

# 2019年12月六级考试真题（第一套）

为了让大家更好地模拟真实考场，我们完全仿照真题样式设计了这套“大黑”呦！按照真题卷面顺序，Part I 写作部分被放在了试卷的最后一页，与听力部分完全隔开，请大家在备考过程中提早适应卷面顺序，知己知彼。考虫陪你轻松过级！

## Part II

## Listening Comprehension

(30 minutes)

虫虫小提示：

听力音频可在

考虫网官网资料下载区或

考虫英语 APP 直接下载哦~

### Section A

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

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

- |                                  |                              |
|----------------------------------|------------------------------|
| 1. A) Magazine reporter.         | C) Website designer.         |
| B) Fashion designer.             | D) Features editor.          |
| 2. A) Designing sports clothing. | C) Answering daily emails.   |
| B) Consulting fashion experts.   | D) Interviewing job-seekers. |
| 3. A) It is challenging.         | C) It is tiresome.           |
| B) It is fascinating.            | D) It is fashionable.        |
| 4. A) Her persistence.           | C) Her competence.           |
| B) Her experience.               | D) Her confidence.           |

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

- |                        |                                   |
|------------------------|-----------------------------------|
| 5. A) It is enjoyable. | C) It is divorced from real life. |
| B) It is educational.  | D) It is adapted from a drama.    |

6. A) All the roles are played by famous actors and actress.  
 B) It is based on the real-life experiences of some celebrities.  
 C) Its plots and events reveal a lot about Frankie's actual life.  
 D) It is written, directed, edited and produced by Frankie himself.
7. A) Go to the theater and enjoy it.                      C) Watch it with the man.  
 B) Recommend it to her friends.                      D) Download and watch it.
8. A) It has drawn criticisms from scientists.                      C) It is a ridiculous piece of satire.  
 B) It has been showing for over a decade.                      D) It is against common sense.

## Section B

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

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

9. A) They are likely to get hurt when moving too fast.  
 B) They believe in team spirit.  
 C) They need to keep moving to avoid getting hurt.  
 D) They have to learn how to avoid body contact.
10. A) They do not have many years to live after retirement.  
 B) They tend to live longer with early retirement.  
 C) They do not start enjoying life until full retirement.  
 D) They keep themselves busy even after retirement.
11. A) It prevents us from worrying.  
 B) It slows down our aging process.  
 C) It enables us to accomplish in life.  
 D) It provides us with more chances to learn.

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

12. A) It tends to dwell upon their joyous experiences.  
 B) It wanders for almost half of their waking time.  
 C) It has trouble concentrating after a brain injury.  
 D) It tends to be affected by their negative feelings.
13. A) To find how happiness relates to daydreaming.  
 B) To observe how one's mind affects one's behavior.  
 C) To see why daydreaming impacts what one is doing.  
 D) To study the relation between health and daydreaming.

14. A) It helps them make good decisions.                      C) It contributes to their creativity.  
 B) It helps them tap their potentials.                        D) It contributes to their thinking.
15. A) Subjects with clear goals in mind outperformed those without clear goals.  
 B) The difference in performance between the two groups was insignificant.  
 C) Non-daydreamers were more confused on their tasks than daydreamers.  
 D) Daydreamers did better than non-daydreamers in task performance.

## Section C

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

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

16. A) They are the oldest buildings in Europe.                      C) They are renovated to attract tourists.  
 B) They are part of the Christian tradition.                        D) They are in worsening condition.
17. A) They have a history of 14 centuries.                        C) They are without foundations.  
 B) They are 40 metres tall on average.                        D) They consist of several storeys.
18. A) Wood was harmonious with nature.                        C) Timber was abundant in Scandinavia.  
 B) Wooden buildings kept the cold out.                        D) The Vikings liked wooden structures.

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

19. A) Similarities between human babies and baby animals.  
 B) Cognitive features of different newly born mammals.  
 C) Adults' influence on children.  
 D) Abilities of human babies.
20. A) They can distinguish a happy tune from a sad one.  
 B) They love happy melodies more than sad ones.  
 C) They fall asleep easily while listening to music.  
 D) They are already sensitive to beats and rhythms.
21. A) Infants' facial expressions.                                      C) Babies' interaction with adults.  
 B) Baby emotions.    D) Infants' behaviors.

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

22. A) It may harm the culture of today's workplace.  
 B) It may hinder individual career advancement.  
 C) It may result in unwillingness to take risks.  
 D) It may put too much pressure on team members.

23. A) They can hardly give expression to their original views.  
B) They can become less motivated to do projects of their own.  
C) They may find it hard to get their contributions recognized.  
D) They may eventually lose their confidence and creativity.
24. A) They can enlarge their professional circle.  
B) They can get chances to engage in research.  
C) They can make the best use of their expertise.  
D) They can complete the project more easily.
25. A) It may cause lots of arguments in a team.  
B) It may prevent making a timely decision.  
C) It may give rise to a lot of unnecessary expense.  
D) It may deprive a team of business opportunities.

### 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.*

When considering risk factors associated with serious chronic disease, we often think about health indicators such as cholesterol, blood pressure, and body weight. But poor diet and physical inactivity also each increase the risk of heart disease and have a role to play in the development of some cancers. Perhaps worse, the 26 effects of an unhealthy diet and insufficient exercise are not limited to your body. Recent research has also shown that 27 in a high-fat and high-sugar diet may have negative effects on your brain, causing learning and memory 28.

Studies have found obesity is associated with impairments in cognitive functioning, as 29 by a range of learning and memory tests, such as the ability to remember a list of words presented some minutes or hours earlier. There is also a growing body of evidence that diet-induced cognitive impairments can emerge 30—within weeks or even days. For example, one study found healthy adults 31 to a high-fat diet for five days showed impaired attention, memory, and mood compared with a low-fat diet control group. Another study also found eating a high-fat and high-sugar breakfast each day for as little as four days resulted in problems with learning and memory 32 to those observed in overweight and obese individuals.

Body weight was not hugely different between the groups eating a healthy diet and those on high fat and sugar diets. So this show negative 33 of poor dietary intake can occur even when body weight has not changed 34. Thus, body weight is not always the best indicator of health and a thin person still needs to eat well and exercise 35.

A) assessed	I) excelling
B) assigned	J) indulging
C) consequences	K) loopholes
D) conspicuously	L) rapidly
E) deficits	M) redundant
F) designated	N) regularly
G) detrimental	O) similar
H) digestion	

## 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**.*

### Increased Screen Time and Wellbeing Decline in Youth

- [A] Have young people never had it so good? Or do they face more challenges than any previous generation? Our current era in the West is one of high wealth. This means minors enjoy material benefits and legal protections that would have been the envy of those living in the past. But there is an increasing suspicion that all is not well for our youth. And one of the most popular explanations, among some experts and the popular media, is that excessive “screen time” is to blame. (This refers to all the attention young people devote to their phones, tablets and laptops.) However, this is a contentious theory and such claims have been treated skeptically by some scholars based on their reading of the relevant data.
- [B] Now a new study has provided another contribution to the debate, uncovering strong evidence that adolescent wellbeing in the United States really is experiencing a decline and arguing that the most likely cause is the electronic riches we have given them. The background to this is that from the 1960s into the early 2000s, measures of average wellbeing went up in the US. This was especially true for younger people. It reflected the fact that these decades saw a climb in general standards of living and avoidance of mass societal traumas like full-scale war or economic deprivation. However, the “screen time” hypothesis, advanced by researchers such as Jean Twenge, is that electronic devices and excessive time spent online may have reversed these trends in recent years, causing problems for young people’s psychological health.
- [C] To investigate, Twenge and her colleagues dived into the “Monitoring the Future” dataset based on annual surveys of American school students from grades 8, 10, and 12 that started in 1991. In total, 1.1 million young people answered various questions related to their wellbeing. Twenge’s team’s analysis of the answers confirmed the earlier, well-established wellbeing climb, with scores rising across the 1990s, and into the later 2000s. This was found across measures like self-esteem, life satisfaction, happiness and satisfaction with individual domains like job, neighborhood, or friends. But around 2012 these measures started to decline. This continued through 2016, the most recent year for which data is available.
- [D] Twenge and her colleagues wanted to understand why this change in average wellbeing occurred. However, it is very hard to demonstrate causes using non-experimental data such as this. In fact, when Twenge previously used this data to suggest a screen time effect, some commentators were quick to raise this problem. They argued that her causal-sounding claims rested on correlational data, and that she

had not adequately accounted for other potential causal factors. This time around, Twenge and her team make a point of saying that they are not trying to establish causes as such, but that they are assessing the plausibility of potential causes.

- [E] First, they explain that if a given variable is playing a role in affecting wellbeing, then we should expect any change in that variable to correlate with the observed changes in wellbeing. If not, it is not plausible that the variable is a causal factor. So the researchers looked at time spent in a number of activities that could plausibly be driving the wellbeing decline. Less sport, and fewer meetings with peers correlated with lower wellbeing, as did less time reading print media (newspapers) and, surprisingly, less time doing homework. (This last finding would appear to contradict another popular hypothesis that it is our burdening of students with assignment that is causing all the problems.) In addition, more TV watching and more electronic communication both correlated with lower wellbeing. All these effects held true for measures of happiness, life satisfaction and self-esteem, with the effects stronger in the 8th and 10th-graders.
- [F] Next, Twenge's team dug a little deeper into the data on screen time. They found that adolescents who spent a very small amount of time on digital devices—a couple of hours a week—had the highest wellbeing. Their wellbeing was even higher than those who never used such devices. However, higher doses of screen time were clearly associated with lower happiness. Those spending 10-19 hours per week on their devices were 41 percent more likely to be unhappy than lower-frequency users. Those who used such devices 40 hours a week or more (one in ten teenagers) were twice as likely to be unhappy. The data was slightly complicated by the fact that there was a tendency for kids who were social in the real world to also use more online communication, but by bracketing out different cases it became clear that the real-world sociality component correlated with greater wellbeing, whereas greater time on screens or online only correlated with poorer wellbeing.
- [G] So far, so plausible. But the next question is, are the drops in average wellbeing happening at the same time as trends toward increased electronic device usage? It looks like it—after all, 2012 was the tipping point when more than half of Americans began owning smartphones. Twenge and her colleagues also found that across the key years of 2013-16, wellbeing was indeed lowest in years where adolescents spent more time online, on social media, and reading news online, and when more youth in the United States had smartphones. And in a second analysis, they found that where technology went, dips in wellbeing followed. For instance, years with a larger increase in online usage were followed by years with lower wellbeing, rather than the other way around. This does not prove causality, but is consistent with it. Meanwhile, TV use did not show this tracking. TV might make you less happy, but this is not what seems to be driving the recent declines in young people's average happiness.
- [H] A similar but reversed pattern was found for the activities associated with greater wellbeing. For example, years when people spent more time with friends were better years for wellbeing (and followed by better years). Sadly, the data also showed face-to-face socializing and sports activity had declined over the period covered by the survey.
- [I] There is another explanation that Twenge and her colleagues wanted to address: the impact of the great recession of 2007-2009, which hit a great number of American families and might be affecting adolescents. The dataset they used did not include economic data, so instead the researchers looked at whether the 2013-16 wellbeing decline was tracking economic indicators. They found some evidence that some crude measures, like income inequality, correlated with changes in wellbeing, but economic measures with a more direct impact, like family income and unemployment rates (which put families

into difficulties), had no relationship with wellbeing. The researchers also note the recession hit some years before we see the beginning of the wellbeing drop, and before the steepest wellbeing decline, which occurred in 2013.

[J] The researchers conclude that electronic communication was the only adolescent activity that interested at the same time psychological wellbeing declined. I suspect that some experts in the field will be keen to address alternative explanations, such as unassessed variables playing a role in the wellbeing decline. But the new work does go further than previous research and suggests that screen time should still be considered a potential barrier to young people's flourishing.

36. The year when most Americans began using smartphones was identified as a turning point in young Americans' level of happiness.
37. Scores in various wellbeing measures began to go downward among young Americans in recent years.
38. Unfortunately, activities involving direct contact with people, which contributed to better wellbeing, were found to be on the decline.
39. In response to past critics, Twenge and her co-researchers stress they are not trying to prove that the use of digital devices reduces young people's wellbeing.
40. In the last few decades of the 20th century, living standards went up and economic depressions were largely averted in the US.
41. Contrary to popular belief, doing homework might add to students' wellbeing.
42. The author believes the researchers' new study has gone a step further regarding the impact of screen time on wellbeing.
43. The researchers found that extended screen time makes young people less happy.
44. Data reveals that economic inequality rather than family income might affect people's wellbeing.
45. Too much screen time is widely believed to be the cause of unhappiness among today's young people.

## 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.

“The dangerous thing about lying is people don't understand how the act change us,” says Dan Ariely, behavioural psychologist at Duke University. Psychologist have documented children lying as early as the age

of two. Some experts even consider lying a developmental milestone, like crawling and walking, because it requires sophisticated planning, attention and the ability to see a situation from someone else's perspective to manipulate them. But, for most people, lying gets limited as we develop a sense of morality and the ability to self-regulate.

Harvard cognitive neuroscientist Joshua Greene says, for most of us, lying takes work. In studies, he gave study subjects a chance to deceive for monetary gain while examining their brains in a functional MRI machine, which maps blood flow to active parts of the brain. Some people told the truth instantly and instinctively. But others opted to lie, and they showed increased activity in their frontal *parietal* ( 颞腔壁的 ) control network, which is involved in difficult or complex thinking. This suggests that they were deciding between truth and dishonesty – and ultimately opting for the latter. For a follow-up analysis, he found that people whose *neural* ( 神经的 ) reward centres were more active when they won money were also more likely to be among the group of liars – suggesting that lying may have to do with the inability to resist temptation.

External conditions also matter in terms of when and how often we lie. We are more likely to lie, research shows, when we are able to rationalise it, when we are stressed and fatigued or see others being dishonest. And we are less likely to lie when we have moral reminders or when we think others are watching. “We as a society need to understand that, when we don't punish lying, we increase the probability it will happen again,” Ariely says.

In a 2016 study published in the journal *Nature Neuroscience*, Ariely and colleagues showed how dishonesty alters people's brains, making it easier to tell lies in the future. When people uttered a falsehood, the scientists noticed a burst of activity in their amygdala. The amygdala is a crucial part of the brain that produces fear, anxiety and emotional responses—including that sinking, guilty feeling you get when you lie. But when scientists had their subjects play a game in which they won money by deceiving their partner, they noticed the negative signals from the amygdala began to decrease. Not only that, but when people faced no consequences for dishonesty, their falsehoods tended to get even more sensational. This means that if you give people multiple opportunities to lie for their own benefit, they start with little lies which get bigger over time.

46. Why do some experts consider lying a milestone in a child's development?
- A) It shows they have the ability to view complex situations from different angles.
  - B) It indicates they have an ability more remarkable than crawling and walking.
  - C) It represents their ability to actively interact with people around them.
  - D) It involves the coordination of both their mental and physical abilities.
47. Why does the Harvard neuroscientist say that lying takes work?
- A) It is hard to choose from several options.
  - B) It is difficult to sound natural or plausible.
  - C) It requires speedy blood flow into one's brain.
  - D) It involves lots of sophisticated mental activity.
48. Under what circumstances do people tend to lie?
- A) When they become too emotional.
  - B) When they face too much peer pressure.
  - C) When the temptation is too strong.
  - D) When the consequences are not imminent.
49. When are people less likely to lie?
- A) When they are worn out and stressed.
  - B) When they are under watchful eyes.



- C) When they think in a rational way.
- D) When they have a clear conscience.

50. What does the author say will happen when a liar does not get punished?

- A) They may feel justified.
- B) They will tell bigger lies.
- C) They will become complacent.
- D) They may mix lies and truths.

## Passage Two

Questions 51 to 55 are based on the following passage.

Here's how the Pacific Northwest is preparing for "The Big One". It's the mother of all disaster drills for what could be the worst disaster in American history. California has spent years preparing for "The Big One"—the inevitable earthquake that will undoubtedly unleash all kinds of havoc along the famous San Andreas *fault* (断层). But what if the fault that runs along the Pacific Northwest delivers a gigantic earthquake of its own? If the people of the Cascadia region have anything to do with it, they won't be caught unawares.

The region is engaged in a multi-day earthquake-and-*tsunami* (海啸) drill involving around 20,000 people. The Cascadia Rising drill gives area residents and emergency responders a chance to practice what to do in case of a 9.0-magnitude earthquake and tsunamis along one of the nation's dangerous—and underestimated—faults.

The Cascadia Earthquake Zone is big enough to compete with San Andreas (it's been called the most dangerous fault in America), but it's much lesser known than its California cousin. Nearly 700 miles long, the earthquake zone is located by the North American Plate off the coast of Pacific British Columbia, Washington, Oregon and Northern California.

Cascadia is what's known as a "megathrust" fault. Megathrusts are created in earthquake zones—land plate boundaries where two plates converge. In the areas where one plate is beneath another, stress builds up over time. During a megathrust event, all of that stress releases and some of the world's most powerful earthquakes occur. Remember the 9.1 earthquake and tsunami in the Indian Ocean off of Sumatra in 2004? It was caused by a megathrust event as the India plate moved beneath the Burma micro-plate.

The last time a major earthquake occurred along the Cascadia fault was in 1700, so officials worry that another event could occur at any time. To prevent that event from becoming a catastrophe, first responders will join members of the public in rehearsals that involve communication, evacuation, search and rescue, and other scenarios.

Thousands of casualties are expected if a 9.0 earthquake were to occur. First, the earthquake would shake metropolitan areas including Seattle and Portland. This could trigger a tsunami that would create havoc along the coast. Not all casualties can necessarily be prevented—but by coordinating across local, state, and even national borders, officials hope that the worst-case scenario can be averted. On the exercise's website, officials explain that the report they prepare during this rehearsal will inform disaster management for years to come.

For hundreds of thousands of Cascadia residents, "The Big One" isn't a question of if, only when. And it's never too early to get ready for the inevitable.

51. What does "The Big One" refer to?

- A) A gigantic geological fault.
- B) A large-scale exercise to prepare for disasters.
- C) A massive natural catastrophe.



未得到监考教师指令前，不得翻阅该试题册！

**Part I Writing (30 minutes)**

(请于正式开考后半小时内完成该部分，之后将进行听力考试)

**Directions:** *For this part, you are allowed 30 minutes to write an essay on the importance of having a sense of family responsibility. You should write at least 150 words but no more than 200 words.*

请认真填写以下信息：

准考证号：

姓名：

错填、未填以上信息，按违规处理！

# 2019年12月六级考试真题(第一套)

## 参考答案

### Part I Writing

(详见解析)

### Part II Listening Comprehension

#### Section A

1	D	2	C	3	B	4	A	5	A
6	D	7	D	8	B				

#### Section B

9	C	10	A	11	A	12	B	13	A
14	C	15	D						

#### Section C

16	D	17	C	18	C	19	D	20	A
21	B	22	B	23	C	24	A	25	B

### Part III Reading Comprehension

#### Section A

26	G	27	J	28	E	29	A	30	L
31	B	32	O	33	C	34	D	35	N

#### Section B

36	G	37	C	38	H	39	D	40	B
41	E	42	J	43	F	44	I	45	A

#### Section C

46	A	47	D	48	B	49	B	50	B
51	C	52	A	53	D	54	B	55	C

### Part IV Translation

Peonies, with colorful and elegant image, symbolize peace and prosperity and are thus called “the king of flowers” in China. Peonies are grown in many parts of China. For thousands of years,

a great number of poems and paintings have been created to praise peonies. During the Tang Dynasty, peonies were widely planted in the imperial gardens and were renowned as the national flower. Therefore, they were especially popular. In the 10th century, the ancient city of Luoyang became the center of peony cultivation. Since then, the position has been maintained even until today. Nowadays, thousands of domestic tourists flock to Luoyang for the annual Peony Festival to appreciate the unique beauty of the city's peonies and explore the history of the ancient capital of the nine dynasties.

## 2019年12月六级考试真题(第一套)

### 真题解析

#### Part I Writing

##### 写作指导

本题要求考生阐述具有家庭责任感的重要性,属于话题论述型作文。写作过程中,可联系家庭责任感对孩子、家庭和睦、社会稳定等的作用和影响来阐述为什么它很重要。本文的结构可设置如下:

开头段:引出话题。

主体段:针对家庭责任感对孩子成长和社会稳定所起到的作用阐述其重要性。

总结段:总结前文,发出呼吁。

##### 范文与译文

Nowadays, family responsibility has become a hot topic among Chinese people. It refers to one's care and obligations towards family members. No one can deny the significance of having a sense of family responsibility.

On the one hand, the sense of family responsibility is indispensable for the children's growth and development. People born in responsible families are more likely to have a better life than those born in broken ones. People of the former family are more optimistic and courageous both in their work and life, while people of the latter tend to be timid and less confident. On the other hand, such sense of family responsibility could ensure social stability. In recent years, some extreme behaviours, such as domestic violence and child abuse, are happening from time to time. If everyone pays attention to the cultivation of family responsibility, these abnormal behaviours which result from irresponsible individuals could be avoided.

In a word, the sense of family responsibility plays an important role in our social life. Thus, it deserves our attention and needs to be stressed. Only in this way can the society head in a better direction.

如今,家庭责任感在已经成为我国人民讨论的热门话题。它指对于家庭成员的关心和义务。具备家庭责任感的重要性是毋庸置疑的。

一方面,家庭责任感对于孩子的成长和身心发展有着至关重要的作用。在有负责感的家庭中长大的孩子与在单亲家庭中长大的孩子相比,未来更可能拥有美好的生活。前者会在工作和生活中表现得更加乐观、勇敢,而后者往往更加羞怯、缺乏自信。另一方面,家庭责任感能够维系社会稳定。近年来,家庭暴力和虐待儿童等极端行为时有发生。如果所有人都能够注重培养家庭责任感,这些不负责任者所做出的反常行为就可以得到避免。

总而言之,家庭责任感在社会生活中扮演了重要的角色。因此,它理应得到关注和重视。只有这样,社会才能朝着更好的方向发展。

## ☆ 亮点词汇

- obligation /ˌɒblɪˈɡeɪʃn/ *n.* 义务
- deny /dɪˈnaɪ/ *vt.* 否认
- indispensable /ˌɪndɪˈspensəbl/ *adj.* 至关重要的
- timid /ˈtɪmɪd/ *adj.* 羞怯的；胆怯的
- social stability 社会稳定
- domestic violence 家庭暴力
- child abuse 虐待儿童
- cultivation /ˌkʌltɪˈveɪʃn/ *n.* (品质或技巧的) 培养
- abnormal /æbˈnɔːml/ *adj.* 不正常的

## 📄 必备表达

- become a hot topic among sb. 在……中成为了热门话题
- no one can deny the significance of sth. 谁也不可否认……的重要性
- on the one hand ... on the other hand ... 一方面……另一方面……
- from time to time 偶尔；不时

## Part II Listening Comprehension

### Section A

#### ·Conversation One·

### 📄 语篇分析

本段对话是一篇采访，男士是节目主持人，女嘉宾是一本女性杂志的专题编辑。在采访中，女编辑谈到了工作的职责、日常工作内容、特约编辑与其他编辑岗位的不同之处，以及自己艰辛的职业生涯。对话中男士均在提问，而女士则一一作答。由于专题编辑这一话题并不常见，加之出现较多生词，因此听懂此对话有一定难度。

### 📄 听力原文及译文

- M: [1] Today our guest is Rosie Melinda who works as a features editor for *Fashion* magazine. Hi, Rosie, you're a features editor at one of the most widely-read women's magazines in the U.K. What kind of responsibilities does that job entail?
- W: We spend our days looking at ideas from journalists, writing copy for the magazine and website, and editing. We do random things like asking people in the street questions and testing sports clothing.
- 男: [1] 今天的嘉宾是罗西·梅琳达，她是《时尚》杂志的专题编辑。你好，罗西，你在英国最受欢迎的其中一个女性杂志做专题编辑。这份工作需要承担什么样的职责？
- 女: 我们每天都在研究记者的想法、为杂志和网站写稿，并进行编辑。我们会做一些临时性的工作，比如向街上的行人问问题、检验运动服装等。我们也

We also do less tangible things like understanding what our readers want. It's certainly varied and sometimes bizarre.

M: [2] During your working day, what kind of work might you typically do?

W: [2] My day mainly incorporates responding to emails, writing and editing stories and coming up with new feature ideas.

M: How does the job of features editor differ from that of fashion editor or other editorial positions?

W: The features team deals with articles such as careers, reports, confidence and confessions—everything except fashion and beauty.

M: [3] A lot of people believe that working at a magazine is a glamorous job. Is this an accurate representation of what you do?

W: I'd say it's glamorous to an extent, but not in the way it's portrayed in films. We do have our moments such as interviewing celebrities and attending parties, which is a huge thrill. Ultimately though, we're the same as our readers, but working in a job we're all very lucky to have.

M: [4] Did you have to overcome any difficulties to reach this point in your career? How did you manage to do this?

W: I had to be really persistent and it was very hard work. After three years of working in a petrol station and doing unpaid work, I still hadn't managed to get an entry-level job. I was lucky that my last desperate attempt led to a job. I told myself that all experiences make you a better journalist in the long run. And luckily, I was right.

会做一些不太具体的事情，比如了解读者的需求。这个工作的职责当然是多种多样的，有时甚至是异乎寻常的。

男: [2] 在你的工作时间内，你通常会做什么工作？

女: [2] 我每天的工作主要包括回复邮件、撰写和编辑报道，以及构思新的专题创意。

男: 专题编辑的工作与时尚编辑或其他编辑职位有什么不同？

女: 专题编辑团队负责撰写职业、报告、信心和自白等各个方面的文章，除了有关时尚和美的话题以外，其他都写。

男: [3] 很多人认为杂志社的工作很令人向往。这是对你工作的准确描述吗？

女: 要我说，它在某种程度上是令人向往的，但不是像电影里描绘的那样。我们确实有采访名人和参加派对这样的机会，这一点让人十分兴奋。但终究我们和我们的读者一样，不过是从事一份有幸拥有的工作。

男: [4] 在你的职业生涯中，为了达到现在的位置，你有过必须要克服困难的经历吗？你是怎么做到的？

女: 我曾经必须坚持不懈，这十分辛苦。我曾在加油站工作了三年，干一份没有报酬的工作，但仍没有找到一份入门级的工作。我很幸运，最后一次孤注一掷的尝试让我找到了工作。我告诉自己，从长远来看，所有的经历都会让我成为一名更好的新闻工作者。幸运的是，我是对的。

### 答案详解

1. What is the woman's profession?

- A) Magazine reporter.
- B) Fashion designer.
- C) Website designer.

**D) Features editor.**

1. 这位女士的职业是什么？

- A) 杂志记者。
- B) 时装设计师。
- C) 网页设计师。

**D) 专题编辑。**



【答案】D

【考点】细节题

【听前预测】根据各选项均为表示职业的名词短语可推测，本题可能考查某人的职业。

【解析】音频第一句，男士在向大家介绍女士的时候说道，女士是《时尚》杂志的专题编辑，“Today our guest is Rosie Melinda who works as a features editor for *Fashion* magazine”，第二句更是直接提到，女士是一名专题编辑，“you're a features editor”。因此选项D正确。

2. What is one of the woman's main responsibilities? 2. 以下哪个是这位女士的职责之一？

A) Designing sports clothing.

A) 设计运动服装。

B) Consulting fashion experts.

B) 咨询时尚专家。

**C) Answering daily emails.****C) 回复日常邮件。**

D) Interviewing job-seekers.

D) 面试求职者。

【答案】C

【考点】细节题

【听前预测】各选项均为与工作有关的动名词短语，且与工作内容相关，由此推测本题可能考查某人的具体职责。

【解析】音频中男士问到，女士上班时通常都做什么，女士回答说，她每天的工作主要包括回复邮件等，“My day mainly incorporates responding to emails”，所以选项C符合题意。该选项内容对应音频中的 responding to emails。

3. What do many people think about the woman's job? 3. 多数人对这位女士的工作怎么看？

A) It is challenging.

A) 具有挑战性。

**B) It is fascinating.****B) 令人着迷。**

C) It is tiresome.

C) 令人厌烦。

D) It is fashionable.

D) 很时尚。

【答案】B

【考点】细节题

【听前预测】根据四个选项均为“it is + 形容词”的形式可推测，本题可能考查It的特点。听录音时应留意It的指代对象。

【解析】音频中，男士提到，很多人认为杂志社的工作很令人向往，“A lot of people believe that working at a magazine is a glamorous job”，选项B符合题意。题干中的 many people think 对应音频中的 A lot of people believe，而选项中的 glamorous 对应音频中的 fascinating。

4. What helped the woman to get her current position? 4. 是什么帮助这位女士获得了现在的职位？

**A) Her persistence.****A) 她的坚持。**

B) Her experience.

B) 她的经历。

C) Her competence.

C) 她的能力。

D) Her confidence.

D) 她的信心。

【答案】A

【考点】细节题

【听前预测】根据选项内容可推测，本题可能考查女士的特质。

【解析】音频末尾，男士问女士是否为了达到现在的位置而克服过困难，女士回答说，她必须坚持不懈，“I had to be really persistent”，因此选项A正确。选项中的persistence是音频中persistent的名词形式。

## 词汇点拨

- feature /'fi:tʃə(r)/ *n.* 特写，专题节目
- entail /ɪn'teɪl/ *v.* 牵涉；使必要
- random /'rændəm/ *adj.* 随机的，随意的
- tangible /'tændʒəbl/ *adj.* 有形的；实际的
- varied /'veəriəd/ *adj.* 各种各样的，形形色色的
- bizarre /bɪ'zɑ:(r)/ *adj.* 怪诞的，异乎寻常的
- typically /'tɪpɪkli/ *adv.* 通常，一般
- incorporate /ɪn'kɔ:pəreɪt/ *v.* 将……包括在内，包含
- come up with sth. 找到；想出
- confession /kən'feʃn/ *n.* 坦白，承认
- glamorous /'glæməərəs/ *adj.* 富有魅力的；独特的
- representation /ˌreprɪzen'teɪʃn/ *n.* 表现；描述；表现形式
- portray /pɔ:'treɪ/ *v.* 将……描写成；给人以某种印象
- celebrity /sə'lebrəti/ *n.* 名人，名流
- thrill /θrɪl/ *n.* 兴奋感；兴奋；令人兴奋的经历
- persistent /pə'sɪstənt/ *adj.* 执着的；坚持不懈的
- desperate /'despəreɪt/ *adj.* 绝望的；孤注一掷的
- in the long run 从长远来看
- tiresome /'taɪəsəm/ *adj.* 讨厌的，烦人的
- competence /'kɒmpɪtəns/ *n.* 能力；胜任

## ·Conversation Two·

### 语篇分析

本对话中男士和女士各自向对方推荐了一部剧集，并聊到了两部剧的主演和情节。由于对话的内容是关于电视剧的日常闲谈，每句话都比较短，生词也较少。因此，整体难度较低。

### 听力原文及译文

- W: Are you watching any good shows these days?      女：这些天你有没有看什么好节目？
- M: Actually, yes. [5] I'm watching a great satire called Frankie. I think you'd like it.      男：实际上有看。[5] 我正在看一部非常棒的讽刺剧，叫《弗兰基》。我想你也会喜欢的。
- W: Really? What's it about?      女：真的吗？是关于什么的？
- M: It's about a real guy named Frankie. He is a famous comedian in New York. And the show is a mixture of comedy and drama loosely depicting his life.      男：是关于一个叫弗兰基的人，这个男人真实存在。他是纽约著名的喜剧演员。这部剧是喜剧和戏剧的混合体，大致描绘了他的生活。

- W: I'm sorry. Do you mean to say it's a real-life series about a real person? It's non-fiction, isn't it?
- M: No... not really, no. It's a fiction, as what happens in every episode is made up. However, the lead role is a comedian by the name of Frankie and he plays himself. So Frankie, in both real life and in the TV show, lives in New York City, is a comic, is divorced, and has two little daughters. All those things are true. But aside from him, all his friends and family are played by actors. And the plots and events that take place are also invented.
- W: Oh, I think I see now. That sounds like a very original concept.
- M: Yes, it is. [6] In fact, the whole show is written, directed, edited and produced by him, and is very funny and has won many awards.
- W: [7] That's cool. I would try to download it. I'm watching a comedy called *The Big Bang Theory*. It's a huge hit around the world.
- M: Oh, yes. I've heard of it, but never actually watched it.
- W: Well, then you should check it out. It's also very funny. It's about four male scientists and a female waitress. The men are very socially awkward but very bright. And this is contrasted by the lady's social skills and common sense. [8] The show has been running for over 10 years and some of the actors are practically global superstars, now that they are such famous celebrities.
- 女：不好意思。你的意思是说这是一部关于真人的纪实系列片吗？这是纪实片，对吧？
- 男：不……算不上，不是的。这是一部虚构的作品，因为每一集的情节都是虚构的。然而，主角是一个名叫弗兰基的喜剧演员，他扮演自己。所以弗兰基在现实生活和电视节目中都生活在纽约，是一个喜剧演员，离过婚，有两个小女儿。这些都是真的。但是除了他，他所有的朋友和家人都是由演员扮演的，上演的事情情节和事件也都是虚构的。
- 女：哦，我想现在我明白了。这听着是个很独特的构思。
- 男：是的。[6] 事实上，整部剧是由他编写、导演、编辑和制作的，非常有趣，赢得了许多奖项。
- 女：[7] 真不错。我会下载下看一下。我在看一部叫作《生活大爆炸》的喜剧。这部喜剧在全世界都很受欢迎。
- 男：哦，是的，我听说过，但从没看过。
- 女：那你应该去看看。这部剧也很有趣。它讲的是四个男科学家和一个女服务员的故事。这四个科学家不善交际，但很聪明，与那位具备社交技巧和常识的女士形成了对比。[8] 这部剧已经播出了10多年，其中一些演员几乎是世界级超级明星了，现在已经非常有名。

### 答案详解

5. What does the man think of the satire *Frankie* he recently watched?
- A) It is enjoyable.**
- B) It is educational.
- C) It is divorced from real life.
- D) It is adapted from a drama.
5. 对最近观看的讽刺剧《弗兰基》，男士如何评价？
- A) 它很有乐趣。**
- B) 它有教育意义。
- C) 它脱离现实生活。
- D) 它是根据一部戏剧改编的。

【答案】A

**【考点】** 态度题

**【听前预测】** 根据选项中出现的 enjoyable、educational、divorced from real life、adapted (改编) 可推测, It 可能指电视节目或电影, 本题可能考查 It 的特点。

**【解析】** 本题属于态度题范畴内的态度评价题, 考查的是判断说话的人观点、评价的能力。音频开头男士在聊起自己最近看的节目的时候说, 他正在看一部非常棒的讽刺剧, 叫《弗兰基》, 而且他认为女士也会喜欢, “I'm watching a great satire called *Frankie*. I think you'd like it”, 可见, 男士对《弗兰基》这部节目的评价很高, 而且很喜欢, 音频中间部分也提到, 男士觉得这部剧非常有趣 (the whole show... is very funny), 因此选项 A 符合题意。

- |  |                                 |
|--|---------------------------------|
| 6. What does the man say is special about the satire <i>Frankie</i> ?      | 6. 男士说讽刺剧《弗兰基》有什么特别之处?          |
| A) All the roles are played by famous actors and actress.                  | A) 所有的角色都由著名的男女演员扮演。            |
| B) It is based on the real-life experiences of some celebrities.           | B) 它是基于一些名人的真实经历。               |
| C) Its plots and events reveal a lot about Frankie's actual life.          | C) 它的情节和事件展示了很多有关弗兰基的真实生活。      |
| <b>D) It is written, directed, edited and produced by Frankie himself.</b> | <b>D) 它是由弗兰基本人编写、导演、编辑和制作的。</b> |

**【答案】** D

**【考点】** 细节题

**【听前预测】** 由选项中出现的 roles、based on、plots and events、written、directed 等与影视有关的词汇推测, 本题可能和一部电影或电视节目的角色、情节或制作过程有关。

**【解析】** 音频中间部分男士说到, 事实上, 整部剧都是由他 (弗兰基) 编写、导演、编辑和制作的, “In fact, the whole show is written, directed, edited and produced by him”, 选项 D 与音频内容基本完全一致, 因此是正确选项。

- |  |                         |
|--|-------------------------|
| 7. What does the woman say she is going to do with the satire <i>Frankie</i> ? | 7. 女士说她要做什么与《弗兰基》有关的活动? |
| A) Go to the theater and enjoy it.   | A) 去剧院欣赏它。              |
| B) Recommend it to her friends.  | B) 把它推荐给朋友。             |
| C) Watch it with the man.  | C) 和男士一起看。              |
| <b>D) Download and watch it.</b>   | <b>D) 下载并观看。</b>        |

**【答案】** D

**【考点】** 细节题

**【听前预测】** 根据选项中出现的 theater、Watch、Download 可推测, 本题仍和电影或电视节目有关。

**【解析】** 音频中, 女士听了男士对《弗兰基》的介绍后, 评价到这部剧很不错, 并表示自己会下载看一下, “I would try to download it”, 因此选项 D 符合题意。

8. What does the woman say about the comedy *The Big Bang Theory*? 8. 关于喜剧《生活大爆炸》，女士说了什么？
- A) It has drawn criticisms from scientists. A) 它招致了科学家的批评。
- B) It has been showing for over a decade.** **B) 它已经连续播出了十多年。**
- C) It is a ridiculous piece of satire. C) 它是一部可笑的讽刺剧。
- D) It is against common sense. D) 它的内容违反常识。

【答案】B

【考点】细节题

【听前预测】由选项中出现的 drawn criticisms、showing、is a ... satire、against common sense 可推测，It 可能指电视节目或电影，本题考查关于 It 有关的内容或人们对这部电视剧的评价。

【解析】在音频末尾，女士在向男士推荐《生活大爆炸》这部喜剧的时候说，这部剧已经播出了10多年，“The show has been running for over 10 years”，run 有“持续；延续”的意思，在此语境中，可理解为“播出”。选项 B 正确。选项中的 showing 对应音频中的 running；a decade 为音频中 10 years 的同义转述。

## 词汇点拨

- satire /'sætə(r)/ *n.* 讽刺；讽刺作品
- comedian /kə'mi:diən/ *n.* 喜剧演员
- mixture /'mɪkstʃə(r)/ *n.* 混合；结合体
- loosely /'lu:slɪ/ *adv.* 宽松地；不精确地
- depict /dɪ'pɪkt/ *v.* 描写；描述
- real-life *adj.* 真实的；现实生活中的
- non-fiction *n.* 纪实文学
- episode /'epɪsəd/ *n.* 一集；片段
- plot /plɒt/ *n.* 故事情节；布局
- invent /ɪn'vent/ *v.* 发明；编造，虚构
- original /ə'ɹɪdʒənl/ *adj.* 独创的；有独创性的
- concept /'kɒnsept/ *n.* 概念，观念
- hit /hɪt/ *n.* 很受欢迎的人（或事物）
- check out 看一看，观察（有趣或有吸引力的人或事物）
- awkward /'ɔ:kwəd/ *adj.* 令人尴尬的；难相处的
- bright /braɪt/ *adj.* 聪明的；悟性强的
- common sense 常识
- practically /'præktɪkli/ *adv.* 几乎；差不多
- divorced /dɪ'vɔ:st/ *adj.* 离婚的；脱离……的
- adapt /ə'dæpt/ *v.* 改编，改写
- reveal /rɪ'veɪl/ *v.* 揭示；透露；显出
- draw criticisms from sb. 引来某人批评
- ridiculous /rɪ'dɪkjələs/ *adj.* 愚蠢的；荒唐的

## Section B

### ·Passage One·

## 语篇分析

本文通过类比和举例的方式论证了永不止步带来的三项益处：避免停滞带来的危害、长寿、没有机会担心。文章运用排比、反问等修辞手法，条理清晰，论证充分。

 听力原文及译文

Related to the “use-it-or-lose-it law” is the “keep-moving principle.” We learn about stagnation from nature. A river that stops moving gets smelly. The same thing happens to people who stop moving, either mentally or physically. [9] Those who play contact sports know that the player who usually gets hurt the most is the one who is standing still. Of course, you'll need some time to catch your breath every so often, but the essential message is keep moving, extending and learning.

Ships last a lot longer when they go to sea than when they stay in the harbor. The same is true for the airplanes. You don't preserve an airplane by keeping it on the ground; you preserve it by keeping it in service. We also get to live a long healthy life by staying in service. [10] Longevity statistics reveal that the average person doesn't last very long after retirement. The more we'll hear is “don't retire”. If a fellow says “I'm 94 years old and I've worked all my life,” we need to realize that is how he got to be 94, by staying involved. George Bernard Shaw won a Nobel Prize when he was nearly 70. Benjamin Franklin produced some of his best writings at the age of 84. And Pablo Picasso put brush to canvas right through his eighties. Isn't it the issue how old we think we are?

[11] A bonus with the “keep-moving principle” is that while we keep moving, we don't have a chance to worry. Hence, we avoid the dreaded paralysis by analysis.

与“用进废退法则”相关的是“永不止步法则”。我们从自然中学到了停滞的坏处。停止流动的河流会变臭。同样的事情也会发生在那些停止精神或身体活动的人身上。[9] 进行接触式运动的人都知道,受伤最重的往往是那些站着不动的人。当然,你偶尔需要一些时间来喘口气,但最重要的是不断前进、扩展和学习。

船出海时比停泊在港口时耐用得多。飞机也是如此。你不会通过让飞机停在地面来保养它;你是通过让它飞行来对它进行保养。通过不断工作,我们也能过上健康长寿的生活。[10] 寿命统计数据显示,一般人退休后寿命并不长。我们听到的更多的是“不要退休”。如果一个人说“我已经94岁了,我这辈子都在工作”,我们需要意识到那就是他能活到94岁的原因,即通过不断地工作。乔治·萧伯纳在将近70岁的时候获得了诺贝尔奖。本杰明·富兰克林在84岁时创作了一些他最好的作品。巴勃罗·毕加索一直到80多岁还在画画。重要的难道不是我们认为自己有多少岁吗?

[11] “永不停止法则”的好处是,当我们不断前进时,我们没有机会担心。因此,我们避免了因分析过多而导致瘫痪这种可怕情况的发生。

 答案详解

9. What does the speaker say about players of contact sports?  
 A) They are likely to get hurt when moving too fast.  
 B) They believe in team spirit.  
**C) They need to keep moving to avoid getting hurt.**  
 D) They have to learn how to avoid body contact.

**【答案】** C

9. 关于进行接触式运动的运动员,讲话者说了什么?  
 A) 他们行动太快时可能会受伤。  
 B) 他们相信团队精神。  
**C) 他们需要保持运动以避免受伤。**  
 D) 他们必须学会如何避免身体接触。

**【考点】推断题**

**【听前预测】** 选项中出现 get hurt、moving too fast、team spirit、body contact 等词汇，由此可推测选项中的 They 可能指运动员，本题可能考查关于运动员的特点。

**【解析】** 本题考查推断隐含意义的能力。音频开头提到，进行接触式运动的人都知道，受伤最重的往往是那些站着不动的人，“Those who play contact sports know that the player who usually gets hurt the most is the one who is standing still”。既然站着不动最容易受伤，明智的做法就是持续地动起来，选项 C 正确。

10. What do longevity statistics reveal about the average person?

**A) They do not have many years to live after retirement.**

B) They tend to live longer with early retirement.

C) They do not start enjoying life until full retirement.

D) They keep themselves busy even after retirement.

**【答案】** A

**【考点】细节题**

**【听前预测】** 选项中多次出现 retirement，且都以 They 开头，因而可推测本题可能考查的是某类人和退休相关的细节。

**【解析】** 音频中间提到，寿命统计数据显示，一般人退休后寿命并不长，“Longevity statistics reveal that the average person doesn't last very long after retirement”。选项 A 正确。选项中的 do not have many years to live 与原文中的 doesn't last very long 属于同义替换，after retirement 属于原词复现。

11. What bonus does the “keep-moving principle” bring us according to the speaker?

**A) It prevents us from worrying.**

B) It slows down our aging process.

C) It enables us to accomplish in life.

D) It provides us with more chances to learn.

