

2020年9月大学英语四级考试真题(一)

Part I Writing (30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay on *online libraries*. You can start your essay with the sentence “*Online libraries are becoming increasingly popular*”. You should write at least 120 words but no more than 180 words.

Part II Listening Comprehension (25 minutes)

Section A

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

Questions 1 and 2 are based on the news report you have just heard.

- | | |
|--|--|
| 1. A) Ship traffic in the Atlantic. | C) Exhaust from cars in Europe. |
| B) Warm currents in the ocean. | D) Particles emitted by power plants. |
| 2. A) They need to be taken seriously. | C) They might be causing trouble to air flights. |
| B) They have a huge effect on fishery. | D) They may be affecting the world's climate. |

Questions 3 and 4 are based on the news report you have just heard.

- | | |
|---|--|
| 3. A) To appeal for higher wages. | C) To call for a permanent security guard. |
| B) To demand better health care. | D) To dismiss the bad-tempered supervisor. |
| 4. A) It had already taken strong action. | C) It would take their appeal seriously. |
| B) It would put customers' needs first. | D) It was seeking help from the police. |

Questions 5 to 7 are based on the news report you have just heard.

- | | |
|---|---|
| 5. A) The road was flooded. | C) The road was frozen with snow. |
| B) The road was blocked. | D) The road was covered with spilled gas. |
| 6. A) A truck plunged into a pool of liquid chocolate. | |
| B) The heavy snow made driving very difficult. | |
| C) The truck driver dozed off while driving. | |
| D) A truck hit a barrier and overturned. | |
| 7. A) It was a long time before the cleanup was finished. | |
| B) It was a hard task to remove the spilled substance. | |
| C) It was fortunate that no passenger got injured. | |
| D) It was difficult to contact the manufacturer. | |



Section B

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

Questions 8 to 11 are based on the conversation you have just heard.

8. A) She wanted to save for a new phone. C) She could enjoy discounts with cash.
B) She found it much safer to use cash. D) She had been cheated using phone apps.
9. A) They can save a lot more time and trouble.
B) They find it less difficult to make purchases.
C) They derive greater pleasure from buying things.
D) They are less aware of the value of their money.
10. A) More valuable items. C) Everyday necessities.
B) More non-essential things. D) Electronic devices.
11. A) It can improve shopping efficiency. C) It may lead to excessive spending.
B) It is altering the way of shopping. D) It appeals more to younger people.

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

12. A) He wanted to order some wooden furniture.
B) He had to change the furniture delivery time.
C) He had a problem with the furniture delivered.
D) He wanted the furniture store to give him a refund.
13. A) Send the furniture back to the store. C) Collect the furniture he ordered.
B) Describe the furniture he received. D) Buy another brand of furniture.
14. A) Correct their mistake. C) Apologize to his wife.
B) Improve their service. D) Give the money back.
15. A) She recommended a new style.
B) She offered some gift to the man.
C) She apologized to the man once more.
D) She checked all the items with the man.

Section C

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

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

16. A) Reading books of wisdom. C) Sharing with others.
B) Tidying up one's home. D) Donating to charity.
17. A) Things that make one happy. C) Things that occupy little space.
B) Things that are becoming rare. D) Things that cost a lot of money.
18. A) It joined the city's clean-up campaign.
B) It sold as many as fifty boxes of books.
C) It received an incredibly large number of donated books.
D) It did little business because of the unusual cold weather.



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

19. A) Give free meals to the homeless. C) Help the vulnerable to cook lunches.
B) Provide shelter for the homeless. D) Call for change in the local government.
20. A) Strengthen co-operation. C) Win national support.
B) Promote understanding. D) Follow his example.
21. A) Spreading news of his deeds. C) Following the example he sets.
B) Writing him thank-you notes. D) Sending him hand-made bags.

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

22. A) To solve word search puzzles.
B) To send smartphone messages.
C) To test their eyesight using a phone app.
D) To install some audio equipment in a lab.
23. A) They could not go on until the ringing stopped.
B) They could no longer concentrate on their task.
C) They grabbed the phone and called back right away.
D) They asked their experimenter to hang up the phone.
24. A) A rise in emotional problems. C) A reduction in the amount of sleep.
B) A decline in sports activities. D) A decline in academic performance.
25. A) Protect the eyesight of the younger generation.
B) Take effective measures to raise productivity.
C) Realize the disruptive effects of technology.
D) Ensure they have sufficient sleep every day.

Part III Reading Comprehension (40 minutes)

Section A

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

There're three main types of financial stress people encounter. The first type is apparent in people being stressed about the 26 ups and downs of investment markets actually not so much the ups, but 27 the downs. These people are usually unable or unprepared to endure the long haul.

The next common type of financial stress is that caused by debt. In a 28 percentage of cases of debt-induced financial stress, credit cards and loans will be a central element. Often there'll be a car loan and perhaps a mortgage, but credit cards often seem to be the gateway to debt-related financial difficulties for many.

The third type of stress and 29 the least known is inherited financial stress, which is the most destructive. It is experienced by those who have grown up in households where their parents regularly 30 and fought about money. Money therefore becomes a stressful topic, and so the thought of sitting down and planning is an unattractive 31.

Those suffering inherited financial anxiety 32 to follow one of two patterns. Either they put their head in the sand; they would 33 examining their financial statements, budgeting, and



discussing financial matters with those closest to them. Alternatively, they would go to the other ___ 34 ___, and micro-analyze everything, to the point of complete ___ 35 ___. They're convinced that whatever decision they make will be the wrong one.

- | | | |
|-----------------|---------------|----------------|
| A) appearance | F) extreme | K) proposition |
| B) argued | G) inaction | L) rebelled |
| C) avoid | H) incredibly | M) statement |
| D) considerable | I) normal | N) tend |
| E) definitely | J) possibly | O) traditional |

Section B

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

Doctor's orders: Let children just play

- A) Imagine a drug that could enhance a child's creativity and critical thinking. Imagine that this drug were simple to make, safe to take, and could be had for free. The nation's leading *pediatricians* (儿科医生) say this miracle compound exists. In a new clinical report, they are urging doctors to prescribe it liberally to the children in their care.
- B) "This may seem old-fashioned, but there are skills to be learned when kids aren't told what to do," said Dr. Michael Yogman, a Harvard Medical School pediatrician who led the drafting of the call to arms. Whether it's rough physical play, outdoor play or pretend play, kids derive important lessons from the chance to make things up as they go, he said.
- C) The advice, issued Monday by the American Academy of Pediatrics, may come as a shock to some parents. After spending years *fretting* (烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play or better yet, playing with them could seem like a step backward. The pediatricians insist that it's not. The academy's guidance does not include specific recommendations for the dosing of play. Instead, it asks doctors to advise parents before their babies turn two that play is essential to healthy development.
- D) "Play is not silly behavior," the academy's report declares. It fosters children's creativity, cooperation, and problem-solving skills all of which are critical for a 21st-century workforce. When parents engage in play with their children, it builds a wall against the harmful effects of all kinds of stress, including poverty, the academy says. In the pediatricians' view, essentially every life skill that's valued in adults can be built up with play. "Collaboration, negotiation, decision-making, creativity, leadership, and increased physical activity are just some of the skills and benefits children gain through play," they wrote. The pediatricians' appeal comes as kids are being squeezed by increasing academic demands at school and the constant invasion of digital media.
- E) The trends have been a long time coming. Between 1981 and 1997, detailed time-use studies showed that the time children spent at play declined by 25 percent. Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic "skills and drills" has cut deeply into *recess* (课间休息) and other time for free play.



- F) By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of “choice time,” when they were permitted to play freely with blocks, toys or other children. One in four Los Angeles teachers reported there was no time at all for “free play.” Increased academic pressures have left 30 percent of U. S. kindergarten classes without any recess. Such findings prompted the American Academy of Pediatrics to issue a policy statement in 2013 on the “crucial role of recess in school.”
- G) Pediatricians aren’t the only ones who have noticed. In a report titled “Crisis in the Kindergarten,” a group of educators, health professionals and child advocates called the loss of play in early childhood “a tragedy, both for the children themselves and for our nation and the world.” Kids in play-based kindergartens “end up equally good or better at reading and other intellectual skills, and they are more likely to become well-adjusted healthy people,” the Alliance for Childhood said in 2009. Indeed, new research demonstrates why playing with blocks might have been time better spent, Yogman said. The trial assessed the effectiveness of an early mathematics *intervention* (干预) aimed at preschoolers. The results showed almost no gains in math achievement.
- H) Another playtime thief: the growing proportion of kids’ time spent in front of screens and digital devices, even among preschoolers. Last year, Common Sense Media reported that children up through age eight spent an average of two hours and 19 minutes in front of screens each day, including an average of 42 minutes a day for those under two. This increase of digital use comes with rising risks of obesity, sleep deprivation and *cognitive* (认知的), language and social-emotional delays, the American Academy of Pediatrics warned in 2016.
- I) “I respect that parents have busy lives and it’s easy to hand a child an iPhone,” Yogman said. “But there’s a cost to that. For young children, it’s much too passive. And kids really learn better when they’re actively engaged and have to really discover things.”
- J) The decline of play is a special hazard for the roughly 1 in 5 children in the United States who live in poverty. These 14 million children most urgently need to develop the *resilience* (韧劲) that is cultivated with play. Instead, Yogman said, they are disproportionately affected by some of the trends that are making play scarce: academic pressures at schools that need to improve test scores, outside play areas that are limited or unsafe, and parents who lack the time or energy to share in playtime.
- K) Yogman also worries about the pressures that squeeze playtime for more affluent kids. “The notion that as parents we need to schedule every minute of their time is not doing them a great service,” he said. Even well-meaning parents may be “robbing them of the opportunity to have that joy of discovery and curiosity the opportunity to find things out on their own.”
- L) Play may not be a hard sell to kids. But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians’ new prescription may meet with *skepticism* (怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world. They should welcome the simplicity of the message, Lerner said. “It’s liberating to be able to offer them this advice: that you spending time with your child and letting him play is one of the most valuable things you can do,” he said. “It doesn’t have to involve spending a lot of money or time, or joining a parenting group. It’s something we can offer that’s achievable. They just don’t recognize it right now as particularly valuable.”
36. Increased use of digital devices steals away children’s playtime.
37. Since the beginning of this century, an increasing amount of time has been shifted in public schools from recess to academic activities.



38. It has been acknowledged that while kids may welcome pediatricians' recommendation, their parents may doubt its feasibility.
39. According to some professionals, deprivation of young children's playtime will do harm not only to children themselves but to the country and the world.
40. By playing with children, parents can prevent them from being harmed by stress.
41. Playing with digital devices discourages kids from active discovery, according to pediatrician Dr. Michael Yogman.
42. The suggestion of letting children simply play may sound like going backwards to parents who want to help build their children's skills.
43. Dr. Michael Yogman believes the idea that parents should carefully schedule children's time may not be helpful to their growth.
44. One quarter of teachers in an American city said that children in kindergartens had no time for playing freely.
45. According to a pediatrician, no matter what kind of play children engage in, they are learning how to create things.

Section C

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

Passage One

Questions 46 to 50 are based on the following passage.

Americans spend billions of dollars each year trying to change their weight with diets, gym memberships and plastic surgery.

Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety, depression, as well as unhealthy strategies for weight loss or muscle gain. It also has a financial cost. Having an eating disorder boosts annual health care costs by nearly US\$ 2,000 per person.

Why is there both external and internal pressure to look "perfect"? One reason is that society rewards people who are thin and healthy-looking. Researchers have shown that body mass index is related to wages and income. Especially for women, there is a clear penalty at work for being overweight or obese. Some studies have also found an impact for men, though a less noticeable one.

While the research literature is clear that labor market success is partly based on how employers and customers perceive your body image, no one had explored the other side of the question. Does a person's own perception of body image matter to earnings and other indicators of success in the workplace?

Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape form and when people build their identities.

As in other research, women in our sample tend to over-perceive their weight—they think they're heavier than they are—while men tend to under-perceive theirs.

We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence *self-esteem* (自尊心), mental health and health behaviors.



