

# The Key to Model Test Three

## Part I Writing

### 参考范文

#### Pets Should Not Be Kept in Dormitories

It is frequently reported that some college students keep pets in their dormitories. Attitudes toward this phenomenon vary from person to person. Some people think it's not a big deal, while others maintain that's unacceptable. As for me, I support the latter.

First of all, keeping pets might imperil our health because pets may carry some potential bacteria which can lead to serious diseases. What's worse, some pets such as cats may attack people although they are docile most of the time. Secondly, there is no doubt that it consumes a lot of time and money for the keeper to raise a pet. Thirdly, it is forbidden to keep pets in most colleges. On balance, we should obey the regulations and pay more attention to our study.

To conclude, it is inappropriate for students to keep pets in dormitories. If you are an animal lover, you can do something for the stray cats or dogs which are very easy to find on campus.

## Part II Listening Comprehension

### Section A

#### Conversation One

M: I don't understand it. (1) I got a notice from the bank that I had two rubber checks. I've never had an overdraft before.

W: That doesn't sound like you. You're always so careful with your money.

M: I am! I don't understand what happened.

W: Let me take a look at your bank statement. OK, here are your deposits and withdrawals from last month. (2-1) Do you know that your bank charges you a fee just to have a checking account? It looks like you also have a minimum balance requirement. If you fall below that, you get charged a fee.

M: I don't know that.

W: (3) If it's like my checking account, you can avoid that by getting a direct deposit for your paycheck. (2-2) Do you also know that you get charged every time you use your ATM card to make a purchase?

M: I don't know that! It is all rather unbelievable.

W: Well, that's what happened. Your bank is charging you fees for all those things and after those fees were deducted, you were left with less money in your account than you thought.

M: That's too much! How could they do that?

W: (4) They count on you not reading the terms and conditions and not looking closely at your statements.

M: I've had it! I'm moving banks.

1. What happened to the man? B)

2. What does the woman explain about the bank's fees to the man? B)

3. How can the man avoid getting charged a fee? A)

4. Why doesn't the man know these fees the woman refers to? D)

## Conversation Two

M: As we probably know, log structures are gaining popularity. We can find those structures around the countryside.

W: (5) Actually, log structures are no longer just the simple country homes that we think of as the traditional log cabin. Some senior homes now incorporate natural round logs in blocking beams and walls.

M: People seem to think that the round logs give their homes a pleasant warm atmosphere.

W: Yes, and even people who want to build a traditional log cabin on their own can buy equipment with precut logs that fit together like pieces of puzzle.

M: (8-1) Before showing us some slides of modern log houses, would you like to give us a little historical background on the subject?

W: Of course, I would like to. (6) Log cabins were first built in the late 1600s along the Delaware River Valley. The European immigrants who settled there brought centuries' old traditions of working with logs.

M: (7) In that heavily wooded area logs were the material in hand.

W: Log cabins were the most popular in the early 1800s with the settlers who were moving west. They provided the answer to the pioneers' need for a sale and sliding boards for windows.

M: Actually, these log buildings can meet the demands of different kinds of people.

W: Well, the log buildings that have probably most influence on modern architects are those of the mountain retreats of wealthy New Yorkers. These country houses which were popular in the early 1900s represent what's known as the modern style.

M: Thank you for your description. (8-2) Now let's look at those slides.

