇1次 · 真题 11 句

increased

A2

v. 增加了

本篇1次 · 真题 11 句

muscle

A2

n. 肌肉

本篇1次 · 真题 10 句

constantly

B1

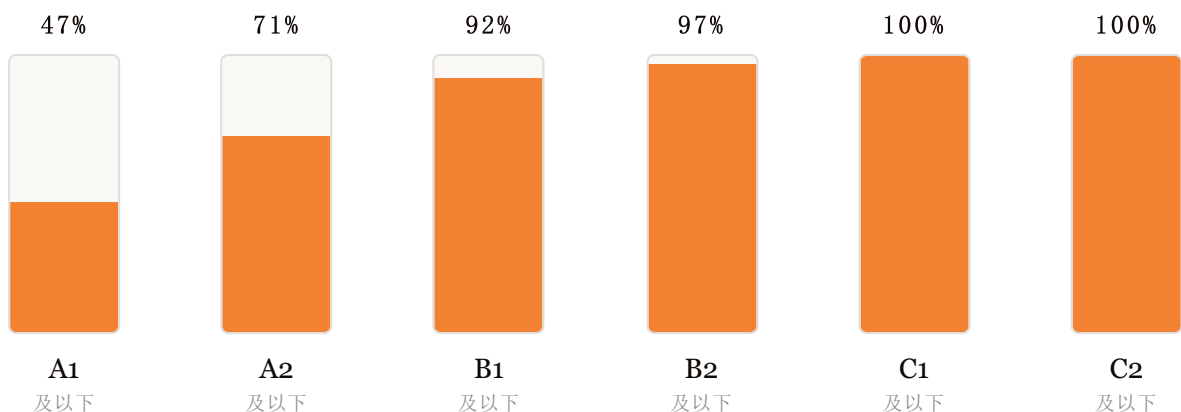
adv. 不断地, 持续地

本篇1次 · 真题 8 句

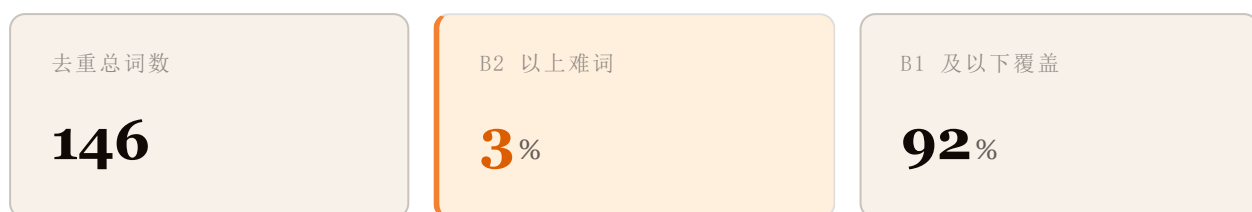
VOCABULARY · 词汇难度分布

全文 146 词按 CEFR 难度累积覆盖

带空短文去重后共 146 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 4 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 146 个 · 末柱为 100%



考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	本题
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年 考研英语二阅读理解（四选一） 第1篇·21-25 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 21-25 题

本页 21-25 题的答案与逐题解析由懒笔记基于2019年 考研英语二阅读理解（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。

英语二真题(2019)

Section II Part A (1)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 1

P1 Unlike so-called basic emotions such as sadness, fear, and anger, guilt emerges a little later, in conjunction with a child's growing grasp of social and moral norms. Children aren't born knowing how to say "I'm sorry"; rather, they learn over time that such statements appease parents and friends – and their own consciences. This is why researchers generally regard so-called moral guilt, in the right amount, to be a good thing.

与所谓的悲伤、恐惧和愤怒等基本情绪不同,内疚出现得稍晚一些,与儿童对社会和道德规范的理解不断增强相伴而生。孩子们并非生来就知道如何说"对不起";相反,他们随着时间推移逐渐了解到这样的表述能够安抚父母和朋友——以及他们自己的良心。这就是为什么研究人员普遍认为,适量的所谓道德内疚是一件好事。

P2 In the popular imagination, of course, guilt still gets a bad rap. It is deeply uncomfortable – it's the emotional equivalent of wearing a jacket weighted with stones. Yet this understanding is outdated. "There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary – feelings that may be advantageous in one context may be harmful in another. Jealousy and anger, for example, may have evolved to alert us to important inequalities. Too much happiness can be destructive.

当然,在大众想象中,内疚仍然名声不佳。它令人深感不适——就像穿着一件装满石头的沉重外套。然而这种理解已经过时了。"人们对内疚是什么以及内疚能发挥什么作用进行了某种复兴或重新思考,"弗吉尼亚大学的心理学研究员Amrisha Vaish说道,并补充说这种复兴是更广泛认识的一部分,即情绪不是二元的——在某种情境下可能有利的情感在另一种情境下可能有害。例如,嫉妒和愤怒可能是进化出来提醒我们注意重要的不平等现象的。过多的快乐可能具有破坏性。

P3 And guilt, by prompting us to think more deeply about our goodness, can encourage humans to make up for errors and fix relationships. Guilt, in other words, can help hold a cooperative species together. It is a kind of social glue.

而内疚,通过促使我们更深入地思考自己的善良,可以鼓励人类弥补错误和修复关系。换句话说,内疚可以帮助维系一个合作型物种。它是一种社会黏合剂。

P4 Viewed in this light, guilt is an opportunity. Work by Tina Malti, a psychology professor at the University of Toronto, suggests that guilt may compensate for an emotional deficiency. In a number of studies, Malti and others have shown that guilt and sympathy may represent different pathways to cooperation and sharing. Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses. And vice versa: High sympathy can substitute for low guilt.

从这个角度来看,内疚是一个机会。多伦多大学心理学教授Tina Malti的研究表明,内疚可能弥补情感上的不足。在多项研究中,Malti和其他研究者已经表明,内疚和同情可能代表通往合作和分享的不同途径。一些同情心较低的孩子可能通过体验更多内疚来弥补这一缺陷,这可以约束他们更恶劣的冲动。反之亦然:高同情心可以替代低内疚感。

P5 In a 2014 study, for example, Malti looked at 244 children. Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions. Then the kids were handed chocolate coins, and given a chance to share them with an anonymous child. For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty. The guilt-prone ones shared more, even though they hadn't magically become more sympathetic to the other child's deprivation.

例如,在2014年的一项研究中,Malti观察了244名儿童。利用看护者评估和儿童的自我观察,她评定了每个孩子的整体同情心水平以及他或她在道德过失后感受负面情绪的倾向。然后孩子们得到了巧克力硬币,并有机会与一个匿名儿童分享。对于同情心较低的孩子,他们分享多少似乎取决于他们有多倾向于感到内疚。容易感到内疚的孩子分享得更多,尽管他们并没有神奇地对另一个孩子的匮乏变得更有同情心。

P6 "That's good news," Malti says. "We can be prosocial because we caused harm and we feel regret."

"这是个好消息,"Malti说。"我们可以表现出亲社会行为,因为我们造成了伤害并感到后悔。"

题目与逐题解析

21. Researchers think that guilt can be a good thing because it may help_____.

- [A] regulate a child's basic emotions
- [B] improve a child's intellectual ability
- [C] foster a child's moral development
- [D] intensify a child's positive feelings

研究人员认为内疚可能是一件好事,因为它可能有助于_____

- A) 调节儿童的基本情绪 B) 提高儿童的智力能力 C) 促进儿童的道德发展 D) 增强儿童的积极情感

【答案】 C (细节题)

【判型】 Researchers think that guilt can be a good thing because it may help___是一个待补全的陈述句，问的是研究者给出的具体原因，没有出现 infer/suggest/imply 等推断信号。

【拆句】 题干主干是 Researchers think that guilt can be a good thing, that 从句陈述研究者的判断；其后 because it may help___是补充原因的状语从句，空格填动词原形，是 help 后接的不带 to 的动词短语，结构平铺直叙，无陷阱。

【定位】 This is why researchers generally regard so-called moral guilt, in the right amount, to be a good thing.

这就是研究者通常将所谓的'道德罪疚感'——在适度范围内——视作一件好事的原因。

【选项】 A) 偷换概念

原文 Unlike so-called basic emotions such as sadness, fear, and anger, guilt emerges a little later只是把 guilt 与基本情绪做对比说出现时机，从未说 guilt 能 regulate 基本情绪。

B) 无中生有

通篇讨论的是道德、社交、情绪层面的功能，未出现 intellectual ability 或近义概念，improve a child's intellectual ability在原文找不到任何依据。

C) ✓ 正确

in conjunction with a child's growing grasp of social and moral norms ↔

foster a child's moral development

regard so-called moral guilt, in the right amount, to be a good thing ↔

foster a child's moral development

预判答案应落在'与孩子对道德规范的成长同步、推动道德层面发展'，C 项 foster a child's moral development恰好把这一语义化为 foster + moral development，与定位句双向吻合。

D) 与原文相反

原文承认 guilt 本身是'uncomfortable'(见 deeply uncomfortable)的负面情绪，研究者欣赏的是它的道德功能而非'强化积极感受'，intensify a child's positive feelings方向与文意相反。

22. According to Paragraph 2, many people still consider guilt to be_____.

- [A] deceptive
- [B] burdensome
- [C] addictive
- [D] inexcusable

根据第2段,许多人仍然认为内疚是_____

A) 欺骗性的 B) 令人负担沉重的 C) 使人上瘾的 D) 不可原谅的

【答案】 B (细节题)

【判型】 According to Paragraph 2, many people still consider guilt to be ____ 是对段内一个具体形容词的补全，对应原文对 guilt 的直接描述，不要求跨段综合。

【拆句】 According to Paragraph 2, many people still consider guilt to be ____ 主干是 many people consider guilt to be ___, consider sb/sth (to be) + 形容词 是常考结构；空格填形容词作宾语补足语，still 是程度副词表'仍然'，提示原文有'过时但仍流行'之意。

【定位】 In the popular imagination, of course, guilt still gets a bad rap. It is deeply uncomfortable – it's the emotional equivalent of wearing a jacket weighted with stones.

当然，在大众的印象里，罪疚感仍然名声不佳。它令人极度不适——情感上相当于穿了一件灌满石头的夹克。

【选项】 A) 无中生有

原文从未提及 guilt 具有 deceptive(欺骗性)属性，仅说大众觉得它 uncomfortable, deceptive无原文支撑。

B) ✓ 正确

wearing a jacket weighted with stones ↔ **burdensome**

guilt still gets a bad rap ↔ **burdensome**

预判答案锁定'沉重负担'语义，B burdensome是负重比喻的形容词化本体，符合 consider...to be ____ 的语法槽位。

C) 无中生有

原文没有任何 addict/habit/dependence 类表述，addictive凭空给 guilt 加上成瘾属性。

D) 过度推断

原文只说 guilt 让人 uncomfortable、a bad rap，从未上升到 inexcusable(不可原谅)的道德指控；inexcusable的程度远超 P2描述。

23. Vaish holds that the rethinking about guilt comes from an awareness that ____.

[A] emotions are context-independent

[B] emotions are socially constructive

[C] emotional stability can benefit health

[D] an emotion can play opposing roles

Vaish认为对内疚的重新思考源于一种认识,即 ____

A) 情绪是独立于情境的 B) 情绪具有社会建设性 C) 情绪稳定有益于健康

D) 一种情绪可以发挥相反的作用

【答案】 D (细节题)

【判型】 Vaish holds that the rethinking about guilt comes from an awareness that ____ 问的是 Vaish 明确点出的'认识来源'，是其原话中一句具体的归因，不属于推断。

【拆句】 主干 Vaish holds that the rethinking about guilt comes from an awareness, holds that 引导宾语从句；其中 comes from an awareness that ___ 用了 awareness 的同位语从句，that 后整句是空格要填的核心命题，注意 awareness 后的 that 不是定语而是同位语。

【定位】 "There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary – feelings that may be advantageous in one context may be harmful in another.

弗吉尼亚大学心理学研究者 Amrisha Vaish 说：'对于罪疚是什么、能起到什么作用，目前出现了某种复兴或重新思考。'她补充说，这种复兴是一种更宏观认识的一部分——情绪并非二元的，在某个情境中可能有益的感受，在另一个情境中可能有害。

【选项】 A) **与原文相反**

原文 feelings that may be advantageous in one context may be harmful in another 恰好强调情绪'依赖语境'(context-dependent)，context-independent 与之直接对立。

B) **偷换概念**

Vaish 谈的是'同一情绪可正可负'，并未上升到'情绪能建构社会'层面；socially constructive 是另一维度的判断。

C) **无中生有**

Vaish 谈的是情绪的双面性，并未谈情绪 stability，更未涉及 benefit health；emotional stability can benefit health 全句无原文支撑。

D) **✓ 正确**

emotions aren't binary ↔ **an emotion can play opposing roles**

feelings that may be advantageous in one context may be harmful in another ↔

an emotion can play opposing roles

预判答案的核心是'同一情绪能正反两面'，D an emotion can play opposing roles 恰好把 emotions aren't binary 的否定式定义和后续对照例证压缩成'扮演相反角色'。

24. Malti and others have shown that cooperation and sharing_____.

- [A] may help correct emotional deficiencies
- [B] can result from either sympathy or guilt
- [C] can bring about emotional satisfaction
- [D] may be the outcome of impulsive acts

Malti 和其他研究者已经表明，合作和分享_____

- A) 可能有助于纠正情绪缺陷
- B) 可能源于同情或内疚
- C) 能够带来情感满足
- D) 可能是冲动行为的结果

【答案】 B (细节题)

【判型】 Malti and others have shown that cooperation and sharing____问的是 Malti 团队已经'shown'的事实结论，have shown 是明示动词，不是推断。

【拆句】 Malti and others have shown that cooperation and sharing____结构清晰：主语 Malti and others，谓语 have shown，that 从句中 cooperation and sharing 是主语，空格填谓语动词短语，注意是对 cooperation and sharing 两者共同作主语的陈述。

【定位】 In a number of studies, Malti and others have shown that guilt and sympathy may represent different pathways to cooperation and sharing.

在若干研究中，Malti 等人已证明，罪疚和同情心可能代表通向合作与分享的两条不同路径。

【选项】 A) 与原文相反

原文是 Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt——更多罪疚弥补同情不足；may help correct emotional deficiencies把因果反置，说成 cooperation and sharing 帮助纠正情绪不足。

B) ✓ 正确

guilt and sympathy may represent different pathways to cooperation and sharing ↔

can result from either sympathy or guilt

Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt

↔ can result from either sympathy or guilt

预判答案核心是'两种情绪可分别通向合作与分享'，B can result from either sympathy or guilt用 result from + either...or 完整复现 different pathways 的双源含义。

C) 无中生有

原文只谈合作与分享与 guilt/sympathy 之间的因果，从未谈其后续会带来 emotional satisfaction；can bring about emotional satisfaction脱离原文。

D) 与原文相反

原文 can rein in their nastier impulses说罪疚是 rein in(抑制)冲动；选项 may be the outcome of impulsive acts说合作分享是 impulsive acts 的结果，与'抑制冲动'完全相反。

25. The word "transgressions" (Line 4, Para. 5) is closest in meaning to_____.

- [A] teachings
- [B] discussions
- [C] restrictions
- [D] wrongdoings

第5段第4行中的"transgressions"一词在意义上最接近_____

A) 教导 B) 讨论 C) 限制 D) 过错行为

【答案】 D (词义句意题)

【判型】 The word "transgressions" (Line 4, Para. 5) is closest in meaning to ____ 中 is closest in meaning to 是词义题铁标志。

【拆句】 The word "transgressions" (Line 4, Para. 5) is closest in meaning to ____ 结构平铺直叙：主语是 the word transgressions，括号内是位置注释，谓语 is closest in meaning to 后接空格选名词，无陷阱。

【定位】 Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions.

她借助照护者的评估与儿童的自我观察，对每个孩子的总体同情水平、以及在道德越界行为之后感受到负面情绪的倾向分别打分。

【选项】 A) 与原文相反

teachings 表'教诲、教导'，moral teachings(道德教诲)虽是常见搭配，但 after moral teachings 后跟 negative emotions 在语境里不成立——人在被教导后不该普遍产生负面情绪。

B) 答非所问

discussions(讨论)在 moral discussions 搭配下意为'道德讨论'，与 negative emotions 不构成必然因果，语境义不成立。

C) 偷换概念

restrictions 是'限制、约束'，moral restrictions 意为'道德约束'，但 after restrictions(约束之后)与 negative emotions(负面情绪)不构成 P5描述的'做错事→愧疚'链。

D) ✓ 正确

moral transgressions ↔ wrongdoings

feel negative emotions after moral transgressions ↔ wrongdoings

预判'做错的行为'，wrongdoings是英语中表达该义最直白的常用词；moral wrongdoings 是常用搭配，回带后语义不变，选 D。

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。

Children aren't born knowing how to say "I'm sorry"; rather, they learn over time that such statements appease parents and friends – and their own consciences.

第1段，第2句

本句成分较为丰富,包含主语、谓语、宾语、宾语从句、伴随状语、时间状语等多种成分,且涉及两个并列主句的划分。第一个主句中"knowing how to say"的伴随状语容易被误判为谓语,第二个主句中时间状语"over time"插在谓语和宾语之间,都是值得练习的易错点。此外,两个宾语从句的识别和划分也有助于巩固从句概念

Yet this understanding is outdated.

第2段，第3句

主系表结构是基础句型，但本句过于简短、无修饰成分，作为考试真题句式的代表性较弱，难以迁移到复杂语境。

"There has been a kind of revival or a rethinking about what guilt is and what role guilt can serve," says Amrisha Vaish, a psychology researcher at the University of Virginia, adding that this revival is part of a larger recognition that emotions aren't binary – feelings that may be advantageous in one context may be harmful in another.

第2段，第4句

涵盖了倒装、同位语短语、非谓语动词作状语、多种从句及破折号用法，是练习成分分析的极佳素材。

Jealousy and anger, for example, may have evolved to alert us to important inequalities.

第2段，第5句

情态动词加完成式的结构在四六级和考研阅读中频繁出现，目的状语不定式也是常考句式，本句作为此类结构的代表性较强，学习后可迁移到大量类似句子。

And guilt, by prompting us to think more deeply about our goodness, can encourage humans to make up for errors and fix relationships.

第3段，第1句

"主语 + 插入状语 + 情态动词 + 谓语 + 宾语 + 宾语补足语"的结构在四六级和考研阅读中非常典型，插入状语的使用和 "encourage sb to do sth" 的搭配都是高频考点。掌握本句的分析方法后，可以迁移到大量类似句式，代表性较强。

Guilt, in other words, can help hold a cooperative species together.

第3段，第2句

本句覆盖了主语、谓语（情态动词结构）、宾语、宾语补足语、状语（插入语）五种成分，成分种类较为丰富。特别是 "can help hold" 这个三词谓语结构和 "together" 作宾语补足语的用法，对学习者有一定练习价值。但句子整体较短，缺少定语从句、状语从句等更复杂的修饰成分，训练深度有限。

Work by Tina Malti, a psychology professor at the University of Toronto, suggests that guilt may compensate for an emotional deficiency.

第4段，第2句

本句的 '主语 + 谓语 + 宾语从句' 结构在四六级和考研阅读中极为常见，特别是学术类文章中引述研究结果时经常使用这种句式，具有较高的典型性和复用价值。

Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses.