**【答案】** A

**【考点】细节题**

**【听前预测】** 四个选项都是 It 所具有的优势，推测本题考查关于某种事物的好处。

**【解析】** 音频最后提到，“永不停止法则”的好处是，当我们不断前进时，我们没有机会焦虑，“A bonus with the ‘keep-moving principle’ is that while we keep moving, we don't have a chance to worry”，选项 A 正确。该选项内容与原文中的 we don't have a chance to worry 相对应。

10. 寿命统计数据揭示出一般人的什么情况？

**A) 他们退休后活不了多少年。**

B) 他们退休得早，因此往往寿命更长。

C) 他们直到完全退休后才开始享受生活。

D) 即使退休后，他们仍然很忙。

11. 根据讲话者所说，“永不停止法则”给我们带来了什么好处？

**A) 它使我们避免焦虑。**

B) 它延缓我们的衰老进程。

C) 它使我们在生活中有所成就。

D) 它给我们提供了更多的学习机会。

 词汇点拨

- principle /'prɪnsəpl/ *n.* 法则
  - stagnation /stæg'neɪʃn/ *n.* 停滞
  - smelly /'smeli/ *adj.* 有臭味的
  - catch one's breath 歇口气
  - every so often 偶尔
  - in service 服务中; 处于工作状态
- longevity /lɒn'dʒevəti/ *n.* 长寿
  - canvas /'kænvəs/ *n.* 画布
  - bonus /'bəʊnəs/ *n.* 意外收获, 好处
  - dreaded /'dredɪd/ *adj.* 令人害怕的; 可怕的
  - paralysis /pə'ræləsis/ *n.* 瘫痪

·Passage Two·

 语篇分析

人们在清醒时, 几乎有一半的时间都在空想。首先文章通过一项统计结果引出话题, 即人们在家里受伤通常都是由于走神引起。接着文章依次分析了人们空想的倾向性、弊端和好处。文章脉络清晰, 趣味性强。

 听力原文及译文

In 2014, one in 16 Americans visited the hospital emergency room for home injuries. One of the main causes of these accidents? A wandering mind. [12] By one estimate, people daydream through nearly half of their waking hours.

Psychologists have recently focused on the tendency to think about something other than the task one is doing. [13] For one experiment, researchers developed an app to analyze the relationship between daydreaming and happiness. They found that the average person's mind wandered most frequently (about 65% of the time) during personal activities, such as brushing their teeth and combing their hair. Respondents' minds tended to wander more when they felt upset rather than happy. They were more likely to wander toward pleasant topics than unpleasant ones.

How do daydreams affect daydreamers? A wandering mind leaves us vulnerable when driving. In one study, researchers interviewed 955 people involved in traffic accidents. The majority of them reported having daydreamed just before the accident. Yet other research suggests that daydreaming has benefits.

2014年, 每16个美国人中就有一个因在家里受伤而去了医院急诊室。这些事故的其中一个原因是什么? 走神。[12] 据估计, 人们在清醒时, 几乎有一半时间都在空想。

心理学家最近关注了人们除了思考手头任务之外的其他事情的倾向性。[13] 在一项实验中, 研究人员开发了一个应用程序来分析空想和幸福之间的关系。他们发现, 在进行诸如刷牙、梳头发等个人活动时, 一般人最常走神, 其时间约占整个时长的65%。当被调查者感到沮丧而不是快乐时, 他们的大脑则更容易走神。他们更可能幻想着愉快的话题, 而不是不愉快的。

空想是如何影响空想者的? 开车时如果走神就容易受伤。在一项研究中, 研究人员采访了955名曾经历过交通事故的人。他们中的大多数人报告说在事故发生之前都在空想。然而, 其他研究却表明, 空想也有好处。



[14] Researchers have found that it gives us a chance to think about our goals, and it also seems to increase creativity. In one experiment, 145 undergraduates completed four “unusual uses” tasks, each requiring them to list as many uses as possible for an everyday object. After the first pair of tasks was completed, one group of participants was assigned an undemanding activity intended to cause their minds to wander. [15] When all the participants proceeded to the second pair of tasks, the daydreamers performed 40% better than the others.

[14] 研究人员发现，空想给了我们思考目标的机会，而且它似乎还能提高创造力。在一项实验中，145名大学生完成了四项不同寻常的有关用途的任务，每项任务都要求他们尽可能多地列出一件日常用品的用途。在第一对任务完成后，一组参与者被分配到了一项要求不高的活动，目的是让他们走神。[15] 当所有参与者进行第二对任务时，空想者的表现比其他人好40%。

### 🔗 答案详解

12. What does the passage say about people's mind?

- A) It tends to dwell upon their joyous experiences.  
**B) It wanders for almost half of their waking time.**  
 C) It has trouble concentrating after a brain injury.  
 D) It tends to be affected by their negative feelings.

【答案】B

【考点】细节题

【听前预测】根据选项中的 dwell upon（老是想）、brain injury 可推测，It 可能指大脑，本题可能考查有关大脑的细节。

【解析】音频开头提到，据估计，人们在清醒时，几乎有一半时间都在空想，“By one estimate, people daydream through nearly half of their waking hours”，故选项 B 正确。选项中的 almost 与音频中的 nearly 属于同义替换；wanders 与音频中的 daydream 属于同义替换；half of their waking 是原词复现；time 对应音频中的 hours。

13. For what purpose did the researchers develop the new app?

- A) To find how happiness relates to daydreaming.**  
 B) To observe how one's mind affects one's behavior.  
 C) To see why daydreaming impacts what one is doing.  
 D) To study the relation between health and daydreaming.

【答案】A

【考点】细节题

【听前预测】四个选项都是不定式，推测本题考查的是关于某件事的原因或目的。

12. 关于人们的大脑，这篇文章提及了些什么？

- A) 它倾向于总是回想快乐的经历。  
**B) 人们清醒时，几乎有一半时间它都在走神。**  
 C) 受到脑损伤后，它很难集中注意力。  
 D) 它往往会受到人们负面情绪的影响。

13. 研究人员开发新应用程序的目的是什么？

- A) 找出幸福与空想之间的关系。**  
 B) 观察人的大脑如何影响他的行为。  
 C) 看看为什么空想会影响一个人做的事情。  
 D) 研究健康与空想之间的关系。

**【解析】** 音频中间提到，在一项实验中，研究人员开发了一个应用程序来分析空想和幸福之间的关系，“For one experiment, researchers developed an app to analyze the relationship between daydreaming and happiness”，选项 A 正确。选项中的 daydreaming 和 happiness 属于原词复现，而 relates 与原文中的 relationship 相对应。

14. How does daydreaming benefit people according to some researchers?

A) It helps them make good decisions.

B) It helps them tap their potentials.

**C) It contributes to their creativity.**

D) It contributes to their thinking.

**【答案】** C

**【考点】** 细节题

**【听前预测】** 四个选项都是 It 作主语，根据 helps 和 contributes to（增进，增加），推测本题可能考查的是 It 的作用。

**【解析】** 音频中提到，研究人员发现，它（空想）似乎还能提高创造力，“Researchers have found that... it also seems to increase creativity”，故选项 C 正确。选项中的 contributes to 为音频中 increase 的同义转述，creativity 属于原词复现。

14. 根据一些研究人员的说法，空想对人类有什么好处？

A) 它有助于他们做出正确的决定。

B) 它帮助他们开发潜力。

**C) 它提高他们的创造力。**

D) 它促进他们的思考。

15. What was the finding of the experiment with 145 undergraduates?

A) Subjects with clear goals in mind outperformed those without clear goals.

B) The difference in performance between the two groups was insignificant.

C) Non-daydreamers were more confused on their tasks than daydreamers.

**D) Daydreamers did better than non-daydreamers in task performance.**

**【答案】** D

**【考点】** 细节题

**【听前预测】** 每个选项都包含对照组，推测本题可能考查的是对照组的特点。

**【解析】** 音频最后提到，当所有参与者进行第二对任务时，空想者的表现比其他人好 40%，“When all the participants proceeded to the second pair of tasks, the daydreamers performed 40% better than the others”，故选项 D 正确。选项中的 Daydreamers 和 better than 属于原词复现；did 为音频中 performed 的同义转述；non-daydreamers 对应音频中的 others。

15. 145 名大学生的实验结果是什么？

A) 有明确目标的受试者比没有明确目标的受试者表现更好。

B) 两组之间的表现差异不显著。

C) 不空想的人比空想的人更容易对加对自己的任务感到困惑。

**D) 在任务表现上，空想的人比不空想的人做得更好。**

## 📖 词汇点拨

- wander /'wɒnd(ə)r/ v. 漫游
- daydream /'deɪdri:m/ v. 空想
- comb /kəʊm/ v. 梳
- respondent /rɪ'spɒndənt/ n. 调查对象
- vulnerable /'vʌlnərəbl/ adj. 易受……伤害的
- undergraduate /,ʌndə'grædʒuət/ n. 本科生
- undemanding /,ʌndɪ'mɑ:ndɪŋ/ adj. 轻松的
- dwell on 老是想
- contribute to 有助于; 捐献
- subject /'sʌbdʒɪkt/ n. 接受试验者; 实验对象
- outperform /,aʊtpə'fɔ:m/ v. 超过, 胜过

## Section C

### ·Recording One·

## 📖 语篇分析

本文主要叙述了斯堪的纳维亚木制教堂。文章主要从木制教堂的构造、对教堂的保护、采用木头制造的原因以及木工文化等方面详细描述了斯堪的纳维亚稀有的建筑——木制教堂。讲座中，长难词汇比较多，听的过程中需要注意关键提示词，比如 but（表转折）、reason（表原因）等。

## 📖 听力原文及译文

Dating from as far back as the 12th century, they are claimed to be the rarest historic buildings in western Europe. These buildings offer vital insights into Scandinavia's Viking past. [16] But now, with only 30 wooden churches remaining and their condition deteriorating, experts are working to preserve the structures for future generations.

Some of these spectacular churches are no more than small buildings, barely four metres wide and six metres tall. Others are much larger structures. They soar up to 40 metres into the cold air. [17] Most consist of timber frames that rest on stone blocks. This means that they have no foundations.

Although many of the churches appear from the outside to be complex structures, they normally feature only a single storey but numerous different roof levels.

早在 12 世纪，它们就被认为是西欧最稀有的历史建筑。这些建筑对了解斯堪的纳维亚维京人（指北欧海盗）的历史提供了重要的线索。[16] 但是如今，只剩下 30 座木制教堂，而且它们的状况正在恶化，专家们正在努力为后代保存这些建筑。

其中一些壮观的教堂不过是一些小建筑，只有 4 米宽、6 米高，而其他建筑物要宏伟得多。它们高达 40 米，矗立在高空的冷空气中。[17] 大多数建筑由木架组成，这些木架搭在石块上。这意味着它们没有地基。

虽然许多教堂从外表看起来有着复杂的结构，它们通常却只有一层楼，但屋顶各式各样。

Staff from the Norwegian government have carried out conservation work on 10 of the churches over the past two years. Most of these churches date from between the 12th and 14th centuries. Other churches were conserved in previous years. So far, specialists have worked to add preservative materials to the churches' exteriors. They also replaced rotting roots and halted the sinking of the churches into the ground.

In two cases, huge machines have been used to lift the buildings up to 30 centimetres into the air. This was accomplished so that the team could examine and repair the churches' original medieval stone blocks. The team plans to return to around a dozen of the buildings to assess progress and consider further action.

The earliest free-standing wooden church was probably built in Norway in around 1080. However, the largest known wooden churches were built from the 1130s onwards. This period was one of inter-elite rivalry in which nobles sought to increase their influence by funding the construction of churches and other buildings.

[18] The reason for constructing the buildings from wood is probably that ideally proportioned straight and slender timber was available in large quantities in Scandinavia's vast pine forests. As wood was so plentiful, it was cheaper to use than the stone used in the buildings of other European cultures.

The area's ship building tradition, partly established by the Vikings, also meant that sophisticated carpentry was a major aspect of the local culture. The complex style of the medieval wooden church carvings, and the skills used to make them, almost certainly derive from the ancient Viking tradition.

在过去的两年中，挪威政府的工作人员对其中的 10 座教堂进行了保护工作。这些教堂大多建于 12 至 14 世纪之间。其他教堂则在几年前已经被保护起来。到目前为止，专家们已经在教堂的外部涂上防腐材料。他们还替换了腐烂的地基，阻止教堂陷入地下。

曾有两次，巨大的机器被用来将建筑物升到 30 厘米高的空中。这是为了让研究小组能够检查并修复教堂中那些中世纪的原始石块。该小组计划重新对十几栋大楼评估进展情况，并考虑采取进一步行动。

最早的独立式木制教堂可能建于挪威，时间约在 1080 年左右。然而，目前已知的最大的木制教堂是从 12 世纪 30 年代开始建造的。当时，各方势力展开了激烈的角逐，贵族们试图通过资助教堂和其他建筑的建设来提升自己的影响力。

[18] 用木材建造这些建筑的原因可能是在斯堪的纳维亚广阔的松林中，有大量比例理想、笔直细长的木材可供使用。由于木材非常丰富，所以比其他欧洲国家的建筑中使用的石头造价要更便宜。

该地区的造船传统部分是由维京人确立的，这也意味着精细的木工是当地文化的一个主要方面。几乎可以肯定的是，中世纪木制教堂雕刻的复杂风格和用于制作这些雕刻的技巧来源于古代维京人的传统。

### 答案详解

16. What does the speaker say about the Viking wooden churches?

- A) They are the oldest buildings in Europe.
- B) They are part of the Christian tradition.
- C) They are renovated to attract tourists.
- D) They are in worsening condition.**

16. 讲话者是如何描述维京木制教堂的?

- A) 它们是欧洲最古老的建筑。
- B) 它们是基督教传统的一部分。
- C) 为了吸引游客，对它们进行了翻新。
- D) 它们的情况正在恶化。**

【答案】D

【考点】细节题

【听前预测】四个选项都是以 They 开头，同时根据选项中的 the oldest buildings、part of the Christian tradition、attract tourists、in worsening condition，由此可推测本题可能考查某种建筑的性质或者特征相关。

【解析】音频中提到，但是现在，只剩下 30 座木制教堂，而且它们的状况正在恶化，“But now, with only 30 wooden churches remaining and their condition deteriorating”，选项 D 为正确。选项中的 worsening 对应音频中的 deteriorating，而 condition 为原词复现。

17. What is special about most of the Viking wooden churches? 17. 大多数维京木制教堂的特殊之处是什么？

A) They have a history of 14 centuries.

A) 它们有 1400 年的历史。

B) They are 40 metres tall on average.

B) 它们平均有 40 米高。

**C) They are without foundations.**

**C) 它们没有地基。**

D) They consist of several storeys.

D) 它们由几层楼组成。

【答案】C

【考点】细节题

【听前预测】四个选项都是以 They 开头，同时根据选项中的 have a history of 14 centuries、40 metres tall on average、without foundations、consist of several storeys，故可以推测本题可能与某建筑的特点相关。

【解析】音频中提到，大多数建筑（维京木教堂）由木架组成，这些木架搭在石块上。这意味着它们没有地基，“Most consist of timber frames that rest on stone blocks. This means that they have no foundations”。选项 C 为正确。选项中的 without foundations 为音频中 have no foundations 的同义转述。

18. Why were the Viking churches constructed from wood? 18. 为什么维京人的教堂是用木头建造的？

A) Wood was harmonious with nature.

A) 木头与大自然和谐并存。

B) Wooden buildings kept the cold out.

B) 木制建筑能御寒。

**C) Timber was abundant in Scandinavia.**

**C) 斯堪的纳维亚的木材很丰富。**

D) The Vikings liked wooden structures.

D) 维京人喜欢木制结构。

【答案】C

【考点】细节题

【听前预测】根据选项中的 wood、wooden buildings、timber、wooden structures 可推测本题可能与木制建筑物、木制结构等相关。

【解析】音频中提到，用木材建造这些建筑的原因可能是在斯堪的纳维亚广阔的松林中，有大量比例理想、笔直细长的木材可供使用，“The reason for constructing the buildings from wood is probably that ideally proportioned straight and slender timber was available in large quantities in

Scandinavia's vast pine forests”。选项 C 为正确。选项中的 Timber 和 Scandinavia 为原词复现，而 abundant 为音频中 in large quantities 的同义转述。

### 词汇点拨

- claim /kleɪm/ v. 声称
- insight /'ɪnsaɪt/ n. 洞悉; 了解
- deteriorate /dɪ'tɪəriəreɪt/ v. 恶化, 变坏
- preserve /prɪ'zɜ:v/ v. 保护, 维护
- spectacular /spek'tækjələ(r)/ adj. 壮观的
- timber /'tɪmbə(r)/ n. 树木, 林木
- rest on (被) 支撑
- staff /stɑ:f/ n. 全体员工
- exterior /ɪk'stɪəriə(r)/ n. (尤指建筑物的) 外观
- medieval /,medi:'i:vəl/ adj. 中世纪的 (约公元 1000 到 1450 年)
- rot /rɒt/ vi. 腐烂
- return /rɪ'tɜ:n/ v. 重新开始做
- free-standing 自力支撑的, 无依靠的
- inter-elite 上层统治集团之间的
- rivalry /'raɪvlri/ n. 竞争
- noble /'nəʊbl/ n. 贵族
- proportioned /prə'pɔ:ʃənd/ adj. 按比例
- slender /'slendə(r)/ adj. 纤细的
- sophisticated /sə'fɪstɪkeɪtɪd/ adj. 复杂的, 精密的
- carpentry /'kɑ:pəntri/ n. 木工
- derive from 源自

### ·Recording Two·

### 语篇分析

文章主要介绍了关于婴儿的三项非常有趣的研究, 分别与婴儿对只见过一次的人的记忆、分辨音乐情感的能力以及婴儿表现出的多种情绪相关。讲座话题与生活相关, 逻辑清晰, 出现明显的表示列举的提示词, 因此难度相对较低。

### 听力原文及译文

In last week's lecture, we discussed the characteristics of the newly born offspring of several mammals. You probably remember that human infants are less developed physically than other mammals of the same age. [19] But in today's lecture, we'll look at three very interesting studies that hint at the surprising abilities of human babies.

In the first study, three-year-olds watched two videos shown side by side, each featuring a different researcher, one of whom they'd met once two years earlier. The children spent longer watching the video showing the

在上周的讲座中, 我们讨论了几种哺乳动物新生代的特征。你们可能还记得, 婴儿的发育不及同龄的其他哺乳动物。[19] 但是在今天的讲座中, 我们将看到三项非常有趣的研究, 它们暗示了婴儿惊人的能力。

在第一项研究中, 三岁的孩子观看了两个一起播放的视频。每一个视频中都出现不同的研究人员, 其中有一位是这些孩子曾在两年前见过一次的。孩子们花了更长的时间观看那个出现未曾谋面

researcher they hadn't met. This is consistent with young children's usual tendency to look longer at things that aren't familiar. And really, this is amazing. It suggests the children remembered the researcher they'd met just one time when they were only one-year-olds. Of course, as most of us forget memories from our first few years as we grow older, these early long-term memories will likely be lost in subsequent years.

Our second study is about music. For this study, researchers played music to babies through speakers located on either side of a human face. They waited until the babies got bored and averted their gaze from the face. And then they changed the mood of the music, either from sad to happy or the other way around. This mood switch made no difference to the three-month-olds, but for the nine-month-olds, it was enough to renew their interest, and they started looking again in the direction of the face. [20] This suggests that babies of that age can tell the difference between a happy melody and a sad tune.

[21] Our final study is from 1980, but is still relevant today. In fact, it's one of the most famous pieces of research about infant emotion ever published. The study involved ordinary adults watching video clips of babies (nine months or younger). In the video clips, the babies made various facial expressions in response to real life events, including playful interactions and painful ones. The adult observers were able to reliably discern an assortment of emotions on the babies' faces. These emotions included interest, joy, surprise, sadness, anger, disgust, contempt and fear.

Next week, we'll be looking at this last study more closely. In fact, we will be viewing some of the video clips from that study and together see how well we do in discerning the babies' emotions.

的研究人员的视频。这与小孩子通常花更长时间看不熟悉的事物的倾向是一致的。这真的很神奇。这表明孩子们还记得他们在一岁时只见过一次的研究人员。当然，随着年龄的增长，我们大多数人都会忘记最初几年的记忆，这种早期的长期记忆很可能会在随后的几年中消失。

我们的第二项研究是关于音乐的。在这项研究中，研究人员通过位于人脸两侧的扬声器为婴儿播放音乐。他们一直等到孩子们厌烦了，并把目光从脸上移开。接着，他们改变了音乐中的情感，从悲伤到快乐或者相反。这种情感转换对3个月大的孩子没有影响；但对9个月大的孩子来说，这足以让他们重新产生兴趣，他们又开始朝着脸的方向看了。[20] 这表明，这个年龄段的婴儿可以分辨出快乐和悲伤的曲调有什么不同。

[21] 我们最后的研究是在1980年开始的，但在今天它仍然具有意义。事实上，这是有史以来最著名的关于婴儿情绪的研究之一。在这项研究中，普通的成年人观看了九个月大或九个月以下婴儿的视频片段。在视频片段中，婴儿们对现实生活中的各种场景做出了不同的面部表情，包括逗弄或令他们感到不愉快。成年观察者能够可靠地分辨出婴儿脸上的各种情绪。这些情绪包括感兴趣、快乐、惊讶、悲伤、愤怒、厌恶、蔑视和恐惧。

下周，我们将进一步学习最后一项研究。事实上，我们将观看研究中的一些视频片段，一起看看我们在辨别婴儿情绪方面做得有多好。

 答案详解

19. What are the three interesting studies about?

- A) Similarities between human babies and baby animals.  
B) Cognitive features of different newly born mammals.  
C) Adults' influence on children.

**D) Abilities of human babies.**

**【答案】** D

**【考点】** 细节题

**【听前预测】** 根据选项中的 Similarities... human babies、Cognitive features、influence、children 等,可推测本题可能与某项婴儿的研究相关。

**【解析】** 音频中提到,在今天的讲座中,他们将看到三项非常有趣的研究,它们暗示了婴儿惊人的能力,“we'll look at three very interesting studies that hint at the surprising abilities of human babies”。选项 D 正确。该选项内容均为原词复现。

19. 这三项有趣的研究是关于什么的?

- A) 婴儿和小动物之间的相似之处。  
B) 不同新生哺乳动物的认知特征。  
C) 成人对孩子的影响。

**D) 婴儿的能力。**

20. What does the second study find about nine-month-old babies?

**A) They can distinguish a happy tune from a sad one.**

- B) They love happy melodies more than sad ones.  
C) They fall asleep easily while listening to music.  
D) They are already sensitive to beats and rhythms.

**【答案】** A

**【考点】** 细节题

**【听前预测】** 四个选项都是以 they 开头,同时通过选项中 can distinguish、love happy melodies、fall asleep easily、sensitive to beats and rhythms 等可以推测本题可能与某类人的习性或者特点相关。

**【解析】** 音频中提到,“这表明,这个年龄段的婴儿可以分辨出快乐和悲伤的曲调有什么不同”,“This suggests that babies of that age can tell the difference between a happy melody and a sad tune”,故选项 A 正确。选项中的 a happy tune 与音频中的 a happy melody 属于同义替换,distinguish... from... 与音频中的 tell the difference between... 也是同义替换,而 sad 属于原词复现。

20. 关于九个月大的婴儿,第二项研究发现了什么?

**A) 他们能分辨出快乐的曲调和悲伤的曲调。**

- B) 他们喜欢快乐的旋律胜过悲伤的旋律。  
C) 他们听音乐时很容易睡着。  
D) 他们已经对节拍和节奏很敏感了。

21. What is the 1980 study about?

A) Infants' facial expressions.

**B) Baby emotions.**

- C) Babies' interaction with adults.  
D) Infants' behaviors.

**【答案】** B

21. 1980 年的研究是关于什么的?

A) 婴儿面部表情。

**B) 婴儿情绪。**

- C) 婴儿与成人之间的互动。  
D) 婴儿的行为。



**【考点】** 细节题

**【听前预测】** 四个选项都是名词短语，同时选项中多次出现 baby、infants，故推测此题可能考查与婴儿有关的某个主题。

**【解析】** 音频中提到，最后的研究是在 1980 年开始的，是有史以来最著名的关于婴儿情绪的研究之一，“Our final study is from 1980... it's one of the most famous pieces of research about infant emotion ever published”，故选项 B 正确。选项中的 Baby emotions 与音频中的 infant emotions 属于同义替换。

**📖 词汇点拨**

- |   |                                       |
|---|---------------------------------------|
| • characteristic /ˌkærəktəˈrɪstɪk/ n. 特质，特点 | • melody /ˈmelədi/ n. 旋律，曲调           |
| • offspring /ˈɒfsprɪŋ/ n. 后代，子女             | • in response to 对……有反应               |
| • mammal /ˈmæml/ n. 哺乳动物                    | • interaction /ˌɪntərˈækjən/ n. 交流，互动 |
| • consistent /kənˈsɪstənt/ adj. 一致的         | • discern /dɪˈsɜ:n/ v. 识别，了解          |
| • subsequent /ˈsʌbsɪkwənt/ adj. 随后，后来       | • assortment /əˈsɔ:tmənt/ n. 各种各样     |
| • renew /rɪˈnju:/ v. 重新开始                   | • contempt /kənˈtempt/ n. 蔑视          |

**·Recording Three·****📖 语篇分析**

本文主要介绍了过于强调团队合作的危害以及如何对此进行避免。本文出现较多生词和固定表达，听懂有一定难度。逻辑关系（转折和因果）和比较级都是听力中常见的出题点，听的时候应注意这些关键细节。

**📖 听力原文及译文**

Today, I'd like to talk about the dangers of being too collaborative. Being a good team player is an essential skill in our modern workplace. The ability to work well with others and collaborate on projects is a sought-after ability in nearly every position. [22] However, placing too much emphasis on being a good team player can negatively affect your career growth.

Don't be overly focused on gaining consensus. Don't be too concerned with the opinions of others. This can hinder your ability to make decisions, speak up and gain recognition for your individual skills and strengths.

今天，我想谈谈过于强调合作的危害。成为一名优秀的善于合作的团队成员是我们现代职场中的必不可少的技能。在几乎所有的岗位上，能与他人相处良好和进行项目协作都是一种受欢迎的技能。[22] 然而，过于强调与他人合作会对你的职业发展产生负面影响。

不要过度关注达成共识。不要太在意别人的意见，因为这可能会阻碍你做决定、表达意见以及让你的个人技能和优势得到认可。

Some people are too subordinate to others' opinions, too focused on decision consensus, too silent about their own point of view, too agreeable to take things on when they don't have time or energy. This leads to building a brand of underconfident, submissive, low-impact non-leaders and hampers their growth and career advancement.

[23] Collaboration certainly makes your individual competencies and contributions more difficult for outsiders to identify. Collaborative projects mean you're sharing the spotlight with others. Outsiders may then find it difficult to determine your contributions and strengths. This may end up costing your opportunities for promotions or pay raises.

You certainly shouldn't ditch teamwork. But how can you avoid the hazards of being an over-collaborator?

Working in a team can have huge benefits. Your team may have repeated successes and often gain recognition. [24] You'll then have more opportunities to expand your professional network than if you worked alone. However, finding a balance between team efforts and individual projects that give you independent recognition is important for making a name for yourself and providing opportunities for advancement.

Be selective in who you work with. This will maximize the benefits and minimize the downsides of being a team player. Collaborate with people who have complementary expertise. Select projects where there's potential for mutual benefit. Perhaps you're bringing your unique knowledge and gaining access to someone else's professional network. Or maybe you're able to learn a new skill by working with someone. Seek out your teammates purposefully rather than jumping on every new group project opportunity.

When we are too collaborative, we want everyone to agree with the decision before we proceed. [25] This can create unnecessary delays as you hold meetings trying to achieve a consensus. It's fine to be collaborative when seeking input, but put a deadline on the input stage and arrive at a decision, even if it's a decision that doesn't have consensus.

有些人太屈从于别人的意见，太聚焦于决策上的一致性，却对自己的观点过于缄默，又或者在没有时间或精力的情况下还同意承担额外工作。这会导致建立一个非领导者的形象，认为这种人缺乏自信、过于顺从，且影响力低，从而阻碍他们的成长和职业发展。

[23] 合作当然会使得外人更难以发现你的个人能力和贡献。合作性项目意味着你与他人共享焦点。局外人可能会发现很难确定你的贡献和优势。这可能会让你失去升职或加薪的机会。

你当然不应该放弃团队合作。但如何才能避免过度合作的危害呢？

在一个团队中工作有很大的好处。你的团队可能多次获得成功，并经常获得认可。[24] 比起单打独斗，你将会有更多的机会扩展你的职业人脉。然而，在团队努力和能给予你个人肯定的个人项目之间找到一个平衡点，对于打造你的声誉和给你提供晋升机会都很重要。

一定要选择好你的同事。这将最大限度地提高成为善于团队合作的人所带来的利益，也能将其带来的不利影响降至最低。与具有互补专业知识的人合作。选择做有互利潜力的项目。也许你有独特的知识，使你有机会融入其他人的际网。或者你可以通过和某人一起工作来学习新技能。有目的地寻找你的队友，而不是抓住每一个新的团队项目的机会。

当我们过于强调合作，就会希望每个人都同意我们的决定，然后再进行下一步。[25] 这会造成不必要的耽搁，因为你还要召开会议试图达成共识。在寻求意见时，合作是可以的，但是需要对此设定一个截止时间，做出决定——即使这个决定还没有达成共识。

## 🔗 答案详解

22. What does the speaker say about being over collaborative? 22. 关于过于强调合作，讲话者说了什么？

A) It may harm the culture of today's workplace.

A) 它可能会损害当今职场的文化。

**B) It may hinder individual career advancement.**

**B) 它可能阻碍个人的职业发展。**

C) It may result in unwillingness to take risks.

C) 它可能会导致人们不愿冒险。

D) It may put too much pressure on team members.

D) 这可能会给团队成员带来太多的压力。

**【答案】** B

**【考点】** 细节题

**【听前预测】** 四个选项都是以 It 开头，由 harm、hinder、result in、put too much pressure on 等推测，此题可能与某负面影响有关。

**【解析】** 音频中提到，过于强调与他人合作会对你的职业发展产生负面影响，“placing too much emphasis on being a good team player can negatively affect your career growth”，team player 表示“善于团队合作的人”，故选项 B 正确。题干中的 being over collaborative 对应音频中的 placing too much emphasis on being a good team player，而选项中的 hinder individual career advancement 是音频中 negatively affect your career growth 的同义转述。

23. What does the speaker say about people engaged in collaborative projects? 23. 关于参加合作项目的人，讲话者说了什么？

A) They can hardly give expression to their original views.

A) 他们几乎不能表达他们独到的见解。

B) They can become less motivated to do projects of their own.

B) 他们会变得更没有动力去做自己的项目。

**C) They may find it hard to get their contributions recognized.**

**C) 他们可能会发现自己的贡献很难得到认可。**

D) They may eventually lose their confidence and creativity.

D) 他们最终可能会失去信心和创造力。

**【答案】** C

**【考点】** 细节题

**【听前预测】** 四个选项都是以 They 开头，同时根据选项中的 hardly give expression、become less motivated、find it hard to、may eventually lose，可推测本题可能与某类人的负面行为相关。

**【解析】** 音频中提到，合作当然会使得外人更难以发现你的个人能力和贡献，“Collaboration certainly makes your individual competencies and contributions more difficult for outsiders to identify”，故选项 C 正确。选项中的 hard 是音频中 difficult 的同义替换；get their contributions recognized 对应音频中的 difficult for outsiders to identify。

24. How do people benefit from working in a team?

**A) They can enlarge their professional circle.**

B) They can get chances to engage in research.

C) They can make the best use of their expertise.

D) They can complete the project more easily.

**【答案】 A**

**【考点】 细节题**

**【听前预测】** 四个选项都是 They 开头，根据选项中的 enlarge their professional circle、get chances to engage in research、make the best use of、complete the project，都是积极的行为，推测可能与某种益处相关。

**【解析】** 音频中提到，比起单打独斗，你会有更多的机会扩展你的职业人脉，“you'll then have more opportunities to expand your professional network than if you worked alone”，故选项 A 正确。选项中的 enlarge 为音频中 expand 的同义替换；professional circle 为音频中 professional network 的同义替换。

25. Why is it undesirable to spend too much time trying to reach consensus?

A) It may cause lots of arguments in a team.

**B) It may prevent making a timely decision.**

C) It may give rise to a lot of unnecessary expense.

D) It may deprive a team of business opportunities.

**【答案】 B**

**【考点】 细节题**

**【听前预测】** 根据选项中的 cause、prevent、give rise to、deprive，可推测本题可能与某种原因或者结果相关。

**【解析】** 音频中提到，这（争取每个人同意一项决定）会造成不必要的耽搁，因为你还要召开会议试图达成共识，“This can create unnecessary delays as you hold meetings trying to achieve a consensus”，故选项 B 正确。选项中的 prevent making a timely decision 对应音频中的 create unnecessary delays。

24. 人们如何通过团队中工作获益？

**A) 他们可以扩大他们的职业圈。**

B) 他们有机会从事研究。

C) 他们可以充分利用自己的特长。

D) 他们可以更容易地完成这个项目。

25. 为什么花太多时间去试图达成一致是不可取的？

A) 这可能会在一个团队中引起很多争论。

**B) 这可能会妨碍及时做出决定。**

C) 这可能会引起许多不必要的开支。

D) 它可能会剥夺一个团队商业机会。

## 📖 词汇点拨

- collaborative /kə'ləbərətɪv/ *adj.* 合作的
- team player 善于团队合作的人
- collaborate /kə'ləbərəɪt/ *v.* 合作；协作
- sought-after *adj.* 受青睐的
- overly /'əʊvəli/ *adv.* 很，十分
- consensus /kən'sensəs/ *n.* 共识
- hinder /'hɪndə(r)/ *v.* 阻碍，妨碍

- submissive /səb'mɪsɪv/ *adj.* 顺从的
- hamper /'hæmpə(r)/ *v.* 阻碍
- competency /'kɒmpɪtənsi/ *n.* 能力，胜任
- spotlight /'spɒtlaɪt/ *n.* 媒体和公众的注意
- ditch /dɪtʃ/ *v.* 抛弃，摆脱
- hazard /'hæzəd/ *n.* 危险，危害
- network /'netwɜ:k/ *n.* 关系网，人际网

- recognition /ˌrekəg'nɪʃn/ *n.* 认可
- subordinate /sə'bɔːdɪnət/ *adj.* 从属的, 隶属的
- agreeable /ə'grɪ:əbl/ *adj.* 讨人喜欢的; 欣然同意的
- make a name 成名; 造成声誉
- advancement /əd'vɑːnsmənt/ *n.* 晋升
- downside /'daʊnsaɪd/ *n.* 缺点; 不利方面
- complementary /ˌkɒmplɪ'mentri/ *adj.* 互补的
- seek input 寻求意见

## Part III Reading Comprehension

### Section A

#### 📖 题源分析

出处	标题	话题	体裁
www.medicalxpress.com	Just because you're thin, it doesn't mean you're healthy. 并不只是因为你瘦, 就意味着你健康。	健康	说明文

#### 📖 参考译文

When considering risk factors associated with serious chronic disease, we often think about health indicators such as cholesterol, blood pressure, and body weight. But poor diet and physical inactivity also each increase the risk of heart disease and have a role to play in the development of some cancers. Perhaps worse, the 26 effects of an unhealthy diet and insufficient exercise are not limited to your body. Recent research has also shown that 27 in a high-fat and high-sugar diet may have negative effects on your brain, causing learning and memory 28.

考虑到与严重慢性病相关的危险因素时, 我们经常会想到例如胆固醇、血压和体重等的健康指标。但是不良饮食和缺乏运动都会增加患心脏病的风险, 而且在某些癌症的发展中也发挥着作用。还有可能更糟, 不止是你的身体受到不健康饮食和不充分运动的有害影响。近来的研究也表明嗜好高脂肪和高糖饮食对你的大脑有消极影响, 会导致学习和记忆受损。

Studies have found obesity is associated with impairments in cognitive functioning, as 29 by a range of learning and memory tests, such as the ability to remember a list of words presented some minutes or hours earlier. There is also a growing body of evidence that diet-induced cognitive impairments can emerge 30 — within weeks or even days. For example, one study found healthy adults 31 to a high-fat diet for five days showed impaired attention, memory, and mood compared with a low-fat diet control group. Another study also found eating a high-fat and high-sugar breakfast each day for as little as four days resulted in problems with learning and memory 32 to those observed in overweight and obese individuals.

通过评估一系列的学习和记忆测试, 比如记忆几分钟前或几小时前所展示的单词表的能力, 研究发现肥胖与认知功能的损伤有关。也有越来越多的证据证明饮食诱发的认知缺陷可以在几周内或者

数天内迅速出现。例如，一项研究发现，指派健康的成年人持续五天进食高脂肪食物，与进食低脂饮食的对照组相比，他们的注意力、记忆力和心情都受到了损伤。另一项研究也发现，每天吃高脂肪和高糖的早餐仅仅持续四天就会导致学习和记忆方面的问题，这与所观察到的超重和肥胖人群的情况相似。

Body weight was not hugely different between the groups eating a healthy diet and those on high fat and sugar diets. So this show negative 33 of poor dietary intake can occur even when body weight has not changed 34. Thus, body weight is not always the best indicator of health and a thin person still needs to eat well and exercise 35.

吃健康饮食和高脂高糖饮食的人群之间体重没有太大的区别。所以这就表明，即使体重没有明显变化，不良的饮食摄入也能够导致负面结果。因此，体重不总是健康的最佳指标，身材苗条的人仍然需要合理饮食，定期锻炼。

### 选项分类

A) assessed	I) excelling
B) assigned	J) indulging
C) consequences	K) loopholes
D) conspicuously	L) rapidly
E) deficits	M) redundant
F) designated	N) regularly
G) detrimental	O) similar
H) digestion	

词性	选项
名词	C) consequences 结果 E) deficits 不足 H) digestion 消化 K) loopholes 漏洞
动词	A) assessed 评估 B) assigned 布置 F) designated 任命 I) excelling 擅长 J) indulging 沉迷
形容词	F) designated 指定的 G) detrimental 有害的 M) redundant 多余的 O) similar 相似的
副词	D) conspicuously 明显地 L) rapidly 迅速地 N) regularly 经常
v.-ed	A) assessed 评估 B) assigned 布置 F) designated 指定
v.-ing	I) excelling 擅长 J) indulging 沉迷

### 答案详解

26. 【答案】G

【考点】形容词辨析

【语法判断】由 Perhaps worse, the 26 effects of an unhealthy diet and insufficient exercise are not limited to your body 可知，空格处修饰名词 effects，所以应填入形容词。

**【语义判断】** 空格前出现了 Perhaps worse, 可知空格所在句表达的与前一句是递进关系, 且要表达更加糟糕的情况。前一句意为提到不良饮食和缺乏运动都会增加患心脏病的风险, 而且在某些癌症的发展中也发挥着作用。选项提供的形容词 detrimental 表示“有害的, 不利的”, 与空格后面的 effects 搭配表示“有害影响”, 符合题意, 故选 G。

27. **【答案】** J

**【考点】** 动名词辨析

**【语法判断】** 空格所在句是一个由 that 引导的宾语从句, 空格后面是介词短语 in a high-fat and high-sugar diet, 因此推断空格与后面的介词短语共同做宾语从句的主语, 空格处需要填入名词或者动名词。

**【语义判断】** 空格后的内容表示高脂肪高含糖的饮食可以对大脑产生消极影响, 填入备选名词后不符合句意。因此推断空格应该填入动名词与 in 搭配, 选项中的 excelling in 表示“在……方面擅长”, indulging in 表示“嗜好, 沉迷于……”, 将二者代入空格, 只有 indulging 符合, 即嗜好高脂肪和高糖饮食, 故选 J。

28. **【答案】** E

**【考点】** 名词辨析

**【语法判断】** 该空格所在句是一个伴随状语, cause 是一个及物动词, and 连接两个并列成分作 cause 的宾语, 宾语中缺少中心词, 故应填入名词。

**【语义判断】** 由空格前半句可知高脂高糖饮食对大脑有消极影响, 选项中的名词只有 deficits 表示“不足, 缺少”, 填入空格符合句意, 故选 E。

29. **【答案】** A

**【考点】** 动词辨析

**【语法判断】** 空格后是表示被动的介词 by, 逻辑主语是后面的 tests, 推断空格处应该填入动词的过去分词形式。

**【语义判断】** 空格句前的句子意为研究发现肥胖与认知功能的损伤有关, 空格后句子中的 such as 表示对测试的举例。选项中动词有 assessed “评价, 评估”; assigned “分派, 布置”; designated “任命, 委派”。assessed 代入进去表示通过评估一系列的学习和记忆测试, 符合句意, 故选 A。assign 和 designate 的逻辑主语通常是人。

30. **【答案】** L

**【考点】** 副词辨析

**【语法判断】** 空格前的 emerge 是不及物动词, 空格后破折号起解释说明的作用, 根据出现的 weeks or even days 可知, 空格处应填入与时间相关的副词。

**【语义判断】** 空格前后的内容表示越来越多的证据证明饮食诱发的认知缺陷可以在几周内或者数天内 \_\_\_\_\_ 出现, 副词选项中只有 rapidly 表示认知缺陷可以在短时间内迅速出现, 符合句意, 故选 L。

31. **【答案】** B

**【考点】** 动词辨析

**【语法判断】** 空格所在句是一个宾语从句, 从句中 healthy adults 做主语, showed 做从句中的谓语, 31 to a high-fat diet for five days 做主语的后置定语, 空格处应填入与介词 to 搭配的分词

或形容词。

**【语义判断】** 空格句前后表示，一项研究发现，\_\_\_\_\_ 健康的成年人五天持续进食高脂肪食物。assign sb. to sth. 表示“分派给某人某物”，assigned 代入空中表示（研究人员）指派健康的成年人持续五天进食高脂肪食物，符合句意，故选 B。designated “任命，委派”；虽然 designate 也有指派的含义，但表示指派某人担任某个职位。

32. **【答案】** O

**【考点】** 形容词辨析

**【语法判断】** 空格前的介宾短语 with learning and memory 为名词 problems 的后置定语，此空应填入分词或形容词修饰 learning and memory，且能与 to 搭配。

**【语义判断】** 空格所在句表示另一项研究也发现，每天吃高脂肪和高糖的早餐仅仅持续四天就会导致学习和记忆方面的问题，空格后提到了所观察到的超重和肥胖群体，旨在对二者进行比较，而本段开头就指出肥胖与认知功能的损伤有关，二者情况相似，故 similar “相似的，类似的”符合句意，故选 O。

33. **【答案】** C

**【考点】** 名词辨析

**【语法判断】** 空格所在句是省略 that 的宾语从句，negative 33 of poor dietary intake 做从句的主语，故形容词 negative 后空格处应填入名词。

**【语义判断】** 空格所在句表示即使体重没有变化，不良的饮食摄入能够导致负面 33。选项中的名词还有 consequences “结果，后果”；digestion “消化”；loopholes “漏洞，空子”，只有 consequences 能表示不良的饮食摄入能够导致负面结果，符合句意，故选 C。

34. **【答案】** D

**【考点】** 副词辨析

**【语法判断】** 空格所在句是一个由 when 引导的时间状语从句，句子成分完整，因此空格处需要填入副词修饰 changed。

**【语义判断】** 空格所在句意为，即使体重没有变化，不良的饮食摄入也能够导致负面结果。选项中副词还有 conspicuously “显眼地，明显地”；regularly “有规律地，经常”；只有 conspicuously 能表示即使体重发生了明显变化，符合句意，故选 D。

35. **【答案】** N

**【考点】** 副词辨析

**【语法判断】** 由 a thin person still needs to eat well and exercise 35，可知空格处需要填入副词修饰 exercise，与 eat well 并列。

**【语义判断】** 空格所在句表示身材苗条的人仍然需要吃得好，\_\_\_\_\_ 锻炼。exercise 与 regularly 搭配表示“定期锻炼”，可以跟前面的“吃得好”构成并列，故选 N。



## 📖 词汇点拨

- chronic /'krɒnɪk/ *adj.* 慢性的
- detrimental /,detrɪ'mentl/ *adj.* 有害的
- indulge /ɪn'dʌldʒ/ *v.* 沉迷
- insufficient /,ɪnsə'fɪʃnt/ *adj.* 不充分的
- impairment /ɪm'peɪmənt/ *n.* (身体或智力方面的) 损伤
- cognitive /'kɒɡnətɪv/ *adj.* 认知的
- conspicuously /kən'spɪkjʊəsli/ *adv.* 明显地
- intake /'ɪnteɪk/ *n.* 摄取量
- indicator /'ɪndɪkeɪtə(r)/ *n.* 指示信号
- a range of 一系列
- a growing body of 越来越多的

## Section B

### 📖 题源分析

出处	标题	话题	体裁
www.digest.bps.org.uk	Increased Screen Time and Wellbeing Decline in Youth 年轻人看屏幕时间增加，而幸福感却下降	科技	说明文

### 🔍 结构剖析

段落	大意
A~B	根据一项研究结果引出主题：过度的“屏幕时间”很可能是导致美国青少年幸福感下降的罪魁祸首。
C	介绍了研究的对象和年份以及幸福感的变化趋势。
D~F	介绍了研究内容和研究过程。
G~J	通过更深入的研究表明，看屏幕的时间的增加仍是年轻人健康发展的潜在障碍，其他因素（如电视、经济萧条等）对此影响并不大。

### 📖 参考译文

#### Increased Screen Time and Wellbeing Decline in Youth

#### 年轻人看屏幕时间增加，而幸福感却下降

[A] Have young people never had it so good? Or do they face more challenges than any previous generation? Our current era in the West is one of high wealth. This means minors enjoy material benefits and legal protections that would have been the envy of those living in the past. [45] But there is an increasing suspicion that all is not well for our youth. And one of the most popular explanations, among some experts and the popular media, is that excessive “screen time” is to blame. (This refers to all the attention young people devote to their phones, tablets and

laptops.) However, this is a contentious theory and such claims have been treated skeptically by some scholars based on their reading of the relevant data.

