

第一部分：高频提分词汇 (核心替换词)

这部分词汇是老师强调的“保底”或“高级替换”词，在六级翻译中非常通用，建议重点记忆。

重点篇：全民健身 (National Fitness)

| 中文关键词 | ✗ 避免/普通表达 | ✓ 老师推荐 / 高分表达 | 📝 备注与语境 |
|--------|---------------|---------------------------------|------------------------------------|
| 不断完善 | improve | continuously refine | "Refine" 比 improve 更显精准。 |
| 努力做... | try to | strive to do | 表达付出巨大努力。 |
| 覆盖... | cover | ensure broader access to | 若想不出高级词，用 cover 保底。 |
| 各地 | everywhere | Nationwide | 提分点： 置于句首作状语。 |
| 场地 | place | venue | 专门指活动的场所。 |
| 部分(资源) | some | certain | 比 some 更正式。 |
| 组织(人员) | organize | engage | 搭配：engage sb. to do sth. |
| 提供(指导) | give | deliver instruction | - |
| 使具备... | make sb. have | equip ... with ... | 例：Equip residents with methods. |
| 科学的 | scientific | sound | 特指合理的、健康的（如 sound sleep/exercise）。 |
| 促进 | promote | encourage | 此处指鼓励了某种习惯。 |
| 积极作用 | good effect | constructive role | - |

引例篇：杂交水稻 (Hybrid Rice)

| 中文关键词 | ✓ 老师推荐 / 高分表达 | 📝 备注与语境 |
|-------|-------------------------------|-------------------------|
| 巨大的 | remarkable | 搭配 success。 |
| 举世公认 | universally recognized | 放在 be recognized as 之间。 |
| 适应性 | adaptability | 名词形式。 |

| | | |
|-------|---|---|
| 中文关键词 | <input checked="" type="checkbox"/> 老师推荐 / 高分表达 |  备注与语境 |
| 提供/具有 | offer | 当中文是“形容词罗列”（如营养丰富）时，用 offer 连接。 |

🚀 第二部分：万能句式与翻译逻辑

这部分是老师总结的“解题公式”，遇到类似的中文结构可以直接套用。

1. “各地”的处理逻辑：状语前置

- **场景**: 中文常说“各地做了什么事...”、“目前发生了什么...”。
- **技巧**: 不要用 "Various places do..." 做主语。将“各地”提出来变成副词，放在句首，主语留给核心名词（如体育设施）。
- **公式**: Nationwide / At present, + 主语 + 谓语 ...
- **例句**: Nationwide, sports infrastructure has undergone significant improvement.

2. “使/让”的处理逻辑：Equip & Enable

- **场景**: 让某人拥有某种能力，或给某人提供某种方法。
- **技巧**: Equip sb. with sth.: 让某人具备（知识、方法）。 Enable sb./sth. to do: 使某物能够（抗旱、抗病）。
- **例句**: ...equipping residents with sound exercise methods.

3. 长难句的“拆分”策略

- **场景**: 中文句子很长，包含多个动作，或者前后主语不一致。
- **技巧**: 不要强行写成一个长句。果断断句，用连接词 (In addition / Meanwhile) 开启新句。这样做基本不扣分，且条理清晰。
- **例句**: ...venues have been established. In addition, certain sports facilities...

4. 描述特性的“动词化” (Offer)

- **场景**: 中文是“名词 + 形容词”的评价（如：口感更佳、营养丰富）。
- **技巧**: 英文喜欢用动词。使用 **offer** (提供) 来连接这些特性。
- **例句**: Super hybrid rice **offers** higher nutritional value and improved taste.

5. 常见的平行结构

- **句型**: not only ... but also ...
- **注意**: 前后词性要一致 (promote ... play a role...)。
- **例句**: ...has not only encouraged ..., but also played a constructive role in ...

第三部分：参考范文 (用于背诵语感)

1. 全民健身 (National Fitness) - 重点押题

In recent years, China has continued to refine the national fitness public service system, striving to ensure broader access to sports resources for people in both urban and rural areas.

Nationwide, sports infrastructure has undergone significant improvement, and numerous new public fitness venues have been established. In addition, certain sports facilities at schools and enterprises are made available to the public during specified hours.

Several regions also engage qualified professionals to deliver free fitness instruction, equipping residents with sound exercise methods and guidance on exercising safely.

The steady expansion of national fitness initiatives has not only encouraged healthier everyday habits among residents, but also played a constructive role in promoting more harmonious communities.

2. 袁隆平 (Hybrid Rice) - 基础练习

Yuan Longping, honored as the “Father of Hybrid Rice,” and his research team overcame numerous difficulties to develop a variety of super hybrid rice.

The technology has been universally recognized as a remarkable success. Its application has enabled rice to attain stronger resistance to drought and disease, greater adaptability to various climatic and soil conditions, and a yield increase of 20 to 30 percent.

Super hybrid rice offers higher nutritional value and improved taste. At present, this technology has been widely applied in many countries, making a significant contribution to global food security.

下一步建议：

为了巩固记忆，建议你利用这几天的早读时间，着重背诵《全民健身》这篇范文中的动词搭配 (refine, strive to, engage, equip) 。

需要我根据这些笔记制作一份填空练习来检测你对核心词汇的掌握情况吗？