

## Part I

## Writing

## · 审题引导 ·

(与第 1 套同理, 故略)

## · 写作提纲 ·

第一段: 由常见负面现象“家庭不和”引出家庭责任感的必要性。

第二段: 以亲子角色作为切入点阐述家庭责任感的重要性: ① 家长有责任感, 子女便能健康成长、塑造良好的人格; ② 成年子女(大学生)有责任感, 能减轻父母经济和心理负担, 助其安享中年、退休和晚年生活。

第三段: 总结观点并发出呼吁: 大学生平时常与父母联系。

## · 下笔成文 ·

## 满分范文

Home should be where people feel secure and comfortable. Maintaining harmony at home is essential for the well-being of an individual, a couple and their offspring, and even the society. But many are being plagued by family discord, a problem that boils down to the lack of a sense of family responsibility.

Everyone has certain roles to take on in his or her family. Parents are expected to ensure their children are well-nourished and well-educated, helping them build a strong body and great character. We college students also need to take our responsibility as adult children. Being independent of our parents as early as possible lightens the financial burden on them. Learning to be mature and sensible can prevent us from becoming a constant source of worry to them. Fulfilling our filial duty to the best of our abilities allows them to enjoy life in midlife years, retirement and the twilight years.

In brief, a sense of responsibility among family members is a prerequisite for a warm and loving family. Often far away from home, we may start by keeping in contact with our parents, as a means to meet our obligations as part of our family.

## 参考译文

家应该是让人们感到安全舒适的地方。维持家庭和谐对个人、夫妻及其后代乃至社会的幸福安康都至关重要。但许多人却在为家庭不和所困扰, 其症结在于家庭责任感的缺失。

每个人在家庭中都要承担一定的角色。比如, 父母应该要确保其子女营养良好并接受良好教育, 以助其塑造强健的体魄和优良的品格。我们大学生也需要承担作为成年子女的责任。我们尽早自立, 就能减轻父母的经济负担。我们学会成熟理智, 就不会让父母终日为我们发愁。我们尽己所能履行孝道, 便能让父母享受中年、退休以及晚年生活。

简言之, 家庭成员拥有责任感是家庭温馨有爱的前提。我们通常离家万里, 要履行作为家庭一份子的职责, 或许可以从常与父母保持联系做起。

## Part II

## Listening Comprehension

## Section A

## Conversation One

## · 试题精解 ·

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.

A) 它专营爵士乐。

B) 它赞助大型爵士音乐会。

C) 它在伦敦有几家分店。

D) 它展出新锐音乐人的专辑。

【预测】各项均描述 It 相关信息, 由 B 项 sponsors(赞助)、C 项 branches(分部)推测 It 指某机构/公司, A、B、D 项核心义均表明该机构/公司与音乐有关, 推测题目询问某音乐类机构/公司的相关信息。

【问题】What do we learn about the woman's store? (关于女士的商店,我们了解到什么?)

【解析】A) 同义改写第4段女士对其商店的介绍:爵士乐唱片专营店(dedicated exclusively to jazz)。

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.

A) 它起源于牛仔。

B) 它的市场现已萎缩。

C) 它的听众大多是年轻人。

D) 它仍像嘻哈音乐一样广泛传播。

【预测】各项均描述 It/Its 相关信息,由 D 项“像嘻哈一样流行”推测题目询问某种(非嘻哈)音乐类型的相关信息。

【问题】What does the man say about jazz music? (关于爵士乐,男士怎么说?)

【解析】B) 正确概括第5段男士对爵士乐市场的看法:爵士乐坛现已不大景气了,不像过去那样。

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.

A) 它的定义复杂多样。

B) 它仍在实验阶段。

C) 它常常伴有人声。

D) 它的风格基本没变。

【预测】各项均描述 It/Its 相关信息,由 C 项 accompanied by singing(伴有人声)、D 项 style(风格)及 1、2 题信息推测 It/Its 指某种音乐类型,推测题目询问某种音乐类型的相关信息。

【问题】What does the woman say about jazz? (关于爵士乐,女士怎么说?)

【解析】第8段女士指出,爵士乐没有统一定义、且风格多样。可见,爵士乐的定义复杂多样,A)正确。

4. A) Learn to play them.

C) Listen to them yourself.

A) 学习演奏它们。 C) 亲自聆听它们。

B) Take music lessons.

D) Consult jazz musicians.

B) 上音乐课。 D) 咨询爵士音乐家。

【预测】各项均为原形动宾短语,由 A、C 项 play、Listen to 推测 them 与音乐有关(由 D 项可知很可能为爵士乐类),各项核心义均为学习提升类建议,推测题目询问与音乐(很可能为爵士乐)学习/欣赏有关的建议。

【问题】What should you do to appreciate different styles of jazz according to the woman? (根据女士所言,要欣赏不同风格的爵士乐应该怎么做?)

【解析】末段女士指出,了解爵士乐的唯一方式就是亲自去听,可见 C) 正确。

### · 听力原文 ·

M: Excuse me, where is your rock music section?

W: Rock music? I'm sorry, we're a jazz store. We don't have any rock and roll.

M: Oh, you only have jazz music? Nothing else?

W: <sup>[1]</sup> That's right. 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 & library upstairs and a ticket office down the hall, where you can buy tickets to all the 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. <sup>[2]</sup> I guess there's not much of a jazz scene anymore, not like they 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: <sup>[3]</sup> Well, interestingly enough, 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. <sup>[3]</sup> 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. <sup>[4]</sup> Honestly, the only way to know what jazz is, is listen to it yourself. As the great trumpet player, Louis Armstrong said, if you gotta ask, you'll never know.

### Conversation Two

### · 试题精解 ·

5. A) She paid her mortgage.

A) 她还了按揭贷款。

- B) She called on the man.  
C) She made a business plan.  
D) She went to the bank.

- B) 她拜访了男士。  
C) 她制定了一项商业计划。  
D) 她去了银行。

[预测] 选项均为过去时陈述句,描述 She 过去的某项行为,推测题目询问女士过去某一时间所做之事。

[问题] What did the woman do this morning? (今天早晨女士做了什么?)

[解析] 对话开篇男士询问女士“今天早晨在银行的事儿办得如何?”,可见女士今早去了银行,D)正确。

6. 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.

- A) 她之前的债务尚未还清。  
B) 她的信用记录较差。  
C) 她的申请金额显然太大。  
D) 她没有及时偿还按揭贷款。

[预测] 由 A、B、D 项核心义所组建负面语义场“不良财务信息”以及 C 项核心义所暗藏的“某项(与财务相关的)要求过多而未被他人接受”可综合推测试题询问女士信贷活动失败的原因。

[问题] Why was the woman's proposal rejected? (女士的申请为何被拒绝了?)

[解析] 第 4 段女士提及银行贷款申请失败的原因之一:银行认为女士信用记录不太好,B)正确。

7. A) Pay a debt long overdue.  
B) Buy a piece of property.  
C) Start her own business.  
D) Check her credit history.

- A) 偿还拖欠已久的债务。  
B) 购置一处房产。  
C) 自己创业。  
D) 核查信用记录。

[预测] 选项均为原形动宾短语,表示计划或建议,推测题目询问女士某计划或他人(可能是男士)对女士建议。

[问题] What is the woman planning to do? (女士打算做什么?)

[解析] 第 7-8 段话轮指出女士银行贷款失败与其商业计划书好坏无关,第 9-10 段话轮指出女士要想继续追寻自己创业的梦想就只能强健自己的财务状况,由此可见,女士打算自己创业,C)正确。

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.

- A) 向专家寻求筹资方面的建议。  
B) 向不同贷款机构申请小额贷款。  
C) 逐步改善自己财务状况。  
D) 仔细修改商业计划书。

[预测] 选项均为原形动宾短语,比上题更具建议性,推测题目询问他人对女士(her)的建议。

[问题] What does the man suggest the woman do? (男士建议女士做什么?)