年轻人从来没有过这么好的生活吗？还是他们面临的挑战比以往任何一代人都多？西方现在所处的时代是一个高度富裕的时代。这意味着未成年人享有的物质利益和法律保护是那些生活在过去的人们所羡慕的。[45] 但人们却越来越怀疑，我们的年轻人并非事事如意。在一些专家和大众媒体看来，一种很流行的解释是，过多的“屏幕时间”是罪魁祸首。（指年轻人将注意力集中在手机、平板电脑和笔记本电脑上的时间。）然而，这是一个有争议的理论，根据一些学者对相关数据的解读，他们对这种说法持怀疑态度。

- [B] Now a new study has provided another contribution to the debate, uncovering strong evidence that adolescent wellbeing in the United States really is experiencing a decline and arguing that the most likely cause is the electronic riches we have given them. [40] The background to this is that from the 1960s into the early 2000s, measures of average wellbeing went up in the US. This was especially true for younger people. It reflected the fact that these decades saw a climb in general standards of living and avoidance of mass societal traumas like full-scale war or economic deprivation. However, the “screen time” hypothesis, advanced by researchers such as Jean Twenge, is that electronic devices and excessive time spent online may have reversed these trends in recent years, causing problems for young people’s psychological health.

现在，一项新的研究已为这场争论提供了另一个贡献，它发现了强有力的证据，证明美国青少年的幸福感确实在下降，并认为最有可能的原因是我们给他们的电子财富。[40] 其背景是，从20世纪60年代到21世纪初，美国与平均幸福有关的各项指标上升了。对年轻人来说尤其如此。它所反映的事实是：在这几十年里，人们的生活水平普遍提高，避免了大规模社会灾难，如全面战争或经济贫困。然而，吉恩·特温吉等研究人员提出的“屏幕时间”假说认为，近年来，电子设备和上网时间过长可能扭转了这些趋势，给年轻人的心理健康带来了问题。

- [C] To investigate, Twenge and her colleagues dived into the “Monitoring the Future” dataset based on annual surveys of American school students from grades 8, 10, and 12 that started in 1991. In total, 1.1 million young people answered various questions related to their wellbeing. Twenge’s team’s analysis of the answers confirmed the earlier, well-established wellbeing climb, with scores rising across the 1990s, and into the later 2000s. [37] This was found across measures like self-esteem, life satisfaction, happiness and satisfaction with individual domains like job, neighborhood, or friends. But around 2012 these measures started to decline. This continued through 2016, the most recent year for which data is available.

为了进行调查，特温吉和她的同事们深入到“监控未来”的数据集，这个数据集是基于1991年开始的对美国8年级、10年级和12年级学生的年度调查。总共有110万年轻人回答了与他们的幸福感有关的各种问题。特温吉的研究小组对这些答案的分析证实了较早的、早已确立的幸福感上升趋势，从上世纪90年代一直到本世纪头些年，幸福感得分都在上升。[37] 在自尊、生活满意度、幸福感和对工作、邻居或朋友等个人领域的满意度等指标中都发现了这一点。但在2012年左右，这些指标开始呈下降趋势。这种情况一直持续到2016年（这是可查数据的最近一个年份）。

- [D] Twenge and her colleagues wanted to understand why this change in average wellbeing occurred. However, it is very hard to demonstrate causes using non-experimental data such as this. [39] In fact, when Twenge previously used this data to suggest a screen time effect, some commentators were quick to raise this problem. They argued that her causal-sounding claims rested on correlational data, and that she had not adequately accounted for other potential causal factors. This time around, Twenge and her team make a point of saying that they are not trying to establish causes as such, but that they are assessing the plausibility of potential causes.

特温吉和她的同事想要了解为什么平均幸福感会发生这种变化。然而，使用诸如此类的非实验数据很难证实其原因。[39] 事实上，当特温吉先前使用这些数据来暗示屏幕时间效应时，一些评论者很快就提出了这个问题。他们认为，她那听起来像是有因果关系的主张是建立在相关数据基础上的，她没有充分考虑到其他潜在的因果因素。这一次，特温吉和她的团队强调，他们不是在试图确立这种因果关系，而是在评估潜在原因的合理性。

- [E] First, they explain that if a given variable is playing a role in affecting wellbeing, then we should expect any change in that variable to correlate with the observed changes in wellbeing. If not, it is not plausible that the variable is a causal factor. So the researchers looked at time spent in a number of activities that could plausibly be driving the wellbeing decline. [41] Less sport, and fewer meetings with peers correlated with lower wellbeing, as did less time reading print media (newspapers) and, surprisingly, less time doing homework. (This last finding would appear to contradict another popular hypothesis that it is our burdening of students with assignment that is causing all the problems.) In addition, more TV watching and more electronic communication both correlated with lower wellbeing. All these effects held true for measures of happiness, life satisfaction and self-esteem, with the effects stronger in the 8th and 10th-graders.

首先，他们解释说，如果一个给定的变量在影响幸福感方面发挥了作用，那么我们应该期望该变量的任何变化都与所观察到的幸福感变化相关。如果不是，就很难说这个变量是一个因素。因此，研究人员观察了人们在一些活动中所花费的时间，这些活动可能是导致幸福感下降的原因。[41] 较少的阅读纸质媒体（报纸）的时间与较低的幸福感受相关，同理，较少的运动和与同龄人更少的见面次数也导致幸福感下降。令人惊讶的是，减少做家庭作业的时间也会降低幸福感。（最后这一发现似乎与另一种流行的假设相矛盾，即所有问题都是我们给学生布置的作业负担造成的。）此外，看电视时间越长、使用电子通信频率越高，幸福感就越低。所有这些影响都适用于幸福、生活满意度和自尊等指标，其中对8年级和10年级学生的影响更大。

- [F] Next, Twenge's team dug a little deeper into the data on screen time. They found that adolescents who spent a very small amount of time on digital devices—a couple of hours a week—had the highest wellbeing. Their wellbeing was even higher than those who never used such devices. However, higher doses of screen time were clearly associated with lower happiness. Those spending 10-19 hours per week on their devices were 41 percent more likely to be

unhappy than lower-frequency users. Those who used such devices 40 hours a week or more (one in ten teenagers) were twice as likely to be unhappy. [43] The data was slightly complicated by the fact that there was a tendency for kids who were social in the real world to also use more online communication, but by bracketing out different cases it became clear that the real-world sociality component correlated with greater wellbeing, whereas greater time on screens or online only correlated with poorer wellbeing.

接下来，特温吉的团队进一步研究了有关屏幕时间的数据。他们发现，那些每周只花很少时间（每周几个小时）玩电子设备的青少年幸福感最高。他们的幸福感甚至比那些从未使用过此类设备的人更高。然而，使用电子设备的时间变长与幸福感降低有明显联系。那些每周花 10~19 个小时在电子设备上的人不快乐的可能性比低频率使用者高出 41%。那些每周使用这些设备 40 小时及以上的人（十分之一的青少年）不快乐的可能性是其他人的两倍。[43] 有一个事实使得数据稍微变得复杂化：现实世界中善于交际的孩子也更倾向于在线交流，但是通过将不同的情况分组，情况变得很明朗：在现实世界中善于社交与更高的幸福感相关，而在屏幕或网上所花的更多的时间只不过是与更低的幸福感相关。

- [G] So far, so plausible. [36] But the next question is, are the drops in average wellbeing happening at the same time as trends toward increased electronic device usage? It looks like it—after all, 2012 was the tipping point when more than half of Americans began owning smartphones. Twenge and her colleagues also found that across the key years of 2013-16, wellbeing was indeed lowest in years where adolescents spent more time online, on social media, and reading news online, and when more youth in the United States had smartphones. And in a second analysis, they found that where technology went, dips in wellbeing followed. For instance, years with a larger increase in online usage were followed by years with lower wellbeing, rather than the other way around. This does not prove causality, but is consistent with it. Meanwhile, TV use did not show this tracking. TV might make you less happy, but this is not what seems to be driving the recent declines in young people's average happiness.

[G] 到目前为止，这似乎是合理的。[36] 但下一个问题是，平均幸福感的下降是否与电子设备使用的增长趋势同时发生？看起来是这样的——毕竟，2012 年是一个转折点：超过一半的美国人开始拥有智能手机。特温吉和她的同事还发现，在 2013 年至 2016 年这一段关键年份中，在美国青少年上网、使用社交媒体和在线阅读新闻的时间增多，更多年轻人拥有智能手机，但他们的幸福感在此段时间确实最低。在第二次分析中，他们发现哪里有科技发展，哪里幸福感就会下降。例如，网络使用量增加较多的年份，同时也是幸福感较低的年份，而不是相反情况。这并不能证明因果关系，但情况是符合的。同时，看电视并没有显示这种趋势。看电视可能会让你不那么快乐，但似乎不是导致最近年轻人平均幸福指数下降的原因。

- [H] A similar but reversed pattern was found for the activities associated with greater wellbeing. [38] For example, years when people spent more time with friends were better years for wellbeing (and followed by better years). Sadly, the data also showed face-to-face socializing and sports

activity had declined over the period covered by the survey.

在与更高的幸福感相关的活动中，也发现了类似但相反的模式。[38] 例如，人们与朋友的相处时间更长的年份，幸福感更高（随后年份的幸福感也较高）。遗憾的是，数据还显示，在调查所涵盖的时间段内，面对面的社交和体育活动有所减少。

- [I] There is another explanation that Twenge and her colleagues wanted to address: the impact of the great recession of 2007-2009, which hit a great number of American families and might be affecting adolescents. The dataset they used did not include economic data, so instead the researchers looked at whether the 2013-16 wellbeing decline was tracking economic indicators. [44] They found some evidence that some crude measures, like income inequality, correlated with changes in wellbeing, but economic measures with a more direct impact, like family income and unemployment rates (which put families into difficulties), had no relationship with wellbeing. The researchers also note the recession hit some years before we see the beginning of the wellbeing drop, and before the steepest wellbeing decline, which occurred in 2013.

还有另一种解释是特温吉和她的同事们想要探讨的，即2007年至2009年经济大萧条的影响。此次萧条不仅影响了大量的美国家庭，也有可能影响了青少年。他们使用的数据集不包括经济数据，因此研究人员转而关注2013-2016年幸福感下降是否与经济指标有关。[44] 他们发现一些证据表明，一些粗略的衡量指标，如收入不平等，与幸福感的变化有关，但一些影响更直接的经济指标，如能让家庭陷入困境的家庭收入和失业率则与幸福感没有关系。研究人员还指出，在我们看到幸福感开始下降之前的几年，以及在2013年出现的最严重的幸福感下降之前，经济衰退就已经开始了。

- [J] The researchers conclude that electronic communication was the only adolescent activity that interested at the same time psychological wellbeing declined. I suspect that some experts in the field will be keen to address alternative explanations, such as unassessed variables playing a role in the wellbeing decline. [42] But the new work does go further than previous research and suggests that screen time should still be considered a potential barrier to young people's flourishing.

研究人员得出结论，电子交流是唯一一种在心理健康下降的同时出现增长的青少年活动。我怀疑，该领域的一些专家将急切地寻找其他解释，比如在幸福感下降过程中还有未评估的变量发挥了作用。[42] 但这项新研究确实比之前的研究更加深入，它表明，看屏幕的时间仍应被视为年轻人健康发展的潜在障碍。

## 答案详解

36. The year when most Americans began using smartphones was identified as a turning point in young Americans' level of happiness.

大多数美国人开始使用智能手机的那一年被认为是美国年轻人幸福水平的转折点。

**【答案】** G

**【定位】** 根据题干中的 smartphones 和 a turning point 定位到 G 段第三句。

**【解析】** G 段第二、三句说到，平均幸福感的下降是否与电子设备使用的增长趋势同时发生？随后给出肯定答复：看起来是这样的 (It looks like it)。这表明平均幸福感的下降与电子设备使用的增长趋势相关。接着提到，2012 年是一个转折点 (a turning point)：超过一半的美国人开始拥有智能手机。题干中的 a turning point 对应原文中的 the turning point，故答案为 G。

37. Scores in various wellbeing measures began to go downward among young Americans in recent years.

近年来，美国年轻人在各种幸福指标上的得分开始下降。

**【答案】** C

**【定位】** 根据题干中的 wellbeing measures 定位到 C 段最后两句。

**【解析】** C 段后半部分说到，2012 年左右，这些指标（自尊、生活满意度、幸福感和对工作、邻居或朋友等个人领域的满意度等）开始呈下降趋势 (started to decline)。这种情况一直持续到 2016 年。题干中的 began to go downward 对应原文中的 started to decline，而 in recent years 对应原文中的 around 2012... continued through 2016，故本题答案为 C。

38. Unfortunately, activities involving direct contact with people, which contributed to better wellbeing, were found to be on the decline.

遗憾的是，有助于提高幸福感的与人直接接触的活动被发现呈下降趋势。

**【答案】** H

**【定位】** 根据题干中的 better wellbeing 和 decline 定位到 H 段第二、三句。

**【解析】** H 段倒数第二句说到，人们与朋友相处的时间更长的年份，幸福感更高，这说明与人直接接触可以提高幸福感。而倒数第一句说到，这种面对面的社交和体育活动有所减少 (face-to-face socializing and sports activity had declined)。题干中的 activities involving direct contact with people 对应原文中的 face-to-face socializing and sports activity，而 better wellbeing 对应原文中的 better years for wellbeing，故答案为 H。

39. In response to past critics, Twenge and her co-researchers stress they are not trying to prove that the use of digital devices reduces young people's wellbeing.

面对过去的批评，特温吉和她的同事强调，他们并不是要努力证明使用电子设备会降低年轻人的幸福感。

**【答案】** D

**【定位】** 根据题干中的 past critics 和 Twenge and her co-researchers 定位到 D 段。

**【解析】** D 段说到，一些评论者认为，特温吉没有充分考虑到其他潜在的因果因素，即这些评论者是在进行批评。而特温吉和她的团队强调，他们不是在试图确立这种因果关系（即 B 段提及的使用电子设备会降低年轻人的幸福感）。题干中的 stress 对应原文中的 make a point of saying，而 they are not trying to prove 对应原文中的 they are not trying to establish。故答案为 D。

40. In the last few decades of the 20th century, living standards went up and economic depressions were largely averted in the US.

在20世纪的最后几十年里，美国的生活水平提高了，经济萧条基本上得以避免。

**【答案】** B

**【定位】** 根据题干中的 the 20th century 和 living standards 定位到 B 段第二、三、四句。

**【解析】** B 段提到，在这几十年里（从 20 世纪 60 年代到 21 世纪初），人们的生活水平普遍提高（these decades saw a climb in general standards of living），避免了大规模社会灾难，如经济贫困（economic deprivation）。题干中的 living standards went up 对应原文中的 a climb in general standards of living，而 economic depressions were largely averted 对应原文中的 avoidance of... economic deprivation，故本题答案为 B。

41. Contrary to popular belief, doing homework might add to students' wellbeing.

与人们普遍认为的想法相反，做作业可能会增加学生的幸福感。

**【答案】** E

**【定位】** 根据题干中的 popular belief 和 doing homework 定位到 E 段第四、五句。

**【解析】** E 段中间部分说到，减少做家庭作业的时间（less time doing homework）也会降低幸福感，这一点与另一种流行的假设相矛盾（contradict another popular hypothesis）。反过来说，做作业可能会增加学生的幸福感。题干中的 Contrary to popular belief 对应原文中的 contradict another popular hypothesis，故答案为 E。

42. The author believes the researchers' new study has gone a step further regarding the impact of screen time on wellbeing.

作者认为，研究人员的新研究在看屏幕的时间对幸福感的影响方面更加深入。

**【答案】** J

**【定位】** 根据题干中的 new study 和 a step further 定位到 J 段最后一句。

**【解析】** J 段最后一句说到，这项新研究确实比之前的研究更加深入（the new work does go further than previous research）。通过全文可知，这里的新研究指的就是多次出现的看屏幕的时间对年轻人的幸福感的影响。the impact of screen time on wellbeing 对应原文中的 screen time should still be considered a potential barrier to young people's flourishing，故本题答案为 J。

43. The researchers found that extended screen time makes young people less happy.

研究人员发现，长时间看屏幕会让年轻人不那么快乐。

**【答案】** F

**【定位】** 根据题干中的 extended screen time 定位到 F 段最后一句。

**【解析】** F 段最后一句说到，在屏幕或网上所花的更多的时间只不过是与更低的幸福感相关（greater time on screens or online only correlated with poorer wellbeing）。

extended screen time makes young people less happy 是对原文中的 greater time on screens or online only correlated with poorer wellbeing 的同义转述。答案为 F。

44. Data reveals that economic inequality rather than family income might affect people's wellbeing.

数据显示,可能影响人们幸福感的是经济不平等,而不是家庭收入。

**【答案】** I

**【定位】** 根据题干中的 economic inequality 和 family income 定位到 I 段第三句。

**【解析】** I 段中间部分说到,收入不平等与幸福感的变化有关 (some crude measures, like income inequality, correlated with changes in wellbeing), 但家庭收入和失业率则与幸福感没有关系 (a more direct impact, like family income and unemployment rates... had no relationship with wellbeing)。题干内容是对这一部分的概括,故本题答案为 I。

45. Too much screen time is widely believed to be the cause of unhappiness among today's young people.

人们普遍认为过多的看屏幕的时间是当年轻人不幸福的原因。

**【答案】** A

**【定位】** 根据题干中的 Too much screen time 定位到 A 段第五、六句。

**【解析】** A 段中间部分说到,一种很流行的解释是,过多的“屏幕时间”是造成年轻人并非事事如意的罪魁祸首 (one of the most popular explanations... is that excessive “screen time” is to blame)。事事不如意就是指不幸福。Too much screen time 对应原文中的 excessive “screen time”, 而 widely believed 对应原文中的 the most popular explanations, 故答案为 A。

### 词汇点拨

- tablet /'tæblət/ n. 平板电脑
- laptop /'læptɒp/ n. 笔记本电脑
- contentious /kən'tenʃəs/ adj. 可能引起争论的
- societal /sə'saɪətəl/ adj. 社会的
- trauma /'trɔ:mə/ n. 痛苦经历; 挫折
- domain /də'mein/ n. 领域
- commentator /'kɒməntətə(r)/ n. 评论员
- plausibility /,plɔ:zə'bɪləti/ n. 貌似可信
- variable /'veəriəbl/ n. 变量; 可变因素
- recession /rɪ'seʃn/ n. 经济衰退; 经济萎缩

## Section C

### ·Passage One·

#### 题源分析

出处	标题	话题	体裁
<i>The Washington Post</i>	Why Liars Lie: What Science Tells Us about Deception 为什么说谎: 科学告诉我们欺骗的奥秘	心理学	说明文



## 🔗 结构剖析

段落	大意
1	说谎行为从小时候开始，但是会受到道德和自我约束的限制。
2	说谎行为需要付出精力，可能与无法抵挡诱惑有关。
3	外部条件对说谎的时间、频率的影响。
4	通过一项研究展示，不诚实的行为如何改变人的大脑，让人更容易在未来说谎。

## 📖 参考译文

- “The dangerous thing about lying is people don't understand how the act change us,” says Dan Ariely, behavioural psychologist at Duke University. Psychologist have documented children lying as early as the age of two. [46] Some experts even consider lying a developmental milestone, like crawling and walking, because it requires sophisticated planning, attention and the ability to see a situation from someone else's perspective to manipulate them. But, for most people, lying gets limited as we develop a sense of morality and the ability to self-regulate.

杜克大学的行为心理学家丹·艾瑞里表示：“说谎的危险之处在于人们不了解这种行为会如何改变我们。”心理学家记录过有的儿童早在两岁时就说谎。[46] 一些专家甚至将说谎视为成长过程中的一个里程碑，就像学会爬行和走路一样，这是因为说谎需要复杂的计划、注意力以及从他人角度观察情况以操纵他们的能力。但是，对于大多数人来说，在有了道德意识和自我约束力后，说谎行为就会受到限制。
- Harvard cognitive neuroscientist Joshua Greene says, for most of us, lying takes work. In studies, he gave study subjects a chance to deceive for monetary gain while examining their brains in a functional MRI machine, which maps blood flow to active parts of the brain. Some people told the truth instantly and instinctively. [47] But others opted to lie, and they showed increased activity in their frontal parietal ( 颅腔壁的 ) control network, which is involved in difficult or complex thinking. This suggests that they were deciding between truth and dishonesty—and ultimately opting for the latter. For a follow-up analysis, he found that people whose *neural* ( 神经的 ) reward centres were more active when they won money were also more likely to be among the group of liars — suggesting that lying may have to do with the inability to resist temptation.

哈佛大学认知神经科学家乔舒亚·格林认为，对于我们大多数人来说，说谎需要付出精力。在他的研究中，他给受试者提供了用欺骗换取金钱收益的机会，同时使用磁共振功能成像设备检查受试者大脑，这种设备能够提供血液流动到大脑活跃部位的信息。有些人立刻本能地说出真相，[47] 而其他选择说谎，这些说谎者的额顶控制网络的活跃程度提高，而额顶控制网络与困难或复杂的思考有关。这表明受试者在诚实和欺骗之间做过抉择，但最终选择了后者。在后续分析中，他发现那些在获得金钱时神经奖励中心更加活跃的人，更有可能说谎——这表明说谎可能与无法抵抗诱惑有关。
- External conditions also matter in terms of when and how often we lie. [48] We are more likely to

lie, research shows, when we are able to rationalise it, when we are stressed and fatigued or see others being dishonest. [49] And we are less likely to lie when we have moral reminders or when we think others are watching. “We as a society need to understand that, when we don’t punish lying, we increase the probability it will happen again,” Ariely says.

外部条件也与说谎的时间和频率有关。[48] 研究表明, 当我们能够将谎言合理化、感到压力和疲倦或看到其他人说谎时, 我们说谎的可能性更大。[49] 而当我们受到道德提醒或认为他人在关注我们时, 我们说谎的可能性更小。“作为一个社会, 我们需要明白一件事: 当我们不惩罚说谎行为时, 再次说谎的可能性就会增加。” 艾瑞里说道。

4. In a 2016 study published in the journal *Nature Neuroscience*, Ariely and colleagues showed how dishonesty alters people’s brains, making it easier to tell lies in the future. When people uttered a falsehood, the scientists noticed a burst of activity in their amygdala. The amygdala is a crucial part of the brain that produces fear, anxiety and emotional responses—including that sinking, guilty feeling you get when you lie. But when scientists had their subjects play a game in which they won money by deceiving their partner, they noticed the negative signals from the amygdala began to decrease. [50] Not only that, but when people faced no consequences for dishonesty, their falsehoods tended to get even more sensational. This means that if you give people multiple opportunities to lie for their own benefit, they start with little lies which get bigger over time.

在 2016 年发表在《自然神经科学》杂志上的一项研究中, 艾瑞里和同事们展示了不诚实如何改变人的大脑, 让人更容易在未来说谎。当人们说假话时, 科学家注意到他们的杏仁核会突然活跃起来。杏仁核是大脑中产生恐惧、焦虑和情绪反应的关键部分, 包括说谎时产生的低落感和负罪感。但是当科学家们让他们的实验对象玩一个通过欺骗他们的搭档来赢钱的游戏时, 他们注意到杏仁核发出的负面信号开始减少。[50] 不仅如此, 当人们不为不诚实承担任何后果时, 他们的谎言会变得更加耸人听闻。这意味着, 如果你给人们很多为了自身利益而撒谎的机会, 他们会从说小谎开始, 随着时间的推移, 这些小谎会越来越说越大。

### 答案详解

46. Why do some experts consider lying a milestone in a child’s development?

**A) It shows they have the ability to view complex situations from different angles.**

B) It indicates they have an ability more remarkable than crawling and walking.

C) It represents their ability to actively interact with people around them.

D) It involves the coordination of both their mental and physical abilities.

**【答案】** A

46. 为什么有些专家认为说谎是儿童发展期的一个里程碑?

**A) 这表明他们有能力从不同的角度来看待复杂的情况。**

B) 这表明他们有一种比爬行和行走更非凡的能力。

C) 它代表了他们与周围人积极互动的能力。

D) 它涉及到他们的精神和身体能力的协调。

**【考点】** 细节题

**【定位】** 根据题干关键词 consider lying a milestone 可定位至第一段第三句。

**【解析】** 定位句提到“一些专家甚至将说谎视为成长过程中的一个里程碑，就像学会爬行和走路一样，这是因为说谎需要复杂的计划、注意力以及从他人角度观察情况以操纵他们的能力”。A项是该句后半部分的同义转述，故为答案。view... situations from different angles 同义替换原文 see a situation from someone else's perspective。

**【排除】** 虽然定位句中提到了 crawling and walking，但原句是为了说明说谎和爬行以及走路一样，都可视为成长过程中的一个里程碑。与B项表意不符，故排除。

47. Why does the Harvard neuroscientist say that lying takes work?

- A) It is hard to choose from several options.  
B) It is difficult to sound natural or plausible.  
C) It requires speedy blood flow into one's brain.

**D) It involves lots of sophisticated mental activity.**

**【答案】** D

**【考点】** 细节题

**【定位】** 根据题干关键词 Harvard neuroscientist 和 lying takes work 可定位至第二段第一句。

**【解析】** 定位句提到“哈佛大学认知神经科学家乔舒亚·格林认为，对我们大多数人来说，说谎需要付出精力”。该句表意和题干相同，并没有解释原因。因此我们接着往后看。第二句表明认知神经科学家在进行一项研究。第三句解释那些说真话的人的行为状态。第四句就提到了说谎者的表现行为，lie 和题干中的 lying 对应，而且这里也出现了一个转折词 but，因此重点关注该句。该句提到“而其他选择说谎，这些说谎者的额顶控制网络的活跃程度提高，而额顶控制网络与困难或复杂的思考有关。”从最后半句话可知，D项正确。sophisticated 同义替换原文 difficult or complex；mental activity 与原文的 thinking 互为同义替换。

48. Under what circumstances do people tend to lie?

- A) When they become too emotional.  
**B) When they face too much peer pressure.**  
C) When the temptation is too strong.  
D) When the consequences are not imminent.

**【答案】** B

**【考点】** 细节题

**【定位】** 根据题干关键词 tend to lie 可定位至第三段第二句。tend to lie 与原文 are more likely to lie 同义替换。

**【解析】** 定位句提到“研究表明，当我们能够将谎言合理化、感到压力和疲倦或看到其他人说谎时，我们说谎的可能性更大”。可知，B项正确。pressure 对应原文中的 stressed。

47. 为什么哈佛大学的神经学家说说谎需要努力？

- A) 从几个选项中做出选择是困难的。  
B) 它很难听起来自然或可信。  
C) 它需要快速的血液流向大脑。

**D) 它涉及许多复杂的精神活动。**

48. 在什么情况下人们往往会说谎？

- A) 当他们变得过于情绪化。  
**B) 当他们面对太多的同辈压力。**  
C) 当诱惑太强大的时候。  
D) 当后果不是迫在眉睫的时候。

49. When are people less likely to lie?

A) When they are worn out and stressed.

**B) When they are under watchful eyes.**

C) When they think in a rational way.

D) When they have a clear conscience.

**【答案】** B

**【考点】** 细节题

**【定位】** 根据题干关键词 less likely to lie 可定位至第三段第三句。

**【解析】** 定位句提到“而当我们受到道德提醒或认为他人在关注我们时，我们说谎的可能性更小”。可知，B 项正确。under watchful eyes 与原文 others are watching 同义替换。

50. What does the author say will happen when a liar does not get punished?

A) They may feel justified.

**B) They will tell bigger lies.**

C) They will become complacent.

D) They may mix lies and truths.

**【答案】** B

**【考点】** 细节题

**【定位】** 根据题干关键词 the author say 和 when a liar does not get punished 可定位至第四段倒数第二句。when a liar does not get punished 和原文 when people faced no consequences for dishonesty 同义替换。

**【解析】** 定位句提到“不仅如此，当人们不为不诚实承担任何后果时，他们的谎言会变得更加耸人听闻。这意味着，如果你给人们很多为了自身利益而撒谎的机会，他们会从说小谎开始，随着时间的推移，这些小谎会越说越大”。可知，B 项正确。

49. 什么时候人们不太可能撒谎？

A) 当他们疲惫不堪和焦虑不安的时候。

**B) 当他们被监视的时候。**

C) 当他们以理性方式思考问题的时候。

D) 当他们问心无愧的时候。

50. 作者说当一个说谎者没有受到惩罚时，将会发生什么？

A) 他们可能觉得是有正当理由的。

**B) 他们会撒更大的谎。**

C) 他们会变得自满。

D) 他们可能混淆谎言和真理。

## 词汇点拨

- behavioural /br'heivjərəl/ *adj.* 行为方面的；行为科学的
- document /'dɒkjument/ *v.* 记录，记载（详情）
- milestone /'maɪlstəʊn/ *n.* 重要事件；里程碑
- sophisticated /sə'fɪstɪkətɪd/ *adj.* 复杂巧妙的；水平高的
- perspective /pə'spektɪv/ *n.* 态度；观点
- manipulate /mæ'nɪpjuleɪt/ *v.* 操纵，影响
- morality /mə'ræləti/ *n.* 道德；道德准则
- cognitive /'kɒgnətɪv/ *adj.* 认知的；感知的
- monetary /'mʌnɪtri/ *adj.* 货币的，钱的
- deceive /di'si:v/ *v.* 欺骗；蒙骗
- map /mæp/ *v.* 了解信息，提供信息
- instantly /'ɪnstəntli/ *adv.* 立刻；立即
- instinctively /ɪn'stɪŋktɪvli/ *adv.* 本能地
- opt /ɒpt/ *v.* 选择；挑选
- frontal /'frʌntl/ *adj.* 正面的；前部的
- ultimately /'ʌltɪmətli/ *adv.* 最终；最后
- temptation /temp'teɪʃn/ *n.* 引诱；诱惑
- external /ɪk'stɜ:nl/ *adj.* 外部的；外面的
- rationalise /'ræʃnəlaɪz/ *v.* 使合理化

• neuroscientist /ˈnjuərəʊsəntɪst/ *n.* 神经系统科学家

• fatigued /fə'ti:gd/ *adj.* 身心交瘁；精疲力竭  
• falsehood /'fɔ:lshud/ *n.* 谎言

·Passage Two·

📖 题源分析

出处	标题	话题	体裁
<i>Smithsonian Magazine</i>	Here's How the Pacific NW Is Preparing for "The Big One" 太平洋西北地区应对“大事件”所做的准备	社科	说明文

🔍 结构剖析

段落	大意
1~2	太平洋西北地区的人们为应对“大事件”进行演习。
3~5	介绍卡斯卡迪亚地震带及其发生地震的原因。
6~7	官员希望通过尽早准备来减少灾难所带来的人员伤亡。

📖 参考译文

1. [51] Here's how the Pacific Northwest is preparing for "The Big One". It's the mother of all disaster drills for what could be the worst disaster in American history. California has spent years preparing for "The Big One" — the inevitable earthquake that will undoubtedly unleash all kinds of havoc along the famous San Andreas fault (断层). But what if the fault that runs along the Pacific Northwest delivers a gigantic earthquake of its own? If the people of the Cascadia region have anything to do with it, they won't be caught unawares.

[51] 这里我们可以看到太平洋西北地区是如何准备应对“大事件”的。这是最大规模的灾难演习，目的是应对美国历史上可能出现的最严重的灾难。加利福尼亚州花了很多年来准备应对“大事件”——这场不可避免的地震无疑将在著名的圣安德烈亚斯断层的附近地区引发各种灾害。但是，如果沿太平洋西北部延伸的断层本身就产生巨大的地震呢？如果卡斯卡迪亚地区的人们尽早了解这些情况，就不会在灾难发生的时候毫无防备。

2. The region is engaged in a multi-day earthquake-and-tsunami (海啸) drill involving around 20,000 people. [52] The Cascadia Rising drill gives area residents and emergency responders a chance to practice what to do in case of a 9.0-magnitude earthquake and tsunami along one of the nation's dangerous—and underestimated—faults.

该地区进行了为期多天的地震和海啸演习，共约2万人参加。[52] 这次名为“卡斯卡迪亚崛起”的演习为该地区的居民和应急人员提供了一次演练机会，以应对国内这个危险且被低估的断层可能发生的9.0级地震和海啸。

3. The Cascadia Earthquake Zone is big enough to compete with San Andreas (it's been called the most dangerous fault in America), but it's much lesser known than its California cousin. Nearly 700 miles long, the earthquake zone is located by the North American Plate off the coast of Pacific British Columbia, Washington, Oregon and Northern California.

卡斯卡迪亞地震帶面積很大，可以與聖安德烈亞斯（被稱為美國最危險的斷層）斷層相提並論，但它的知名度遠不及加利福尼亞地震帶。該地震帶長約 700 英里，位於北美洲板塊不列顛哥倫比亞、華盛頓、俄勒岡州和北加利福尼亞等太平洋沿岸地區。

4. Cascadia is what's known as a "megathrust" fault. Megathrusts are created in earthquake zones—land plate boundaries where two plates converge. In the areas where one plate is beneath another, stress builds up over time. [53] During a megathrust event, all of that stress releases and some of the world's most powerful earthquakes occur. Remember the 9.1 earthquake and tsunami in the Indian Ocean off Sumatra in 2004? It was caused by a megathrust event as the India plate moved beneath the Burma micro-plate.

卡斯卡迪亞屬於“大型逆沖”斷層，大型逆沖產生於地震帶，即兩個板塊交汇處的陸地板塊邊界。在一個板塊位於另一個板塊下方的區域，壓力會隨時間而累積。[53] 當發生大型逆沖時，所有這些壓力便會釋放出來，並會引發一些世界上最強烈的地震。還記得 2004 年蘇門答臘島附近的印度洋海域發生的 9.1 級地震和海嘯嗎？那就是因印度洋板塊移至緬甸微板塊下方時發生的大型逆沖所引起的。

5. The last time a major earthquake occurred along the Cascadia fault was in 1700, so officials worry that another event could occur any time. To prevent that event from becoming a catastrophe, first responders will join members of the public in rehearsals that involve communication, evacuation, search and rescue, and other scenarios.

卡斯卡迪亞斷層上一次發生大地震是在 1700 年，因此官員擔心隨時都可能發生下一次地震。為了防止地震演變為大災難，應急人員將與公眾一同進行演習，演習內容包括溝通、疏散、搜救以及其他情況。

6. Thousands of casualties are expected if a 9.0 earthquake were to occur. First, the earthquake would shake metropolitan areas including Seattle and Portland. This could trigger a tsunami that would create havoc along the coast. [54] Not all casualties can necessarily be prevented—but by coordinating across local, state, and even national borders, officials hope that the worst-case scenario can be averted. On the exercise's website, officials explain that the report they prepare during this rehearsal will inform disaster management for years to come.

如果發生 9.0 級地震，預計會有數千人傷亡。首先，地震將導致包括西雅圖和波特蘭在內的大城市出現晃動，這可能引發海嘯，並對沿海地區造成破壞。[54] 不一定所有的人員傷亡都能避免，但官員們希望通過地方之間、各州之間甚至國家之間的協調，使最壞的情況得以避免。在演習的網站上，官員們闡明，他們在這次演習期間所做的報告將為今后的災難管理提供信息。

7. [55] For hundreds of thousands of Cascadia residents, “The Big One” isn’t a question of if, only when. And it’s never too early to get ready for the inevitable.

[55] 对于成千上万的卡斯卡迪亚居民来说，“大事件”不是一个是否会发生的问题，而是何时发生的问题。而对于这种无法避免的事件，越早做准备越好。

### 答案详解

51. What does “The Big One” refer to?

- A) A gigantic geological fault.  
B) A large-scale exercise to prepare for disasters.

**C) A massive natural catastrophe.**

D) A huge tsunami on the California coast.

**【答案】** C

**【考点】** 细节题

**【定位】** 根据题干关键词 The Big One 可定位到第一段。

**【解析】** 第一段中两次出现了 The Big One。第一次出现在首句中，紧接着第二句就对其解释道“这是最大规模的灾难演习，目的是应对美国历史上可能出现的最严重的灾难。”第二次出现在第三句中，破折号后对其解释道“这场不可避免的地震”。由此可知，第一处体现了其灾难程度是巨大的（the worst disaster），第二处则详细说明它就是指地震，即自然灾害。结合选项，可知 C 项正确。

52. What is the purpose of the Cascadia Rising drill?

**A) To prepare people for a major earthquake and tsunami.**

B) To increase residents' awareness of imminent disasters.

C) To teach people how to adapt to post-disaster life.

D) To cope with the aftermath of a possible earthquake.

**【答案】** A

**【考点】** 细节题

**【定位】** 根据题干关键词 Cascadia Rising drill 可定位到第二段第二句。

**【解析】** 定位句提到“这次名为‘卡斯卡迪亚崛起’的演习为该地区的居民和紧急情况急救人员提供了一次演练机会，以应对国内这个危险且被低估的断层可能发生的9.0级地震和海啸。”A项与此完全对应，故A选项正确。其中，to prepare for（为……做准备）与原文 to practice what to do in case of（演习如果发生……该怎么办）同义替换。

51. “大事件”指的是什么？

- A) 一个巨大的地质断层。  
B) 为应对灾难而进行的一次大规模演习。

**C) 一次巨大的自然灾害。**

D) 加州海岸的一次巨大的海啸。

52. “卡斯卡迪亚崛起”演习的目的是什么？

**A) 帮助人们做好应对大地震和海啸的准备。**

B) 提高居民对即将发生的灾难的认识。

C) 教人们如何适应灾后生活。

D) 应对可能发生的地震的后果。

53. What happens in case of a megathrust earthquake according to the passage?
- A) Two plates merge into one.  
B) Boundaries blur between plates.  
C) A variety of forces converge.  
**D) Enormous stress is released.**
53. 根据这篇文章, 如果发生大型逆冲地震会出现什么情况?  
A) 两个板块合并成一个。  
B) 板块边界会模糊。  
C) 各种力量聚合。  
**D) 巨大的压力被释放。**

**【答案】** D

**【考点】** 细节题

**【定位】** 根据题干关键词 what happens in case of a megathrust earthquake 可定位到第四段第四句。

**【解析】** 定位句提到“当发生大型逆冲时, 所有这些压力会释放出来, 引发一些世界上最强烈的地震。”D项与此完全对应, 故为正确答案。其中, enormous stress 同义替换原文中的 all of that stress。

**【排除】** 有的同学可能会仅用 megathrust 这个词定位到第四段第一句。然后从第二句的解释中发现“两个板块交汇”的表达, 从而误选C项。但文中关于 converge 的表达是用来描述“地震带”这个概念的, 而题干问的是假如大型逆冲地震发生时的状况。

54. What do the officials hope to achieve through the drills?
- A) Coordinating various disaster-relief efforts.  
**B) Reducing casualties in the event of a disaster.**  
C) Minimizing property loss caused by disasters.  
D) Establishing disaster and emergency management.
54. 官员们希望通过演习实现什么目的?  
A) 协调各种救灾工作。  
**B) 减少灾难发生时的人员伤亡。**  
C) 尽量减少灾难造成的财产损失。  
D) 建立灾难和突发事件管理机制。

**【答案】** B

**【考点】** 推断题

**【定位】** 根据题干关键词 officials hope 可定位到第六段第四句。

**【解析】** 定位句提到“不一定所有的人员伤亡都能避免, 但官员们希望通过地方之间、各州之间甚至国家之间的协调, 使最坏的情况得以避免。”最坏的情况就是指前半句伤亡人数很多的情况, 而通过“官员希望避免最坏的情况”可以推断出“官员希望减少人员伤亡”, B项和定位句意思相符, 故选B项。其中, reducing 同义替换原文 be prevented, be averted。

**【排除】** 题干问的是演习的目标、目的, 而根据定位句, “协调工作”是实现目的的方式, 故A项错误; D项是根据第六段最后一句设置的干扰项, 该句只是阐述了这次演习的结果, 而不是目的, 故D项错误。

55. What does the author say about the “The Big One”?
- A) Whether it will occur remains to be seen.  
B) How it will arrive is too early to predict.  
**C) Its occurrence is just a matter of time.**  
D) It keeps haunting Cascadia residents.
55. 作者对“大事件”有何看法?  
A) 它是否会发生还有待观察。  
B) 预测它会如何到来还为时过早。  
**C) 它的发生只是时间问题。**  
D) 它一直困扰着卡斯卡迪亚居民。

**【答案】** C



**【考点】** 细节题

**【定位】** 根据题干关键词 The Big One 和题文同序原则可定位到最后一段。

**【解析】** 定位段提到“对于成千上万的卡斯卡迪亚居民来说,‘大事件’不是一个是否会发生的问题,而是何时发生的问题。而对于这种无法避免的事件,越早做好准备越好。”由此可知,The Big One 的发生只是时间问题,选择 C 项。其中,just a matter of time 同义替换原文 only when。

**📖 词汇点拨**

- inevitable /ɪn'evɪtəbl/ *adj.* 不可避免的,不能防止的
- unleash /ʌn'li:ʃ/ *v.* 发泄,突然释放
- havoc /'hævək/ *n.* 灾害,祸患
- gigantic /dʒaɪ'gæntɪk/ *adj.* 巨大的,庞大的
- magnitude /'mægnɪtju:d/ *n.* 震级
- converge /kən'veɜ:dʒ/ *v.* 汇集,聚集
- catastrophe /kə'tæstrəfi/ *n.* 灾难,灾祸
- rehearse /rɪ'hɜ:s/ *v.* 排练,排演
- evacuation /ɪ,vækju'eɪʃn/ *n.* 疏散,撤离
- scenario /sə'næ:riəu/ *n.* 设想,预测
- casualty /'kæʒuəlti/ *n.* 伤员,遇难者
- metropolitan /,metrə'pɒlɪtən/ *adj.* 大城市的,大都会的
- trigger /'trɪgə(r)/ *v.* 引发,触发
- coordinate /kəʊ'ɔ:dɪneɪt/ *v.* 使协调,使相配合
- avert /ə'veɜ:t/ *v.* 防止,避免
- geological /,dʒi:ə'lɒdʒɪkl/ *adj.* 地质的
- imminent /'ɪmɪnənt/ *adj.* 即将发生的,临近的
- cope /kəʊp/ *v.* 对付,处理
- aftermath /'ɑ:ftəməθ/ *n.* 后果,创伤
- merge /mɜ:dʒ/ *v.* (使)合并,结合
- blur /blɜ:(r)/ *v.* (使)变得模糊不清;(使)难以区分
- minimize /'mɪnɪmaɪz/ *v.* 使减少到最低限度;降低
- haunt /haʊnt/ *v.* 长期不断地缠扰;萦绕于脑际

**Part IV Translation****📖 中文原文**

牡丹 (peony) 花色艳丽,形象高雅,象征着和平与繁荣,因而在中国被称为“花中之王”。中国许多地方都培育和种植牡丹。千百年来,创造了许多诗歌和绘画赞美牡丹。唐代时期,牡丹在皇家园林普遍种植并被誉为国花,因而特别风行。十世纪时,洛阳古城成为牡丹栽培中心,而且这一地位一直保持到今天。现在,成千上万的国内游客蜂拥到洛阳参加一年一度的牡丹节,欣赏洛阳牡丹的独特之美,同时探索九朝古都的历史。

**📖 参考译文**

Peonies, with colorful and elegant image, symbolize peace and prosperity and are thus called “the king of flowers” in China. Peonies are grown in many parts of China. For thousands of years, a great number of poems and paintings have been created to praise peonies. During the Tang

Dynasty, peonies were widely planted in the imperial gardens and were renowned as the national flower. Therefore, they were especially popular. In the 10th century, the ancient city of Luoyang became the center of peony cultivation. Since then, the position has been maintained even until today. Nowadays, thousands of domestic tourists flock to Luoyang for the annual Peony Festival to appreciate the unique beauty of the city's peonies and explore the history of the ancient capital of the nine dynasties.