5. What did the log structures refer to originally? B)

6. Where did the log cabins appear first? B)

7. Why did the early immigrants build houses with logs in Delaware? B)

8. What are the two speakers going to do next? A)

## Section B

### Passage One

When caught in pouring rain without an umbrella, most people pick up their pace. (9) But an old tale advises that a person who runs in the rain gets wetter than one who walks. It sounds reasonable that when someone runs up and down, the body is exposed to more drops of water. But several studies have put this saying to the test and found it is not true. One such test was carried out in 1987 and was published in *European Journal of Physics* magazine. (10) The Italian physicist who did the experiment said that if the distance is short enough, running gets a person less wet than walking. But running only keeps you about 10 percent drier. That is to say, running isn't worth the effort. Perhaps the final word came from two American scientists at the National Climatic Data Center recently. (11) They thought that earlier studies overestimated the average walking pace. So, they did a much more careful experiment than any of the previous ones. They noticed that the direction of the wind really matters to the results of the experiment. They also found that runners like to lean forward, hiding the front of their bodies from rain, but exposing the back. Over a distance of 100 meters, they found that running in heavy rain kept them drier by as much as 40 percent. The bottom line is running in the rain probably keeps you drier than walking. (12) But do remember to take an umbrella with you! For long distances, without an umbrella, the results are the same, no matter you run or walk.

9. What should people do when caught in the rain according to the old tale? D)

10. What can we infer from the test in 1987? C)

11. What's the limitation of previous experiments according to the two American scientists? A)



12. What's the best way to avoid being wet? C)

## Passage Two

Suppose someone invented a gift card so *versatile* (多功能的) that it could be used almost anywhere to buy almost anything. This gift card would be good forever and would be accepted in many foreign countries. (13) You could bend it in half—or even leave it in the pocket of your trunks (男式游泳裤) when you went for a swim and it would still work fine. Wait a minute. Somebody already invented that go-anywhere gift card. It's called cash. Cash has huge advantages over gift cards. (14) There's been a big trouble about gift card fees, so Congress eventually stepped in to limit them. And a sizable chunk of gift card value—estimates range between 5% and 10%—never gets fully used. These aren't issues that come with cash. So why have gift cards grown in popularity when we already have something better sitting in our wallets? (15) The answer is a combination of consumer psychology and opportunistic retailers and card issuers. Consumers see giving cash as silly, and retailers have taken advantage of that to push gift cards. Most store cards don't have fees anymore. They have a different problem. You're committed to use the card at a designated store. And a new National Retail Federation survey finds that shoppers expect to spend a bit less on holiday gift cards this year.

13. What will happen if the multifunction gift card falls into water? A)

14. What's the reason for Congress interfering in the gift card issue? C)

15. Why are the gift cards so popular among consumers? D)

## Section C

### Recording One

However gifted someone may be, he or she still had to develop various talents to achieve a lofty professional position. And that's good news for the rest of us. (16) Each one of us has our own skills and talents, and we too can develop them and propel ourselves into positions of influence. Here are some ways to enhance those talents.

First, develop your critical decision-making skills. Decision-making is a top leadership competency because it pops up everywhere, from the simple choice of where to hold a staff meeting to the strategic option of where to spend marketing dollars. These decisions impact the people in the next *cubicle* (小隔间), but they may also affect a *subsidiary* (子公司) halfway across the globe or an entire country.

(17) Decisiveness is not a trait we're born with—it's a skill that can be learned. To master it, analyze your process of critical decision-making to spot weak links in your reasoning and to recognize unconscious biases for or against something or someone. While we can't control outcomes, we can shape the process that sets them in motion.

Second, learn to make a solid argument.

You may never address the United Nations Security Council or testify before Congress, but everyone should be able to put together a coherent argument. That skill is critically and frequently useful—in high-stakes conversations, presentations, question-and-answer sessions and in other discussions with decision-makers or anyone else who represents a certain viewpoint or asks you to explain yours.

To argue means to give reasons. It means defending and promoting your choices against the contrary arguments of equally adept influencers. Take what you've learned in school and build on that base with private instruction and directed reading on the relevant subject. (18) You'll find that your ability to think critically and analyze others' arguments will dramatically increase your influence on their choices.

Third, become a storyteller.

Storytelling has been a *premier* (首要的) tool in influencing people across cultures and eras. Influencers tell stories for strategic purposes. From motivating people to act, to teaching, to reducing resistance and changing minds, a well-told narrative is a formidable force, often far more powerful than the mere recitation of complex financial or technical facts. Numbers and figures are important, but when it comes to showing their relationship to any issue, large

or small, (19) a strategic narrative wrapped around the digits will deliver the message better and more memorably than anything else.

