

The Key to Model Test Four

Part I Writing

参考范文

On the Independence of Young People

In the picture, the son asks his father to save money not only for his education but also for his retirement. Despite a bit of exaggeration, the picture is a vivid description of a widespread phenomenon that nowadays many young people tend to rely on their parents for their life and career, particularly for the financial support. However, I strongly suggest that young people stand on their own two feet.

Self-reliance is a basic living skill for a person to survive. Although it seems to be reasonable to depend on parents in such an intensely competitive society, young people cannot count on their parents forever. The sooner they start to support themselves, the more social experience they can gain, and the greater success they will achieve. Besides, just as the old saying goes, giving is much better than receiving. It is time for young people to shoulder their own responsibilities to support their families and to return their parents' love.

In summary, young people should learn to do everything by themselves rather than count on their parents. The only way to success is to hold future in one's own hands.

Part II Listening Comprehension

Section A

News Report One

(1) When a dog loses a leg, the animal eventually figures out the best way to get around on three legs. In a short time, the dog learns to deal with its physical disability. Now, scientists have developed robots that behave in much the same way.

We can find robots everywhere. Robots build cars, play chess and can clean your house. They may someday drive your car, too. Robots also help people in natural disasters. (2) Robots are deployed in search and rescue operations following an earthquake. Robots can be sent to a lot of places said to be unsafe. The problem is that all of those types of situations and environment are extremely unpredictable and hostile. And it is very likely that robots and humans in those situations become damaged. (1) The scientists are developing technology so that robots will continue operating after the first sign of injury.

1. What is the news report mainly about? D)
2. What can we know about robots from the news report? C)

News Report Two

We all know that exercise is good for your health. But some kinds of exercise may be better than others. (3) Running, for example, may help to protect against heart disease and other health problems. Running may also help you live longer. Researchers say it is not important how far you run. It also does not matter how fast or even how often you run. As advertisements for the running shoe Nike say, "Just do it."

Recently, researchers studied more than 55 000 adults. About one-fourth of the adults reported they ran regularly. The study found these runners were considerably less likely than non-runners to die of any form of disease, including heart disease. (4) In fact, the runners lived, on average, three years longer than the non-runners. Compared to non-runners, runners showed 30 percent lower risk of death by any causes, including heart attack, stroke or cancer.

3. What is the benefit of running according to the news? D)
4. How long did the runners survive the non-runners? B)

News Report Three

A single cigarette sold on a street corner may not cost a lot; however, the overall costs of smoking are huge. First, consider the cost of human life. (5) The World Health Organization says about 10 people die of a tobacco-linked disease every minute. That rate adds up to almost six million people dying from such diseases every year.

(6) For most people, stopping smoking is hard. Many began smoking as teenagers. They are used to it. Studies show people who want to stop smoking can do so with different treatments. Other experts and former smokers offer even more effective advice. If you are considering starting smoking, don't. Smoking costs more than the life of an individual. It can affect the health of an entire country. (7) The World Health Organization says low-income countries depend heavily on taxes from cigarettes. They use the money, in part, to pay the costs of health care for tobacco-related diseases. But the illegal trade in tobacco products is further testing the economies of low-income countries.

5. How many people die from smoking every year? A)
6. Why is it hard to stop smoking for most people? A)
7. How do low-income countries partly spend the taxes from cigarettes? C)

Section B

Conversation One

W: Hello! Can you introduce yourself please?

M: Sure, my name is Steven Patterson and (8) I'm from a small town called Brentwood in Essex which is in England.

W: OK, Essex. Which part of England is that?

M: That's in the southeast.

W: Southeast.

M: Yeah, yeah. (9) It's attached to London, just next to London.

W: Oh, OK, but you said it's a small town.

M: (9) It's relatively small. The population is about 50 000.

W: OK, well, what kind of place is your town where you grew up?

M: It's actually a very nice and prosperous town. People often travel out from Brentwood into London and they work in the city, because it's a pleasant place to live in.

W: Oh, it sounds nice. Well, now if you live in a little town near London, will it be really expensive?

M: Yes, because it's a desirable place to live in Brentwood and (10) the closeness to London also makes the housing quite expensive.