[解析] 第 9 段男士以提问方式建议女士少贷一点、或许可以从更多的贷款机构那里获得小额贷款,B)正确。

### · 听力原文 ·

M: <sup>[5]</sup> How did it go at the bank this morning?

W: Not well, my proposal was rejected.

M: Really? But why?

W: Bunch of reasons. <sup>[6]</sup> 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. <sup>[7]</sup> Your business idea is amazing. Did you show them your business plan? What did they say?

W: <sup>[7]</sup> 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: <sup>[8]</sup> What if you ask for a smaller amount? 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. <sup>[9]</sup> 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.

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 would turn it into a phenomenal success.

## Section B

### Passage One

#### • 试题精解 •

9. A) It is profitable and environmentally friendly.  
B) It is well located and completely automated.  
C) It is small and unconventional.  
D) It is fertile and productive.

- A) 它利润可观且对环境友好。  
B) 它区位优势且全自动化。  
C) 它规模小且有新意。  
D) 它肥沃且高产。

**[预测]** 各项均以形容词词组描述某一事物(It)的特点,其中 A、D 项的 profitable、productive 提示该事物能进行生产、创造利润,B、D 项的 well located、fertile 提示其建在某地点、可生长植物,故推测 It 指代某一农业生产场所(如农场),试题询问其相关信息。

**[问题]** What do we learn about Leo Sanchez's farm? (关于里欧·桑切斯的农场,我们了解到什么?)

**[解析]** I、II 段先指出桑切斯的农场不同寻常,继而指出其三大特点“面积比一般农场小;主人比一般农场主年轻;经营方式敢于实验、突破传统”,C 项提取第一、三项特点加以概括。

10. A) Their urge to make farming more enjoyable.  
B) Their desire to improve farming equipment.  
C) Their hope to revitalize traditional farming.  
D) Their wish to set a new farming standard.

- A) 他们想让务农更加令人愉快。  
B) 他们想改进农业设备。  
C) 他们希望复兴传统农业。  
D) 他们希望设立农业新标准。

**[预测]** 各项均以表“意愿、愿望”的名词(urge、desire、hope、wish)为中心词,描述某类人在农业方面的抱负,推测题目问及某类人从事农业生产的动机。

**[问题]** What has motivated Leo Sanchez and his fellow young farmers to engage in farming? (什么促使里欧·桑切斯及其他年轻农场主从事农业生产?)

**[解析]** III 段首先让步指出“务农令身心疲惫”,然后转而揭示桑切斯和年轻同行为何(如此辛苦也)要务农“动机是设立农业新标准”(motivated by the desire to set a new standard for agriculture),D 正确。

11. A) It saves a lot of electricity.  
B) It needs little maintenance.  
C) It causes hardly any pollution.  
D) It loosens soil while weeding.

- A) 它很省电。  
B) 它不怎么需要保养。  
C) 它基本不制造污染。  
D) 它除草的同时可以松土。

**[预测]** 各项分别描述某事物在“能耗、检修、环保、效用”等方面的优势,其中 B 项 need... maintenance 以及 D 项 loosens soil... weeding 暗示其为农业工具,推测试题询问某农业工具的优点/某农业工具为什么被选用。

**[问题]** Why did Leo Sanchez buy a hand-operated weeding tool? (里欧·桑切斯为什么买了一件手动除草工具?)

**[解析]** IV 段介绍桑切斯所购手动除草工具的特点“既可拔草又可松土”,由此推断他买这件工具可能是因为其双重功能,D 正确。

#### • 听力原文 •

There's a lot about Leo Sanchez and his farm in Salinas, California that seems unusual. <sup>[9]</sup> 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. <sup>[9]</sup> 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, <sup>[10]</sup> 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. <sup>[11]</sup> 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.

## Passage Two

### • 试题精解 •

12. A) It has turned certain insects into a new food source.

B) It has started to expand business outside the UK.

C) It has imported some exotic foods from overseas.

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

A) 它使某些昆虫成为了新的食物来源。

B) 它开始在英国之外拓展业务。

C) 它从海外进口了一些异国风味的食品。

D) 它开始与 Sainsbury's 合作出售昆虫宠物。

**[预测]** B 项“拓展业务”提示 It 应为某公司,各项谓语指向其“新近(较大)举措”,再结合 A、C、D 项中的“昆虫食品”“进口食品”“昆虫宠物”,推测本题询问某食品/宠物公司(业务涉及昆虫)某项新举措的相关事实。

**[问题]** What do we learn from the passage about the food company Eat Grub? (关于食品公司 Eat Grub,我们从本文中了解到什么?)

**[解析]** A) 契合开篇所述“Eat Grub 引入了可食用的昆虫作为新的食物来源”。

13. A) It was really unforgettable.

B) It was a pleasant surprise.

C) It hurt his throat slightly.

D) It made him feel strange.

A) 那真的令人难忘。

B) 那是一个惊喜。

C) 那有点伤到他的喉咙。

D) 那让他感到不舒服。

**[预测]** 各项均可表示 It(对某男士)的影响,且核心义(unforgettable, surprise, hurt, feel strange)均指向“特别、不寻常”;其中 C 项“伤到喉咙”提示 It 指某种与身体发生接触的东西/经历,结合 12、14 题多涉及“食物”相关信息,推测本题可能询问某事物(很可能为一种特别的食物)对某男士(可能是讲话人)的影响。

**[问题]** What does the speaker say about his first bite of roasted crickets? (讲话者如何评价他吃的第一口烤蟋蟀?)

**[解析]** B) 同词复现 II 段讲话人自述“第一口咬下去让我感到惊喜”。

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.

A) 它们比牛肉、鸡肉及猪肉更美味。

B) 它们比汤羹和沙拉更有营养。

C) 它们含有的蛋白质比传统肉类更多。

D) 它们很快就会风靡全球。

**[预测]** A、B、C 涉及 They 与食物的味道、营养对比,可知 They 同样指食物,推测题干询问某食物相关信息。

**[问题]** What does Eat Grub say about its dried crickets? (Eat Grub 如何评价其蟋蟀干?)

**[解析]** C) + 题干契合 IV 段所述“Eat Grub 说蟋蟀干的蛋白质含量高过牛肉、鸡肉和猪肉(即传统肉类)”。

15. A) It is environmentally friendly.

B) It is a promising industry.

C) It requires new technology.

D) It saves huge amounts of labour.

A) 它是环保的。

B) 它是大有前景的产业。

C) 它需要新的技术。

D) 它节约大量劳动力。

**[预测]** B 中 industry 明确 It 指某产业,各项核心内容均指向“正面事实信息”,可知题干询问某产业的情况。

**[问题]** What does the passage say about insect farming? (关于昆虫养殖,这篇文章说了什么?)

**[解析]** A) 正确概括 V 段“昆虫养殖所需的土地、水和饲料较少,且产生的温室气体也少得多”。

### • 听力原文 •

<sup>[12]</sup> 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 insists 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. <sup>[13]</sup> 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 overpowered any other flavour, 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. <sup>[14]</sup> The company boasts that its dried crickets contain more protein than beef, chicken and pork, as well as minerals like iron and calcium.

<sup>[15]</sup> 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.