After you master the data, ask yourself: Is there a way to put a human face on my message? Are there real-life examples that will help me make my point in a way others can relate to?

- 16. What does the speaker mainly talk about? B)
- 17. What does the speaker say about decisiveness? C)
- 18. How will your ability to think critically help you? D)
- 19. What will deliver the message better and more memorably? A)

## Recording Two

Today, I am going to talk to you something about advice. Advice is a funny thing.

Some people seem to have a constant surplus of it, and offer it nonstop to those around them, even when it is unsolicited or unwelcome.

Others are on the receiving end of lots of advice from others, but they rarely take any of it.

A very common example of “askhole” behavior occurs in the teenage years. Teenagers’ parents can become constant broadcasters of advice, and the younger folks develop ever more sophisticated skills for appearing to listen while actually turning down the volume of the incoming messages to nearly zero. (20) In most cases, teenagers rarely follow their parents’ advice.

I’ve heard experienced parents whose children are now fully grown, say that even when teenagers seem to be in a tunnel which parental communication signals seem unable to penetrate, parents should still keep on offering their unsolicited wisdom, perspectives, and advice. The theory goes, that even in the absence of acknowledgement, let alone agreement, a certain degree of the message still seeps through in the long run.

On the other hand, like all advice, this depends on the tone and mode of delivery. There is a fine line between advice, for example, and nagging. Some people tend to take good advice and deliver it in such a way that it sounds like, and is heard as, nagging. (21) Advice transformed into nagging is usually excessively repetitive, critical rather than constructive in tone, sometimes *condescending* (居高临下的), and usually a one-way street. You may give your advice without an invitation for feedback or response such as “What do you think?”

The teenager-parent context is a somewhat special one, but giving and receiving advice pervades our professional and personal lives. If you think about your friends and associates, they probably include people who either give too much advice, including on subjects where their expertise is doubtful, or offer advice in an unhelpful tone, e.g. bossy or condescending. You’ll probably also find friends and associates who ignored some very good advice and got themselves into a very difficult situation as a result. (22) It is not instinctive for us to ask for advice. There are face issues involved, and potential embarrassment, especially in the workplace. On the other hand, we deny ourselves a lot of learning opportunities and we are afraid to ask advice from those with richer experience than we have.

- 20. What can be learned about teenagers and their parents? C)
- 21. What makes advice be transformed into nagging? A)
- 22. Why is it not instinctive for us to ask for advice? D)

## Recording Three

Here’s a question for you. What are the liberal arts? The liberal arts refer to a wide range of academic subjects that can prepare students for a variety of occupations.

College majors that fall under this category do not typically train students for any one career. It includes broad areas of study such as the humanities, social sciences, natural sciences and mathematics. The humanities include subjects such as drama, music, dance and language. Sociology, psychology, geography and economics are all social sciences. Biology and physics are two examples of natural sciences.



(23) Regardless of the career you choose, certain qualities called soft skills will make you invaluable to employers and are vital to your success in many occupations including those in technology. They include critical thinking, problem solving, creativity and innovation, research skills, writing and oral communication, interpersonal skills and the ability to learn.

You may already have some of these abilities, but you must find a way to acquire those you don't. The best way to do that is through liberal arts education. Regardless of your major, make room in your schedule for classes in literature, history, sociology and psychology.

The second question is: Should you major in liberal arts?

(24) There is room for both STEM (Science, Technology, Engineering and Math) and liberal arts in the education of our future workforce. Students should be exposed to both areas of study, but we must also realize that there is a suitable career for everyone. You may find that a career that emphasizes the liberal arts is a better fit for you while your best friend may find success in a STEM occupation.