W: Oh, really. When I think of a small British village, you know, I think of really old houses, and nothing's changed, so do you have modern stuff, like a health club, a movie theatre or things like that?

M: (11) The cinema in Brentwood actually closed down, but it does have a very nice health centre and as I said lots of parks to play in. There are lots of opportunities to exercise and various forms of recreational activities.

W: Wow, sounds like a nice place to live in.

8. Where does the man come from? C)

9. What do we learn about Brentwood? A)

10. Which is one of the reasons for the high costs of Brentwood? D)

11. What can be inferred from the conversation about recreational activities in Brentwood? B)

Conversation Two

W: Hey, Mark, could you tell me about the first job you ever had?

M: (12) When I was at university, I used to work for 12 hours from 6 p. m. until 6 a. m. in a printing factory one night a week.

W: So you worked from 6 p. m. until 6 a. m. ?

M: Yep, overnight. I feel that it is better to work just one long block of time rather than have a part-time job two or three nights a week.

W: So for this job what exactly did you do? What were your duties?

M: (13)We took the TV guides from the printing presses and bundled them up to get them ready for distribution to the various convenience stores, gas stands and bookstores throughout the whole country. We also had to make sure that the shops and regions got the right number of guides.

W: So a job like that would be manual labor, and sometimes it is very hard, right? (14)I wonder what attracted you most in the job.

M: (14)Because of the hours we all worked overnight, there was a combination of other university students. We used to enjoy a good laugh while we were doing the work as well, and we really had quite a good team.

W: Sounds fun to make so many lovely friends while you are working.

M: Yes, (15)though the job is tiring, it was really a wonderful experience to work with so many great guys.

12. What was the man's first job? B)

13. What were the man's duties for his first job? D)

14. What attracted the man most in his first job? B)

15. What does the man think of his first job? A)

Section C

Passage One

(16)It is what failed dieters have long suspected: Fat people really can't keep the weight off. Scientists have confirmed that the majority of overweight people who try to lose weight either by cutting calories or exercising will return to their former size. Fewer than 10 percent of the 12 million Britons who go on a diet each year succeed in losing significant amounts of weight and most of those who do put it all back on again within a year. The scientists, from the Medical Research Council's National Survey of Health and Development, followed 5 362 men and women from their birth in 1946 and 20 000 from birth in 1958, measuring their weight and blood pressure and assessing their lifestyles. They found both groups began gaining weight in the 1980s and had steadily increased in size ever since. Dr. Rebecca Hardy, the council's program leader on body size, (17)said, "Once people become overweight, they continue relentlessly upwards. They hardly ever go back down. It is better to avoid getting fat in the first place. For men, weight goes up steadily through life. For women, it starts slowly and accelerates in the mid-thirties." Experts have suggested evolution means we are programmed to put on weight rather than lose it. (18)Dieting can make this tendency worse as decreasing calorie intake triggers the body to go into starvation mode and reduce the amount of energy it naturally expends, making it even harder to lose weight. But the study's findings do not mean dieting is pointless, so eating less and taking more exercise can increase fitness and lower blood pressure.

16. What have the failed dieters suspected? C)

17. What do scientists find after the long-time observation? D)

18. What role does dieting play in losing weight according to the passage? A)

Passage Two

A common challenge for many teachers is keeping their students focused in class. After all, many children can become distracted, bored or confused in a classroom setting, or abandon their concentration on a lesson plan. There are various ways teachers can encourage their students to stay focused and make learning more interesting. Based on a lack of students' focus, teachers are sometimes given the impression that their lesson plan is not motivating or interesting to their students. (19)However, the problem might simply be that the students need change and movement. It often helps for teachers to alternate quiet activities in class with more active and exciting lessons. Something changing the pace of your lessons and activities can make all the difference in helping your students stay focused, and ultimately enjoy the lesson you've prepared for them. Children tend to remain more focused when interactive teaching tools are involved. For instance, (20)an interactive whiteboard in the classroom can help children feel included, and thus stay more focused. What's more, it's an effective teaching tool, helping instructors enhance lesson plans and students' learning. So remember, the slightest change in how you deliver your lesson plans can make a world of difference when it comes to keeping your students focused. Above all, (21)to reach the best effect in class, the first thing for teachers is to know the students' ability to maintain attention—for instance, based on their age group—and enhance lessons accordingly for optimal focus and fun in the classroom.