## Section C

### Recording One

#### • 试题精解 •

16. A) To categorize different types of learners.      A) 对不同类型的学习者进行区分。  
B) To find out what students prefer to learn.      B) 弄清学生对学习内容的偏好。  
C) To understand the mechanism of the human brain.      C) 搞清楚人脑的机制。  
D) To see if they are inherent traits affecting learning.      D) 弄清它们是否为影响学习的固有特征。

**[预测]** 各项均为不定式短语,提示考查某一行动的目的;再结合各项核心义暗示该行动可能与研究/实验/调查有关;综合推测题目询问研究/测验/调查某类影响学习的事物的目的。

**[问题]** Why do psychologists and educators study learning styles? (心理学家和教育学家为何研究学习风格?)

**[解析]** D) 契合第二段①句“当心理学家和教育学家检验学习风格时,他们试图弄清这些风格是否是影响学生学习效果好坏的固有特征,而非只是一种个人偏好”。

17. A) It was defective.      C) It was original in design.      A) 它含有缺陷。      C) 它设计新颖。  
B) It was misguided.      D) It was thought-provoking.      B) 它被误导了。      D) 它发人深省。

**[预测]** 各项均以主系表结构对某事物(It)进行评价,推测题目询问某人对某事物的看法。

**[问题]** What does the speaker say about one study mentioned in the 2008 review? (关于2008年报告中提到的一项研究,讲话人说了什么?)

**[解析]** 第三段①句首先引出“2008年报告中提到的一项研究”,②句对该研究作评“有些严重的缺陷”,A)正确。

18. A) Auditory aids are as important as visual aids.      A) 听觉教具与视觉教具同样重要。  
B) Visual aids are helpful to all types of learners.      B) 视觉教具对所有类型学习者都有帮助。  
C) Reading plain texts is more effective than viewing pictures.      C) 阅读纯文本比观看图片更有效。  
D) Scientific concepts are hard to understand without visual aids.      D) 没有视觉教具,科学概念难以被理解。

**[预测]** A、C项比较“不同学习辅助手段的作用”,B、D项阐述“视觉辅助手段对学习的作用”,综合各项推测题目所问与学习辅助手段的作用有关。

**[问题]** What message does the speaker want to convey about learning at the end of the talk? (在这篇讲话末尾,讲话人想传达有关学习的什么信息?)

**[解析]** 末段首先指出视觉教具的重要性“大部分人接受多种形式的教学(尤其含有可视化形式时)会学得更好”,之后借相关研究予以证明“不管哪类型学习者,每个人都是在观看印刷版本或图片时学得更好”;故B)正确。

#### • 听力原文 •

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.

<sup>[16]</sup> When psychologists and educators test for learning styles, they’re trying to figure out whether these are inherent traits that affect how well students 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 leaning. 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.

<sup>[17]</sup> But, according to a 2008 review, only one study that followed this design found that students actually

learned best with their preferred style. But the study had 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. <sup>[18]</sup> 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. <sup>[19]</sup> And everyone did better with the help of pictures.

## Recording Two

### • 试题精解 •

19. 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.
- A) 未能在职场革命中发挥作用。  
B) 未能从自由市场资本主义中获益。  
C) 未能挣够钱来养家糊口。  
D) 未能花足够时间在家庭生活和休闲上。

**[预测]** 各项均为“Not + V-ing”结构表“未能/没有做某事”，其中 A、B 项指向职场/资本主义市场大环境，C、D 项指向个人生活，推测题目询问资本主义市场大环境下劳动者未能做到的事。

**[问题]** What do people often feel guilty about according to the speaker? (根据讲话人所言，人们通常会对什么感到内疚?)

**[解析]** 首段末句提到：人们内疚于未能花时间陪伴孩子、家人、旅行及进行其他休闲活动，故 D) 正确。

20. A) People would be working only fifteen hours a week now.  
B) The balance of power in the workplace would change.  
C) Technological advances would create many new jobs.  
D) Most workers could afford to have house of their own.
- A) 今天的人们一周只工作 15 小时。  
B) 职场上的权力天平将会改变。  
C) 技术进步将创造许多新的工作岗位。  
D) 大多数劳动者都买得起自己的房子。

**[预测]** 各项均以情态动词(would、could)表强烈的推测语气，各项关键词(working、workplace、new jobs、workers)构建“职场”语义场，推测题目询问某项与职场相关的预测。

**[问题]** What did leading economists predict 90 years ago? (90 年前，杰出的经济学家们有什么预测?)

**[解析]** 题干 + A) 同义复现第三段末句“90 年前，杰出的经济学家们预测，技术进步和生产率提升会使今天的我们每周工作 15 小时”。

21. A) Loss of workers' personal dignity.  
B) Deprivation of workers' creativity.  
C) Deterioration of workers' mental health.  
D) Unequal distribution of working hours.
- A) 劳动者丧失个人尊严。  
B) 劳动者丧失创造力。  
C) 劳动者心理健康状态恶化。  
D) 工作时间分配不公。

**[预测]** 各项描述对劳动力不同方面的不利影响(人格尊严、创造力、心理健康、工作时长)，结合前两题预测信息，推测本题询问资本主义市场大环境对劳动力造成的不利影响。

**[问题]** What is the result of denying workers' right to make their own choices? (剥夺劳动者的自主选择权会带来什么后果?)

**[解析]** 第四段末句指出，那(That 回指 surrender... autonomy, directed... others, denied... choices 构建的语义场“劳动者丧失自主选择权”)对我们不利：大量劳动者患与工作相关心理健康疾病、承担过多的工作压力，C) 正确。

### • 听力原文 •

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. <sup>[19]</sup> We may instead find ourselves feeling guilty about the time we didn't spend watching our children grow, or with our loved ones, or travelling, 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 the time we're 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. <sup>[20]</sup> 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. It's time in which we are directed by the needs and desires of others, and denied the right to make our own choices. <sup>[21]</sup> 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 ways of cutting the working week without slashing living standards; after all, the world's 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.

### Recording Three

#### • 试题精解 •

22. 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.

- A) 它是德国史上管理最为不善的机场。  
B) 它如今是欧洲最大、最繁忙的机场。  
C) 它已成为德国人口中的笑柄。  
D) 它已成为德国效率的象征。

【预测】由选项复现词 German(s) 及 airport 可知 It 为“德国某机场”，各项关键词“管理不善、最繁忙、成为笑话、效率的象征”均为对该机场的评价，推测本题询问有关德国某机场的信息/评价。

【问题】What does the speaker say about the dream airport in Berlin? (关于柏林的梦想机场，讲话人说了什么?)

【解析】C) 原词复现 II 段末句：不断延迟启用的机场已成为德国人口中的笑料。

23. 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.

- A) 该市的机场都过时了。  
B) 该市刚实现重新统一。  
C) 该市想要提振其经济。  
D) 该市想要吸引更多游客。

【预测】由 A 项“该城市的机场老旧过时”以及上题信息，推测 The city 应为“德国某城市”，A、B 项为对该市的客观描述，C、D 项(wanted to)指向该市某主观目的/意图，推测题干询问德国某城市客观情形/某行为的促因。

【问题】Why was there a need for a new airport in Berlin? (为什么柏林需要一座新机场?)

【解析】III 段②句指出：1989 年柏林刚刚重新统一，当然需要一座远比现有机场容量大的现代化机场，B) 正确。

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.

- A) 市政府不断更换领导班子。  
B) 建筑公司违反了合同。  
C) 资金短缺延迟了它的修建。  
D) 各种各样的问题层出不穷。

【预测】选项关键词义“频繁更换领导、违约、资金短缺、各类问题”均指向不利情形，结合 B、C 项“建筑公司”、“延迟修建”及 22 题信息，推测本题可能询问德国某(新建)机场延迟完工的原因。

【问题】Why did Berlin postpone the opening of its dream airport again and again? (为什么柏林反复延迟其梦想机场的开放时间?)

【解析】IV、V 段交代柏林机场屡次延迟启用的原因：2010 年机场修建出现问题，2012 年消防安全系统出现重大问题，随后又有电缆安装不正确等一系列问题，可见 D) 正确。

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

- A) 柏林的旅游业受挫。  
B) 各类设备生锈。  
C) 不断产生巨额维护成本。  
D) 当地居民怨声增加。



**[预测]** 各项均指向负面后果,结合上题信息推测本题询问德国柏林新建机场久未完工/投入使用的后果。

**[问题]** What happens while the airport remains unused? (机场闲置时发生了什么?)

**[解析]** VIII段①②句指出:闲置的机场正产生巨大费用,每月均需花费 900~1000 万欧元,可见 C) 正确。

### • 听力原文 •

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. Plagued by long delays, perpetual mismanagement and ever-soaring costs, <sup>[22]</sup> the airport has become something of a joke among Germans—and a source of frustration for local politicians, business leaders and residents alike.

Planning for the new airport began in 1989. <sup>[23]</sup> 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.