If you want to pursue a career that requires you to get an undergraduate degree in one of the subjects that falls under this category, you should certainly do that. If you will ultimately need a master's degree for your chosen occupation, you may have some flexibility regarding your undergraduate major. (25) Choosing a liberal arts major will allow you to not only amass the soft skills that will follow you through graduate school and your future career, but it will also expose you to knowledge in a wide range of subjects.

23. What can be learned about soft skills? C)

24. What does the speaker suggest students do when choosing their majors? A)

25. What does the speaker say about the advantage of a liberal arts major? B)

## Part III Reading Comprehension

### Section A

#### ★ 答案解析 ★

26. E) 【精析】动词辨析题。由结构 will not do sth. 结构可知, 空格处应填入动词原形。根据首句可知, 脸书正在利用广告宣传手段严厉打击加密数字货币。本句进一步解释, 它不会为经常做具有误导性或欺骗性促销活动的金融产品做广告。结合备选动词原形可以推断出, display“展示”符合题意, 故为答案。

27. O) 【精析】形容词辨析题。由空格后名词 currencies 可推知, 空格处应填入形容词作定语。currencies 后的 and 表示并列关系, initial coin offerings“首次代币发行”使用的是虚拟货币, 故 and 之前的短语 \_\_\_\_\_ currencies 应与其意思相近。结合备选项可以推断出, virtual“虚拟的”符合题意, 故为答案。

28. K) 【精析】名词辨析题。分析句子结构可知, 空格前为介词 of, 空格处需填入名词, 与 without fear of 构成短语, 作状语。空格后 or 表示并列

关系, deception 意思是“欺骗”, 空格处语义应与其相似, 应为贬义。结合备选项可以推断出, scams“骗局, 诡计”符合题意, 故为答案。

29. H) 【精析】名词辨析题。分析句子结构可知, 空格处所在短语作句子主语, 形容词 spectacular 修饰主语中心词, 所以空格处应填入名词。根据句意可知, 各类投资者和投资公司对 bitcoin“比特币”和许多其他的加密数字货币的兴趣激增, 由此可以推断出这种现象的原因是数字货币价格上涨。结合备选项, increase“增加, 增多”符合题意, 故为答案。

30. A) 【精析】动词辨析题。分析句子结构可知, that 引导的定语从句中, 第一个谓语动词为 promise, 第二个谓语动词用了现在完成时结构, 因此空格处应填入动词的过去分词形式。根据句意可知, 比特币等数字货币的过分繁荣已经导致高回报骗局的出现, 这必然会引起美国证券交



易委员会的关注和调查。结合备选项可以推断出,attracted“吸引”符合题意,故为答案。考生需要注意的是,本句中的 schemes 并不是“计划,规划”的意思,而是“阴谋,诡计”。

31. J) 【精析】副词辨析题。空格所在句子中主干成分完整,空格前 act 为动词,空格处应填入副词。根据前文可知,虚拟数字货币存在隐患。本句中美国证券交易委员会主席杰伊·克莱顿在演讲中提出改进要求:市场专业人员做事要\_\_\_\_\_,对自己坚持高标准。结合备选项可以推断出,responsibly“可靠地,可以信赖地”符合题意,故为答案。
32. D) 【精析】副词辨析题。分析句子结构可知,空格所在的句子是对上一句的承接,空格前面是逗号,后面是介词短语,空格处可填入副词。根据句意可知,杰伊·克莱顿在上一句表明市场专业人员做事要有责任心,对他们自己坚持高标准。这里进一步地表明他的所见所感:\_\_\_\_\_在代币方面,他们可以做得更好。结合备选项可以推断出,particularly“特别,尤其”符合题意,故为答案。
33. D) 【精析】名词辨析题。分析句子结构可知,空格处是举例内容,后面接定语从句对其进行进一步解

释,or 后面的 promotions 与其并列,空格处应填入名词。根据句意可知,脸书提供许多例子来说明它的新政策,这些例子包括建议用户将退休金投资比特币的广告\_\_\_\_\_或“无风险”的加密数字货币的促销活动。结合备选项可以推断出,copy“稿件”符合题意,故为答案。ad copy 即“广告文案”。