While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

46. What does the author say may have an adverse impact on people?
- A) Undergoing plastic surgeries in pursuit of beauty.
 - B) Imitating the lifestyles of heroes and role models.
 - C) Striving to achieve perfection regardless of financial cost.
 - D) Attempting to meet society's expectation of appearance.
47. What have researchers found out about people's earnings?
- A) They are closely related to people's social status.
 - B) They have to do with people's body weight and shape.
 - C) They seem to matter much less to men than to women.
 - D) They may not be equal to people's contributions.
48. What does the author's recent study focus on?
- A) Previous literature on indicators of competitiveness in the workplace.
 - B) Traits that matter most in one's pursuit of success in the labor market.
 - C) Whether self-perception of body image impacts one's workplace success.
 - D) How bosses' perception of body image impacts employees' advancement.
49. What is the finding of the author's recent research?
- A) Being overweight actually does not do much harm to the overall well-being of employees.
 - B) People are not adversely affected in the workplace by false self-perception of body weight.
 - C) Self-esteem helps to combat gender inequality in the workplace.
 - D) Gender inequality continues to frustrate a lot of female employees.
50. What does the author think would help improve the situation in the labor market?
- A) Banning discrimination on the basis of employees' body image.
 - B) Expanding protection of women against gender discrimination.
 - C) Helping employees change their own perception of beauty.
 - D) Excluding body shape as a category in the labor contract.

Passage Two

Questions 51 to 55 are based on the following passage.

The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting. You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

At the minimum, most of us work because we want to be able to support ourselves, our families, and the people around us. In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a



part of what each of us does and the contribution we make to society. When you separate work and life, it's a little bit harder to make that connection. But when you think of work as part of a full life and a complete experience, it becomes easier to see that success in one aspect often supports another.

Losing your balance and falling isn't pleasant. A goal to balance suggests that things could quickly get off balance, and that causes terrible outcomes. It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

How we talk to ourselves matters, and how we talk about issues makes a difference. Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.

51. What does the author suggest by saying "The work-life balance is dead"?
- A) The hope of achieving a thriving life is impossible to realize.
B) The pursuit of a fulfilling career involves personal sacrifice.
C) The imbalance between work and life simply doesn't exist anymore.
D) The concept of work-life balance contributes little to a fulfilling life.
52. What does the author say about our use of language?
- A) It impacts how we think and behave. C) It reflects how we communicate.
B) It changes with the passage of time. D) It differs from person to person.
53. What does the author say we do in an ideal world?
- A) We do work that betters the lives of our families and friends.
B) We do work that gives us bursts of joy each new day.
C) We do meaningful work that contributes to society.
D) We do demanding work that brings our capacity into full play.
54. What does the author say about life?
- A) It is cyclical. C) It is fulfilling.
B) It is dynamic. D) It is risky.
55. What does the author advise us to do?
- A) Make life as simple as possible. C) Balance life and work in a new way.
B) Talk about balance in simpler terms. D) Strive for a more fulfilling life.

Part IV Translation (30 minutes)

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

茅台(Moutai)是中国最有名的白酒,在新中国成立前夕,被选为国宴用酒。据说赤水沿岸的村民四千年前就开始酿造茅台。在西汉时期,那里的人们生产出了高质量的茅台,并把它献给皇帝。自唐朝开始,这种地方酒通过海上丝绸之路运往海外。茅台味道柔和,有一种特殊的香味;适量饮用可以帮助缓解疲劳,有了它静作用,因而广受国内外消费者的喜爱。



2020 年 9 月四级真题答案与详解 (第 1 套)

Part I Writing

审题思路

这次四级写作没有明确的体裁要求,考生的发挥空间较大。但就此次话题“在线图书馆”而言,议论文可能对大多数考生而言更加驾轻就熟。写作时可以围绕在线图书馆的优势或不足展开。考生可以套用议论文常见的三段式行文结构写作:第一段引出话题,表明写作目的;然后将重点放在第二段具体阐述上;最后第三段总结全文,提出建议或做进一步展望。

词汇素材

与“图书馆”相关	与“在线图书馆”相关
a collection of books 藏书 stay up 不睡觉,熬夜 diverse [daɪ'vɜ:s] <i>a.</i> 各种各样的 be entitled to 有……的资格 publication [ˌpʌblɪ'keɪʃən] <i>n.</i> 出版;出版物 establish [ɪ'stæblɪʃ] <i>v.</i> 建立,设立 public/private school 公立/私立学校 national library 国家图书馆 due [dju:] <i>a.</i> 到期的 library card 借书证	convenient [kən'veɪniənt] <i>a.</i> 便利的 up-to-date 实时更新的 video and audio format 视频和音频形式 database ['deɪtə,bæɪs] <i>n.</i> 数据库,资料库 full-text articles 全文文章 removable [rɪ'mu:vəbəl] <i>a.</i> 可移动的 accessible [ək'sesəbəl] <i>a.</i> 易接近的;易进入的 digital ['dɪdʒɪtl] <i>a.</i> 数字的 round-the-clock availability 24 小时开放 information retrieval 信息检索

写作提纲

第一段:引出话题	生活在一个信息高度共享的时代,我们见证了在线图书馆的日益流行
第二段:具体阐述在线图书馆的优势	1. 节省时间和精力,足不出户就能获取信息 2. 丰富的数字资源,如珍藏本或外文书籍 3. 不必在图书馆徘徊,直接下载到电脑,可以自由选择阅读方式和阅读时间
第三段:总结全文	在线图书馆是一个帮助我们轻松获取知识的强大工具

范文与译文

高分范文	参考译文
Online Libraries Living in an era of shared information, we have witnessed an increasing popularity of online libraries which bring us much more convenience than ever before. This essay aims to tell you the advantages of using online libraries.	在线图书馆 生活在一个信息共享的时代,我们见证了在线图书馆的日益流行,它们为我们带来了比以往更多的便捷。这篇文章旨在告诉你使用在线图书馆的优势。



Firstly, it saves you a great deal of time and energy searching information via online libraries. You can get the information you need without stepping out of your dorm room. Secondly, the abundant digital information might go beyond your imagination compared with physical libraries. For example, online libraries make it possible for you to read some rare books, or some foreign books or papers inaccessible at home. Finally, you needn't linger around book shelves or take notes in libraries. As long as there is an Internet access, you can decide when and how to read them.

To sum up, we get a much easier access to knowledge by use of online libraries which are a powerful tool for modern people to read, study and research. Thus, everyone is expected to learn how to use them.

第一,通过在线图书馆搜索信息节省了你大量的时间和精力。不用走出宿舍门你就能够获取你所需要的信息。第二,与实体图书馆相比,丰富的数字化信息可能超出了你的想象。例如,在线图书馆使阅读一些珍藏本或者一些在国内还无法获取的外文书籍或论文成为可能。最后,你不必徜徉于书架之间,或在图书馆里记笔记。只要有网络连接,你就可以决定何时以何种方式阅读它们。

总之,通过利用在线图书馆,我们可以更轻松地获取知识,这真是现代人阅读、学习和科研的一种强大工具。因此,每个人都应该学会如何使用在线图书馆。

◎ 万能句型

◎ 引入话题

1. Living in a...era/society, we have witnessed an increasing popularity of... 生活在一个……的时代/社会,我们见证了……的日益流行。
2. Recently, the issue/phenomenon of...has aroused intense scholarly interest/wide social concern. 最近,……问题/现象已经引起了强烈的学术兴趣/广泛的社会关注。

◎ 阐述观点

1. Despite the convenience online libraries bring to us, there is still a feeling of loss when you...instead of... 尽管在线图书馆给我们带来了诸多便利,但当你……而不是……时,会产生一种失落感。
2. Online libraries make it possible for sb. to... 在线图书馆使某人做……成为可能。
3. There is a possibility that... 存在这样一种可能:……。

◎ 总结全文

1. To conclude, it is much easier for us to...by use of... 总而言之,……的使用使我们……变得更容易。
2. Therefore, we can easily draw a conclusion that...not only...but also... 因此,我们可以很容易得出结论,……不仅……也……。

□ 高分模板

Living in a(an) (与话题相关的限定语) era, we have witnessed an increasing popularity of (与话题相关的事物 A) which bring(s) us (该事物带来的影响). This essay aims to (说明写作目的).

Firstly, it saves you a great deal of time and energy (要点 1). Secondly, (要点 2) might go beyond your imagination compared with (与话题相对的事物). For example, (举例说明). Finally, (要点 3).

To sum up, (总结全文).

生活在一个 的时代,我们见证了 的日益流行,它(们)为我们带来了 。这篇文章旨在 。

第一, 节省了你大量的时间和精力。第二,与 相比, 可能超出了你的想象。例如, 。最后, 。

总之, 。



Part II Listening Comprehension

Section A

News Report One

A NASA satellite orbiting over Portugal took photographs that reveal the effects of pollution from ships. One of the photos shows a thin film of clouds above the brilliant blue of the North Atlantic, cut by white lines of thicker clouds that look like scars. (1) NASA officials explained those thicker clouds are signs of ship traffic below. When ships power their way through the ocean, they pump exhaust into the atmosphere, just as cars do. And those massive amounts of particles can cause clouds to form. Get enough of those particles in one place, as from the exhaust of a ship, and they can lead to the creation of new clouds easily visible from space. "These clouds can be huge. Some of them stretch hundreds of kilometres from end to end," NASA officials said. (2) It's likely that these sorts of clouds are having some effect on the global climate, according to NASA officials. But scientists aren't yet sure what effect it has.

Questions 1 and 2 are based on the news report you have just heard.

1. What has caused the thick clouds in the photos taken by NASA satellite?
2. What do NASA officials think about the thick clouds?

听前猜测

预览两道题各选项,由选项中出现的 exhaust、particles、emitted、climate 可推测,新闻内容与环境和气候有关。根据第1题选项中的 ship traffic、exhaust from cars、particles 等词可推测,本题考查造成环境污染的因素是什么;根据第2题选项中的 seriously、effect、trouble、affecting 等词可推测,本题考查环境污染的影响。

试题详解

1. 什么造成了美国宇航局卫星拍摄照片中的浓厚云层?

- A) 大西洋上的船舶交通。 C) 欧洲汽车排放的尾气。
B) 海洋中的暖流。 D) 发电厂排放的颗粒。

详解 A)。新闻开头提到,美国宇航局官员解释说这些较厚的云层是大西洋上船舶往来的痕迹。当船舶穿过海洋,它们就像汽车一样将废气排放到大气中,大量的颗粒物便形成了云层。因此答案为A)。

2. 美国宇航局官员如何看待这些浓厚的云层?

- A) 它们需要被认真对待。 C) 它们可能会给航班带来麻烦。
B) 它们会对渔业产生重大影响。 D) 它们可能会影响世界气候。

详解 D)。新闻末尾提到,美国宇航局官员称,这些云层面积很大,可绵延数百公里,很可能对全球气候造成一定的影响。因此答案为D)。

词汇注释

reveal [rɪ'vi:l] v. 展示,揭示
brilliant ['brɪljənt] a. 灿烂的,明亮的
exhaust [ɪg'zɔ:st] n. 废气

massive ['mæsɪv] a. 巨大的
visible ['vɪzɪbəl] a. 可见的
stretch [stretʃ] v. 延伸

News Report Two

Staff at a suburban supermarket in Melbourne say they feel unsafe at work after security guards were removed. This came after a series of physical attacks and verbal abuse by customers. (3) More than 50 workers at the store have signed a letter calling for a permanent security guard following a series



of incidents, including a customer threatening to attack a supervisor with a knife. A security worker had guarded the store each night from 7 p. m. until 12 a. m. , but that had stopped suddenly on Monday, employees said. One worker said an angry customer had thrown a chicken at his head after complaining about how long she had waited to be served. Another worker said the lack of protection at the store made her feel uncomfortable at work. (4) However, the spokesman of the supermarket said the store had taken strong action in response to incidents. "We have found very few instances of bad customer behavior at our store in the past year. In the rare cases we have seen bad behavior, we have taken strong action in response, including banning a customer from the store."

Questions 3 and 4 are based on the news report you have just heard.

- For what purpose did the staff at a supermarket in Melbourne sign a letter?
- What did the spokesman of the supermarket say regarding the employees' demand?