<sup>[24]</sup> 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 planned an opening ceremony. <sup>[24]</sup> But less than a month beforehand, inspectors found significant problems with the fire safety system and pushed the opening back again to 2013.

<sup>[24]</sup> It wasn't just the smoke system; many other major problems subsequently emerged. More than 90 metres of cable were incorrectly installed; 4,000 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 experience with an undertaking of that scale.

<sup>[25]</sup> To compound the delays, the unused airport is resulting in massive costs. Every month it remains unopened costs between €9m and €10m.

Assuming all goes well, the airport should open in October 2020. 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.

## Part III Reading Comprehension

### Section A

#### • 选项归类 •

- 1. 名词:** B) crown 王冠,王位,山顶,顶部,桂冠;G) miniatures 缩影,微型画;I) particles 微粒,粒子,质点;J) peak 高峰,顶点,山顶,山峰,尖端;O) trend 趋势,倾向。
- 2. 动词:** A) alternate (使)轮流,(使)交替;B) crown 为……加冕,使圆满成功,完善;C) determine 查明,测定,决定;左右,直接影响;D) generated 产生,创造;E) locating 找出……的准确位置,位于某处,把……设置在;把……建造在;F) merged 合并,融合,相融;H) opting 选择,挑选;J) peak 达到顶峰,达到最高水平;M) switching 转换,转变,调换。
- 3. 形容词:** A) alternate 间隔的,轮流的,交替的,可供替代的;J) peak 最高度的,高峰时期的,巅峰状态的;N) synonymous 相同的,近似的。
- 4. 副词:** K) prematurely 过早地,(婴儿)早产地,仓促地,草率地;L) simply 实在,只是,简单易懂地,朴素地。

#### • 试题精解 •

**26. K) prematurely.** **[确定词性]** 空格词位于固定短语 die from 中,应为副词修饰 died。 **[锁定答案]** ②句两

分句间以 and 相连,表明两者语义同向。前一分句指出全球绝大多数城市空气质量不符合 WHO 标准,后一分句指出 2015 年约有 450 万人死于空气污染。借由前一分句“实际空气质量不符合 WHO 空气质量标准”可知“空气质量影响人的健康状况”,因此可推断空格词应在第二分句列举相关死亡人数的基础上体现出这种死亡的非健康、非常规、非正常,即“提前/过早/非正常(死亡)”等意,故 K) 正确。

27. C) **determine**. [确定词性] 空格前为情态动词 will,后为并列名词短语 the everyday lives... generations, 空格词应为及物动词原形。[锁定答案] 空格前句指出“未来新增 20 亿城市人口需要新的住所及城市交通服务”,“目前所做城市规划决策\_\_\_\_\_未来子孙后代的日常生活及健康”,而借由空格句句首插入语 What is more important 可知两句间为语义递进关联,共同指向“当前所做城市规划决策的重要性”,且空格句是在①句“解决住房及交通”基础上指向更高层次作用,空格词应传递“决定/影响”等意,故 C) 正确。

28. N) **synonymous**. [确定词性] 空格前为系动词 become,后为介宾短语 with air pollution,空格词可能为形容词、ing 分词、ed 分词、名词,且能与 with 搭配。[锁定答案] 空格所在分句指出“来往车辆已经变得/成为\_\_\_\_\_空气污染”,后一分句指出许多国家的计划“禁止销售新的汽油和柴油汽车”。借由两分句间 and 所传递的并列语义关联可知,汽油和柴油汽车指向来往车辆,禁止销售此类车辆指向减少空气污染,因此空格词应传递出来往车辆与空气污染之间的这种密切关联/因果关联/等同一致等,N) 正确。

29. M) **switching**. [确定词性] simply \_\_\_\_\_ to electric cars 作句子主语,空格前为副词 simply,空格后为介宾短语 to electric cars,空格词应为不及物动词的 ing 分词形式,且可与 to 搭配。[锁定答案] 空格前文指出“多国计划禁售汽油、柴油汽车以减少空气污染”,空格句转而指出“仅仅\_\_\_\_\_电动汽车并不一定能实现无污染城市”,可见,“\_\_\_\_\_电动汽车”应体现空格前句“禁止销售汽油、燃油汽车(非清洁能源汽车)”隐含之意“转而销售电动汽车(清洁能源汽车)”,故空格词应传递“转向/转变/改变”等意,M) 正确。

30. D) **generated** 31. I) **particles**. [确定词性] (depend on 的)宾语从句 how...is 30 中缺少谓语,空格词可能为 ing 分词、ed 分词。空 31 前为形容词 tiny,airborne,后为状语从句 as they wear out,空格词应为名词。[锁定答案] 空格句指出,电动汽车(they 回指 electric cars)产生的污染排放水平取决于驱动它们的电力如何 30,刹车、轮胎、道路磨损时也会产生微小的大气 31。可见,空格句意在解释上句“转向电动汽车≠无污染城市”的原因:电动汽车污染水平受电的影响,刹车、轮胎、道路磨损也会产生大气污染。再结合常识“发电方式不同,大气污染程度不同;刹车、轮胎等磨损时会产生污浊空气、粉尘等”可知,空 30 应表“生产、制造”等语义,空 31 应传递“污染/尘埃/雾霾”等语义,故两空分别选 D)、I)。

32. H) **opting**. [确定词性] 空格所在状语从句主干结构为:people(主语)+are+\_\_\_\_\_+for other means(介宾短语),空格词可能为形容词(主系表结构)、ing 分词(进行时态)、ed 分词(被动语态),且能与 for 搭配。[锁定答案] 空格句先描述现象“发达国家的汽车使用量正在减少”,随后以两个状语从句 as...while...especially 递进呈现原因:更多的人搬到市中心→尤其是年轻人\_\_\_\_\_其他出行方式。前一项原因指向“开车通勤的客观需求减少”,后一项原因应指向“选择开车的主观意愿下降”,空格词应表示“选择/倾向/偏爱(除开车以外的其他出行方式)”,H) 正确。

33. J) **peak** 34. O) **trend**. [确定词性] 空 33 前为形容词性物主代词 its,后为 and+will decline(与 has reached 为并列谓语),空格词应为名词(作 reached 的宾语)。空 34 前为“固定短语 catch up with+this”,后为逗号,空格词可能为名词(this 34 作 with 的宾语)、副词(this 作 with 的宾语)。[锁定答案] 空格句以 but、instead of 传递句内双重转折“研究人员早已开始猜测机动车使用量是否已达到 33 并即将下降,但是交通规划者尚未跟上这一 34,反而还铺设新道路以期解决拥堵”。由“铺设新路与汽车用量减少之间的矛盾对立”可推知交通规划者未认清现实状况/趋势/现象等,O) 符合空 34 语境;反推可知,研究人员早已意识到汽车用量达到极限/瓶颈/峰值等,B) crown 通常指“(某物的)顶部,顶端”,而 J) peak 则通常指向一个点/数值的“峰值”,故 J) 符合空 33 语境。

35. L) **simply**. [确定词性] 空格所在宾语从句 that doubling... double the traffic 中主谓宾成分已完整,空格词应为副词修饰其后 double。[锁定答案] 末段③④句分别说明英、美两国道路使用情况:伦敦新建 M25 环形高速公路很快挤满更多车辆;美国每拓宽一倍道路会\_\_\_\_\_交通量增加一倍。可见,两句意在以发达国家现实经验说明②句隐藏文意“铺设新道路解决交通堵塞这种思路是错误的:不仅无力解决,还增加交通流量”,空格词应表“只会/反而”以强调“新建道路于解决拥堵毫无用处/适得其反”之意,故 L) 正确。

### · 全文翻译 ·

持续笼罩在许多城市上空的雾霾提醒我们正呼吸着被污染的空气。全球 80% 以上城市人口呼吸的空气不符合世界卫生组织标准,2015 年约有 450 万人因室外空气污染而过早死亡。

全球范围内,城市人口预计将在未来 40 年内翻一番,新增的 20 亿人口将需要新的住所以及城市出行所

需的服务系统及道路设施。更重要的是,我们现在所制定的城市规划决策将决定子孙后代的日常生活及健康。那么,一个无雾霾或者最起码低污染的城市会是什么样的呢?