### 译点讲解

**1. 牡丹花色艳丽，形象高雅，象征着和平与繁荣，因而在中国被称为“花中之王”。**

“牡丹”可译为 peony; “象征”可译为 symbolize。

“花色艳丽，形象高雅”可以处理成 with 结构，作定语修饰牡丹，即“with colorful and elegant image”。

**2. 中国许多地方都培育和种植牡丹。**

“种植”可译为 grow。

本句的主语可为 peonies，与 grow 之间为被动关系，故本句要用被动语态。

**3. 千百年来，创造了许多诗歌和绘画赞美牡丹。**

“许多”可译为 a great number of...， “赞美”可译为 praise。

本句话中，“千百年来”翻译为 for thousands of years，故谓语动词要用现在完成时，又因为 a great number of poems and paintings 与 create 之间为被动关系，故本句的谓语动词要用现在完成时的被动语态。

**4. 唐代时期，牡丹在皇家园林普遍种植并被誉为国花，因而特别风行。**

“皇家园林”可译为 imperial garden; “被誉为”可译为 be renowned as。

本句话中“牡丹在皇家园林普遍种植”和“并被誉为国花”为并列成分，故本句可以翻译成用 and 连接的并列句。

**5. 十世纪时，洛阳古城成为牡丹栽培中心，而且这一地位一直保持到今天。**

“洛阳古城”可译为 the ancient city of Luoyang。

“而且这一地位一直保持到今天”表示发生在过去的某一动作一直延续到现在，并且有可能继续延续下去，故本句要用现在完成时。根据句意可知，“栽培中心”这一地位为主语，与“保持”之间为被动关系，故本句要用现在完成时的被动语态。

**6. 现在，成千上万的国内游客蜂拥到洛阳参加一年一度的牡丹节，欣赏洛阳牡丹的独特之美，同时探索九朝古都的历史。**

“蜂拥”可译为 flock to; “九朝古都”可译为 the ancient capital of the nine dynasties。

本句主干为“成千上万的国内游客蜂拥到洛阳”，即“thousands of domestic tourists flock to

Luoyang”，“参加一年一度的牡丹节”可以处理成介词短语形式作状语，即“for the annual Peony Festival”；“欣赏洛阳牡丹的独特之美，同时探索九朝古都的历史”处理成不定式短语作目的状语，即“to appreciate the unique beauty of the city's peonies and explore the history of the ancient capital of the nine dynasties”。



# 2019年12月六级考试真题(第二套)

为了让大家更好地模拟真实考场,我们完全仿照真题样式设计了这套“大黑”呦!按照真题卷面顺序,Part I 写作部分被放在了试卷的最后一页,与听力部分完全隔开,请大家在备考过程中提早适应卷面顺序,知己知彼。考虫陪你轻松过级!

## Part II

## Listening Comprehension

(30 minutes)

虫虫小提示:

听力音频可在

考虫网官网资料下载区或

考虫英语 APP 直接下载哦~

### Section A

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

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

1. A) It focuses exclusively on jazz.  
B) It sponsors major jazz concerts.  
C) It has several branches in London.  
D) It displays albums by new music talents.
2. A) It originated with cowboys.  
B) Its market has now shrunk.  
C) Its listeners are mostly young people.  
D) It remains as widespread as hip hop music.
3. A) Its definition is varied and complicated.  
B) It is still going through experimentation.  
C) It is frequently accompanied by singing.  
D) Its style has remained largely unchanged.
4. A) Learn to play them.  
B) Take music lessons.  
C) Listen to them yourself.  
D) Consult jazz musicians.

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

5. A) She paid her mortgage.  
B) She called on the man.  
C) She made a business plan.  
D) She went to the bank.

6. A) Her previous debt hadn't been cleared yet. C) She had apparently asked for too much.  
 B) Her credit history was considered poor. D) She didn't pay her mortgage in time.
7. A) Pay a debt long overdue. C) Start her own business.  
 B) Buy a piece of property. D) Check her credit history.
8. A) Seek advice from an expert about fundraising.  
 B) Ask for smaller loans from different lenders.  
 C) Build up her own finances step by step.  
 D) Revise her business proposal carefully.

## Section B

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

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

9. A) It is fertile and productive. C) It is well located and completely automated.  
 B) It is small and unconventional. D) It is profitable and environmentally friendly.
10. A) Their wish to set a new farming standard. C) Their desire to improve farming equipment.  
 B) Their urge to make farming more enjoyable. D) Their hope to revitalize traditional farming.
11. A) It causes hardly any pollution. C) It saves a lot of electricity.  
 B) It loosens soil while weeding. D) It needs little maintenance.

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

12. A) It has started to expand business outside the UK.  
 B) It has imported some exotic foods from overseas.  
 C) It has turned certain insects into a new food source.  
 D) It has joined hands with Sainsbury's to sell pet insects.
13. A) It was really unforgettable. C) It hurt his throat slightly.  
 B) It was a pleasant surprise. D) It made him feel strange.
14. A) They are more tasty than beef, chicken or pork.  
 B) They are more nutritious than soups and salads.  
 C) They contain more protein than conventional meats.  
 D) They will soon gain popularity throughout the world.
15. A) It is environmentally friendly. C) It requires new technology.  
 B) It is a promising industry. D) It saves huge amounts of labour.



24. A) The municipal government kept changing hands.  
 B) The construction firm breached the contract.  
 C) Shortage of funding delayed its construction.  
 D) Problems of different kinds kept popping up.
25. A) Tourism industry in Berlin suffers.  
 B) All kinds of equipment get rusted.  
 C) Huge maintenance costs accumulate.  
 D) Complaints by local residents increase.

### 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.*

The persistent haze over many of our cities is a reminder of the polluted air that we breathe. Over 80% of the world's urban population is breathing air that fails to meet World Health Organisation guidelines, and an estimated 4.5 million people died 26 from outdoor air pollution in 2015.

Globally, urban populations are expected to double in the next 40 years, and an extra 2 billion people will need new places to live, as well as services and ways to move around their cities. What is more important, the decisions that we make now about the design of our cities will 27 the everyday lives and health of the coming generations. So what would a smog-free, or at least low-pollution, city be like?

Traffic has become 28 with air pollution, and many countries intend to ban the sale of new petrol and diesel cars in the next two decades. But simply 29 to electric cars will not mean pollution-free cities. The level of emissions they cause will depend on how the electricity to run them is 30, while brakes, tyres and roads all create tiny airborne 31 as they wear out.

Across the developed world, car use is in decline as more people move to city centres, while young people especially are 32 for other means of travel. Researchers are already asking if motor vehicle use has reached its 33 and will decline, but transport planners have yet to catch up with this 34, instead of laying new roads to tackle traffic jams. As users of London's orbital M25 motorway will know, new roads rapidly fill with more traffic. In the US, studies have shown that doubling the size of a road can 35 double the traffic, taking us back to the starting point.

A) alternate  
 B) crown  
 C) determine  
 D) generated  
 E) locating  
 F) merged  
 G) miniatures  
 H) opting

I) particles  
 J) peak  
 K) prematurely  
 L) simply  
 M) switching  
 N) synonymous  
 O) trend



## Section B

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

### How much protein do you really need?

- [A] The marketing is tempting: Get stronger muscles and healthier bodies with minimal effort by adding protein powder to your morning shake or juice drink. Or grab a protein bar at lunch or for a quick snack. Today, you can find protein supplements everywhere — online or at the pharmacy, grocery store or health food store. They come in powders, pills and bars. With more than \$12 billion in sales this year, the industry is booming and, according to the market research company, Grand View Research, is on track to sell billions more by 2025. But do we really need all this supplemental protein? It depends. There are pros, cons and some other things to consider.
- [B] For starters, protein is critical for every cell in our body. It helps build nails, hair, bones and muscles. It can also help you feel fuller longer than eating foods without protein. And, unlike nutrients that are found only in a few foods, protein is present in all foods. “The typical American diet is a lot higher in protein than a lot of us think,” says registered dietitian Angela Pipitone. “It’s in foods many of us expect, such as beef, chicken and other types of meat and dairy. But it’s also in foods that may not come immediately to mind like vegetables, fruit, beans and grains.”
- [C] The U.S. government’s recommended daily allowance (RDA) for the average adult is 50 to 60 grams of protein a day. This may sound like a lot, but Pipitone says: “We get bits of protein here and there and that really adds up throughout the day.” Take, for example, breakfast. If you eat two eggs topped with a little bit of cheese and an orange on the side, you already have 22 grams of protein. Each egg gives you 7 grams, the cheese gives you about 6 grams and the orange — about 2 grams. Add a lunch of chicken, rice and *broccoli* (西兰花), and you are already over the recommended 50 grams. “You can get enough protein and meet the RDA before you even get to dinner,” says Pipitone.
- [D] So if it’s so easy to get your protein in food, why add more in the form of powders, snack bars or a boost at your local juice bar? No need to, says Pipitone, because, in fact, most of us already get enough protein in our diet. [44] “Whole foods are always the best option rather than adding supplements,” she says, noting the FDA does not regulate supplements as rigorously as foods or drugs. So there could be less protein, more sugar and some additives you wouldn’t expect, such as *caffeine* (咖啡因).
- [E] If you are considering a supplement, read the list of ingredients, she says, although this is not always reliable. “I’ve seen very expensive protein supplements that claim to be high quality but they might not really be beneficial for the average healthy adult,” she says. “It could just be a waste of money.”
- [F] But there are certain situations that do warrant extra protein. “Anytime you’re repairing or building muscle,” Pipitone says, such as if you’re an extreme endurance athlete, training for a marathon, or you’re a body builder. If you’re moderately exercising for 150 minutes a week, as the Centers for Disease Control and Prevention recommends, or less than that, you’re probably not an extreme athlete. Extreme athletes expend lots of energy breaking down and repairing and building muscles. Protein can give them the edge they need to speed along that process.

- [G] Vegans can benefit from protein supplements since they do not eat animal-based protein sources like meat, dairy or eggs. And, for someone always on-the-go who may not have time for a meal, a protein snack bar can be a good option for occasional meal replacement. Also, individuals recovering from surgery or an injury can also benefit from extra protein. So, too, can older people. At around age 60, “muscles really start to break down,” says Kathryn Starr, an aging researcher, “and because of that, the protein needs of an older adult actually increases.”
- [H] In fact, along with her colleague Connie Bales, Starr recently conducted a small study that found that adding extra protein foods to the diet of obese older individuals who were trying to lose weight strengthened their muscles. Participants in the study were separated into two groups — one group was asked to eat 30 grams of protein per meal in the form of whole foods. That meant they were eating 90 grams of protein a day. The other group — the control group — was put on a typical low-calorie diet with about 50 to 60 grams of protein a day. After six months, researchers found the high protein group had significantly improved their muscle function — almost twice as much as the control group. “They were able to walk faster, had improved balance, and were also able to get up out of a chair faster than the control group,” Starr says. All 67 participants were over 60 years of age, and both groups lost about the same amount of weight.
- [I] Starr is now looking into whether high-protein diets also improve the quality of the muscle itself in seniors. She’s using CT scans to measure muscle size and fat, and comparing seniors on a high-protein diet with those on regular diets. She says her findings should be available in a couple of months.
- [J] In the meantime, 70-year-old Corliss Keith, who was in the high protein group in Starr’s latest study, says she feels a big difference. “I feel excellent,” she says. “I feel like I have a different body, I have more energy, I’m stronger.” She says she is able to take Zumba exercise classes three times a week, work out on the *treadmill* (跑步机), and take long, brisk walks. Keith also lost more than 15 pounds. “I’m a fashionable person, so now I’m back in my 3-inch heels,” she says.
- [K] As people age, Starr says muscle strength is key to helping them stay strong and continue living on their own in their own home. “I feel very much alive now,” says Keith. “I feel like I could stay by myself until I’m 100.”
- [L] But can people overdo protein? Pipitone says you do have to be careful. Other researchers say too much protein can cause *cramps* (痉挛), headaches, and fatigue. *Dehydration* (脱水) is also a risk when you eat too much protein. Pipitone says if you increase protein, you also have to increase your fluid intake. “I always tell people to make sure they’re drinking enough fluids,” which for the average person is 60 to 70 ounces a day, which translates into eight 8-ounce glasses of water or liquid per day.
- [M] There have been some indications that extra protein makes the kidneys work harder, which could be problematic for individuals with a history of kidney disease and for them, the supplements may increase the risk of kidney stones, she says.
- [N] Bottom line, if you think you need more protein in your diet, consider these questions: Are you an extreme athlete; are you recovering from injury or surgery; or are you 60 years or older? If so, adding high protein foods like eggs and meat products to your diet can be beneficial. And, if you’re not sure, it is always a good idea to check with your primary care provider.

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

37. Pipitone claims that healthy adults need not spend money on protein supplements.
38. The protein supplement business is found to be thriving.
39. Protein can speed the repairing of damaged muscles.
40. Protein supplements may overburden some internal organ, thus leading to its malfunctioning.
41. Older adults need to take in more protein to keep their muscles strong.
42. Protein is found in more foods than people might realize.
43. Additional protein was found to help strengthen the muscles of overweight seniors seeking weight loss.
44. Pipitone believes that whole foods provide the best source of protein.
45. People are advised to drink more liquid when they take in more protein.

## 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.**

Last year, a child was born at a hospital in the UK with her heart outside her body. Few babies survive this rare condition, and those who do must endure numerous operations and are likely to have complex needs. When her mother was interviewed, three weeks after her daughter's birth, she was asked if she was prepared for what might be a *daunting* (令人生畏的) task caring for her. She answered without hesitation that, as far as she was concerned, this would be a "privilege".

Rarely has there been a better example of the power of attitude, one of our most powerful psychological tools. Our attitudes allow us to turn mistakes into opportunities, and loss into the chance for new beginnings. An attitude is a settled way of thinking, feeling and/or behaving towards particular objects, people, events or ideologies. We use our attitudes to filter, interpret and react to the world around us. You weren't born with attitudes; rather they are all learned, and this happens in a number of ways.

The most powerful influences occur during early childhood and include both what happened to you directly, and what those around you did and said in your presence. As you acquire a distinctive identity, your attitudes are further refined by the behavior of those with whom you identify – your family, those of your gender and culture, and the people you admire, even though you may not know them personally. Friendships and other important relationships become increasingly important, particularly during adolescence. About that same time and throughout adulthood, the information you receive, especially when ideas are repeated in association with goals and achievements you find attractive, also refines your attitudes.

Many people assume that our attitudes are internally consistent, that is, the way you think and feel about someone or something predicts your behavior towards them. However, many studies have found that feelings and thoughts don't necessarily predict behavior. In general, your attitudes will be internally consistent only

when the behavior is easy, and when those around you hold similar beliefs. That's why, for example, many say they believe in the benefits of recycling or exercise, but don't behave in line with their views, because it takes awareness, effort and courage to go beyond merely stating that you believe something is a good idea.

One of the most effective ways to change an attitude is to start behaving as if you already feel and think the way you'd prefer to. Take some time to reflect on your attitudes, to think about what you believe and why. Is there anything you consider a burden rather than a privilege? If so, start behaving – right now – as if the latter is the case.

46. What do we learn from the passage about attitude?
- A) It shapes our beliefs and ideologies.
  - B) It improves our psychological wellbeing.
  - C) It determines how we respond to our immediate environment.
  - D) It changes the way we think, feel and interact with one another.
47. What can contribute to the refinement of one's attitude, according to the passage?
- A) Their idol's behaviors.
  - B) Their educational level.
  - C) Their contact with the opposite gender.
  - D) Their interaction with different cultures.
48. What do many studies find out about people's feelings and thoughts?
- A) They may not suggest how a person is going to behave.
  - B) They are in a way consistent with a person's mentality.
  - C) They may not find expression in interpersonal relations.
  - D) They are in line with a person's behavior no matter what.
49. How come many people don't do what they believe is good?
- A) They can't afford the time.
  - B) They have no idea how to.
  - C) They are hypocritical.
  - D) They lack willpower.
50. What is proposed as a strategy to change attitude?
- A) Changing things that require one's immediate attention.
  - B) Starting to act in a way that embodies one's aspirations.
  - C) Adjusting one's behavior gradually over a period of time.
  - D) Considering ways of reducing one's psychological burdens.

## Passage Two

Questions 51 to 55 are based on the following passage.

Industrial fishing for *krill* (磷虾) in the unspoiled waters around Antarctica is threatening the future of one of the world's last great wildernesses, according to a new report.

The study by Greenpeace analysed the movements of krill fishing vessels in the region and found they were increasingly operating "in the immediate vicinity of penguin colonies and whale-feeding grounds". It also highlights incidents of fishing boats being involved in groundings, oil spills and accidents, which posed a serious threat to the Antarctic ecosystem.

The report, published on Tuesday, comes amid growing concern about the impact of fishing and climate change on the Antarctic. A global campaign has been launched to create a network of ocean sanctuaries to protect the seas in the region and Greenpeace is calling for an immediate halt to fishing in areas being

considered for sanctuary status.

Frida Bengtsson from Greenpeace's Protect the Antarctic campaign said: "If the krill industry wants to show it's a responsible player, then it should be voluntarily getting out of any area which is being proposed as an ocean sanctuary, and should instead be backing the protection of these huge tracts of the Antarctic."

A global campaign has been launched to turn a huge tract of Antarctic seas into ocean sanctuaries, protecting wildlife and banning not just krill fishing, but all fishing. One was created in the Ross Sea in 2016, another reserve is being proposed in a vast area of the Weddell Sea, and a third sanctuary is under consideration in the area west of the Antarctic Peninsula – a key krill fishing area.

The Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) manages the seas around Antarctica. It will decide on the Weddell Sea sanctuary proposal at a conference in Australia in October, although a decision on the peninsula sanctuary is not expected until later.

Keith Reid, a science manager at CCAMLR, said that the organisation sought "a balance between protection, conservation and sustainable fishing in the Southern Ocean." He said although more fishing was taking place nearer penguin colonies it was often happening later in the season when these colonies were empty.

"The creation of a system of marine protected areas is a key part of ongoing scientific and policy discussions in CCAMLR," he added. "Our long-term operation in the region depends on a healthy and thriving Antarctic marine ecosystem, which is why we have always had an open dialogue with the environmental non-governmental organisations. We strongly intend to continue this dialogue, including talks with Greenpeace, to discuss improvements based on the latest scientific data. We are not the ones to decide on the establishment of marine protected areas, but we hope to contribute positively with our knowledge and experience."

51. What does Greenpeace's study find about krill fishing?
- A) It caused a great many penguins and whales to migrate.
  - B) It was depriving penguins and whales of their habitats.
  - C) It was carried out too close to the habitats of penguins and whales.
  - D) It posed an unprecedented threat to the wildlife around Antarctica.
52. For what purpose has a global campaign been launched?
- A) To reduce the impact of climate change on Antarctica.
  - B) To establish conservation areas in the Antarctic region.
  - C) To regulate krill fishing operations in the Antarctic seas.
  - D) To publicise the concern about the impact of krill fishing.
53. What is Greenpeace's recommendation to the krill industry?
- A) Opting to operate away from the suggested conservation areas.
  - B) Volunteering to protect the endangered species in the Antarctic.
  - C) Refraining from krill fishing throughout the breeding season.
  - D) Showing its sense of responsibility by leading the global campaign.
54. What did CCAMLR aim to do according to its science manager?
- A) Raise public awareness of the vulnerability of Antarctic species.
  - B) Ban all commercial fishing operations in the Southern Ocean.
  - C) Keep the penguin colonies from all fishing interference.
  - D) Sustain fishing without damaging the Antarctic ecosystem.

55. How does CCAMLR define its role in the conservation of the Antarctic environment?

- A) A coordinator in policy discussions.
- B) An authority on big data analysis.
- C) A provider of the needed expertise.
- D) An initiator of marine sanctuaries.

## 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.*

荷花 (lotus flower) 是中国的名花之一, 深受人们喜爱。中国许多地方的湖泊和池塘都适宜荷花生长。荷花色彩鲜艳, 夏日清晨绽放, 夜晚闭合, 花期长达两三个月, 吸引来自各地的游客前往观赏。荷花具有多种功能, 既能绿化水面, 又能美化庭园, 还可净化水质、减少污染、改善环境。荷花迎骄阳而不惧, 出污泥而不染, 象征纯洁、高雅, 常来比喻人的高尚品德, 历来是诗人画家创作的重要题材。荷花盛开的地方也是许多摄影爱好者经常光顾之地。

未得到监考教师指令前，不得翻阅该试题册！

**Part I** **Writing** **(30 minutes)**  
(请于正式开考后半小时内完成该部分，之后将进行听力考试)

**Directions:** *For this part, you are allowed 30 minutes to write an essay on the importance of having a sense of social responsibility. You should write at least 150 words but no more than 200 words.*

请认真填写以下信息：

准考证号：

姓名：

错填、未填以上信息，按违规处理！

## 2019年12月六级考试真题(第二套)

### 参考答案

#### Part I Writing

(详见解析)

#### Part II Listening Comprehension

##### Section A

1	A	2	B	3	A	4	C	5	D
6	B	7	C	8	B				

##### Section B

9	B	10	A	11	B	12	C	13	B
14	C	15	A						

##### Section C

16	D	17	A	18	B	19	D	20	A
21	C	22	C	23	B	24	D	25	C

#### Part III Reading Comprehension

##### Section A

26	K	27	C	28	N	29	M	30	D
31	I	32	H	33	J	34	O	35	L

##### Section B

36	C	37	E	38	A	39	F	40	M
41	G	42	B	43	H	44	D	45	L

##### Section C

46	C	47	A	48	A	49	D	50	B
51	C	52	B	53	A	54	D	55	C

#### Part IV Translation

The lotus flower, which is keenly loved by many people, is one of the most famous flowers in China. Many lakes and ponds in China are suitable for it to grow in. The colorful lotus flower often



blooms in the morning and closes at night in summer, which lasts for even two or three months. Thus, many tourists from all over the country are attracted to see it. Lotus has many functions, ranging from greening water to decorating gardens, from purifying water to reducing pollution and improving the environment. Lotus grows fearlessly under the scorching sun and rises from mud yet never gets dirty. It stands for purity and grace, serving as a metaphor for noble virtues and an important theme for poetic and painting creation. Photographers often visit places where lotus blooms.

## 2019年12月六级考试真题(第二套)

### 真题解析

#### Part I Writing

##### 写作指导

本题要求考生阐述具有社会责任感的重要性,属于话题论述型作文。题目要求很短,可以从“为什么拥有社会责任很重要”或“没有社会责任感,会有什么后果”等角度进行撰写。本文的结构可设置如下:

开头段:引出话题,表达个人观点。

主体段:给出两到三个论点,可以采用举例、解释说明等方式论证论点。

结尾段:表达期望,也可以针对“如何培养社会责任感”提出建议。

##### 范文与译文

Never has the sense of social responsibility failed to fascinate us in the contemporary society. It often refers to one's care and obligations towards others in a certain community. Personally, having the sense of social responsibility is of great significance owing to the benefits it could bring to the public.

Initially, such sense of responsibility could ensure social stability. It is widely accepted that individuals' thoughts and actions usually exert great impact on the whole society. Therefore, the crime rate would be hugely reduced by people with strong sense of social responsibility. For instance, more citizens would choose to give a helping hand to those in need or find ways to stop the wrong thing from happening rather than ignore the suffering of others indifferently. What is more, the sense of social responsibility could enhance the development of a society as humans are more likely to contribute due to their inner drive.

In conclusion, people from all walks of life should be educated to foster their own sense of social responsibility.

现当代,社会责任感一直得到社会大众的广泛关注,它通常指在某一社群内,人们对于其他人所表现出的关心和义务。就我个人而言,具有社会责任感对于公众有诸多益处,因此非常重要。

首先,社会责任感能够保证社会稳定。众所周知,个人的思想和行为往往可以对整个社会产生很大的影响。因此,这些具有强烈社会责任感的人能够显著降低犯罪率。举例来说,更多的市民选择对有困难的人伸出援手,或是设法阻止不良现象的发生,而不是冷漠地袖手旁观。此外,由于人类更可能出于内在动力而为社会做出贡献,因此社会责任感也能够促进社会发展。

综上所述,应培养各行各业的人们树立他们自己的社会责任感。

## ★ 亮点词汇

- fascinate /'fæsɪneɪt/ v. 深深吸引
- contemporary /kən'tempərəri/ adj. 当代的
- obligation /,ɒblɪ'geɪʃn/ n. 义务
- significance /sɪg'nɪfɪkəns/ n. 重要性
- initially /ɪ'nɪʃəli/ adv. 最初; 首先
- in need 在危难中; 在困难时
- indifferently /ɪn'dɪfrəntli/ adv. 冷漠地
- inner drive 内在动力
- foster /'fɒstə(r)/ vt. 培养

## 📁 必备表达

- never has sth. failed to do sth. ……一直以来……
- owing to 因为
- it is widely accepted that... 众所周知的是……
- exert great impact on sth. 对……产生很大影响
- all walks of life 各行各业

## Part II Listening Comprehension

### Section A

#### ·Conversation One·

### 📁 语篇分析

本对话围绕爵士乐展开。男士想到女士开的店里买摇滚乐唱片,而女士的唱片店只卖爵士乐唱片。两人讨论了在流行乐和摇滚乐十分风靡的今天,爵士乐市场缩小的现状,并谈到了爵士乐的风格和定义。全篇词汇难度中等,难点在于连读等语音现象较多,听音频时考验对内容的理解力。

### 📁 听力原文及译文

- M: Excuse me, where's your rock music section?      男: 请问,你们的摇滚乐专区在哪里?
- W: Rock music? I'm sorry. We are a jazz store. We don't have any rock and roll.      女: 摇滚乐? 不好意思,我们是一家爵士乐唱片店。我们不卖摇滚乐。
- M: Oh, you only have jazz music? Nothing else?      男: 哦,你们只卖爵士乐? 没有别的吗?
- W: That's right. [1] We're the only record store in London dedicated exclusively to jazz. Actually, We're more than just a record store. We have a café and a library upstairs and a ticket office down the hall where you can buy tickets to all the      女: 没错。[1] 我们是伦敦唯一一家专营爵士乐的唱片店。实际上,我们不只是一家唱片店。我们楼上有一个咖啡馆和一个图书馆,大厅内有一个售票处,在那里你可以买到本市中所有大型爵

major jazz concerts in the city. Also, we have our own studio next door, where we produce albums for up-and-coming artists. We are committed to fostering new music talent.

M: Wow, that's so cool! [2] I guess there's not much of a jazz scene anymore, not like there used to be. But here you're trying to promote this great music genre.

W: Yes, indeed. Nowadays most people like to listen to pop and rock music. Hip hop music from America is also getting more and more popular. So as a result, there are fewer listeners of jazz, which is a great shame, because it's an incredibly rich genre. But that's not to say there isn't any good new jazz music being made out there anymore. Far from it. It's just a much smaller market today.

M: So how would you define jazz?

W: Well, interestingly enough, [3] there's no agreed-upon definition of jazz. Indeed, there are many different styles of jazz. Some have singing, but most don't; some are electric and some aren't; some contain live experimentation, but not always. While there's no simple definition for it, and while there are many different styles of jazz, you simply know it when you hear it. Honestly, [4] the only way to know what jazz is to listen to it yourself. As a great trumpet player Louis Armstrong said, "If you gotta ask, you'll never know."

士音乐会的门票。此外，我们在隔壁还有自己的工作室，为崭露头角的艺术家制作专辑。我们致力于培养新的音乐人才。

男：哇，太酷了！[2] 我想现在爵士乐不如过去那样常见了。但你们却在努力推广这一美妙的音乐类型。

女：是的，确实。现在大多数人喜欢听流行乐和摇滚乐。美国的嘻哈音乐也越来越受欢迎。所以，听爵士乐的人变少了，这是一件很遗憾的事，因为爵士乐是一种非常丰富多彩的音乐类型。但这并不是说现在不再出很棒的新爵士乐曲了，绝非如此。只是现在的市场小了很多而已。

男：那你是怎么定义爵士乐的呢？

女：嗯，有趣的是，[3] 人们对爵士乐的定义并没有一致的看法。事实上，爵士乐有许多不同的风格。有的爵士乐伴有歌唱，但大多数爵士乐不是这样；有些爵士乐是电子的，有些不是；有些爵士乐是即兴发挥，但也不总是这样。虽然爵士乐没有一个简单的定义且有许多不同的风格，但是当你听到它的时候，你就知道它了。老实说，[4] 要了解爵士乐，唯一的方法就是自己去听。著名的小号演奏家路易斯·阿姆斯特朗说过：“如果你要去问才知道，你永远不会知道。”

### 答案详解

1. What do we learn about the woman's store?

**A) It focuses exclusively on jazz.**

B) It sponsors major jazz concerts.

C) It has several branches in London.

D) It displays albums by new music talents.

**【答案】** A

**【考点】** 细节题

1. 关于女士开的店，我们了解到什么？

**A) 它只卖爵士乐。**

B) 它赞助大型爵士音乐会。

C) 它在伦敦有几家分店。

D) 它展出新近音乐人才的专辑。

**【听前预测】** 由选项中出现的 focuses... on jazz、branches（分店）、displays 可推测，本题可能与音乐店有关。

**【解析】** 音频开头女士介绍自己的店说，她们是伦敦唯一一家专营爵士乐的唱片店，“We're the only record store in London dedicated exclusively to jazz”，选项 A 符合题意。选项中的 focuses exclusively on 对应音频里的 dedicated exclusively to，而 jazz 为原词复现。

2. What does the man say about jazz music?

A) It originated with cowboys.

**B) Its market has now shrunk.**

C) Its listeners are mostly young people.

D) It remains as widespread as hip hop music.

2. 关于爵士乐男士说了什么？

A) 它起源于牛仔。

**B) 其市场范围现已变小。**

C) 它的听众大多是年轻人。

D) 它仍然像嘻哈音乐一样广为流传。

**【答案】** B

**【考点】** 推断题

**【听前预测】** 根据选项中出现的 originated、listener、as... as hip hop music 可推测，本题可能考查某一种音乐的特点。

**【解析】** 本题考查推断隐含意义的能力。音频中间部分男士说，他觉得现在爵士乐不如过去那样常见了，“I guess there's not much of a jazz scene anymore, not like there used to be”，由此推断出，男士的意思是，爵士乐现在的市场已经缩水。后面女士的话也印证了这一点（It's just a much smaller market today），选项 B 正确。

3. What does the woman say about jazz?

**A) Its definition is varied and complicated.**

B) It is still going through experimentation.

C) It is frequently accompanied by singing.

D) Its style has remained largely unchanged.

3. 关于爵士乐女士说了什么？

**A) 它的定义多样且复杂。**

B) 它仍在尝试中。

C) 它经常伴有歌唱。

D) 它的风格基本没变。

**【答案】** A

**【考点】** 推断题

**【听前预测】** 根据选项中出现的 varied and complicated、accompanied by singing、style... unchanged 推测，本题可能考查 It 的特点。

**【解析】** 本题考查推断隐含意义的能力。音频末尾女士说，人们对爵士乐的定义并没有一致的看法，因为有各种各样的爵士乐：有的伴有歌唱，但大多数不是这样；有的是电子乐，有的不是；有的即兴发挥，但也不总是这样。之后女士总结道，爵士乐没有一个简单的定义，且有许多不同的风格（there's no simple definition for it... there are many different styles of jazz），由此可见，爵士乐的定义是多种多样、非常复杂的。选项 A 符合题意。

4. What should you do to appreciate different styles of jazz according to the woman?

A) Learn to play them.

B) Take music lessons.

**C) Listen to them yourself.**

D) Consult jazz musicians.

4. 按照女士所说, 要想知道不同风格的爵士乐, 应该怎么做?

A) 学习演奏爵士乐。

B) 上音乐课。

**C) 亲自听一听。**

D) 问问爵士乐手。

**【答案】 C**

**【考点】 细节题**

**【听前预测】** 由各选项均为动词原形可推测, 本题可能考查某种行为。

**【解析】** 音频末尾女士说, 要想知道爵士乐, 唯一的方法就是自己去听, “the only way to know what jazz is to listen to it yourself”, 选项 C 正确。该选项内容基本为原词复现。题干中的 appreciate 并不表示“欣赏; 感激”, 而是“理解; 领会”。此定位句中出现 only, 表示“唯一的”, 是常见的出题点, 听到这个词时应尤其注意。

## 词汇点拨

- section /'sekʃn/ *n.* 部分; 部门
- rock and roll 摇滚乐
- record /'rekɔ:d/ *n.* 唱片
- dedicated /'dedɪkeɪtɪd/ *adj.* 献身的; 专心致志的
- exclusively /ɪk'sklu:svli/ *adv.* 完全, 仅仅
- up-and-coming *adj.* 有前途的, 前程似锦的
- foster /'fɒstə(r)/ *v.* 促进, 培养
- genre /'ʒɒrə/ *n.* 体裁, 类型
- shame /ʃeɪm/ *n.* 令人惋惜的事, 让人遗憾的事
- incredibly /ɪn'kredəbli/ *adv.* 极端地, 极其
- rich /rɪtʃ/ *adj.* 丰富多彩的
- far from it 完全相反, 绝非
- define /dɪ'faɪn/ *v.* 解释, 给……下定义
- agreed-upon 互相认可的
- definition /,defɪ'nɪʃn/ *n.* 释义, 定义
- live /laɪv/ *adj.* 现场直播的
- experimentation /ɪk'sperɪmən'teɪʃn/ *n.* 实验, 试验
- trumpet /'trʌmpɪt/ *n.* 小号
- sponsor /'spɒnsə(r)/ *v.* 赞助
- branch /brɑ:ntʃ/ *n.* 分店; 分部
- originate /ə'rɪdʒɪneɪt/ *v.* 起源, 发源
- shrink /ʃrɪŋk/ *v.* (使) 缩小, 减少
- complicated /'kɒmplɪkeɪtɪd/ *adj.* 复杂的, 难懂的
- go through 经历, 遭受
- accompany /ə'kʌmpəni/ *v.* 伴随, 与……同时发生
- appreciate /ə'pri:ʃieɪt/ *v.* 欣赏; 理解
- consult /kən'sʌlt/ *v.* 咨询, 请教

## ·Conversation Two·

## 语篇分析

本对话围绕女士向银行申请贷款遭拒展开。男士建议女士用一些变通的方法申请贷款, 但女士

说，只要信用记录不够好，银行就不会放款。最后男士安慰并鼓励了女士。本对话难度较高，生词较多，全篇有很多与银行、贷款有关的金融术语，而且涉及欧美国家银行借贷的条件等相关知识。

### 听力原文及译文

- M: [5] How did it go in the bank this morning?
- W: Not well. My proposal was rejected.
- M: Really? But why?
- W: Bunch of reasons. [6] For starters, they said my credit history was not good enough.
- M: Did they say how you could improve that?
- W: Yes. They said that after five more years of paying my mortgage, then I would become a more viable candidate for a business loan. But right now, it's too risky for them to lend me money. They fear I will default on any business loan I'm given.
- M: Well, that doesn't sound fair. Your business idea is amazing. [7] Did you show them your business plan? What did they say?
- W: [7] They didn't really articulate any position regarding the actual business plan. They simply looked at my credit history and determined it was not good enough. They said the bank has strict guidelines and requirements as to who they can lend money to. And I simply don't meet their financial threshold.
- M: What if you ask for a smaller amount? [8] Maybe you could gather capital from other sources, smaller loans from more lenders?
- W: You don't get it. It doesn't matter the size of the loan I ask for, or the type of business I propose. That's all inconsequential. The first thing every bank will do is study how much money I have and how much debt I have before they decide whether or not to lend me any more money. [7] If I want to continue ahead with this dream of owning my own business, I have no other choice but to build up my own finances. I need around 20% more in personal savings and 50% less debt. That's all there is to it.
- 男: [5] 今早你在银行情况如何?
- 女: 不怎么样, 我的申请被拒绝了。
- 男: 真的吗? 可是为什么呢?
- 女: 很多原因。[6] 首先, 他们说我的信用记录不够好。
- 男: 他们有说你如何改善信用记录吗?
- 女: 说了。他们说, 在我还了五年的抵押贷款之后, 我才会更有可能申请到商业贷款。但是现在, 他们觉得放款给我风险太大。他们担心我会拖欠借给我的任何商业贷款。
- 男: 呃, 这听着可不太公平。你的商业构想非常棒。[7] 你给他们看你的企划书了吗? 他们怎么说?
- 女: [7] 他们对我的企划书没有明确表达任何观点。他们只是看了看我的信用记录, 然后就认定我的信用记录不够好。他们表示, 对于把钱借给什么人, 银行有严格的指导方针和要求。而我根本就达不到他们的财务门槛。
- 男: 如果你借一笔数额更小的贷款会怎么样? [8] 也许你可以从其他渠道筹集资金, 从更多的贷款人那里获得小额贷款?
- 女: 你没有明白。我申请的贷款数额或提出的商业类型都不重要。这些都是无关紧要的。每个银行要做的第一件事是先看我有多少存款和债务, 然后再决定是否再借给我钱。[7] 如果我想继续实现自己创业的梦想, 我没有其他选择, 只能改善自己的财务状况。我需要增加约20%的个人储蓄, 减少50%的债务。就是这样。

M: I see now. Well, it's a huge pity that they rejected your request. But don't lose hope. I still think that your idea is great and that you'll turn it into a phenomenal success.

男: 我现在明白了。嗯, 很遗憾他们拒绝了你的申请。但不要失去希望。我仍然认为你的想法非常好, 你一定能将它变成极大的成功。

 **答案详解**

5. What did the woman do this morning?

- A) She paid her mortgage.
- B) She called on the man.
- C) She made a business plan.

**D) She went to the bank.**

**【答案】** D

**【考点】** 推断题

**【听前预测】** 由各选项动词均为过去时可推测, 本题的问题可能是女士做了什么。

**【解析】** 本题考查推断隐含意义的能力。音频开头男士问女士, 今早她在银行那边的情况如何, “How did it go in the bank this morning?”, 这里的 go 表示“(事情) 进展”。由此不难推测出, 今天早晨女士去了银行, 因此选 D。

5. 该女士今天早晨做了什么事?

- A) 她还了抵押贷款。
- B) 她向男士求助。
- C) 她制定了一份计划书。

**D) 她去了银行。**

6. Why was the woman's proposal rejected?

A) Her previous debt hadn't been cleared yet.

**B) Her credit history was considered poor.**

C) She had apparently asked for too much.

D) She didn't pay her mortgage in time.

**【答案】** B

**【考点】** 细节题

**【听前预测】** 由选项中出现的 debt hadn't been cleared、credit history... poor、asked for too much、pay her mortgage 可推测, 本题可能考查女士在财务方面的问题或不良记录。

**【解析】** 音频中女士说到, 银行说她的信用记录不够好, “For starters, they said my credit history was not good enough”, 所以选项 B 正确。选项里 credit history 为原词复现; was considered poor 对应音频中的 was not good enough。

6. 为什么该女士的申请被拒绝了?

- A) 以前的债务她还没有还清。
- B) 她的信用记录被认为很差。**
- C) 她申请的(贷款)显然太多了。
- D) 她没有及时偿还抵押贷款。

7. What is the woman planning to do?

A) Pay a debt long overdue.

B) Buy a piece of property.

**C) Start her own business.**

D) Check her credit history.

**【答案】** C

**【考点】** 推断题

7. 该女士计划做什么?

- A) 支付拖欠已久的债务。
- B) 买一处房产。
- C) 自己创业。**
- D) 检查她的信用记录。



**【听前预测】**四个选项均以动词开头，且出现 her，推测本题考查女士的某种行为。

**【解析】** 本题考查推断隐含意义的能力。音频中间部分，男士问女士，有没有给银行看企划书，女士回答说银行对她的企划书没有表达任何观点，“They didn't really articulate any position regarding the actual business plan”。一个人向银行递交企划书，并且向银行申请贷款，说明这个人想自己创业。音频末尾女士的话也印证了她的梦想是自己创业，“If I want to continue ahead with this dream of owning my own business...”。由以上这几句话可推知，选项 C 正确。

8. What does the man suggest the woman do?

A) Seek advice from an expert about fundraising.

**B) Ask for smaller loans from different lenders.**

C) Build up her own finances step by step.

D) Revise her business proposal carefully.

8. 该男士建议女士做什么？

A) 向专家寻求关于筹款的建议。

**B) 向不同的放款人申请小额贷款。**

C) 逐步改善她的财务状况。

D) 认真修改她的商业计划书。

**【答案】** B

**【考点】** 细节题

**【听前预测】** 由选项中出现的 Seek advice... about fundraising、Ask for smaller loans、Build up... finances、Revise... business proposal，再结合本对话前几题的各选项可推测，本题可能考查某人为筹集资金所采用的方法。

**【解析】** 在音频的后半部分中，男士说到，也许女士可以从其他渠道筹集资金，从更多的放款人那里借得小额贷款，“Maybe you could gather capital from other sources, smaller loans from more lenders?”，选项 B 正确。选项中的 Ask for 对应音频中的 gather, smaller loans from... lenders 为原词复现。此处男士用的是疑问句，表示建议、提议、出主意。

## 📖 词汇点拨

- proposal /prə'pəʊzl/ *n.* 提议；建议
- guideline /'gaɪdlaɪn/ *n.* 指导方针；准则
- reject /rɪ'dʒekt/ *v.* 拒绝接受；不予考虑
- threshold /'θreʃhəʊld/ *n.* 门槛；界；起始点
- bunch of 大量；大批
- capital /'kæpɪtl/ *n.* 资金；启动资金
- for starters 首先，作为开头
- lender /'lendə(r)/ *n.* 放款人
- credit history 信用记录
- inconsequential /ɪn,kɒnsɪ'kwɛnʃl/ *adj.* 不重要的；微不足道的
- mortgage /'mɔ:ɡɪdʒ/ *n.* 贷款，按揭贷款
- phenomenal /fə'nɒmɪnl/ *adj.* 了不起的；非凡的
- viable /'vaɪəbl/ *adj.* 可实施的；切实可行的
- apparently /ə'pærəntli/ *adv.* 看来；显然
- loan /ləʊn/ *n.* 贷款；借款
- overdue /,əʊvə'dju:/ *adj.* (到期) 未付的，未还的；过期的
- default /dɪ'fɔ:lt/ *v.* 不履行义务（尤指不偿还债务）
- fundraising /'fʌndreɪzɪŋ/ *n.* 资金筹集
- articulate /ɑ:'tɪkjuleɪt/ *v.* 明确表达；清楚说明
- revise /rɪ'vaɪz/ *v.* 改变，修改（意见或计划）
- determine /dɪ'tɜ:mɪn/ *v.* 确定；裁决

## Section B

## ·Passage One·

## 语篇分析

这篇文章介绍了利奥·桑切斯和他在加州萨利纳斯的农场。利奥·桑切斯和他的伙伴将新技术和旧工具结合起来，致力于为农业设立新的标准。

## 听力原文及译文

[9] There's a lot about Leo Sanchez and his farm in Salinas, California that seems unusual. The national average farm size is around 440 acres, but his is only one acre. The average age of farmers hovers around 58 years old, but he is just 26. And Sanchez constantly attempts to improve everything from seeding techniques out in the field to the promotion and sale of his produce online. This is evidence of an experimental approach. It's an approach not dictated by the confines of conventional, large-scale agriculture led by international corporations.

While farming is often difficult for both the body and mind, [10] Sanchez says he and many of his fellow young farmers are motivated by desire to set a new standard for agriculture. Many of them are employing a multitude of technologies, some new and some not so new.

[11] Recently, Sanchez bought a hand-operated tool which pulls out weeds and loosens soil. It actually dates back to at least 1701. It stands in sharp contrast to Sanchez's other gadget: a gas-powered flame weedkiller invented in 1997.

He simply doesn't discriminate when it comes to the newness of tools. If it works, it works.

Farmers have a long history of invention, and it's no different today. Young farmers are guided by their love for agriculture and aided by their knowledge of technology. To find inexpensive and appropriately-sized tools, they collaborate and innovate. Sometimes the old stuff just works better or more efficiently.