听前预测

预览两道题各选项,由选项中的 higher wages、better health care、supervisor、customers' needs 等词推测,新闻内容可能与员工待遇以及顾客需求有关。第3题各选项均为不定式结构,且 appeal、demand、call for 均表达诉求之意,可能考查员工或顾客的诉求;第4题各选项均表达采取某一措施,可能考查如何满足员工或顾客的诉求。

试题详解

3. 墨尔本一家超市的员工联名写信的目的是什么?

- A) 呼吁涨工资。 C) 要求一位长期的保安。
B) 要求获得更好的医疗保健服务。 D) 解雇这位脾气暴躁的主管。

详解 C)。新闻开头提到,墨尔本郊区一家超市的员工表示保安撤离后他们缺乏安全感,此前该超市员工遭到了顾客的肢体攻击和口头谩骂。在发生了一系列事件后,超市50多名员工联名写信,要求雇用一名长期保安。因此答案为C)。

4. 关于员工的要求,超市的发言人说了什么?

- A) 超市已经采取了强有力的措施。 C) 超市会认真考虑他们的诉求。
B) 超市会把顾客的需求放在第一位。 D) 超市正在向警方寻求帮助。

详解 A)。新闻末尾提到,超市已经采取强有力的措施来应对这些冲突,在过去一年里,几乎没有发现顾客的不良行为。而在为数不多的几次冲突中,超市也采取了措施,比如禁止一位顾客进入超市。因此答案为A)。

词汇注释

suburban [sə'bʌ:bən] a. 郊区的
verbal ['vɜ:bəl] a. 口头的
permanent ['pɜ:mənənt] a. 永久的
supervisor ['su:pəvaɪzə] n. 主管

spokesman ['spəʊksmən] n. 发言人
in response to 回应
rare [reə] a. 稀有的
ban [bæn] v. 禁止

News Report Three

(5) Drivers on their way to the Polish capital of Warsaw on Wednesday morning found the road blocked by an unusual obstacle: tons of liquid chocolate that spilled onto the motorway. (6) A truck carrying the sweet load hit a road barrier and overturned, blocking two lanes. The cracked tank spilled a pool of rapidly-hardening chocolate, which quickly covered the width of the road. While the driver was taken to hospital with a broken arm, firefighters struggled to remove a reported twelve tons of solid chocolate from the road. (7) A representative for the firefighters told the local TV that removing the chocolate was worse than dealing with snow. After contacting the chocolate manufacturer, the firefighters resorted to spraying hot, pressurized water to get rid of the sticky substance. The local TV also noted that the cleanup spanned more than a mile, because drivers simply drove through the



chocolate after the crash, leaving a long chocolate trail. But despite the sticky situation, firefighters and police attending to the cleanup were reportedly cheerful about the long task ahead. After all, who could be mad about twelve tons of chocolate?

Questions 5 to 7 are based on the news report you have just heard.

5. What did drivers on the motorway to Warsaw find?
6. What does the report say about the accident?
7. What did the firefighters' representative tell the local TV?

听前猜测

预览三道题各选项,由选项中出现的 road、truck、driver、cleanup 等词可推测,新闻内容与交通事故有关。结合各选项语义可进一步推测,第5题可能考查道路上出了什么状况,第6题可能考查事故的原因,第7题考查事故造成的影响。

试题详解

5. 在去往华沙的路上,司机们发现了什么?

- A) 路被淹了。 C) 路被雪冻住了。
B) 路被堵塞了。 D) 路上满是洒出的汽油。

详解 B)。新闻开头提到,周三早上,在去往波兰首都华沙的高速公路上,司机们发现道路被数吨洒出的液体巧克力堵塞了。因此答案为 B)。

6. 关于这场事故,这篇报道说了什么?

- A) 一辆卡车陷入了一滩液体巧克力中。 C) 卡车司机在开车时打盹。
B) 大雪使开车变得很难。 D) 一辆卡车撞到路障后翻倒了。

详解 D)。新闻中提到,一辆载满甜食的卡车撞到路障后翻车,堵塞了两条车道。因此答案为 D)。

7. 消防员代表告诉当地电视台什么?

- A) 他们花了很长时间才清理完道路。 C) 幸运的是没有乘客受伤。
B) 清理这些洒出物是一个艰巨任务。 D) 很难联系上生产厂家。

详解 B)。新闻中提到,一名消防员代表告诉当地电视台,清理这些巧克力比清理大雪还难,由此推断,清理洒出的巧克力是一个艰巨的任务。因此答案为 B)。

词汇注释

block [blɒk] v. 阻塞,阻挡

overturn [ˌəʊvə'tɜ:n] v. 翻倒;推翻

lane [leɪn] n. 车道

representative [ˌreprɪ'zentətɪv] n. 代表

manufacturer [ˌmænju'fæktʃərə] n. 生产商

resort to 求助于,诉诸于

get rid of 摆脱,除去

sticky ['stɪki] a. 黏性的

Section B

Conversation One

M: Lisa, why did you pay for your meal with cash instead of the payment apps on your phone?

W: Well, I've gone back to cash. I'm only using payment apps if that's the only option. (8) I'm trying to save money for a new phone, and I find that using cash rather than payment apps helps me to save.

M: But how? Money is money, isn't it? I don't think it matters whether you take it out to the bank and put it in your wallet or simply transfer from your bank account to the seller's bank account using an app.

W: No, I believe it does matter. It's a psychological phenomenon. (9) I believe we have less connection with the value of our money when we just tap the "Approve" buttons on our phones.

M: You might have a point. Since I stopped carrying cash around and started using my phone apps to pay, (10) I may have developed a tendency to buy more small or non-essential items.

W: That's highly possible. Think about the amount of time we spend with our phones in our hands, and



all the things we do with our phones. It sometimes seems that our phone is buying the product for us, not ourselves.

M: (11-1) So cashless payment affects our ability to budget?

W: I believe so. If we spend a hundred *yuan* in cash, we realize that we don't have that hundred *yuan* to spend on something else. But if we're spending electronically, we are less likely to make that mental calculation.

M: (11-2) I stopped using my credit card because I found I was spending excessively. Perhaps I should take the same approach of paying using my phone.

W: It's worth considering.

Questions 8 to 11 are based on the conversation you have just heard.

8. Why did the woman decide to go back to cash for payment?
9. What happens when people use apps for payment according to the woman?
10. What might the man tend to buy with payment apps?
11. What does the man think of electronic payment?

听前猜测

预览四道题各选项,由各选项出现的 *save*、*use cash*、*discounts*、*using phone apps*、*purchases*、*buying*、*money*、*shopping* 等词可推测,对话内容与手机购物有关;再结合 *improve shopping efficiency*、*altering the way of shopping*、*lead to excessive spending* 可进一步推测,对话内容涉及手机购物的利弊。

试题详解

8. 为什么女士决定回到用现金支付的付款方式?

- A) 她想攒钱买一部新手机。 C) 她用现金支付可享受折扣。
B) 她发现用现金安全得多。 D) 她用手机软件时曾被骗。

详解 A)。对话开头,男士询问女士为何不用手机支付而是用现金支付。女士说她想攒钱买一部新手机,她发现用现金付款能帮自己省钱。因此答案为 A)。

9. 女士认为,人们用手机支付会怎样?

- A) 他们能节省时间,避免麻烦。 C) 他们从购物中得到更多乐趣。
B) 他们购物更加容易。 D) 他们不太留意金钱的价值。

详解 D)。对话中,两人对现金支付和手机支付持不同的看法,女士认为现金支付有助于省钱,男士却认为这两种方式没有区别。女士向男士解释,这是一种心理现象,当我们只是在手机上点击“同意支付”按钮时,我们对金钱的价值就不那么在意了。因此答案为 D)。

10. 男士倾向于用支付软件买什么?

- A) 更贵重的物品。 C) 日常必需品。
B) 更多非必需品。 D) 电子设备。

详解 B)。对话过程中,男士逐渐认同女士的观点,他说自己开始使用手机上的应用程序支付之后,可能已经养成了购买更多的小物件或者非必需品的习惯。因此答案为 B)。

11. 男士如何看待电子支付?

- A) 它能够提高购物效率。 C) 它可能会导致过度消费。
B) 它正改变购物方式。 D) 它对年轻人更有吸引力。

详解 C)。对话末尾,男士认为无现金支付会影响我们的预算能力,他之所以停用信用卡就是因为发现这种支付方式会导致过度消费,他觉得自己也应该停止使用手机支付。也就是说,男士认为电子支付可能会导致过度消费。因此答案为 C)。

词汇注释

option [ˈɒpʃən] n. 选择

transfer [trænsˈfɜː] v. 转移,移动

account [əˈkaʊnt] n. 账户

psychological [ˌsaɪkəˈlɒdʒɪkəl] a. 心理的

tendency [ˈtendənsi] n. 趋势

budget [ˈbʌdʒɪt] n. 预算



Conversation Two

W: (12-1) Hello, Mr. Brown. I was expecting your call. My secretary told me you were having some problems with the wooden table. Is that right?

M: (12-2) No, no. The table is fine. The problem is the chairs.

W: Oh, the chairs. So what exactly is the issue?

M: Well, put simply, these are not the chairs my wife and I selected in your store last week. There must be some confusion with our order.

W: Oh, I see. I'm looking through my files now, and I see that the delivery was this morning. Is that correct?

M: Yes.

W: (13) Do you mind describing the chairs that were delivered to your apartment, Mr. Brown?

M: Sure. These have a flat back with a rounded top and are very heavy. They are light brown and look kind of cheap. The ones we ordered were dark brown to match the table.

W: Right, of course. It says here you purchased the Arlington table and four Milano chairs. As you said, there must have been some confusion with the order. I'm terribly sorry. (14) We will send a van to collect those four and replace them with the Milano you purchased. Will tomorrow 9 a. m. be okay, Mr. Brown?

M: Yes, that would be great. Thank you.

W: Good. Did everything else you ordered from us arrive okay?

M: Yes, I think so. Let me check. The mirror and two paintings are here. The two coffee tables are also here. And the sofa... Yes, we haven't noticed anything else wrong or missing. But if we do, we will certainly let you know.

W: Okay, great. (15) Once again, I'm sorry for the confusion and trouble caused.

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

12. Why did the man call the woman?
13. What did the woman ask the man to do?
14. What did the woman promise to do for the man?
15. What did the woman do at the end of the conversation?

听前猜测

预览四道题各选项,由第12题和第13题选项中反复出现的 furniture 和 delivered、refund、send... back 等词可初步推测,对话内容与购买家具有关;再结合各选项语义可进一步推测,第12题主要考查购买家具遇到的问题,第13题主要考查如何处理这些家具,第14、15题考查解决问题的做法和态度。

试题详解

12. 男士为什么给女士打电话?

- A) 他想订购一些木制家具。 C) 他收到的家具有问题。
B) 他要更改家具的送货时间。 D) 他想要家具店退款。

详解 C)。对话开头,女士说秘书告诉自己男士购买的桌子有问题。男士回答说有问题的不是桌子,而是椅子。由此可知,男士打电话的原因是他收到的椅子有问题。因此答案为 C)。

13. 女士要求男士做什么?

- A) 将家具退回家具店。 C) 签收他订购的家具。
B) 描述一下他收到的家具。 D) 购买另一品牌的家具。

详解 B)。男士告知女士是椅子有问题后,女士请男士描述送到他公寓的椅子的情况。因此答案为 B)。

14. 女士承诺为男士做什么?

- A) 改正他们的错误。 C) 向男士的妻子道歉。
B) 改善他们的服务。 D) 退还钱款。



详解 A)。对话中,女士意识到发错货后,告知男士会派一辆货车上门退换,并询问明天上午9点是否可以。由此可知,女士会纠正他们的错误,帮男士退换货物。因此答案为A)。

15. 对话末尾,女士做了什么?