“来往车辆”已经成为“空气污染”的代名词,许多国家计划在未来 20 年内禁止销售新的汽油和柴油汽车。但仅仅转向电动汽车并不意味着无污染城市就此产生。电动汽车造成的排放水平取决于运行它们的电力是如何产生的,与此同时,刹车、轮胎、道路在磨损时也都产生微小的大气悬浮颗粒。

在发达国家,随着更多的人搬到市中心,尤其是年轻人正在选择其他出行方式,汽车的使用量正在下降。研究人员早已开始调查机动车使用量是否已经达到顶峰并将会下降,但交通规划者仍有待跟上这一趋势,而不是铺设新道路来解决交通拥堵。伦敦 M25 环形高速公路使用者将意识到,新的道路很快就会挤满更多车辆。在美国,研究显示,将道路拓宽一倍只会让交通量增加一倍,将我们带回到起点。

## Section B

### • 试题精解 •

36. It is quite easy for one to take in **the recommended amount** of protein. 人们很容易就能达到推荐的蛋白质摄入量。

**[答案][C][精解]** 由定位词定位至[C]段(recommended daily allowance... grams of protein a day)。该段先说明推荐日摄入量“50 至 60 克”,随后援引专家观点指出“这听上去很多,但每餐摄入的蛋白质积少成多,可能晚餐前就已达到标准”,试题是对整段内容的概括改写,quite easy 为 before you even get to dinner 的合理推断。

37. Pipitone claims that **healthy adults need not spend money on** protein supplements. 皮皮托内宣称,健康成人不必在蛋白质补给品上花钱。

**[答案][E][精解]** 由定位词定位至[E]段②③句(the average healthy adult; It could just be a waste of money)。两句引述皮皮托内观点“纵然是那些价格不菲的、号称高品质的蛋白质补给品对一般健康人也无实质作用,只是在浪费钱”,试题是两句内容的同义转述。

38. **The protein supplement business** is found to be **thriving**. 蛋白质补给品行业被发现正在蓬勃发展。

**[答案][A][精解]** 由定位词定位至[A]段⑤句(the industry; booming)。该句援引现年销售额数据(\$12 billion)及 2025 年预期销售额增长值(billions more)展现“蛋白质补给品行业蓬勃发展现状”,试题是该句的改写。

39. Protein can **speed the repairing of damaged muscles**. 蛋白质可加快受损肌肉的修复。

**[答案][F][精解]** 由定位词定位至[F]段④⑤句(⑤句 speed that process, 其中 that process 回指④句 breaking down and repairing and building muscles)。两句指出“极限运动员要消耗大量能量来分解、修复、重建肌肉,蛋白质帮助他们加快这一进程”,试题体现两句所述“蛋白质功用之一:加快肌肉损伤修复”。

40. Protein supplements may **overburden some internal organ**, thus leading to its **malfunctioning**. 蛋白质补给品可能使某个内脏器官负担过重,从而导致其机能失常。

**[答案][M][精解]** 由定位词定位至[M]段(overburden... internal organ 契合 makes the kidneys work harder... problematic 隐含义, malfunctioning 对应 kidney stones)。该段聚焦“有肾病史的人”,指出“额外补充的蛋白质会加重肾脏负担、让有肾病史者难以应付,更有可能引发肾结石”,试题是该段内容的概括改写。

41. **Older adults need to take in more protein** to keep their muscles strong. 老年人需要摄入更多蛋白质以保持肌肉强健。

**[答案][G][精解]** 由定位词定位至[G]段④⑤句(older people/an older adult; the protein needs... increase)。④句指出“老年人也会受益于额外补充的蛋白质”,⑤句阐释原因“60 岁左右肌肉开始分解→蛋白质需求增加”,结合[F]段末句“蛋白质可促进肌肉的分解、修复及重建(protein can... speed that process)”,可推知“老年人需摄入更多蛋白质以修复、重建(流失的)肌肉,保持肌肉强健”,试题是两句内容的合理推断。

42. Protein is found **in more foods than people might realize**. 含有蛋白质的食物比人们知道的更多。

**[答案][B][精解]** 由定位词定位至[B]段④至⑦句(in all foods... in foods many of us expect... also in foods that may not come immediately to mind)。④句介绍蛋白质特点“所有食物里都有”,⑤至⑦句援引专家观点力证“典型美式饮食的蛋白质含量比我们以为的要高得多,蛋白质既存在于我们所料想的食物中,也存在于我们可能不会马上想到的食物中(即,含蛋白质的食物比人们知道的更多)”,试题是四句内容的概括改写。

43. Additional protein was found to help **strengthen the muscles of** **overweight seniors seeking weight loss**. 研究发现,额外补充的蛋白质可帮助正力求减重的超重老年人强健肌肉。

**[答案][H][精解]** 由定位词定位至[H]段(strengthen their muscles; obese older individuals... trying to lose weight)。该段①⑤⑥句指出研究发现“正尝试减重的肥胖老年人增加蛋白质摄入后,肌肉变得强健”,试题是该内容的同义改写。

44. Pipitone believes that **whole foods** provide **the best source of protein**. 皮皮托内认为,全天然食物提供了最佳的蛋白质来源。
- [答案][D][精解]由定位词定位至[D]段③句(Whole foods; the best option)。该句引述皮皮托内之言“最好的选择始终是全天然食物,不是添加补给品”,试题是该句的同义改写。
45. People are advised to **drink more liquid when they take in more protein**. 人们被建议在摄入蛋白质增多时,饮用更多的液体。
- [答案][L][精解]由定位词定位至[L]段⑤句(if you increase protein... increase your fluid intake)。该句介绍皮皮托内建议“若增加蛋白质摄入量,也要增加液体摄入量”,试题是该句的同义改写。

· 全文翻译 ·

你究竟需要多少蛋白质?

