

2021 年 12月大学英语四级——作文预测

【1】作文题目：外卖

近两年外卖行业越来越火，外卖带来便利的同时也带来了不少问题，请分析阐述问题。

参考范文：

With the spread of the take-out business, more and more people live on take-out. There is no denying that take-out has its own merits, such as convenience, variety, and time-saving. However, take-out has some potential hazards that cannot be ignored.

The first concern is related to people's health. Some restaurants add more additives such as salt and oil to make their food delicious and appealing. If we ingest too much takeout food, it will do harm to our health. The second concern is about the environment. Most of the take-out is delivered in plastic bags or disposable boxes. It takes a very long time for them to decompose, which will pollute the environment.

To sum up, living on take-out is not only bad for health, but also damages the environment. Therefore, people should reduce their reliance on take-out. Take some time to cook and there will be more fun than ordering take-out.

参考译文：

随着外卖业务的普及，越来越多的人以外卖为生。不可否认，外卖有它自己的优点，如方便，多样，节省时间。然而，外卖有一些不可忽视的潜在危险。

第一个问题与人们的健康有关。一些餐馆添加更多的添加剂，如盐和油，以使他们的食物美味和有吸引力。如果我们摄入过多的外卖食物，会对我们的健康有害。第二个问题是关于环境。大多数外卖是用塑料袋或一次性盒子运送的。它们需要很长时间才能分解，这会污染环境。

总而言之，吃外卖不仅对健康有害，还会破坏环境。因此，人们应该减少对外卖的依赖。花些时间做饭，会比点外卖更有趣。

【2】作文题目：垃圾分类

- 1.目前垃圾分类的现状
- 2.忽略垃圾分类将会带来的问题
- 3.倡导垃圾分类措施

参考范文：

Waste sorting is not a popular convention in our country, though it should be. Garbage bins filled with all sorts of recyclable and non—recyclable wastes mixed together are seen everywhere. People still haven' t formed the habit of sorting wastes.

The neglect of waste sorting will bring about a series of problems. First of all, it causes a mass of waste of resources that could have been recycled or reused. Secondly, the growing amount of mixed rubbish will take up a lot of space in the landfill site, which will worsen the land shortage problem. Last but not least, it will increase the cost of waste treatment.

Waste sorting should be advocated, no matter from the perspective of economy or environment. Everyone should do their best by starting from daily life. More importantly, more campaigns for waste sorting should be conducted to raise the public awareness.

参考译文：

垃圾分类在我们国家不是一个普遍的行为，尽管它应该是。到处都是垃圾桶，里面装满了各种可回收和不可回收的垃圾。人们还没有形成分类垃圾的习惯。

忽视垃圾分类会带来一系列问题。首先，它造成了大量本可以回收或再利用的资源浪费。第二，不断增加的混合垃圾将占用填埋场的大量空间，这将加剧土地短缺问题。最后但同样重要的是，这将增加废物处理的成本。

无论从经济角度还是从环境角度，都应该提倡废物分类。每个人都应该从日常生活出发，做到最好。更重要的是，应开展更多的垃圾分类运动，以提高公众意识。

【3】作文题目：私家车

1.小汽车进入中国家庭后给人们带来了舒适和方便

2.小汽车也给人们带来了许多问题

3.我的看法

参考范文：

Should private cars be encouraged in China? This is a controversial question. There are many reasons to encourage people to own cars. First, a car allows a person to move around freely. Second, a car is a comfortable travelling vehicle, especially in the winter or in bad weather. Third, as a luxury item, a car can contribute to economic growth.

However, there are also many arguments against it. First, with the increase of private cars, the roads are becoming more and more crowded and it is tiring to drive in heavy traffic. Second, the poisonous gas greatly pollutes the atmosphere and does harm to people's health. Third, the number of traffic accidents is increasing remarkably in recent years.

In my opinion, we must weigh every factor carefully before making decisions about buying private cars. Though the number of private cars keeps on increasing, popularization of luxurious things like cars will have to wait. So, I don't think it is wise to encourage private cars in China.