- A) 她推荐了一个新款。 C) 她再次向男士道歉。
B) 她给男士送了些礼物。 D) 她和男士一起检查了所有物品。

详解 C)。对话末尾,女士再次因发错货向男士道歉。因此答案为C)。

词汇注释

issue ['ɪʃuː] n. 问题

confusion [kən'fjuːʒən] n. 混淆;困惑

delivery [dɪ'lvəri] n. 交付,递送

purchase ['pɜːtʃɪs] v. 购买

replace [rɪ'pleɪs] v. 替换,更换

Section C

Passage One

Do you have too much stuff? Are you, dare we say it “untidy”? (16) Say hello to a TV show called “Tidying Up with Marie Kondo”, a home improvement show based on her wildly popular book *The Life-Changing Magic of Tidying Up*. In the show, Marie Kondo acts as a tiny garbage fairy for messy people, visiting their houses to share the wisdom of the “KonMari” method. This method is simple in theory but can be endlessly complex in practice. (17) You divide all the stuff in your house all of it—into several categories, and then examine each item all of them to see if it sparks joy. If it does, you keep it. If it doesn't, you thank it and neatly discard it. So, is the TV show inspiring people to tidy up? Firsthand accounts seem to indicate a small wave of people bringing piles of donation bags to used goods stores. One store received thousands of bags of used possessions in one day. January is usually the stores' slow season for donations because it's cold and people don't want to bother, but not this January. People seemed determined to clean up their homes. (18) One used bookstore received a month's worth of books in donations in a week when a man gave over fifty boxes of books from his home. It seems Marie's TV show is having a big impact after all.

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

16. What is Marie Kondo's TV show about?
17. What things can be kept in one's home according to Marie Kondo?
18. What do we learn about one used bookstore this January?

听前猜测

预览三道题各选项,由 tidying up、donating、clean-up、donated books 等词可推测,短文内容与清理房间、捐赠物品有关,可能涉及如何清理自己的物品并捐献给相关机构等。

试题详解

16. 藤麻理惠的电视节目是关于什么的?

- A) 阅读智慧书籍。 C) 与人分享。
B) 家居整理。 D) 慈善捐赠。

详解 B)。短文开头问道,你是否有太多的东西,随后指出看藤麻理惠的电视节目可能会有帮助,这是一个有关改善居家环境的节目。由此可推断,该节目与整理家中的物品有关。因此答案为B)。

17. 藤麻理惠认为什么物品可以留在家中?

- A) 让人高兴的物品。 C) 占空间少的物品。
B) 越来越稀有的物品。 D) 值钱物品。

详解 A)。短文中提到,藤麻理惠有一个方法能让家里变得井井有条,这个方法说起来容易做起来难。具体的办法是,把家里所有的物品分成几类,看哪件物品能激发你的喜爱之情,如果喜爱,就留下。



由此可知,藤麻理惠建议留下的是那些让人高兴的物品。因此答案为 A)。

18. 一家二手书店在一月份发生了什么事情?

A) 它参加了城市清洁运动。

C) 它收到了大量的捐赠图书。

B) 它卖掉多达 50 箱图书。

D) 它因天气异常寒冷而生意不佳。

详解 C)。短文中提到,藤麻理惠的电视节目还是产生了很大的影响。一月份天气寒冷,通常是二手货店铺的捐赠淡季。但今年一月份,人们似乎决心行动起来收拾家里,有人整理出了 50 多箱书捐赠给一家二手书店,该书店一周内收到的捐书量相当于过去一个月的捐赠量。由此可知,该书店在一月份收到了大量的捐赠图书。因此答案为 C)。

词汇注释

stuff [stʌf] *n.* 东西,物品
garbage ['gɑ:bɪdʒ] *n.* 垃圾
messy ['mesi] *a.* 凌乱的
category ['kætɪgəri] *n.* 分类
spark [spɑ:k] *v.* 点燃

discard [dɪs'kɑ:d] *v.* 抛弃
inspire [ɪn'spaɪə] *v.* 鼓舞,激励
indicate ['ɪndɪkeɪt] *v.* 表明,显示
donation [dəʊ'neɪʃən] *n.* 捐赠

Passage Two

(19) At just 12 years old, Mike Hannon is making a difference in his community—one lunch at a time. “Mike’s Lunches of Love” has fed more than 2 000 of the town’s most vulnerable residents. Mike delivers meals to the homeless. “It’s like a way to give people joy, maybe spark something in them that can change them,” Mike told WBZ-TV. The mayor of Mike’s town feels that Mike is a great community leader, especially in such times of so much negative news. While his father commented on how proud he was of his son, yet, Mike isn’t looking for praise, but kindness in return. (20) He hopes his acts of charity will influence others to spread positive actions in their own towns. Mike includes a handwritten message of joy on each bag. His message and star power has spread all over the country. To date, his online page to raise funds has brought in more than \$44 000 and counting, raising more than \$17 000 in just one day, with the help of many famous actors and others. (21) People from all over the country are sending special handcrafted bags to help the young man with his mission to help those in need. Many are hoping the simple act of kindness spreads. Mike is seen as hope for the future of the town, the country and the world.

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

19. What does Mike Hannon do to help people in his town?

20. What does Mike hope others will do?

21. How are people all over the country responding to what Mike is doing?

听前猜测

预览三道题各选项,由选项中反复出现的 homeless 和 help the vulnerable、strengthen、promote、win、example 等词可推测,短文内容与帮助弱势群体有关,可能涉及如何帮助弱势群体以及帮助行为产生了什么影响等内容。

试题详解

19. 迈克·汉农做了什么来帮助镇上的人?

A) 为无家可归的人免费送饭。

C) 帮弱势群体做午饭。

B) 为无家可归的人提供居所。

D) 号召当地政府做出改变。

详解 A)。短文开头提到,年仅 12 岁的迈克·汉农正在为他的社区带来改变——一日一顿午餐,“迈克的爱心午餐”已为镇上 2 000 多名弱势居民提供了帮助,他为无家可归的人免费送饭。因此答案为 A)。



20. 迈克希望其他人做些什么?

- A) 加强合作。
- B) 增进理解。
- C) 赢得国家的支持。
- D) 效仿他的做法。

详解 D)。短文中提到,迈克希望自己的善举可以影响其他人,在他们自己的城镇传播善业。因此答案为D)。

21. 全国的人们对迈克所做的事情有何反应?

- A) 传播他的事迹。
- B) 给他写感谢信。
- C) 效仿他的做法。
- D) 送他手工制作的包。

详解 D)。短文最后提到,迈克的善举影响了很多,全国各地的人们都给他送来了特制的手工包,以帮助这个以助人为己任的年轻人。因此答案为D)。

词汇注释

- vulnerable [ˈvʌlnərəbəl] a. 易受攻击的;易受伤的
- resident [ˈrezɪdənt] n. 居民
- deliver [dɪˈlɪvə] v. 派送,递送
- comment [ˈkɒment] v. 评论
- handwritten [ˌhændˈrɪtɪn] a. 手写的
- handcrafted [ˌhændˌkrɑ:ftɪd] a. 手工制作的
- mission [ˈmɪʃən] n. 使命

Passage Three

(22) In a recent study carried out by psychologists on the disruptive effects of smartphones, two groups of college students were given word search puzzles. The first group was told to complete the puzzles with its participants' smartphones in their line of sight. The second group, however, was told that the phones would interfere with the equipment in the experiment, and would need to be moved away from the testing area. Midway through the second group's solving of the puzzles, the experimenter called one of the phones and let it ring for a while before hanging up. (23) Many of the students in that group were unable to focus from then on, becoming anxious and performing more poorly than the first group.

Use of electronics has also been known to lead to a decline in human interactions. Rather than having real-life conversations, many express emotions and engage in deep conversations through social media sites. Many students use their phones and computers during class for non-academic activities, which leads to poor grades. (24) Perhaps the most dramatic impact is the reduction in the amount of sleep, which leads to poor health and weight gain.

(25) Technology is a great tool; however, it's important to recognize its downsides. Lack of sleep, reduction of productivity and weight gain are only a few. If we're not careful about all these minor problems right now, the effect on the future generation is going to be much bigger.

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

- 22. What were the college students in both groups required to do in the study?
- 23. What do we learn about many of the students in the second test group after the phone rang?
- 24. According to the passage, what is the most dramatic impact of smartphone use?
- 25. What does the speaker suggest people do?

听前猜测

预览四道题各选项,由 smartphone、eyesight、concentrate、experimenter、decline、sleep 等词可推测,短文内容与智能手机有关,可能涉及智能手机给人们带来什么负面影响、如何避免这种影响等内容。

试题详解

22. 在这项研究中,两组大学生被要求做什么?

- A) 做字谜游戏。
- B) 发手机信息。
- C) 用手机软件测视力。
- D) 在一个实验室安装音频设备。

详解 A)。短文开头提到,在心理学家最近进行的一项关于智能手机破坏性影响的研究中,两组大学生被要求做字谜游戏。因此答案为 A)。

23. 关于第二组的许多受试学生在电话铃响后的表现,我们了解到什么?

- A) 铃声结束后他们才能继续(字谜游戏)。 C) 他们立刻拿起手机,回拨电话。
B) 他们无法继续专注地完成任务。 D) 他们要求实验人员挂断电话。

详解 B)。短文中提到,在第二组学生解字谜的过程中,实验人员拨打了一位学生的手机,让它响了一会才挂断。之后,第二组的许多学生无法集中注意力,他们变得焦虑,表现得比第一组更差。因此答案为 B)。

24. 根据短文内容,使用智能手机最大的影响是什么?

- A) 情感问题增多。 C) 睡眠减少。
B) 体育运动减少。 D) 学习成绩退步。

详解 C)。短文提到,智能机会带来各种负面影响,如人际交往和学业问题,但最大的影响是睡眠时长的缩短,这会导致健康状况不佳和肥胖问题。因此答案为 C)。

25. 讲话者建议人们做什么?

- A) 保护年轻一代的视力。 C) 认识到科技的破坏作用。
B) 采取有效措施提高生产力。 D) 确保每天有充足的睡眠。

详解 C)。短文最后提到,科技是个伟大的工具,但认识到它的负面作用是很重要的,睡眠的减少、生产力的降低、肥胖等问题仅仅是冰山一角。如果我们不注意这些小问题,对后代的影响将会更大。由此可知,讲话者建议人们要认识到技术的破坏性影响。因此答案为 C)。

词汇注释

disruptive [dis'rʌptɪv] *a.* 引起混乱的
interfere [ˌɪntə'fɪə] *v.* 干扰
decline [dɪ'klaɪn] *n.* 下降,降低

academic [ˌækə'demɪk] *a.* 学术的
dramatic [drə'mætɪk] *a.* 显著的;急剧的
downside ['daʊnsaɪd] *n.* 负面,缺点

Part III Reading Comprehension

Section A

总体分析

本文选自 2018 年 11 月 7 日刊登在 *www.smh.com.au* 网站上的一篇题为 **Financial Stress**(三种类型的财务压力)的文章。本文主要讲述了人们遇到的三种类型的财务压力。第一段介绍了因投资市场波动带来的财务压力;第二段介绍了债务造成的财务压力,主要包括信用卡债务和贷款;第三、四段介绍了继承性财务压力,并说明了承受继承性财务压力的人常遵循的两种模式。

选项归类

词性		选项	词义
名词	单数/不可数	A) appearance	外貌;出现
		F) extreme	极端;极端的事物
		G) inaction	不作为
		K) proposition	提议,建议
		M) statement	陈述;声明



词性		选项	词义
动词	原形	C) avoid	避免
		N) tend	倾向于; 往往会
	-ed 形式	B) argued	争论, 辩论
		L) rebelled	反抗; 叛逆
形容词	D) considerable	相当多的; 相当大的	
	F) extreme	极度的; 极端的	
	I) normal	正常的; 平常的	
	O) traditional	传统的	
副词	E) definitely	一定地	
	H) incredibly	极端地; 令人难以置信地	
	J) possibly	可能; 或许	