[9] 关于利奥·桑切斯和他在加州萨利纳斯那座不寻常的农场有很多故事。全国平均农场面积约440英亩，但他的只有一英亩。农民的平均年龄在58岁左右，而他只有26岁。桑切斯不断尝试改进每一件事，从田间播种技术到在线推广和销售他的农产品。这是实验性尝试的证明。这种尝试不受国际公司主导的传统大规模农业的限制。

虽然耕作往往对身体和精神造成困难，[10] 但桑切斯说，他和他的许多年轻农民伙伴的动机是为农业设立一个新的标准。他们中的许多人正在使用多种技术，有些是新技术，有些不是很新。

[11] 最近，桑切斯买了一个手动除草和松土的工具。这个工具实际上至少可以追溯到1701年。这与桑切斯在1997年发明的其他器具——燃气火焰除草剂——形成了鲜明的对比。

他对工具的新旧一点也不挑剔。如果它起作用，那它就是有用的。

农民有着悠久的发明历史，如今也不例外。年轻的农民以他们对农业的热爱为向导，以他们的技术知识为辅助。为了找到一种便宜且大小合适的工具，他们进行协作和创新。有时，旧的东西用起来更好或更有效。

## 🔗 答案详解

9. What do we learn about Leo Sanchez's farm?

A) It is fertile and productive.

**B) It is small and unconventional.**

C) It is well located and completely automated.

D) It is profitable and environmentally friendly.

**【答案】** B

**【考点】** 推断题

**【听前预测】** 四个选项都是对 It 特征的描述，推测本题考查关于 It 的特点。

**【解析】** 本题考查推断隐含意义的能力。音频开头提到，利奥·桑切斯的农场不同寻常 (unusual)，接着说到全国平均农场面积约 440 英亩，但他的只有一英亩，“The national average farm size is around 440 acres, but his is only one acre”，由此推断出农场规模小，且不同于传统的农场，选项 B 正确。选项中的 small 与音频中的 only one acre 相对应；unconventional 与音频中的 unusual 相对应。

10. What has motivated Leo Sanchez and his fellow young farmers to engage in farming?

**A) Their wish to set a new farming standard.**

B) Their urge to make farming more enjoyable.

C) Their desire to improve farming equipment.

D) Their hope to revitalize traditional farming.

**【答案】** A

**【考点】** 细节题

**【听前预测】** 四个选项都是关于 Their 的意愿，推测本题可能考查的是某类人的意愿。

**【解析】** 音频中间提到，桑切斯说，他和他的许多年轻农民伙伴的动机是为农业设立一个新的标准，“Sanchez says he and many of his fellow young farmers are motivated by desire to set a new standard for agriculture”。选项 A 正确。选项中的 wish to 与原文中的 desire to 属于同义替换；set a new... standard 属于原词复现；farming 与原文中的 agriculture 属于同义替换。

11. Why did Leo Sanchez buy a hand-operated weeding tool?

A) It causes hardly any pollution.

**B) It loosens soil while weeding.**

C) It saves a lot of electricity.

D) It needs little maintenance.

**【答案】** B

**【考点】** 细节题

**【听前预测】** 四个选项都是 It 的优势，推测本题考查关于某样东西的优点或用处。

9. 关于利奥·桑切斯的农场，我们了解到什么？

A) 它肥沃而多产。

**B) 它规模小，不是传统的农场。**

C) 它所处的地段好，并且是全自动化的。

D) 它能盈利并且环保。

10. 是什么激励着利奥·桑切斯和他的年轻农民伙伴们从事农业？

**A) 他们希望建立一个新的农业标准。**

B) 他们渴望让农业变得更令人享受。

C) 他们想要改善农业设备。

D) 他们希望振兴传统农业。

11. 为什么利奥·桑切斯会买一个手动除草工具呢？

A) 它几乎不会造成任何污染。

**B) 它在除草时使土壤疏松。**

C) 它很省电。

D) 它几乎不需要保养。

【解析】音频后半部分提到，最近，桑切斯买了一个手动除草和松土的工具，“Recently, Sanchez bought a hand-operated tool which pulls out of weeds and loosen soil”，即这个手动工具既能除草，同时又能松土。选项 B 正确。选项中的 loosens soil 属于原词复现。

### 词汇点拨

- acre /'eɪkə(r)/ *n.* 英亩
- hover around 徘徊，盘旋
- promotion /prə'məʊʃn/ *n.* 促销
- produce /'prɒdju:s/ *n.* 农产品
- experimental /ɪk'sperɪ'mentl/ *adj.* 实验性的
- dictate /dɪk'teɪt/ *v.* 支配，摆布
- confine /'kɒnfəɪnz/ *n.* (pl.) 限制
- corporation /,kɔ:pə'reɪʃn/ *n.* 企业
- motivate /'məʊtɪveɪt/ *v.* 成为……的动机；激发
- multitude /'mʌltɪtju:d/ *n.* 众多；大量
- loosen /'lu:sn/ *v.* (使) 放松
- weedkiller /'wi:dkɪlə(r)/ *n.* 除草剂
- discriminate /dɪ'skrɪmɪneɪt/ *v.* 区别
- inexpensive /,ɪnɪk'spensɪv/ *adj.* 不昂贵的
- collaborate /kə'læbəreɪt/ *v.* 合作
- stuff /stʌf/ *n.* 东西
- automate /'ɔ:təmeɪt/ *v.* 使自动化
- profitable /'prɒfɪtəbl/ *adj.* 有利润的；赢利的
- revitalize /,rɪ:'vaɪtəlaɪz/ *v.* 使恢复生机（或健康）
- maintenance /'meɪntənəns/ *n.* 维护；保养

### ·Passage Two·

### 语篇分析

本篇文章先是介绍了英国食品公司 Eat Grub 第一次将食用昆虫作为食物。之后，讲话者亲身尝试，描述了烤蟋蟀的口感以及营养成分。最后，讲话者表明现状：尽管食用昆虫有环保等诸多优点，但是发展前景仍需观察。

### 听力原文及译文

[12] Eat Grub is Britain's first new food company that breaks Western food boundaries by introducing edible insects as a new source of food. And Sainsbury's is the first UK supermarket to stock the company's crunchy roasted crickets. Sainsbury's insist that such food is no joke and could be a new sustainable source of protein.

Out of curiosity, I paid a visit to Sainsbury's. As I put my hand into a packet of crickets with their tiny eyes and legs, the idea of one going in my mouth made me feel a little sick. [13] But the first bite was a pleasant surprise, a little dry and lacking of taste, but at least a wing didn't get stuck in my throat. The roasted seasoning largely

[12] Eat Grub 是英国第一家打破西方食品壁垒的新型食品公司，它第一次将食用昆虫作为新的食物来源。森宝利是英国第一家销售该公司的脆烤蟋蟀的超市。森宝利坚持认为，吃这种食物不是开玩笑，它可以成为一种新的可持续的蛋白质来源。

出于好奇，我访问了森宝利。当我把我的手放进一包有着小眼睛和短腿的蟋蟀时，一想到有一只蟋蟀进了我的嘴里，我就觉得有点恶心。[13] 但是第一口吃起来令人又惊又喜，它有点干，没有什么味道，但至少翅膀没有卡在我的

overpowered any other flavor, although there was slightly bitter aftertaste. The texture was crunchy, but smelt a little of cat food.

Eat Grub also recommends the crickets as a topping for noodles, soups and salads. [14] The company boasts that its dried crickets contain more protein than beef, chicken and pork, as well as minerals like iron and calcium.

[15] Unlike the production of meat, bugs do not use up large amounts of land, water or feed, and insect farming also produces far fewer greenhouse gases. However, despite 2 billion people worldwide already supplementing their diet with insects, “consumer disgust” remains a large barrier in many Western countries. I'm not sure bugs will become a popular snack anytime soon, but they're definitely food for thought.

喉咙里。烤过的调味料在很大程度上掩盖了其他味道，虽然尝起来有点苦。这种食物口感酥脆，但闻起来有点像猫粮。

Eat Grub 还推荐蟋蟀作为面条、汤和沙拉的配料。[14] 该公司声称，他们的蟋蟀干比牛肉、鸡肉和猪肉含有更多的蛋白质，以及铁和钙等矿物质。

[15] 与肉类生产不同，昆虫不会消耗大量的土地、水或饲料，而且昆虫养殖产生的温室气体也少得多。然而，尽管全世界已经有 20 亿人用昆虫来补充他们的饮食，在许多西方国家，消费者对它的厌恶仍然是其一个巨大的障碍。我不确定虫子会很快成为一种受欢迎的零食，但绝对可以尝尝看。

### 答案详解

12. What do we learn from the passage about the food company Eat Grub?

- A) It has started to expand business outside the UK.  
B) It has imported some exotic foods from overseas.

**C) It has turned certain insects into a new food source.**

D) It has joined hands with Sainsbury's to sell pet insects.

**【答案】** C

**【考点】** 细节题

**【听前预测】** 四个选项都是 It 作主语，根据 started to expand business、imported... foods、sell 等推测，It 可能指代某个公司，本题可能考查这个公司的特点。

**【解析】** 音频开头提到，Eat Grub 是英国第一家打破西方食品壁垒的新型食品公司，它第一次将食用昆虫作为新的食物来源，“Eat Grub is Britain's first new food company that breaks Western food boundaries by introducing edible insects as a new source of food”。选项 C 正确。选项中的 insects、a new food source 是原词复现。

12. 从这篇文章中我们可以了解到关于食品公司 Eat Grub 的什么信息？

- A) 该公司已开始拓展英国以外的业务。  
B) 它从国外进口了一些异国食品。

**C) 它把某些昆虫变成了一种新的食物来源。**

D) 它与森宝利联手销售宠物昆虫。

13. What does the speaker say about his first bite of roasted crickets? 13. 对于他吃的第一口烤蟋蟀，讲话者说了什么？

A) It was really unforgettable.

A) 它非常令人难忘。

**B) It was a pleasant surprise.**

**B) 它让人又惊又喜。**

C) It hurt his throat slightly.

C) 它轻微地划伤了他的喉咙。

D) It made him feel strange.

D) 它使他觉得怪异。

**【答案】** B

**【考点】** 细节题

**【听前预测】** 四个选项都是 It 作主语，根据 unforgettable、pleasant 和 feel strange，推测本题考查对某物的态度或感受。

**【解析】** 音频中间提到，但是（烤蟋蟀）第一口吃起来令人又惊又喜，“But the first bite was a pleasant surprise”，选项 B 正确。选项中的 a pleasant surprise 属于原词复现。

14. What does the Eat Grub say about its dried crickets? 14. Eat Grub 公司怎么评价其蟋蟀干？

A) They are more tasty than beef, chicken or pork.

A) 它们比牛肉、鸡肉或猪肉更美味。

B) They are more nutritious than soups and salads.

B) 它们比汤和沙拉更有营养。

**C) They contain more protein than conventional meats.** **C) 它们比传统的肉类含有更多的蛋白质。**

D) They will soon gain popularity throughout the world.

D) 它们很快就会在全世界流行起来。

**【答案】** C

**【考点】** 细节题

**【听前预测】** 四个选项都是 They 作主语，选项中出现 tasty、nutritious、protein，前三个选项都包含比较级，推测本题可能考查的是某种食物较其他食物的优点。

**【解析】** 音频中间提到，该公司声称，他们的蟋蟀干比牛肉、鸡肉和猪肉含有更多的蛋白质，“The company boasts that its dried crickets contain more protein than beef, chicken and pork”。选项 C 正确。选项中的 contain more protein than 属于原词复现，选项中的 conventional meats 对应原文中的 beef, chicken and pork。

15. What does the passage say about insect farming? 15. 关于昆虫养殖，这篇文章说了什么？

**A) It is environmentally friendly.**

**A) 它很环保。**

B) It is a promising industry.

B) 它是一个很有前途的行业。

C) It requires new technology.

C) 它需要新技术。

D) It saves huge amounts of labour.

D) 它节省了大量的劳动力。

**【答案】** A

**【考点】** 推断题

**【听前预测】** 四个选项都是 It 作主语，选项 B、D 中出现 industry、labour 等，推测 It 可能指某种工作或行业，本题考查关于 It 的特点。

**【解析】** 本题考查推断隐含意义的能力。在音频的最后提到，与肉类生产不同，昆虫不会消耗大量的土地、水或饲料，而且昆虫养殖产生的温室气体也少得多，“Unlike the production of meat,

bugs do not use up large amounts of land, water or feed, and insect farming also produces far fewer greenhouse gases”。由此推断出，昆虫养殖有利于环保。选项A正确。

### 📖 词汇点拨

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• boundary /'baʊndri/ <i>n.</i> 边界；界限</li> <li>• edible /'edəbl/ <i>adj.</i> 适宜食用的</li> <li>• stock /stɒk/ <i>vt.</i> 存货</li> <li>• crunchy /'krʌntʃi/ <i>adj.</i> 硬脆的，爽脆的</li> <li>• cricket /'krɪkɪt/ <i>n.</i> 蟋蟀</li> <li>• sustainable /sə'steɪnəbl/ <i>adj.</i> 可持续的</li> <li>• seasoning /'si:zənɪŋ/ <i>n.</i> 调味品</li> <li>• overpower /,əʊvə'paʊə(r)/ <i>v.</i> (以较强力<br/>量) 制胜</li> </ul> | <ul style="list-style-type: none"> <li>• texture /'tekstʃə(r)/ <i>n.</i> 口感</li> <li>• crunchy /'krʌntʃi/ <i>adj.</i> 爽脆的；松脆的</li> <li>• topping /'tɒpɪŋ/ <i>n.</i> 配料，佐料</li> <li>• mineral /'mɪnərəl/ <i>n.</i> 矿物质</li> <li>• calcium /'kælsɪəm/ <i>n.</i> 钙</li> <li>• feed /fi:d/ <i>n.</i> 动物的饲料</li> <li>• supplement /'sʌplɪmənt/ <i>v.</i> 增补；补充</li> <li>• promising /'prɒmɪsɪŋ/ <i>adj.</i> 有前途的</li> </ul> |
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## Section C

### ·Recording One·

### 📖 语篇分析

本文先是通过对一个常见情景进行设问引出话题，接着用实验结果表明学生用自己偏爱的教学方式往往并不能让他学得更好。相反，当老师运用多种教学方式（尤其是运用了视觉化工具）时，学生的学习效果更好。

### 🗨️ 听力原文及译文

Have you ever had someone try to explain something to you a dozen times with no luck, but then when you see a picture, the idea finally clicks? If that sounds familiar, maybe you might consider yourself a visual learner. Or, if reading or listening does the trick, maybe you feel like you're a verbal learner. We call these labels "learning styles". But is there really a way to categorize different types of students? Well, it actually seems that multiple presentation formats, especially if one of them is visual, help most people learn.

[16] When psychologists and educators test for learning styles, they're trying to figure out whether these are inherent traits that affect how well students

你是否曾有过这样的经历：有人试着向你反复解释某一事物，你都没有听懂，而之后当你看到一张照片时，却豁然开朗了？如果这听起来很熟悉，也许你会认为自己是一个视觉型学习者。或者，如果读或听能让你领悟，也许你会觉得自己是一个言语型学习者。我们把这些叫法称为“学习风格”。但真的有办法对不同类型的学生进行分类吗？事实上，似乎有多种讲授方式可以帮助大多数人学习，特别是视觉化的讲授。

[16] 当心理学家和教育工作者测试学习风格时，他们试图弄清楚这些风格是否

learn, instead of just a preference. Usually they start by giving a survey to figure out what style a student favors, like visual or verbal learning. Then they try to teach the students something with a specific presentation style, like using visual aids, and do a follow-up test to see how much they learned. That way, the researchers can see if the self-identified verbal learners really learned better when the information was just spoken aloud, for example.

But, according to a 2008 review, only one study that followed this design found that students actually learned best with their preferred style. [17] But the study has some big flaws. The researchers excluded two-thirds of the original participants because they didn't seem to have any clear learning style from the survey at the beginning. And they didn't even report the actual test scores in the final paper. So it doesn't really seem like learning styles are an inherent trait that we all have. But that doesn't mean that all students will do amazingly, if they just spend all their time reading from a textbook. Instead, most people seem to learn better if they're taught in several ways, especially if one is visual. In one study, researchers tested whether students remembered lists of words better if they heard them, saw them, or both. And everyone seemed to do better if they got to see the words in print—even the self-identified auditory learners. Their preference didn't seem to matter. Similar studies tested whether students learned basic physics and chemistry concepts better by reading plain text or viewing pictures, too. [18] And everyone did better with the help of pictures.

是影响学生学习效果的内在特征，而不仅仅是偏好。通常他们会先做一个调查，弄清学生喜欢什么样的学习方式，比如视觉学习还是言语学习。然后他们试着用一种特定的讲授形式来教学生，比如使用视觉辅助工具，并做一个跟踪测试，看看他们学到了多少。这样，研究人员就可以看到，例如，当大声传授知识时，自认为言语型学习者的受试者是否真的学得更好。

但根据 2008 年的一篇报告，只有一项遵循这一设计的研究发现学生事实上用他们喜欢的风格能学得最好。[17] 但这项研究存在一些很大的缺陷。研究人员排除了三分之二的最初参与者，因为他们在调查开始时似乎没有任何清晰的学习风格。而且在最终的报告中，他们甚至没有汇报真实的考试成绩。因此，学习风格看来并不是我们所有人的固有特征。但这并不意味着，如果所有学生都把时间都花在课本上，他们就会做得很好。相反，如果有多种教学方式，尤其是如果其中有一种是视觉式的，多数人似乎能学得更好。在一项研究中，研究人员测试了学生如果听到、看到或既听又看到单词列表，是否就能更好地记住它们。如果能看到印在纸上的单词，每个人似乎就能记得更好，甚至包括那些自认为是听觉型学习者的受试者。他们的偏好似乎无关紧要。类似的研究还测试了学生通过阅读纯文本或观看图片是否能更好地学习基本的物理和化学概念。[18] 在照片的辅助下，每个人都学得更好。

### 答案详解

16. Why do psychologists and educators study learning styles?

- A) To categorize different types of learners.
- B) To find out what students prefer to learn.
- C) To understand the mechanism of the human brain.
- D) To see if they are inherent traits affecting learning.**

16. 为什么心理学家和教育家要研究学习风格？

- A) 给不同类型的学生分类。
- B) 找到学生愿意学的内容。
- C) 了解人类大脑的运行机制。
- D) 看看它们是否是影响学习的内在特征。**



**【答案】** D

**【考点】** 细节题

**【听前预测】** 四个选项均为动词不定式的形式，同时结合 To categorize、To find out、To understand、To see 推测，本题可能与目的或者原因有关。

**【解析】** 音频中提到，心理学家和教育工作者试图弄清楚这些风格是否是影响学生学习效果的内在特征，“psychologists and educators... trying to figure out whether these are inherent traits that affect how well students learn”。选项 D 为正确选项。选项中的 inherent traits 为原词复现，affecting learning 对应音频中的 affect how well students learn。

17. What does the speaker say about one study mentioned in the 2008 review?

**A) It was defective.**

B) It was misguided.

C) It was original in design.

D) It was thought-provoking.

**【答案】** A

**【考点】** 细节题

**【听前预测】** 四个选项均为 It 开头，再根据选项的内容，推测本题可能与某事物的性质或者特点有关。

**【解析】** 音频中提到，但这项研究存在一些很大的缺陷，“But the study has some big flaws”，该报告来自 2008 年的一篇报告，选项 A 正确。选项中的 defective 对应音频中的 has some big flaws。

18. What message does the speaker want to convey about learning at the end of the talk?

A) Auditory aids are as important as visual aids.

**B) Visual aids are helpful to all types of learners.**

C) Reading plain texts is more effective than viewing pictures.

D) Scientific concepts are hard to understand without visual aids.

**【答案】** B

**【考点】** 推断题

**【听前预测】** 选项中多次出现 Auditory aids、visual aids，aid 作复数时表示“辅助设备”，结合本文话题，推测本题与教学工具相关。

**【解析】** 本题考查推断隐含意义的能力。音频的末尾提到，在照片的辅助下，每个人都学得更好，“And everyone did better with the help of pictures”。使用图片教学，意思就是使用视觉辅助工具，选项 B 正确。选项中的 Visual aids are helpful 对应音频中的 with the help of pictures，all types of learners 对应音频中的 everyone。

17. 关于 2008 年一篇报告中的一项研究，讲话者说了什么？

**A) 它是有缺陷的。**

B) 它容易引起误导。

C) 它的设计很新颖。

D) 它令人深思。

18. 报告的最后，讲话者想传达有关学习的什么信息？

A) 听觉辅助工具和视觉辅助工具同等重要。

**B) 视觉辅助工具对所有类型的学生都有用。**

C) 阅读纯文本比看图片更有效。

D) 没有视觉辅助工具，科学概念会比较难以理解。

 词汇点拨

- click /kɪk/ v. 被突然明白; 豁然开朗
- categorize /'kætəgəraɪz/ v. 把……分类
- multiple /'mʌltɪpl/ adj. 多种多样的
- psychologist /saɪ'kɒlədʒɪst/ n. 心理学家
- inherent /ɪn'hɪərənt/ adj. 固有的, 内在的
- trait /treɪt/ n. 特征, 特点
- preference /'prefrəns/ n. 偏爱, 爱好
- follow-up n. 后续行动; 后续事物
- self-identified 自认的, 自我鉴定的
- flaw /flɔ:/ n. 缺点
- mechanism /'mekənɪzəm/ n. 方法; 机制
- defective /dɪ'fektɪv/ adj. 有缺点的; 有缺陷的
- thought-provoking 发人深省的; 引人深思的

·Recording Two·

 语篇分析

文章主要介绍了自由市场资本主义使工作占据了生活中的大量时间, 同时给雇员造成了精神健康问题。由此作者提出观点: 缩短工作时间将解放雇员。

 听力原文及译文

Free-market capitalism hasn't freed us—it has trapped us. It's imperative for us to embrace a workplace revolution. We are unlikely to spend our last moments regretting that we didn't spend enough of our lives slaving away at work. [19] We may instead find ourselves feeling guilty about the time we didn't spend watching our children grow, or with our loved ones, or traveling, or on the cultural or leisure pursuits that bring us happiness. Unfortunately, the average full-time employee in the world works 42 hours a week, well over a third of time we are awake. Some of our all too precious time is being stolen: office workers do around two billion hours of unpaid overtime each year. So it's extremely welcome that some government coalitions have started looking into potentially cutting the working week to four days.

The champions of free market capitalism promised their way of life would bring us freedom. But it wasn't freedom at all: from the lack of secure, affordable housing to growing job insecurity and rising personal debt, the individual is trapped.

自由市场资本主义并没有解放我们, 而是困住了我们。我们必须拥抱一次职场革命。我们不太可能在最后一刻才后悔自己没有花足够的时间辛勤工作。[19]相反, 我们可能会因为没有花时间看着自己的孩子成长, 没有陪伴我们爱的人, 没有去旅行, 也没有参加能带给我们幸福的文化艺术或休闲活动而感到内疚。不幸的是, 全世界的全职员工平均每周工作 42 个小时, 远远超过我们清醒时间的三分之一。我们极其宝贵的一部分时间被偷走了: 上班族每年无偿加班大约 20 亿小时。因此, 一些联合政府已经开始考虑将工作时间减少到每周 4 天, 这一消息大受欢迎。

自由市场资本主义的拥护者承诺他们的生活方式会给我们带来自由。但这根本不是自由: 从缺乏保障性、可负担得起的住房, 到日益增长的工作不安全感 and 不断增加的个人债务, 人们陷入了困境。

[20] Nine decades ago, leading economists predicted that technological advances and rising productivity would mean that we'd be working a 15-hour week by now: that target has been somewhat missed.

Here is the most malignant threat to our personal freedom, particularly as the balance of power in the workplace has been shifted so dramatically from worker to boss. A huge portion of our lives involves the surrender of our freedom and personal autonomy. [21] It's time in which we are directed by the needs and desires of others, and denied the right to make our own choices. That's bad for us: it's hardly surprising that over half a million workers suffer from work-related mental health conditions each year, or that 15.4 million working days were lost to work-related stress last year, a jump of nearly a quarter.

Yes, there are those who, far from being overworked, actually seek more hours. But a shorter working week would enable us to redistribute hours from the overworked to the underworked. We need to look at the ways of cutting the working week without slashing living standards: after all, world workers have already suffered the worst deduction in wages since the early 1800s. And cutting the working week would be conducive to the individual, giving millions of workers more time to spend as they see fit.

[20] 90年前，著名经济学家预测，技术进步和生产率的提高将意味着现在我们每周工作15个小时：这一目标已经有些达不到了。

这是对我们个人自由的最严重的威胁，尤其是在职场中的权力平衡已经从雇员戏剧性地转移到老板身上时。生活中有很多时候，我们要放弃自由和自主。[21] 如今我们依照他人的需要和欲望行事，被剥夺了自己做出选择的权利。这对我们不利：每年有超过50万工人患有与工作有关的精神健康问题，或者说去年有1540万个工作日都处在与工作有关的压力之中，这一数字猛增了近四分之一，这几乎不足为奇。

是的，有些人非但没有过度工作，实际上反而寻求更多的时间。但是一个较短的工作周可以使我们将工作时间从超负荷人员分配到低负荷人员那里。我们需要思考在不降低生活水平的前提下削减周工作时间的办法：毕竟，全世界的雇员已经遭受了自19世纪初以来最严重的克扣工资。削减周工作时间将有利于个人，使数百万雇员按他们认为合适的方式度过更多的时间。

## 答案详解

19. What do people often feel guilty about according to the speaker?

- A) Not playing a role in a workplace revolution.
- B) Not benefiting from free-market capitalism.
- C) Not earning enough money to provide for the family.

**D) Not spending enough time on family life and leisure.**

**【答案】** D

**【考点】** 细节题

19. 根据讲话者所言，人们常常对什么感到内疚？

- A) 在职场革命中没有发挥作用。
- B) 没有从自由市场资本主义中获益。
- C) 没有挣足够的钱来养活家庭。

**D) 没有花足够的时间在家庭生活和休闲活动上。**

**【听前预测】**四个选项均为动名词的否定形式，推测本题与未能达成的事有关。

**【解析】**音频中提到，我们可能会因为没有花时间看着自己的孩子成长，没有陪伴我们爱的人，也没有参加带给我们幸福的休闲活动而感到内疚，“We may instead find ourselves feeling guilty about the time we didn't spend watching our children grow or with our loved ones... or on the... leisure pursuits that bring us happiness”。选项 D 为正确。选项中的 family life 与 watching our children grow or with our loved ones 为上下义词的关系，是对该内容的总结，而 leisure 为原词复现。

20. What did leading economist predict 90 years ago? 20. 90 年前，著名经济学家预测了什么？

**A) People would be working only fifteen hours a week now. A) 现在人们每周只工作 15 个小时。**

B) The balance of power in the workplace would change. B) 职场的权力平衡将会改变。

C) Technological advances would create many new jobs. C) 技术进步将创造很多新工作。

D) Most workers could afford to have house of their own. D) 很多工人能买得起属于自己的房子。

**【答案】** A

**【考点】** 细节题

**【听前预测】** 选项中多出现 would，推测本题可能与将来发生的事情有关。

**【解析】** 音频中提到，90 年前，著名经济学家预测，技术进步和生产率的提高将意味着现在我们每周工作 15 个小时，“Nine decades ago, leading economists predicted that technological advances and rising productivity would mean that we'd be working a 15-hour week by now”。选项 A 为正确。选项中的内容几乎都为原词复现。

21. What is the result of denying workers' right to make their own choices? 21. 剥夺雇员自主选择权的结果是什么？

A) Loss of workers' personal dignity. A) 丧失雇员的个人尊严。

B) Deprivation of workers' creativity. B) 剥夺雇员的创造力。

**C) Deterioration of workers' mental health. C) 雇员心理健康恶化。**

D) Unequal distribution of working hours. D) 工作时间没有平等分配。

**【答案】** C

**【考点】** 细节题

**【听前预测】** 四个选项均为不利因素，且形式上都为名词短语的偏正结构，推测本题与某负面现象的原因或者结果有关。

**【解析】** 音频中提到，如今，我们被剥夺了做出自己选择的权利（we are... denied the right to make our own choices），这样的结果在后一句中给出：每年有超过 50 万工人患有与工作有关的精神健康问题，“over half a million workers suffer from work-related mental health conditions each year”。选项 C 正确。选项中的 Deterioration 对应音频中的 suffer from，而 workers' mental health 在音频中都有原词出现。

## 词汇点拨

- free-market 自由市场
- capitalism /'kæpɪtəlɪzəm/ *n.* 资本主义
- slave away 埋头苦干
- coalition /,kəʊə'lɪʃn/ *n.* 联合
- champion /'tʃæmpɪən/ *n.* 冠军
- malignant /mæ'lɪgnənt/ *adj.* 恶性的
- surrender /sə'rendə(r)/ *n.* 放弃, 交出
- redistribute /,rɪ:'dɪstrɪbjʊt/ *v.* 重新分配
- slash /slæʃ/ *vt.* 大幅度削减, 大幅度降低
- deduction /dɪ'dʌkʃn/ *n.* 扣除(额)
- conducive /kən'dju:sɪv/ *adj.* (对某事) 有助益的
- deprivation /,deprɪ'veɪʃn/ *n.* 剥夺
- deterioration /dɪ,tɪəriə'reɪʃn/ *n.* 恶化

## ·Recording Three·

## 语篇分析

本文围绕不断推迟投入使用的德国柏林机场这一话题展开。文章依次介绍了建造新机场的历史渊源、不断推迟投入使用的原因以及推迟所造成的后果。全文按时间顺序展开, 逻辑清晰, 但由于出现较多关于机场和工程的专业词汇, 因此有一定的理解难度。

## 听力原文及译文

Today I'm going to talk about Germany's dream airport in Berlin. The airport looks exactly like every other major modern airport in Europe, except for one big problem: more than seven years after it was originally supposed to open, it still stands empty.

Germany is known for its efficiency and refined engineering, but when it comes to its new ghost airport, this reputation could not be further from the truth. [22] Plagued by long delays, perpetual mismanagement and ever-soaring costs, the airport has become something of a joke among Germans, and a source of frustration for local politicians, business leaders and residents alike.

[23] Planning for the new airport began in 1989. At the time, it became clear that the newly-reunified Berlin would need a modern airport with far greater capacity than its existing airports. The city broke ground on the new airport in 2006.

The first major sign of problems came in summer 2010, when the construction corporation pushed the opening from October 2011 to June 2012. In 2012, the city

今天我要谈谈德国柏林的梦幻机场。除了一个大问题外, 这座机场和欧洲其他主要的现代化机场一模一样: 它原本应该开放七年多了, 然而现在仍然空空如也。

德国以其高效和精益求精的工程闻名, 但谈到其新幽灵机场时, 这一声誉就名不副实了。[22] 由于一延再延、长期的管理不善和不断飙升的成本, 这座机场沦为了德国人的笑柄, 也令当地政界人士、企业领袖和居民倍感失望。

[23] 新机场的规划始于1989年。当时, 新统一的柏林需要一个比现有机场大得多的现代化机场, 这一点大家都很清楚。这座城市在2006年破土动工兴建新机场。

问题第一次出现重大征兆是在2010年夏季, 当时建筑公司将投入使用时间从2011年10月推迟至2012年6月。2012年, 该市规划了开幕式, 但

planned an opening ceremony. But less than a month beforehand, inspectors found significant problems with the fire safety system, and pushed the opening back again to 2013. [24] It wasn't just the smoke system. Many other major problems subsequently emerged: more than 90 metres of cable were incorrectly installed; four thousand doors were wrongly numbered; escalators were too short and there was a shortage of check-in desks.

So why with so many problems discovered, didn't the airport corporation decide to give up on the project and start over? The reason is simple. People are often hesitant to terminate a project when they've already invested time or resources into it, even if it might make logical sense to do so. The longer the delays continued, the more problems inspectors found. Leadership of the planning corporation has changed hands nearly as many times as the opening date has been pushed back. Initially, rather than appointing a general contractor to run the project, the corporation decided to manage it themselves, despite lack of the experience with an undertaking of that scale. [25] To compound the delays, the unused airport is resulting in massive costs. Every month it remains unopened costs between 9 and 10 million euros.

Assuming all goes well, the airport should open in October 2020, [25] but the still empty airport stands as the biggest embarrassment to Germany's reputation for efficiency and a continuing drain on city and state resources.

距开幕式不到一个月前, 检查人员发现消防安全系统存在重大问题, 于是将开幕式再次推迟到 2013 年。[24] 不仅仅是防火系统有问题, 许多其他重大问题也接踵而来: 超过 90 米的电缆安装错误; 四千扇门编号出错; 自动扶梯过短, 以及办理登机手续的柜台数量不够等等。

那么, 机场公司在发现这么多问题后, 为什么没有决定放弃这个项目, 重新开始呢? 原因很简单。当一个项目已经投入了时间或资源时, 人们往往会犹豫是否要终止它, 即使这样做合乎逻辑。拖延的时间越长, 检查人员发现的问题也就越多。规划公司的领导层已经发生了数次更迭, 几乎和推迟启用的次数一样多。最初, 尽管缺乏管理这么大规模的项目的经验, 公司决定自己管理这个项目, 而不是指定一个总承包商来管理。[25] 除了延误以外, 闲置的机场也造成了巨大的成本损失。每月维护费用在 900 万到 1000 万欧元之间。

如果一切顺利, 机场将于 2020 年 10 月启用。[25] 但仍旧空空荡荡的机场将为德国的高效率这一美誉蒙上最大的耻辱, 它也是对城市和国家资源的持续消耗。

### 答案详解

22. What does the speaker say about the dream airport in Berlin?

- A) It is the worst managed airport in German history.
- B) It is now the biggest and busiest airport in Europe.
- C) It has become something of a joke among Germans.**
- D) It has become a typical symbol of German efficiency.

【答案】C

22. 关于德国的梦幻机场, 讲话者说了什么?

- A) 它是德国历史上经营最为不善的机场。
- B) 它是欧洲最大最繁忙的机场。
- C) 它成为了德国人的笑柄。**
- D) 它成为了德国效率的典型象征。

**【考点】** 细节题

**【听前预测】** 选项 B 中说到 It is... airport, 可推知 It 指机场, 本题考查关于机场的相关信息。

**【解析】** 音频中提到, 由于一延再延、长期的管理不善和不断飙升的成本, 这座机场论为了德国人的笑柄, “Plagued by long delays, perpetual mismanagement and ever soaring costs, the airport has become something of a joke among Germans”。选项 C 为正确。该选项内容几乎为原词复现。

23. Why was there a need for a new airport in Berlin?

A) The city's airports are outdated.

**B) The city had just been reunified.**

C) The city wanted to boost its economy.

D) The city wanted to attract more tourists.

**【答案】** B

**【考点】** 细节题

**【听前预测】** 四个选项均为 The city 开头, 推测本题与该市的某些细节相关。

**【解析】** 音频中提到, 新机场的规划始于 1989 年。当时, 新统一的柏林需要一个比现有机场大得多的现代化机场, “At the time, it became clear that the newly reunified Berlin would need a modern airport”。注意音频中隐含的逻辑关系: 因为柏林刚刚统一, 所以需要新的机场, 选项 B 为正确。选项中的 reunified 为原词复现。

24. Why did Berlin postpone the opening of its dream airport again and again?

A) The municipal government kept changing hands.

B) The construction firm breached the contract.

C) Shortage of funding delayed its construction.

**D) Problems of different kinds kept popping up.**

**【答案】** D

**【考点】** 细节题

**【听前预测】** 根据选项中的 breached、Shortage of funding、Problems 等推测, 本题可能与某种问题或导致某种结果的原因相关。

**【解析】** 音频中提到, 机场原定 2011 年 10 月投入使用, 但先是防火系统出了问题, 后来许多其他重大问题也接踵而来, “It wasn't just the smoke system. Many other major problems subsequently emerged”, 致使机场开放时间一再推迟, 答案为选项 D。选项 problems of different kinds 对应音频中的 Many other major problems; popping up 为音频中 emerged 的同义转述。

23. 为什么需要在柏林建造一个新机场?

A) 该城市的机场过时了。

**B) 该城市刚刚统一。**

C) 该城市想要发展经济。

D) 该城市想要吸引更多的游客。

24. 为什么柏林一再推迟其梦幻机场的开放?

A) 市政府频繁在换届。

B) 建筑公司违反了合同。

C) 资金短缺使其延期建成。

**D) 各类问题不断涌现。**

25. What happens while the airport remains unused?

- A) Tourism industry in Berlin suffers.  
 B) All kinds of equipment get rusted.  
**C) Huge maintenance costs accumulate.**  
 D) Complaints by local residents increase.

【答案】C

【考点】细节题

【听前预测】根据四个选项的内容 Tourism industry suffers、equipment get rusted、costs accumulate、Complaints... increase 等可推测本题可能考查某种结果或问题。

【解析】音频中提到，除了延误以外，闲置的机场也造成了巨大的成本损失 (massive costs)。每月维护费用 (unopened costs) 在 900 万到 1000 万欧元之间，这是对城市和国家资源的持续消耗 (a continuing drain on city and state resources)，选项 C 是对上述内容的概括，故正确。

25. 机场闲置时，会发生什么？

- A) 柏林的旅游业遭受重创。  
 B) 各种设备都生锈了。  
**C) 巨大的维护成本不断累积。**  
 D) 当地居民的抱怨会越来越多。

### 词汇点拨

- refined /rɪ'faɪnd/ *adj.* 精炼的
- engineering /ˌendʒɪ'nɪərɪŋ/ *n.* 工程
- reputation /ˌreɪpju'teɪʃn/ *n.* 名誉，声誉
- plague /pleɪɡ/ *vt.* 困扰；折磨
- perpetual /pə'petʃuəl/ *adj.* 持久的，不间断的
- frustration /frʌ'streɪʃn/ *n.* 沮丧
- reunify /ˌri:'ju:nɪfaɪ/ *vt.* 重新统一
- capacity /kə'pæsəti/ *n.* 容量，容纳能力
- beforehand /bɪ'fɔ:hænd/ *adv.* 预先；事先
- subsequently /sʌbsɪkwəntli/ *adv.* 随后；后来
- check-in (机场的) 登机手续办理处
- terminate /'tɜ:mɪneɪt/ *v.* 停止
- undertake /ˌʌndə'teɪk/ *v.* 承担；负责
- embarrassment /ɪm'bærəsmənt/ *n.* 难堪的事
- municipal /mju:'nɪsɪpl/ *adj.* 市政的；地方政府的
- breach /bri:tʃ/ *vt.* 违反；违背

## Part III Reading Comprehension

### Section A

#### 题源分析

出处	标题	话题	体裁
The Guardian	What would a smog-free city look like? 没有雾霾的城市会是什么样子？	环境	说明文

#### 参考译文

The persistent haze over many of our cities is a reminder of the polluted air that we breathe. Over 80% of the world's urban population is breathing air that fails to meet World Health



Organisation guidelines, and an estimated 4.5 million people died 26 from outdoor air pollution in 2015.

我们城市上空挥之不去的雾霾无时无刻不在提醒着我们，我们吸入的气体受到了污染。世界上超过 80% 的城市居民吸入的空气都还没达到世界卫生组织的标准。2015 年，约有 450 万人因为室外空气污染而过早死亡。

Globally, urban populations are expected to double in the next 40 years, and an extra 2 billion people will need new places to live, as well as services and ways to move around their cities. What is more important, the decisions that we make now about the design of our cities will 27 the everyday lives and health of the coming generations. So what would a smog-free, or at least low-pollution, city be like?

从全球来看，未来 40 年城市人口会是现在的 2 倍，也就是说有 20 亿人需要寻找新的住处、服务以及交通方式。更重要的是，我们现在就城市设计所做的决定会影响后代的日常生活与健康。一个没有雾霾的城市，或者，至少一个污染比较小的城市会是什么样的呢？

Traffic has become 28 with air pollution, and many countries intend to ban the sale of new petrol and diesel cars in the next two decades. But simply 29 to electric cars will not mean pollution-free cities. The level of emissions they cause will depend on how the electricity to run them is 30, while brakes, tyres and roads all create tiny airborne 31 as they wear out.

交通已经逐渐成为了空气污染的代名词，很多国家都打算在未来 20 年内禁止销售汽油和柴油车。但是仅仅改用电动车并不意味着城市将会没有污染。它们造成的污染程度取决于其所需要的电力是通过什么方式产生的，并且刹车、轮胎用坏以后与道路都会产生细小的颗粒漂浮在空气里。

Across the developed world, car use is in decline as more people move to city centres, while young people especially are 32 for other means of travel. Researchers are already asking if motor vehicle use has reached its 33 and will decline, but transport planners have yet to catch up with this 34, instead of laying new roads to tackle traffic jams. As users of London's orbital M25 motorway will know, new roads rapidly fill with more traffic. In the US, studies have shown that doubling the size of a road can 35 double the traffic, taking us back to the starting point.