34. C) 【精析】动词辨析题。分析句子结构可知,to 与空格处一起构成不定式结构,作 potential 的定语,空格处应填入动词原形。根据句意可知,这里是脸书首席执行官马克·扎克伯格对加密数字货币的看法,他认为加密数字货币有可能从“集中性的体制”\_\_\_\_\_权力。结合备选项可以推断出,capture“夺取,夺得”符合题意,故为答案。
35. L) 【精析】名词辨析题。空格前是形容词性物主代词 our,因此空格处应填入名词。根据句意可知,扎克伯格提到加密数字货币存在难以控制的风险,以后会深入研究它们的利弊,使之更好地应用于我们的\_\_\_\_\_。结合备选项可以推断出,services“服务”符合题意,故为答案。

## Section B

### ★ 答案 解析 ★

36. 【译文】如果一个人长时间体重超标,即使后来他的体重下降,他可能仍然会有潜在的健康问题。
- 【定位】由题干中的 his weight drops 和 health problems 定位到文章 G)段第三句。
- G) 【精析】细节推断题。定位句提到,如果一位研究对象的肥胖状态持续了大半生,后来体重下降了,他体内可能积攒了多年的不良健康影响因素。接下来的一句指出,并非所有这些风险因素都会随着体重的减少而消失。题干是对原文的细节推断,故本题答案为 G)。
37. 【译文】吸烟可以通过一系列的身体机制(如降低人们的食欲)降低体重。
- 【定位】由题干中的 smoking、mechanisms 和 appetite 定位到文章 D)段第二句。
- D) 【精析】细节归纳题。定位句提到,吸烟会使与肥胖相关的风险评估结果产生一个重大的偏差,因为吸烟这一习惯可以通过新陈代谢作用和降低食欲来影响人的体重。题干中的 a series of mechanisms 是对定

位句中的 metabolic effects and reduced appetite 的概括。通过降低食欲,我们不难看出吸烟对体重的影响为降低人的体重。题干是对定位句的概括及归纳,故本题答案为 D)。

38. 【译文】身上有适当数量的脂肪细胞能够帮助我们治疗感染,有利于我们的身体健康。
- 【定位】由题干中的 fat cells 和 infections 定位到文章 C)段第二句。
- C) 【精析】细节推断题。定位句提到,不像骨头和肌肉,脂肪细胞可以产生炎症反应,帮助我们治愈感染,保护我们的身体免受进一步的损伤。接下来的内容继续说明,有太多的脂肪细胞会使我们的身体一直释放炎症蛋白质,很多研究表明这会增加我们患癌症的风险。由此可见,只有有适当数量的脂肪细胞才对人体有利。题干是对原文的概括及进一步推断,故本题答案为 C)。
39. 【译文】研究者们还需要付出更多的努力来确定 BMI 值的最佳范围。



【定位】由题干中的 researchers、more efforts 和 best range 定位到文章 J)段最后一句。

- J) 【精析】同义转述题。本段首句提到,正常的 BMI 值范围很广。定位句提到,斯托克斯说如果我们想知道哪一个范围是最好的,研究人员必须付出更多的努力。题干中的 make more efforts 和 the best range for BMI 分别对应原文中的 have a lot more work to do 和 which sliver of the range is actually best。题干是对原文的同义转述,故本题答案为 J)。

40. 【译文】虽然 BMI 值有时不准确,我们还是可以把它作为一个好的指标参数。

【定位】由题干中的 BMI、a good parameter 和 inaccurate 定位到文章 K)段最后两句。

- K) 【精析】细节归纳题。定位句提到,斯托克斯认为从全体人口层面来说,BMI 值可以作为一个很好的指标参数来使用。它的准确性确实存在变化,但当我们在全部人口范围内对风险进行概括,它并不至于被说成根本没有用,这么说太离谱了。定位句表明 BMI 值的准确性存在变化,即有时 BMI 值并不是很准确。题干是对定位句的概括及归纳,故本题答案为 K)。