试题详解

26. I) normal. **【详解】** 形容词辨析题。空格前有定冠词 the, 后面是名词词组 ups and downs, 因此本空应填入形容词。空格所在句介绍第一种财务压力, 即由投资市场(比如股票)的起伏带来的压力, 而股票等投资总是有涨有跌的, 这是很正常的, 因此本空应填入含有“正常的, 平常的”意义的形容词, 故本题答案为 I) normal。
27. E) definitely. **【详解】** 副词辨析题。空格所在部分与 actually not so much the ups 构成并列结构, the ups 前面有副词词组 not so much 修饰, 因此本空应填入副词。空格所在的并列结构与破折号前面的内容密不可分, 是对 ups and downs of investment markets 的进一步解释。由常识可知, 人们并不担心股票的上涨, 而下跌则一定会造成压力, 因此本空应填入含有“一定, 确定”意义的副词, 故本题答案为 E) definitely。
28. D) considerable. **【详解】** 形容词辨析题。空格前有不定冠词 a, 后面是名词 percentage, 因此本空应填入形容词。本段介绍第二种财务压力, 即由债务带来的压力, 其中信用卡债务占主要因素。本段最后一句提到, 虽然有汽车贷款或房屋抵押贷款带来的债务, 但是对很多人来说是信用卡债务带来了财务困难。由此可知, 在由债务导致的财务压力中, 很多情况下信用卡和贷款是主要原因。因此本空应填入含有“多的, 大的”意义的形容词, 故本题答案为 D) considerable。
29. J) possibly. **【详解】** 副词辨析题。空格后面是形容词最高级 the least known, 因此本空应填入副词。第三段介绍了第三种财务压力——继承性财务压力。文章在介绍前两种压力时, 分别用到了 apparent “明显的”和 common “普遍的”, 而介绍第三种压力用到的形容词是 the least known “最不为人知的”。由此可知, 相对于前两种压力而言, 第三种压力可能是最鲜为人知的, 因此本空应填入含有“也许, 可能”意义的副词, 故本题答案为 J) possibly。
30. B) argued. **【详解】** 动词辨析题。空格处与后面的 fought about 构成并列谓语, 因此本空应填入动词的过去式。本句说明了父母因为钱而争辩的人会承受继承性压力。因此本空应填入与 fought about “对……争辩”意义相近的动词, 故本题答案为 B) argued。
31. K) proposition. **【详解】** 名词辨析题。空格前有形容词 unattractive, 因此本空应填入名词。由本段可知, 由于父母因为钱而争吵不休, 导致子女认为金钱是带有压力的话题, 因此规划财务的想法对他们没有吸引力。本空与 “the thought of...” 形成照应, 因此本空应填入含有“想法, 主张”意义的名词, 故本题答案为 K) proposition。
32. N) tend. **【详解】** 动词辨析题。suffering inherited financial anxiety 是现在分词短语作后置定语修



饰 those, 空格所在句子缺少谓语动词, 因此本空应填入动词。本段介绍了承受继承性财务压力的人遵循的两种模式, 但是这种划分并不是完全绝对的, 因此本空应填入含有“通常, 倾向于”意义的动词, 故本题答案为 N) tend。

33. C) avoid. **详解** 动词辨析题。空格前有情态动词 would, 因此本空应填入动词原形。本句介绍了第一种模式, 这些人 put their head in the sand, 该短语的字面意思是“把头埋进沙子里”, 这一习语的来源是: 鸵鸟在遇到危险时会把头埋进沙子里, 它们认为这样就能避开危险, 后引申为“逃避现实”。空格所在句对此进行进一步解释, 他们会避免做一切与财务相关的事情。故本题答案为 C) avoid。备选项中, N) tend 也为动词原形, 但是 tend 与 to do 连用, 因此排除。
34. F) extreme. **详解** 名词辨析题。空格前是形容词 other, 因此本空应填入名词。本句介绍承受继承性财务压力的人遵循的第二种模式, 这些人会对所有事情进行细致入微的分析, 与第一种避免做一切与财务相关的事情的人相比, 这是另一种极端。因此本空应填入含有“极端”意义的名词, 故本题答案为 F) extreme。
35. G) inaction. **详解** 名词辨析题。空格前是形容词 complete, 因此本空应填入名词。由最后一句可知, 第二种人确信, 他们所做的任何决定都是错误的, 因此他们虽然细致分析了所有事情, 但是仍然什么也不做, 因此本空应填入含有“不作为”意义的名词, 故本题答案为 G) inaction。

全文翻译及重点词汇

全文翻译	重点词汇
<p>人们会遇到三类主要的财务压力。第一种常见于担心投资市场正常起伏的人们身上——实际上, 人们并不担心上涨, 但是下跌肯定会带来压力。这些人通常没有能力, 或没有准备好忍受长期的挑战。</p> <p>第二种常见的财务压力是由债务引起的。在大多数由债务造成的财务压力的情况下, 信用卡和贷款是核心要素。通常人们会有汽车贷款或房屋抵押贷款, 但是对很多人来说, 信用卡似乎通常是通往与债务相关的财务困难的入口。</p> <p>第三种压力, 也可能是最鲜为人知的, 是继承性的财务压力, 而它也是最具破坏力的。这份压力由那些在父母不断地为了钱而争辩不休的家庭中成长起来的人所承受。金钱因此成了一个充满压力的话题, 所以坐下来好好规划的想法变成了毫无吸引力的建议。</p> <p>那些遭受继承性财务焦虑折磨的人通常呈现两个模式。他们要么把头埋进沙子里: 他们会避免检查他们的财务报表、做预算, 以及与亲近的人讨论财务事项。要么会走向另一种极端, 他们细致入微地分析所有事情, 最终什么也不做。他们确信, 无论自己做出何种决定都是错误的。</p>	<p>encounter [ɪn'kaʊntə] v. 遭遇, 遇到</p> <p>apparent [ə'pærənt] a. 显而易见的</p> <p>the long haul 费时费力的工作</p> <p>induce [ɪn'dju:s] v. 引起; 导致</p> <p>mortgage ['mɔ:ɡɪdʒ] n. 抵押贷款</p> <p>gateway ['geɪt-weɪ] n. 出入口</p> <p>inherited [ɪn'herɪtɪd] a. 通过继承得到的</p> <p>destructive [dɪ'strʌktɪv] a. 毁灭性的</p> <p>household ['haʊshəʊld] n. 家庭</p> <p>regularly ['regjələli] ad. 定期地</p> <p>suffer ['sʌfə] v. 遭受 (痛苦); 蒙受</p> <p>anxiety [æŋ'zaiəti] n. 焦虑, 不安, 担心</p> <p>put one's head in the sand 逃避现实</p> <p>financial statement 财务报表</p> <p>budget ['bʌdʒɪt] v. 编制预算</p> <p>alternatively [ɔ:l'tɜ:nətɪvli] ad. (引出第二种选择或可能的建议) 要不, 或者</p> <p>convince [kən'vɪns] v. 确信</p>

难句分析

1. The first type is apparent in people being stressed about the normal ups and downs of investment markets—actually not so much the ups, but definitely the downs. (P1S2)

分析 本句主干是“The first type is apparent...”, “in people...markets”是补语, 其中“being stressed about...markets”是现在分词短语作后置定语, 修饰 people。破折号后面的部分是对 the normal ups and downs of investment markets 的补充说明。

译文 第一种常见于担心投资市场正常起伏的人们身上——实际上, 人们并不担心上涨, 但是下跌肯定会带来压力。



2. It is experienced by those who have grown up in households where their parents regularly argued and fought about money. (P3S2)

分析 本句主干是 “It is experienced by those...”, “who have grown up in households... about money” 是定语从句, 修饰 those, 其中 where their parents regularly argued and fought about money 是第二个定语从句, 修饰 households.

译文 这份压力由那些在父母不断地为了钱而争辩不休的家庭中成长起来的人所承受。

3. They're convinced that whatever decision they make will be the wrong one. (P4S4)

分析 本句主干是 “They're convinced...”, “that whatever decision...” 是宾语从句, 其主语是 whatever decision, 其后 they make 是省略引导词的定语从句, 修饰 decision.

译文 他们确信, 无论自己做出何种决定都是错误的。

Section B

总体分析

本文选自 2019 年 7 月 14 日刊登在 *www.southcoasttoday.com* (今日南岸网站) 上一篇标题为 Doctor's Orders: Let Children Just Play (医嘱: 让孩子们尽管玩吧) 的文章。本文主要讲述了游戏玩耍对孩子健康成长的重要性, 由此医生建议将自由玩耍的时间还给孩子。A) ~ D) 段指出研究证明游戏玩耍对孩子健康成长的重要作用, 儿科医生呼吁让孩子们多游戏玩耍; E) ~ H) 段指出占据孩子玩耍时间的两大主要因素——日益增长的课业负担和数字媒体的不断入侵; I) ~ K) 段指出游戏玩耍时间减少对孩子成长带来的危害; L) 段再次呼吁家长们花时间陪孩子游戏玩耍。

试题详解

36. H) **译文** 数字设备使用的增加偷走了孩子们的游戏时间。
定位 由题干中的 digital devices、steals away 和 playtime 定位到文章 H) 段第一句: Another playtime thief: the growing proportion of kids' time spent in front of screens and digital devices, even among preschoolers.
详解 细节辨认题。定位句提到, 另一个盗走游戏时间的小偷, 即孩子花在手机屏幕和数字设备前的时间越来越长。题干中的 increased use of digital devices 对应原文中的 the growing proportion of kids' time spent in front of screens and digital devices, 故答案为 H)。
37. E) **译文** 自本世纪初以来, 公立学校把越来越多的时间从课间休息转向学术活动。
定位 由题干中的 an increasing amount of time、public schools、recess 和 academic activities 定位到文章 E) 段第三、四句: Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic “skills and drills” has cut deeply into recess (课间休息) and other time for free play.
详解 概括归纳题。定位句指出, 自 2001 年全面推行教育改革以来, 公立学校已稳步增加了准备标准化考试的时间。人们将对学术“技能和训练”的注意力放到课间休息和其他自由活动的时间。题干中的 since the beginning of this century 对应定位句中的 since the adoption of sweeping education reforms in 2001, 而题干中的 an increasing amount of time has been shifted in public schools from recess to academic activities 是对定位句中 public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic “skills and drills” has cut deeply into recess (课间休息) and other time for free play 的概括归纳, 故答案为 E)。
38. L) **译文** 人们承认虽然孩子们可能会乐于接受儿科医生的建议, 但他们的父母可能会怀疑其可行性。
定位 由题干中的 acknowledged、pediatricians'、parents 和 doubt 定位到文章 L) 段第一、二句: Play may not be a hard sell to kids. But UCLA pediatrician Carlos Lerner acknowledged that



the pediatricians' new prescription may meet with *skepticism* (怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world.

【详解】 概括归纳题。定位句指出,让孩子们接受玩游戏可能不难,但可能会遭到家长们的质疑,他们急切地希望得到如何助孩子一臂之力的建议。题干中的 kids may welcome pediatricians' recommendation 对应定位句中的“Play may not be a hard sell to kids.”,而题干中的 their parents may doubt its feasibility 是对定位句中 the pediatricians' new prescription may meet with *skepticism* (怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world 的概括归纳,故答案为 L)。

39. G) **【译文】** 据一些专业人士认为,剥夺幼儿的游戏时间不仅对儿童自身有害,而且对国家和世界都有害。

【定位】 由题干中的 professionals、young children's playtime、children themselves 和 the world 定位到文章 G) 段第二句: In a report titled “Crisis in the Kindergarten,” a group of educators, health professionals and child advocates called the loss of play in early childhood “a tragedy, both for the children themselves and for our nation and the world.”

【详解】 同义转述题。定位句指出,在一份题为“幼儿园危机”的报告中,一群教育工作者、医疗专家和儿童倡导者称,无论是对儿童自身,还是对我们的国家和世界来说,幼儿时期的游戏缺失都是“一场悲剧”。题干中的 according to some professionals 是对定位句中 a group of educators, health professionals and child advocates called 的概括归纳,而题干中的 deprivation of young children's playtime will do harm not only to children themselves but to the country and the world 是对定位句中 the loss of play in early childhood “a tragedy, both for the children themselves and for our nation and the world.” 的同义转述,故答案为 G)。

40. D) **【译文】** 通过和孩子玩耍,父母可以防止他们受到压力的伤害。

【定位】 由题干中的 playing with children、parents、harmed 和 stress 定位到文章 D) 段第三句: When parents engage in play with their children, it builds a wall against the harmful effects of all kinds of stress, including poverty, the academy says.