第4段，第4句

句子结构是典型的 "主句加双定语从句" 模式，限制性与非限制性定语从句并存，方式状语用介词 by 加动名词表达，这些都是四六级和考研阅读中高频出现的句式。掌握这个句子的拆分方法，可以直接迁移到大量类似长句的分析，代表性很强。

In a 2014 study, for example, Malti looked at 244 children.

第5段，第1句

简单句在各类考试中常见，句首状语 + 主谓宾的结构也是典型的叙述句式，但过于简单，缺少考试中更常考的从句、非谓语等复杂结构，代表性有限。

Then the kids were handed chocolate coins, and given a chance to share them with an anonymous child.

第5段，第3句

并列谓语结构（尤其含省略）和被动语态都是四六级、考研英语阅读中的高频句式。本句展示了典型的“主语 + be + 过去分词 + 宾语”被动结构，以及“and”连接并列谓语时的省略规则，具有较强的代表性和迁移价值。

For the low-sympathy kids, how much they shared appeared to turn on how inclined they were to feel guilty.

第5段，第4句

本句涵盖主语从句、宾语从句、介词短语状语、系表结构、不定式状语等多种成分类型，且主语从句和宾语从句由疑问词“how”引导，需区分引导词在从句内外的双重身份（引导整个从句 + 充当从句内部成分），是练习名词性从句成分划分的优质例句。

The guilt-prone ones shared more, even though they hadn't magically become more sympathetic to the other child's deprivation.

第5段，第5句

让步状语从句（even though 引导）是四六级和考研英语阅读中的高频句式，常用于表达对比或转折逻辑。过去完成时在从句中的使用也符合真题中常见的时态对比模式。该句结构清晰且逻辑关系典型，学生掌握后可直接迁移到大量类似句式中，代表性较强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 52 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

guilt B2

n. 内疚; 罪恶感

本篇 16 次 · 真题 16 句

emotional B1

adj. 情绪的

本篇 5 次 · 真题 34 句

sympathy B2

n. 同情

本篇5次·真题12句

moral B2

adj. 道德的

本篇4次·真题33句

researcher B2

n. 研究人员

本篇3次·真题112句

cooperation B2

n. 合作

本篇2次·真题15句

psychology B2

n. 心理学

本篇2次·真题14句

revival C1

n. 复兴

本篇2次·真题11句

deeply B1

adv. 深深地

本篇2次·真题8句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题172句

view A2

n. 观点, 看法

本篇1次·真题91句

benefit B1

n. 好处

本篇1次·真题88句

rate A2

n. 速度

本篇1次·真题72句

opportunity B1

n. 机会

本篇1次·真题50句

intellectual C1

adj. 智力的

本篇1次·真题47句

happiness A2

n. 幸福

本篇1次·真题38句

later A1

adv. 以后, later

本篇1次·真题38句

professor B1

n. 教授 (大学教师的最高职称)

本篇1次·真题38句

species B2

n. 物种

本篇1次·真题 36 句

generally B1

adv. 通常, 一般地

本篇1次·真题 35 句

negative B1

adj. 否定的

本篇1次·真题 32 句

overall B1

adj. 总体的

本篇1次·真题 32 句

amount A2

n. 数量

本篇1次·真题 30 句

relationship B1

n. 关系

本篇1次·真题 28 句

positive B1

adj. 积极的

本篇1次·真题 27 句

emerge B2

v. 出现;浮现

本篇1次·真题 25 句

represent B1

v. 代表

本篇1次·真题 25 句

statement B1

n. 声明

本篇1次·真题 25 句

understanding B1

n. 理解;领悟

本篇1次·真题 25 句

harm B1

n. 伤害

本篇1次·真题 20 句

evolve B2

v. 逐渐发展;进化

本篇1次·真题 17 句

growing A2

adj. 增长的

本篇1次·真题 17 句

outcome B2

n. 结果

本篇1次·真题 17 句

teaching A2

n. 教学工作;教书

本篇1次·真题 16 句

norm B2

n. 常态

本篇1次·真题 14 句

context B2

n. (事情发生的) 背景、环境

本篇1次·真题 13 句

inequality B2

n. 不平等

本篇1次·真题 13 句

prompt B2

v. 促使

本篇1次·真题 13 句

awareness B2

n. 意识

本篇1次·真题 12 句

harmful B1

adj. 有害的

本篇1次·真题 12 句

regulate B2

v. 管理

本篇1次·真题 12 句

unlike B1

prep. 不像

本篇1次·真题 12 句

alert B2

adj. 警觉的

本篇1次·真题 10 句

error A2

n. 错误

本篇1次·真题 10 句

foster B2

v. 培养

本篇1次·真题 10 句

imagination B1

n. 想象力

本篇1次·真题 10 句

outdated B2

adj. 过时的

本篇1次·真题 10 句

recognition B2

n. 认可

本篇1次·真题 10 句

restriction B2

n. 限制

本篇1次·真题 10 句

tendency B2

n. 倾向

本篇1次·真题 10 句

assessment

B2

n. 评估

本篇1次 · 真题 8 句

guilty

B1

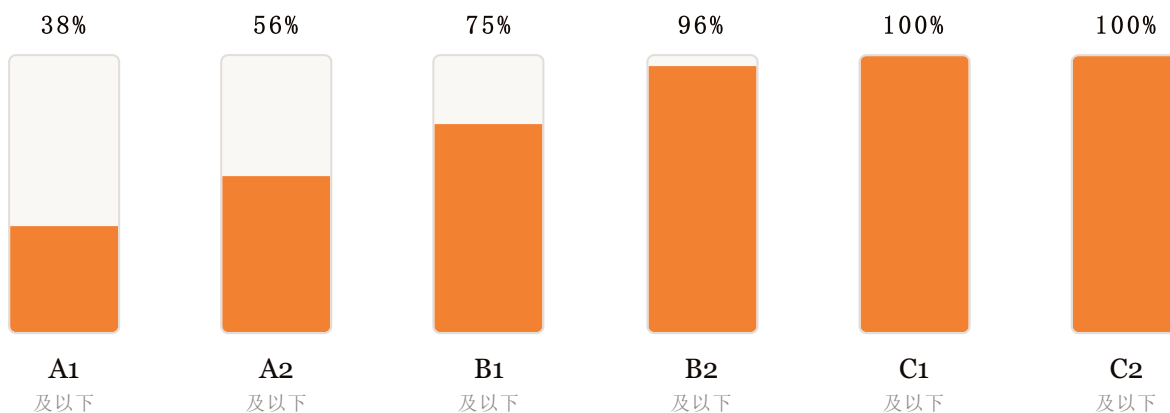
adj. 有罪的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 218 词按 CEFR 难度累积覆盖

全文去重后共 **218** 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 218 个 · 末柱为 100%

去重总词数

218

B2 以上难词

4%

B1 及以下覆盖

75%

考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	本题
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年 考研英语二阅读理解（四选一） 第2篇·26-30 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 26-30 题

本页 26-30 题的答案与逐题解析由懒笔记基于2019年 考研英语二阅读理解（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。

英语二真题(2019)

Section II Part A (2)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 2

P1 Forests give us shade, quiet and one of the harder challenges in the fight against climate change. Even as we humans count on forests to soak up a good share of the carbon dioxide we produce, we are threatening their ability to do so. The climate change we are hastening could one day leave us with forests that emit more carbon than they absorb.

森林为我们提供荫凉、宁静，以及应对气候变化斗争中较为艰巨的挑战之一。尽管我们人类指望森林吸收我们产生的大量二氧化碳，但我们正在威胁它们这样做的能力。我们正在加速的气候变化有朝一日可能使我们面临排放多于吸收碳的森林。

P2 Thankfully, there is a way out of this trap – but it involves striking a subtle balance. Helping forests flourish as valuable "carbon sinks" long into the future may require reducing their capacity to absorb carbon now. California is leading the way, as it does on so many climate efforts, in figuring out the details.

值得庆幸的是，有一个办法可以摆脱这个困境——但这涉及达成一种微妙的平衡。帮助森林在未来长期作为有价值的“碳汇”繁荣发展，可能需要降低它们现在吸收碳的能力。California正在引领这一努力，就像它在许多气候工作中所做的那样，正在摸索具体细节。

P3 The state's proposed Forest Carbon Plan aims to double efforts to thin out young trees and clear brush in parts of the forest. This temporarily lowers carbon-carrying capacity. But the remaining trees draw a greater share of the available moisture, so they grow and thrive, restoring the forest's capacity to pull carbon from the air. Healthy trees are also better able to fend off insects. The landscape is rendered less easily burnable. Even in the event of a fire, fewer trees are consumed.

该州提出的森林碳计划旨在加倍努力疏伐部分森林中的幼树并清理灌木丛。这暂时降低了碳承载能力。但剩余的树木获得了更多可用水分，因此它们生长并茁壮成长，恢复了森林从空气中吸收碳的能力。健康的树

木也更能抵御昆虫侵害。地貌变得不那么容易燃烧。即使发生火灾,被烧毁的树木也更少。

P4 The need for such planning is increasingly urgent. Already, since 2010, drought and insects have killed over 100 million trees in California, most of them in 2016 alone, and wildfires have burned hundreds of thousands of acres.

这种规划的必要性日益紧迫。自2010年以来,干旱和昆虫已在California造成超过1亿棵树木死亡,其中大部分仅在2016年,而野火已烧毁数十万英亩土地。

P5 California plans to treat 35,000 acres of forest a year by 2020, and 60,000 by 2030 – financed from the proceeds of the state's emissions-permit auctions. That's only a small share of the total acreage that could benefit, about half a million acres in all, so it will be vital to prioritize areas at greatest risk of fire or drought.

California计划到2020年每年处理35000英亩森林,到2030年处理60000英亩——资金来自该州排放许可证拍卖的收益。这只是可以受益的总面积中的一小部分,总计约50万英亩,因此优先处理火灾或干旱风险最大的地区至关重要。

P6 The strategy also aims to ensure that carbon in woody material removed from the forests is locked away in the form of solid lumber or burned as biofuel in vehicles that would otherwise run on fossil fuels. New research on transportation biofuels is already under way.

该战略还旨在确保从森林中移除的木质材料中的碳以实木木材的形式固定下来,或作为生物燃料在原本使用化石燃料的车辆中燃烧。关于运输生物燃料的新研究已经在进行中。

P7 State governments are well accustomed to managing forests, but traditionally they've focused on wildlife, watersheds and opportunities for recreation. Only recently have they come to see the vital part forests will have to play in storing carbon. California's plan, which is expected to be finalized by the governor next year, should serve as a model.

州政府非常习惯于管理森林,但传统上它们关注的是野生动物、流域和娱乐机会。直到最近,它们才开始认识到森林在储存碳方面必须发挥的重要作用。California的计划预计将于明年由州长最终确定,应该作为一个典范。

题目与逐题解析

26. By saying "one of the harder challenges," the author implies that_____.

- [A] global climate change may get out of control
- [B] people may misunderstand global warming
- [C] extreme weather conditions may arise
- [D] forests may become a potential threat

作者说“更艰难的挑战之一”意在暗示_____。

- A) 全球气候变化可能失控 B) 人们可能误解全球变暖 C) 极端天气状况可能出现
D) 森林可能成为潜在威胁

【答案】 D (推断题)

【判型】 题干By saying "one of the harder challenges," the author implies that里 implies 直接宣告这是作者言外之意题, 要求超越字面再走一步。

【拆句】主干是the author implies that, 前置的By saying "one of the harder challenges"是介词短语作状语, 交代作者说这句话的语境。结构平铺直叙, 无陷阱。

【定位】Even as we humans count on forests to soak up a good share of the carbon dioxide we produce, we are threatening their ability to do so. The climate change we are hastening could one day leave us with forests that emit more carbon than they absorb.

尽管人类指望森林吸走我们排放的大量二氧化碳, 但我们正在威胁它们的这种能力。我们正在加速的气候变化有朝一日可能让森林排放的碳比吸收的还要多。

【选项】A) 偷换概念

global climate change may get out of control谈的是气候本身失控, 而原文的"挑战"具体指向森林角色逆转, A 把对象从"森林"偷换成"气候"。

B) 无中生有

people may misunderstand global warming谈的是公众认知误差, 原文从头到尾未提及任何"误解"话题。

C) 无中生有

extreme weather conditions may arise说的是极端天气, 原文虽属气候话题但未点到"极端天气", 是话题相邻而非定位句延伸。

D) ✓ 正确

could one day leave us with forests that emit more carbon than they absorb ↔

forests may become a potential threat

预判"森林反倒成为净排碳源", 与forests may become a potential threat在"角色由助到害"上完全同构, 故锁 D。

27. To maintain forests as valuable "carbon sinks," we may need to_____.

- [A] preserve the diversity of species in them
- [B] accelerate the growth of young trees
- [C] strike a balance among different plants
- [D] lower their present carbon-absorbing capacity

为了维持森林作为有价值的"碳汇", 我们可能需要_____。

- A) 保护其中物种的多样性 B) 加速幼树的生长 C) 在不同植物之间实现平衡
- D) 降低它们目前的碳吸收能力

【答案】D (细节题)

【判型】To maintain forests as valuable "carbon sinks," we may need to是补全句, 问的是原文明示的措施, 不是言外之意。

【拆句】题干是不定式短语To maintain ... "carbon sinks"作目的状语 + 主句we may need to接选项动词。前置目的状语先给条件、后给动作, 结构清晰。

【定位】 Helping forests flourish as valuable "carbon sinks" long into the future may require reducing their capacity to absorb carbon now.

要帮助森林作为宝贵的"碳汇"长期繁荣下去，可能需要降低它们当下的吸碳能力。

【选项】 A) 无中生有

preserve the diversity of species in them谈生物多样性，原文从未谈及森林内的物种多样性。

B) 偷换概念

原文第3段提到疏伐后the remaining trees draw a greater share of the available moisture, so they grow and thrive，但这是疏伐的连锁结果，不是"维持碳汇"的题面动作；且对象是 remaining trees，不是 young trees。

C) 偷换概念

strike a balance among different plants套用了原文striking a subtle balance的措辞，但原文那处 balance 是"当下吸碳与未来碳汇之间"的平衡，与植物种类无关。

D) ✓ 正确

may require reducing their capacity to absorb carbon now ↔

lower their present carbon-absorbing capacity

预判"降低当下吸碳能力"与lower their present carbon-absorbing capacity在动词、宾语、时间限定三处均同构，锁 D。

28. California's Forest Carbon Plan endeavors to ____.

- [A] cultivate more drought-resistant trees
- [B] reduce the density of some of its forests
- [C] find more effective ways to kill insects
- [D] restore its forests quickly after wildfires

加利福尼亚州的森林碳计划致力于 ____。

- A) 培育更多抗旱树种 B) 降低其部分森林的密度 C) 寻找更有效的方法杀灭昆虫
D) 在野火后迅速恢复其森林

【答案】 B (细节题)

【判型】 California's Forest Carbon Plan endeavors to要求选出该计划具体要做什么，答案应在原文明示。

【拆句】 主语California's Forest Carbon Plan+谓语endeavors to+不定式由选项补齐。无从句、无否定，结构最简。

【定位】 The state's proposed Forest Carbon Plan aims to double efforts to thin out young trees and clear brush in parts of the forest.

该州拟议的《森林碳计划》旨在加倍投入，在部分森林中疏伐幼树、清除灌木。

【选项】 A) 无中生有

原文只是降低密度后剩余树木"分享更多水分"得以茁壮，并未提及培育新型抗旱品种。

B) ✓ 正确

thin out young trees and clear brush in parts of the forest ↔

reduce the density of some of its forests

预判"在部分林地疏伐幼树清灌木"与reduce the density of some of its forests在"动作=减密度、范围=部分"上完全同构，锁 B。

C) 偷换概念

原文只说Healthy trees are also better able to fend off insects是减密度的副效果，并未提出更有效的杀虫方法。

D) 偷换概念

原文Even in the event of a fire, fewer trees are consumed讲的是减密度使大火少烧树，并未谈灾后如何快速恢复林地。

29. What is essential to California's plan according to Paragraph 5?

[A] To handle the areas in serious danger first.

[B] To carry it out before the year of 2020.

[C] To perfect the emissions-permit auctions.

[D] To obtain enough financial support.

根据第5段,加利福尼亚州的计划最关键的是什么?

- A) 优先处理处于严重危险中的地区。 B) 在2020年之前执行该计划。 C) 完善排放许可拍卖制度。
D) 获得足够的财政支持。

【答案】 A (细节题)

【判型】 题干What is essential to California's plan according to Paragraph 5?要求从指定段抽出关键做法，是细节题。

【拆句】 特殊疑问句，主语What、系动词 is、表语essential to California's plan、状语according to Paragraph 5。结构平直。

【定位】 That's only a small share of the total acreage that could benefit, about half a million acres in all, so it will be vital to prioritize areas at greatest risk of fire or drought.

这只是可受益总面积（约 50 万英亩）的一小部分，所以优先处理火灾或干旱风险最高的区域将至关重要。

【选项】 A) ✓ 正确

prioritize areas at greatest risk of fire or drought ↔

To handle the areas in serious danger first.

预判"优先处理风险最高区域"与To handle the areas in serious danger first.在"对象=高风险区、行为=优先处理"上完全同构，锁 A。

B) 偷换概念

原文California plans to treat 35,000 acres of forest a year by 2020, and 60,000 by 2030里 2020 是处理速度的里程碑节点，而非"整个计划必须在 2020 前完成"的截止时间。

C) 偷换概念

原文只用financed from the proceeds of the state's emissions-permit auctions说明资金来源，未谈完善排放权拍卖机制。

D) 答非所问

段内未把"获取足够资金"列为 vital，作者明确强调的关键是优先处理高风险区域。

30. The author's attitude to California's plan can best be described as_____.

[A] ambiguous

[B] tolerant

[C] supportive

[D] cautious

作者对加利福尼亚州计划的态度最恰当的描述是_____。

A) 模糊的 B) 宽容的 C) 支持的 D) 谨慎的

【答案】 C (态度题)

【判型】 The author's attitude to California's plan can best be described as里 attitude 直接宣告这是态度题。

【拆句】 主语The author's attitude to California's plan+情态被动can best be described as+表语由选项填入。注意 attitude to 后接的对象决定聚合方向。

【选项】 A) 与原文相反

ambiguous意为含糊不清，但全文从 leading the way 到 vital 再到 should serve as a model 立场清晰一致，谈不上模糊。

B) 偷换概念

tolerant指容忍、勉强接受，但作者不是勉强接受这一计划，而是直接主张它should serve as a model，远超容忍。

C) ✓ 正确

should serve as a model ↔ **supportive**

California is leading the way ↔ **supportive**

首尾两端及关键段均给出正向评价，与supportive完全同构，锁 C。

D) 与原文相反

cautious意为审慎、保留，但原文末段以 should serve as a model 直接背书，并未对该计划提出任何风险保留意见。

SENTENCE INSIGHTS • 句子精讲

9 句真题句逐层精讲

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

Even as we humans count on forests to soak up a good share of the carbon dioxide we produce, we are threatening their ability to do so.

第1段，第2句

让步状语从句 + 主句的结构在考试阅读中高频出现，"count on sb to do sth" 句型也是常考固定搭配。省略关系代词的定语从句是真题中反复出现的考点。本句的结构模式具有较强的代表性和可复用性，掌握后可应用于大量类似句子。

The climate change we are hastening could one day leave us with forests that emit more carbon than they absorb.