- [A] 这种营销着实诱人:在你的早餐奶昔或果汁饮料里加入蛋白粉,就能轻而易举拥有更壮硕的肌肉和更健康的身体。或者也可以抓起一条蛋白棒充作午餐或简易小吃。如今,网络上亦或药店、杂货店、健康食品店内,到处都能找到蛋白质补给品。它们以粉末、片剂、条棒的形式供应。<sup>[38]</sup>该行业(今年销售额已超120亿美元)正迅猛发展,而且据市场调查公司“大视野研究”称,到2025年该行业销售额还将增加数十亿美元。但是我们真的需要这些补给的蛋白质吗?这得看情况。要考虑利弊以及其他一些事。
- [B] 首先,蛋白质于我们身体的每一个细胞都至关重要。它有助构建指甲、头发、骨骼和肌肉。它还能让你有更长时间的饱腹感——比起吃那些不含蛋白质的食物来说。<sup>[42]</sup>而且,不同于仅在少数食物中才能找到的营养物,蛋白质存在于所有食物之中。“典型美式饮食的蛋白质含量比我们很多人以为的要高得多,”注册营养师安吉拉·皮皮托内说道。“它存在于我们很多人所料想的食物中,比如牛肉、鸡肉和其它肉类,以及乳制品。但它也存在于我们可能不会马上想到的食物中,比如蔬菜、水果、豆类和谷物”。
- [C] <sup>[36]</sup>美国政府向普通成年人推荐的日摄入量是每天50—60克蛋白质。这可能听上去不少,但皮皮托内说:“我们这儿摄取一点儿蛋白质,那儿摄取一点儿蛋白质,一整天下来,就积少成多了。”以早餐为例。要是你吃两个鸡蛋,铺上一点点芝士,再搭配一个橘子,你就已经摄入了22克蛋白质。每个鸡蛋提供给你7克,芝士提供给你大约6克,而橘子——大概2克。加上一顿由鸡肉、米饭和西兰花组成的午餐,你(摄取的蛋白质)已经超过了推荐的50克。<sup>[36]</sup>“甚至还不到晚餐,你就可以获得足够的蛋白质,达到推荐的日摄入量,”皮皮托内说。
- [D] 若是从食物中摄取蛋白质如此简单,那为何还要通过粉末、条形点心、或是本地果汁吧的一瓶Boost饮料(注:一种高蛋白饮料)来补充更多蛋白质呢?大可不必,皮皮托内说,因为实际上我们多数人已经从饮食中摄取了充足的蛋白质。她指出FDA对补给品的管控不如对食品和药品严格,并说道,<sup>[44]</sup>“最好的选择始终是全天然食物(注:未经加工且不含人造添加剂的食物),而不是添加补给品。”所以补给品中可能含有较少的蛋白质、较多的糖分,以及一些你意想不到的添加剂,比如咖啡因。
- [E] 她说,如果你正在考虑某种补给品,读读配料表,尽管这也不总是可靠的。<sup>[37]</sup>“我见到过价格不菲的、号称高品质的蛋白质补给品,但它们可能对普通的健康成年人没有实质帮助,”她说。“这或许只是在浪费钱。”
- [F] 不过,某些情况下,额外补充的蛋白质确有必要。“任何你正在修复或构建肌肉的时候,”皮皮托内说,比如,你若是一名极限耐力运动员,正为备战马拉松接受训练,或者你是一名健美运动员。如果你按照美国疾病控制与预防中心的建议,每周适度锻炼150分钟或不足150分钟,那你大概不是极限运动员。<sup>[39]</sup>极限运动员要消耗大量能量来分解、修复以及重建肌肉。蛋白质赋予他们所需优势,让他们加快推进这一进程。
- [G] 纯素食者能从蛋白质补给品中受益,因为他们不吃肉类、乳制品、鸡蛋等动物性蛋白源。还有,对于总是忙个不停、可能没时间吃饭的人而言,偶尔选择蛋白棒当代餐可能还不错。另外,正从手术或伤病中恢复的人也会受益于额外补充的蛋白质。<sup>[41]</sup>老年人也一样。60岁左右的时候,“肌肉开始分解,正因如此,老年人的蛋白质需求其实也会增加,”衰老研究者凯瑟琳·斯塔尔说道。
- [H] <sup>[43]</sup>事实上,斯塔尔和她的同事康妮·贝尔斯近期开展的一项小规模研究发现,往那些正尝试减重的肥胖老年人的饮食中添加额外的蛋白食品,会使他们的肌肉变得强健。研究参与者被分为两组——一组被要求每餐以全天然食物的形式吃30克蛋白质。也就是说他们每天吃90克蛋白质。另一组(对照检验组)每日提供约含50—60克蛋白质的典型低卡饮食。<sup>[45]</sup>六个月后,研究人员发现,高蛋白(饮食)组的肌肉功能大幅提升——几乎为对照组的两倍。“与对照组相比,他们可以走得更快,拥有更好的平衡能力,也能更快从椅子上站起来,”斯塔尔说道。<sup>67</sup>名参与者年龄均在60岁以上,两组减掉的体重大致相同。



- [I] 斯塔尔现在正在研究“高蛋白饮食是否也能提高老年人的肌肉质量”。她用 CT 扫描测量肌肉大小和脂肪量,而后将吃高蛋白食物的老年人与吃常规食物的老年人相比较。她说,一两个月内应该就能得到结果。
- [J] 与此同时,70 岁的科利斯·凯思说她感到变化很大(她在斯塔尔的最新研究中处于高蛋白质饮食组)。“我感觉棒极了,感觉好像换了副身体,我更有精力了,更健壮了,”她说。她说她现在可以每周上三次尊巴课,在跑步机上锻炼,也可以快步走很远。凯思还减掉了 15 磅多。“我是个时髦的人,所以我又穿上了我那 3 英寸的高跟鞋,”她说。
- [K] 斯塔尔称,随着人们年纪渐长,肌肉力量就是帮助他们保持强健并继续在家中独立生活的关键。“我感觉充满活力,”凯思说。“我觉得我可以独立生活到 100 岁。”
- [L] 不过,人们可以摄入过量蛋白质吗?皮皮托内说,你的确需谨慎。其他研究人员表示,蛋白质过量可能引发痉挛、头痛和劳累。摄入过量蛋白质还有脱水的风险。<sup>[43]</sup>皮皮托内称,若你增加蛋白质(摄取量),那也要增加液体摄入量。“我常告诉人们要确保饮用足量液体,”对普通人而言,这个量是每天 60—70 盎司,相当于每天 8 杯水或其它液体,每杯 8 盎司。
- [M] <sup>[40]</sup>已有一些迹象表明,额外补充的蛋白质会加重肾脏负担,这对有肾病史的人是成问题的,而且对他们来说,补给的蛋白质可能增加他们患肾结石的风险,她说。
- [N] 如果你认为你的饮食中需要添加更多的蛋白质,起码要想想这几个问题:你是一名极限运动员吗;你正从手术或伤病中渐渐恢复吗;或者,你有 60 岁或以上吗?如果是的话,那么在你的饮食中添加鸡蛋、肉制品等高蛋白食物是有益的。如果你不确定,那么咨询一下你的家庭医生总还是个不错的建议。

## Section C

### Passage One

#### · 试题精解 ·

46. 关于态度,我们从本文了解到什么?

- A) 它塑造我们的看法和意识形态。 C) 它决定我们如何应对当前环境。  
B) 它改善我们的心理健康 D) 它改变我们思考、感受及彼此互动的方式。

**[锁定答案]** 第二段④句指出,我们用态度过滤、解释和回应周围的世界。由此推知,态度直接影响我们对周围世界的理解和回应,故 C 项正确。

**[排除干扰]** A 曲解文中概念:首先,第二段③句 ideologies 实为态度所针对的客观对象,态度可以影响我们对客观对象的感受和回应,但不一定直接影响客观对象本身;其次,第四段的 beliefs 实际属于 attitudes 范畴,故“attitudes 塑造 beliefs”不合逻辑。B 由第二段①句信息“态度是强大的心理工具”(②句解释:能让我们把过失变为机遇,失败后重新出发)而来,但 wellbeing 重点在于“健康、快乐、幸福”,不包含“励志、成功”层面,窄化了态度的作用范畴。D 曲解第二段③句:系表句式 An attitude is a settled way of thinking, feeling and/or behaving 表明态度本身就是一种习惯性的思考、感受、行为方式,选项显然曲解了态度的内涵。

47. 本文指出,什么有利于完善人们的态度?

- A) 他们的崇拜对象的行为。 C) 他们与异性的接触。  
B) 他们的教育水平。 D) 他们与不同文化的互动。

**[锁定答案]** 第三段介绍人们一生中态度形成和完善的过程,②③句指出促使态度完善的一大因素:认同对象的行为——认同对象包括家人,同性别、同文化的人,钦佩的对象,以及朋友等等。A 与此相符。

**[排除干扰]** B 将④句 the information you receive 含义“青少年、成年时期人们反复接收与其心仪目标、渴求的成就相关的信息”曲解为“其所受教育/教育水平”。C、D 分别利用②句 gender、culture 设置干扰,却错将“同性(those of your gender)”窜改为“异性”,“同一文化(those of your... culture)”篡改为“不同文化”。

48. 关于人们的感受和想法,许多研究有何发现?

- A) 它们可能无法预示一个人的行为。 C) 它们可能不会在人际关系之中表露出来。  
B) 它们在某种意义上与人们的心态相一致。 D) 它们总是与人们的行为相一致。

**[锁定答案]** 第四段②句介绍研究发现:感受和想法不一定能预测行为,故 A 正确,may not 对应 don't necessarily。

**[排除干扰]** B、C 由第四段①句前一分句 our attitudes are internally consistent(internally 可指“内部地,内心地”)臆断出态度(包括感受、想法)“与内在心态相一致”“深藏内心不通过人际言行外露出来”,但由下文可知此句的“一致”指“(感受、想法)和行为的一致”。D 源自该段①句后一分句(由 that is 引出)的内容“想法和感受可以预测行为”,三项均由该段①句的大众看法臆断而来,而由该段下句可知研究发现实际与大众看法相反。

49. 为什么许多人不去做自己认为对的事?