【详解】 同义转述题。定位句指出,美国儿科学会说,当父母和孩子们一起游戏时,这就为孩子筑起了一堵墙,以抵御包括贫困在内的各种压力带来的有害影响。题干中的 by playing with children 是对定位句中 when parents engage in play with their children 的同义转述,而题干中的 prevent them from being harmed by stress 是对定位句中 builds a wall against the harmful effects of all kinds of stress, including poverty 的概括归纳,故答案为 D)。

41. I) **【译文】** 儿科医生迈克尔·尤格曼博士说,玩数字设备会阻碍孩子的积极探索。

【定位】 由题干中的 discovery 和 Michael Yogman 定位到文章 I) 段: “I respect that parents have busy lives and it's easy to hand a child an iPhone,” Yogman said. “But there's a cost to that. For young children, it's much too passive. And kids really learn better when they're actively engaged and have to really discover things.”

【详解】 概括归纳题。定位句指出,尤格曼认为,父母因为忙碌而让孩子玩手机是有代价的。对小孩子来说,玩手机太被动了。当孩子们积极参与并真正发现事物时,他们可以学得更好。换言之,玩手机等数字设备会阻碍孩子主动探索事物。题干是对定位段的概括归纳,故答案为 I)。

42. C) **【译文】** 对那些想帮助孩子培养技能的父母来说,只是让孩子们游戏玩耍的建议听起来像在退步。

【定位】 由题干中的 letting children simply play、backwards、parents 和 skills 定位到文章 C) 段第二句: After spending years *fretting* (烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school, letting them simply play—or better yet, playing with them—could seem like a step backward.

【详解】 概括归纳题。定位句指出,多年来,家长们一直在为买什么玩具、下载哪些应用程序、让孩子放学后去参加哪些技能培养项目而烦恼,与这些相比,单纯让他们游戏——或者更好的是,与他们一起游戏——似乎像是后退了一步。题干中的 the suggestion of letting children simply



play 和 sound like going backwards 分别是对定位句中 letting them simply play—or better yet, playing with them 和 could seem like a step backward 的同义转述, 题干中的 parents who want to help build their children's skills 是对定位句中 spending years fretting (烦恼) over which toys to buy, which apps to download and which skill-building programs to send their kids to after school 的概括归纳, 故答案为 C)。

43. K) **译文** 迈克尔·尤格曼博士认为, 父母应该仔细安排孩子的时间这样的观念可能对他们的成长并没有帮助。

定位 由题干中的 the idea、schedule children's time 和 may not be helpful 定位到文章 K) 段第二句: "The notion that as parents we need to schedule every minute of their time is not doing them a great service," he said.

详解 同义转述题。定位句指出, 尤格曼认为, 父母需要为孩子安排他们每一分钟的时间这样一种观念其实并不是在帮他们。题干中的 the idea that parents should carefully schedule children's time 和 may not be helpful 分别是对定位句中 the notion that as parents we need to schedule every minute of their time 和 not doing them a great service 的同义转述, 故答案为 K)。

44. F) **译文** 在美国的一个城市, 四分之一的教师说幼儿园里的孩子没有时间自由地游戏玩耍。

定位 由题干中的 one quarter of teachers、no time 和 playing freely 定位到文章 F) 段第二句: One in four Los Angeles teachers reported there was no time at all for "free play."

详解 同义转述题。定位句指出, 洛杉矶四分之一的教师表示根本没有时间让孩子们“自由地游戏”。题干中的 one quarter of teachers in an American city 和 had no time for playing freely 分别是对定位句中 one in four Los Angeles teachers 和 there was no time at all for "free play." 的同义转述, 故答案为 F)。

45. B) **译文** 儿科医生认为, 无论孩子们参加哪种游戏, 他们都在学习如何创造事物。

定位 由题干中的 play、children、learning 和 create things 定位到文章 B) 段第二句: Whether it's rough physical play, outdoor play or pretend play, kids derive important lessons from the chance to make things up as they go, he said.

详解 细节辨认题。定位句指出, 尤格曼认为, 无论是剧烈的体能活动、户外运动, 还是装扮游戏, 孩子们都能在边游戏边创作东西的过程中学到重要的一课。题干中的 no matter what kind of play 是对定位句中 whether it's rough physical play, outdoor play or pretend play 的概况归纳, 题干中的 learning how to create things 是对定位句中 derive important lessons from the chance to make things up as they go 的同义转述, 故答案为 B)。

全文翻译及重点词汇

全文翻译	重点词汇
<p>医嘱: 让孩子们尽管玩吧</p> <p>A) 想象一下, 有一种药物可以增强孩子的创造力和批判性思维。想象一下, 这种药物制作简单, 服用安全, 而且可以免费拥有。全国顶尖的儿科医生都说这种神奇的化合物是存在的。在一份新的临床报告中, 他们呼吁医生为他们所照顾的孩子们开这一处方。</p> <p>B) 哈佛医学院儿科医生迈克尔·约格曼博士带领起草了这一呼吁, 他说: “这看起来很过时, 但当孩子不被要求应该做什么时, 他们还可以学习其他技能。”(45) 他说, 无论是剧烈的体能活动、户外运动, 还是装扮游戏, 孩子们都能在边游戏边创作东西的过程中学到重要的一课。</p> <p>C) 美国儿科学会周一发布的这一建议可能会让一些父母感到震惊。(42) 多年来, 家长们一直在为买什么玩具、下载哪些应</p>	<p>enhance [ɪn'hɑ:ns] <i>v.</i> 提高, 增强</p> <p>compound ['kɒmpaʊnd] <i>n.</i> 化合物</p> <p>urge [ɜ:dʒ] <i>v.</i> 力劝(某人), 催促</p> <p>prescribe [prɪ'skraɪb] <i>v.</i> 给……开药(处方)</p> <p>literally ['lɪtərəli] <i>ad.</i> (用于强调所说的话)确实, 真正地</p> <p>pretend [prɪ'tend] <i>a.</i> 想象的, 假装的</p> <p>derive from 从……中得到, 从……中获得</p> <p>issue ['ɪʃu:] <i>v.</i> 发行, 发表</p> <p>guidance ['gɑ:dəns] <i>n.</i> 指导, 引导</p>



用程序、让孩子放学后去参加哪些技能培养项目而烦恼,与这些相比,单纯让他们游戏——或者更好的是,与他们一起游戏——似乎像是后退了一步。儿科医生却坚持认为并非如此。美国儿科学会发布的指南未包含有关游戏剂量的具体建议。而是要求医生向孩子未满两岁的父母们建议,游戏对于孩子的健康成长至关重要。

D) 美国儿科学会的报告宣称,“游戏不是愚蠢的行为。”它培养了孩子们的创造力、合作精神和解决问题的能力——所有这些都对21世纪的劳动力而言至关重要。(40) 美国儿科学会说,父母在和孩子们一起游戏时也在为孩子建立起一道屏障,这一屏障可以防止包括贫困在内的各种压力所带来的有害影响。在儿科医生看来,基本上每一项为成年人所重视的生活技能都可以通过游戏建立起来。他们写道:“合作、协商、决策、创造力、领导能力和身体活动的增加只是孩子们通过游戏获得的技能和好处中的一部分。”儿科医生发出这一呼吁是因为孩子们的时间不断地被学校越来越高的学业要求和持续入侵的数字媒体所占。

E) 这种趋势的到来经历了相当长的时间。时间使用研究详细表明,1981年至1997年间,儿童玩的时间减少了25%。(37) 自2001年全面推行教育改革以来,公立学校已稳步增加了准备标准化考试的时间。人们将对学术“技能和训练”的注意力放到课间休息和其他自由活动的时间。

F) 到了2009年,一项对洛杉矶幼儿园教室的研究发现,5岁的孩子背负的学业压力过重,以至于他们每天平均只有19分钟的“选择时间”,即允许他们自由地玩积木、玩具,或跟其他孩子游戏的时间。(44) 洛杉矶四分之一的教师表示根本没有时间让孩子们“自由地游戏”。日益增加的学业压力使得美国30%的幼儿园课程未能给孩子们留有休息时间。这些发现促使美国儿科学会在2013年发布了一份关于“课间休息的关键作用”的政策声明。

G) 并不是只有儿科医生注意到这一点。(39) 在一份题为“幼儿园危机”的报告中,一群教育工作者、医疗专家和儿童倡导者称,无论是对儿童自身,还是对我们的国家和世界来说,幼儿时期的游戏缺失都是“一场悲剧”。儿童联盟在2009年表示,游戏式幼儿园里的孩子“最终在阅读和其他智力技能方面同样优秀甚至更优秀,他们更有可能成为身体强健并且适应能力强的人”。尤格曼说,事实上,新的研究证明了为什么玩积木才是更好地利用时间。该试验评估了针对学龄前儿童的早期数学干预的有效性。结果显示数学成绩几乎没有提高。

H) (36) 另一个盗走游戏时间的是:孩子花在手机屏幕和数字设备前的时间越来越长,即便是在学龄前儿童中也是如此。去年,常识媒体报道称,八岁以下的孩子平均每天在屏幕前花费两个小时19分钟,其中两岁以下的孩子平均每天花费42分钟。美国儿科学会在2016年警告称,数字产品使用时间增加,随之而来的是肥胖、睡眠不足以及认知、语言和社会情感延迟不断上升。

I) (41) 尤格曼说:“家长们生活忙碌,而给孩子一部iPhone让事情变得简单,我对此表示理解。但这是有代价的。对小孩子来说,这玩游戏太被动了。当孩子们积极参与并真正发现事物时,他们可以学得更好。”

specific [spi'sɪfɪk] a. 明确的,具体的

recommendation [ˌrekəmen'deɪʃən] n. 提议,建议

dose [dəʊs] n. (药物的)一剂,一服

foster [ˈfɒstə] v. 促进,培养

creativity [ˌkri:ɪ'tɪvəti] n. 创造力

cooperation [kəʊ,ɒpə'reɪʃən] n. 合作,协作

critical [ˈkrɪtɪkəl] a. 至关重要的

workforce [ˈwɜ:kfɔ:s] n. 劳动力

engage in 参加;参与

collaboration [kə,læbə'reɪʃən] n.

合作,协作

negotiation [ni:ɡəʊ'ʃi:ɪʃən] n. 谈判,协商

leadership [ˈli:dəʃɪp] n. 领导素质,领导才能

squeeze [skwi:z] v. 榨取,压榨,挤出

invasion [ɪn'veɪʒən] n. 入侵,侵犯

decline [dɪ'klaɪn] v. (逐渐)减少

sweeping [ˈswi:pɪŋ] a. 影响广泛的,彻底的

standardized tests 标准化考试

be burdened with 承受……的重担

prompt [prɒpt] v. 促使,引起

professional [prə'feʃənəl] n. 专业人士,专家

advocate [ˈædvəkeɪt] n. 倡导者

intellectual [ˌɪntə'lektʃuəl] a. 智力的,脑力的

demonstrate [ˈdemənstreɪt] v. 显示;表明

trial [ˈtraɪəl] n. 试验

assess [ə'ses] v. 评价,评定

be aimed at sb. 针对某人

achievement [ə'tʃi:vmənt] n. 成绩

proportion [prə'pɔ:ʃən] n. 比例

obesity [əʊ'bi:səti] n. 肥胖(症)

deprivation [ˌdeprɪ'veɪʃən] n. 缺乏,剥夺

hazard [ˈhæzəd] n. 危险,危害

cultivate [ˈkʌltɪveɪt] v. 培养,养成

disproportionately

[ˌdɪsprə'pɔ:ʃənətli] ad. 不成比例地,不相称地

scarce [skeəs] a. 缺乏的,不足的



J) 对于美国大约五分之一生活在贫困中的儿童来说,游戏时间的减少尤其危险。这1400万名儿童是最迫切需要通过游戏培养韧劲的。反而,尤格曼说,他们受到某些趋势的极大影响,这些趋势正使得他们游戏时间稀少:学业压力上,考试成绩需要提高、室外游戏场地有限或不安全,以及家长缺少时间与精力无法与孩子一起游戏。

K) 尤格曼还担心压力会挤压富裕孩子的游戏时间。(43)他说:“有这样一种观念:作为父母,我们就需要为孩子安排他们每一分钟的时间。其实这样并不是在帮他们。”即使家长们的目的是好的,他们也有可能“剥夺孩子在探索中获得快乐以及求知欲的机会——即孩子主动探索事物的机会。”