第1段，第3句

本句覆盖了主语（含定语从句修饰）、谓语（情态动词结构）、宾语、宾语补足语（介词短语）、时间状语、多个层级的定语从句、比较状语从句，以及承前省略的宾语。成分种类丰富，且定语从句的多层嵌套、宾语补足语的识别、比较结构中的省略都是学生容易混淆的点，训练价值较高。

California is leading the way, as it does on so many climate efforts, in figuring out the details.

第2段，第3句

非限制性定语从句插在主句中间,且用 "as" 引导进行类比说明,是四六级和考研阅读中常见的句式。掌握这种插入结构和 "as" 从句的用法,可以应用于大量类似长难句的理解。

But the remaining trees draw a greater share of the available moisture, so they grow and thrive, restoring the forest's capacity to pull carbon from the air.

第3段，第3句

因果关系的并列句是考试常见句式,"so" 连接主句的结构具有一定典型性,且现在分词作结果状语也是常考点,但整体结构相对简单,不如含有从句的复杂句更具代表性。

Even in the event of a fire, fewer trees are consumed.

第3段，第6句

被动语态和介词短语作状语是四六级和考研中的高频句式，结构简单但实用性强，学习者掌握后可迁移到大量类似句子，具有一定典型性。

That's only a small share of the total acreage that could benefit, about half a million acres in all, so it will be vital to prioritize areas at greatest risk of fire or drought.

第5段，第2句

包含因果并列结构、限制性定语从句、形式主语等常考句式。特别是 so 引出的因果并列和 it is vital to do 的形式主语结构在考试中频繁出现，具有较高的代表性和迁移价值。

The strategy also aims to ensure that carbon in woody material removed from the forests is locked away in the form of solid lumber or burned as biofuel in vehicles that would otherwise run on fossil fuels.

第6段，第1句

本句成分丰富且包含多个训练价值高的点:主句包含不定式作宾语、宾语从句整体作宾语;宾语从句内有并列谓语(且第二个谓语承前省略 is)、过去分词作后置定语 "removed from the forests"、多个不同类型的状语(方式状语 in the form of、as biofuel,地点状语 in vehicles);定语从句中关系代词 that 作主语。这些成分覆盖了从句、非谓语、并列、修饰关系等多个易错点,是优质的划分练习句。

State governments are well accustomed to managing forests, but traditionally they've focused on wildlife, watersheds and opportunities for recreation.

第7段，第1句

两个主句通过转折连词"but"并列是四六级和考研英语阅读中的常见句式,且第二分句的现在完成时"have focused on"结构在真题中频繁出现,具有较好的代表性和复用价值,适合作为并列句和完成时的入门练习句

Only recently have they come to see the vital part forests will have to play in storing carbon.

第7段，第2句

本句涵盖倒装结构中的主谓宾识别、时间状语前置、省略关系词的定语从句、动名词短语作介词宾语、介词短语作地点状语等多种成分类型，且定语从句中省略的关系词在从句内充当宾语，是典型的易错点。适合作为成分划分的综合练习材料。

HIGH-FREQUENCY • 真题高频词

本篇出现的 77 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

carbon B2

n. 碳（化学元素）

本篇10次 · 真题 20 句

climate B1

n. 气候

本篇4次 · 真题 50 句

capacity B2

n. 容量

本篇4次 · 真题 26 句

insect A2

n. 昆虫

本篇3次 · 真题 14 句

author A2

n. 作者

本篇2次 · 真题 209 句

reduce B1

v. 减少，降低（数量、大小、程度等）

本篇2次 · 真题 75 句

challenge B1

n. 挑战

本篇2次·真题 57 句

million A2

num. 一百万

本篇2次·真题 57 句

global B2

adj. 全球的

本篇2次·真题 44 句

aim B1

v. 瞄准

本篇2次·真题 35 句

balance B1

n. 平衡

本篇2次·真题 30 句

valuable B1

adj. 贵重的

本篇2次·真题 20 句

lower A2

adj. 较低的;下方的

本篇2次·真题 16 句

strike B1

v. 打击

本篇2次·真题 14 句

restore B2

v. 恢复, 使复原

本篇2次·真题 13 句

wildfire B2

n. 野火

本篇2次·真题 12 句

absorb B2

v. 吸收 (液体、气体等)

本篇2次·真题 9 句

vital B2

adj. 极其重要的, 必不可少的

本篇2次·真题 9 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 304 句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题 172 句

less A1

det. 较少的

本篇1次·真题 150 句

benefit B1

n. 好处

本篇1次·真题 88 句

support A2

v. 支持

本篇1次·真题 87 句

growth B1

n. 增长

本篇1次·真题 80 句

focus B1

n. 重点

本篇1次·真题 77 句

risk A2

n. 风险

本篇1次·真题 62 句

involve B1

v. 包含

本篇1次·真题 61 句

financial B2

adj. 财政的

本篇1次·真题 59 句

opportunity B1

n. 机会

本篇1次·真题 50 句

potential B2

adj. 潜在的

本篇1次·真题 43 句

material B1

n. 材料

本篇1次·真题 41 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 40 句

figure A2

n. 数字

本篇1次·真题 38 句

recently A2

adv. 最近

本篇1次·真题 37 句

event A2

n. 事件

本篇1次·真题 36 句

species B2

n. 物种

本篇1次·真题 36 句

available A2

adj. 可获得的

本篇1次·真题 35 句

ensure B2

v. 确保

本篇1次·真题 33 句

quickly A2

adv. 快速地

本篇1次·真题 33 句

maintain B1

v. 维持

本篇1次·真题 31 句

threat B1

n. 威胁

本篇1次·真题 31 句

preserve B2

v. 保护

本篇1次·真题 30 句

landscape B1

n. 风景

本篇1次·真题 29 句

strategy B2

n. 策略

本篇1次·真题 28 句

essential B1

adj. 必不可少的

本篇1次·真题 27 句

easily A2

adv. 容易地

本篇1次·真题 25 句

remove A2

v. 移开

本篇1次·真题 25 句

imply B2

v. 暗示, 暗指

本篇1次·真题 24 句

threaten B1

v. 威胁, 恐吓

本篇1次·真题 24 句

obtain B2

v. 获得

本篇1次·真题 21 句

effective B1

adj. 有效的, 起作用的

本篇1次·真题 20 句

propose B1

v. 提议

本篇1次·真题 20 句

detail B1

n. 细节

本篇1次·真题 19 句

handle A2

v. 处理

本篇1次·真题 19 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次 · 真题 16 句

otherwise B2

adv. 否则, 不然

本篇1次 · 真题 16 句

vehicle B1

n. 交通工具

本篇1次 · 真题 15 句

arise B2

v. 出现;产生;发生

本篇1次 · 真题 14 句

fuel B1

n. 燃料

本篇1次 · 真题 14 句

wildlife B1

n. 野生动植物

本篇1次 · 真题 13 句

diversity B2

n. 多样性

本篇1次 · 真题 12 句

planning B1

n. 规划

本篇1次 · 真题 12 句

thrive B2

v. 茁壮成长

本篇1次 · 真题 12 句

extreme B2

adj. 极度的

本篇1次 · 真题 11 句

urgent B2

adj. 紧急的, 急迫的

本篇1次 · 真题 11 句

cautious B2

adj. 小心的

本篇1次 · 真题 10 句

finance B2

n. 财政

本篇1次 · 真题 10 句

subtle B2

adj. 微妙的

本篇1次 · 真题 10 句

supportive B2

adj. 给予支持的

本篇1次 · 真题 10 句

tolerant B2

adj. 宽容的

本篇1次 · 真题 10 句

trap B1

n. 陷阱

本篇1次 · 真题 10 句

accelerate B2

v. 加速

本篇1次 · 真题 9 句

traditionally B2

adv. 传统上;按照传统

本篇1次 · 真题 9 句

transportation B1

n. 交通运输 (系统)

本篇1次 · 真题 9 句

endeavor C1

v. 努力

本篇1次 · 真题 8 句

prioritize B2

v. 优先处理

本篇1次 · 真题 8 句

warming B1

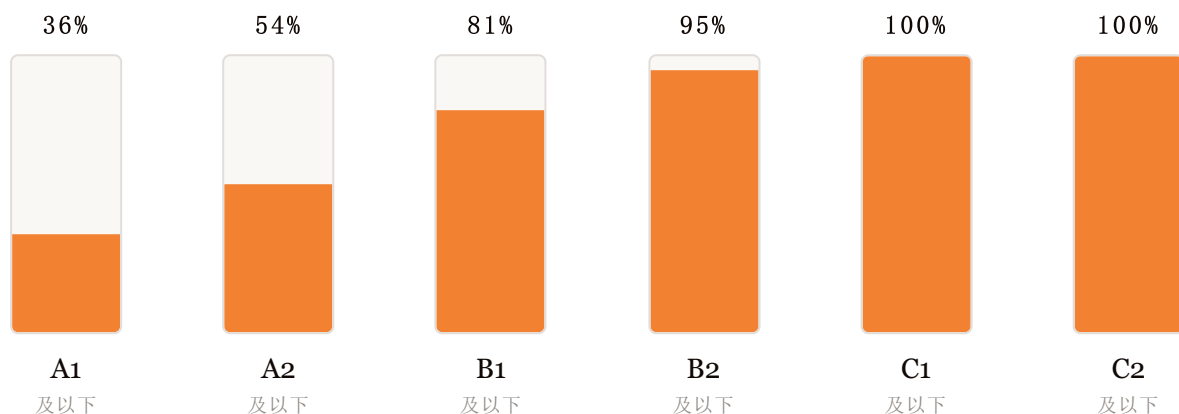
n. 变暖;加温

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 221 词按 CEFR 难度累积覆盖

全文去重后共 **221** 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 10 个 · 约 5%。



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 221 个 · 末柱为 100%

去重总词数

221

B2 以上难词

5%

B1 及以下覆盖

81%

考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	本题
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年 考研英语二阅读理解（四选一） 第3篇·31-35 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 31-35 题

本页 31-35 题的答案与逐题解析由懒笔记基于2019年 考研英语二阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 8 段原文（段首标 P1-P8 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。

英语二真题(2019)

Section II Part A (3)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 3

P1 American farmers have been complaining of labor shortages for several years. The complaints are unlikely to stop without an overhaul of immigration rules for farm workers.

美国农民多年来一直抱怨劳动力短缺。如果不对农业工人的移民规定进行全面改革,这些抱怨不太可能停止。

P2 Congress has obstructed efforts to create a more straightforward visa for agricultural workers that would let foreign workers stay longer in the U.S. and change jobs within the industry. If this doesn't change, American businesses, communities, and consumers will be the losers.

国会一直阻挠为农业工人创建更简便签证的努力,这种签证将允许外国工人在美国停留更长时间并在该行业内更换工作。如果这种情况不改变,美国企业、社区和消费者将成为输家。

P3 Perhaps half of U.S. farm laborers are undocumented immigrants. As fewer such workers enter the country, the characteristics of the agricultural workforce are changing. Today's farm laborers, while still predominantly born in Mexico, are more likely to be settled rather than migrating and more likely to be married than single. They're also aging. At the start of this century, about one-third of crop workers were over the age of 35. Now more than half are. And picking crops is hard on older bodies. One oft-debated cure for this labor shortage remains as implausible as it's been all along: Native U.S. workers won't be returning to the farm.

美国农场劳动力中大约有一半是无证移民。随着此类工人进入该国的人数减少,农业劳动力的特征正在发生变化。今天的农场劳动者虽然仍以在墨西哥出生为主,但更可能是定居而非迁徙,更可能是已婚而非单身。他们也在老龄化。在本世纪初,约三分之一的农作物工人年龄在35岁以上。现在超过一半。而且采摘农作

物对年长的身体来说很艰难。对于这种劳动力短缺,一个经常被辩论的解决方案仍然像一直以来那样不切实际:本土美国工人不会回到农场。

P4 Mechanization isn't the answer, either – not yet, at least. Production of corn, cotton, rice, soybeans, and wheat has been largely mechanized, but many high-value, labor-intensive crops, such as strawberries, need labor. Even dairy farms, where robots do a small share of milking, have a long way to go before they're automated.

机械化也不是答案——至少目前还不是。玉米、棉花、水稻、大豆和小麦的生产已经基本实现机械化,但许多高价值、劳动密集型作物,如草莓,需要劳动力。即使是奶牛场,机器人只完成一小部分挤奶工作,离自动化还有很长的路要走。

P5 As a result, farms have grown increasingly reliant on temporary guest workers using the H-2A visa to fill the gaps in the workforce. Starting around 2012, requests for the visas rose sharply; from 2011 to 2016 the number of visas issued more than doubled.

因此,农场越来越依赖使用H-2A签证的临时客工来填补劳动力缺口。大约从2012年开始,签证申请急剧上升;从2011年到2016年,签证发放数量增加了一倍多。

P6 The H-2A visa has no numerical cap, unlike the H-2B visa for nonagricultural work, which is limited to 66,000 a year. Even so, employers complain they aren't given all the workers they need. The process is cumbersome, expensive, and unreliable. One survey found that bureaucratic delays led the average H-2A worker to arrive on the job 22 days late. The shortage is compounded by federal immigration raids, which remove some workers and drive others underground.

H-2A签证没有数量上限,不像用于非农业工作的H-2B签证,后者每年限制在66000个。即便如此,雇主仍抱怨他们没有得到所需的全部工人。这一过程繁琐、昂贵且不可靠。一项调查发现,官僚主义的延误导致H-2A工人平均晚到岗22天。联邦移民突击检查加剧了短缺,这些检查驱逐了一些工人并迫使其他工人转入地下。

P7 In a 2012 survey, 71 percent of tree-fruit growers and almost 80 percent of raisin and berry growers said they were short of labor. Some western farmers have responded by moving operations to Mexico. From 1998 to 2000, 14.5 percent of the fruit Americans consumed was imported. Little more than a decade later, the share of imports was 25.8 percent.

在2012年的一项调查中,71%的果树种植者和近80%的葡萄干和浆果种植者表示他们劳动力短缺。一些西部农民的应对方式是将业务转移到墨西哥。从1998年到2000年,美国人消费的水果中有14.5%是进口的。仅仅十多年后,进口份额达到了25.8%。

P8 In effect, the U.S. can import food or it can import the workers who pick it.
实际上,美国可以进口食品,或者可以进口采摘食品的工人。

题目与逐题解析

31. What problem should be addressed according to the first two paragraphs?

- [A] Discrimination against foreign workers in the U.S.
- [B] Biased laws in favor of some American businesses.
- [C] Flaws in U.S. immigration rules for farm workers.
- [D] Decline of job opportunities in U.S. agriculture.

根据前两段，应该解决什么问题？

- A) 美国对外国工人的歧视。 B) 有利于某些美国企业的偏向性法律。
C) 美国农业工人移民规定中的缺陷。 D) 美国农业就业机会的减少。

【答案】 C (细节题)

【判型】 What problem should be addressed according to the first two paragraphs? 限定段落、直接问事实，没有 infer/imply 等推断信号。

【拆句】 题干主干 What problem should be addressed 是被动式 wh- 问句，should be addressed 在考研英语二里 address 是熟词僻义「处理 / 解决」，不是「地址」；according to the first two paragraphs 是范围状语。

【定位】 The complaints are unlikely to stop without an overhaul of immigration rules for farm workers.

如果不彻底改革针对农场工人的移民规则，这些抱怨不太可能停止。

【选项】 A) 无中生有

Discrimination against foreign workers in the U.S. 谈「歧视」，前两段只谈 labor shortages 与 visa，毫无歧视论述。

B) 与原文相反

Biased laws in favor of some American businesses. 的核心词 Biased 在前两段无对应；American businesses, communities, and consumers will be the losers 把企业写成受损方而非受惠方，与「偏袒」相反。

C) ✓ 正确

an overhaul of immigration rules for farm workers ↔

Flaws in U.S. immigration rules for farm workers

immigration rules for farm workers ↔ **U.S. immigration rules for farm workers**

预判要求选「农场工人移民规则待改」，Flaws in U.S. immigration rules for farm workers 在对象 + 性质两个维度同时同义替换，是唯一与定位句完全等值的选项。

D) 偷换概念

Decline of job opportunities in U.S. agriculture. 说的是「岗位机会下降」，而原文 labor shortages 是「找不到工人」——岗位空缺反而旺盛，方向完全相反。

32. One trouble with U.S. agricultural workforce is_____.

- [A] the rising number of illegal immigrants
- [B] the high mobility of crop workers
- [C] the lack of experienced laborers
- [D] the aging of immigrant farm workers

美国农业劳动力的一个问题是_____。

- A) 非法移民数量的上升 B) 农作物工人的高流动性 C) 缺乏有经验的劳动者
D) 移民农场工人的老龄化

【答案】 D (细节题)

【判型】 One trouble with U.S. agricultural workforce is____. 是补全陈述句，问的是文中已写明的某个具体问题。

【拆句】 题干 One trouble with U.S. agricultural workforce is____. 是 SVC 结构的补全句，空格处需要一个能与 trouble 同位的名词性短语；with 引导的介词短语修饰 trouble，指明问题所在领域。

【定位】 They're also aging. At the start of this century, about one-third of crop workers were over the age of 35. Now more than half are. And picking crops is hard on older bodies.

他们也在变老。本世纪初，约三分之一的农作物工人年龄超过 35 岁。如今超过一半的人都过了 35 岁。而采摘庄稼对年长的身体来说很吃力。

【选项】 A) 与原文相反

the rising number of illegal immigrants 说「无证移民数量在上升」，但原文是 As fewer such workers enter the country——方向是减少不是增加。

B) 与原文相反

the high mobility of crop workers 说工人流动性高，但原文 more likely to be settled rather than migrating 明确表示他们更倾向定居、不再迁徙。

C) 无中生有

the lack of experienced laborers 谈「经验丰富的工人短缺」，但原文谈的是 aging——他们经验未必少，问题是年纪大干不动，并非经验缺。

D) ✓ 正确

They're also aging. ↔ **the aging of immigrant farm workers**

Today's farm laborers, while still predominantly born in Mexico ↔ **immigrant farm workers**

预判的核心是「老龄化」+「农场工人是移民」，the aging of immigrant farm workers 把两个要点同时收纳，且没有越线增添「合法 / 非法」等额外属性。

33. What is the much-argued solution to the labor shortage in U.S. farming?

- [A] To attract younger laborers to farm work.
- [B] To get native U.S. workers back to farming.
- [C] To use more robots to grow high-value crops.
- [D] To strengthen financial support for farmers.

对于美国农业劳动力短缺问题，备受争议的解决方案是什么？

- A) 吸引年轻劳动者从事农场工作。 B) 让美国本土工人重返农业。
C) 使用更多机器人种植高价值作物。 D) 加强对农民的资金支持。

【答案】 B (细节题)

【判型】 What is the much-argued solution to the labor shortage in U.S. farming? 问的是文中已写明的「那个争论中的方案」，不是让考生自己推。

【拆句】 much-argued 是「副词 much + 过去分词 argued」复合形容词，相当于「被广泛争论的」；考生若读成「重要的争论」会把握偏方向。

【定位】 One oft-debated cure for this labor shortage remains as implausible as it's been all along: Native U.S. workers won't be returning to the farm.