19. What should teachers do to make students enjoy the class? C)
 20. What is the function of the whiteboard in the class? A)
 21. What should teachers know first to have the best effect in class? C)

Passage Three

- (22) A few degrees can make a big difference when it comes to food storage. Food can go bad if they get too warm. But for many of the world's poor, finding a good way to keep food cool is difficult. Refrigerators are costly and they need electricity. (23) Yet spoiled food not only creates health risks but also economic losses. Farmers lose money when they have to throw away products that they cannot sell quickly. But in 1995, a teacher in northern Nigeria named Mohammed Bah Abba found a solution. He developed the "Pot-in-Pot Preservation" or "Cooling System." It uses two round containers made of *clay* (黏土). A smaller pot is placed inside a larger one. The space between the two pots is filled with wet sand. The inner pot can be filled with fruit, vegetables or drinks. A wet cloth covers the whole cooling system. (24) Food in the smaller pot is kept from spoiling through a simple evaporation process. Water in the sand between the two pots evaporates through the surface of the larger pot, where drier outside air is moving. The evaporation process creates a drop in temperature of several degrees. This cools the inner pot and helps keep food safe from harmful bacteria. The invention became popular with farmers in other African countries. (25) Mohammed Bah Abba personally financed the first 5 000 pot-in-pot systems for his own community and five villages nearby. In 2000, the Rolex Watch Company of Switzerland honored him with the Rolex Award for Enterprise. This award recognizes people trying to develop projects aimed at improving human knowledge and well-being.
22. What is an important factor in food storage? D)
 23. Why does the speaker say spoiled food can create economic losses? B)
 24. How does the pot-in-pot system work? B)
 25. What can we learn about Mohammed Bah Abba? D)

Part III Reading Comprehension

Section A

◎ 选项归类

- | | | |
|----------------------------|---------------------|-------------------------|
| 名 词: A) attempt(企图, 尝试) | F) effort(努力; 精力) | K) obstacle(障碍, 阻碍) |
| N) well-being(幸福, 健康) | | |
| 动 词: A) attempt(企图, 尝试) | C) classify(将……分类) | D) coauthored(合著, 共同执笔) |
| E) come(来, 到来) | G) enable(使可能, 使发生) | J) identify(识别; 确定) |
| M) soaring(猛增, 骤升) | | |
| 形容词: B) cheaper(更便宜的) | L) small(小的; 不重要的) | |
| 副 词: H) especially(特别; 尤其) | I) exactly(精确地) | O) yet(尚未, 仍未) |

★ 答案解析 ★

26. J) 【精析】动词辨析题。空格前面为动词不定式符号 to, 而空格后为名词短语, 说明此处需填动词。文章第一句说研究人员已经确定了很多种动物种类, 但仍有数以百万计的种类等待被发现, 所以第二句承接前一句的意思, 问要识别这些动物种类需要花费多少钱, 因此动词 identify“识别”符合题意。
27. E) 【精析】固定搭配题。空格所在句的主语为 A pair of Brazilian scientists, 根据 and 前面的并列结构 has crunched 可知, 此处也应填入动词的过

去分词形式。空格后为 up with, 所给动词中, come 与 up with 能构成固定搭配, 表示“想出, 得出”, 故选 come。

28. L) 【精析】形容词辨析题。空格前面为不定冠词 a, 空格后为名词 price, 因此空格处应填入形容词。前一句说早在 2000 年时, 生物学家估计 50 亿美元可以解决这个问题, 但现在即使是 2 630 亿美元对于了解生物来说也只是是一个 _____ 数目。分析句意可知, small“小的”符合题意。

29. G) 【精析】动词辨析题。空格所在定语从句中先行词为 creatures, 空格处需要填入一个动词作谓语。结合所给选项可知, 只有动词 enable 符合句意, 此处意为“那些对农业、渔业、新药品和能源至关重要的生物”。
30. M) 【精析】动词辨析题。and 前的 extinction rates 和 and 后的 climate change looming 为并列结构, 说明此处需要填入动词的现在分词形式。本句意为“随着动物灭绝速度的_____以及气候变化的逼近”, 结合常识及备选项, soaring “猛增, 骤升”符合题意。
31. F) 【精析】名词辨析题。空格前为定冠词 the, 因此空格处应该填入名词。根据文章内容及本句句意可知, 对地球上的生物种类进行记录并不是轻而易举的事, 需要一番“努力”, 故 effort “努力”符合句意。
32. H) 【精析】副词辨析题。空格后有动词的现在分词形式, 根据句子的语境可知此处应填入副词修