在发达国家，汽车使用量正在下降，这是因为人们都住进了市中心，而年轻人往往会选择其他的出行方式。已经有研究人员思考汽车使用是否已经达到峰值并且在日后下降。但是交通规划者并没有跟上这个趋势，相反，他们还在建造更多的道路来解决交通堵塞问题。去过伦敦 M25 环形高速公路的司机都知道，扩张出来的新道路很快就会被更多的车辆挤满。在美国，研究表明，将道路面积扩大一倍只会使交通量增加一倍，这一举措又让我们回到起点。

☞ 选项分类

A) alternate	I) particles
B) crown	J) peak
C) determine	K) prematurely
D) generated	L) simply
E) locating	M) switching
F) merged	N) synonymous
G) miniatures	O) trend
H) opting	

词性	选项
名词	B) crown 王冠 I) particles 微粒 J) peak 顶峰 O) trend 趋势
动词	A) alternate 交替 B) crown 为……加冕 C) determine 决定, 影响 J) peak 达到高峰
形容词	A) alternate 交替的 N) synonymous 同义的
副词	K) prematurely 提早地 L) simply 仅仅
v.-ed	D) generated 产生 F) merged 合并
v.-ing	E) locating 找出……的准确位置 H) opting 选择 M) switching 转变

🔗 答案详解

26. 【答案】K

【考点】副词辨析

【语法判断】由 ...an estimated 4.5 million people died 26 from outdoor air pollution in 2015 可知, 空格处修饰动词 died, 所以应填入副词。

【语义判断】由语法判断空格处副词修饰动词 died, 选项提供的副词中 simply 不符合题意, 而且 died prematurely from 意为“因……过早死亡”, 符合题意, 故选 K。

27. 【答案】C

【考点】动词辨析

【语法判断】由 the design of our cities will 27 the everyday lives 可知, 空格处位于情态动词 will 之后, 所以应填入动词原形。

【语义判断】由 the decisions that we make now about the design of our cities will 27 the everyday lives 和上下文可知, the decisions 和 the everyday lives 之间应该是“影响与被影响的关系”, 动词选项中可以体现这种关系的只有 determine (决定, 影响), 故选 C。

28. 【答案】N

【考点】形容词辨析

【语法判断】由 Traffic has become 28 with air pollution 可知, 空格处所填词位于系动词 has become 后, 并且应能够和 with 构成固定搭配, 所以可以填入形容词或分词 (v.-ed 或 v.-ing)。

**【语义判断】** 由 and many countries intend to ban the sale of new petrol and diesel cars in the next two decades 可知，交通中产生的污染越来越多，给出的形容词或分词选项中只有 synonymous 既满足语法要求，又符合文章语义，be synonymous with 意为“与……同义”，即“代名词”，故选 N。

29. **【答案】** M

**【考点】** 动词辨析

**【语法判断】** 由 But simply 29 to electric cars will not mean pollution-free cities 可知，空格跟 to electric cars 一起充当主语，且空格位于副词 simply 后，所以应填入一个 v.-ing（动名词形式）。

**【语义判断】** 由语法判断可知，空格处应填入 v.-ing 并且能够和 to 构成搭配，因此 v.-ing 选项中只有 switching 符合题意，switch to 意为“向……转变”，故选 M。

30. **【答案】** D

**【考点】** 动词辨析

**【语法判断】** 由 how the electricity to run them is 30 可知，空格处位于 be 动词后，所以应填入形容词或分词（v.-ed 或 v.-ing）。

**【语义判断】** 由 The level of emissions they cause will depend on how the electricity to run them is... 可知，空格所在处分句是指“造成的污染程度取决于其所需用电的生产方式”，所以 generated（产生）符合题意，故选 D。

31. **【答案】** I

**【考点】** 名词辨析

**【语法判断】** 由 while brakes, tyres and roads all create tiny airborne 31 可知，空格处位于形容词 airborne 后，所以应填入名词。

**【语义判断】** 由 while brakes, tyres and roads all create tiny airborne 31 可知，空格处是指 brakes, tyres and roads 所产生的物质，airborne 意为“空气传播的”，根据 tiny airborne 可知 particles（颗粒）符合题意，故选 I。

32. **【答案】** H

**【考点】** 动词辨析

**【语法判断】** 由 while young people especially are 32 for other means of travel 可知，空格处位于 be 动词之后，并且应能够和介词 for 构成固定搭配，所以可以填入形容词或分词（v.-ed 或 v.-ing）。

**【语义判断】** 空格所在处句子提到汽车使用量正在下降，这是因为人们都住进了市中心，而年轻人往往会\_\_\_其他的出行方式，while 前后连接的是“汽车使用量正在下降”的两个原因。所以年轻人选择（opt for）其他的出行方式，才会导致“汽车使用量正在下降”，故选 H。

33. **【答案】** J

**【考点】** 名词辨析

**【语法判断】** 由 if motor vehicle use has reached its 33 可知，空格处位于 its 后，所以应填入名词。

**【语义判断】** 由 if motor vehicle use has reached its 33 and will decline 可知，这里是指“汽车使用是否已经达到\_\_\_并在日后下降”，名词选项中只有 peak（顶峰）符合题意，即“达到峰

值后下降”，故选 J。

34. 【答案】 O

【考点】 名词辨析

【语法判断】 由 have yet to catch up with this 34 可知，空格处位于代词 this 后，所以应填入可数名词的单数形式。

【语义判断】 上一分句提到的 if motor vehicle use has reached its peak and will decline，描述的是一种趋势 (trend)，所以这里应该填入 trend，catch up with this trend 意为“跟上这个趋势”，故选 O。

35. 【答案】 L

【考点】 副词辨析

【语法判断】 由 doubling the size of a road can 35 double the traffic 可知，空格处修饰动词 double，所以应填入副词。

【语义判断】 前文提到“去过伦敦 M25 环形高速公路的司机都知道，扩张出来的新道路很快就会被更多的车辆挤满”，所以空格所在句大意应为“道路面积扩大只会使交通量增加，对于解决交通堵塞并没有什么效果”。doubling the size of a road can simply double the traffic 表示“将道路面积扩大一倍只会使交通量增加一倍”，故选 L。根据排除法副词选项中只剩下 simply，即 L 为正确选项。



### 词汇点拨

- persistent /pə'sɪstənt/ *adj.* 持续的
- haze /heɪz/ *n.* 薄雾；霾
- reminder /rɪ'maɪndə(r)/ *n.* 提醒人的事物
- breathe /bri:ð/ *v.* 呼吸
- guideline /'gaɪdlaɪn/ *n.* 指导原则
- petrol /'petrəl/ *n.* 汽油
- diesel /'di:zl/ *n.* 柴油
- emission /i'mɪʃn/ *n.* 排放
- brake /breɪk/ *n.* 刹车
- tyre /'taɪə(r)/ *n.* 轮胎
- airborne /'eəbɔ:n/ *adj.* 空气传播的
- wear out 磨损
- catch up with 追上，赶上


## Section B

### 题源分析

出处	标题	话题	体裁
NPR	How much protein do you really need? 你真正需要多少蛋白质?	食品科学	说明文

 结构剖析

段落	大意
A	蛋白质补充剂行业正在蓬勃发展。
B~C	蛋白质存在于所有食物中，所以我们正常进食就可以达到建议的每日蛋白质摄入量。
D~E	健康的成年人不需要蛋白质补充剂。
F~G	蛋白质补充剂对极限运动员、素食主义者、受伤的人和老年人来说是有益处的。
H~K	研究表明，蛋白质补充剂可以帮助想要减肥的老年人增强肌肉；也可以改善老年人肌肉本身的质量。
L~N	增加蛋白质的摄入量必须摄入更多液体；过量摄入蛋白质会增加患病风险。

 参考译文

### How much protein do you really need?

#### 你真正需要多少蛋白质？

- [A] The marketing is tempting: Get stronger muscles and healthier bodies with minimal effort by adding protein powder to your morning shake or juice drink. Or grab a protein bar at lunch or for a quick snack. [38] Today, you can find protein supplements everywhere — online or at the pharmacy, grocery store or health food store. They come in powders, pills and bars. With more than \$12 billion in sales this year, the industry is booming and, according to the market research company, Grand View Research, is on track to sell billions more by 2025. But do we really need all this supplemental protein? It depends. There are pros, cons and some other things to consider.

市场营销很诱人：只需在早餐时往奶昔或果汁饮料中添加蛋白质粉，就能让你的肌肉更强健，身体更健康。也可以在午餐时吃一根蛋白质棒或者将其当作零食。[38] 如今，你可以在任何地方找到蛋白质补充剂，比如网上或者药房、杂货店以及保健食品商店，它们那有蛋白质粉、蛋白质片，也有蛋白质棒。这个行业正在蓬勃发展，今年的销售额已经超过了120亿美元。根据市场研究公司（大观研究）的数据，到2025年，这个行业的销售额有望再增加数十亿美元。但是我们真的需要这些蛋白质补充剂吗？要视情况而定，优缺点及其他一些因素都需要考虑。

- [B] For starters, protein is critical for every cell in our body. It helps build nails, hair, bones and muscles. It can also help you feel fuller longer than eating foods without protein. And, unlike nutrients that are found only in a few foods, protein is present in all foods. “The typical American diet is a lot higher in protein than a lot of us think,” says registered dietitian Angela Pipitone. [42] “It’s in foods many of us expect, such as beef, chicken and other types of meat and dairy. But it’s also in foods that may not come immediately to mind like vegetables, fruit, beans and grains.”

首先，蛋白质对我们体内的每个细胞都至关重要。它有助于指甲、头发、骨骼和肌肉的生长。与不含蛋白质的食物相比，它还可以帮助你获得更长时间的饱腹感。而且，与仅在少数食物中

发现的营养物质不同，蛋白质存在于所有食物中。注册营养师安吉拉·皮皮托内说：“在典型的美国饮食中，蛋白质的含量远比我们大多数人想象得高。[42] 它存在于很多人都能预料到的食物中，例如牛肉、鸡肉以及其他肉类和奶制品，但也存在于人们不会马上想到的食物中，例如蔬菜、水果、豆类以及谷物等。”

- [C] The U.S. government's recommended daily allowance (RDA) for the average adult is 50 to 60 grams of protein a day. [36] This may sound like a lot, but Pipitone says: "We get bits of protein here and there and that really adds up throughout the day." Take, for example, breakfast. If you eat two eggs topped with a little bit of cheese and an orange on the side, you already have 22 grams of protein. Each egg gives you 7 grams, the cheese gives you about 6 grams and the orange — about 2 grams. Add a lunch of chicken, rice and *broccoli* (西兰花), and you are already over the recommended 50 grams. "You can get enough protein and meet the RDA before you even get to dinner," says Pipitone.

美国政府建议普通成年人每日蛋白质的摄入量为 50 到 60 克。[36] 这个量听起来可能很多，但皮皮托内说：“我们从各个地方获取蛋白质，一整天加起来确实有很多。”以早餐为例，如果你吃了两个鸡蛋，上面加点儿奶酪，以及一个橙子，你就已经摄入 22 克蛋白质了。每个鸡蛋中有 7 克左右，奶酪中约有 6 克，橙子中大约有 2 克。再加上一顿午饭——鸡肉、米饭、西兰花，你的蛋白质摄入就已经超过了推荐的 50 克。皮皮托内说：“你可以得到足够的蛋白质，甚至在你吃晚饭之前就能达到推荐的日摄入量。”

- [D] So if it's so easy to get your protein in food, why add more in the form of powders, snack bars or a boost at your local juice bar? No need to, says Pipitone, because, in fact, most of us already get enough protein in our diet. [44] "Whole foods are always the best option rather than adding supplements," she says, noting the FDA does not regulate supplements as rigorously as foods or drugs. So there could be less protein, more sugar and some additives you wouldn't expect, such as *caffeine* (咖啡因).

所以，如果在食物中你就可以很容易地获取所需的蛋白质，为什么你还要补充蛋白粉、蛋白质零食棒或者在当地果汁吧喝高蛋白能量饮料呢？皮皮托内说这是没有必要的，因为事实上我们大多数人已经从饮食中获得了足够的蛋白质。[44] “天然食品永远是最好的选择，而不是添加补充剂，”她指出，食品及药物管理局对补充剂的监管不像食品或药物那样严格。所以补充剂中可能会含有更少的蛋白质、更多的糖以及一些你意想不到的添加剂，比如咖啡因。

- [E] If you are considering a supplement, read the list of ingredients, she says, although this is not always reliable. [37] "I've seen very expensive protein supplements that claim to be high quality but they might not really be beneficial for the average healthy adult," she says. "It could just be a waste of money."

她说，如果你正在考虑一种补充剂，请看看成分表，尽管成份表也不总是可靠的。[37] “我见过一些非常昂贵的蛋白质补充剂，商家声称它们是高品质的，但实际上它们可能对普通健康成年

人来说并没有好处。”她指出，“这可能只是在浪费钱。”

- [F] But there are certain situations that do warrant extra protein. “Anytime you’re repairing or building muscle,” Pipitone says, such as if you’re an extreme endurance athlete, training for a marathon, or you’re a body builder. If you’re moderately exercising for 150 minutes a week, as the Centers for Disease Control and Prevention recommends, or less than that, you’re probably not an extreme athlete. [39] Extreme athletes expend lots of energy breaking down and repairing and building muscles. Protein can give them the edge they need to speed along that process.

但在某些情况下确实需要补充额外的蛋白质。皮皮托内说：“你在修复或锻炼肌肉的时候都需要补充蛋白质，”比如你是一名正在进行马拉松训练的极限耐力运动员，或者一名健美运动员。如果你像美国疾病控制与预防中心建议的那样，每周适度锻炼150分钟，或者少于150分钟，你可能就不是一个极限运动员。[39] 极限运动员需要消耗大量的能量来分解、修复和塑造肌肉。蛋白质可以有助于他们加速完成这些过程。

- [G] Vegans can benefit from protein supplements since they do not eat animal-based protein sources like meat, dairy or eggs. And, for someone always on-the-go who may not have time for a meal, a protein snack bar can be a good option for occasional meal replacement. Also, individuals recovering from surgery or an injury can also benefit from extra protein. So, too, can older people. [41] At around age 60, “muscles really start to break down,” says Kathryn Starr, an aging researcher, “and because of that, the protein needs of an older adult actually increases.”

素食主义者可以从蛋白质补充剂中受益，因为他们不食用动物性蛋白质，例如肉类、奶制品或鸡蛋。而且，对于那些经常忙得没有时间吃饭的人来说，蛋白质零食棒是一个偶尔代替正餐的不错选择。此外，因为手术或受伤，还在恢复中的人也可以从额外补充的蛋白质中获益。老年人也是如此。[41] 一位上了年纪的研究员凯瑟琳·斯塔尔指出，60岁左右是“肌肉真正开始分解”的年龄，“因此老年人对蛋白质的需求实际上增加了。”

- [H] [43] In fact, along with her colleague Connie Bales, Starr recently conducted a small study that found that adding extra protein foods to the diet of obese older individuals who were trying to lose weight strengthened their muscles. Participants in the study were separated into two groups — one group was asked to eat 30 grams of protein per meal in the form of whole foods. That meant they were eating 90 grams of protein a day. The other group — the control group — was put on a typical low-calorie diet with about 50 to 60 grams of protein a day. After six months, researchers found the high protein group had significantly improved their muscle function — almost twice as much as the control group. “They were able to walk faster, had improved balance, and were also able to get up out of a chair faster than the control group,” Starr says. All 67 participants were over 60 years of age, and both groups lost about the same amount of weight.

[43] 事实上，斯塔尔和她的同事康尼·贝尔斯最近进行了一项小型研究，发现在试图减肥的肥胖

老年人的饮食中添加额外的蛋白质食物，可以增强他们的肌肉。该研究的参与者被分成两组——其中一组被要求每餐吃含有 30 克蛋白质的纯天然食品。这意味着他们每天摄入 90 克蛋白质。另一组（即对照组）则是典型的低卡路里饮食，每天摄入 50 至 60 克蛋白质。六个月后，研究人员发现高蛋白组成员的肌肉功能显著改善——几乎是对照组的两倍。“他们比对照组成员走得更快，平衡感更强，从椅子上站起来的速度也更快。”斯塔尔说道。这 67 名参与该研究的人的年龄都在 60 岁以上，两组人减掉的体重大致相同。

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

斯塔尔现在正在研究高蛋白饮食是否也能改善老年人肌肉本身的质量。她使用 CT 扫描来测量肌肉的大小和脂肪，并将高蛋白饮食的老年人与正常饮食的老年人进行比较。她说她的研究结果将在几个月后公布。

- [J] In the meantime, 70-year-old Corliss Keith, who was in the high protein group in Starr's latest study, says she feels a big difference. "I feel excellent," she says. "I feel like I have a different body, I have more energy, I'm stronger." She says she is able to take Zumba exercise classes three times a week, work out on the *treadmill* (跑步机), and take long, brisk walks. Keith also lost more than 15 pounds. "I'm a fashionable person, so now I'm back in my 3-inch heels," she says.

与此同时，在斯塔尔的最新研究中，高蛋白组的 70 岁的克里斯·基斯说，她感觉到了很大的不同。“我感觉很好，”她说，“我感觉我有了一个（和以前）不一样的身体，我有了更多的能量，我变得更强壮了。”她说她每周能上三次尊巴健身课，在跑步机上锻炼，还能进行长距离且轻快的散步。基斯还瘦了 15 磅多。她说：“我是一个时髦的人，所以现在我又重新穿回了 3 英寸的高跟鞋。”

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

斯塔尔说，随着人们年龄的增长，肌肉力量是帮助他们保持强壮和继续独立在家生活的关键。“我现在觉得很有活力，”基斯说道，“我觉得我可以独自生活到 100 岁。”

- [L] But can people overdo protein? Pipitone says you do have to be careful. Other researchers say too much protein can cause *cramps* (痉挛), headaches, and fatigue. *Dehydration* (脱水) is also a risk when you eat too much protein. [45] Pipitone says if you increase protein, you also have to increase your fluid intake. "I always tell people to make sure they're drinking enough fluids," which for the average person is 60 to 70 ounces a day, which translates into eight 8-ounce glasses of water or liquid per day.



但是人们可以过量摄入蛋白质吗？皮皮托内说你必须要小心。其他研究人员指出，过多的蛋白质会导致痉挛、头痛和疲劳。当你摄入过多的蛋白质时，脱水也是一个风险。[45] 皮皮托内指出，如果你增加了蛋白质的摄入量，你也必须增加流质的摄入量。“我总是告诉人们要确保自己饮足够多的流质，”即平均每人每天 60 到 70 盎司，也就是每天 8 杯 8 盎司的水或者流质。

[M] [40] There have been some indications that extra protein makes the kidneys work harder, which could be problematic for individuals with a history of kidney disease and for them, the supplements may increase the risk of kidney stones, she says.

[40] 她说，一些迹象已经表明，额外的蛋白质会增加肾脏负担，这可能会给有肾脏病史的人带来麻烦，对他们来说，补品可能会增加患肾结石的风险。

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

底线就是，如果你认为你的饮食中需要更多的蛋白质，考虑以下几个问题：你是极限运动员吗？你是否因为伤病或手术还在恢复中？或者你已经 60 岁或者更老了吗？如果是这样，在你的饮食中添加高蛋白食物，如鸡蛋和肉类产品，可能是有益的。如果你并不确定，最好咨询一下你的主治医师。

### 答案详解

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

推荐的蛋白质摄入量是很容易达到的。

**【答案】** C

**【定位】** 根据题干中的 easy 和 recommended amount 可以定位到 C 段。

**【解析】** C 段第一句指出对于普通成年人来说，建议的蛋白质每日摄入量（recommended daily allowance）为 50 到 60 克。接下来整段具体说明我们正常进食就可以轻松达到每日摄入量。最后一句再次点明在吃晚饭之前就能达到建议的日摄入量（You can get enough protein and meet the RDA before you even get to dinner），以上内容都表明达到建议的蛋白质摄入量是容易的，对应题干中的 easy。再由 D 段第一句话中前部分为对上一段的总结，其中明确提到的 easy 可知，故本题答案为 C。

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

皮皮托内认为健康的成年人不需要花钱购买蛋白质补充剂。

**【答案】** E

**【定位】** 根据题干中的 healthy adults、money 和 protein supplements 可以定位到 E 段最后两句话。

**【解析】** 定位句指出“我见过一些非常昂贵的蛋白质补充剂，但实际上它们可能对普通健康的成年人来说并没有好处。”皮皮托内指出，“这可能只是在浪费钱”（I've seen very expensive protein supplements... but they might not really be beneficial for the average healthy adult,” she says. “It

could just be a waste of money)。题干是对这句话的简要概述。其中，由上一段可知 she 指代的是题干中的 Pipitone；题干中的 need not spend money 对应原文中的 a waste of money。故本题答案为 E。

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

人们发现，蛋白质补充剂行业正在蓬勃发展。

**【答案】** A

**【定位】** 根据题干中的 protein supplement、business 和 thriving 可以定位到 A 段第四句和第六句话。

**【解析】** 定位句指出“如今，你可以在任何地方找到蛋白质补充剂”。这个行业正在蓬勃发展 (Today, you can find protein supplements everywhere... the industry is booming...)，题干是对这两句话的合并转述。其中，题干中的 business 是原文中 industry 的同义替换；题干中的 thriving 对应原文中的 booming。故本题答案为 A。

39. Protein can speed the repairing of damaged muscles.

蛋白质能加速受损肌肉的修复。

**【答案】** F

**【定位】** 根据题干中的 speed、repairing 和 muscles 可以定位到 F 段最后两句话。

**【解析】** 定位句指出极限运动员需要消耗大量的能量来修复和塑造肌肉。蛋白质可以有助于他们加速完成这些过程 (Extreme athletes expend lots of energy... repairing and building muscles. Protein can give them the edge they need to speed along that process)，题干是对这两句话的简要概述。故本题答案为 F。

40. Protein supplements may overburden some internal organ, thus leading to its malfunctioning.

蛋白质补充剂可能会使某些内脏器官负担过重，从而导致其功能失常。

**【答案】** M

**【定位】** 根据题干中的 overburden、internal organ 和 malfunctioning 可以定位到 M 段。

**【解析】** 定位段指出一些迹象表明，额外的蛋白质会增加肾脏负担，补品可能会增加患肾结石的风险 (There have been some indications that extra protein makes the kidneys work harder... the supplements may increase the risk of kidney stones...)，题干是对这句话的简要概述。其中，题干中的 overburden some internal organ 对应原文中的 makes the kidneys work harder；题干中的 malfunctioning 对应原文中的 increase the risk of kidney stones。故本题答案为 M。

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

老年人需要摄入更多的蛋白质来保持肌肉强健。

**【答案】** G

**【定位】** 根据题干中的 older adults、more protein 和 muscles 可以定位到 G 段最后一句话。

**【解析】** 定位句提到一位上了年纪的研究员凯瑟琳·斯塔尔指出，60 岁左右是“肌肉真正开始分解”的年龄，“因此老年人对蛋白质的需求实际上增加了 (At around age 60, “muscles really start to break

down,” says Kathryn Starr, an aging researcher, “and because of that, the protein needs of an older adult actually increases”), 这句话的意思是老年人需要摄入更多蛋白质来防止肌肉分解, 也就是说使肌肉保持强健, 题干是对这句话的同义转述。其中, 题干中的 take in more protein to keep their muscles strong 对应原文中的 muscles... start to break down... the protein needs... increases; 题干中的 more 是文中 increases 的同义替换。故本题答案为 G。

**【排除】**H 段第一句话指出一项小型研究发现, 在试图减肥的肥胖老年人的饮食中添加额外的蛋白质食物, 可以增强他们的肌肉。虽然 H 段提到了 “strengthened their muscles”, 但该段讲的是 “试图减肥的肥胖老年人”, 题干并未体现这一点, 故 H 段排除。

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

蛋白质存在于比人们意识到的还要多的食物当中。

**【答案】** B

**【定位】** 根据题干中的 in more foods than people might realize 可以定位到 B 段。

**【解析】** B 段第四句话首先提出蛋白质存在于所有食物中, 之后在最后两句话中指出蛋白质存在于很多人都能预料到的食物中, 但也存在于人们不会马上想到的食物中 (It's in foods many of us expect... But it's also in foods that may not come immediately to mind...). 由这两句话可以推断出, 除了人们日常熟知的一些食物, 还有其他的食物中也含有蛋白质但却是人们没有意识到的, 也就是说含有蛋白质的食物比人们知道的要多, 与题干含义相对应, 题干是对上述内容的同义转述。故本题答案为 B。

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

研究发现, 额外的蛋白质能够帮助想要减肥的肥胖老年人增强肌肉。

**【答案】** H

**【定位】** 根据题干中的 strengthen the muscles、overweight seniors 和 weight loss 可以定位到 H 段第一句话。

**【解析】** 定位句指出: 一项小型研究发现, 在试图减肥的肥胖老年人的饮食中添加额外的蛋白质食物, 可以增强他们的肌肉 (... a small study that found that adding extra protein foods to the diet of obese older individuals who were trying to lose weight strengthened their muscles)。题干是对这句话的简要概述。其中, 题干中的 additional protein 是原文中 adding extra protein foods 的同义替换; 题干中的 overweight seniors 对应原文的 obese older individuals; 题干中的 seeking weight loss 是原文中 trying to lose weight 的同义替换。故本题答案为 H。

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

皮皮托内认为, 纯天然食品提供了最好的蛋白质来源。

**【答案】** D

**【定位】** 根据题干中的 Pipitone, whole foods 和 the best 可以定位到 D 段倒数第二句话。

**【解析】** D 段一、二句提到我们可以从食物中获取充足的蛋白质。定位句指出皮皮托内说, “天然食品总是获取蛋白质最好的选择。” “Whole foods are always the best option...” she says... 题干是对

这句话的同义转述。其中, she 由前一句话可知, 其指代的是题干中的 Pipitone; 题干中的 the best source of protein 根据文意对应原文中的 the best option。故本题答案为 D。

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

当人们摄入更多的蛋白质时, 最好也饮用更多的流质。

**【答案】** L

**【定位】** 根据题干中的 drink more liquid 和 take in more protein 可以定位到 L 段倒数第二句话。

**【解析】** 定位句指出如果你增加了蛋白质的摄入量, 你也必须增加液体的摄入量。“... if you increase protein, you also have to increase your fluid intake.” 题干是对这句话的同义转述。其中, 题干中的 people are advised to 对应原文中的 you also have to; 题干中的 drink more liquid 是原文中 increase your fluid intake 的同义替换; 题干中的 take in more protein 是原文中 increase protein 的同义替换。故本题答案为 L。

### 词汇点拨

- tempting /'temptɪŋ/ *adj.* 诱人的
- powder /'paʊdə(r)/ *n.* 粉末
- pharmacy /'fɑ:məsi/ *n.* 药房
- be on track 步入正轨
- the pros and cons 利弊
- registered dietitian 注册营养师
- rigorously /'rɪgərəsli/ *adv.* 严格地
- additive /'ædətɪv/ *n.* (尤指食品的) 添加剂
- warrant /'wɒrənt/ *v.* 使有必要
- break down 分解
- edge /edʒ/ *n.* (微弱的) 优势
- brisk /brɪsk/ *adj.* 轻快的
- fatigue /fə'ti:g/ *n.* 疲劳
- thriving /'θraɪvɪŋ/ *adj.* 兴旺发达的

## Section C

### ·Passage One·

#### 题源分析

出处	标题	话题	体裁
<i>The Telegraph</i>	Science Proves Attitude Can Be A Powerful Mental Tool 科学证明, 态度可作为一种强大的心理工具	心理学	说明文

#### 结构剖析

段落	大意
1 ~ 2	用一位英国母亲的例子说明态度的重要性。
3	童年时期、青春期和成年时期三个阶段中人们对态度的形成与完善。

4	态度的内在一致性需要一定条件。
5	改变态度的有效方法之一就是开始行动。

### 参考译文

- Last year, a child was born at a hospital in the UK with her heart outside her body. Few babies survive this rare condition, and those who do must endure numerous operations and are likely to have complex needs. When her mother was interviewed, three weeks after her daughter's birth, she was asked if she was prepared for what might be a daunting (令人生畏的) task caring for her. She answered without hesitation that, as far as she was concerned, this would be a "privilege".

去年，在英国一家医院出生的一个孩子心脏长在了体外。很少有婴儿能在这种罕见的情况下幸存下来，而幸存的婴儿必须忍受无数次的手术，并且可能有复杂的需求。这个婴儿的母亲在女儿出生三周后接受采访，在被问及是否已经做好准备完成照顾女儿这一可能极其艰巨的任务时，她毫不犹豫地回答说，在她看来，这将是一种“荣幸”。
- Rarely has there been a better example of the power of attitude, one of our most powerful psychological tools. Our attitudes allow us to turn mistakes into opportunities, and loss into the chance for new beginnings. An attitude is a settled way of thinking, feeling and/or behaving towards particular objects, people, events or ideologies. [46] We use our attitudes to filter, interpret and react to the world around us. You weren't born with attitudes; rather they are all learned, and this happens in a number of ways.

很少有比这个更好的例子能体现态度的力量了，态度的力量是我们最强大的心理工具之一。我们的态度让我们能够将错误转化为机会，将损失转化为新的起点。态度是对特定对象、人物、事件或意识形态的一种固定的思考、感受以及（或者）行为方式。[46] 我们用自己的态度来过滤、解释和应对我们周围的世界。你并不是与生俱来就有态度；相反，态度是需要学习的，而且学习的方式也多种多样。
- The most powerful influences occur during early childhood and include both what happened to you directly, and what those around you did and said in your presence. [47] As you acquire a distinctive identity, your attitudes are further refined by the behavior of those with whom you identify – your family, those of your gender and culture, and the people you admire, even though you may not know them personally. Friendships and other important relationships become increasingly important, particularly during adolescence. About that same time and throughout adulthood, the information you receive, especially when ideas are repeated in association with goals and achievements you find attractive, also refines your attitudes.

最大的影响发生在幼儿时期，既包括直接发生在你身上的事情，也包括周围的人在你面前所做之事、所说的话。[47] 当你获得一种独特的身份认同时，你的态度就会被那些你认同的人的行为

进一步改善——你的家人、与你相同性别、相同文化背景的人，以及你所崇拜的人，即使你可能并不认识他们。友谊以及其他重要的关系变得越来越重要，特别是在青春期。大约在同一时期直到成年时期，你所接收到的信息也会改善你的态度，尤其是当这些信息与你认为有吸引力的目标和成就反复产生关联的时候。

4. Many people assume that our attitudes are internally consistent, that is, the way you think and feel about someone or something predicts your behavior towards them. [48] However, many studies have found that feelings and thoughts don't necessarily predict behavior. In general, your attitudes will be internally consistent only when the behavior is easy, and when those around you hold similar beliefs. [49] That's why, for example, many say they believe in the benefits of recycling or exercise, but don't behave in line with their views, because it takes awareness, effort and courage to go beyond merely stating that you believe something is a good idea.

许多人认为我们的态度是内在一致的，也就是说，你对某人或某事的想法和感受决定了你对他们的行为。然而，[48] 许多研究发现，感觉和想法并不一定能预测行为。一般来说，只有当某一行为很容易做到，当你周围的人有相似的信念时，你的态度才会是内在一致的。[49] 举例来说，这就是为什么许多人说他们相信回收利用物品或锻炼身体的好处，但他们的行为与他们的观点却并不一致。这需要意识、努力和勇气，而不仅仅说你相信某事是一个好主意。

5. [50] One of the most effective ways to change an attitude is to start behaving as if you already feel and think the way you'd prefer to. Take some time to reflect on your attitudes, to think about what you believe and why. Is there anything you consider a burden rather than a privilege? If so, start behaving – right now – as if the latter is the case.

[50] 改变态度最有效的方法之一就是开始行动起来，仿佛你已经按照自己喜欢的方式去感觉和思考了。花些时间来反思你的态度，思考你相信什么、为什么相信。有什么是你认为是负担而不是荣幸的吗？如果有，现在就开始，把它当作荣幸一样对待吧，就当事实如此。

### 答案详解

46. What do we learn from the passage about attitude?

- A) It shapes our beliefs and ideologies.  
 B) It improves our psychological wellbeing.  
**C) It determines how we respond to our immediate environment.**  
 D) It changes the way we think, feel and interact with one another.

**【答案】** C

**【考点】** 细节题

**【定位】** 根据题干关键词 attitude 可定位至第二段第四句。

46. 我们从文章中了解到关于态度的什么信息？

- A) 它影响了我们的信仰和意识形态。  
 B) 它改善了我们的心理健康。  
**C) 它决定我们如何应对眼前的环境。**

D) 它改变了我们思考、感受和与其他人互动的方式。

**【解析】**定位句提到“我们用自己的态度来过滤、解释和应对我们周围的世界”，可知，态度决定了我们如何应对眼前的环境，故C项正确。其中respond to 同义替换原文 react to；immediate environment 对应 the world around us。

**【排除】**第二段提到“态度是对特定对象、人、事件或意识形态的一种固定的思考、感受以及（或者）行为方式”，并非是态度塑造了我们的信仰和意识形态，故排除A项。

47. What can contribute to the refinement of one's attitude, according to the passage?

**A) Their idol's behaviors.**

B) Their educational level.

C) Their contact with the opposite gender.

D) Their interaction with different cultures.

**【答案】** A

**【考点】** 推断题

**【定位】** 根据题干关键词 refinement 可定位至第三段第二句。

**【解析】** 定位句提到“当你获得一种独特的身份认同时，你的态度就会被那些你认同的人的行为进一步改善——你的家人、与你相同性别、相同文化背景的人，以及你所崇拜的人，即使你可能并不认识他们。”而偶像就是“你所崇拜的人”（the people you admire），故A项正确。

48. What do many studies find out about people's feelings and thoughts?

**A) They may not suggest how a person is going to behave.**

B) They are in a way consistent with a person's mentality.

C) They may not find expression in interpersonal relations.

D) They are in line with a person's behavior no matter what.

**【答案】** A

**【考点】** 细节题

**【定位】** 根据题干关键词 many studies 和 feelings and thoughts 可定位至第四段第二句。

**【解析】** 定位句提到“许多研究发现，感觉和想法并不一定能预测行为”，“预测行为”即“表明一个人会如何表现”，故A项正确，其中 suggest how a person is going to behave 同义替换原文的 predict behavior。

**【排除】** 定位句后一句提到“一般来说，只有当某一行为很容易做到，当你周围的人有相似的信念时，你的态度才会是内在一致的。”，可见“一致性”需要一些条件，而不是“某种程度上”一直，故排除B项。

47. 根据文章内容可知，什么能有助于态度的改善？

**A) 他们偶像的行为。**

B) 他们的教育水平。

C) 他们与异性的接触。

D) 他们与不同文化的互动。

48. 关于人们的感受和想法，许多研究发现了什么？

**A) 它们不能表明一个人会如何表现。**

B) 它们在某种程度上和一个人的心态是一致的。

C) 它们可能不会在人际关系方面表现出来。

D) 不管怎样，它们都符合一个人的行为。

49. How come many people don't do what they believe is good?

- A) They can't afford the time.  
B) They have no idea how to.  
C) They are hypocritical.

**D) They lack willpower.**

**【答案】** D

**【考点】** 推断题

**【定位】** 根据题干关键词 many people don't do what they believe is good 可定位至第四段最后一句。

**【解析】** 定位句提到“举例来说，这就是为什么许多人说他们相信回收利用物品或锻炼身体的好处，但他们的行为与他们的观点却并不一致。这需要意识、努力和勇气，而不仅仅说你相信某事是一个好主意。”“意识、努力和勇气”可以总结为“意志力”，故 D 项正确。

49. 为什么许多人不做他们认为好的事情？

- A) 他们抽不出时间。  
B) 他们不知道怎么做。  
C) 他们很虚伪。

**D) 他们缺乏意志力。**

50. What is proposed as a strategy to change attitude?

A) Changing things that require one's immediate attention.

**B) Starting to act in a way that embodies one's aspirations.**

C) Adjusting one's behavior gradually over a period of time.

D) Considering ways of reducing one's psychological burdens.

**【答案】** B

**【考点】** 推断题

**【定位】** 根据题干关键词 a strategy to change attitude 可定位至第五段第一句。

**【解析】** 定位句提到“改变态度最有效的方法之一就是开始行动起来，仿佛你已经按照自己喜欢的方式去感受和思考了。”“喜欢的方式”就是“体现个人愿望的方式”，故 B 项正确。其中 act in a way that embodies one's aspirations 同义替换 start behaving as if you already feel and think the way you'd prefer to。

**【排除】** 第五段第二句提到了“花些时间来反思你的态度”，而非花时间调整自己的行为，故排除 C 项。

50. 什么可以作为改变态度的策略呢？

A) 改变需要立即关注的事情。

**B) 开始以体现个人愿望的方式行动。**

C) 在一段时间内逐渐调整自己的行为。

D) 考虑减轻心理负担的方法。

## 📖 词汇点拨


- endure /m'djuə(r)/ v. 忍耐；忍受
- numerous /'nju:mərəs/ adj. 众多的；许多的
- complex /'kɒmpleks/ adj. 复杂的；难懂的
- hesitation /,hezɪ'teɪʃn/ n. 犹豫；迟疑
- privilege /'prɪvəlɪdʒ/ n. 荣幸；光荣
- settled /'setld/ adj. 不大可能变动的；稳定的

- interpret /m'tɜ:pɪt/ v. 诠释；说明
- identify with somebody 与某人产生共鸣
- refine /rɪ'faɪn/ v. 改进；改善
- adolescence /,ædəʊ'lesns/ n. 青春期；青春
- consistent /kən'sɪstənt/ adj. 与……一致的；相符



- ideology /,aɪdɪ'blɒdʒi/ *n.* 思想(体系); 思想意识
- filter /'fɪltə(r)/ *v.* 过滤
- in somebody's presence 在……面前; 有……在场
- acquire /ə'kwɪə(r)/ *v.* (通过努力、能力、行为表现) 获得, 得到
- distinctive /dɪ'stɪŋktɪv/ *adj.* 独特的; 有特色的
- in line with 符合; 与……一致
- reflect /rɪ'flekt/ *v.* 认真思考; 沉思
- immediate /ɪ'mɪdiət/ *adj.* 附近的; 紧接的
- interpersonal /,ɪntə'pɜ:sənəl/ *adj.* 人际关系的; 人际的
- hypocritical /,hɪpə'krɪtɪkl/ *adj.* 虚伪的; 伪善的
- willpower /'wɪlpaʊə(r)/ *n.* 意志力


·Passage Two·

 题源分析

出处	标题	话题	体裁
<i>The Guardian</i>	Krill Fishing Poses Serious Threat to Antarctic Ecosystem, Report Warns 有报告警告, 磷虾捕捞对南极洲生态系统构成了严重威胁	环境	说明文

 结构剖析

段落	大意
1~2	最新的报告和研究发现磷虾工业捕捞对南极生态系统构成了严重的威胁。
3~5	为保护南极, 发起了一场在南极洲建立保护区的全球运动。
6~8	CCAMLR为保护南极海洋生态系统作出的相关努力。

 参考译文

- Industrial fishing for krill (磷虾) in the unspoiled waters around Antarctica is threatening the future of one of the world's last great wildernesses, according to a new report.  
一份新的报告显示, 在南极洲周围未受污染的水域进行的磷虾工业捕捞, 正威胁着世界上仅存的几个大荒原之一的未来。
- [51] The study by Greenpeace analysed the movements of krill fishing vessels in the region and found they were increasingly operating “in the immediate vicinity of penguin colonies and whale-feeding grounds”. It also highlights incidents of fishing boats being involved in groundings, oil spills and accidents, which posed a serious threat to the Antarctic ecosystem.  
[51] 绿色和平组织的研究分析了该地区磷虾渔船的活动, 发现它们越来越多地在“企鹅聚居地和

鲸鱼觅食地附近”作业。该研究还强调了涉及搁浅、石油泄漏和事故等渔船事件，这些事件对南极生态系统构成了严重的威胁。

3. The report, published on Tuesday, comes amid growing concern about the impact of fishing and climate change on the Antarctic. [52] A global campaign has been launched to create a network of ocean sanctuaries to protect the seas in the region and Greenpeace is calling for an immediate halt to fishing in areas being considered for sanctuary status.

这份报告于周二发布，正值人们越来越担心渔业和气候变化对南极的影响之际。[52] 一场全球运动已经启动，旨在创建一个海洋保护区网络，以保护该地区的海洋。绿色和平组织呼吁立即停止在被纳入保护区的地区捕鱼。

4. [53] Frida Bengtsson from Greenpeace's Protect the Antarctic campaign said: "If the krill industry wants to show it's a responsible player, then it should be voluntarily getting out of any area which is being proposed as an ocean sanctuary, and should instead be backing the protection of these huge tracts of the Antarctic."

[53] 来自绿色和平组织南极保护运动的弗里达·本特森说：“如果磷虾产业想要证明自己是一个负责任的参与者，那么它就应该自愿离开所有被提议为海洋保护区的区域，并应该转而支持保护南极的这些大片区域。”

5. [52] A global campaign has been launched to turn a huge tract of Antarctic seas into ocean sanctuaries, protecting wildlife and banning not just krill fishing, but all fishing. One was created in the Ross Sea in 2016, another reserve is being proposed in a vast area of the Weddell Sea, and a third sanctuary is under consideration in the area west of the Antarctic Peninsula – a key krill fishing area.

[52] 一场全球运动已经展开，旨在将巨大的南极海域变成海洋保护区，保护野生生物，不仅禁止捕捞磷虾，还禁止所有的捕捞活动。一个保护区于2016年在罗斯海建立，另一个正被拟定建于威德尔海的一大片海域。第三个保护区考虑建在南极半岛以西的区域——这是一个重要的磷虾捕捞区。

6. The Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) manages the seas around Antarctica. It will decide on the Weddell Sea sanctuary proposal at a conference in Australia in October, although a decision on the peninsula sanctuary is not expected until later.

南极海洋生物资源保护委员会（CCAMLR）管理着南极洲周围的海洋。该委员会将于10月份在澳大利亚的一场会议上决定威德尔海洋保护区的提议，不过半岛保护区的决定预计要晚些时候才会作出。

7. [54] Keith Reid, a science manager at CCAMLR, said that the organisation sought "a balance

between protection, conservation and sustainable fishing in the Southern Ocean.” He said although more fishing was taking place nearer penguin colonies it was often happening later in the season when these colonies were empty.

[54] CCAMLR 的科学经理基思·里德指出，该组织寻求“在南冰洋的保护、养护和可持续捕捞之间取得平衡”。他说，尽管越来越多的捕鱼活动更加靠近企鹅聚居地，但通常是在（繁殖）季节晚些时候发生的，那时这些聚居地都是空的。

8. “The creation of a system of marine protected areas is a key part of ongoing scientific and policy discussions in CCAMLR.” he added. “Our long-term operation in the region depends on a healthy and thriving Antarctic marine ecosystem, which is why we have always had an open dialogue with the environmental non-governmental organisations. We strongly intend to continue this dialogue, including talks with Greenpeace, to discuss improvements based on the latest scientific data. [55] We are not the ones to decide on the establishment of marine protected areas, but we hope to contribute positively with our knowledge and experience.”

“建立一个海洋保护区系统是 CCAMLR 正在进行的科学和政策讨论的关键部分。”他补充道。“我们在该地区的长期运作依赖于一个健康繁荣的南极海洋生态系统，这就是为什么我们一直与环保非政府组织进行公开对话。我们强烈希望将这一对话继续下去，包括与绿色和平组织的会谈，以讨论基于最新科学数据的改进。[55] 我们不是决定建立海洋保护区的人，但我们希望以我们的知识和经验为此做出积极的贡献。”

### 答案详解

51. What does Greenpeace's study find about krill fishing?

A) It caused a great many penguins and whales to migrate.

B) It was depriving penguins and whales of their habitats.

**C) It was carried out too close to the habitats of penguins and whales.**

D) It posed an unprecedented threat to the wildlife around Antarctica.

51. 绿色和平组织对磷虾捕捞有什么研究发现？

A) 它导致了大量的企鹅和鲸鱼迁徙。

B) 它将剥夺企鹅和鲸鱼的栖息地。

**C) 它的实施地点离企鹅和鲸鱼的栖息地太近了。**

D) 它对南极周围的野生动物构成了前所未有的威胁。

**【答案】** C

**【考点】** 细节题

**【定位】** 根据题干关键词 Greenpeace's study、find 可定位至第二段第一句。

**【解析】** 定位句提到，绿色和平组织分析南极地区磷虾渔船的作业活动后发现，它们越来越多地在“企鹅聚居地和鲸鱼觅食地附近”作业，也就是说磷虾作业的实施地点离企鹅和鲸鱼的栖息地太近了，C 项正确。其中，was carried out 是文中 were operating 的同义替换；too close 与文中 the immediate vicinity 相对应。

52. For what purpose has a global campaign been launched?

- A) To reduce the impact of climate change on Antarctica.  
**B) To establish conservation areas in the Antarctic region.**  
 C) To regulate krill fishing operations in the Antarctic seas.  
 D) To publicise the concern about the impact of krill fishing.

【答案】 B

【考点】 细节题

【定位】 根据题干关键词 a global campaign、launched 可定位至第三段第二句和第五段第一句的前半部分。

【解析】 第三段第二句前半部分提到“一场全球运动已经展开，旨在创建一个海洋保护区网络，以保护该地区的海洋”，第五段第一句再次提到发起这场全球运动的目的是“将巨大的南极海域变成海洋保护区”，故 B 项正确。其中，conservation areas 是文中 sanctuaries 的同义替换。

52. 发起这场全球运动的目的是什么？

- A) 减少气候变化对南极洲的影响。  
**B) 在南极地区建立保护区。**  
 C) 管理南极海域的磷虾捕捞作业。  
 D) 宣传对磷虾捕捞影响的关注。

53. What is Greenpeace's recommendation to the krill industry?

- A) Opting to operate away from the suggested conservation areas.**  
 B) Volunteering to protect the endangered species in the Antarctic.  
 C) Refraining from krill fishing throughout the breeding season.  
 D) Showing its sense of responsibility by leading the global campaign.

【答案】 A

【考点】 细节题

【定位】 根据题干关键词 Greenpeace、krill industry 可定位至第四段。

【解析】 第四段记述了来自绿色和平组织南极保护运动的弗里达·本特森的话语，他表示“如果磷虾产业想要证明自己是一个负责任的参与者，那么它就应该自愿离开任何被提议为海洋保护区的区域”，可知绿色和平组织建议磷虾产业远离被提议作为海洋保护区的区域作业，A 项正确。其中 operate away 对应文中的 getting out of; suggested 是文中 proposed 的同义替换。

【排除】 第四段后半部分弗里达·本特森的话里还提到，磷虾产业“应该转而支持保护南极的这些大片区域”，但这里并没有提到“濒危物种”，故排除 B 项。

53. 绿色和平组织对磷虾产业有何建议？

- A) 选择远离建议的自然保育区。**  
 B) 自愿保护南极的濒危物种。  
 C) 在繁殖季节避免捕捞磷虾。  
 D) 通过领导全球运动来显示其责任感。

54. What did CCAMLR aim to do according to its science manager?

- A) Raise public awareness of the vulnerability of Antarctic species.  
B) Ban all commercial fishing operations in the Southern Ocean.  
C) Keep the penguin colonies from all fishing interference.

**D) Sustain fishing without damaging the Antarctic ecosystem.**

**【答案】** D

**【考点】** 推断题

**【定位】** 根据题干关键词 CCAMLR、its science manager 可定位至第七段第一句。

**【解析】** 定位句提到 CCAMLR 的科学经理基思·里德表示，该组织寻求“在南冰洋的保护、养护和可持续捕捞之间取得平衡”，可推断 CCAMLR 希望能在不破坏南极生态系统的情况下维持捕捞，D 项正确。其中 aim to（力求）与文中的 sought（寻求）相对应。

54. 据 CCAMLR 的科学经理所说，该组织的目标是什么？

- A) 提高公众对南极物种脆弱性的认识。  
B) 禁止在南大洋的所有商业捕捞活动。  
C) 防止企鹅群受到捕捞活动的干扰。

**D) 在不破坏南极生态系统的情况下维持捕捞。**

55. How does CCAMLR define its role in the conservation of the Antarctic environment?

- A) A coordinator in policy discussions.  
B) An authority on big data analysis.

**C) A provider of the needed expertise.**

D) An initiator of marine sanctuaries.