L) (38) 让孩子们接受玩游戏可能不难。但是加州大学洛杉矶分校的儿科医生卡洛斯·勒纳承认,儿科医生的新处方可能会遭到家长们的质疑,这些家长们急切地希望得到如何助孩子一臂之力的建议。勒纳说,家长们应该欣然接受这份简单的医嘱。“给家长们提供这样的医嘱是能让让他们解脱束缚的:花时间陪孩子,让他玩是你能做的最有价值的事情之一,”他说。“这不需要花费大量的金钱和时间,也不需要加入育儿团体。这是我们能够给予的并且是可以实现的。只是目前家长们并不认为它特别有价值。”

affluent ['æfluənt] *a.* 富裕的
notion ['nəʊʃən] *n.* 观点,概念
schedule ['ʃedju:l] *v.* (在时间上)安排,计划
rob sb. of 剥夺某人……
a hard sell 强行推荐
acknowledge [ək'nɒlɪdʒ] *v.* 承认
give sb. a leg up 帮某人一把,助某人一臂之力
simplicity [sɪm'plɪsəti] *n.* 简单
liberating ['lɪbəreɪtɪŋ] *a.* 令人感到自由的

难句分析

1. **By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of “choice time,” when they were permitted to play freely with blocks, toys or other children. (FS1)**

分析 本句主干是“a study found that...”,其中介词短语 of Los Angeles kindergarten classrooms 作后置定语修饰 study, by 2009 是时间状语,“that five-year-olds were so burdened with...”是 that 引导的宾语从句,该宾语从句嵌套“so... that...”引导的结果状语从句,when they were permitted to play freely with blocks, toys or other children 是 when 引导的非限制性定语从句,修饰“choice time”。

译文 到了2009年,一项对洛杉矶幼儿园教室的研究发现,5岁的孩子背负的学业压力过重,以至于他们每天平均只有19分钟的“选择时间”,即允许他们自由地玩积木、玩具,或跟其他孩子游戏的时间。

2. **But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism (怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world. (LS2)**

分析 本句主干是“UCLA pediatrician Carlos Lerner acknowledged that...”,其后“the pediatricians' new prescription may meet with...”是宾语从句,who are anxious for advice on how to give their kids a leg up in the world 是非限制性定语从句,修饰 parents。

译文 但是加州大学洛杉矶分校的儿科医生卡洛斯·勒纳承认,儿科医生的新处方可能会遭到家长们的质疑,这些家长们急切地希望得到如何助孩子一臂之力的建议。

3. **“It's liberating to be able to offer them this advice; that you spending time with your child and letting him play is one of the most valuable things you can do,” he said. (LS4)**

分析 本句引号部分为直接引语,其句子主干是“It's liberating...”,其中 it 是形式主语,真正的主语是 to be able to offer them this advice。“that you spending time with your child...is...”是同位语从句,解释说明 this advice。在该同位语从句中,you spending time with your child and letting him play 是独立主格结构,作主语,you can do 是省略了引导词 that 的定语从句,修饰 things。

译文 “给家长们提供这样的医嘱是能让让他们解脱束缚的:花时间陪孩子,让他玩是你能做的最有价值的事情之一,”他说。



总体分析

本文选自 *www.theladders.com* 网站上一篇题为 *Does Thinking You Look Fat Affect How Much Money You Earn?* (认为自己看起来胖会影响你赚多少钱吗?) 的文章。文章主要介绍了体重对美国人职业发展的影响。第一段指出现象: 美国人斥巨资减肥; 第二段具体论述了一味追求完美体型对健康的不良影响; 第三段分析人们追求完美体型的原因: 在职场中体重和工资相关; 第四至八段提出另一个问题, 即人们对于体重的自我认知是否会影响职业发展, 并介绍相关研究及结论: 普通人对体重的自我认知和职场表现无关, 且错误认知不会对劳动者造成伤害; 第九段提出建议, 呼吁通过立法杜绝体重歧视。

试题详解

46. 根据作者所说, 什么可能会对人们产生负面影响?

- A) 为了追求美而接受整形手术。 C) 不考虑财务成本, 力求完美。
B) 模仿英雄和榜样的生活方式。 D) 试图满足社会对外表的期望。

定位 由题干中的 *adverse impact* 定位到第二段第一句: *Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety, depression, as well as unhealthy strategies for weight loss or muscle gain.*

详解 推理判断题。文章第二段第一句指出, 力求达到模特和电影英雄式的完美形象具有不良的影响, 会导致一系列问题。由此可见, 试图满足社会对外表的期望会产生负面影响, 故答案为 D)。

干扰项排除 A) 项中提到的整形手术只是追求完美体型的一种方式, 和 D) 项相比, 不够全面, 故排除 A) 项; 第二段第一句只是提到力求达到模特和电影英雄式的完美形象, 并未提及模仿他们的生活方式的内容, 故排除 B) 项; 定位句只提到追求完美形象的问题, 且全文都只是围绕体型进行探讨, C) 项中的 *perfection* 意义太宽泛, 与文章内容不符, 故排除。

47. 关于人们的收入, 研究人员发现了什么?

- A) 它们与人们的社会地位密切相关。 C) 它们对男性来说似乎不如对女性重要。
B) 它们与人的体重和体型有关。 D) 它们可能不等同于人们的贡献。

定位 由题干中的 *people's earnings* 定位到第三段第三句: *Researchers have shown that body mass index is related to wages and income.*

详解 事实细节题。文章第三段第三句提到, 研究人员发现, 体重指数与工资和收入有关, 由此可知, 人们的收入与体重和体型有关, 故答案为 B)。

干扰项排除 文章中没有提到社会地位和收入的关系, 故排除 A) 项; 文章第三段第四、五句指出体重对女性收入的影响较男性更明显一些, 并不是说收入对男性不重要, 故排除 C) 项; D) 项中提及的贡献问题文中没有提到, 故排除。

48. 作者最近的研究重点是什么?

- A) 先前关于职场竞争力指标的文献。
B) 职场上追求成功最重要的品质。
C) 对身体形象的自我认知是否会影响一个人的职场成功。
D) 老板对身体形象的认知如何影响员工的进步。

定位 由题干中的 *the author's recent study focus on* 定位到第五段: *Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.*

详解 推理判断题。文章第五段指出, 作者团队最近公布的研究回答了这个问题, 因此应从上一段找出这个问题是什么。显然, 第四段最后一句就是作者的研究重点, 即一个人对自己身体形象的看法是否会影响他的收入和其他职场中成功的指标, 故答案为 C)。



● **干扰项排除** 文章第四段第一句指出,虽然研究文献清楚地表明劳动力市场的成功在一定程度上取决于雇主和顾客对你身体形象的看法,但没有人探究过这个问题的另一面,而这才是作者研究的重点,因此排除 A);B)项在文中未提及,故排除;由第四段第一句可以看出 D)项所述是前人已经研究过的,而非作者的研究重点,故排除。

49. 作者最近的研究发现是什么?

- A) 事实上,超重并不会对员工的总体幸福造成太大伤害。
 B) 人们在工作场所不会因为对自己体重的错误认知而受到不良影响。
 C) 自尊有助于防止职场中的性别不平等。
 D) 性别不平等继续使许多女雇员感到沮丧。

● **定位** 由题干中的 finding of the author's recent research 定位到第八段: While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

● **详解** 事实细节题。文章第八段提到,尽管劳动力市场上持续存在性别歧视,但作者的研究发现,对体重的错误认知并不会对劳动者造成伤害,故答案为 B)。

● **干扰项排除** 文中未提及超重对员工总体幸福的影响,故排除 A)项;文章第七段提到,对于体重的自我认知会影响自尊心,并未提及自尊心是否有助于防止职场中的性别不平等,故排除 C)项;D)项所述是现实情况,并非作者的研究发现,故排除。

50. 作者认为什么有助于改善劳动力市场的状况?

- A) 禁止基于员工身体形象的歧视。 C) 帮助员工改变自己对美的看法。
 B) 扩大保护,使妇女免受性别歧视。 D) 在劳动合同中把体型类别排除在外。

● **定位** 由题干中的 help improve the situation 定位到最后一段第一句: Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help.

● **详解** 推理判断题。最后一段第一句指出,由于雇主对体重的看法是影响劳动力市场的重要因素,因此修改反歧视法规,将体型加入其中作为一个类别,将会有所帮助。由此可见,禁止对员工身体形象的歧视将有助于改善现状,故答案为 A)。

● **干扰项排除** 文章最后一段指出,要扩大保护,禁止对体重体型的歧视,并未提及性别歧视,故排除 B)项;C)项文中未提及,故排除;D)项涉及劳动合同的内容,文章没有提到,故排除。

全文翻译及重点词汇

全文翻译	重点词汇
<p>美国人每年花费数十亿美元试图通过节食、健身房会员和整形手术来改变自己的体重。</p> <p>(46) 力求达到模特和电影英雄式的完美形象具有不良的一面: 焦虑、抑郁,以及减肥或增肌的不健康策略。它也有财务成本。饮食失调使每人每年的医疗费用增加了近2 000 美元。</p> <p>为什么会有外在和内在的压力让你想要看起来“完美”呢? 原因之一是社会奖励那些瘦而看起来健康的人。(47) 研究人员已经表明,体重指数与工资和收入有关。尤其对于女性来说,超重或肥胖者在工作中有明显的劣势。一些研究也发现了对男性的影响,尽管不太明显。</p> <p>虽然研究文献清楚地表明劳动力市场的成功在一定程度上取决于雇主和顾客对你身体形象的看法,但没有人探究过这个问题的另一面。(48-1) 一个人对身体形象的看法是否会影响他的收入和其他职场中成功的指标?</p> <p>(48 2) 我们最近公布的研究回答了这个问题,该研究跟踪了处</p>	<p>plastic surgery 整形手术</p> <p>live up to 符合(标准),不辜负(期望)</p> <p>boost [bu:st] v. 促进,推动</p> <p>annual ['ænjʊəl] a. 一年一度的</p> <p>external [ɪk'stɜ:nl] a. 外部的</p> <p>internal [ɪn'tɜ:nl] a. 内部的</p> <p>body mass index 体重指数</p> <p>obese [əu'bi:s] a. 肥胖的</p> <p>noticeable ['nəʊtɪsəbəl] a. 明显的,显著的</p> <p>perceive [pə'si:v] v. 看待,理解</p> <p>perception [pə'sepʃən] n. 认识,看法</p> <p>indicator ['ɪndɪkətə] n. 指示物</p>



在一个关键时期内的大量随机样本的美国人,在这个时期,他们从青少年形态转变为成人形态,并且建构自己的身份。

正如其他研究一样,在我们的样本中,女性也倾向于高估自己的体重——她们认为自己比实际体重要重——而男性倾向于低估自己的体重。

虽然对于体重的自我认知会影响自尊心、心理健康和健康行为,我们并没有发现普通人对体重的自我认知和他们职场表现的关联性。

(49) 尽管劳动力市场上持续存在的性别歧视令人沮丧,但我们发现,对体重的错误认知并不会对劳动者造成伤害,这一点更令人鼓舞。

(50) 由于雇主对体重的看法是影响劳动力市场的重要因素,因此修改反歧视法规,将体型加入其中作为一个类别,将会有所帮助。密歇根州是唯一一个禁止对体重和身高歧视的州。我们相信,扩大这类保护将使劳动力市场更加公平和有效。

random ['rændəm] a. 随意的,随机的

identity [aɪ'dentəti] n. 身份

frustrating [frʌ'streɪtɪŋ] a. 令人沮丧的

heartening ['hɑ:tnɪŋ] a. 鼓舞人心的

discrimination

[dɪ'skrɪmɪ'neɪʃən] n. 歧视

难句分析

1. Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities. (P5)

分析 本句主干是“*Our recently published study answered this question...*”,其中 *when bodies change from teenage shape into adult form and when people build their identities* 是两个并列的定语从句,修饰限定 *a critical time period*, *by tracking a large national random sample of Americans* 是方式状语, *over a critical time period* 是时间状语。

译文 我们最近公布的研究回答了这个问题,该研究跟踪了处在一个关键时期内的大量随机样本的美国人,在这个时期,他们从青少年形态转变为成人形态,并且建构自己的身份。

2. Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help. (P9S1)

分析 本句主干是“*changing discrimination laws... would help*”,其中 *since employers' perception of weight is what matters in the labor market* 是原因状语从句, *what matters in the labor market* 是该状语从句中的表语从句。

译文 由于雇主对体重的看法是影响劳动力市场的重要因素,因此修改反歧视法规,将体型加入其中作为一个类别,将会有所帮助。

Passage Two

总体分析

本文选自 *www.fastcompany.com* 网站。文章主要说明我们应当如何看待和处理工作与生活的关系。第一段提出作者观点,指出工作与生活平衡的说法太局限;第二、三段进行具体说明,指出我们不应当将工作和生活分开看待,而应该将工作看作生活的一部分,把生命看作是不不断演变的东西,设法应对生活和工作中的变化;第四段呼吁大家摒弃工作与生活的想法。

试题详解

51. 作者说“工作与生活平衡的说法已经消亡”,表明什么?