- 饰。结合备选项, 只有 especially “尤其”符合此处句意, 故选 especially。
33. N) 【精析】名词辨析题。本句空格前有介词 of 和名词 human, 空格处需要填入一个名词与 human 搭配构成名词短语。四个备选名词中只有 well-being “幸福, 健康”与 human 搭配符合句意, 因此选 well-being。human well-being 意为“人类健康”。
34. D) 【精析】动词辨析题。空格前为关系代词 who, 空格后有名词 paper, 说明此处需要填入一个动词作谓语。本句出现了 Antonio Marques 和 Fernando Carbayo 两个人名, 还提到了 paper, 由此可推知此处应填 coauthored “合著”。
35. K) 【精析】名词辨析题。空格前为形容词 huge, 后面为介词 to, 因此空格处应该填入名词。根据本句提到的 shortage, 再结合前面所说的资金方面的缺乏, 可知本句所说的是另一个负面的因素, 因此 obstacle “障碍, 阻碍”符合题意。

★ 参 考 译 文 ★

研究人员目前已经确定了 140 万种动物种类, 但还有数以百万计的种类等待被发现、被命名及被科学地描述。因此要想识别地球上的每一种动物需要多少成本呢? 巴西的两位科学家对此进行了大量运算, 并得出结论: 需要 2 630 亿美元。

这个数字远远大于哈佛大学著名生物学家爱德华·O. 威尔森早在 2000 年给出的 50 亿美元的估计, 而且那是对地球上所有物种的估计而不是仅仅局限于动物。纽约美国自然历史博物馆的鸟类学家乔尔·克拉克拉福特说, 要想知道那些对农业、渔业、新药品和能源至关重要的生物, 2 630 亿美元也只是一个很小的数目。他说: “坦白地说, 世界经济依赖于生物多样性, 人们并不能真正深入地了解我们对生物多样性的依赖程度。”

绝大多数生物学家认为, 随着动物灭绝速度的攀升以及气候变化的逼近, 急需做出努力以对地球上的生物多样性或者生物区进行记录, 尤其考虑到这些生命体对作物授粉、空气净化以及其他人类健康方面起到的至关重要的作用。据估计, “物种的灭绝速度比我们定义新物种的速度要快,” 曾经与弗纳多·卡佰欧共同发表新论文的生物学家安乐尼奥·马奎斯(他们都在巴西圣保罗大学)说, “我们必须了解需要保护的生物区并且保护好生物区。”

专家说, 除了资金, 另一个严重阻碍我们对动物王国进行全面了解的就是全球范围内分类学家的短缺。

Section B

庖丁解牛

本文主要讲述有关美国食品安全法规推广的现状以及所面临的困难。

A) 段介绍食品安全法规成立的目的是防止食品安全事故的频繁发生。

B) — D) 段提出食品安全机构在推广食品安全法规的过程中遇到的主要困难——资金问题。

E) — G) 段主要介绍泰勒先生和食品药品监督管理局对国内农场进行探访, 并收集有用的资料。

H) — J) 段强调资金问题对该项法规推广造成的影响及隐患。

★ 答 案 解 析 ★

36. 【译文】尽管新法规给予小型农场免税的优惠, 卡普兰女士仍然担心新法规会给小型农场主带来负担。

【定位】由题干中的 Ms. Kaplan worried、exemption 和 small farms 定位到文章 G) 段后三句。

G) 【精析】细节归纳题。由定位句可知,新法规给予小型农场免税的优惠,但有条件限制,所以卡普兰女士仍然担心增加的文书工作和不懂农场如何运作的监管人员会给小型农场主带来负担。题干是对定位句的概述,题干中的 gives exemption 对应定位句中的 remits,故答案为 G)。