41. 【译文】总是有较低 BMI 值的那些人需要我们进行更多的研究。

【定位】由题干中的 low BMI 和 more research 定位到文章 M)段第三句。

- M) 【精析】同义转述题。定位句提到,他认为我们应该多研究那些 BMI 值总是很低的人。题干中的 need our more research 是对定位句中 we should study more 的同义转述,故本题答案为 M)。

42. 【译文】我们的健康状况是由大量的因素决定的,肥胖只是其中之一。

【定位】由题干中的 determined、factors 和 just one of them 定位到文章 L)段第三、四句。

- L) 【精析】细节归纳题。定位句提到,有许多其他因素在影响我们身体健康方面起作用,包括遗传、锻炼、饮

食,尤其是压力。我们的肥胖程度经常与这些其他因素交织在一起,但是这仍然仅仅是其中的一个因素。简言之,我们的健康状况是由大量的因素决定的,肥胖只是其中之一。题干是对定位句的概括及归纳,故本题答案为 L)。

43. 【译文】长远来看,我们的体重是多少才能保持身体健康是我们应该思考的一个重要问题。

【定位】由题干中的 keep fit 和 in the long term 定位到文章 A)段最后一句。

- A) 【精析】同义转述题。定位句是一个疑问句:如果你打算问你应该有多重,你要长远思考一下——你体重多少才能保持身体健康呢? 题干中的 what weight we should have 和 keep fit 分别对应原文中的 how much you should weigh 和 keep you healthy。题干是对定位句的同义转述,故本题答案为 A)。

44. 【译文】全世界有 6 亿的人过度肥胖,肥胖人口所占的比重仍在不断上升。

【定位】由题干中的 600 million 和 obese 定位到文章 B)段最后一句。

- B) 【精析】同义转述题。定位句提到,全球肥胖比率很高且仍在稳步增长,有 13 亿成年人被认为超重,6 亿人口在体重这一范畴上被归类为肥胖。题干中的 the proportion 和 growing 分别对应原文中的 obesity rates 和 increasing。题干是对定位句的同义转述,故本题答案为 B)。

45. 【译文】起初科学家们通过研究 BMI 值和总死亡率来知道我们应该拥有多少体脂才合适。

【定位】由题干中的 how much body fat、BMI 和 rates of overall mortality 定位到文章 E)段前三句。

- E) 【精析】同义转述题。定位句提到,我们所有人都需要一定数量的体脂,所以有多少才合适呢? 科学家们起初通过研究 BMI 值和总死亡率来寻求答案,并得出了一个惊人的结论。题干中的 originally 对应原文中的 initially,故本题答案为 E)。

## Section C

### Passage One

#### ★ 答案 解析 ★

46. 【定位】由题干中的 the research study 和 took place in the U. K. 定位到首段第一句。

- A) 【精析】推理判断题。文章首段通过一项调查研究引出饮食偏好和抑郁的联系。接下来的内容给出一项

数据:在近万名调查样本中只有 350 人是素食主义者。由此可推断,素食主义者在受调查的人中只占一小部分,故答案为 A)。

47. 【定位】由题干中的 the findings 和 the team 定位到



文章第二段第二句。

- C) 【精析】推理判断题。定位句明确指出,该研究小组发现,素食主义者在量表中的得分更有可能高于 10,而这是可能出现抑郁症的最低值。由第二段首句可知,这个结论是与肉食主义者相比得出的结论,所以可以推断出肉食主义者在量表中的得分更有可能低于 10,故答案为 C)。

48. 【定位】由题干中的 plant-based diets 和 mental health 定位到第四段第二句。

- B) 【精析】推理判断题。定位句提到,研究人员建议将以植物为主的饮食与心理健康联系起来。下一句阐明,关于这一联系的主要理论是素食主义者在红肉中获得的营养物质较少,特别是维生素 B12,这可能会导致抑郁症状。由此可推断,答案为 B)。