参考译文：

中国应该鼓励私家车吗？这是一个有争议的问题。鼓励人们拥有汽车有很多原因。首先，汽车允许人们自由活动。第二，汽车是一种舒适的旅行工具，尤其是在冬天或天气不好的时候。第三，作为奢侈品，汽车可以促进经济增长。

然而，也有许多反对它的论点。首先，随着私家车的增加。道路变得越来越拥挤，在拥挤的交通中开车很累。第二，有毒气体极大地污染了大气，危害了人们的健康。第三，近年来交通事故的数量显著增加。

在我看来，在做出购买私家车的决定之前，我们必须仔细权衡每一个因素。虽然私家车的数量持续增长，但是像汽车这样的奢侈品的普及还需要等待。所以我认为在中国鼓励私家车是不明智的。

【4】作文题目：心态类话题

这类话题包括什么是幸福、生命的意义、梦想的重要性之类的。考的内容都跟人的成长、成功的心态、价值观、优秀的素质相关。

参考范文：

"Give me six hours to chop down a tree , and I will spend the first four sharpening the axe." Abraham Lincoln once said. Although four hours seem to be quite a long time, it can help people chop down the tree more smoothly and less laboriously in the rest two hours. It is obvious that a full preparation can enhance the efficiency of trees-chopping.

The saying aims at informing us of the significance of adequate preparation.

Definitely , we can' t emphasize the importance of full preparation too much in our pursuit of success. A full preparation enables us to achieve our objectives and realize our dreams more smoothly and rapidly. The more preparation we make, the more likely we are to become confidence, reduce the risks of failure and seize the fleeting opportunities. For example, when graduates hunt for jobs, it is those who are well prepared that can surpass other candidates and get the offer finally.

Accordingly, at no time should we overlook the power of preparation. Besides, we need to set up a proper goal, carry out a full investigation and elaborate a detailed plan before we take actions. "Preparation breeds success." Benjamin Franklin also once said.

参考译文:

“给我留个小时砍掉一棵树，那么我会花前面的四个小时来磨斧子。”亚伯拉罕·林肯曾经说过。虽然四个小时看起来是挺长的一段时间，然而它却可以帮助人们在剩余的两个小时内更加顺利和省力地砍掉树木。很明显，充分的准备工作可以提高砍树的效率。

这句话目的在于高速我们充分准备的重要性。确实，没有人可以否认充分准备在我们追求成功过程中的重要性。充分准备可以使我们更加顺利和快速地达成目标、实现梦想。我们做的准备越多，我们就更有可能变得自信、减少失败的风险并且抓住稍纵即逝的机会。举个例子，当毕业生在找工作的时候，正是那些做了充分准备的人才可以超越其他的候选人并且最终赢得工作机会。

因此，我们任何时候都不能忽略充分准备的重要性。并且，在我们采取任何行动之前，我们都应该设定合适的目标，展开充分的调查并且制定详细的计划。本杰明·富兰克林也曾经

说过：“成功孕育于准备当中。”

【5】作文题目：幸福感

1.人们对于如何提升幸福感有不同的看法

2.幸福感的提升不仅包括物质层面，也包括.....

参考范文：

Along with the improvement of living standards, people are no longer content with being fed and clothed adequately. They are more concerned about how to enhance their sense of happiness.

To a large extent, happiness depends on individuals' understanding about it. For some people, happiness relies on material basis. without which they can't live comfortably and decently. For others, they believe that happiness has nothing to do with money. Thus to enhance the sense of happiness is not equal to improving one's material living standards. Instead, people are supposed to confront their life with right attitude, to be active and grateful in order to have a happy life.

For my part, money does buy happiness. but only up to the point where it enables one to live comfortably. To boost one's sense of happiness not only needs the material but also the spiritual enrichment. It encompasses living a meaningful life, utilizing your gifts and your time, living with reflection and objective.

参考译文：

随着生活水平的提高，人们不再满足于温饱。他们更关心如何增强幸福感。

在很大程度上，幸福取决于个人对它的理解。对一些人来说，幸福依赖于物质基础。没有它，他们就不能舒适体面地生活。对其他人来说，他们认为幸福与金钱无关。因此，增强幸福感并不等于提高物质生活水平。相反，人们应该以正确的态度面对自己的生活，积极主动，心怀感激，这样才能拥有幸福的生活。

就我而言，金钱确实能买到幸福。但只能达到使人生活舒适的程度。提升一个人的幸福感不仅需要物质上的，还需要精神上的充实。它包括过有意义的生活，利用你的天赋和时间，带着反思和目标生活。

【6】作文题目：谚语俗语类型

人生的充分利用就是将时间花费在比人生更长久的东西上。

参考范文：

As a thought-provoking saying goes, "The greatest use of life is to spend it on something that will outlast it." we learn from the saying that, life is short and limited, to make the best use of our life we need to spend it on something which are meaningful and will last long.