对于这一劳动力短缺，一个常被讨论的「解药」依然像一直以来那样不靠谱：本土美国工人不会重返农场。

【选项】 A) 偷换概念

To attract younger laborers to farm work. 把方案换成「吸引年轻劳力」，但原文只说 Native U.S. workers won't be returning，没有针对「年轻 vs 年长」做方案。

B) ✓ 正确

Native U.S. workers won't be returning to the farm ↔

To get native U.S. workers back to farming

to the farm ↔ **to farming**

预判要求选「让本地人回农场」这一方案本身，To get native U.S. workers back to farming 是对该方案的正向命名；原文用否定句是评价方案「不会成」，不影响方案本体的所指。

C) 与原文相反

To use more robots to grow high-value crops. 与 Mechanization isn't the answer, either 直接相反；且原文是说 high-value, labor-intensive crops, such as strawberries, need labor.

D) 无中生有

To strengthen financial support for farmers. 全文未出现 financial support 任何对应词；该方案纯属添加。

34. Agricultural employers complain about the H-2A visa for its_____.

- [A] slow granting procedures
- [B] limit on duration of stay
- [C] tightened requirements
- [D] control of annual admissions

农业雇主抱怨H-2A签证的_____。

A) 缓慢的审批程序 B) 停留时间的限制 C) 收紧的要求 D) 对年度准入数量的控制

【答案】 **A** (细节题)

【判型】 Agricultural employers complain about the H-2A visa for its_____. 问的是 H-2A 签证的某项已被原文吐槽的缺点，文中应有明文。

【拆句】 complain about the H-2A visa for its_____ 中 for its 表「因为它的某点」，空格填的应是 H-2A 自身的一个属性 / 短板，而不是雇主的行为。

【定位】 The process is cumbersome, expensive, and unreliable. One survey found that bureaucratic delays led the average H-2A worker to arrive on the job 22 days late.

(H-2A 的) 流程繁琐、昂贵且不可靠。一项调查发现，官僚拖延使平均 H-2A 工人比预定到岗日晚到 22 天。

【选项】 **A) ✓ 正确**

bureaucratic delays ↔ **slow granting procedures**

cumbersome, expensive, and unreliable ↔ **slow granting procedures**

arrive on the job 22 days late ↔ **slow granting procedures**

原文 cumbersome / delays / 22 days late 三处线索共同指向「办证慢」，选项 slow granting procedures 是其精确同义替换。

B) 张冠李戴

limit on duration of stay 谈「停留时长上限」，原文 let foreign workers stay longer 提到的是希望可以待更久，但这是国会层面对 visa 整体的改革诉求，不在 complain 的吐槽点之内。

C) 无中生有

tightened requirements 说「要求被收紧」，原文未提及 H-2A 申请门槛上调；只提到流程慢和官僚拖延，并非要求层面。

D) 与原文相反

control of annual admissions 说「年度名额管控」，但 The H-2A visa has no numerical cap 明确说 H-2A 没有数量上限，与选项方向相反。

35. Which of the following could be the best title for this text?

- [A] U.S. Agriculture in Decline?
- [B] Import Food or Labor?
- [C] America Saved by Mexico?
- [D] Manpower vs. Automation?

以下哪项可以作为本文的最佳标题？

A) 美国农业在衰退？ B) 进口粮食还是劳动力？ C) 美国被墨西哥拯救？ D) 人力还是自动化？

【答案】 **B** (主旨题)

【判型】 Which of the following could be the best title for this text? 是典型的标题概括题型。

【拆句】 题干结构简单：Which of the following could be the best title for this text?, could 表「可作」，留有判断空间，正确项是「最能概括全文」的那项。

【选项】 A) **以偏概全**

U.S. Agriculture in Decline? 把全文主题降级为「美国农业是否衰退」，原文只谈劳动力短缺与方案选择，并未论证农业整体衰退。

B) ✓ 正确

the U.S. can import food or it can import the workers who pick it ↔ **Import Food or Labor?**
From 1998 to 2000, 14.5 percent of the fruit Americans consumed was imported. Little more than a decade later, the share of imports was 25.8 percent.

↔ **Import Food or Labor?**

全文每一段都在为 P8 的二选一命题铺垫——劳动力短缺 → 假方案被否 → H-2A 不够用 → 进口水果增加 → 二选一；Import Food or Labor? 是唯一同时覆盖「劳动力 / 食物」两端的标题。

C) **过度推断**

America Saved by Mexico? 把墨西哥渲染为「拯救者」，但原文 Some western farmers have responded by moving operations to Mexico. 只说部分农场把生产搬到墨西哥，是被动应对而非「被拯救」。

D) **以偏概全**

Manpower vs. Automation? 只覆盖 P4 一段「机械化不是答案」的话题，全文其他段落（移民规则、H-2A、进口水果）均不在此二元命题内。

SENTENCE INSIGHTS • 句子精讲

5 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。

Even dairy farms, where robots do a small share of milking, have a long way to go before they're automated.

第4段，第3句

句子结构在四六级和考研阅读中具有较高代表性：主句中插入非限制性定语从句、末尾附加时间状语从句的组合模式常见；"have a long way to go" 是常考的习惯表达；"before" 引导的时间状语从句用一般现在时代替将来时的"主将从现"原则也是常考语法点。掌握本句结构后可迁移到大量类似句式。

As a result, farms have grown increasingly reliant on temporary guest workers using the H-2A visa to fill the gaps in the workforce.

第5段，第1句

本句是典型的"主语 + 系动词 + 表语"结构，系动词 grow 表示状态变化，表语中包含形容词加介词短语以及分词定语和不定式状语，这种层层修饰的表语结构在四六级和考研阅读中非常常见。句首的结果状语"As a result"也是真题中高频的衔接表达。掌握本句的分析方法可以迁移到大量类似的"主系表 + 修饰成分"句型中。

Starting around 2012, requests for the visas rose sharply; from 2011 to 2016 the number of visas issued more than doubled.

第5段，第2句

分号连接两个主句、句首放时间范围、名词后接分词作后置修饰，这些都属于常见书面说明文结构。掌握这种读法后，处理数据描述类句子很有迁移性。

Even so, employers complain they aren't given all the workers they need.

第6段，第2句

本句的"主句+宾语从句+定语从句"结构是四六级和考研阅读中的高频句式，宾语从句省略引导词、定语从句省略关系代词作宾语都是常考考点，且被动语态在宾语从句中的使用也很典型。学生掌握此句型后可大量迁移到其他真题句，典型性较高。

In a 2012 survey, 71 percent of tree-fruit growers and almost 80 percent of raisin and berry growers said they were short of labor.

第7段，第1句

本句是典型的 主语 + said + 宾语从句 结构，在四六级和考研阅读中频繁出现，复合主语和省略 that 的宾语从句也是常考点，掌握后可大量复用到类似的调查报告、研究陈述类句子中。

本篇出现的 60 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

labor

B1

n. 劳动

本篇6次·真题 41 句

crop

B1

n. 农作物

本篇5次·真题 17 句

import

B1

v. 进口

本篇5次·真题 10 句

shortage

B2

n. 短缺

本篇4次·真题 17 句

agricultural

B2

adj. 农业的

本篇4次·真题 11 句

immigrant

B2

n. 移民（从外国移入的人）

本篇3次·真题 27 句

immigration

B2

n. 移民入境

本篇3次·真题 22 句

workforce

B2

n. （一国或一地区的）劳动力，劳动人口

本篇3次·真题 21 句

complain

A2

v. 抱怨

本篇3次·真题 15 句

likely

A2

adj. 很可能的

本篇2次·真题 89 句

decline

B2

v. 下降

本篇2次·真题 56 句

limit

B1

n. 限度

本篇2次·真题 42 句

employer

B1

n. 雇主

本篇2次·真题 24 句

native

B1

adj. 本国的

本篇2次·真题 16 句

farming A2

n. 农业;耕作

本篇2次·真题10句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题304句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题172句

following B1

adj. 接下来的

本篇1次·真题91句

issue B1

n. 问题

本篇1次·真题89句

support A2

v. 支持

本篇1次·真题87句

federal B2

adj. 联邦 (制) 的

本篇1次·真题81句

effect A2

n. 影响

本篇1次·真题80句

process B1

n. 过程

本篇1次·真题80句

consumer B1

n. 消费者

本篇1次·真题72句

community B1

n. 社区

本篇1次·真题71句

least A2

det. 最少的

本篇1次·真题63句

decade B1

n. 十年

本篇1次·真题61句

financial B2

adj. 财政的

本篇1次·真题59句

average A2

adj. 平均的

本篇1次·真题55句

opportunity B1

n. 机会

本篇1次·真题50句

gap B1

n. 间隙

本篇1次·真题 45 句

production B1

n. 生产

本篇1次·真题 42 句

lack B1

v. 缺少

本篇1次·真题 41 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 40 句

later A1

adv. 以后, later

本篇1次·真题 38 句

respond B1

v. 回答, 答复

本篇1次·真题 33 句

attract B1

v. 吸引 (注意力、兴趣)

本篇1次·真题 30 句

largely B2

adv. 主要地

本篇1次·真题 30 句

requirement B2

n. 要求

本篇1次·真题 26 句

solution B1

n. 解决办法

本篇1次·真题 26 句

congress B2

n. 国会

本篇1次·真题 25 句

remove A2

v. 移开

本篇1次·真题 25 句

favor B1

n. 帮忙

本篇1次·真题 24 句

annual B1

adj. 每年的, 年度的

本篇1次·真题 18 句

illegal B1

adj. 非法的, 违法的

本篇1次·真题 18 句

procedure B2

n. 程序

本篇1次·真题 18 句

consume

B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次 · 真题 16 句

characteristic

B2

n. 特征

本篇1次 · 真题 15 句

cure

B1

v. 治愈 (疾病)

本篇1次 · 真题 15 句

strengthen

B2

v. 加强

本篇1次 · 真题 15 句

request

B1

n. 请求

本篇1次 · 真题 14 句

unlikely

B1

adj. 不太可能的

本篇1次 · 真题 14 句

admission

B2

n. 承认 (错误、罪行等)

本篇1次 · 真题 13 句

biased

B2

adj. 有偏见的

本篇1次 · 真题 13 句

discrimination

C1

n. 歧视

本篇1次 · 真题 12 句

unlike

B1

prep. 不像

本篇1次 · 真题 12 句

complaint

B1

n. 抱怨

本篇1次 · 真题 11 句

delay

B1

n. 延迟

本篇1次 · 真题 11 句

settle

B1

v. 解决 (争端、问题)

本篇1次 · 真题 10 句

flaw

B2

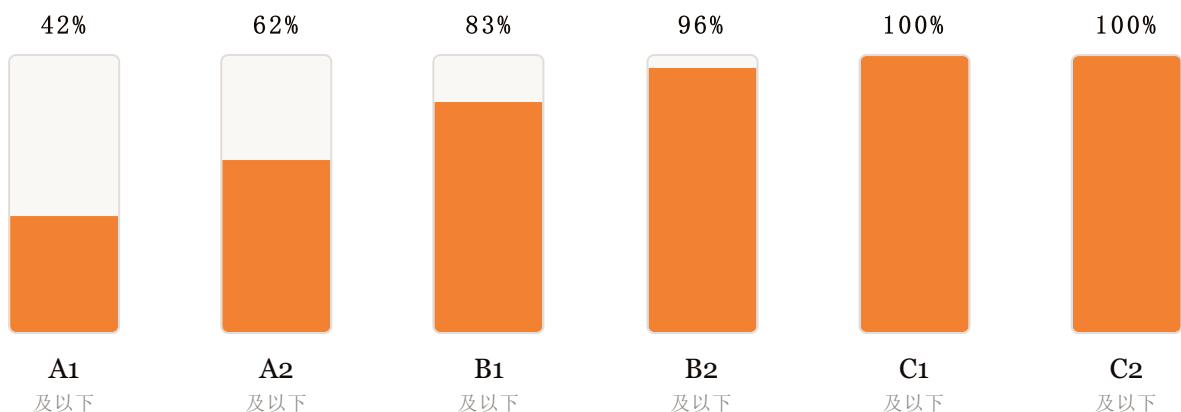
n. 缺陷

本篇1次 · 真题 9 句

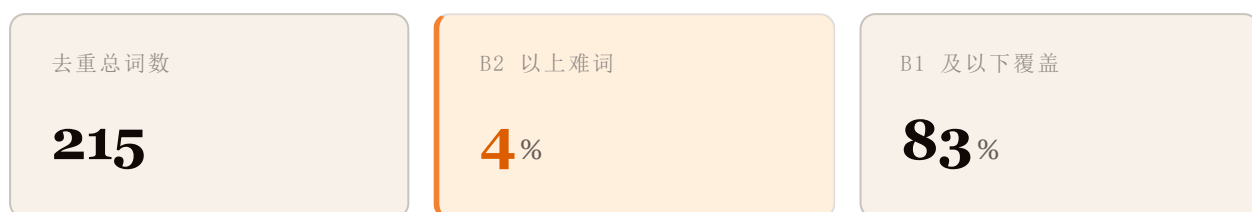
VOCABULARY · 词汇难度分布

全文 215 词按 CEFR 难度累积覆盖

全文去重后共 215 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 8 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 215 个 · 末柱为 100%



考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	本题
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年 考研英语二阅读理解（四选一） 第4篇·36-40 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析 · 36-40 题

本页 36-40 题的答案与逐题解析由懒笔记基于2019年 考研英语二阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 8 段原文（段首标 P1-P8 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。

英语二真题(2019)

Section II Part A (4)

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the **ANSWER SHEET**. (40 points)

Text 4

P1 Arnold Schwarzenegger, Dia Mirza and Adrian Grenier have a message for you: It's easy to beat plastic. They're part of a bunch of celebrities starring in a new video for World Environment Day – encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

Arnold Schwarzenegger、Dia Mirza和Adrian Grenier向你传递一个信息:战胜塑料很容易。他们是为世界环境日拍摄新视频的一群名人中的一部分,该视频鼓励你这样的消费者,用可替代品取代你的一次性塑料必需品,如吸管和餐具,以应对塑料危机。

P2 The key messages that have been put together for World Environment Day do include a call for governments to enact legislation to curb single-use plastics. But the overarching message is directed at individuals.

为世界环境日整合的关键信息确实包括呼吁政府制定法律来遏制一次性塑料。但总体信息是针对个人的。

P3 My concern with leaving it up to the individual, however, is our limited sense of what needs to be achieved. On their own, taking our own bags to the grocery store or quitting plastic straws, for example, will accomplish little and require very little of us. They could even be detrimental, satisfying a need to have "done our bit" without ever progressing onto bigger, bolder, more effective actions – a kind of "moral licensing" that allays our concerns and stops us doing more and asking more of those in charge.

然而,我对把这件事留给个人的担忧在于,我们对需要实现什么目标的认识有限。例如,仅靠我们自己带购物袋去杂货店或戒掉塑料吸管,将取得很少成就,也只需要我们付出很少。它们甚至可能是有害的,满足了一种'我们已经尽力'的需求,却从未进展到更大、更大胆、更有效的行动——一种'道德许可',它缓解了我们的担忧,阻止我们做更多事情和向掌权者要求更多。

P4 While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we're ignoring the balance of power that implies that as "consumers" we must shop sustainably, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

当围绕我们的环境和我们对环境的责任的讨论仍然集中在购物袋和吸管上时,我们忽略了权力平衡,这种平衡意味着作为'消费者',我们必须可持续地购物,而不是作为'公民'追究我们的政府和行业的责任,推动真正的系统性变革。

P5 It's important to acknowledge that the environment isn't everyone's priority – or even most people's. We shouldn't expect it to be. In her latest book, *Why Good People Do Bad Environmental Things*, Wellesley College professor Elizabeth R. DeSombre argues that the best way to collectively change the behavior of large numbers of people is for the change to be structural.

重要的是要承认,环境并不是每个人的优先事项——甚至不是大多数人的优先事项。我们不应该期望它是。在她的最新著作《为什么好人做坏的环境事》中,Wellesley College教授Elizabeth R. DeSombre认为,集体改变大量人群行为的最佳方式是让改变成为结构性的。

P6 This might mean implementing policy such as a plastic tax that adds a cost to environmentally problematic action, or banning single-use plastics altogether. India has just announced it will "eliminate all single-use plastic in the country by 2022." There are also incentive-based ways of making better environmental choices easier, such as ensuring recycling is at least as easy as trash disposal.

这可能意味着实施政策,如塑料税,为环境问题行为增加成本,或者完全禁止一次性塑料。印度刚刚宣布将'在2022年之前消除该国所有一次性塑料'。还有基于激励的方式使更好的环境选择变得更容易,例如确保回收至少与垃圾处理一样容易。

P7 DeSombre isn't saying people should stop caring about the environment. It's just that individual actions are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior.

DeSombre并不是说人们应该停止关心环境。她说,只是个人行动太慢了,不能成为改变广泛行为的唯一甚至主要方法。

P8 None of this is about writing off the individual. It's just about putting things into perspective. We don't have time to wait. We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

所有这些都不要否定个人。这只是关乎正确看待事物。我们没有时间等待。我们需要塑造集体行动(并约束污染企业)的进步政策,以及推动变革的积极公民。

题目与逐题解析

36. Some celebrities star in a new video to_____.

- [A] demand new laws on the use of plastics
- [B] urge consumers to cut the use of plastics
- [C] invite public opinion on the plastics crisis
- [D] disclose the causes of the plastics crisis

一些名人在一段新视频中出镜是为了_____

- A) 要求制定关于塑料使用的新法律 B) 敦促消费者减少塑料的使用 C) 征求公众对塑料危机的意见
D) 揭露塑料危机的原因

【答案】 B (细节题)

【判型】 Some celebrities star in a new video to_____. 让考生填动作目的，是对原文具体行为的客观转述。

【拆句】 Some celebrities star in a new video to_____. 主干 Some celebrities star in a new video, star in 意为「主演」；不定式 to _____ 充当目的状语，空格需填动词原形短语。结构平铺直叙，无陷阱。

【定位】 They're part of a bunch of celebrities starring in a new video for World Environment Day – encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

他们是为世界环境日拍摄新视频的一批明星之一——视频鼓励作为消费者的你换掉吸管、餐具等一次性塑料常用品，以抗击塑料危机。

【选项】 A) 张冠李戴

demand new laws on the use of plastics 把视频定位成「要求新法律」，但定位句明确视频面向 you, the consumer，呼吁立法是 a call for governments to enact legislation 的「副线」，并非视频本身的「key message」。

B) ✓ 正确

encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery

↔ **urge consumers to cut the use of plastics**

B 把定位句 encouraging you, the consumer, to swap out your single-use plastic staples 的目的客观浓缩成「敦促消费者减少使用塑料」，与预判完全吻合。

C) 无中生有

invite public opinion on the plastics crisis 暗示视频在「征求公众意见」，但定位句是明星「鼓励」消费者去行动，方向完全相反。

D) 无中生有

disclose the causes of the plastics crisis 说视频在「揭示原因」，但 P1 全段在讲呼吁个人改变，未涉及 plastics crisis 的起因。

37. The author is concerned that "moral licensing" may_____.

- [A] mislead us into doing worthless things
- [B] prevent us from making further efforts
- [C] weaken our sense of accomplishment
- [D] suppress our desire for success

作者担心"道德许可"可能会_____

- A) 误导我们去做无价值的事情 B) 阻止我们做出进一步的努力 C) 削弱我们的成就感
D) 抑制我们对成功的渴望

【答案】 B (细节题)

【判型】 The author is concerned that "moral licensing" may_____. 让考生补出作者担心这一概念会导致什么后果，是对原文议论的客观转述。

【拆句】 The author is concerned that "moral licensing" may_____. 主干 The author is concerned, that 引导宾语从句；从句主语 moral licensing 加情态动词 may，空格补谓语句动词短语。结构清楚，无陷阱。

【定位】 They could even be detrimental, satisfying a need to have "done our bit" without ever progressing onto bigger, bolder, more effective actions – a kind of "moral licensing" that allays our concerns and stops us doing more and asking more of those in charge.