**【答案】** C

**【考点】** 推断题

**【定位】** 根据出题顺序以及题干关键词 CCAMLR、define its role 可定位至第八段最后一句。

**【解析】** 定位句是 CCAMLR 的科学经理基思·里德所说话语的一部分，这里他提到“我们不是决定建立海洋保护区的人，但我们希望以我们的知识和经验为此做出积极的贡献”，可推断 CCAMLR 对自己定位的角色是知识和经验的提供者，C 项正确。其中 a provider 与文中 contribute 相对应；expertise 是文中 knowledge 的同义替换。

**【排除】** 第八段开头部分基思·里德提到“建立一个海洋保护区系统是 CCAMLR 正在进行的科学和政策讨论的关键部分”，第三、四句中提到 CCAMLR “一直与环保非政府组织进行公开对话”，并“强烈希望将这一对话继续下去”，这里虽然提到了 policy discussions（政策讨论），却并没有体现 coordinator（协调者），故排除 A 项。

55. CCAMLR 如何界定其在保护南极环境方面的作用？

- A) 政策讨论的协调者。  
B) 大数据分析权威专家。


**C) 所需专业知识的提供者。**

D) 海洋保护区的发起者。


 词汇点拨

- unspoilt /ˌʌn'spɔɪlt/ *adj.* 有自然美的; 未遭破坏的
- Antarctica /æn'tɑ:k'tɪkə/ *n.* 南极洲
- wilderness /'wɪldənəs/ *n.* 未开发的地区; 荒野
- vessel /'vesl/ *n.* 大船; 轮船
- vicinity /və'smɪti/ *n.* 周围地区; 附近
- colony /'kɒləni/ *n.* (同地生长的植物或动物) 群体, 集落
- grounding /'graʊndɪŋ/ *n.* (尤指因机件故障等) (船的) 留港停航
- pose a threat to 对……造成威胁
- amid /ə'mɪd/ *prep.* 在……过程中; 在……中
- launch /lɔ:ntʃ/ *v.* 发起, 发动 (尤指有组织的活动)
- sanctuary /'sæŋktʃuəri/ *n.* 鸟兽保护区; 禁猎区
- halt /hɔ:lt/ *v.* 停止; 阻止
- tract /trækt/ *n.* 大片土地; 地带
- reserve /rɪ'zɜ:v/ *n.* (动植物) 保护区; 自然保护区
- peninsula /pə'nɪnsjələ/ *n.* 半岛
- marine /mə'ri:n/ *adj.* 海的; 海生的
- thriving /'θraɪvɪŋ/ *adj.* 繁荣的; 茁壮成长的
- migrate /maɪ'greɪt/ *v.* 迁徙, 移居
- deprive /dɪ'praɪv/ *v.* 剥夺
- unprecedented /ʌn'presɪdntɪd/ *adj.* 空前的, 前所未有的
- regulate /'regjuleɪt/ *v.* 控制, 管理; 调节
- publicise /'pʌblɪsaɪz/ *v.* 宣传, 推广
- opt /ɒpt/ *v.* 选择
- refrain /rɪ'freɪn/ *v.* 节制, 避免
- breeding /'brɪ:dɪŋ/ *n.* 饲养; 生育, 繁殖
- vulnerability /ˌvʌlnərə'bɪləti/ *n.* 易受伤害, 易损性
- interference /ˌɪntə'fɪərəns/ *n.* 干涉; 干扰
- coordinator /ˌkəʊ'ɔ:dɪnətə/ *n.* 协调人
- expertise /ˌekspɜ:'ti:z/ *n.* 专门知识, 专长
- initiator /ɪ'nɪʃɪətə(r)/ *n.* 发起者

## Part IV Translation

 中文原文

荷花 (lotus flower) 是中国的名花之一, 深受人们喜爱。中国许多地方的湖泊和池塘都适宜荷花生长。荷花色彩鲜艳, 夏日清晨绽放, 夜晚闭合, 花期长达两三个月, 吸引来自各地的游客前往观赏。荷花具有多种功能, 既能绿化水面, 又能美化庭园, 还可净化水质、减少污染、改善环境。荷花迎骄阳而不惧, 出污泥而不染, 象征纯洁、高雅, 常来比喻人的高尚品德, 历来是诗人画家创作的重要题材。荷花盛开的地方也是许多摄影爱好者经常光顾之地。

 参考译文

The lotus flower, which is keenly loved by many people, is one of the most famous flowers in China. Many lakes and ponds in China are suitable for it to grow in. The colorful lotus flower often blooms in the morning and closes at night in summer, which lasts for even two or three months. Thus, many tourists from all over the country are attracted to see it. Lotus has many functions,

ranging from greening water to decorating gardens, from purifying water to reducing pollution and improving the environment. Lotus grows fearlessly under the scorching sun and rises from mud yet never gets dirty. It stands for purity and grace, serving as a metaphor for noble virtues and an important theme for poetic and painting creation. Photographers often visit places where lotus blooms.

### 译点讲解

#### 1. 荷花是中国的名花之一，深受人们喜爱。

“荷花”可译为 lotus 或 lotus flower。

本句中有两个动词“是”和“深受……喜爱”，可将“深受人们喜爱”处理为由 which 引导的定语从句，用来修饰荷花。注意 one of the most famous flowers 中 flowers 的复数形式。

#### 2. 中国许多地方的湖泊和池塘都适宜荷花生长。

“适宜”可译为 be suitable for。

本句话中可以将 in China 处理为后置定语，修饰 many lakes and ponds。

#### 3. 荷花色彩鲜艳，夏日清晨绽放，夜晚闭合，花期长达两三个月，吸引来自各地的游客前往观赏。

“绽放”可译为 bloom；“闭合”可译为 close。

该句中动词较多，包括“绽放”“闭合”“长达”“吸引”，以及“色彩鲜艳”中暗含的“是”，所以在翻译时，需注意处理各动词之间的关系。整句话暗含因果关系，即“荷花色彩鲜艳，夏日清晨绽放，夜晚闭合，花期长达两三个月”为因，“吸引来自各地的游客前往观赏”为果，故可以用 thus 连接前后句。本句将“花期长达两三个月”翻译为定语从句，用 which 引导，即 which lasts for even two or three months。

#### 4. 荷花具有多种功能，既能绿化水面，又能美化庭园，还可净化水质、减少污染、改善环境。

“绿化水面”可译为 green water，“美化庭园”可译为 decorate gardens，“净化水质”可译为 purify water，“减少污染”可译为 reduce pollution。

本句话中“既能绿化水面，又能美化庭园，还可净化水质、减少污染、改善环境”均为“荷花的功能”，为一系列并列的短语，运用 range from... to... 结构，处理成现在分词作状语，即 ranging from greening water to decorating gardens, from purifying water to reducing pollution and improving the environment。

#### 5. 荷花迎骄阳而不惧，出污泥而不染，象征纯洁、高雅，常来比喻人的高尚品德，历来是诗人画家创作的重要题材。

“迎骄阳而不惧”可译为 grow fearlessly under the scorching；“出污泥而不染”可译为 rise from mud yet never gets dirty；“纯洁”可译为 purity；“高雅”可译为 grace；“高尚品德”可译为 noble virtues。

本句话可以处理成两个句子，先翻译出“荷花迎骄阳而不惧，出污泥而不染”。第二句中用 it 作主语，指代上文的 Lotus，本句中将“常来比喻……”处理成现在分词作状语，即 serving as a

metaphor...

6. 荷花盛开的地方也是许多摄影爱好者经常光顾之地。

“摄影爱好者”可译为 photographer。

本句中“荷花盛开的地方”和“摄影爱好者经常光顾之地”是同一个地方，故此句话可以处理成定语从句，visit places 为先行词，用关系副词 where 连接主句和从句。



# 2019年12月六级考试真题(第三套)

为了让大家更好地模拟真实考场,我们完全仿照真题样式设计了这套“大黑”呦!按照真题卷面顺序,Part I 写作部分被放在了试卷的最后一页,与听力部分完全隔开,请大家在备考过程中提早适应卷面顺序,知己知彼。考虫陪你轻松过级!

## Part II Listening Comprehension (30 minutes)

说明:2019年12月六级真题全国共考了两套听力。本套的听力内容和第二套完全一样,只是选项顺序不同而已,故在本套中不再重复给出。

## 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.*

The number of devices you can talk to is multiplying—first it was your phone, then your car, and now you can tell your kitchen appliances what to do. But even without gadgets that understand our spoken commands, research suggests that, as bizarre as it sounds, under certain 26, people regularly ascribe human traits to everyday objects.

Sometimes we see things as human because we are 27. In one experiment, people who reported feeling isolated were more likely than others to attribute 28 to various gadgets. In turn, feeling close to objects can 29 loneliness. When college students were reminded of a time they had been 30 in a social setting, they compensated by exaggerating their number of friends—unless they were first given tasks that caused them to interact with their phone as if it had human qualities. According to the researchers, the participants' phones 31 substituted for real friends.

At other times, we personify products in an effort to understand them. One study found that three in four respondents yelled at their computer. Further, the more their computer gave them problems, the more likely the respondents were to report that it had its own “beliefs and 32.”

So how do people assign traits to an object? In part, we rely on looks. On humans, wide faces are 33 with dominance. Similarly, people rated cars, clocks, and watches with wide faces as more dominant-looking than narrow-faced ones, and preferred them—especially in 34 situations. An analysis of car sales in Germany found that cars with *grilles* (护栅) that were upturned like smiles sold best. The purchasers saw this 35 as increasing a car's friendliness.

- |                  |                  |
|------------------|------------------|
| A) alleviate     | I) desires       |
| B) apparently    | J) excluded      |
| C) arrogant      | K) feature       |
| D) associated    | L) lonely        |
| E) circumstances | M) separate      |
| F) competitive   | N) spectacularly |
| G) conceded      | O) warrant       |
| H) consciousness |                  |

## 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**.*

### Why More Farmers Are Switching to Grass-Fed Meat and Dairy

- [A] Though he didn't come from a farming family, from a young age Tim Joseph was fascinated by the idea of living off the land. Reading magazines like *The Stockman Grass Farmer* and *Graze*, he got hooked on the idea of grass-fed agriculture. The idea that all energy and wealth comes from the sun really intrigued him. He thought the shorter the distance between the sun and the end product, the higher the profit to the farmer.
- [B] Joseph wanted to put this theory to the test. In 2009, he and his wife Laura launched Maple Hill Creamery, an organic, all grass-fed yogurt company in northern New York. He quickly learned what the market has demonstrated: Demand for grass-fed products currently exceeds supply. Grass-fed beef is enjoying a 25-30% annual growth rate. Sales of grass-fed yogurt and *kefir* (发酵乳饮品), on the other hand, have in the last year increased by over 38%. This is in comparison with a drop of just under 1% in the total yogurt and kefir market, according to natural and organic market research company SPINS. Joseph's top priority became getting his hands on enough grass-fed milk to keep customers satisfied, since his own 64-cow herd wasn't going to suffice.
- [C] His first partnership was with Paul and Phyllis Amburgh, owners of the Dharma Lea farm in New York. The Amburghs, too, were true believers in grass-fed. In addition to supplying milk from their own 85-head herd, they began to help other farmers in the area convert from conventional to certified organic and grass-fed in order to enter the Maple Hill supply chain. Since 2010, the couple has helped 125 small dairy farms convert to grass-fed, with more than 80% of those farms coming on board during the last two years.
- [D] All this conversion has helped Maple Hill grow 40-50% every year since it began, with no end in sight. Joseph has learned that a farmer has to have a certain mindset to successfully convert. But convincing open-minded dairy people is actually not that hard, when you look at the economics, Grass-fed milk can fetch up to 2.5 times the price of conventional milk. Another factor is the squeeze that conventional dairy farmers have felt as the price of grain they feed their cows has gone up, tightening their profit margins. By replacing expensive grain feed with regenerative management practices, grass-fed farmers are insulated from jumps in the price of feed. These practices include grazing animals on grasses grown from

the pastureland's natural seed bank, and fertilized by the cows' own fertilizer.

- [E] Champions of this type of regenerative grazing also point to its animal welfare, climate and health benefits: Grass-fed animals live longer out of confinement. Grazing herds stimulate *microbial* (微生物的) activity in the soil, helping to capture water and separate carbon. And grass-fed dairy and meat have been shown to be higher in certain nutrients and healthy fats.
- [F] In the grass-fed system, farmers are also not subject to the wildly fluctuating milk prices of the international commodity market. The unpredictability of global demand and the lag-time it takes to add more cows to a herd to meet demand can result in events like the recent cheese surplus. Going grass-fed is a safe refuge, a way for family-scale farms to stay viable. Usually a farmer will get to the point where financially, what they're doing is not working. That's when they call Maple Hill. If the farm is well managed and has enough land, and the desire to convert is sincere, a relationship can begin. Through regular regional educational meetings, a large annual meeting, individual farm visits and thousands of phone calls, the Amburghs pass on the principles of pasture management. Maple Hill signs a contract pledging to buy the farmer's milk at a guaranteed base price, plus quality premiums and incentives for higher protein, butter-fat and other solids.
- [G] While Maple Hill's conversion program is unusually hands-on and comprehensive, it's just one of a growing number of businesses committed to slowly changing the way America farms. Joseph calls sharing his knowledge network through peer-to-peer learning a core piece of the company's culture. Last summer, Massachusetts grass-fed beef advocate John Smith launched Big Picture Beef, a network of small grass-fed beef farms in New England and New York that is projected to bring to market 2,500 head of cattle from 125 producers this year. Early indications are that Smith will have no shortage of farm members. Since he began to informally announce the network at farming conferences and on social media, he's received a steady stream of inquiries from interested farmers.
- [H] Smith says he'll provide services ranging from formal seminars to on-farm workshops on *holistic* (整体的) management, to one-on-one hand-holding and an almost 24/7 phone hotline for farmers who are converting. In exchange, he guarantees an above-market price for each animal and a calf-to-customer electronic ear tag ID system like that used in the European Union.
- [I] Though advocates portray grass-fed products as a win-win situation for all, they do have downsides. Price, for one, is an issue. Joseph says his products are priced 10-20% above organic versions, but depending on the product chosen, compared to non-organic conventional yogurt, consumers could pay a premium of 30-50% or more for grass-fed. As for the meat, Smith says his grass-fed hamburger will be priced 20-25% over the conventional alternative. But a look at the prices on online grocer Fresh Direct suggests a grass-fed premium of anywhere from 35-60%.
- [J] And not every farmer has the option of going grass-fed. For both beef and dairy production, it requires, at least in the beginning, more pastureland. Grass-fed beef production tends to be more labor-intensive as well. But Smith counters that if you factor in the hidden cost of government corn subsidies, environment degradation, and decreased human health and animal welfare, grass-fed is the more cost-effective model. "The sun provides the lowest cost of production and the cheapest meat," he says.
- [K] Another grass-fed booster spurring farmers to convert is EPIC, which makes meat-based protein bars. Founders Taylor Collins and his wife, Katie Forrest, used to be endurance athletes; now they're advocates of grass-fed meat. Soon after launching EPIC's most successful product—the Bison Bacon Cranberry

Bar—Collins and Forrest found they'd exhausted their sources for *bison* (北美野牛) raised exclusively on pasture. When they started researching the supply chain, they learned that only 2-3% of all bison is actually grass-fed. The rest is feed-lot confined and fed grain and corn.

[L] But after General Mills bought EPIC in 2016, Collins and Forrest suddenly had the resources they needed to expand their supply chain. So the company teamed up with Wisconsin-based rancher Northstar Bison. EPIC fronted the money for the purchase of \$2.5 million worth of young bison that will be raised according to its grass-fed protocols, with a guaranteed purchase price. The message to young people who might not otherwise be able to afford to break into the business is, “You can purchase this \$3 million piece of land here, because I’m guaranteeing you today you’ll have 1,000 bison on it.’ We’re bringing new blood into the old, conventional farming ecosystem, which is really cool to see,” Collins explains.

36. Farmers going grass-fed are not affected by the ever-changing milk prices of the global market.
37. Over the years, Tim Joseph’s partners have helped many dairy farmers to switch to grass-fed.
38. One advocate believes that many other benefits should be taken into consideration when we assess the cost-effectiveness of grass-fed farming.
39. Many dairy farmers were persuaded to switch to grass-fed when they saw its advantage in terms of profits.
40. Tim Joseph’s grass-fed program is only one example of how American farming practice is changing.
41. Tim Joseph was fascinated by the notion that sunlight brings energy and wealth to mankind.
42. One problem with grass-fed products is that they are usually more expensive than conventional ones.
43. Grass-fed products have proved to be healthier and more nutritious.
44. When Tim Joseph started his business, he found grass-fed products fell short of demand.
45. A snack bar producer discovered that the supply of purely grass-fed bison meat was scarce.

## 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.**

Schools are not just a *microcosm* (缩影) of society; they mediate it too. The best seek to alleviate the external pressures on their pupils while equipping them better to understand and handle the world outside – at once sheltering them and broadening their horizons. This is ambitious in any circumstances, and in a divided

and unequal society the two ideals can clash *outright* ( 直接地 ).

Trips that many adults would consider the adventure of a lifetime – treks in Borneo, a sports tour to Barbados – appear to have become almost routine at some state schools. Parents are being asked for thousands of pounds. Though schools cannot profit from these trips, the companies that arrange them do. Meanwhile, pupils arrive at school hungry because their families can't afford breakfast. The Child Poverty Action Group says nine out of 30 in every classroom fall below the poverty line. The discrepancy is startlingly apparent. Introducing a fundraising requirement for students does not help, as better-off children can tap up richer aunts and neighbours.

Probing the rock pools of a local beach or practising French on a language exchange can fire children's passions, boost their skills and open their eyes to life's possibilities. Educational outings help bright but disadvantaged students to get better scores in A-level tests. In this globalised age, there is a good case for international travel, and some parents say they can manage the cost of a school trip abroad more easily than a family holiday. Even in the face of immense and mounting financial pressures, some schools have shown remarkable determination and ingenuity in ensuring that all their pupils are able to take up opportunities that may be truly life-changing. They should be applauded. Methods such as whole-school fundraising, with the *proceeds* ( 收益 ) pooled, can help to extend opportunities and fuel community spirit.

But £3,000 trips cannot be justified when the average income for families with children is just over £30,000. Such initiatives close doors for many pupils. Some parents pull their children out of school because of expensive field trips. Even parents who can see that a trip is little more than a party or celebration may well feel guilt that their child is left behind.

The Department for Education's guidance says schools can charge only for board and lodging if the trip is part of the syllabus, and that students receiving government aid are exempt from these costs. However, many schools seem to ignore the advice; and it does not cover the kind of glamorous, exotic trips, which are becoming increasingly common. Schools cannot be expected to bring together communities single-handed. But the least we should expect is that they do not foster divisions and exclude those who are already disadvantaged.

46. What does the author say best schools should do?
- A) Prepare students to both challenge and change the divided unequal society.
  - B) Protect students from social pressures and enable them to face the world.
  - C) Motivate students to develop their physical as well as intellectual abilities.
  - D) Encourage students to be ambitious and help them to achieve their goals.
47. What does the author think about school field trips?
- A) They enable students from different backgrounds to mix with each other.
  - B) They widen the gap between privileged and disadvantaged students.
  - C) They give the disadvantaged students a chance to see the world.
  - D) They only benefit students with rich relatives and neighbours.
48. What does the author suggest can help build community spirit?
- A) Events aiming to improve community services.
  - B) Activities that help to fuel students' ingenuity.
  - C) Events that require mutual understanding.
  - D) Activities involving all students on campus.
49. What do we learn about low-income parents regarding school field trips?
- A) They want their children to participate even though they don't see much benefit.
  - B) They don't want their kids to participate but find it hard to keep them from going.

- C) They don't want their kids to miss any chance to broaden their horizons despite the cost.
- D) They want their children to experience adventures but they don't want them to run risks.

50. What is the author's expectation of schools?

- A) Bringing a community together with ingenuity.
- B) Resolving the existing discrepancies in society.
- C) Avoiding creating new gaps among students.
- D) Giving poor students preferential treatment.

## Passage Two

Questions 51 to 55 are based on the following passage.

Rising temperatures and overfishing in the *pristine* (未受污染的) waters around the Antarctic could see King penguin populations pushed to the brink of extinction by the end of the century, according to a new study. The study's report states that as global warming transforms the environment in the world's last great wilderness, 70 percent of king penguins could either disappear or be forced to find new breeding grounds.

Co-author Céline Le Bohec, from the University of Strasbourg in France, warned: "If there're no actions aimed at halting or controlling global warming, and the pace of the current human-induced changes such as climate change and overfishing stays the same, the species may soon disappear." The findings come amid growing concern over the future of the Antarctic. Earlier this month a separate study found that a combination of climate change and industrial fishing is threatening the *krill* (磷虾) population in Antarctic waters, with a potentially disastrous impact on whales, seals and penguins. But today's report is the starkest warning yet of the potentially devastating impact of climate change and human exploitation on the Antarctic's delicate ecosystems.

Le Bohec said: "Unless current greenhouse gas emissions drop, 70 percent of king penguins—1.1 million breeding pairs—will be forced to relocate their breeding grounds, or face extinction by 2100." King penguins are the second-largest type of penguin and only breed on specific isolated islands in the Southern Ocean where there is no ice cover and easy access to the sea. As the ocean warms, a body of water called the Antarctic Polar Front—an upward movement of nutrient-rich sea that supports a huge abundance of marine life—is being pushed further south. This means that king penguins, which feed on fish and krill in this body of water, have to travel further to their feeding grounds, leaving their hungry chicks for longer. And as the distance between their breeding grounds and their food grows, entire colonies could be wiped out.

Le Bohec said: "The plight of the king penguin should serve as a warning about the future of the entire marine environment in the Antarctic. Penguins, like other seabirds and marine mammals, occupy higher levels in the food chain and they are what we call bio-indicators of their ecosystems." Penguins are sensitive indicators of changes in marine ecosystems. As such, they are key species for understanding and predicting impacts of global change on Antarctic and sub-Antarctic marine ecosystems. The report found that although some king penguins may be able to relocate to new breeding grounds closer to their retreating food source, suitable new habitats would be scarce. Only a handful of islands in the Southern Ocean are suitable for sustaining large breeding colonies.

51. What will happen by 2100, according to a new study?

- A) King penguins in the Antarctic will be on the verge of dying out.
- B) Sea water will rise to a much higher level around the Antarctic.
- C) The melting ice cover will destroy the great Antarctic wilderness.
- D) The pristine waters around the Antarctic will disappear forever.

52. What do we learn from the findings of a separate study?
- A) Shrinking krill population and rising temperatures could force Antarctic whales to migrate.
  - B) Human activities have accelerated climate change in the Antarctic region in recent years.
  - C) Industrial fishing and climate change could be fatal to certain Antarctic species.
  - D) Krill fishing in the Antarctic has worsened the pollution of the pristine waters.
53. What does the passage say about king penguins?
- A) They will turn out to be the second-largest species of birds to become extinct.
  - B) Many of them will have to migrate to isolated islands in the Southern Ocean.
  - C) They feed primarily on only a few kinds of krill in the Antarctic Polar Front.
  - D) The majority of them may have to find new breeding grounds in the future.
54. What happens when sea levels rise in the Antarctic?
- A) Many baby king penguins can't have food in time.
  - B) Many king penguins could no longer live on krill.
  - C) Whales will invade king penguins' breeding grounds.
  - D) Whales will have to travel long distances to find food.
55. What do we learn about the Southern Ocean?
- A) The king penguins there are reluctant to leave for new breeding grounds.
  - B) Its conservation is key to the sustainable propagation of Antarctic species.
  - C) It is most likely to become the ultimate retreat for species like the king penguin.
  - D) Only a few of its islands can serve as huge breeding grounds for king penguins.

## 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*.

梅花 (plum blossom) 位居中国十大名花之首, 源于中国南方, 已有三千多年的栽培和种植历史。隆冬时节, 五颜六色的梅花不畏严寒, 迎着风雪傲然绽放。在中国传统文化中, 梅花象征着坚强、纯洁、高雅, 激励人们不畏艰难、砥砺前行。自古以来, 许多诗人和画家从梅花中获取灵感, 创作了无数不朽的作品。普通大众也都喜欢梅花, 春节期间常用于家庭装饰。南京市已将梅花定为市花, 每年举办梅花节, 成千上万的人冒着严寒到梅花山踏雪赏梅。

未得到监考教师指令前，不得翻阅该试题册！

**Part I** **Writing** **(30 minutes)**

(请于正式开考后半小时内完成该部分，之后将进行听力考试)

**Directions:** *For this part, you are allowed 30 minutes to write an essay on the importance of having a sense of community responsibility. You should write at least 150 words but no more than 200 words.*

请认真填写以下信息：

准考证号：

姓名：

错填、未填以上信息，按违规处理！



# 2019年12月六级考试真题(第三套)

## 参考答案

### Part I Writing

(详见解析)

### Part II Listening Comprehension

略

### Part III Reading Comprehension

#### Section A

26	E	27	L	28	H	29	A	30	J
31	B	32	I	33	D	34	F	35	K

#### Section B

36	F	37	C	38	J	39	D	40	G
41	A	42	I	43	E	44	B	45	K

#### Section

46	B	47	B	48	D	49	A	50	C
51	A	52	C	53	D	54	A	55	D

### Part IV Translation

Among the list of the ten most famous flowers of China, the plum blossom is considered the champion. Originated from the southern part of China, the plum blossom has been cultivated and planted for more than 3,000 years. In the coldest days of winter, colorful plum blossoms, unafraid of the cold, burst into full bloom bravely and proudly amid wind and snow. In the traditional Chinese culture, the plum blossom is the symbol of perseverance, purity, and grace. It inspires people to move on in hardship. Since ancient times, many poets and painters have drawn inspiration from the plum blossom and created countless immortal works. Ordinary people are also fond of the plum blossom and often use it to decorate their homes during the Spring Festival. Nanjing has already designated the plum blossom as its city flower and holds the annual Plum Blossom Festival, during which tens of thousands of people walk on snow to appreciate the plum blossom in the Plum Blossom Mountain, ignoring the cold.

## 2019年12月六级考试真题(第三套)

### 真题解析

#### Part I Writing

##### 写作指导

本题要求考生阐述具有集体责任感的重要性,属于话题论述型作文。此作文的难点在于如何论证拥有集体责任感很重要。可以从它对成员关系、集体利益、社会和谐发展中所起到的积极作用进行阐释。本文的结构可设置如下:

开头段:引出话题,表明观点。

主体段:陈述两到三个论点,可用举例、反向假设等方式论证论点。

总结段:总结前文,表达期望。

##### 范文与译文

In the contemporary society, people are deeply involved in different communities in their daily life. Indeed, it is more important than ever for everyone to build up a sense of community responsibility.

The importance of having a sense of community responsibility is reflected mainly in two aspects. First, having it brings benefits to all members in the community. If the community members could take on their responsibilities, such as lending a hand to partners or help in keeping the surroundings clean and tidy, it is surely helpful in creating a welcoming atmosphere. In return, these people who act responsibly will receive help from others in the community when they need it. Second, a sense of community responsibility helps to promote harmony throughout a whole society. The society is comprised of different communities. Without the sense of community responsibility, people would become isolated from each other and can hardly make a contribution to the benefit of the whole society. In that case, the society would be negatively influenced.

在当代社会,人们在日常生活与各种集体息息相关。事实上,对于每个人来说,建立集体责任感比以往任何时候都更为重要。

拥有集体责任感的重要性主要体现在两方面。第一,拥有集体责任感有益于集体中的所有成员。如果一个集体中的成员能够承担责任,例如帮助伙伴,或协助维护集体环境的整洁,则必然有助于建立更加惬意的集体氛围。反过来,这些具备责任感的人在需要帮助时,也会获得集体内其他人的援手。第二,集体责任感有助于整个社会的和谐发展。社会是由不同的集体组成的。没有集体责任感,人们就会彼此孤立,难以对全社会的福祉做出贡献。在这种情况下,社会将会受到负面影响。

All in all, having a sense of community responsibility benefits both community members and the whole society, and therefore, its significance should be adequately stressed. 总而言之,拥有集体责任感对于集体成员和全社会都有益处。因此,其重要性应得到充分的强调。

### ☆ 亮点词汇

- contemporary /kən'tempərəri/ *adj.* 当代的
- take on 拿起; 承担
- lend a hand to sb. 向……伸出援手
- clean and tidy 整洁
- welcoming /'welkəmɪŋ/ *adj.* 令人感到惬意的
- isolated /'aɪsəleɪtɪd/ *adj.* 孤独的; 孤立的
- adequately /'ædɪkwətli/ *adv.* 充分地

### 📖 必备表达

- it is more important than ever for sb. to do sth. 对于……来说,做……比以往任何时候都更为重要
- the importance of... is reflected mainly in two aspects ...的重要性主要体现在两方面
- be comprised of... 由……组成
- make a contribution to sth. 对……做出贡献
- all in all 总而言之

## Part II Listening Comprehension

说明:2019年12月六级真题全国共考了两套听力。本套的听力内容和第二套完全一样,只是选项顺序不同而已,故在本套中不再重复给出。

## Part III Reading Comprehension

### Section A

#### 📖 题源分析

出处	标题	话题	体裁
theatlantic.com	Can You Be Friends With Your Coffee Maker? 你能和你的咖啡机成为朋友吗?	生活	说明文

#### 📖 参考译文

The number of devices you can talk to is multiplying—first it was your phone, then your car, and now you can tell your kitchen appliances what to do. But even without gadgets that understand

our spoken commands, research suggests that, as bizarre as it sounds, under certain 26, people regularly ascribe human traits to everyday objects.

你可以与之对话的设备数量正在成倍增加——起初是你的手机，然后是汽车，现在你可以给厨房电器发号施令。即使并没有设备能听得懂这些口头指令，但是研究表明，在某些情况下，人们往往认为这些日常用品具有人的特征，虽然这听起来很奇怪。

Sometimes we see things as human because we are 27. In one experiment, people who reported feeling isolated were more likely than others to attribute 28 to various gadgets. In turn, feeling close to objects can 29 loneliness. When college students were reminded of a time they had been 30 in a social setting, they compensated by exaggerating their number of friends—unless they were first given tasks that caused them to interact with their phone as if it had human qualities. According to the researchers, the participants' phones 31 substituted for real friends.

有些时候我们把物件当作人来看待是因为我们感到孤独。在一个实验里，那些认为自己被孤立的人更有可能认为各种小工具有意识。反过来说，亲近身边的物件可以减轻孤独感。大学生们回想起他们在社会环境中被排斥的那段时光时，他们往往通过夸大朋友的数量来弥补这种失落感——除非他们初入社会领到的第一个任务就跟手机有大量的互动，就像手机具有人性一样。研究人员表示，受试者的手机很显然（已经）取代了真实的朋友。

At other times, we personify products in an effort to understand them. One study found that three in four respondents yelled at their computer. Further, the more their computer gave them problems, the more likely the respondents were to report that it had its own “beliefs and 32.”

有些时候，我们将一些产品拟人化是为了更好地了解它们。一项研究显示，4个受试者里面就有3个人会对他们的电脑大吼。并且，电脑抛给这些受试者的问题越多，他们越有可能认为电脑拥有自己的“信念和欲望”。

So how do people assign traits to an object? In part, we rely on looks. On humans, wide faces are 33 with dominance. Similarly, people rated cars, clocks, and watches with wide faces as more dominant-looking than narrow-faced ones, and preferred them—especially in 34 situations. An analysis of car sales in Germany found that cars with *grilles* (护栅) that were upturned like smiles sold best. The purchasers saw this 35 as increasing a car's friendliness.

那么，人们是如何给一个物体赋予（人类）特征的呢？在某种程度上，是根据外表（进行的）。对人类来说，宽脸意味着统治与支配。同样的，人们认为宽大的汽车、钟表与手表相较于狭窄的来说是更具有统治感，并且也更喜欢它们——尤其是在有竞争性的环境里。一项对德国汽车销售的分析显示，那些护栅向上翘起来，看起来像笑脸一样的汽车销量最好。购买者认为这个特点提升了汽车的友好度。

### 选项分类

A) alleviate	I) desires
B) apparently	J) excluded
C) arrogant	K) feature
D) associated	L) lonely
E) circumstances	M) separate
F) competitive	N) spectacularly
G) conceded	O) warrant
H) consciousness	

词性	选项
名词	E) circumstances 状况 H) consciousness 意识 I) desires 渴望 K) feature 特点 O) warrant 正当理由
动词	A) alleviate 减轻 I) desires 渴望 K) feature 以……为特色 M) separate 分离 O) warrant 使有必要
形容词	C) arrogant 傲慢的 F) competitive 竞争的 L) lonely 孤独的 M) separate 单独的 D) associated 相关的
副词	B) apparently 显然 N) spectacularly 壮观地
v.-ed	D) associated 有关联 G) conceded 承认 J) excluded 排斥

### 答案详解

26. 【答案】 E

【考点】 名词辨析

【语法判断】 由 under certain 26 可知, 空格位于形容词 certain 后, 所以应填入名词并且能够和介词 under 构成搭配。

【语义判断】 给出的名词选项中只有 circumstances (状况) 符合题意, under certain circumstances 意为“在某些情况下”, 故选 E。

27. 【答案】 L

【考点】 形容词辨析

【语法判断】 由 because we are 27 可知, 空格在 be 动词后, 所以应填形容词或分词 (v.-ed 或 v.-ing)。

【语义判断】 下一句“那些认为自己被孤立的 (isolated) 人更有可能……”是对上一句内容的补充, 因此空格处所填词应和 isolated 意思相近, 备选选项中只有 lonely (孤独的) 符合题意, 故选 L。

28. 【答案】 H

【考点】 名词辨析

【语法判断】 由 attribute 28 to various gadgets 可知, 空格位于 attribute sth. to sth. 这个固定

搭配中，意为“认为……是……；认为……具有……的特性”，所以空格处应填入名词。

**【语义判断】**上文提到“有些时候我们更有可能认为各种小工具有 28”，空格所在句具体展开了一个实验描述，提到“越是孤独的人对这种小玩意儿也就越 28”，名词选项中 consciousness（意识）符合题意，故选 H。

29. **【答案】** A

**【考点】** 动词辨析

**【语法判断】**由 feeling close to objects can 29 loneliness 可知，空格位于情态动词 can 之后，所以应填入动词原形。

**【语义判断】**上句提到孤独的人认为小工具有意识，in turn（反过来）则表明下句是说这些小工具带给人的影响，选项中给出的动词原形中的 alleviate 和 loneliness 进行搭配，意为“减轻孤独感”，符合题意，故选 A。

30. **【答案】** J

**【考点】** 动词辨析

**【语法判断】**由 they had been 30 in a social setting 可知，空格位于 be 动词后，所以应填形容词或分词（v-ed 或 v-ing）。

**【语义判断】**上句提到人们通过亲近身边的物件来减轻孤独，结合 they compensated by exaggerating their number of friends 可知大学生应该是因为孤独、被排斥（excluded）才会想办法去弥补，故选 J。

31. **【答案】** B

**【考点】** 副词辨析

**【语法判断】**由 the participants' phones 31 substituted for real friends 可知，空格处修饰动词 substituted，所以应填副词。

**【语义判断】**研究表明“受试者的手机取代了真实的朋友”，副词选项中 apparently（显然）用在此处加强语气符合题意，故选 B。

32. **【答案】** I

**【考点】** 名词辨析

**【语法判断】**由 beliefs and 32 可知，and 连接前后两个名词，所以空格处填入名词。

**【语义判断】**由 beliefs and 32 可知，and 连接的两个词的语义应该是相近的，都应表示人的特性，剩下的名词选项中只有 desires（欲望）符合题意，故选 I。

33. **【答案】** D

**【考点】** 形容词辨析

**【语法判断】**由 wide faces are 33 with dominance 可知，空格位于 be 动词后，并且应能够和介词 with 构成搭配，所以应填入形容词。

**【语义判断】**根据本段前两句可知本段围绕“人们是根据外表来给一个物体赋予（人类）特征的”展开的。空格后下一句提到与此相似的情形，即“人们认为宽大的汽车、钟表与手表相较于狭窄的来说更具有统治感”，所以空格所在句应该指出“wide faces”与“dominance”的相关性，be associated with 意为“与……有关”，符合题意，故选 D。

34. **【答案】** F

**【考点】** 形容词辨析

**【语法判断】** 由 especially in 34 situations 可知，空格处修饰名词 situations，所以应填入形容词。

**【语义判断】** 上句提到“人们认为宽大的汽车、钟表与手表相较于狭窄的来说是更具有统治感”，备选形容词选项中 competitive（竞争的）符合题意，承接上句中提到的“更具有统治感”，故选 F。

35. **【答案】** K

**【考点】** 名词辨析

**【语法判断】** 由 The purchasers saw this 35 as increasing a car's friendliness 可知，空格位于 this 后，所以应填入一个可数名词的单数形式。

**【语义判断】** 联系上文可知，this 35 指代“护栅向上翘起来，看起来像笑脸一样的汽车（cars with grilles that were upturned like smiles）”这一特点（feature），故选 K。

## 词汇点拨

- device /dɪ'vaɪs/ *n.* 装置，仪器
- multiply /'mʌltɪplai/ *v.* 成倍增加，迅速增加
- gadget /'gædʒɪt/ *n.* 小器具，小装置
- bizarre /bɪ'zɑ:(r)/ *adj.* 极其怪诞的，异乎寻常的
- isolated /'aɪsəleɪtɪd/ *adj.* 孤独的，孤立的
- compensate /'kɒmpenseɪt/ *v.* 补偿，弥补
- exaggerate /ɪg'zædʒəreɪt/ *v.* 夸张，夸大
- participant /pɑ:'tɪsɪpənt/ *n.* 参与者，参加者
- substitute /'sʌbstɪtju:t/ *v.* 代替，取代
- personify /pə'sɒnɪfaɪ/ *v.* 是……的典型，集中表现
- dominance /'dɒmɪnəns/ *n.* 统治，支配

## Section B


### 题源分析

出处	标题	话题	体裁
National Public Radio	Why More Farmers Are Switching to Grass-Fed Meat and Dairy 为什么越来越多的农民向草饲肉类和草饲奶制品转型	农业	说明文

### 结构剖析

段落	大意
A~B	约瑟夫对草饲农业产生兴趣，并创立相关公司。
C~D	约瑟夫与其他草饲农场合作，帮助公司转型。
E~F	草饲农产品有诸多好处。
G~H	约瑟夫帮助更多的农民进行农场转型。

I~J	草饲产品的弊端在于价格高且初期成本高，但其其他方面的隐形益处好。
K~L	草饲肉类的转型也在不断进行中。

 参考译文

### Why More Farmers Are Switching to Grass-Fed Meat and Dairy

#### 为什么越来越多的农民向草饲肉类和草饲奶制品转型

[A] Though he didn't come from a farming family, from a young age Tim Joseph was fascinated by the idea of living off the land. Reading magazines like *The Stockman* *Grass Farmer* and *Graze*, he got hooked on the idea of grass-fed agriculture. [41] The idea that all energy and wealth comes from the sun really intrigued him. He thought the shorter the distance between the sun and the end product, the higher the profit to the farmer.

尽管蒂姆·约瑟夫不是出身于农民家庭，但他年轻时就被“以土地为生”的想法深深吸引。读了《畜牧草农》和《放牧》这样的杂志后，他便迷上了草饲农业。[41] 他对于“所有能量和财富都来自太阳”这个理念非常感兴趣，并认为太阳与最终产品之间的距离越短，农民能获得的利润就越高。

[B] Joseph wanted to put this theory to the test. In 2009, he and his wife Laura launched Maple Hill Creamery, an organic, all grass-fed yogurt company in northern New York. [44] He quickly learned what the market has demonstrated: Demand for grass-fed products currently exceeds supply. Grass-fed beef is enjoying a 25-30% annual growth rate. Sales of grass-fed yogurt and kefir (发酵乳饮品), on the other hand, have in the last year increased by over 38%. This is in comparison with a drop of just under 1% in the total yogurt and kefir market, according to natural and organic market research company SPINS. Joseph's top priority became getting his hands on enough grass-fed milk to keep customers satisfied, since his own 64-cow herd wasn't going to suffice.

约瑟夫想对这一理论进行检验。2009年，他和妻子劳拉在纽约北部创立了枫山乳制品公司，这是一家有机全草饲酸奶公司。[44] 他很快了解到经市场证明的一个事实：目前草饲产品供不应求。草饲牛肉的年增长率达到了25%—30%，而去年草饲酸奶和发酵乳饮品的销售额增长甚至超过38%。天然和有机市场研究公司SPINS的数据显示，相比之下，酸奶和发酵乳饮品市场的总销售额下降了不到1%。这样一来，约瑟夫的首要任务就变成获得足够的草饲牛奶以满足客户的需求，因为仅靠他自己的64头奶牛是不够的。

[C] His first partnership was with Paul and Phyllis Amburgh, owners of the Dharma Lea farm in New York. The Amburghs, too, were true believers in grass-fed. In addition to supplying milk from their own 85-head herd, they began to help other farmers in the area convert from conventional to certified organic and grass-fed in order to enter the Maple Hill supply chain. [37] Since 2010, the couple has helped 125 small dairy farms convert to grass-fed, with more than 80% of those



farms coming on board during the last two years.

他首先选择与纽约达摩利农场的所有者保罗和菲莉斯·安布格合作。安布格夫妇也是草饲产品的忠实信徒。除了用自家的85头牛生产牛奶外，他们还开始帮助该地区的其他农民，将其传统产品转变为经认证的有机和草饲产品，以进入枫山乳制品公司的供应链。[37] 自2010年以来，这对夫妇已帮助125个小型奶牛场转为草饲模式，其中80%以上的奶牛场在过去两年成功加入了供应链。

- [D] All this conversion has helped Maple Hill grow 40-50% every year since it began, with no end in sight. Joseph has learned that a farmer has to have a certain mindset to successfully convert. [39] But convincing open-minded dairy people is actually not that hard, when you look at the economics. Grass-fed milk can fetch up to 2.5 times the price of conventional milk. Another factor is the squeeze that conventional dairy farmers have felt as the price of grain they feed their cows has gone up, tightening their profit margins. By replacing expensive grain feed with regenerative management practices, grass-fed farmers are insulated from jumps in the price of feed. These practices include grazing animals on grasses grown from the pastureland's natural seed bank, and fertilized by the cows' own fertilizer.

这种转型自开始至今已帮助枫山乳制品实现每年40%—50%的增长，且没有任何减缓的趋势。约瑟夫明白，农民必须有坚定的心态才能成功转型。[39] 不过从经济角度来看，说服心态开放的奶制品从业者实际上并不难。一方面，草饲牛奶的价格可以达到传统牛奶的2.5倍。另一方面，传统奶农自身也感受到利益挤压，因为随着他们用于饲喂奶牛的谷物价格上涨，他们的利润空间就会缩小。用再生管理方法代替昂贵的谷物饲喂方法后，草饲农民可以免受饲料价格上涨的影响。再生管理方法包括在牧场的天然种子库长成的草地上放牧，并用奶牛自己产生的肥料施肥。

- [E] Champions of this type of regenerative grazing also point to its animal welfare, climate and health benefits: Grass-fed animals live longer out of confinement. Grazing herds stimulate *microbial* (微生物的) activity in the soil, helping to capture water and separate carbon. [43] And grass-fed dairy and meat have been shown to be higher in certain nutrients and healthy fats.

可再生放牧方式的支持者还指出这种放牧方式对动物、气候和健康的好处：草饲动物的寿命比以前更长。吃草的畜群会提高土壤中的微生物活性，从而有助于捕获水并分离碳。[43] 且草饲奶制品和肉类的某些营养素和健康脂肪的含量更高。

- [F] [36] In the grass-fed system, farmers are also not subject to the wildly fluctuating milk prices of the international commodity market. The unpredictability of global demand and the lag-time it takes to add more cows to a herd to meet demand can result in events like the recent cheese surplus. Going grass-fed is a safe refuge, a way for family-scale farms to stay viable. Usually a farmer will get to the point where financially, what they're doing is not working. That's when they call Maple Hill. If the farm is well managed and has enough land, and the desire to convert is sincere, a relationship can begin. Through regular regional educational meetings, a large

annual meeting, individual farm visits and thousands of phone calls, the Amburghs pass on the principles of pasture management. Maple Hill signs a contract pledging to buy the farmer's milk at a guaranteed base price, plus quality premiums and incentives for higher protein, butter-fat and other solids.