Numerous examples can be found in history, just take a famous historian Chen Yinke as a case in point: he led an unfortunate and turbulent life. He even lost sight in one eye in his later years. However, he kept on compiling historical materials and composing works. His life was short, but he left precious and everlasting intellectual

treasure for us. Example also exists in reality. Some scientists devote their whole life in the enterprise of scientific inquiry. They are not rich and their life is boring, they are little known and few people know their contribution. However, when life ends, their achievement in scientific research will constantly benefit mankind and will never be forgotten by people!

Obviously, to make full use of our life, we should do something meaningful. For my part, I would, firstly, spend my time on study, mastering necessary knowledge and skills. Moreover, I will set up lofty goals and expect to make great contribution to mankind and society. (219words)

参考译文：

一句发人深省的俗语说到：“人生的充分利用就是将时间花费在比人生更长久的东西上。”很明显，人的生命是短暂而有限的。要充分利用这有限的人生，我们就必须去做那些有意义而又能持续长久的事情。

历史上这样的例子有很多，仅仅以著名史学家陈寅恪为例：他的一生并不幸运，一直处在颠沛流离当中，到了晚年，甚至一只眼睛失明了。然而他依旧全力整编历史材料，完成著作。他的一生虽然短暂，却为我们留下了宝贵的、持久精神财富；现实生活中也有这样的例子：一些科学家将毕生生命投注与科学探索事业。他们并不富裕，生活也很单调，甚至无人知道他们的存在，也很少有人知道他们的贡献。然而当他们的生命结束了，他们的科研成果却将一直造福人类，并永远为人们铭记！

确实，如果要充分利用我们的人生，我们就要去做那些有意义的事情。就我而言，首先，我会充分利用自己的时间在学习上，掌握必要的知识和技能；其次，我也会设定远大的目标并期待能够为社会和人类做出贡献。

【7】作文题目：外貌协会

当今社会颜值成为热门话题，作为即将步入社会的大学生，谈谈你的看法。

参考范文：

Nowadays, appearance has become a hot topic in society. Nowadays, more and more people value people's appearance and tend to judge a person by his appearance.

This phenomenon can easily be found anywhere in our daily life. Nowadays, with more interviewers putting emphasis on the appearances of the applicants, a great majority of people believe that the appearance is more important. But I beg to differ. Because the clothes do not reflect what is inside the human. And what is in his mind and his heart can't be known by us easily. Furthermore, judging someone by his or her external appearance can be deceptive. Judgments based on external appearances prevent us from getting to know a person's nature, and are superficial and limited.

As an old saying goes, "never judge a book by its cover". One's appearance may reflect one's interest, but it isn't the symbol of one's quality. We should never judge people merely by their appearances.

参考译文：

如今，相貌已成为社会热点话题。如今，越来越多的人重视人的外表，倾向于以貌取人。

这种现象在我们的日常生活中随处可见。如今，越来越多的面试官注重应聘者的外表，绝大多数人认为外表更重要。但我不同意。因为衣服不能反映人的内心。我们不容易知道他心里和心里的事。此外，从外表来判断一个人是有欺骗性的。基于外表的判断使我们无法了解一个人的本性，而且是肤浅的和有限的。

俗话说“勿以貌取人”，外表虽能反映人的兴趣，但并不是素质的标志。我们决不能只凭外表来判断人。

【8】作文题目：中国高等教育

中国目前拥有大学文凭的人数日益增加，而大学生失业不再新鲜，因此有人认为读书无用不必接受高等教育，那么你是否接受这种观点呢？

参考范文：

Nowadays, with the policy of college enrollment expansion in China, higher education is no longer the privilege to the top students. Over the past decade, the proportion of people with a college degree has increased year by year.

However, every coin has two sides. Every year so many graduates pour into the employment market and greatly intensify the competition in job hunting. Plenty of them remain unemployed. Consequently, "Uselessness of study" prevails among some people who adopt a negative attitude toward higher education and believe it futile to pursue a degree.