这些（小动作）甚至可能有害：满足了我们「做了一点贡献」的需要，却让我们再也不去追求更大、更勇敢、更有效的行动——这是一种「道德许可」效应，它平息了我们的担忧，让我们停下来不再多做、也不再多要求当权者。

【选项】 A) 偷换概念

mislead us into doing worthless things 把后果说成「误导我们去做无意义之事」，但定位句的关切不是「事情没用」，而是「做了小事就以为够了不再做」；原文 They could even be detrimental 也只是说「可能有害」，不是说事情本身没价值。

B) ✓ 正确

stops us doing more and asking more of those in charge ↔

prevent us from making further efforts

without ever progressing onto bigger, bolder, more effective actions ↔

prevent us from making further efforts

B 概括了定位句中「不再继续做、不再向掌权者要求更多」这一核心后果，正是预判所述。

C) 与原文相反

weaken our sense of accomplishment 说「削弱成就感」，但定位句明说 satisfying a need to have "done our bit"，是「满足成就感」，方向恰好相反。

D) 无中生有

suppress our desire for success 谈「压制成功欲」，但原文谈的是环保行动而非个人「成功」；这是把抽象关键词偷换到无关话题。

38. By pointing out our identity "citizens", the author indicates that_____.

- [A] our focus should be shifted to community welfare
- [B] our relationship with local industries is improving
- [C] we have been actively exercising our civil rights
- [D] we should press our government to lead the combat

通过指出我们"公民"的身份,作者表明_____

- A) 我们的关注点应该转移到社区福祉上 B) 我们与当地产业的关系正在改善
C) 我们一直在积极行使公民权利 D) 我们应该敦促政府领导这场战斗

【答案】 D (推断题)

【判型】 By pointing out our identity "citizens", the author indicates that____. 用 indicates that 提示考生: 要由作者「点出 citizens 身份」这一行为, 推出他想表达的主张。

【拆句】 By pointing out our identity "citizens", the author indicates that____. 句首 By doing 介词短语充当方式状语, 主干 the author indicates that ____; that 引导宾语从句, 空格是从句的核心命题。

【定位】 While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we're ignoring the balance of power that implies that as "consumers" we must shop sustainably, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

当关于环境和我们对其责任的讨论仍停留在购物袋和吸管上时, 我们忽视了背后的权力关系——这种关系暗示我们作为「消费者」要可持续地购物, 而不是作为「公民」追究政府和企业的责任、推动真正的系统性变革。

【选项】 A) 偷换概念

our focus should be shifted to community welfare 把「公民身份」往 community welfare 上引, 但定位句谈的是对政府和产业的问责, 不是社区福利。

B) 与原文相反

our relationship with local industries is improving 说我们与当地产业的关系在改善, 但原文是 ignoring the balance of power 并要求 hold...industries to account, 是要施压而非赞美现状。

C) 与原文相反

we have been actively exercising our civil rights 说我们一直在积极行使公民权, 但定位句明说 we're ignoring the balance of power——作者认为现实恰恰是没去行使。

D) ✓ 正确

hold our governments and industries to account to push for real systemic change ↔

press our government to lead the combat

D 把作者借 citizens 身份要求「政府/企业负起责、带头变革」这一立场客观浓缩, 与预判一致。

39. DeSombre argues that the best way for a collective change should be_____.

- [A] a win-win arrangement
- [B] a self-driven mechanism
- [C] a cost-effective approach
- [D] a top-down process

DeSombre认为集体改变的最佳方式应该是_____

A) 一种双赢的安排 B) 一种自我驱动的机制 C) 一种成本效益高的方法 D) 一种自上而下的过程

【答案】 **D** (细节题)

【判型】 DeSombre argues that the best way for a collective change should be____. 问 DeSombre 主张的最佳路径，是对其原话的转述。

【拆句】 DeSombre argues that the best way for a collective change should be____. 主干 DeSombre argues; that 引导宾语从句，从句主语 the best way 后接介词短语 for a collective change 作定语，谓语 should be 后接表语，空格即此处。结构清楚。

【定位】 In her latest book, Why Good People Do Bad Environmental Things, Wellesley College professor Elizabeth R. DeSombre argues that the best way to collectively change the behavior of large numbers of people is for the change to be structural.

Wellesley 学院的 Elizabeth R. DeSombre 教授在新书《为什么好人做坏环境的事》中主张：要在大群体范围内改变行为，最好的办法是让改变是「结构性」的。

【选项】 A) **无中生有**

a win-win arrangement 说「双赢安排」，但原文谈的是「结构性变革」，并未在「各方都赢」这一维度上展开。

B) **与原文相反**

a self-driven mechanism 强调「自驱动」，意为靠个体自觉，但 DeSombre 的论点是 individual actions are too slow，正是要绕开「靠个人自觉」。

C) **偷换概念**

a cost-effective approach 谈「划算」，adds a cost to environmentally problematic action 中虽出现 cost，但那是「给污染行为加成本」的政策手段，不是说「这种办法本身性价比高」。

D) **✓ 正确**

the best way to collectively change the behavior of large numbers of people is for the change to be structural

↔ **a top-down process**

implementing policy such as a plastic tax that adds a cost to environmentally problematic action, or banning single-use plastics altogether

↔ **a top-down process**

D 把 structural 的本质——由制度/政府自上而下推动——概括出来，与预判及 P6 的具体举例完全吻合。

40. The author concludes that individual efforts_____.

- [A] can be too aggressive
- [B] can be too inconsistent
- [C] are far from sufficient
- [D] are far from rational

作者的结论是个人努力_____

A) 可能过于激进 B) 可能过于不一致 C) 远远不够 D) 远非理性

【答案】 **C** (主旨题)

【判型】 The author concludes that individual efforts____. 让考生选作者对 individual efforts 的整体结论，要的是覆盖全文论述的总评，而非某段细节。

【拆句】 The author concludes that individual efforts____. 主干 The author concludes; that 引导宾语从句，从句主语 individual efforts 后接系动词隐含的判断结构，空格补表语短语。结构平直，无陷阱。

【选项】 A) **无中生有**

can be too aggressive 说个人努力「过于激进」，但全文没有任何对个人行动「太激进」的评价，反而是说「太少、太慢」。

B) **无中生有**

can be too inconsistent 说个人努力「不一致」，但原文谈的是「effect 太弱、速度太慢」，不是「时好时坏」。

C) **✓ 正确**

On their own, taking our own bags to the grocery store or quitting plastic straws, for example, will accomplish little and require very little of us

↔ **are far from sufficient**

individual actions are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior

↔ **are far from sufficient**

We don't have time to wait. We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change

↔ **are far from sufficient**

C 把「单靠个人成效有限 + 太慢 + 必须搭配政策」三段主线浓缩成「远远不够」，正是作者结论。

D) **偷换概念**

are far from rational 说个人努力「远非理性」，但全文从未质疑 individual efforts 的「合理性/理性程度」，只谈其作用大小与速度。

SENTENCE INSIGHTS • 句子精讲

5 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 key messages that have been put together for World Environment Day do include a call for governments to enact legislation to curb single-use plastics.

第2段，第1句

本句结构高度典型:限制性定语从句修饰主语、强调助动词"do"加强语气、宾语后接"for + 名词 + to do"结构表达呼吁对象与内容,这些都是四六级和考研阅读中的高频句式。掌握本句的拆解方法,可直接迁移到大量同类结构的真题句子,代表性很强。

While the conversation around our environment and our responsibility toward it remains centered on shopping bags and straws, we're ignoring the balance of power that implies that as "consumers" we must shop sustainably, rather than as "citizens" hold our governments and industries to account to push for real systemic change.

第4段，第1句

本句成分丰富且层次分明，涵盖主语、谓语、宾语、表语、定语从句、宾语从句、状语从句、方式状语、目的状语、宾语补足语等多种成分，且出现 "hold... to account" 等固定搭配、情态动词结构、并列动词省略、定语从句嵌套宾语从句等易错点，作为划分练习句收益很高。

DeSombre isn't saying people should stop caring about the environment.

第7段，第1句

say 后接省略 that 的宾语从句是四六级和考研阅读中的高频结构,且从句内情态动词 + 动词原形的搭配也很常见。掌握后可广泛迁移到其他 say/think/believe 等动词的句式。

It's just that individual actions are too slow, she says, for that to be the only, or even primary, approach to changing widespread behavior.

第7段，第2句

这句时态不难，能把注意力集中到主干识别和成分划分上，训练收益较高。对需要突破长句读法的学习者来说，属于值得优先练的结构型材料。

We need progressive policies that shape collective action (and rein in polluting businesses), alongside engaged citizens pushing for change.

第8段，第4句

主句 + 限制性定语从句 + 介词短语状语是四六级和考研英语阅读中高频出现的句式组合；定语从句修饰宾语、关系代词在从句中作主语、从句内并列谓语、分词作后置定语等都是考试常考结构；整体句式具有较强的代表性和可迁移性，掌握后能应对大量类似句子。

HIGH-FREQUENCY · 真题高频词

本篇出现的 63 个考研英语二真题高频词

下列单词既在本篇真题中出现，又是 **考研英语二** 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。

individual B2

adj. 单独的

本篇5次 · 真题 59 句

author A2

n. 作者

本篇3次 · 真题 209 句

consumer B1

n. 消费者

本篇3次 · 真题 72 句

crisis B2

n. 危机

本篇3次 · 真题 33 句

citizen B1

n. 公民

本篇3次 · 真题 19 句

policy B1

n. 政策

本篇2次 · 真题 69 句

argue B1

v. 争论

本篇2次 · 真题 63 句

concern B1

v. 涉及

本篇2次 · 真题 60 句

behavior B1

n. 行为

本篇2次 · 真题 52 句

approach B1

v. 靠近，接近（在空间或时间上）

本篇2次 · 真题 51 句

moral B2

adj. 道德的

本篇2次·真题 33 句

environmental B1

adj. 环境的

本篇2次·真题 23 句

celebrity B2

n. 名人, 名流

本篇2次·真题 14 句

collective B2

adj. 集体的

本篇2次·真题 14 句

power A2

n. 权力

本篇1次·真题 90 句

process B1

n. 过程

本篇1次·真题 80 句

focus B1

n. 重点

本篇1次·真题 77 句

community B1

n. 社区

本篇1次·真题 71 句

better A1

adj. 更好的 (good 的比较级)

本篇1次·真题 70 句

local A2

adj. 当地的

本篇1次·真题 65 句

demand B1

v. 坚决要求

本篇1次·真题 63 句

least A2

det. 最少的

本篇1次·真题 63 句

tax A2

n. 税

本篇1次·真题 54 句

opinion A2

n. 观点

本篇1次·真题 44 句

account A2

n. 账户

本篇1次·真题 42 句

professor B1

n. 教授 (大学教师的最高职称)

本篇1次·真题 38 句

desire B2

n. 愿望

本篇1次·真题 37 句

further B1

adv. 更远地

本篇1次·真题 34 句

ensure B2

v. 确保

本篇1次·真题 33 句

responsibility B1

n. 责任

本篇1次·真题 32 句

shift B1

v. 移动

本篇1次·真题 31 句

balance B1

n. 平衡

本篇1次·真题 30 句

relationship B1

n. 关系

本篇1次·真题 28 句

ban B2

v. 禁止

本篇1次·真题 25 句

conclude B2

v. 断定;推断出

本篇1次·真题 24 句

imply B2

v. 暗示, 暗指

本篇1次·真题 24 句

indicate B2

v. 表明

本篇1次·真题 23 句

charge B1

v. 收费

本篇1次·真题 22 句

ignore B1

v. 忽视;不理睬

本篇1次·真题 22 句

eliminate B2

v. 消除

本篇1次·真题 21 句

concerned B1

adj. 担心的

本篇1次·真题 20 句

effective B1

adj. 有效的, 起作用的

本篇1次·真题 20 句

legislation B2

n. 法律

本篇1次·真题 19 句

limited B1

adj. 有限的

本篇1次·真题 19 句

press A2

v. 按, 压

本篇1次·真题 17 句

priority B2

n. 优先事项

本篇1次·真题 17 句

perspective B2

n. 观点

本篇1次·真题 15 句

acknowledge B2

v. 承认 (事实、错误等)

本篇1次·真题 14 句

identity B2

n. 身份

本篇1次·真题 14 句

widespread B2

adj. 广泛的

本篇1次·真题 13 句

curb B2

v. 抑制

本篇1次·真题 12 句

mechanism B2

n. 机制

本篇1次·真题 12 句

urge B2

v. 敦促

本篇1次·真题 12 句

aggressive B2

adj. 好斗的

本篇1次·真题 11 句

quit B1

v. 离开 (工作、学校等)

本篇1次·真题 11 句

announce B1

v. 宣布

本篇1次·真题 10 句

sufficient B2

adj. 足够的

本篇1次·真题 10 句

weaken B2

v. 使变弱

本篇1次·真题 10 句

accomplish

B2

v. 完成, 实现 (任务、目标)

本篇1次 · 真题 8 句

alongside

B1

prep. 在...旁边

本篇1次 · 真题 8 句

arrangement

B1

n. 安排

本篇1次 · 真题 8 句

civil

B2

adj. 公民的

本篇1次 · 真题 8 句

implement

B2

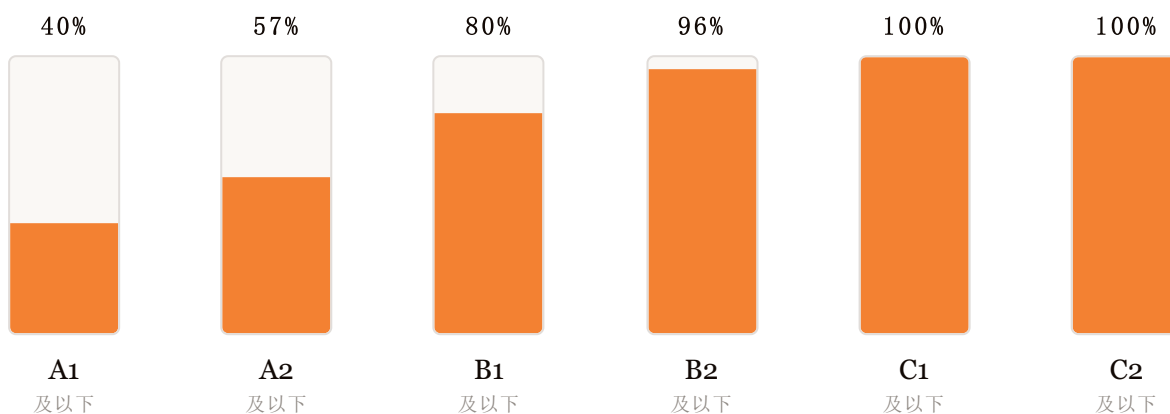
v. 实施

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 224 词按 CEFR 难度累积覆盖

全文去重后共 **224** 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 224 个 · 末柱为 100%

去重总词数

224

B2 以上难词

4%

B1 及以下覆盖

80%

考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	本题
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年 考研英语二多项对应（信息匹配） Section II Part B · 41-45 题答案与解析

MATCHING & ANALYSIS · 多项对应题和解析

多项对应题和解析 · 41-45 题

本页 41-45 题的多项对应答案与逐题解析由懒笔记基于2019年 考研英语二多项对应（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：Directions、16 段数字标号完整原文（逐段附中文翻译）与题项↔A~G 候选对照表连续排印；卷面之后逐题解析——正确候选项及其中译、答案段与定位句中英对照、锚点核心信息、原文与候选项的同义改写对照，以及易混诱选的辨析。

英语二真题(2019)

Section II Part B

Directions:

Read the following text and match each of the numbered items in the left column to its corresponding information in the right column. There are two extra choices in the right column. Mark your answers on the ANSWER SHEET. (10 points)

In choosing a new home, Camille McClain's kids have a single demand: a backyard.

在选择新家时,Camille McClain的孩子们只有一个要求:一个后院。

McClain's little ones aren't the only kids who have an opinion when it comes to housing, and in many cases youngsters' views weigh heavily on parents' real estate decisions, according to a 2018 Harris Poll survey of more than 2,000 U.S. adults.

根据2018年Harris Poll对2000多名美国成年人进行的调查,McClain的孩子们并不是唯一对住房有看法的孩子,而且在许多情况下,年轻人的观点对父母的房地产决策有很大影响。

While more families buck an older-generation proclivity to leave kids in the dark about real estate decisions, realty agents and psychologists have mixed views about the financial, personal and long-term effects kids' opinions may have.

尽管越来越多的家庭摒弃了老一辈不让孩子了解房地产决策的倾向,但房地产经纪人和心理学家对孩子的意见可能产生的财务、个人和长期影响持有不同看法。

The idea of involving children in a big decision is a great idea because it can help them feel a sense of control and ownership in what can be an overwhelming process, said Ryan Hooper, clinical psychologist in Chicago.

芝加哥临床心理学家Ryan Hooper说,让孩子参与重大决策的想法是个好主意,因为这可以帮助他们在一个可能令人不知所措的过程中感受到控制感和主人翁意识。

"Children may face serious difficulties in coping with significant moves, especially if it removes

them from their current school or support system," he said.

他说:"孩子们在应对重大搬迁时可能会面临严重困难,尤其是如果这使他们离开目前的学校或支持系统。"

Greg Jaroszewski, real estate broker with Gagliardo Realty Associates, said he's not convinced that kids should be involved in selecting a home – but their opinions should be considered in regards to proximity to friends and social activities, if possible.

Gagliardo Realty Associates的房地产经纪人Greg Jaroszewski说,他不相信应该让孩子参与选择房屋,但如果可能的话,应该考虑他们对于靠近朋友和社交活动的意见。

Younger children should feel like they're choosing their home – without actually getting a choice in the matter, said Adam Bailey, real estate attorney based in New York.

纽约房地产律师Adam Bailey说,应该让年幼的孩子感觉像是他们在选择自己的家,但实际上不给他们选择权。

Asking them questions about what they like about the backyard of a potential home will make them feel like they're being included in the decision-making process, Bailey said.

Bailey说,询问他们喜欢潜在房屋后院的什么,会让他们觉得自己被纳入了决策过程。

Many of the aspects of homebuying aren't a consideration for children, said Tracey Hampson, a real estate agent based in Santa Clarita, Calif. And placing too much emphasis on their opinions can ruin a fantastic home purchase.

加州Santa Clarita的房地产经纪人Tracey Hampson说,购房的许多方面不是孩子需要考虑的事情,过分强调他们的意见可能会毁掉一次绝佳的购房机会。

"Speaking with your children before you make a real estate decision is wise, but I wouldn't base the purchasing decision solely on their opinions." Hampson said.