- A) 他们抽不出时间。 B) 他们不知怎样去做。 C) 他们为人虚伪。 D) 他们缺乏意志力。



**【锁定答案】**第四段②③句指出：态度只有在特定前提下（行动不难且身边的人态度相似时）才具有内在一致性（即行动与想法感受相一致）。④句以环保和健身为例指出态度的这一特性可以解释许多人为何不去践行自己口头认同的益事：行动与想法感受常常不一致，把所想付诸实际行动需要悟性、努力及勇气。D 正确。

**【排除干扰】**A 由第五段②句 Take some time 得来；首先，此处就如何转变态度给出建议“抽时间反省自己的态度”，与“是否有时间付出行动”并无直接关联；其次 A、B 的“缺少时间、不懂方法”均为客观/理性因素，与第四段“意识、努力、勇气”等主观/感性因素背道而驰。C 由④句“许多人说自己认可某事，却不去做”这一事实臆断出这些人“口是心非（hypocritical）”，但文章论述的是行动和想法感受的一致性，而非表面和内心的一致性。

**50. 本文提出的一种改变态度的策略是什么？**

A) 变换需迫切关注的事项。

C) 在一段时间内逐渐调整自己的行为。

B) 开始按照与自己期望相一致的方式行事。

D) 思索减少自身心理负担的方法。

**【锁定答案】**第五段①句指出改变态度的最有效方法“带着自己偏好的/期望拥有的感受想法去行事”。②至④句说明具体步骤“先反思自己的消极想法，再做出与此相反的行动”。B 项同义改写①句 start behaving... the way you'd prefer to, 其中 prefer to 与 aspiration 均强调人对于自身感受想法的主观期待。

**【排除干扰】**A 由①句 you'd prefer to 联想到“改变优先事项”，但作者提倡改变的是行事方式（the way），而不是事情本身。C 将②句付出行动之前的步骤“花些时间反思自己的想法”曲解为“行动时要循序渐进”。D 根据③④句大意“如果将一件事视为负担，那就假装它是一件荣幸去做”得来，但此处作者意在举例说明如何转变态度“先反思自己是否具有某种消极想法，再假装带着更好的想法去行事”，而非告诉读者“要减少心理负担”。

### · 全文翻译 ·

去年，英国一家医院出生了一个心脏长在体外的孩子。这种罕见病存活几率极小，能存活下来的婴儿须经受多次手术，而且可能有复杂的护理需求。女婴出生三周后，其母接受采访时被问及是否已经为照顾女儿这一艰巨任务做好了准备。她毫不犹豫地回答说，在自己看来，这将是一种“荣幸”。

很少有其他例子（比上述事例）能更好地说明态度——我们最强大的心理工具之一——的影响力。态度能让我们把过失转化为机遇，把失败转化为重新开始的机会。态度是对特定物体、人、事件或意识形态的一种稳固的思考、感受和/或行为方式。<sup>[46]</sup>我们用态度过滤、解释和回应周围的世界。态度不是与生俱来的；相反，它们都是后天习得的，而且习得的方式有多种。

影响力最大的因素出现在幼儿时期，包括你的亲身经历和身边人在你面前的所作为。随着你逐渐形成区别于他人的个性，你的态度会被你认同的那些人——家人、相同性别和文化背景的人，以及你崇拜的对象（即使你可能并不认识他们）——的行为进一步完善。友谊以及其他重要关系变得日益重要，到了青春期尤其如此。大约在同时期乃至整个成年期，你接收的信息也会完善你的态度，特别是重复收到与你心仪的目标和成就相关的观念时尤为如此。

许多人认为态度具有内在一致性，也就是说，从你思考和感受某人或某事的方式可以预知你对他们的行为。<sup>[48]</sup>然而，许多研究发现，感受和想法不一定预示行为。一般来说，只有当行为简单易行，而且周围的人与你看法相似时，你的态度才具有内在一致性。这就可以解释为何，譬如，许多人嘴上说他们相信回收利用或锻炼有好处，但在行动上却未遵循自己的观点态度，<sup>[49]</sup>因为将“你认为某事不错”的口头声明变为实际行动还需要感悟能力、努力和勇气。

<sup>[50]</sup>改变态度最有效的方法之一就是开始行动起来，就当你已经以自己喜欢的那种方式感受和思考。花点儿时间思考下自己的态度，想想你相信什么以及为何相信。有没有有些事你觉得是负担，而非荣幸？如果有的话，那就开始行动起来吧——立即马上——就当你真的觉得这是一种荣幸。

## Passage Two

### · 试题精解 ·

**51. 关于“磷虾捕捞”，绿色和平组织的研究有什么发现？**

A) 它造成大量的企鹅和鲸鱼迁徙。

C) 它开展的地方距企鹅和鲸鱼的栖息地过近。

B) 它剥夺了企鹅和鲸鱼的栖息地。

D) 它对整个南极的野生生命造成了前所未有的威胁。

**【锁定答案】**第二段①句指出绿色和平组织的发现：磷虾捕捞日益在紧邻企鹅聚居地和鲸鱼觅食地的区域进行。可见 C 正确。

**【排除干扰】**A 对第二段①句过度推断：该句仅指出研究发现“磷虾捕捞靠近企鹅和鲸鱼的栖息地”，并未说明这造成了“大量企鹅和鲸鱼迁徙”。B 将①句“磷虾捕捞船在紧邻企鹅和鲸鱼栖息地的区域作业”夸大为“占据/掠夺其栖息地”。D 将第一段“磷虾捕捞威胁着南极这片大荒野”曲解为“威胁着南极的野生生命”，且 unprecedented 无从说起。

## 52. 一场全球运动的发起有何目的?

A) 为了降低气候变化对南极的影响。

C) 为了规范南极海域的磷虾捕捞。

B) 为了在南极地区建立保护区。

D) 为了宣传对“磷虾捕捞的影响”的关注。

**[锁定答案]** 第三段②句指出“一场全球运动已经发起,旨在建立一个海洋保护区网络来保护这个地区的海域。”再联系上句可知,“这个地区”指南极地区,B正确。

**[排除干扰]** A干扰来自第三段①句 climate change on the Antarctic,D干扰源自该句 growing concern about the impact of fishing,但这属于运动发起的大背景,而非其目的。C将第三段②句后半句绿色和平组织呼吁“禁止在被认定为保护区的海域内捕捞”窜改为“规范南极洲海域的捕捞活动(“规范的”言外之意:允许某些捕捞活动)”。

## 53. 绿色和平组织向磷虾业提出了什么建议?

A) 选择在远离被提议设保护区的地方开作业

C) 停止在繁殖季捕捞磷虾。

B) 自愿保护南极地区的濒危物种。

D) 领导全球运动以示其责任感。

**[锁定答案]** 第四段借来自绿色和平组织“保护南极”运动的 Frida Bengtsson 之口说明运动目的:“如果磷虾业想证明自己是负责任的参与者,它就应该主动撤出被提议为海洋保护区的海域”,可推知 A 正确。

**[排除干扰]** B 将“磷虾业应支持对这些大片南极区域的保护”偷换为对“南极濒危物种的保护”。C 违背“磷虾业应主动撤出所有被提议为海洋保护区的海域(也即应停止在这些区域的一切捕捞活动,无论是否在繁殖季节)”。D 对 a global campaign 和 to show it's a responsible player 强加关联,文中并未提及磷虾业应领导全球运动。