As far as I am concerned, the purpose of university education is not only to equip students with knowledge and professional skills, but to cultivate qualified

citizens to deal with various challenges with full developed character and talent. Therefore, as college students, we should value the learning opportunity to perfect ourselves for the future competition.

参考译文：

如今，随着我国高校扩招政策的实施，高等教育不再是优等生的特权。在过去的十年里，拥有大学学位的人的比例逐年上升。

然而，任何事物都有两面性。每年都有这么多的毕业生涌入就业市场，大大加剧了求职竞争。他们中仍有许多人失业。因此，在一些对高等教育持否定态度并认为攻读学位是徒劳的人中，“学习无用论”盛行。

在我看来，大学教育的目的不仅是让学生掌握知识和专业技能，而且是培养合格的公民，使他们能够以充分发展的品格和才能应对各种挑战。因此，作为大学生，我们应该珍惜学习的机会，完善自己，迎接未来的竞争。

【9】作文题目：环境与经济

- 1)随着经济的高速发展，环境污染已经成为不可忽视的一个问题。
- 2)如何做到环境与经济平衡发展？

参考范文：

Nowadays we have enjoyed an increasingly prosperous life in the wake of enormous social and economic development. But at the same time, we forget that

the consequence brought about by rapid economic development. For instance, green house effect, dust storm, haze.

As society develops, people are attaching much importance to deal with the relationship between economic development and environmental. Economic development is seemingly more important, the country develops much faster and better that it creates enormous job opportunities, improves living conditions and increases government revenues. However, the environment is becoming worse and worse .In order to protect the environment which we depends on, something must be done.

First and the foremost, we are expected to use public transportations instead of private cars that emit a large amount of exhaust gas. what' s more, we can plant more trees to absorb carbon dioxide and build an environment-friendly society. Last but not least, it is surely necessary to complete relevant laws and regulations. We should remember that our future depends upon what we do right now.

参考译文：

随着社会经济的发展，我们的生活越来越富裕。但与此同时，我们忘记了经济快速发展带来的后果。例如，温室效应，沙尘暴，雾霾。

随着社会的发展，人们越来越重视处理经济发展与环境的关系。经济发展似乎更为重要，国家发展得更快更好，创造了巨大的就业机会，改善了生活条件，增加了政府收入。然而，环

境越来越差，为了保护我们赖以生存的环境，必须采取措施。

首先，也是最重要的，我们希望使用公共交通工具，而不是排放大量废气的私家车。更重要的是，我们可以种植更多的树木来吸收二氧化碳，建设一个环境友好型社会。最后，完善相关的法律法规是必要的。我们应该记住，我们的未来取决于我们现在做什么。

【10】作文题目：纸质阅读

参考范文：

With mobile phones widely used in our daily lives, various Apps emerge. Reading has therefore become more convenient. However, different people hold different views toward online reading.

Though more convenient reading becomes, I like paper reading more than online reading. The reasons are as follows. Firstly, I cherish the moment keeping company with the book. When I bury my head into the book, the special fragrance of the book slips through my fingers, into my nose, then into my brain. How marvelous the feeling is! Secondly, I can take various notes on the book as long as I want to, which is not that easy to do when reading online. When I have finished reading the book, what I harvest will be not only the knowledge and idea the book conveys, but also my systematic thinking about the book, which can be vividly embodied by my notes on the book. Thirdly, paper reading won't be distracted easily by irrelevant information which often emerges in online reading.

Based on the above three points, I prefer paper reading to online reading.

【参考译文】

随着手机在我们日常生活中的广泛应用，各种 App 应运而生。阅读因此也变得更加方便。但是，不同的人对在线阅读持有不同的看法。

虽然在线阅读变得更加方便，但是我更喜欢纸质阅读。原因如下。第一，我珍爱与书为伴的时刻。当我埋头读书时，书本的特殊香味会溜过我的手指，溜进鼻子，然后溜进大脑。这种感觉很美妙啊！第二，只要我想做笔记，我就可以在书上做各式笔记，而在线阅读时不那么容易做到这一点。当我阅读完这本书的时候，我收获的不仅是书本所传递的知识和想法，还有我关于这本书的系统思考，这会通过我在书本上的笔记体现。第三，纸质阅读不会轻易被无关信息所打扰，而在线阅读却常常冒出不相干信息。

基于以上三点，比起在线阅读，我更喜欢纸质阅读。