Hampson说:"在做房地产决策之前与孩子交谈是明智的,但我不会仅仅根据他们的意见来做购买决定。"

The other issue is that many children – especially older ones – may base their real estate knowledge on HGTV shows, said Aaron Norris of The Norris Group in Riverside, Calif.

加州Riverside的The Norris Group的Aaron Norris说,另一个问题是许多孩子,尤其是年龄较大的孩子,可能会根据HGTV节目来了解房地产知识。

"They love Chip and Joanna Gaines just as much as the rest of us," he said. "HGTV has seriously changed how people view real estate. It's not shelter, it's a lifestyle. With that mindset change come some serious money consequences."

他说:"他们和我们其他人一样喜欢Chip和Joanna Gaines。HGTV严重改变了人们看待房地产的方式。它不是住所,而是一种生活方式。随着这种心态的转变,会带来一些严重的金钱后果。"

Kids tend to get stuck in the features and the immediate benefits to them personally, Norris said.

Norris说,孩子们往往会纠结于功能特征以及对他们个人的直接好处。

Parents need to remind their children that their needs and desires may change over time, said Julie Gurner, a real estate analyst with FitSmallBusiness.com.

FitSmallBusiness.com的房地产分析师Julie Gurner说,父母需要提醒孩子,他们的需求和愿望可能会随着时间而改变。

"Their opinions can change tomorrow," Gurner said. "Harsh as it may be to say, that decision should likely not be made contingent on a child's opinions, but rather made for them with great consideration into what home can meet their needs best—and give them an opportunity to customize it a bit and make it their own."

Gurner说:"他们的意见明天就可能改变。尽管这样说可能有些刺耳,但这个决定可能不应该取决于孩子的意见,而应该在充分考虑什么样的房子最能满足他们需求的基础上为他们做出决定,并给他们一个机会对房子进行一些定制,使其成为他们自己的家。"

This advice is more relevant now than ever before, even as more parents want to embrace the ideas of their children, despite the current housing crunch.

这个建议现在比以往任何时候都更有意义,尽管在当前住房紧缺的情况下,越来越多的父母希望接纳孩子的想法。

	[A] remarks that significant moves may pose challenges to children.
41. Ryan Hooper	[B] says that it is wise to leave kids in the dark about real estate decisions.
42. Adam Bailey	[C] advises that home purchases should not be based only on children's opinions.
43. Tracey Hampson	[D] thinks that children should be given a sense of involvement in homebuying decisions.
44. Aaron Norris	[E] notes that aspects like children's friends and social activities should be considered upon homebuying.
45. Julie Gurner	[F] believes that homebuying decisions should be based on children's needs rather than their opinions.
	[G] assumes that many children's views on real estate are influenced by the media.

41. Ryan Hooper

【答案】 [A] 信息在第 5 段

【候选项】 remarks that significant moves may pose challenges to children.

指出重大搬迁可能给孩子带来挑战。

【定位】 "Children may face serious difficulties in coping with significant moves, especially if it removes them from their current school or support system," he said.

他说："孩子在应对重大搬家时可能会面临严重的困难，尤其是当搬家把他们从现在的学校或支持系统中抽离出去时。"

【锚点】 搬家会给孩子带来严重困难

【对照】 Children may face serious difficulties in coping with significant moves ↔

significant moves may pose challenges to children

difficulties=challenges, 且主客换位

【依据】 唯一谈『搬家=难处』的候选项

【辨邻】 [D]

Hooper 第 4 段确实说过 involving children in a big decision is a great idea because it can help them feel a sense of control and ownership, 与 D 高度吻合。但 D 这层意思在文中由 Adam Bailey 更典型地承担 (42 题答案), 且本题真正要匹配的是第 5 段那句搬家困难。一个人说了两层意思, 题目只能给他配一项, 选错层就掉坑。

it can help them feel a sense of control and ownership

42. Adam Bailey

【答案】 [D] 信息在第 7 段

【候选项】 thinks that children should be given a sense of involvement in homebuying decisions.

认为应该让孩子在购房决策中有参与感。

【定位】 Younger children should feel like they're choosing their home – without actually getting a choice in the matter, said Adam Bailey, real estate attorney based in New York.

律师 Adam Bailey (纽约) 说, 应该让年幼的孩子感觉是他们在挑选自己的家——尽管实际上他们对这件事并没有决定权。

【锚点】 让孩子有参与购房的感觉

【对照】 make them feel like they're being included in the decision-making process ↔

children should be given a sense of involvement in homebuying decisions

feel like included = a sense of involvement

【依据】 『参与感』 正中 D 的 sense of involvement

【辨邻】 [C]

讲的是 home purchases should not be based only on children's opinions, 重点在『不要只依据孩子意见做决定』。Bailey 谈的是『给孩子参与感』, 根本没涉及『最终决定该依据什么』。C 是 Tracey Hampson 的主张 (43 题), 与 Bailey 不沾边。

home purchases should not be based only on children's opinions

43. Tracey Hampson

【答案】 [C] 信息在第 10 段

【候选项】 advises that home purchases should not be based only on children's opinions.

建议购房不应仅基于孩子的意见。

【定位】 "Speaking with your children before you make a real estate decision is wise, but I wouldn't base the purchasing decision solely on their opinions." Hampson said.

Hampson 说: "在做房产决策前跟孩子谈谈是明智的, 但我不会单单依据他们的意见来做购买决定。"

【锚点】 买房不能只凭孩子意见

【对照】 I wouldn't base the purchasing decision solely on their opinions ↔

home purchases should not be based only on children's opinions

wouldn't base solely = should not be based only

【依据】 『不只凭孩子意见』精准命中 C 的 not only

【辨邻】 [F]

说 based on children's needs rather than their opinions——它不仅否定『凭意见』, 还正面主张『应基于孩子的需求』。Hampson 只说了『不要只凭意见』, 没提出『应基于需求』这个替代方案。那是 Julie Gurner 的话 (45 题)。F 比 Hampson 实际说的多走了一步, 属以偏概全的反面——添料。

based on children's needs rather than their opinions

44. Aaron Norris

【答案】 [G] 信息在第 11 段

【候选项】 assumes that many children's views on real estate are influenced by the media.

认为许多孩子对房地产的看法受到媒体的影响。

【定位】 The other issue is that many children – especially older ones – may base their real estate knowledge on HGTV shows, said Aaron Norris of The Norris Group in Riverside, Calif.

Riverside 的 Norris Group 的 Aaron Norris 说, 另一个问题是, 许多孩子——尤其是大一点的——可能把自己对房产的认识建立在 HGTV 电视节目上。

【锚点】 孩子的房产观念受电视节目影响

【对照】 base their real estate knowledge on HGTV shows ↔

children's views on real estate are influenced by the media

HGTV shows 上位为 the media

【依据】 唯一谈媒体影响的候选项

45. Julie Gurner

【答案】 **[F]** 信息在第 15 段

【候选项】 believes that homebuying decisions should be based on children's needs rather than their opinions.

认为购房决策应基于孩子的需求而非他们的意见。

【定位】 "Their opinions can change tomorrow," Gurner said. "Harsh as it may be to say, that decision should likely not be made contingent on a child's opinions, but rather made for them with great consideration into what home can meet their needs best—and give them an opportunity to customize it a bit and make it their own."

Gurner 说: "他们的意见明天就可能变。话说得也许有点重, 但那个决定很可能不该取决于孩子的意见, 而应替他们做, 认真考虑哪套房子最能满足他们的需求——再给他们一点机会去改造、让它成为属于自己的家。"

【锚点】 买房应基于孩子需求而非意见

【对照】 not be made contingent on a child's opinions, but rather made for them with great consideration into what home can meet their needs best

↔ based on children's needs rather than their opinions

not...but rather 句对应 based on...rather than

【依据】 『靠需求不靠意见』精准命中 F 的双端对照

【辨邻】 [C]

C (should not be based only on children's opinions) 只覆盖『别只凭意见』这一端, 没有 Gurner 那句 but rather... needs (应基于需求) 的正面主张。Gurner 的话两端俱全, 必须配双端俱全的 F; 只含否定半句的 C 是 Hampson 的答案 (43 题)。

should not be based only on children's opinions

CHOICES • 候选池地图

A~G 共 7 个候选项各自在说什么

候选项是经同义改写的句子, 比题目多 2 个。下面逐条给出候选句原文、「它到底主张什么」的中文压缩, 并标注它对应哪道题——始终无人对应的就是多余干扰项。

[A] remarks that significant moves may pose challenges to children.

重大的搬家可能给孩子带来困难 / 挑战。

对应第 41 题

[B] says that it is wise to leave kids in the dark about real estate decisions.

明智的做法是把孩子完全瞒在购房决策之外。

多余项 · 无人对应

[C] advises that home purchases should not be based only on children's opinions.

买房不应只凭孩子的意见来定（可以听，但不能只听）。

对应第 43 题

[D] thinks that children should be given a sense of involvement in homebuying decisions.

应该让孩子获得一种参与购房决策的感觉。

对应第 42 题

[E] notes that aspects like children's friends and social activities should be considered upon homebuying.

买房时应把孩子的朋友、社交活动等因素纳入考虑。

多余项 · 无人对应

[F] believes that homebuying decisions should be based on children's needs rather than their opinions.

购房决策应基于孩子的真实需求，而不是他们的意见。

对应第 45 题

[G] assumes that many children's views on real estate are influenced by the media.

许多孩子对房产的看法是受媒体（电视节目）影响的。

对应第 44 题

EXTRA CHOICES · 多余项交代

这 2 个候选项始终无人对应

多项对应必有 2 个候选项无人认领——往往最像文中某个没被问到的人/事物，或是对某段的片面概括。下面逐条剖析它们「像在哪、差在哪、为何无人认领」，读透多余项才算读透全局。

[B] says that it is wise to leave kids in the dark about real estate decisions.

说 it is wise to leave kids in the dark about real estate decisions (把孩子瞒着才明智), 它借用了第 3 段 an older-generation proclivity to leave kids in the dark 的眼熟短语 leave kids in the dark, 但文中那是『老一辈被越来越多家庭摒弃的旧做法』, 没有任何受访者主张这么做——恰恰相反, 多数人主张让孩子有参与感。借词却把方向反转, 故无人认领。

[E] notes that aspects like children's friends and social activities should be considered upon homebuying.

说 friends and social activities should be considered, 精确对应第 6 段 their opinions should be considered in regards to proximity to friends and social activities——这是 Greg Jaroszewski 的观点。但 41-45 题没有问 Jaroszewski, 所以 E 虽有明确出处却无题可配。这是多项对应最典型的多余项布法: 拿一个真实存在、却没被设成题的人当诱饵。

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。

McClain's little ones aren't the only kids who have an opinion when it comes to housing, and in many cases youngsters' views weigh heavily on parents' real estate decisions, according to a 2018 Harris Poll survey of more than 2,000 U.S. adults.

第2段, 第1句

本句成分丰富且包含多个训练价值点:主系表结构与主谓结构并存;定语从句中关系代词 who 充当主语;多种状语(时间/条件状语从句、程度状语、介词短语状语)的识别与区分;固定搭配 when it comes to 和 weigh on 中成分的划分;嵌套结构中各层成分的归属判定。这些都是考试常见且易混淆的考点,训练价值高。

And placing too much emphasis on their opinions can ruin a fantastic home purchase.

第9段，第2句

本句包含动名词短语作主语、情态动词谓语、名词短语作宾语，成分类型较为丰富。动名词短语作主语是初学者的常见难点，且该短语内部还有宾语和介词短语修饰，结构层次清晰，适合练习识别主语边界和动名词用法。

"Speaking with your children before you make a real estate decision is wise, but I wouldn't base the purchasing decision solely on their opinions." Hampson said.

第10段，第1句

直接引语结构在四六级和考研阅读中频繁出现；动名词短语作主语、'but' 连接转折并列句、'before' 引导时间状语从句，都是常考句式；掌握本句的分析方法可直接迁移到大量类似结构。

"They love Chip and Joanna Gaines just as much as the rest of us," he said.

第12段，第1句

引语结构和 as...as 比较句型都是四六级和考研中的常见句式，掌握后可以广泛迁移到其他包含引语或比较的句子，具有较强的典型性

HIGH-FREQUENCY • 真题高频词

本篇出现的 51 个考研英语二真题高频词

下列单词既在本篇长文中出现，又是 **考研英语二** 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。

estate B2

n. 地产

本篇11次 · 真题 14 句

opinion A2

n. 观点

本篇9次 · 真题 44 句

base A2

n. 基础

本篇6次 · 真题 43 句

view A2

n. 观点，看法

本篇4次 · 真题 91 句

process B1

n. 过程

本篇2次·真题 80 句

significant B2

adj. 重要的

本篇2次·真题 47 句

current B1

adj. 现在的

本篇2次·真题 41 句

housing B1

n. 住房

本篇2次·真题 41 句

purchase B1

v. 购买

本篇2次·真题 26 句

agent B2

n. 代理人

本篇2次·真题 24 句

aspect B2

n. 方面

本篇2次·真题 20 句

psychologist B2

n. 心理学家

本篇2次·真题 19 句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题 172 句

system A2

n. 系统

本篇1次·真题 107 句

issue B1

n. 问题

本篇1次·真题 89 句

likely A2

adj. 很可能的

本篇1次·真题 89 句

benefit B1

n. 好处

本篇1次·真题 88 句

support A2

v. 支持

本篇1次·真题 87 句

effect A2

n. 影响

本篇1次·真题 80 句

case A2

n. 情况

本篇1次·真题 75 句

tend B1

v. 倾向于, 往往会

本篇1次·真题 71 句

demand B1

v. 坚决要求

本篇1次·真题 63 句

involve B1

v. 包含

本篇1次·真题 61 句

financial B2

adj. 财政的

本篇1次·真题 59 句

challenge B1

n. 挑战

本篇1次·真题 57 句

opportunity B1

n. 机会

本篇1次·真题 50 句

potential B2

adj. 潜在的

本篇1次·真题 43 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 42 句

desire B2

n. 愿望

本篇1次·真题 37 句

medium B1

adj. 中等的

本篇1次·真题 35 句

consequence B2

n. 结果

本篇1次·真题 33 句

despite B1

prep. 尽管

本篇1次·真题 32 句

feature B1

n. 特征

本篇1次·真题 30 句

remove A2

v. 移开

本篇1次·真题 25 句

select B1

v. 选择, 挑选

本篇1次·真题 24 句

assume B2

v. 假定

本篇1次·真题 23 句

lifestyle B1

n. 生活方式

本篇1次·真题23句

immediate B2

adj. 立即的, 即刻的

本篇1次·真题14句

pose B2

v. 摆姿势 (供拍照或绘画)

本篇1次·真题14句

relevant B2

adj. 相关的

本篇1次·真题14句

cope B2

v. 应对

本篇1次·真题13句

emphasis B2

n. 强调

本篇1次·真题13句

embrace B2

v. 拥抱

本篇1次·真题11句

ownership B2

n. 所有权

本篇1次·真题10句

poll B2

n. 民意调查

本篇1次·真题10句

remind A2

v. 提醒

本篇1次·真题10句

seriously B1

adv. 严肃地

本篇1次·真题10句

remark B1

n. 评论

本篇1次·真题9句

mixed A2

adj. 混合的

本篇1次·真题8句

personally B1

adv. 就个人而言

本篇1次·真题8句

ruin B2

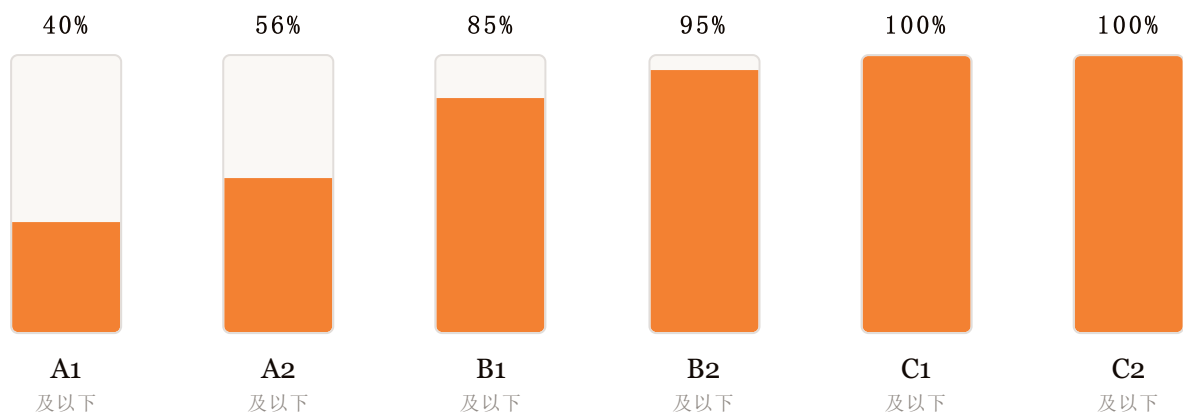
v. 毁坏

本篇1次·真题8句

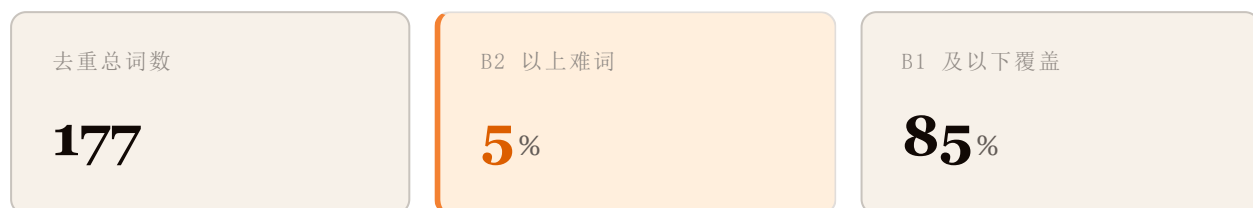
VOCABULARY · 词汇难度分布

全文 177 词按 CEFR 难度累积覆盖

数字标号长文去重后共 **177** 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 8 个 · 约 5%。



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 177 个 · 末柱为 100%



考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	本题
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年考研英语二 英译汉（段落翻译） Section III · 参考译文与逐句解析

PASSAGE & TRANSLATION • 题和解析

英译汉真题、参考译文与逐句解析

本页整篇参考译文与逐句解析由懒笔记基于2019年 考研英语二英译汉（段落翻译）原卷逐句译审整理。与试卷排版同一卷面：Directions 与整段英文原文连续排印——整段连排、无题号无划线，把它切成一句句翻译单元本身就是解题动作。卷面之后先给按段定稿的整篇参考译文，再按自切句序逐句拆分：意群直译、难点点破、语序调整、句内定稿中译，答案直显。

英语二真题(2019)

Section III

Directions:

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

P1 It is easy to underestimate English writer James Herriot. He had such a pleasant, readable style that one might think that anyone could imitate it. How many times have I heard people say, "I could write a book. I just haven't the time." Easily said. Not so easily done. James Herriot, contrary to popular opinion, did not find it easy in his early days of, as he put it, "having a go at the writing game". While he obviously had an abundance of natural talent, the final, polished work that he gave to the world was the result of years of practicing, re-writing and reading. Like the majority of authors, he had to suffer many disappointments and rejections along the way, but these made him all the more determined to succeed. Everything he achieved in life was earned the hard way and his success in the literary field was no exception.