## 54. 根据其科学主管所言,CCAMLR 的目的是什么?

A) 提高公众对“南极物种脆弱性”的认识。

C) 使企鹅栖息地免于捕捞行为的打扰。

B) 禁止南大洋的一切商业捕捞作业。

D) 在不损害南极生态系统的前提下维持渔业。

**[锁定答案]** 该句指出,CCAMLR 致力于“寻求南大洋保护、养护与可持续渔业间的平衡”。可知 D“在不损害南极生态的前提下维持渔业”与之最接近。

**[排除干扰]** A 对第七段②句过度推导,认为“捕捞活动在企鹅离开后才开始”是“CCAMLR 努力提高公众对南极物种脆弱性认识”的结果。但该句中 Keith Reid 实在阐述事实,并非说明 CCAMLR 努力成果。B、C 均明显违背②句含义:“捕捞大都是在企鹅离开之后”言外之意为“捕捞对企鹅的影响较小,不必完全禁止”。

## 55. CCAMLR 如何界定自己在保护南极环境中的角色?

A) 政策讨论的协调者。

C) 必要专业知识的提供者。

B) 大数据分析的权威。

D) 海洋保护区的发起者。

**[锁定答案]** 第八末句指出 CCAMLR 认为“我们不是建立海洋保护区的决策者,但希望用自身的知识和经验做出积极贡献”。可见 C 正确。

**[排除干扰]** A 源自第八段①句... key part of... policy discussions,但该句实在指出“CCAMLR 内部展开政策讨论”而非“CCAMLR 是多个群体间政策讨论的协调者”。B 源自③句 the latest scientific data,但该句仅指出 CCAMLR 希望与非政府组织的讨论“以最新的科学数据为基础”,并非自诩“数据分析的权威”。D 源自①句 The creation of a system of marine protected areas...,但该句仅指出“CCAMLR 就建立保护区进行讨论”,这与“海洋保护区的发起者”大不相同。

### · 全文翻译 ·

一份新的报告表明,在南极周围原始海域进行的工业化磷虾捕捞正威胁着世界上最后几片大荒野之一(注:指南极)的未来。

<sup>[51]</sup> 绿色和平组织所做研究分析了磷虾捕捞船在该地区的活动,发现它们越来越多地在“紧邻企鹅聚居地和鲸鱼觅食地的区域”作业。研究还强调指出多起渔船卷入搁浅、溢油及意外事故,这些事故对南极生态系统造成了严重威胁。

这份报告发布于周二,它的出现正值人们就“捕捞和气候变化对南极的影响”担忧日益高涨之际。<sup>[52]</sup> 一场全球运动已经发起,旨在建立一个海洋保护区网络来保护这个地区的海域;绿色和平组织呼吁立即禁止在被认定为保护区的海域内捕捞。

来自绿色和平组织“保护南极”运动的 Frida Bengtsson 说道:<sup>[53]</sup> “如果磷虾业想证明自己是负责任的参与者,那它就应该主动撤离所有被提议为海洋保护区的海域,并反过来支持对这些大片南极区域的保护。”

一场全球运动已经发起,致力于将南极的大片海域设为海洋保护区,保护野生生物,并禁止一切捕捞——而不仅仅是磷虾捕捞。2016 年在罗斯海已经设立一个海洋保护区,另一个保护区正提议设在威德尔海的大片海域,第三个保护区正考虑设在南极半岛西部——主要的磷虾捕捞区。

南极海洋生物资源保护委员会(CCAMLR)是南极周围海域的管理者。它将于十月份在澳大利亚举行的

会议上就“威德尔海域设立保护区的提案”做出决定,但就半岛保护区的设立,预计晚些才能做出决定。

<sup>[54]</sup> CCAMLR 的科学主管基斯·雷德称,该组织致力于促进“南大洋保护、养护和可持续捕捞三者之间的平衡”。他说虽然越来越多的捕捞作业日益靠近离企鵝栖息地,但往往发生在繁殖季节后期、企鵝离开这些栖息地之后。

“建立海洋保护区体制是 CCALMR 当前科学及政策讨论的主要内容,”他补充道。“我们在该海域的长期运作有赖于一个健康、繁荣的南极海洋生态系统。正因如此,我们一直在和环保非政府组织进行公开对话。我们强烈希望将这种对话深入下去(包括与绿色和平组织的对话),基于最新科学数据探讨改进方法。<sup>[55]</sup> 我们不是建立海洋保护区的决策者,但我们希望用我们的知识和经验做出积极贡献。”

## Part IV

## Translation

### · 参考译文 ·

The plum blossom, the king of China's top ten famous flowers, originated in southern China and has been cultivated for over 3000 years. In the depths of winter, colorful plum blossoms bloom vibrantly amidst the wind and snow, unhindered by severe frost. The plum blossom, a symbol of strength, purity and elegance in traditional Chinese culture, motivates people to brave hardship and forge ahead. Since ancient times, many poets and painters have been drawing inspirations from plum blossoms and created countless immortal works. Plum blossoms are also very popular with the general public and often used as home decoration during the Spring Festival. Nanjing has designated the plum blossom as the city flower and holds the Plum Blossom Festival each year, which attracts thousands of people to Plum Blossom Hill to enjoy the full bloom in the snow irrespective of the severe cold.

### · 句子解析 ·

1. 第一句中三组动词短语分别聚焦梅花的地位、起源、历史(地位为评价信息,起源和历史为事实细节),翻译时可作主次区分,除按参考译文,将起源和历史译为主干,地位译为“梅花”的补充说明成分之外,可将地位译为主干,起源和历史译为补充说明成分(非限制性定语从句)。“位居……之首”可用 rank first among...、be the king of... (king 表示同类中的首屈一指者)等短语;“栽培”和“种植”同义,planting、cultivation 择一即可。

2. 第二句中“隆冬时节”为时间状语,可译为介词短语 In the depths of winter/midwinter。动词短语“不畏严寒”和“傲然绽放”语义递进,重心在后,可译为 and 连接的并列谓语,也可把前者译为伴随状语,后者译为主干谓语。“傲然”修饰“绽放”,强调梅花在严寒之中的“生机勃勃/坚强不屈”,可译为副词 vibrantly、unyieldingly。“迎着……”描述梅花绽放的背景/环境,可借助介词 amidst、against 译为状语。“不畏……”可直译为 be not afraid of... ,也可用更地道的短语 brave sth、defy sth、be unhindered by sth。

3. 第三句中两组动词短语“象征着……”和“激励……”可视为并列关系,译作 and 连接的并列结构;也可视为隐性因果关系,用结果状语补充说明主干带来的结果,即 the plum blossom is a symbol..., motivating...。“砥砺前行”的深层含义为“经历磨难、克服困难、继续前行”,与“不畏艰难”意义有重叠,故二者可合译为 forge ahead with no fear of hardship。

4. 第四句根据时间状语“自古以来”可确定译句应采用完成时态,而“获取灵感”这一情形会一直持续下去,故可采用现在完成进行时(has/have been + v-ing)。“从……获取灵感”既可以主动形式译为 draw/gain/take inspiration from...,又可译为被动形式 be inspired by...。

5. 第五句中“春节期间常用于家庭装饰”可视为对“梅花”的补充说明,故可将“普通大众也都喜爱梅花”译为主干,“常用于……”译为 plum blossoms 的非限制性定语从句。也可将逗号前后内容视为两个并列分句,关键在于明确主语,有两种译法:一、将“普通大众”作为主语,整体译为主动语态,如 The general public also love plum blossoms and often use them as... (them 回指 plum blossoms);二、将“梅花”作为主语,前一分句借助 be popular with 结构进行调整,后一分句译为被动语态。

6. 第六句中包含三个小句,其中前两小句为明显的并列关系,第三小句可视为对“梅花节”的补充说明。故可将前两小句译为“主语+and 连接的两个并列谓语”结构,第三小句“(梅花节吸引了)成千上万的人……”译为“梅花节”的非限制性定语从句,其中“(吸引)……到梅花山”可使用短语 attract sb to sth,“赏梅”是“到梅花山”的目的,可译为不定式 to enjoy... 作目的状语,“踏雪”指向赏梅的时空背景,可译为 in the snow 或 on snowy days;“冒着严寒”指向赏梅的不利因素,可译为让步状语 regardless/in spite of the severe cold。