37. 【译文】为了降低食品安全问题发生的频率及严重性,国会通过了食品安全法。

【定位】由题干中的 reduce the frequency and severity of food safety problems 定位到文章 A) 段最后一句。

A) 【精析】同义转述题。由定位句可知,国会于去年十二月通过食品安全法的目的是为了降低食品安全问题发生的频率及严重性,题干把原文中的被动句改成了主动句,故答案为 A)。

38. 【译文】食品安全的倡导者们担心预算的削减会导致新法规没有效力。

【定位】由题干中的 Food safety advocates 和 budget cuts 定位到文章 H) 段首句。

H) 【精析】同义转述题。由定位句可知,当农场主们正担心新法规会太严苛时,食品安全的倡导者们却担心预算的削减会导致新法规没有效力。题干中的 make the law lack the necessary force for effectiveness 是对定位句中 render the law toothless 的同义转述,故答案为 H)。

39. 【译文】政府大幅削减预算导致食品药品监督管理局没有足够的资金来实施食品安全法。

【定位】由题干中的 cuts down the budget greatly 和 implement the food safety law 定位到文章 B) 段第二、三句。

B) 【精析】同义转述题。由定位句可知,政府大幅削减预算意味着监管者不仅无法获得额外的资金,而且国会还可能削减他们的预算。泰勒先生说,他们没有钱来实施食品安全法。题干中的 cuts down the budget greatly 与定位句中的 budget-slashing 相对应,故答案为 B)。

40. 【译文】冻结或削减预算将对愈加频繁的检查产生最大的影响。

【定位】由题干中的 The budget freeze or cuts 定位到文章 I) 段第一句。

I) 【精析】同义转述题。由定位句可知,冻结或削减预算将对新法规要求的各项检查的大量增加产生最大的影响。题干中的 have the most influence on 对应

原文中的 have the greatest impact on,故答案为 I)。

41. 【译文】人们希望食品药品监督管理局负责处理最基本的食品安全问题。

【定位】由题干中的 The FDA 和 basic 定位到文章 C) 段末句。

C) 【精析】同义转述题。由定位句可知,人们期望食品药品监督管理局负责处理最基本的问题,如野外作业工人的洗手站、灌溉用水的测试以及保护田地免受可携带病菌的野生动物的侵害。题干中的 hoped 与原文中的 expected 相对应,故答案为 C)。

42. 【译文】食品药品监督管理局认为,大量新资金不到位,就无法对进口食品进行检查。

【定位】由题干中的 foreign food inspections 定位到文章 I) 段第四句。

I) 【精析】同义转述题。由定位句可知,若大量新资金不到位,食品药品监督管理局几年后则无法对成千上万的进口食品进行检查。题干中的 due to lacking 与原文中的 without 相对应,故答案为 I)。

43. 【译文】在泰勒先生在全国走访农场主之前,并无官员就食品安全问题帮助过农场主。

【定位】由题干中的 visited farmers around the country 定位到文章 E) 段第一句。

E) 【精析】细节推断题。由定位句可知,泰勒先生已经在全国走访了农场主,而且试图缓解他们因大批食品安全官员将来到他们的地里并告诉他们如何工作而引起的恐惧。由此可知,先前并无官员就食品安全问题帮助过农场主,故答案为 E)。

44. 【译文】法律要求经常检查高危设施。

【定位】由题干中的 frequent inspections 及 riskiest facilities 定位到文章 J) 段第四句。

J) 【精析】同义转述题。由定位句可知,法律要求食品药品监督管理局要经常检查高危设施。题干中的 demanded 与原文中的 requires 相对应,原文为主动句,而题干为被动句,两者之间属于同义转换,故答案为 J)。

45. 【译文】吉米·吉尔尼克奇怀疑将土豆纳入食品安全法规内的必要性。

【定位】由题干中的 Jimmy Zilnicki doubted 和 food safety rules 定位到文章 F) 段倒数第二句。

F) 【精析】同义转述题。由定位句可知,吉米·吉尔尼克奇认为土豆是很安全的农作物,他怀疑把这种安全的农作物也纳入食品安全法规内的必要性。题干中的 necessary 对应定位句中的 worth,故答案为 F)。