[36] 在草饲系统中，农民也不再受国际商品市场中剧烈波动的牛奶价格的影响。全球需求的不可预测性以及为满足需求而增加奶牛数量所需的滞后时间，会引发类似近期的奶酪过剩的事件。草饲是一种安全的保护措施，是家庭规模的农场维系生存的一种方式。通常情况下，当农民采用的方法没有实现经济效益时，他们便会联系枫山乳制品。如果他们对农场管理得当，且有足够的土地，并真诚地渴望转型，则双方会开启合作关系。通过定期的区域培训会议、大型年度会议、个人农场访视和成千上万次电话联络，安布格夫妇将牧场管理原则很好地传达给农民。枫山乳制品还签署了一项合同，承诺以担保底价购买农民的牛奶，并提供质量附加费用和奖励以获取更高的蛋白质、乳脂和其他实体。

- [G] [40] While Maple Hill's conversion program is unusually hands-on and comprehensive, it's just one of a growing number of businesses committed to slowly changing the way America farms. Joseph calls sharing his knowledge network through peer-to-peer learning a core piece of the company's culture. Last summer, Massachusetts grass-fed beef advocate John Smith launched Big Picture Beef, a network of small grass-fed beef farms in New England and New York that is projected to bring to market 2,500 head of cattle from 125 producers this year. Early indications are that Smith will have no shortage of farm members. Since he began to informally announce the network at farming conferences and on social media, he's received a steady stream of inquiries from interested farmers.

[40] 虽然枫山乳制品公司的转型计划极其需要亲力亲为，综合性也极高，但它也只是越来越多致力于逐步改变美国农场经营方式的企业之一。约瑟夫称通过点对点学习来分享他的知识网络是公司文化的核心部分。去年夏天，马萨诸塞州草饲牛肉的倡导者约翰·史密斯推出了“全局牛肉”项目，这是一个由新英格兰和纽约的小型草饲牛肉农场组成的网络，预计今年将帮助 125 位生产商的 2500 头牛投放到市场中。早先的迹象表明，史密斯将不会缺乏农场加盟成员。自从他开始农业会议和社交媒体上非正式地宣布该网络以来，他就开始源源不断地收到感兴趣的农民的咨询。

- [H] Smith says he'll provide services ranging from formal seminars to on-farm workshops on *holistic* (整体的) management, to one-on-one hand-holding and an almost 24/7 phone hotline for farmers who are converting. In exchange, he guarantees an above-market price for each animal and a calf-to-customer electronic ear tag ID system like that used in the European Union. 史密斯表示，他将为转型中的农民提供一系列服务，包括正式的研讨会、农场整体管理工作坊、一对一辅导以及几乎每周 7 天、每天 24 小时开通的电话热线等。作为交换，他保证每只动物的价格都高于市场价，并提供“小牛到客户”的电子耳标身份认证系统（就像欧盟正使用的系统）。

- [I] Though advocates portray grass-fed products as a win-win situation for all, they do have downsides. Price, for one, is an issue. Joseph says his products are priced 10-20% above organic versions, but depending on the product chosen, compared to non-organic conventional yogurt, consumers could pay a premium of 30-50% or more for grass-fed. As for the meat, Smith says his grass-fed hamburger will be priced 20-25% over the conventional alternative. But a look at the prices on online grocer Fresh Direct suggests a grass-fed premium of anywhere from 35-60%. 尽管倡导者将草饲产品描绘成可以让所有人共赢的产品，但草饲产品确实仍存在弊端。例如，价格就是一个问题。约瑟夫表示他的产品价格比同类有机产品高 10% -20%，但根据所选产品的不同，消费者为草饲酸奶支付的费用可能比非有机传统酸奶的价格高出 30% -50%甚至更多。至于肉类，史密斯表示他的草饲汉堡的价格将比传统汉堡高 20% -25%。但从网络零售店 Fresh Direct 的价格来看，草饲产品的价格比同类传统产品高 35% -60%。
- [J] And not every farmer has the option of going grass-fed. [38] For both beef and dairy production, it requires, at least in the beginning, more pastureland. Grass-fed beef production tends to be more labor-intensive as well. But Smith counters that if you factor in the hidden cost of government corn subsidies, environment degradation, and decreased human health and animal welfare, grass-fed is the more cost-effective model. “The sun provides the lowest cost of production and the cheapest meat,” he says.  
并非每位农民都能够选择向草饲产品转型。[38] 对于牛肉和奶制品生产而言，至少在转型初期是需要更多牧场的。草饲牛肉的生产往往还需要更多的劳动力。但是史密斯反驳说，如果考虑到政府的玉米补贴、环境退化以及人类健康和动物福利受损等隐性成本，草饲则是更具成本效益的模式。“太阳提供了最低的生产成本和最便宜的肉。”他说道。
- [K] [45] Another grass-fed booster spurring farmers to convert is EPIC, which makes meat-based protein bars. Founders Taylor Collins and his wife, Katie Forrest, used to be endurance athletes; now they're advocates of grass-fed meat. Soon after launching EPIC's most successful product—the Bison Bacon Cranberry Bar—Collins and Forrest found they'd exhausted their sources for bison (北美野牛) raised exclusively on pasture. When they started researching the supply chain, they learned that only 2-3% of all bison is actually grass-fed. The rest is feed-lot confined and fed grain and corn.  
另一家鼓励农民进行草饲转型的企业是 EPIC，这是一家生产肉类蛋白棒的企业。创始人泰勒·科林斯和妻子凯蒂·佛利斯特曾经是耐力运动员，而现在他们是草饲肉类的倡导者。在推出 EPIC 最成功的产品——“野牛培根蔓越莓棒”——之后不久，科林斯和佛利斯特发现他们已经用尽了手中所有的牧场纯草饲野牛资源。当他们开始研究供应链时，发现实际上只有 2%—3% 的野牛是草饲的，而其余的野牛均是在饲养场以谷物和玉米喂养的。
- [L] But after General Mills bought EPIC in 2016, Collins and Forrest suddenly had the resources they needed to expand their supply chain. So the company teamed up with Wisconsin-based rancher

Northstar Bison. EPIC fronted the money for the purchase of \$2.5 million worth of young bison that will be raised according to its grass-fed protocols, with a guaranteed purchase price. The message to young people who might not otherwise be able to afford to break into the business is, “‘You can purchase this \$3 million piece of land here, because I'm guaranteeing you today you'll have 1,000 bison on it.’ We're bringing new blood into the old, conventional farming ecosystem, which is really cool to see,” Collins explains.

不过，2016年EPIC被通用磨坊收购之后，科林斯和佛利斯特突然拥有了扩大供应链所需的资源。其公司与位于威斯康星州的牧场经营者北星野牛公司合作。EPIC为购买价值250万美元的小野牛提供了资金，这批野牛将根据EPIC的草饲协议喂养，其购买价格也得到保障。这给那些原本无力涉足该行业的年轻人传达了一条信息：“‘你可以在这里购买这片价值300万美元的土地，因为我保证你今天将会在这里拥有1000头野牛。’我们正在为传统农业生态系统注入新鲜血液，这真的很酷也很值得期待！”科林斯解释道。

### 答案详解

36. Farmers going grass-fed are not affected by the ever-changing milk prices of the global market.  
转型为草饲模式的农民不受全球市场中不断变化的牛奶价格的影响。

**【答案】** F

**【定位】** 根据题干中的 Farmers、are not affected by 和 milk prices of the global market 可定位到 F 段第一句。

**【解析】** 定位句指出“在草饲系统中，农民也不再受国际商品市场中剧烈波动的牛奶价格的影响”，题干是对定位句的同义转述。其中 are not affected by 是对原文 are not subject to 的同义替换；the ever-changing milk prices 对应原文中的 the wildly fluctuating milk prices；the global market 对应原文中的 the international commodity market。故本题答案为 F。

37. Over the years, Tim Joseph's partners have helped many dairy farmers to switch to grass-fed.  
多年来，蒂姆·约瑟夫的合作伙伴已经帮助许多奶农转型为草饲模式。

**【答案】** C

**【定位】** 根据题干中的 Tim Joseph's partners、have helped many dairy farmers 以及 switch to grass-fed 可定位到 C 段最后一句。

**【解析】** 定位句提到安布格夫妇帮助许多奶农从传统模式转为草饲模式，题干是对这句话的同义转述。其中，Tim Joseph's partners 对应原文的 the couple；have helped many dairy farmers 对应原文的 has helped 125 small dairy farms；switch to grass-fed 是对 convert to grass-fed 的同义替换。故本题答案为 C。

38. One advocate believes that many other benefits should be taken into consideration when we assess the cost-effectiveness of grass-fed farming.

一位倡导者认为，我们评估草饲农业的成本效益时，应考虑到许多其他的益处。

**【答案】** J

**【定位】** 根据题干中的 cost-effectiveness of grass-fed farming 可以定位到 J 段第二、三、四句。

**【解析】** 定位段第二、三句先是提到，草饲农业需要更多的牧场和劳动力，需要付出的成本比较大；接着第四句对此进行反驳：虽然如此，草饲农业有更多的益处，包括“政府的玉米补贴、环境退化以及人类健康和动物福利受损等隐性成本”。综上，评估草饲农业的成本效益时，应考虑到许多其他的益处，故本题答案为 J。

39. Many dairy farmers were persuaded to switch to grass-fed when they saw its advantage in terms of profits.

当很多奶农看到利润优势时，就会被说服向草饲模式转型。

**【答案】** D

**【定位】** 根据题干中的 were persuaded to 和 advantage in terms of profits 可定位到 D 段第三到五句。

**【解析】** 定位段第三句提到“从经济角度来看，说服心态开放的奶制品从业者实际上并不难”，接着第四、五句分别举例论证奶农向草饲模式转型的经济优势。题干是对原文这三句话的概括总述，题干中的 were persuaded to 对应原文的 convincing。故本题答案为 D。

40. Tim Joseph's grass-fed program is only one example of how American farming practice is changing.

蒂姆·约瑟夫的草饲项目只是美国农业实践变化过程的一个例子。

**【答案】** G

**【定位】** 根据题干中的 one example 和 American farming practice is changing 可以定位到 G 段第一句。

**【解析】** 定位句明确提到蒂姆·约瑟夫的草饲项目“只是越来越多致力于逐步改变美国农场经营方式的企业之一”，即题干所说的“蒂姆·约瑟夫的草饲项目只是美国农业实践变化过程的一个例子”。故本题答案为 G。

41. Tim Joseph was fascinated by the notion that sunlight brings energy and wealth to mankind.

蒂姆·约瑟夫被“阳光为人类带来能量和财富”这一理念深深吸引。

**【答案】** A

**【定位】** 根据题干中的 was fascinated by the notion 和 energy and wealth 可定位到 A 段第三句。

**【解析】** 定位句指出蒂姆·约瑟夫对于“所有能量和财富都来自太阳”这个理念非常感兴趣，题干是对这句话的同义转述，其中 was fascinated by 对应原文中的 intrigued；the notion 是对原文中的 the idea 的同义替换。故本题答案为 A。

42. One problem with grass-fed products is that they are usually more expensive than conventional ones.

草饲产品的一个问题是，它们通常比传统产品贵。

**【答案】** I

**【定位】** 根据题干中的 One problem 和 more expensive 可定位到 I 段。

**【解析】** I 段前两句开门见山，指出草饲产品存在弊端，例如价格问题；接着举例论证，无论是奶类还

是肉类产品，草饲产品均比传统产品价格高 10%—60% 不等；可见，草饲产品存在比传统产品价格高的问题，题干是对本段的概括总结，故本题答案为 I。

43. Grass-fed products have proved to be healthier and more nutritious.

事实证明，草饲产品更健康、更有营养。

**【答案】** E

**【定位】** 根据题干中的 healthier and more nutritious 可定位到 E 段最后一句。

**【解析】** 定位句提到“草饲奶制品和肉类的某些营养素和健康脂肪的含量更高”，题干是对定位句的同义转述；其中，have proved to 对应原文中的 have been shown to；healthier and more nutritious 对应原文中的 higher in certain nutrients and healthy fats。故本题答案为 E。

44. When Tim Joseph started his business, he found grass-fed products fell short of demand.

蒂姆·约瑟夫开始创业时，他发现草饲产品处于供不应求的状态。

**【答案】** B

**【定位】** 根据题干中的 fell short of demand 可定位到 B 段第三句。

**【解析】** 定位句提到，约瑟夫了解到一个经市场验证的事实，即“草饲产品供不应求”，题干是对定位句的同义转述，题干中的 fell short of demand 对应原文中的 Demand... exceeds supply。故本题答案为 B。

45. A snack bar producer discovered that the supply of purely grass-fed bison meat was scarce.

一个生产零食类蛋白棒的生产商发现，纯草饲野牛肉的供应量很少。

**【答案】** K

**【定位】** 根据题干中的 bar 和 grass-fed bison meat 可定位到 K 段第一句和倒数最后两句。

**【解析】** 第一句首先指出，科林斯和佛利斯特是一家生产肉类蛋白棒的企业创始人，题干前半句的信息与该句对应；最后两句指出，他们发现“实际上只有 2%—3% 的野牛是草饲的，其余的野牛均是在饲养场以谷物和玉米喂养的”，可见纯草饲野牛肉的供应量非常少，题干后半句的信息与之对应。题干中的 scarce 对应原文的 2%—3%。故本题答案为 K。

## 📖 词汇点拨

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• be fascinated by 着迷于……</li> <li>• get hooked on 被……迷住</li> <li>• agriculture /'ægrɪkʌltʃə(r)/ n. 农业，农学</li> <li>• launch /ləʊntʃ/ v. 开始从事，发起</li> <li>• exceed /ɪk'si:d/ v. 超过（数量）</li> <li>• in comparison with 与……比较</li> <li>• top priority 当务之急</li> <li>• suffice /sə'faɪs/ v. 足够，足以</li> </ul> | <ul style="list-style-type: none"> <li>• partnership /'pɑ:tnəʃɪp/ n. 合作关系，合作</li> <li>• conventional /kən'venʃənəl/ adj. 传统的，习惯的</li> <li>• mindset /'maɪndset/ n. 观念模式，思维倾向</li> <li>• convince /kən'vɪns/ v. 使确信，使相信</li> <li>• squeeze /skwi:z/ n. 减少，削减</li> <li>• champion /'tʃæmpiən/ n. 声援者，拥护者</li> <li>• commodity /kə'mɒdətɪ/ n. 商品</li> </ul> |
|---|--|

## Section C

## ·Passage One·

## 📖 题源分析

出处	标题	话题	体裁
<i>The Guardian</i>	The Guardian View on School Trips: They Should be Open to All 《卫报》对于学校旅行的观点：学校旅行应该让所有学生都能参加	教育	议论文

## 🔍 结构剖析

段落	大意
1	理想中学校应发挥的作用在分裂且不平等的社会现实中可能难以实现。
2	昂贵的学校出行费用会给家庭造成负担，拉大贫富差距。
3	学校集体活动对学生的益处。
4	低收入家庭对昂贵学校旅行费用的看法。
5	学校不应因高额出行费用助长分裂，把原本处于劣势地位的学生排斥在外。

## 🗣️ 参考译文

- Schools are not just a *microcosm* (缩影) of society; they mediate it too. [46] The best seek to alleviate the external pressures on their pupils while equipping them better to understand and handle the world outside—at once sheltering them and broadening their horizons. This is ambitious in any circumstances, and in a divided and unequal society the two ideals can clash *outright* (直接地).  
学校不仅仅是社会的缩影，也影响社会。[46] 最好的学校会努力缓解学生所承受的外部压力，同时也把他们更好地武装起来以应对外面的世界——给他们保护，同时也拓宽他们的视野。不管在什么情况下这都是宏大的理想，况且在一个分裂且不平等的社会，这两个愿景可能会有直接的冲突。
- Trips that many adults would consider the adventure of a lifetime—treks in Borneo, a sports tour to Barbados—appear to have become almost routine at some state schools. [47] Parents are being asked for thousands of pounds. Though schools cannot profit from these trips, the companies that arrange them do. [47] Meanwhile, pupils arrive at school hungry because their families can't afford breakfast. The Child Poverty Action Group says nine out of 30 in every classroom fall below the poverty line. [47] The discrepancy is startlingly apparent. Introducing a fundraising requirement for students does not help, as better-off children can tap up richer

aunts and neighbours.

许多成年人认为一生中可能仅有一次的冒险，现在几乎成了一些州立学校的标配——例如去婆罗洲远足，或者去巴巴多斯来一场体育旅游。[47] 家长需要支付数千英镑。尽管学校不会从这些旅行中获利，但是安排这些活动的公司会获利。[47] 与此同时，有些学生会因为家里吃不起早餐而饿着肚子到学校。儿童贫困救助组织表示，每个班里 30 个学生中就有 9 个人生活在贫困线水平以下。[47] 这种差距突出得惊人。即便是要求学生们去筹款也能体现出差距，因为那些较为富裕的孩子可以向更富有的亲戚和邻居寻求捐款。

3. Probing the rock pools of a local beach or practising French on a language exchange can fire children's passions, boost their skills and open their eyes to life's possibilities. Educational outings help bright but disadvantaged students to get better scores in A-level tests. In this globalised age, there is a good case for international travel, and some parents say they can manage the cost of a school trip abroad more easily than a family holiday. Even in the face of immense and mounting financial pressures, some schools have shown remarkable determination and ingenuity in ensuring that all their pupils are able to take up opportunities that may be truly life-changing. They should be applauded. [48] Methods such as whole-school fundraising, with the proceeds (收益) pooled, can help to extend opportunities and fuel community spirit.

探索当地沙滩上岩石池或在语言交流中练习法语可以点燃孩子们的激情，提高他们的技能，开阔他们对生命中无限可能性的认知。教育旅行可以帮助那些聪明但家庭条件较差的学生在中学考试中得到更好的成绩。当今这个全球化的时代很适合出国旅行，有些家长表示，相较于家庭度假，学校组织的出国游的花销更容易承担。即使面对着不断增加的经济压力，一些学校也表示出了巨大的决心和智慧，以确保学生能够抓住可能真正改变他们命运的机会。他们理应得到掌声。[48] 像全校募捐这样的方法，将募得的收入集中在一起，可以让更多的人享受到机会，并且可以弘扬社区精神。

4. But £3,000 trips cannot be justified when the average income for families with children is just over £30,000. Such initiatives close doors for many pupils. Some parents pull their children out of school because of expensive field trips. [49] Even parents who can see that a trip is little more than a party or celebration may well feel guilt that their child is left behind.

但是这些孩子的家庭的平均收入刚刚超过三万英镑时，三千英镑费用的旅行并不合理。这样的提议将很多学生都关在了门外。有些家长因为这种昂贵的参观旅行让孩子退学。[49] 即使是那些认为这种旅行和聚会或庆祝活动差别不大的家长也会因自己的孩子掉了队而深感内疚。

5. The Department for Education's guidance says schools can charge only for board and lodging if the trip is part of the syllabus, and that students receiving government aid are exempt from these costs. However, many schools seem to ignore the advice; and it does not cover the kind of glamorous, exotic trips, which are becoming increasingly common. [50] Schools cannot be expected to bring together communities single-handed. But the least we should expect is that



they do not foster divisions and exclude those who are already disadvantaged.

教育局指南规定，如果旅行是教学大纲的一部分，学校只能收取食宿费用，并且接受政府资助的学生可以免除这部分费用。然而，似乎很多学校都忽略了这一点，而且指南里面也没有提到那些令人着迷的异国之旅，而这种旅行现在越来越常见。[50] 我们不能指望单靠学校的力量就把不同团体聚集在一起，但至少应该期待学校不会助推分化，将那些本就处于弱势地位的学生排斥在外。

### 答案详解

46. What does the author say best schools should do?

A) Prepare students to both challenge and change the divided unequal society.

**B) Protect students from social pressures and enable them to face the world.**

C) Motivate students to develop their physical as well as intellectual abilities.

D) Encourage students to be ambitious and help them to achieve their goals.

**【答案】** B

**【考点】** 细节题

**【定位】** 根据出题顺序和题干关键词 best schools should do 可定位至第一段第二句。

**【解析】** 定位句提到“最好的学校会努力缓解学生所承受的外部压力，同时也把他们更好地武装起来以应对外面的世界——给他们保护，同时也拓宽他们的视野”，可知作者认为最好的学校应该保护学生免受压力的同时还要使他们能够更好地面对世界，B项正确。其中 protect 同义替换定位句中的 alleviate, face the world 对应定位句中的 understand and handle the world outside.

47. What does the author think about school field trips?

A) They enable students from different backgrounds to mix with each other.

**B) They widen the gap between privileged and disadvantaged students.**

C) They give the disadvantaged students a chance to see the world.

D) They only benefit students with rich relatives and neighbours.

**【答案】** B

**【考点】** 推断题

**【定位】** 根据出题顺序和题干关键词 school field trips 可定位至第二段。

**【解析】** 第二段介绍了学校组织的参观旅游的现状。开头现提到这种旅行对州立学校来说越来越常见，

46. 作者说最好的学校应该怎么做？

A) 培养学生质疑和改变分裂不平等的社会。

**B) 保护学生免受社会压力，使他们能够面对世界。**

C) 激励学生发展身体和智力方面的能力。

D) 鼓励学生心存抱负，帮助他们实现目标。

47. 作者如何看待学校的参观旅行？

A) 它们使来自不同背景的学生相互融合。

**B) 它们扩大了富有学生和弱势学生之间的差距。**

C) 它们给弱势学生一个了解世界的机会。

D) 它们只能惠及到那些有富裕亲戚和邻居的学生。

且费用昂贵。第二段第四句提到“与此同时，有些学生会因为家里吃不起早餐而饿着肚子到学校”，说明了贫困学生或弱势学生的家庭因旅行费用而备受压力。此外本段最后两句提到学生间的“差距惊人的突出”，而家境优越的或特权学生可以轻易筹集到经费。由此推断因为高昂的旅行费用，学校的参观旅行扩大了富有学生和弱势学生之间的差距，B项正确。

**【排除】** 第三段第二句提到“教育旅行可以帮助那些聪明但家庭条件较差的学生在中学考试中得到更好的成绩”，这里说的是“在中学考试中得到更好的成绩”，而非C项中的“了解世界”，故排除C项。

48. What does the author suggest can help build community spirit?

- A) Events aiming to improve community services.
- B) Activities that help to fuel students' ingenuity.
- C) Events that require mutual understanding.
- D) Activities involving all students on campus.**

**【答案】** D

**【考点】** 细节题

**【定位】** 根据题干关键词 community spirit 可定位至第三段最后一句。

**【解析】** 第三段最后一句提到“像全校集资这样的方法在带来收益的同时也能带来更多机会，并且可以推动团队精神的发展”，这里的所说的全校集资就是能让所有学生都参与的活动，因此D项正确。

48. 作者认为什么可以帮助构建团队精神？

- A) 旨在改善社区服务的活动。
- B) 有助于激发学生才智的活动。
- C) 需要相互理解的事件。
- D) 让所有在校学生参与的活动。**

49. What do we learn about low-income parents regarding school field trips?

- A) They want their children to participate even though they don't see much benefit.**
- B) They don't want their kids to participate but find it hard to keep them from going.
- C) They don't want their kids to miss any chance to broaden their horizons despite the cost.
- D) They want their children to experience adventures but they don't want them to run risks.

**【答案】** A

**【考点】** 推断题

**【定位】** 根据题干关键词 low-income parents、school field trips 可定位至文章第四段。

**【解析】** 第四段描述了低收入家庭的父母对学校参观旅行的态度，该段最后一句提到“即使是那些认为这种旅行和聚会或庆祝活动差别不大的家长也会因自己的孩子掉了队而感到内疚”，家长认为学校旅行和聚会或庆祝活动差别不大，就是认为旅行可基本等同于一次娱乐活动，从而推断出他们认为学校旅行价值不大。但这些家长也会因孩子不能参加而愧疚，可以推断出他们希望自己的孩子也能参加，故A项正确。

49. 关于低收入家庭的父母对学校参观旅行的态度，我们了解到了什么？

- A) 他们希望他们的孩子参与，即使他们不认为旅行有很大好处。**
- B) 他们不希望自己的孩子参与，但很难阻止孩子参加。
- C) 他们不希望自己的孩子错过任何一个拓宽视野的机会，尽管价格不菲。
- D) 他们想让孩子经历冒险，但不想让他们冒任何风险。

50. What is the author's expectation of schools?  
 A) Bringing a community together with ingenuity.  
 B) Resolving the existing discrepancies in society.  
**C) Avoiding creating new gaps among students.**  
 D) Giving poor students preferential treatment.

50. 作者对学校有什么期望?  
 A) 用独创性将各个团体团结在一起。  
 B) 解决社会中存在的差异。  
**C) 避免在学生之间制造新的差距。**  
 D) 给予贫困学生优待。

**【答案】** C

**【考点】** 细节题

**【定位】** 根据题干关键词 expectation of schools 可定位至第五段最后两句话。

**【解析】** 定位句提到“我们不能指望单靠学校的力量就把不同团体聚集在一起，但至少应该期待学校不会助推分化，将那些本就处于弱势地位的学生排斥在外”，可见作者期待学校不应该促进学生间的分化，或制造新的差距，C项正确。选项中的 avoiding creating new gaps 是定位句中 do not foster divisions 的同义替换。

## 词汇点拨

- mediate /'mi:diət/ v. 调停，调解
- alleviate /ə'li:vieɪt/ v. 减轻，缓和
- shelter /'ʃeltə(r)/ v. 保护；掩蔽
- horizon /hə'raɪzn/ n. 眼界；范围
- ambitious /æm'bɪʃəs/ adj. 有野心的；耗资的
- circumstance /'sɜ:kəmstəns/ n. 状况，形势
- clash /klæʃ/ v. 冲突；有分歧
- trek /trek/ n. 长途旅行
- routine /ru:'ti:n/ adj. 例行的，常规的
- discrepancy /dɪs'kreɪnsi/ n. 差异；不符合
- startlingly /'stɑ:tlɪŋli/ adv. 惊人地
- tap /tæp/ v. 轻拍，轻敲；利用，发掘
- probe /prəʊb/ v. 盘问，探究；探查，探测
- boost /bu:st/ v. 促进，激励
- outing /'aʊtɪŋ/ n. 远足；(集体) 出外游玩(或学习等)
- immense /ɪ'mens/ adj. 极大的，巨大的
- mounting /'maʊntɪŋ/ adj. 上升的，增长的
- ingenuity /ɪndʒə'nju:əti/ n. 独创力，聪明才智
- applaud /ə'plɔ:d/ v. 鼓掌；称赞
- initiative /ɪ'nɪʃətɪv/ n. 倡议，新方案
- lodging /'lɒdʒɪŋ/ n. 暂住，寄宿
- syllabus /'sɪləbəs/ n. 教学大纲
- exempt /ɪg'zempt/ adj. 被免除的
- glamorous /'glæməərəs/ adj. 富有魅力的；令人向往的
- exotic /ɪg'zɒtɪk/ adj. 奇异的，异国风味的
- foster /'fɒstə(r)/ v. 促进，助长
- privileged /'prɪvəlɪdʒd/ adj. 有特权的；受特别优待的
- preferential /,prefə'renʃl/ adj. 优先的，优惠的，优待的

·Passage Two·

📖 题源分析

出处	标题	话题	体裁
<i>The Guardian</i>	Antarctica's King Penguins "Could Disappear" by the End of the Century 南极洲的王企鹅在本世纪末“可能会消失”	环境	议论文

🔍 结构剖析

段落	大意
1	一项新的研究显示王企鹅可能会在本世纪末濒临灭绝。
2	另一报告也指出因磷虾数量减少可能给王企鹅带来生存危机。
3	海洋温度增高使大多数王企鹅将被迫重新寻找繁衍地。
4	王企鹅的困境应成为对南极洲整个海洋环境未来的一个警告。

📖 参考译文

1. [51] Rising temperatures and overfishing in the *pristine* (未受污染的) waters around the Antarctic could see King penguin populations pushed to the brink of extinction by the end of the century, according to a new study. The study's report states that as global warming transforms the environment in the world's last great wilderness, 70 percent of king penguins could either disappear or be forced to find new breeding grounds.

[51] 一项新的研究显示，气温升高以及在南极洲附近未受污染水域的过度捕捞可能会导致王企鹅种群在本世纪末濒临灭绝。该研究报告指出，随着全球变暖改变了世界上最后一大片荒原，70%的王企鹅要么会从地球上消失，要么会被迫寻找新的繁衍地。

2. Co-author Céline Le Bohec, from the University of Strasbourg in France, warned: "If there're no actions aimed at halting or controlling global warming, and the pace of the current human-induced changes such as climate change and overfishing stays the same, the species may soon disappear. The findings come amid growing concern over the future of the Antarctic. [52] Earlier this month a separate study found that a combination of climate change and industrial fishing is threatening the *krill* (磷虾) population in Antarctic waters, with a potentially disastrous impact on whales, seals and penguins. But today's report is the starkest warning yet of the potentially devastating impact of climate change and human exploitation on the Antarctic's delicate ecosystems.

来自法国斯特拉斯堡大学的合著者席琳·勒博埃克警告说：“如果再不采取旨在阻止或控制全球变暖的行动，且气候变化及过度捕捞等人为造成变化的速度保持不变，这个物种可能马上就会消失。”这些研究结果是在人们对南极洲的未来愈发担忧的情况下得出的。[52] 本月早些时候，

另一项研究发现，气候变化和工业捕捞正在威胁南极水域的磷虾数量，并且有可能给鲸鱼、海豹和企鹅带来灾难性的影响。关于气候变化和人类开发给南极洲脆弱的生态系统所带来的潜在毁灭性影响，当今的报告是迄今为止最为严厉的警告。

3. [53] Le Bohec said: “Unless current greenhouse gas emissions drop, 70 percent of king penguins – 1.1 million breeding pairs – will be forced to relocate their breeding grounds, or face extinction by 2100.” King penguins are the second-largest type of penguin and only breed on specific isolated islands in the Southern Ocean where there is no ice cover and easy access to the sea. As the ocean warms, a body of water called the Antarctic Polar Front – an upward movement of nutrient-rich sea that supports a huge abundance of marine life – is being pushed further south. [54] This means that king penguins, which feed on fish and krill in this body of water, have to travel further to their feeding grounds, leaving their hungry chicks for longer. And as the distance between their breeding grounds and their food grows, entire colonies could be wiped out.

[53] 勒博埃克说：“除非目前的温室气体排放量下降，不然 70% 的王企鹅——也就是 110 万对准备繁衍的配偶——将被迫重新寻找繁衍地或在 2100 年之前面临灭绝。”王企鹅是体型第二大的企鹅，它们只在南大西洋特定的偏远岛屿上繁衍，这些岛屿没有冰的覆盖，并且很容易到达海洋。随着海洋温度增高，被称为南极锋的水域范围正进一步向南缩小。南极锋是指富有营养的海水上移运动，养活着大量的海洋生物。[54] 这意味着在这片水域以鱼与磷虾为食的王企鹅不得不前往更远的觅食地，让它们饥肠辘辘的小企鹅长时间苦等。随着繁衍地和食物离得越来越远，最终整个企鹅群可能会消失。

4. Le Bohec said: “The plight of the king penguin should serve as a warning about the future of the entire marine environment in the Antarctic. Penguins, like other seabirds and marine mammals, occupy higher levels in the food chain and they are what we call bio-indicators of their ecosystems.” Penguins are sensitive indicators of changes in marine ecosystems. As such, they are key species for understanding and predicting impacts of global change on Antarctic and sub-Antarctic marine ecosystems. The report found that although some king penguins may be able to relocate to new breeding grounds closer to their retreating food source, suitable new habitats would be scarce. [55] Only a handful of islands in the Southern Ocean are suitable for sustaining large breeding colonies.

勒博埃克表示：“王企鹅的困境应成为对南极洲整个海洋环境未来的一个警告。像其他海鸟和海洋哺乳动物一样，企鹅处在食物链中较高的地位，即我们所说的生态系统的生态指标生物。”企鹅对海洋生态系统的变化很敏感，因此它们是了解与预测全球变化对南极洲及亚南极海洋生态系统影响的关键物种。报告发现，尽管一些王企鹅也许能够找到新的繁衍地，离它们不断后退的食物来源更近，但合适的新栖息地也会十分稀缺。[55] 南大洋中只有少数岛屿适合维持大型繁殖群体的生存。

 答案详解

51. What will happen by 2100, according to a new study?

**A) King penguins in the Antarctic will be on the verge of dying out.**

B) Sea water will rise to a much higher level around the Antarctic.

C) The melting ice cover will destroy the great Antarctic wilderness.

D) The pristine waters around the Antarctic will disappear forever.

**【答案】** A

**【考点】** 细节题

**【定位】** 题干关键词 by 2100、a new study 可定位至第一段第一句和第三段第一句。

**【解析】** 第一段开头提到“一项新的研究显示，南极洲的气温升高以及和在南极洲附近未受污染水域的过度捕捞可能会导致王企鹅种群在本世纪末濒临灭绝”，第三段第一句勒博埃克提到的话语也复印证了这一点，因此 A 项正确。这里 by 2100 和 by the end of the century 是同义表达。

52. What do we learn from the findings of a separate study?

A) Shrinking krill population and rising temperatures could force Antarctic whales to migrate.

B) Human activities have accelerated climate change in the Antarctic region in recent years.

**C) Industrial fishing and climate change could be fatal to certain Antarctic species.**

D) Krill fishing in the Antarctic has worsened the pollution of the pristine waters.

**【答案】** C

**【考点】** 细节题

**【定位】** 根据题干关键词 the findings of a separate study 可定位至第二段第三句。

**【解析】** 定位句提到另一项研究发现的“气候变化和工业捕捞正在威胁南极水域的磷虾数量，并且有可能给鲸鱼、海豹和企鹅带来灾难性的影响”，可以该研究发现工业捕鱼和气候变化对某些南极物种带来灾难性影响，C 项正确。选项中的 could be fatal to 是原文中 with a potentially disastrous impact on 的同义替换，certain Antarctic species 是 whales, seals and penguins 的概括。

51. 根据一项新的研究，到 2100 年将会发生什么？

**A) 南极洲的王企鹅将濒临灭绝。**

B) 南极洲周围的海平面会升高很多。

C) 融化的冰层将会摧毁南极荒原。

D) 南极洲周围的未受污染水域将永远消失。

52. 我们从另一项研究的发现中可以了解到什么？

A) 磷虾数量的减少和温度的上升可能会迫使南极鲸迁徙。

B) 近年来，人类活动加速了南极地区的气候变化。

**C) 工业捕鱼和气候变化对某些南极洲物种会带来致命影响。**

D) 南极洲磷虾的捕捞恶化了原始水域的污染。

53. What does the passage say about king penguins?  
 A) They will turn out to be the second-largest species of birds to become extinct.  
 B) Many of them will have to migrate to isolated islands in the Southern Ocean.  
 C) They feed primarily on only a few kinds of krill in the Antarctic Polar Front.  
**D) The majority of them may have to find new breeding grounds in the future.**

**【答案】** D

**【考点】** 细节题

**【定位】** 由于全文都在讲与王企鹅有关的内容，本题可以根据出题顺序和选项内容定位至全文第三段。

**【解析】** 第三段第一句勒博埃克提到“除非目前的温室气体排放量下降，不然70%的王企鹅——也就是110万对准备繁衍的配偶——将被迫重新寻找繁衍地或在2100年之前面临灭绝。”可知大多数王企鹅将来可能不得不寻找新的繁衍地，因此D项正确。选项中的the majority of与定位句中的70 percent of相对应。

**【排除】** A项、B项、C项均是根据第三段中部分词语拼凑出来的干扰项，与原文细节不符，故排除。

54. What happens when sea levels rise in the Antarctic?  
**A) Many baby king penguins can't have food in time.**  
 B) Many king penguins could no longer live on krill.  
 C) Whales will invade king penguins' breeding grounds.  
 D) Whales will have to travel long distances to find food.

**【答案】** A

**【考点】** 推断题

**【定位】** 根据题干关键词 sea levels rise 可定位至文章第三段最后三句。

**【解析】** 第三段后半部分描述了海水变暖，即海平面升高带来的后果。首先提到能养活大量海洋生物的南极锋的南移，倒数第二句提到这意味着“在这片水域以鱼与磷虾为食的王企鹅不得不前往更远的觅食地，让它们饥肠辘辘的小企鹅长时间苦等”，可推断企鹅宝宝会因此不能及时吃到食物，故A项正确。

**【排除】** 第三段倒数第二句提到“不得不前往更远的觅食地”的对象是“王企鹅”而非“鲸鱼”，故排除D项。

53. 关于王企鹅，这篇文章谈及了什么？  
 A) 它们将成为第二大灭绝的鸟类。  
 B) 它们中的许多将不得不迁移到南大洋偏远的岛屿上。  
 C) 它们主要以南极锋中的几种磷虾为食。  
**D) 它们中的大多数将来可能不得不寻找新的繁衍地。**

54. 当南极的海平面上升时会发生什么？

- A) 许多王企鹅宝宝不能及时吃到食物。**  
 B) 许多王企鹅不能再以磷虾为生。  
 C) 鲸鱼会入侵王企鹅的繁殖地。  
 D) 为了寻找食物，鲸鱼将不得不长途跋涉。

55. What do we learn about the Southern Ocean?

- A) The king penguins there are reluctant to leave for new breeding grounds.  
 B) Its conservation is key to the sustainable propagation of Antarctic species.  
 C) It is most likely to become the ultimate retreat for species like the king penguin.

**D) Only a few of its islands can serve as huge breeding grounds for king penguins.**

**【答案】** D

**【考点】** 细节题

**【定位】** 根据出题顺序和题干关键词 the Southern Ocean 可定位至第四段最后一句话。

**【解析】** 定位句提到“南大洋中只有少数岛屿适合维持大型繁殖群体的生存”，因此可知对于像王企鹅这样的大型繁殖群体来说，南大洋中只有几个岛屿可以作为它们的繁衍地，D 项正确。选项中的 only a few 是定位句中 only a handful of 的同义替换。

55. 关于南大洋，我们了解到了什么？

- A) 那里的王企鹅不愿意不想去寻觅新的繁衍地。  
 B) 对其保护是南极生物可持续繁衍的关键。  
 C) 它最有可能成为像王企鹅这样的物种的最终栖息地。

**D) 那里只有少数几个岛屿可以作为王企鹅的大型繁衍地。**

## 词汇点拨

- Antarctic /æ'n'tɑ:ktɪk/ *n.* 南极地区
- penguin /'peŋgwɪn/ *n.* 企鹅
- brink /brɪŋk/ *n.* 边缘
- breeding /'bri:diŋ/ *n.* 繁殖；饲养
- halt /hɔ:lt/ *v.* 使……停下，阻止
- disastrous /dɪ'zɑ:stɹəs/ *adj.* 灾难性的
- seal /si:l/ *n.* 海豹
- stark /stɑ:k/ *adj.* 严酷的；鲜明的
- devastating /'devəsteɪtɪŋ/ *adj.* 破坏性极大的，毁灭性的
- exploitation /,eksplɔɪ'teɪʃn/ *n.* 利用，开发；剥削
- ecosystem /'i:kəʊsɪstəm/ *n.* 生态系统
- emission /i'mɪʃn/ *n.* 排放，发出；排放物
- isolated /'aɪsəleɪtɪd/ *adj.* 偏远的；孤独的，孤立的
- polar /'pəʊlə(r)/ *adj.* 极地的；南极（或北极）的
- abundance /ə'bʌndəns/ *n.* 大量；富足
- marine /mə'ri:n/ *adj.* 海洋的
- colony /'kɒləni/ *n.* 群，群体
- plight /plaɪt/ *n.* 困境，苦境
- mammal /'mæml/ *n.* 哺乳动物
- indicator /'ɪndɪkeɪtə(r)/ *n.* 指示信号；标志；迹象
- retreat /rɪ'tri:t/ *v. & n.* 撤退；退去
- scarce /skeəs/ *adj.* 稀少的，不足的
- shrink /ʃrɪŋk/ *v.* 缩小，减少
- migrate /maɪ'greɪt/ *v.* 移居；迁徙
- accelerate /ək'seləreɪt/ *v.* 加速，加快
- fatal /'feɪtl/ *adj.* 致命的；毁灭性的
- invade /ɪn'veɪd/ *v.* 侵略，侵犯
- reluctant /rɪ'lʌktənt/ *adj.* 不情愿的，勉强的
- conservation /,kɒnsə'veɪʃn/ *n.* 保护；节约
- propagation /,prɒpə'geɪʃn/ *n.* 繁殖；传播



## Part IV Translation

### 📖 中文原文

梅花 (plum blossom) 位居中国十大名花之首, 源于中国南方, 已有三千多年的栽培和种植历史。隆冬时节, 五颜六色的梅花不畏严寒, 迎着风雪傲然绽放。在中国传统文化中, 梅花象征着坚强、纯洁、高雅, 激励人们不畏艰难、砥砺前行。自古以来, 许多诗人和画家从梅花中获取灵感, 创作了无数不朽的作品。普通大众也都喜欢梅花, 春节期间常用于家庭装饰。南京市已将梅花定为市花, 每年举办梅花节, 成千上万的人冒着严寒到梅花山踏雪赏梅。

### 📖 参考译文

Among the list of the ten most famous flowers of China, the plum blossom is considered the champion. Originated from the southern part of China, the plum blossom has been cultivated and planted for more than 3,000 years. In the coldest days of winter, colorful plum blossoms, unafraid of the cold, burst into full bloom bravely and proudly amid wind and snow. In the traditional Chinese culture, the plum blossom is the symbol of perseverance, purity, and grace. It inspires people to move on in hardships. Since ancient times, many poets and painters have drawn inspiration from the plum blossom and created countless immortal works. Ordinary people are also fond of the plum blossom and often use it to decorate their homes during the Spring Festival. Nanjing has already designated the plum blossom as its city flower and holds the annual Plum Blossom Festival, during which tens of thousands of people walk on snow to appreciate the plum blossom in the Plum Blossom Mountain, ignoring the cold.

### 📖 译点讲解

#### 1. 梅花 (plum blossom) 位居中国十大名花之首, 源于中国南方, 已有三千多年的栽培和种植历史。

“位居……之首”可译为“be the champion”; “源于”可译为 originate from。

该句中动作较多 (位居、源于和有), 故可拆分成两句来处理, 将“位居”和“有”处理为谓语, “源于”处理为非谓语。将“十大名花”处理成介词短语形式, 放在句首, 注意 ... of the ten most famous flowers 中 flowers 的复数形式。第二句中, “源于中国南方”可以处理成过去分词短语作状语, 即 Originated from the southern part of China。

#### 2. 隆冬时节, 五颜六色的梅花不畏严寒, 迎着风雪傲然绽放。

“不畏”可译为 unafraid of...; “绽放”可译为 burst into full bloom; “迎着风雪”可译为 amid wind and snow。

本句中“隆冬时节”处理成时间状语, 放在句首, 即 In the coldest days of winter; “不畏严寒”可以处理成伴随状语, 修饰梅花, 即 unafraid of the cold。本句的谓语为 burst into full bloom; bravely and proudly 为状语, 修饰 burst into full bloom。

**3. 在中国传统文化中，梅花象征着坚强、纯洁、高雅，激励人们不畏艰难、砥砺前行。**

“坚强”可译为 perseverance; “纯洁”可译为 purity; “优雅”可译为 grace; “前行”可译为 move on。

该句内容较长，可以拆分成两句来处理：前一句讲梅花的象征，后一句讲梅花的作用。第二句中用 it 作主语，指代前文 the plum blossom; “不畏艰难、砥砺前行”意思相同，合并翻译即可，即 move on in hardships。

**4. 自古以来，许多诗人和画家从梅花中获取灵感，创作了无数不朽的作品。**

“获取灵感”可译为 draw inspiration; “不朽的”可译为 immortal。

根据句中的“自古以来”，可知该句应该使用现在完成时态; “获取”和“创作”处理为由 and 连接的并列谓语。

**5. 普通大众也都喜欢梅花，春节期间常用于家庭装饰。**

“普通大众”可译为 ordinary people; “春节”可译为 the Spring Festival。

本句中，逗号前后的内容为并列关系，故本句可以翻译成用 and 连接的并列句; “春节期间”可以处理成时间状语，放在句末，即 during the Spring Festival。

**6. 南京市已将梅花定为市花，每年举办梅花节，成千上万的人冒着严寒到梅花山踏雪赏梅。**

“将……定为”可译为 designate... as; “每年”可译为 annual。

“成千上万的人冒着严寒到梅花山踏雪赏梅”发生在“梅花节”期间，故可以把“成千上万的人冒着严寒到梅花山踏雪赏梅”处理成定语从句，during which 为连接词，连接主句和从句。“冒着严寒”的逻辑主语是 tens of thousands of people，此处可以处理成现在分词形式作状语，即 ignoring the cold。