参考译文

按段定稿的整篇参考译文是复盘资产，考卷上只印英文原文——英语二英译汉满分 15 分，按「理解准确、表达通顺连贯、无错译漏译」整篇四档评分。

P1 人们很容易低估英国作家詹姆斯·赫里奥特。他的文风是如此令人愉悦、流畅易读，以致于人们可能会以为任何人都能模仿。我不知有多少次听到人们说：「我也能写本书，只不过没时间罢了。」话说起来容易，做起来却没那么简单。与一般人的看法相反，赫里奥特早年——用他自己的话说——在「尝试涉足写作这一行」时，并不觉得这是件容易的事。虽然他显然天赋异禀，但他最终奉献给世人的那些精雕细琢的作品，却是多年练习、反复修改和阅读的结果。和大多数作家一样，他一路上也不得不承受许多失望和退稿，但这些挫折反而使他更加坚定了成功的决心。他一生中所取得的一切都是历尽艰辛换来的，他在文学领域的成功也不例外。

【衔接】第2句承第1句：把「低估」具体化为「以为谁都能模仿」

第1句 It is easy to underestimate (很容易低估他) 是论点，第2句 such a pleasant, readable style that one might think that anyone could imitate it 是「为什么会低估」的具体展开。两句间宜补一个承接，把第2句译文开头处理成顺承前句的「正因为……」或直接顺接，让「低估」和「以为谁都能模仿」的因果显出来。

第3、4句承上：用「说易做难」呼应「以为谁都能写」

第3句引述 I could write a book. I just haven't the time. (我也能写，只是没空)，第4句 Easily said. Not so easily done. 紧接着泼冷水。译文里第4句要紧贴第3句，用「话说起来容易，做起来却没那么简单」直接顶上去，中间不要断开，对照才有力。

第5句转折点睛：补「然而/可事实上」与前文的「容易论」对冲

前四句都在铺「大家以为写书容易」，第5句 contrary to popular opinion, did not find it easy 是全文转折。译文宜在句首「与一般人的看法相反」之外，让这一句明显站到前文的对立面——它领起后面「苦练成才」的正题，是承上启下的枢纽。

第7句 these、第8句呼应：保持「挫折→更坚定→一切来之不易」的链条

第7句 these made him all the more determined 的「这些」要承接同句前面的「失望和退稿」；第8句 Everything he achieved in life was earned the hard way 再把范围扩到「一生的一切」。译文要让 these 还原成「这些挫折」、第8句用「都是……换来的」收口，使「受挫—更坚定—来之不易」一气贯下。

逐句解析

整段连排、无题号无划线——把原文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（非考题号），与卷面原文逐字对应。

【主旨】为名作家正名：好文笔是苦练出来的，不是天生轻松得来的

全文以英国作家 James Herriot 为例，反驳「他文笔轻松好读、所以谁都能模仿、写书很容易」的流行看法，强调他平易的文风背后是 years of practicing, re-writing and reading, 并以 Everything he achieved in life was earned the hard way 收束。基调是「赞赏 + 纠正轻视」，凡涉及褒贬取义都应往「肯定其努力、否定『容易论』」上靠。

【术语】代词 it（贯穿全文的「写作/模仿这件事」）

It is easy to underestimate 的 it 是形式主语，真正主语是后面的不定式；而 anyone could imitate it 的 it 回指上句的 style（文风），did not find it easy 的 it 则指「写作这件事」。三处 it 指向不同，逐句翻译时都要先回上文确定它替代什么，别一律译成「它」。

指示代词 these（指上文的「失望与被拒」）

but these made him all the more determined to succeed 中的 these 回指紧邻上文的 many disappointments and rejections, 译时应还原为「这些挫折/这些打击」，不能直译成空泛的「这些」而断了指代链。

高频反义对照：easy / the hard way（容易 vs 艰辛）

全文反复用 It is easy、Easily said. Not so easily done.、earned the hard way 构成「看似容易—实则艰辛」的对照主线。easy 一词全篇统一处理成「轻易/容易」，the hard way 统一处理成「靠艰辛努力/来之不易」，前后译法要一致，才能把这条对照讲清楚。

1. It is easy to underestimate English writer James Herriot.

【意群】 It is easy (形式主语 + 系表主干) ★ 采分 → (做某事) 是容易的

难点: **It 是形式主语, 不能译成「它」**

It is easy to underestimate 里的 it 不指任何具体事物, 只是占位的形式主语, 真正的主语是后面的不定式 to underestimate...。汉语没有形式主语, 要把后面的不定式提上来做主语, 译成「低估.....是很容易的」, 绝不能翻成「它是容易的」。

to underestimate English writer James Herriot. (不定式作真正主语) ★ 采分 → 低估英国作家詹姆斯·赫里奥特

难点: **underestimate = 低估、小看**

underestimate 直译就是「估计过低」, 结合下文「以为谁都能模仿他」, 这里取「小看、低估(他的本事)」之义, 译成「低估」或「小看」都可。

【调序】 **不定式前移做主语, it 略去不译**

把真正主语 to underestimate English writer James Herriot 提到句首, 形式主语 it 不译, 整句调成「低估英国作家詹姆斯·赫里奥特是很容易的」, 或更口语的「人们很容易低估英国作家詹姆斯·赫里奥特」。

【译文】 **人们很容易低估英国作家詹姆斯·赫里奥特。**

2. He had such a pleasant, readable style that one might think that anyone could imitate it.

【意群】 He had such a pleasant, readable style (主干主谓宾 (such...部分)) ★ 采分 → 他有如此令人愉悦、易读的文风

难点: **pleasant, readable 修饰 style; readable = (文字) 好读易懂**

pleasant, readable style 中两个形容词并列修饰 style (文风)。readable 不是「可读的」这么字面, 而指「文字流畅、读起来轻松好懂」; pleasant 指「让人读着舒服愉快」。合起来译「令人愉悦、流畅易读的文风」。

that one might think (such...that 结果状语从句 (主句部分)) ★ 采分 → 以致于人们可能会认为

难点: **such...that... = 如此.....以致于..... (结果); one = 泛指「人们」**

such a pleasant, readable style that one might think 是 such...that... 结构, that 引导结果状语从句, 表「程度高到产生某结果」, 译「如此.....以致于.....」。从句里的 one 是泛指代词, 指「一般人、人们」, 不要译成「一个人」。

that anyone could imitate it. (think 的宾语从句) ★ 采分 → 任何人都能模仿它

难点: **it 回指上文的 style (文风)**

anyone could imitate it 的 it 不是泛指, 它回指本句前面的 style。译时还原成「(模仿) 他的这种文风」, 比直译「模仿它」更清楚, 也接得上指代链。

【调序】 **保持「如此.....以致于.....」顺译, 宾语从句顺接**

such...that 的因果/结果顺序与汉语一致, 可顺译: 先说「文风如此令人愉悦、流畅易读」, 再接「以致于人们会以为谁都能模仿(他的文风)」。两层从句都顺着往下接即可, 无需大调序。

【译文】 **他的文风是如此令人愉悦、流畅易读, 以致于人们可能会以为任何人都能模仿。**

3. How many times have I heard people say, "I could write a book. I just haven't the time."

【意群】 How many times have I heard people say, (感叹式主句 (hear sb do 结构)) ★ 采分 → 我多少次听到人们说

难点: **How many times...**=「多少次啊」表强调, 非真问句; **hear sb say**=听见某人说

How many times have I heard people say 形式是疑问, 实为感叹强调「我听过太多次了」, 译成「我不知听到过多少次.....」更贴。hear people say 是 hear sb do 结构, 省略 to, 译「听见人们说」。

"I could write a book. (直接引语第一句) ★ 采分 → 我能写一本书

难点: **could** 在此是「我有能力/我也能」的口气

I could write a book 是引述别人的口头话, could 表「我也写得出一本书」的自信口吻, 译「我也能写本书」。

I just haven't the time." (直接引语第二句) → 我只是没有时间

难点: **haven't the time** = 英式说法「没(那个)时间」

I just haven't the time 是英式口语, 等于 don't have the time, just 表「只不过」, 译「只不过没时间罢了」。

【调序】 感叹句顺译, 引语保留原口吻

把 How many times have I heard people say 译成陈述式强调「我不知有多少次听到人们说」, 后面引号里两句话照口语原样接上即可, 结构与汉语一致, 无需大调。

【译文】 我不知有多少次听到人们说: 「我也能写本书, 只不过没时间罢了。」

4. Easily said. Not so easily done.

【意群】 Easily said. (省略句 (It is easily said)) ★ 采分 → 说起来容易

难点: 省略主谓, 等于「(这话) 说起来容易」

Easily said 省掉了主语和系动词, 完整是 It is easily said, 承上文那句「我也能写书」而来, 译「说起来容易」。

Not so easily done. (省略句 (Not so easily done), 与上句对照) ★ 采分 → 做起来却没那么容易

难点: 与上句构成「说—做」对照, **not so easily**=没那么容易

Not so easily done 同样省略主谓, 与 Easily said 形成「说易—做难」的鲜明对照, not so easily 译「没那么容易」, 加「却」字把转折显出来。

【调序】 两短句合译成一句对照

把 Easily said. Not so easily done. 合译成一句「说起来容易, 做起来却难」, 用一个「却」把前后对照连起来, 比拆成两个干巴巴的短句更通顺、更显原文的对比意味。

【译文】 话说起来容易, 做起来却没那么简单。

5. James Herriot, contrary to popular opinion, did not find it easy in his early days of, as he put it, "having a go at the writing game".

【意群】 James Herriot, (主语) →詹姆斯·赫里奥特

contrary to popular opinion, (插入语(状语)) ★采分 →与大众的看法相反

难点: **contrary to popular opinion=与流行看法相反, 整体插入语**

contrary to popular opinion 夹在主谓之间, 是插入语, 对全句作让步性补充。popular 这里不是「受欢迎的」而是「大众的、普遍的」, 整块译「与一般人的看法相反」, 可提到句首。

did not find it easy (主干谓语(find it easy 结构)) ★采分 →并不觉得(写作)容易

难点: **it 是形式宾语, 指「写作这件事」; find it easy=觉得它容易**

did not find it easy 中 it 是形式宾语, 真正内容是后面的「having a go at the writing game (动手写作)」。find it easy 意为「觉得这事容易」, 整体译「并不觉得(搞写作)是件容易事」。

in his early days of, (时间状语(介词短语)) →在他早年.....的时候

难点: **of 后接的内容被插入语隔开, 落在引号那串上**

in his early days of 的 of 本应直接接后面的动名词短语, 但中间塞了 as he put it, 理解时要把 of 和后面引号里的 having a go... 接起来, 意为「在他早年.....的日子里」。

as he put it, (插入语(如他所说)) ★采分 →用他自己的话说

难点: **as he put it=正如他所说、用他的话讲 (put=表述)**

as he put it 是固定插入语, put 在此是熟词僻义, 作「表述、说」讲 (= as he said it), 整块译「用他自己的话说」「正如他所说」。

"having a go at the writing game". (of 的宾语(动名词短语, 引语)) ★采分 →尝试搞写作这一行

难点: **have a go at=尝试做某事; the writing game=写作这一行/这门营生**

having a go at the writing game 中 have a go at sth 是固定短语「试着做某事、尝一尝」; game 这里不是「游戏」, 而指「行当、营生」, the writing game 即「写作这一行」。整块译「尝试涉足写作这一行」。

【调序】 插入语前移/归位, 形式宾语 it 的内容回填

把 contrary to popular opinion 提到句首作「与一般看法相反」; as he put it 紧贴引语译成「用他自己的话说」; 形式宾语 it 不单独译, 直接把它代表的「尝试搞写作」回填到「觉得.....不容易」里, 整句重排成「与一般看法相反, 赫里奥特早年.....并不觉得搞写作是件容易事」。

【译文】 与一般人的看法相反, 詹姆斯·赫里奥特早年——用他自己的话说——在「尝试涉足写作这一行」时, 并不觉得这是件容易的事。

6. While he obviously had an abundance of natural talent, the final, polished work that he gave to the world was the result of years of practicing, re-writing and reading.

【意群】 While he obviously had an abundance of natural talent, (while 引导的让步状语从句) ★ 采分 → 虽然他显然有大量天赋

难点: **While** 在此=「虽然」(让步), 非「当.....时」; **an abundance of**=大量的

While he obviously had an abundance of natural talent 的 While 是熟词僻义, 作「虽然、尽管」讲(让步), 不是「当.....的时候」——看后半句的转折语气即可判定。an abundance of natural talent 即「丰富的天赋」。

the final, polished work (主句主语) ★ 采分 → 最终的、精雕细琢的作品

难点: **polished**= (作品) 精心打磨过的、精雕细琢的

the final, polished work 中 polished 不是「擦亮的」, 而是熟词僻义「(文字/作品) 精心打磨、推敲完善的」, 与下文「反复修改」呼应, 译「最终成型、精雕细琢的作品」。

that he gave to the world (限定性定语从句修饰 work) ★ 采分 → 他奉献给世人的

难点: **that** 引导定语从句, 较短, 宜前移译成「.....的」

that he gave to the world 修饰前面的 work, 从句不长, 按汉语习惯提到 work 前译成「他奉献给世人的(作品)」。give to the world 意为「公之于世、奉献给世人」。

was the result of years of practicing, re-writing and reading. (主句系表) ★ 采分 → 是多年练习、改写和阅读的成果

难点: **the result of**=.....的结果/成果; 三个动名词并列

was the result of years of practicing, re-writing and reading 是主句的系表部分, practicing、re-writing、reading 三个动名词并列, by years of 统辖, 译「多年练习、反复修改和阅读的结果」。

【调序】 让步从句保留句首, 定语从句前移修饰 work

While 让步从句本就在句首, 译「虽然.....」即可; 难点是定语从句 that he gave to the world, 它较短, 前移到先行词 work 前译成「他奉献给世人的最终成型之作」, 避免译成「作品, 他把它奉献给世人」的翻译腔。

【译文】 虽然他显然天赋异禀, 但他最终奉献给世人的那些精雕细琢的作品, 却是多年练习、反复修改和阅读的结果。

7. Like the majority of authors, he had to suffer many disappointments and rejections along the way, but these made him all the more determined to succeed.

【意群】 Like the majority of authors, (方式/类比状语(介词短语)) → 像大多数作家一样

难点: **the majority of=大多数**

Like the majority of authors 是状语, 置于句首, the majority of 即「大多数」, 译「和大多数作家一样」。

he had to suffer many disappointments and rejections along the way, (主句一(主谓宾)) ★ 采分 → 他不得不在途中经受许多失望和拒绝

难点: **rejections= (投稿) 被拒; along the way=一路上、其间**

suffer many disappointments and rejections 中 rejections 在写作语境里特指「稿件被退、被出版社拒绝」, 译「(一次次) 退稿/被拒」更贴; along the way 指「这一路上、其间」。

but these made him all the more determined to succeed. (主句二(but 转折并列)) ★ 采分 → 但这些使他更加决心要成功

难点: **these 回指上文的「失望与被拒」; all the more=反而更加**

but these made him all the more determined to succeed 的 these 回指前半句的 many disappointments and rejections, 要还原成「这些挫折/打击」; all the more 表「反而更加」, 强调挫折非但没打垮他、反而更坚定。

【调序】 类比状语提前, but 转折顺译, these 还原

把 Like the majority of authors 提到句首译「和大多数作家一样」; but 转折按汉语「但/然而」顺译; these 还原为「这些挫折」, 整句重排成「和大多数作家一样, 他一路上也经历了许多失望和退稿, 但这些反而使他更坚定」。

【译文】 和大多数作家一样, 他一路上也不得不承受许多失望和退稿, 但这些挫折反而使他更加坚定了成功的决心。

8. Everything he achieved in life was earned the hard way and his success in the literary field was no exception.

【意群】 Everything he achieved in life (主语 + 省略 that 的定语从句) ★ 采分 → 他一生中取得的一切

难点: **he achieved in life 是省略关系词的定语从句修饰 Everything**

Everything he achieved in life 中 he achieved in life 前省略了关系词 that, 整体修饰 Everything, 译「他一生中所取得的一切」。这种 Everything/All + 主语 + 谓语 的结构, 后半就是定语从句。

was earned the hard way (主句一系表(被动)) ★ 采分 → 是通过艰辛的方式获得的

难点: **被动 was earned 转主动; the hard way=靠艰辛努力、来之不易**

was earned the hard way 是被动结构, 汉语宜转主动或无主句; the hard way 是固定说法「以艰难的方式、历尽艰辛」, 整体译「都是靠(他)艰辛努力换来的、来之不易」。

and his success in the literary field was no exception. (主句二 (and 并列)) ★ 采分 → 他在文学领域的成功也不例外

难点: **no exception=不例外; literary field=文学领域**

his success in the literary field was no exception 中 no exception 即「不例外」, 承上句意为「文学上的成功同样是苦熬出来的」; literary field 译「文学领域/文学界」。

【调序】 **被动转主动, and 顺接, 呼应全文「易一难」对照**

was earned the hard way 的被动转成主动/无主句「都是靠艰辛努力换来的」, 呼应开篇 It is easy 的「容易论」、收束「实则艰辛」的主线; and 后分句顺译「他在文学上的成功也不例外」。

【译文】 **他一生中所取得的一切都是历尽艰辛换来的, 他在文学领域的成功也不例外。**

SENTENCE INSIGHTS • 句子精讲

3 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。

He had such a pleasant, readable style that one might think that anyone could imitate it.

第1段, 第2句

such ... that 引导结果状语从句是四六级和考研阅读中的高频结构, 宾语从句嵌套在状语从句中的句式也较为典型。这种多层嵌套但逻辑清晰的结构, 在真题长难句中经常出现, 学习后可迁移到大量类似句子的分析中。

James Herriot, contrary to popular opinion, did not find it easy in his early days of, as he put it, "having a go at the writing game".

第1段，第5句

涵盖形式宾语"it"与真正宾语（动名词短语）分离、宾语补足语"easy"、时间状语、插入性状语、状语从句等多种成分，且形式宾语与真宾语分离是常见易错点，适合作为成分划分练习。

While he obviously had an abundance of natural talent, the final, polished work that he gave to the world was the result of years of practicing, re-writing and reading.