Section C

Passage One

★ 答案解析 ★

46. 【定位】由题干中的 John Apollos and other participants 定位到第一段第四、五句。
- C) 【精析】细节辨认题。由定位句可知,项目的研究者正致力于探究控制进食量是否能减缓衰老,延长寿命。故 C)“证明少吃是否可以延长寿命,保持年轻”符合题意。
47. 【定位】由题干中的“counterintuitive”(Line 1, Para. 2) 定位到第二段第一句。
- A) 【精析】语义理解题。由定位句可知,如果我们靠吃饭来维持生命,那么挨饿如何能使我们延年益寿呢?由此可知,节食减肥会延长寿命看似是不合乎常理的。故 A)“不合常规的”符合题意。
48. 【定位】由题干中的 rhesus monkeys 定位到第二段最后两句。
- B) 【精析】细节辨认题。由定位句可知,研究人员发现,通过控制热量摄入,类人恒河猴的寿命似乎也得以延长。比起饱食终日的同类,那些吃不饱的恒河猴患糖尿病、心脏病、脑部疾病及癌症的概率大大地降低了。故选 B)“控制热量摄入有助于帮人们减少疾病的困扰”。
49. 【定位】由题干中的 Dr. Marc Hellerstein's words 定位到第四段最后一句。
- B) 【精析】推理判断题。由定位句可知,既能预防疾病又能延年益寿的方法就是控制热量摄入。故 B)“有效的热量控制可以让我们更健康、活得更长久”符合题意。
50. 【定位】由题干中的 the main idea of this passage 定位到全文。
- B) 【精析】主旨大意题。纵观全文可知,有效地控制人体热量的摄入可以延长人的寿命。故 B)“有效地控制热量可以使人更长寿”符合题意。

高频词汇及短语

caloric [kə'lɒrɪk] *a.* 热量的
participant [pɑ:'tɪsɪpənt] *n.* 参与者
extend [ɪk'stend] *v.* 扩大, 延长

restriction [rɪ'strɪkʃən] *n.* 限制
mechanism ['mekənɪzəm] *n.* 机制
ultimate ['ʌltɪmɪt] *a.* 最终的; 首要的

★ 参考译文 ★

约翰·阿波罗斯是一名志愿者,他正在用老方法减肥——少吃东西。过去8个月以来,阿波罗斯每天摄入的热量比以往少了25%。脂肪消失了,这一点也不奇怪。(46)但阿波罗斯和其他参与这一项目的志愿者比以往少吃四分之一的真正原因可不是为了减肥。项目的研究者正致力于探究控制进食量是否能减缓衰老,延长寿命。阿波罗斯说:“我感觉更好了,体重减轻了,更健康了。但是如果少吃真可以长寿,那就太神奇了。”

(47)这种想法似乎不合常理:如果我们靠吃饭来维持生命,那么挨饿如何使我们延年益寿呢?但几十年来,热量控制研究已从微小的酵母到老鼠等各种生物体上证实了这一点。(48)去年7月,威斯康星大学科研人员进行的一项长期研究发现,通过控制热量摄入,类人恒河猴的寿命似乎也得以延长。比起饱食终日的同类,那些吃不饱的恒河猴患糖尿病、心脏病、脑部疾病及癌症的概率大大地降低了。

至少从1935年起,科学家们就猜想热量控制能够延长动物的生命。康奈尔大学的研究人员那时就注意到,与正常老鼠相比,被严格控制进食量的实验老鼠不仅更加健康,而且寿命是其两倍。其他研究者也开始了这方面的探索,他们又认识到延长寿命的奥秘并不仅仅是体重问题。

有理论认为,轻度饥饿的状态可以起到温和而又持续的刺激作用,可以使机体更加健壮,对于衰老引起的疾病也有抵抗力。摄入更少热量也减缓了新陈代谢速度。一些数据显示,新陈代谢缓慢的人活得更长。然而,即使上述理论正确,仅仅明确了这一机制并不等于确定了隐藏其后的分子途径。倘若科研人员能确定分子途径,那就可以对热量控制的效果进行药理模拟,这将对热量研究的最终的好处。(49)加州大学的营养学家马克·赫勒斯戴尔博士表示:“要想既能预防疾病,又能延年益寿,控制热量摄入差不多是我们所知的唯一办法。”