49. 【定位】由题干中的 patients with mental disorders 定位到最后一段第三句。

- C) 【精析】细节辨认题。定位句明确指出,许多精神障碍患者缺乏某些营养素,包括欧米伽 3 脂肪酸和 B 族维生素。由此可推断,答案为 C)。

50. 【定位】本题考查文章主旨,需综合全文内容来解答。

- B) 【精析】主旨大意题。本文通过对素食主义者和肉食主义者的情绪调查引出饮食与心理健康的关系,并介绍了一系列的相关调查论证。文章的主旨是素食主义与抑郁症的关联,故答案为 B)。文章通过对素食主义者的调查引出主旨,但介绍素食主义者并不是作者的主要目的,所以 A) 选项不正确。C)、D) 选项在文章中一笔带过,并未详细介绍,所以 C)、D) 选项不正确。

## ★ 全文翻译 ★

英国曾做过一项调查研究,让家庭成员汇报他们的饮食情况。根据这项调查研究的数据,研究小组发现吃素的男性比那些吃肉的男性更容易抑郁。(46)样本包括近万名有着怀孕伴侣的男性,每个人都能确定他们的饮食偏好。报告指出,只有 350 人是素食主义者。

科学家使用“爱丁堡产后抑郁量表”来比较素食主义者和肉食主义者的表现,该量表被英国医生用来确定女性是否有可能患产后抑郁症。(47)研究小组发现,素食主义者的得分更有可能高于 10,而这是可能出现抑郁症的最低值。他们在《情感障碍杂志》的最新一期公布了他们的发现。

这项调查对于参与者究竟如何理解“素食主义者”查明了一些诚实的看法。虽然说自己遵循了这种饮食方式的人不吃汉堡或热狗,但他们食用的富含脂肪的鱼和贝类几乎和肉食主义者一样多。而有些自认为是素食主义者的人实际上却沉迷于红肉:72 人报告说食用过肉类,而只有 16 位素食主义者承认有欺骗行为。

研究人员并不断言食素会导致抑郁症。(48)相反,他们是在建议将以植物为主的饮食与心理健康联系起来。关于这一联系的主要理论是素食主义者在红肉中获得的营养物质较少,特别是维生素 B12,这可能会导致抑郁症状。但研究作者认为,这一新的数据应该会引发一项随机对照试验,以进一步研究肉类与情绪之间的关系。

越来越多的研究表明,营养和抑郁症是有联系的。正如研究人员在一篇论文中指出的,营养神经科学刚刚开始研究营养如何影响认知、行为和情绪。(49)许多精神障碍患者缺乏某些营养素,包括欧米伽 3 脂肪酸和 B 族维生素。在对患者进行的一项小型研究中,医生发现,将维生素 B12 补充剂与抗抑郁药联合使用可显著减轻症状。

## ● Passage Two

## ★ 答案解析 ★

51. 【定位】由题干中的 minimal amount of smoking 和 the first paragraph 定位到首段第二句。

- C) 【精析】细节辨认题。定位句明确指出,吸烟量很小也存在风险。接下来的一句又指出,每天只抽一支香烟也会增加患心血管疾病的可能性。这与选项 C) 所述的意思一致,故答案为 C)。

52. 【定位】由题干中的 141 previously published studies 定位到文章第二段第一句。

- C) 【精析】推理判断题。定位句指出,研究小组分析了

141 项研究的数据。之后的内容就是对具体数据的介绍和分析:与不吸烟者相比,女性吸烟者患心脏病和中风的风险增加的百分比数据都要大于男性。由此可以推断出,女性吸烟者患这两种病的风险高于男性吸烟者,故答案为 C)。