第1段，第6句

让步状语从句+主句(含定语从句修饰主语)的结构是四六级和考研英语阅读中的高频句式,掌握后可迁移到大量复合句分析场景,典型性很高。

HIGH-FREQUENCY • 真题高频词

本篇出现的 14 个考研英语二真题高频词

下列单词既在本篇英文原文中出现，又是 **考研英语二** 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。

easily A2

adv. 容易地

本篇2次 · 真题 25 句

author A2

n. 作者

本篇1次 · 真题 209 句

opinion A2

n. 观点

本篇1次 · 真题 44 句

writing A2

n. 写作

本篇1次 · 真题 33 句

earn A2

v. 赚得，挣得（金钱）

本篇1次 · 真题 32 句

majority B2

n. 大多数，大部分

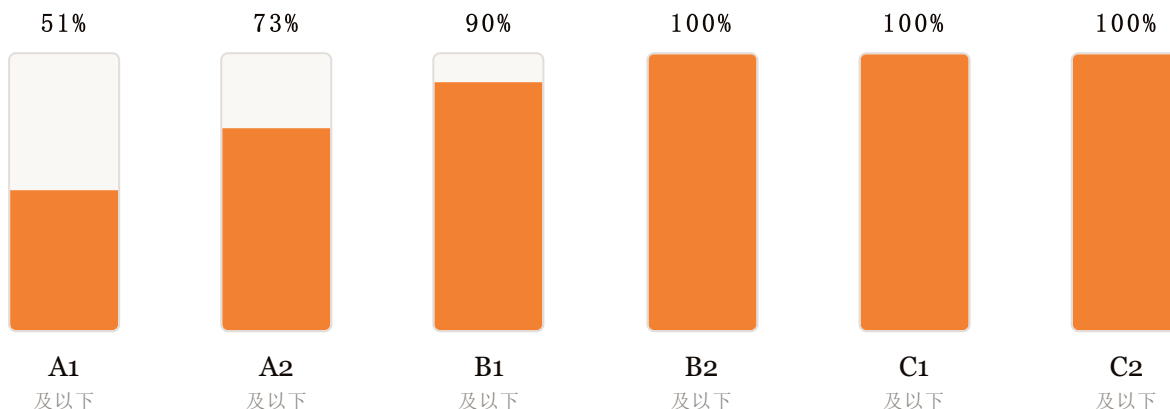
本篇1次 · 真题 25 句

<u>style</u> A2 n. 方式 本篇1次 · 真题 23 句	<u>suffer</u> B1 v. 遭受 (痛苦、疾病、损失等) 本篇1次 · 真题 22 句
<u>literary</u> B2 adj. 文学的 本篇1次 · 真题 15 句	<u>talent</u> B1 n. 天赋 本篇1次 · 真题 14 句
<u>underestimate</u> B2 v. 低估 本篇1次 · 真题 13 句	<u>obviously</u> B1 adv. 显然,明显地 本篇1次 · 真题 10 句
<u>exception</u> B2 n. 例外 本篇1次 · 真题 9 句	<u>contrary</u> B2 adj. 相反的 本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

英文原文 70 词按 CEFR 难度累积覆盖

英文原文去重后共 **70** 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 0 个。约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为英文原文去重词 70 个 · 末柱为 100%

去重总词数

70

B2 以上难词

0%

B1 及以下覆盖

90%

考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	本题
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	题目解析 →

2019年考研英语二写作（小作文）·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2019年 考研英语二写作原卷整理。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。

英语二真题(2019)

Section IV Part A

Directions:

Suppose Professor Smith asked you to plan a debate on the theme of city traffic.

Write him an email to

1)suggest a specific topic with your reasons, and

2)tell him about your arrangements.

You should write about 100 words on the ANSWER SHEET.

Do not use your own name. Use "Li Ming" instead. (10 points)

【参考范文·100 词】 写作无唯一标准答案，以下为达标示范

Dear Professor Smith,

I am writing to share my plan for the debate on city traffic. I would like to suggest the topic "Should private cars be restricted from entering the city centre?" This subject invites clear arguments on both sides, as it links traffic congestion with people's daily convenience, making it lively to debate.

As for the arrangements, I have booked Lecture Hall B for this Friday afternoon. Eight students will be divided into two teams, each given ten minutes to state their views. I do hope you can attend and offer us your guidance.

Yours sincerely, Li Ming

【参考译文】

尊敬的史密斯教授：

我写信是想向您汇报这次城市交通辩论的方案。我想建议辩题为‘是否应限制私家车进入市中心？’这个题目正反双方都有清晰的论据，因为它把交通拥堵与市民日常出行的便利联系了起来，辩起来会很热烈。

至于安排，我已预订了 B 讲堂，定在本周五下午。八名同学将分成两队，每队有十分钟陈述各自观点。我真诚希望您能到场并给予我们指导。

此致 李明

【第1段】称呼块定语域。开头 Dear Professor Smith, 用了第1段‘邮件称呼句架’，一行确立对教授的正式客气语域，格式分先拿到手。

【第2段】目的 + 荐题 + 理由。先 I am writing to share my plan... 亮目的，再 I would like to suggest the topic... 抛出可辩命题，末句 as it links traffic congestion with people's daily convenience 给理由，完整落实 suggest a specific topic with your reasons。

【第3段】按维度填满安排。As for the arrangements... 后依时间、地点、人员、分组、时长逐项交代，末句 I do hope you can attend 礼貌收束，落实 tell him about your arrangements。

【第4段】落款守署名规矩。Yours sincerely, 换行 Li Ming, 用了第4段落款句架，严守 Do not use your own name, 白给的格式分不丢。

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

写邮件建议辩题并交代安排

一句话钉死：给史密斯教授写一封电子邮件，就‘城市交通’这个主题 plan a debate on the theme of city traffic, 做两件事——suggest a specific topic with your reasons（建议一个具体辩题并给理由）和 tell him about your arrangements（告诉他你为这场辩论所做的安排）。两个动作缺一不可，且题目必须是‘可辩’的正反命题，不是泛泛一个话题。

读者 • 语域

写给教授的正式客气邮件

收信人是教授：Suppose Professor Smith asked you to plan a debate, 且要求 Write him an email, 所以语域是‘对师长、正式而客气’的书面邮件——开头用 Dear Professor Smith, 结尾用礼貌落款，口吻用请示/告知式（I would like to suggest... / I have arranged...），既不能过分随意，也不必端着不化。另外署名有硬性规定：Do not use your own name, 必须署 Li Ming, 写真名直接失分。

中心立意

邮件目的：荐辩题 + 报安排

本篇不是议论文没有中心论点，它的交际目的是：向教授提交这场城市交通辩论的方案——既 suggest a specific topic with your reasons，又 tell him about your arrangements，让教授看完就知道辩什么、怎么办、并等他拍板。

要展开的要点

1. 点明写信目的

开头一句说明来意：我就您交办的城市交通辩论 plan a debate on the theme of city traffic 提交安排，让教授一眼知道信的用途。

2. 建议具体可辩题目并给理由

落实 suggest a specific topic with your reasons：建议辩题‘是否应限制私家车进入市中心’——这是一个有正反两派的可辩命题；理由给 1-2 条：它把交通拥堵和市民出行便利直接对立起来，双方都有话说、辩起来热烈。

3. 交代辩论具体安排

落实 tell him about your arrangements：说清时间（本周五下午）、地点（B 讲堂）、人员与分组（八名同学分两队）、每队发言时长（各十分钟），并礼貌邀请教授到场指导。

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 称呼

顶格写称呼 Dear Professor Smith,——邮件格式的第一块，语域定调、不可省，省了就是格式失分。

第 2 段 目的 + 荐辩题及理由

正文第一块：一句点明写信目的，再落实 suggest a specific topic with your reasons——抛出具体可辩题目并给 1-2 条理由。

第 3 段 交代安排 + 礼貌结语

正文第二块：落实 tell him about your arrangements——说清时间地点人员分组，末尾加一句期待教授到场指导的礼貌话。

第 4 段 落款署名

结尾礼貌落款 Yours sincerely, 另起一行署 Li Ming, 呼应 Do not use your own name 的硬性要求。

第 1 段 Dear Professor Smith,

顶格写 Dear Professor Smith, 一行——对应收信人 Suppose Professor Smith asked you to plan a debate 的教授身份。

邮件称呼句架 · Dear + 职称/头衔 + 姓, (如 Dear Professor _____,) ——填收信人身份即可迁移到任何应用文。

第 2 段 荐题‘是否限私家车进城’+ 理由

点明写信目的后建议辩题‘是否应限制私家车进入市中心’, 理由: 它把交通拥堵与市民出行便利对立起来, 正反两派都有话讲、辩起来热烈——正好满足 suggest a specific topic with your reasons.

说明写信目的 · I am writing to _____. (填 share my plan for... 之类, 一句交代来意)

礼貌提出建议 · I would like to suggest the topic "____?" (引号里填一个正反可辩的命题)

补充说理 · This subject invites clear arguments on both sides, as it _____. (填该题为何双方都有话说的原因)

第 3 段 时间地点人员分组 + 邀教授

交代安排：本周五下午在 B 讲堂，八名同学分两队、每队发言十分钟；结尾一句期待教授到场指导——落实 tell him about your arrangements。

过渡到安排 ·

As for the arrangements, I have ____ . (填已订场地/已定时间等具体动作)

交代人员分组 · ____ students will be divided into two teams, each given ____ minutes to ____ . (填人数、时长、任务)

礼貌结语 · I do hope you can ____ and offer us your guidance. (填 attend 等，表达期待与请指导)

第 4 段 Yours sincerely, Li Ming

礼貌语 Yours sincerely, 另起一行署 Li Ming——严格遵守 Do not use your own name。

邮件落款句架 · Yours sincerely, / Best regards, (换行) + 指定署名 (本题必须是 Li Ming, 不写真名)

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

两点齐全且题目可辩

本题两个采分点 suggest a specific topic with your reasons 和 tell him about your arrangements 缺一不可；最易失分是题目不可辩 (只是话题) 或只荐题漏安排。

结构连贯**两任务点分段 + 过渡自然**

本题正文分两块（荐题一块、安排一块），中间用 As for the arrangements 顺滑过渡，教授逐点看得清、给分方便。

语言准确**礼貌句式用得得体**

本题用 I would like to suggest... / I do hope you can... 等得体请示口吻，避免命令式；被动 be divided into two teams 交代分组自然准确。

字数格式**邮件格式全 + 词数达标**

本题 You should write about 100 words，写太短显得任务点单薄、太长易注水；称呼与 Li Ming 落款必须齐，按 Do not use your own name 不写真名。

典型低分写法 · 反面示例与改法

话题冒充辩题

反面：'I suggest the topic city traffic.'——city traffic 只是话题，没法分正反两队。改成：I would like to suggest the topic "Should private cars be restricted from entering the city centre?" 这样才是可辩命题。

安排空泛无信息

反面：'I have arranged everything well and it will be great.'——全是空话，采分点落不到。改成：I have booked Lecture Hall B for this Friday afternoon, and eight students will be divided into two teams. 给出实打实的地点、时间、人员、分组。

署真名或漏落款

反面：正文写完直接结束，或末尾签了 Zhang Wei（真名）。改成：另起两行——Yours sincerely, 换行 Li Ming，严守 Do not use your own name。

考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	本题
Section IV Part B	写作	题目解析 →

2019年考研英语二写作（大作文）·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2019年 考研英语二写作原卷整理。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）、真题配图连续排印。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。

英语二真题(2019)

Section IV Part B

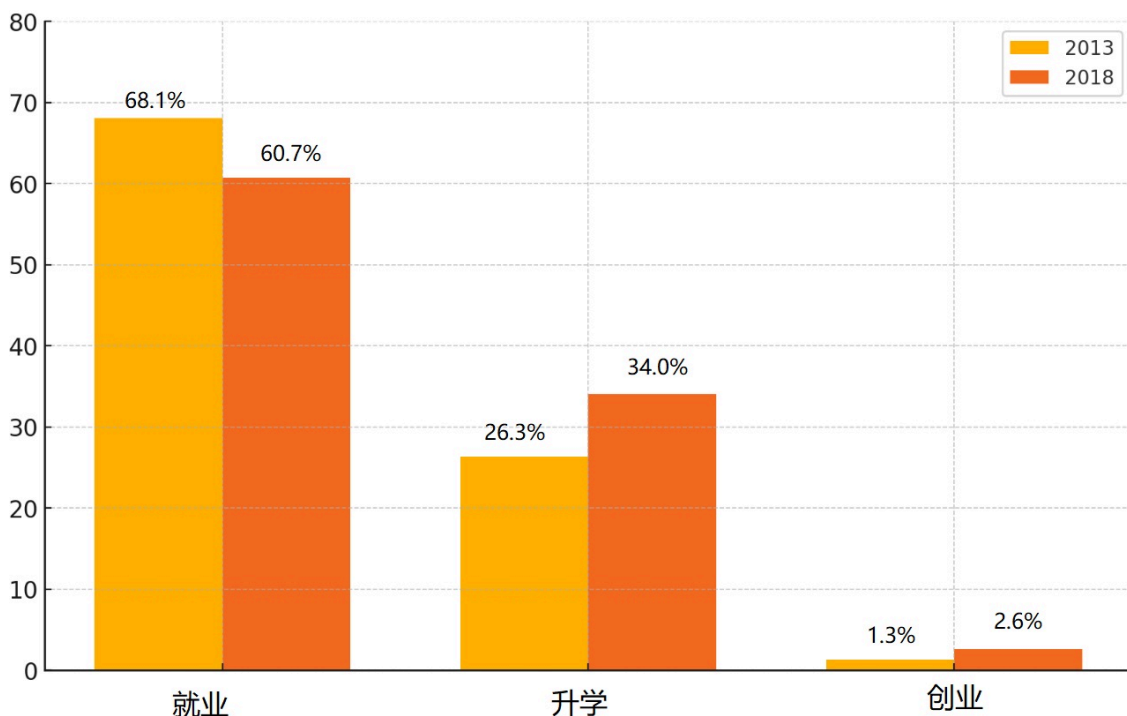
Directions:

Write an essay based on the chart below. In your writing, you should

1)interpret the chart, and

2)give your comments.

You should write about 150 words on the ANSWER SHEET. (15 points)



某高校2013年和2018年本科毕业生去向统计

【参考范文·149 词】 写作无唯一标准答案，以下为达标示范

The bar chart illustrates the destinations of undergraduate graduates from a certain university in 2013 and 2018, covering employment, further study, and starting a business. The most striking change is that the proportion of graduates choosing employment fell from 68.1% to 60.7%, while those pursuing further study rose markedly from 26.3% to 34.0%. Meanwhile, the share opting to start a business, though still small, doubled from 1.3% to 2.6%.

Several factors account for this shift. As the job market grows increasingly competitive, more students choose to continue their studies in order to enhance their qualifications and delay employment pressure. In addition, favourable national policies and a thriving innovation climate have encouraged some graduates to start their own businesses.

In my view, this trend reflects students' more rational and diversified career planning. Universities should therefore provide better guidance so that graduates can make choices best suited to their own development.

【参考译文】

该柱状图展示了某高校 2013 年和 2018 年本科毕业生的去向，涵盖就业、升学和创业三类。最显著的变化是：选择就业的毕业生比例从 68.1% 降到 60.7%，而继续升学的比例则明显从 26.3% 升至 34.0%。与此同时，选择创业的比例虽然仍然很小，却从 1.3% 翻倍到 2.6%。

造成这一转变有几个原因。随着就业市场竞争日益激烈，更多学生选择继续深造以提升自身资历、缓解就业压力。此外，向好的国家政策与浓厚的创新氛围也鼓励了一部分毕业生自主创业。

在我看来，这一趋势反映出学生的职业规划更加理性和多元。因此，高校应提供更好的指导，使毕业生能做出最适合自身发展的选择。

【第 1 段】主题句 + 最大变化。首句用 illustrates 交代图表主题，第二句用 The most striking change + while 把就业下降与升学上升对比呈现，第三句 Meanwhile 补创业翻倍——落实了第一段描述核心趋势、不罗列全部数字的功能。

【第 2 段】两因各一句。用 Several factors account for 引出，As 引第一因（就业压力推升学），In addition 引第二因（政策推创业），对应一因一句加展开的方法。

【第 3 段】表态收束。In my view 亮明看法，Universities should therefore 给建议收尾，不引入新数据，落实结论段表态加建议。

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、读懂配图，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

读图 + 评论各一问

本题要求 interpret the chart（客观描述图表）和 give your comments（给出你的评论），是「描述 + 评论」两步任务，不能只描述。

读者 · 语域

面向阅卷人的正式书面语

考研大作文无具体读者，面向阅卷人，用正式书面语即可：不用缩写、不用口语，时态以一般现在时描述图表。

配图要读出

就业降、升学升、创业翻倍

三类去向中：就业 从 68.1% 降到 60.7%，是唯一下降项；升学 从 26.3% 升到 34.0%，升幅最显著；创业 虽小但从 1.3% 翻倍到 2.6%。核心趋势是就业下降、升学与创业上升。

中心立意

去向更趋多元理性

中心立意：毕业生去向从以就业为主转向升学、创业并行，反映学生职业规划更加理性多元。

要展开的要点

1. 就业更难推升学

就业市场竞争加剧，更多学生选择继续深造以提升竞争力、缓解就业压力——解释升学比例上升、就业比例下降。

2. 政策鼓励创业

国家创新创业政策与氛围向好，鼓励部分毕业生自主创业——解释创业比例虽小但翻倍。

3. 高校应加强引导

结论落点：趋势体现规划理性化，高校应提供更好的就业与升学指导。

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 描述图表核心趋势

用一两句交代图表主题，再点出最显著的升降对比，不罗列全部数字。

第 2 段 分析原因

承接趋势，给出就业压力推升学、政策鼓励创业两条原因。

第 3 段 评论与建议

表明个人看法（规划更理性多元）并给出对高校的建议，合理收束。

第 1 段 三类去向的升降

主题句：某高校 2013 与 2018 本科毕业生去向对比；核心句：就业下降、升学显著上升、创业翻倍。

图表主题句 · The bar chart illustrates / compares ____ in ____ and ____.

点最大变化 · The most striking change is that ____ fell from ____ to ____, while ____ rose from ____ to ____.

补充次要项 · Meanwhile, the share of ____, though still small, doubled from ____ to ____.

第 2 段 就业压力 + 政策鼓励

原因一：就业竞争加剧→学生深造；原因二：创新创业政策与氛围→部分人创业。

引出原因 · Several factors account for this shift. As ____, more students choose to ____.

追加原因 · In addition, ____ have encouraged some graduates to ____.

第 3 段 理性多元 + 高校引导

看法：去向多元体现规划理性；建议：高校加强引导帮助学生选择。

亮明看法 · In my view, this trend reflects ____.

给出建议 · Universities should therefore ____ so that ____.

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

描述 + 评论双落地

范文第一段完成描述，第二、三段完成原因分析与评论，两问齐全。

结构连贯

三段衔接清楚

描述—原因—评论三段功能分明，段内连接词到位。

语言准确

时态统一、动词准确

范文用 fell/rose/doubled 准确表达升降幅度，时态一致。

字数格式

149 词达标

范文 149 词，落在约 150 词区间内，无注水。

典型低分写法 · 反面示例与改法

六个数字流水账

反面示例：In 2013, employment was 68.1%, further study was 26.3%, business was 1.3%. In 2018, employment was 60.7%...——六个数字平铺，没有 while / most striking 之类的对比与重点，读者抓不到趋势。

通篇只读图

反面示例：三段都在复述数据，结尾只说 The chart shows great changes.，没有任何原因或观点——评论问完全没做。

升学写成下降

反面示例：写成 further study fell from 26.3% to 34.0%——数值是升却用 fell，方向与图相反。

考研英语二 2019年 · 全卷构成

Section I	完形填空（四选一）	题目解析 →
Section II Part A (1)	阅读理解（四选一）	题目解析 →
Section II Part A (2)	阅读理解（四选一）	题目解析 →
Section II Part A (3)	阅读理解（四选一）	题目解析 →
Section II Part A (4)	阅读理解（四选一）	题目解析 →
Section II Part B	多项对应（信息匹配）	题目解析 →
Section III	英译汉（段落翻译）	题目解析 →
Section IV Part A	写作	题目解析 →
Section IV Part B	写作	本题