Passage Two

★ 答案解析 ★

51. 【定位】由题干中的 the advice from a new study 定位到第二段。
- C) 【精析】推理判断题。要正确解答此题,需要弄清定位段中 That 指代的内容。That 不是指代后面
- 的成分,而是指代第一段。因此可以得知,这里的建议就是第一段的内容。由此可知 C)“整天坐着而又担心健康的人应该多一些短暂的休息”为正确答案。

52. 【定位】由题干中的 the cardiovascular risk 定位到第三段第一句。
- D) 【精析】细节辨认题。由定位句可知,患心血管疾病的风险来自长时间的久坐不动。故 D)“长时间不活动”符合题意。
53. 【定位】由题干中的 Mittleman 和 recommendation 定位到第五段。
- A) 【精析】推理判断题。由定位段可知,米特尔曼认为报告中提出的建议与研究结果是相符的。故 A)“他认为建议与研究结果一致”与文意相符。
54. 【定位】由题干中的 the Cancer Prevention Research

Center 定位到倒数第二段。

- C) 【精析】细节辨认题。由定位段可知,该小组将研究结果发表在了《欧洲心脏期刊》的网络版上,由此可知,C)“这个小组在网上发表了他们的研究成果”符合文意。
55. 【定位】由题干中的 the last paragraph 定位到最后一段。
- B) 【精析】推理判断题。定位段第二句指出,研究表明即使个人运动量的细微变化也有可能帮助降低患心血管疾病的风险。因此推出 B)“人们应该经常锻炼以降低患心血管疾病的风险”为正确答案。

高频词汇及短语

frequent ['fri:kwənt] *a.* 频繁的

prolonged [prə'lɒŋd] *a.* 长期的

incrementally [ˌɪŋkrɪ'mentli] *ad.* 递增地

consistent [kən'sɪstənt] *a.* 一致的,一贯的

incorporate [ɪn'kɔ:pəreɪt] *v.* 包含,并入

slogan ['sləʊɡən] *n.* 口号,标语

★ 参 考 译 文 ★

如果你因整天坐办公室而担心体重和健康,那就多休息一下。

(51)这是一项新研究得出的建议,该研究发现,久坐而不进行短暂休息的人患心脏病的危险要比那些经常站一站、走一走的人高得多。

(52)该研究的发起人写道,患心血管疾病的风险来自长时间久坐不动(例如:在办公室),表现为腰部较粗、血压较高、身体炎症较多以及“良性”胆固醇水平较低。而且,如此长时间不活动甚至对那些常常去健身房锻炼的人也会产生负面影响。

“这些发现并不让人吃惊,”默里·A.米特尔曼博士说。他是贝丝·以色列·迪肯尼斯医疗中心的心血管流行病学研究小组主任、波士顿哈佛公共卫生学院流行病学系副教授。

(53)米特尔曼指出:“实际上,卫生部长报告建议个人在一天内要不断递增运动量。这的确是与新的研究结果相符的。”他不是澳大利亚研究组的成员。

(54)由吉尼维夫·N.海利领导的澳大利亚赫斯顿昆士兰大学的人口健康学院癌症预防与研究中心小组在1月12日将他们的研究结果发表在了《欧洲心脏期刊》的网络版上。

(55)“即使每天锻炼30到60分钟,你在一天余下的时间中所做的事情也可能对你的心血管健康很重要,”Healy解释说。“这项研究表明,哪怕一个人运动量的细微变化(细微到像有规律地站一站)也有可能帮助降低患心血管疾病的风险。这些变化随时都能融入一个人的日常生活中(包括工作环境中)。经常站一站,多动动,常动动,这可以作为口号帮助人们传递这一信息。”

Part IV Translation

The traditional culture of Chinese nation is extensive and profound with a long history. More than 2 000 years ago, there emerged in China Confucianism represented by Confucius and Mencius, and Taoism represented by Laozi and Zhuangzi as well as many other theories and schools that figured prominently in the history of Chinese thought. This is the famous “The Hundred Schools of Thought”. From Confucius to Sun Yat-sen, the traditional culture of Chinese nation presents many precious ideas and qualities, which are essentially populist and democratic. For example, they lay stress on the kindness and love, on the community, and on the world that belongs to all.