53. 【定位】由题干中的 misconception 和 Allan Hackshaw 定位到第三段第一句。

- B) 【精析】细节辨认题。定位句引用艾伦·海克肖的话,指出许多吸烟者有一种误解:减少了吸烟量就是



减少了伤害。这与选项 B)所述一致,故答案为 B)。

54. 【定位】由题干中的“Going cold turkey is hard”直接定位到第四段第三句,即原句。

D) 【精析】语义理解题。在文中找到原句后,应结合上下文语义理解句子的意思。上文表明,现在很多从事烟草行业和健康行业的人都忘记了戒烟的难度。下文则是围绕“建议先减少吸烟,最终戒烟”展开的。选项 D)“突然戒掉坏习惯是很困难的”符合上下文语义,故答案为 D)。文中并未提及选项 A)“养成好习惯很不容易”和选项 B)“自律是非常有挑战性的”,选

项 C)的意思与上下文相反,故均排除。

55. 【定位】由题干中的 hope their findings 和 be used to 定位到文章最后一段。

A) 【精析】推理判断题。由定位段可知,研究者希望研究结果将被用来“加强公共卫生运动,并为吸烟者戒烟提供强有力的健康激励,而不只是让他们减少吸烟”。这说明研究者的最终目的是让人们戒烟,并非提醒吸烟者吸烟的危害或是告诫人们减少吸烟,也未提到政策制定者,故答案为 A)。

## ★ 全文翻译 ★

众所周知,吸烟,尤其是大量吸烟,对健康是有害的。(51)但是一项新的研究显示,即使吸烟量很小也存在风险。每天只抽一支香烟也会增加患心血管疾病的可能性。伦敦大学学院的研究人员发现,每天抽一支香烟会增加患冠心病或中风的风险。在周三发表于《英国医学杂志》的论文中,作者们总结道:“对于心血管疾病来说,安全的吸烟量是不存在的。”

研究小组分析了在 1946 年至 2015 年间进行的之前已发表的 141 项研究,其中包括数百万名男性和女性的数据。他们专门关注了那些每天吸一支、五支或二十支烟的人的心血管效应,并将其与那些从不吸烟的人相比。在调整一些诸如年龄和血压等混淆因素的时候,(52)他们发现每天吸一支烟的男性患心脏病风险比不吸烟者高 74%,患中风的风险高 30%。在女性中,与不吸烟者相比,每天一支烟的吸烟者患心脏病风险增加了 119%,患中风的风险增加了 46%。

艾伦·海克肖是伦敦大学学院的研究合著者,同时也是该学院的一名流行病学教授。他告诉《新闻周刊》:(53)“许多吸烟者有一种误解,他们认为减少了吸烟量就是减少了伤害。对于肺癌来说这似乎是正确的,但人们并不知道即使一点点烟草烟雾对心血管系统也有很大的影响。”

尽管少量吸烟会对健康产生负面影响,但减少吸烟仍然有用。海克肖说:(54)“我认为现在很多从事烟草行业和健康行业的人都忘记了戒烟的难度。断然戒掉坏习惯是很难的。”海克肖建议寻找一个适当的戒烟方法,以帮助减少吸烟。但他也强调,最终的目标应该是戒烟。

根据疾病控制和预防中心的数据,每 3 例心血管疾病死亡事件中就有 1 例是由吸烟引起的。了解少量吸烟在这一风险中所起到的作用有助于降低心血管疾病的发病率。

(55)海克肖和他的同事们希望他们的研究结果将被用来“加强公共卫生运动(包括那些戒烟服务运动),并为吸烟者(特别是女性)戒烟提供强有力的健康激励,而不只是让他们减少吸烟。”他们在论文中写道。

## Part IV Translation

As one of the three major marginal seas in China, the Yellow Sea covers an area of about 380 000 square kilometers. It is abundant in biological species and aquatic resources, forming numerous good fisheries around and driving the economic development of the surrounding cities. Meanwhile, the industrial pollution poses an increasingly serious challenge to the ecological environment of the Yellow Sea. There are many major ports along its coast, such as Dalian Port, Qingdao Port, etc., most of which have become ports for China's opening up, and promoted multilateral trade between China and its neighbors, thus making the Yellow Sea a key area for foreign trade.