- A) 实现蒸蒸日上的生活的希望是不可能实现的。
B) 对事业有成的追求涉及自我牺牲。
C) 工作和生活的失衡不再存在。
D) 工作与生活平衡的概念对充满成就的生活几乎作用不大。



定位 由题干中的 *work-life balance is dead* 定位到第一段第一句: *The work-life balance is dead.*

详解 推理判断题。文章第一句指出,工作与生活平衡的说法已经消亡。因此,本句话的具体涵义可在下文找到,第三句中提到平衡的概念从来没有什么帮助,因为它太局限了。选项 D) 中的 *contributes little* 和原文中的 *has never been helpful* 相对应,故答案为 D)。

干扰项排除 A) 项文章未提及,故排除;第一段第二句中作者说到,我绝对不是说你必须放弃一个才能拥有另一个,由此可见,作者并不认为事业有成需要自我牺牲,故排除 B) 项; C) 项和题干内容矛盾,故排除。

52. 作者如何看待我们对语言的使用?

A) 它影响我们如何思考和行动。

C) 它反映我们如何交流。

B) 它随着时间推移而改变。

D) 它因人而异。

定位 由题干中的 *language* 定位到第一段末句: *You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.*

详解 事实细节题。文章第一段末句提到,我们的语言很重要,我们如何谈及事物很重要,因为它影响我们的思维和行动,故答案为 A)。

干扰项排除 B)、C)、D) 三项在文中均未提及,故排除。

53. 作者如何看待我们在理想世界中做的事?

A) 我们的工作改善我们的家人和朋友的生活。

B) 我们所做的工作让我们每个新的一天都充满欢乐。

C) 我们做一些对社会有意义的工作。

D) 我们做要求高的工作,充分发挥我们的能力。

定位 由题干中的 *in an ideal world* 定位到第二段第二句: *In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us.*

详解 事实细节题。文章第二段第二句指出,在理想的世界里,我们都在做我们引以为豪的工作,这些工作为我们提供意义和目标。下文由 *but* 引出的句子对意义进行进一步解释,即工作也是我们每个人所做的事情的一部分,也是我们对社会所做贡献的一部分,故答案为 C)。

干扰项排除 A) 项中提到改善家人和朋友的生活,可对应文章第二段第一句,但此处是对现实生活的描述,而非理想状况,因此排除 A) 项;第二段第三句前半句提到,即使你的工作并没有让你在新一天里开心到抖动起来,说明我们的工作并不能让我们每天都快乐,故排除 B) 项; D) 项文章未提及,故排除。

54. 作者是如何看待生活的?

A) 它是循环的。

C) 它是充实的。

B) 它是动态的。

D) 它是冒险的。

定位 由题干中的 *say about life* 定位到文章第三段末句: *These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.*

详解 事实细节题。定位句中的 *think of life as* 对应题干中的 *say about life*, *evolving and changing* 意为“进化和改变”,其意义和选项 B) 中的 *dynamic* “动态的”对应,故答案为 B)。

干扰项排除 A) 项文中未提及,故排除; C) 项中的 *fulfilling* 出现在文中第一段,意为“有成就感的,令人满意的”,形容事业有成,和生活无关,也并非作者的主观观点,故排除 C) 项; D) 项中的 *risky* 可对应定位句中的 *high-risk*, 但其出现在 *rather than* 之后,说明这是作者不认同的观点,故排除 D) 项。

55. 作者建议我们做什么?

A) 让生活尽可能地简单化。

C) 用一种新的方式来平衡工作和生活。

B) 用更简单的术语来谈论平衡。

D) 为一种更令人满意的生活而奋斗。

定位 由题干中的 *advise* 定位到最后一段第二句: *Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.*

详解 事实细节题。定位句指出,让我们埋葬“工作与生活平衡”的想法,从大处着眼,更好地思考如何让工作和生活充实起来,少做一点平衡,多感受生活,选项 D) 中的 *fulfilling* 对应定位句中的 *fulfillment*, 故答案为 D)。



干扰项排除 A)、B)两项文中均未提及,故排除;C)项与定位句中提到的埋葬“工作与生活平衡”的说法相矛盾,故排除。

全文翻译及重点词汇

全文翻译	重点词汇
<p>(51) <u>工作与生活平衡的说法已经消亡。我这么说并不是主张你应该放弃对事业有成和个人生活幸福的追求,我也绝对不是说你必须放弃一个才能拥有另一个。我也承认我们有工作与生活平衡的问题,但我认为平衡的概念从来没有什么帮助,因为它太局限了。</u>(52) <u>你看,我们的语言会产生影响,我们如何谈及事物很重要,因为它影响我们的思维,从而影响我们的行动。</u></p> <p>至少,我们大多数人工作是因为我们想养活自己、家人和周围的人。(53) <u>在理想的世界里,我们都在做我们引以为豪的工作,这些工作为我们提供意义和目标。但是,即使你的工作并没有让你在新的一天里开心到抖动起来,工作也是我们每个人所做的事情的一部分,也是我们对社会所做贡献的一部分。当你把工作和生活分开的时候,要建立这种联系就有点困难了。但是,当你把工作看作是完整生活和经历的一部分,你就会更容易发现,一方面的成功往往会帮助另一方面。</u></p> <p>失去平衡然后摔倒是不快乐的。想取得平衡的目标意味着事情会很快失去平衡,这会导致可怕的结果。不断根据生活和工作中的变化来考虑解决方案更具建设性。与其说是跌倒或失败,不如说你有好日子、更好的日子,或者不太好的日子。(54) <u>这些变化是正常的,更有用的是把生命看作是不不断演变和变化的东西,而不是一个高风险的事业,那样一次失误就可能出问题。</u></p> <p>我们如何与自己对话很重要,我们如何谈论问题会产生影响。(55) <u>让我们埋葬“工作与生活平衡”的想法,从大处着眼,更好地思考如何让工作和生活充实起来,少做一点平衡,多感受生活。</u></p>	<p>advocate [ˈædvəkeɪt] <i>v.</i> 主张, 倡导</p> <p>pursuit [pəˈsju:t] <i>n.</i> 追求</p> <p>fulfilling [fʊlˈfɪlɪŋ] <i>a.</i> 有成就感的,令人满意的</p> <p>thriving [ˈθraɪvɪŋ] <i>a.</i> 欣欣向荣的,兴旺发达的</p> <p>acknowledge [əkəˈnɒlɪdʒ] <i>v.</i> 承认</p> <p>make a difference 产生影响,有作用</p> <p>at the minimum 在最低限度,至少</p> <p>get off balance 失去平衡</p> <p>constructive [kənˈstrʌktɪv] <i>a.</i> 建设性的</p> <p>evolve [ɪˈvɒlv] <i>v.</i> 进化</p> <p>variation [ˌveəriˈeɪʃən] <i>n.</i> 变化</p> <p>normal [ˈnɔ:məl] <i>a.</i> 正常的</p> <p>enterprise [ˈentəpraɪz] <i>n.</i> 事业, 企业</p> <p>misstep [ˈmɪs-step] <i>n.</i> 错误,失策</p> <p>think big 胸怀大志</p>

难句分析

1. **But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society. (P2S3)**

分析 本句主干是“working is a part of...and the contribution...”,其中 even if your job doesn't give you shivers of joy each new day 是让步状语从句,what each of us does 是介词 of 的宾语从句,we make to society 是定语从句,修饰限定 the contribution。

译文 但是,即使你的工作并没有让你在新的一天里开心到抖动起来,工作也是我们每个人所做的事情的一部分,也是我们对社会所做贡献的一部分。

2. **These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep. (P3S5)**

分析 本句中 and 连接两个并列分句。句子主干是“These variations are normal, and it's more useful to think of life as...”。第二个并列分句中,it 是形式主语,“to think of life as...”是真正的主语,that 引导的定语从句修饰限定 something,where 引导的定语从句 things could go wrong with one misstep 修饰限定 enterprise。

译文 这些变化是正常的,更有用的是把生命看作是不不断演变和变化的东西,而不是一个高风险的事业,那样一次失误就可能出问题。



□ 参考译文

Moutai is the most famous spirit in China. On the eve of the founding of New China, it was chosen as representative liquor for state banquets.

It is said that villagers along the banks of Chishui River began brewing Moutai four thousand years ago. During the Western Han Dynasty, people there produced high-quality Moutai and presented it to the emperor as a tribute. Since the Tang Dynasty, this local spirit has been shipped overseas via the Maritime Silk Road.

With a mild flavor and a special aroma, moderate amounts of Moutai can help reduce fatigue and have a calming effect, so it is widely loved by consumers at home and abroad.

▣ 逐句精析

1. 茅台(Moutai)是中国最有名的白酒,在新中国成立前夕,被选为国宴用酒。

☞ **词汇难点** 白酒 spirit/liquor; 在新中国成立前夕 on the eve of the founding of New China; 国宴 state banquet

☞ **表达难点** 本句指出茅台在中国至高无上的地位。前半句说明茅台的名气之大,后半句举例加以阐释。前后句意完整,翻译时可考虑断为两句,使句意更明确。在英文中,与“白酒”相对应的是 spirit 或 liquor,即“烈性酒”;注意不能译作表示“白葡萄酒”的 white wine。

2. 据说赤水沿岸的村民四千年前就开始酿造茅台。

☞ **词汇难点** 赤水沿岸 along the banks of Chishui River; 酿造 brew/make

☞ **表达难点** 本句说明茅台的历史之悠久。“据说……”常用句式“It is said that...”来表达,其中句首“It”作形式主语,指代后面 that 所述部分;也可译为“People/They say that...”。“四千年前就开始……”可译为“began...four thousand years ago”。

3. 在西汉时期,那里的人们生产出了高质量的茅台,并把它献给皇帝。

☞ **词汇难点** 西汉 the Western Han Dynasty; 高质量的茅台 high-quality Moutai/Moutai of high quality; 皇帝 emperor

☞ **表达难点** 此句承接上句,继续说明茅台的历史。“把它献给皇帝”中的“它”指的是“茅台”,可用 it 指代,可译为 presented it to the emperor as a tribute,即“将它作为贡品呈送给皇帝”。

4. 自唐朝开始,这种地方酒通过海上丝绸之路运往海外。

☞ **词汇难点** 唐朝 the Tang Dynasty; 通过 via/through; 海上丝绸之路 the Maritime Silk Road; 运往海外 shipped overseas.

☞ **表达难点** 本句继续说明茅台的历史。注意本句的时态,“自……开始”为典型的完成时态时间状语,译作“since...”,谓语动词用完成时态。

5. 茅台味道柔和,有一种特殊的香味;适量饮用可以帮助缓解疲劳,有镇静作用,因而广受国内外消费者的喜爱。

☞ **词汇难点** 味道柔和 have a mild flavor/be mild in flavor; 香味 aroma/pleasant smell; 适量饮用 drinking in moderation/moderate amounts of sth.; 缓解 reduce/relieve; 疲劳 fatigue/tiredness; 镇静作用 calming effect; 海内外 at home and abroad; 消费者 consumer

☞ **表达难点** 本句说明茅台受人喜爱的原因。翻译时应注意本句的因果关系:茅台受人喜爱有两方面原因——口感独特且有益身心。翻译时应注意不能将这两个原因分割开来,而应将这两个原因合并起来,然后用 so 引导结果状语从句。英文中的 flavor 可表示“食物或饮料”的“风味、口感”,符合此处“味道”的语境。

