

# 参 考 答 案

## Part I

## Writing

(30 minutes)

### ■ 写作思路

这是一篇议论文,讨论树立目标的重要性。第一段,亮出观点,引入主题;第二段,阐述树立

目标的作用;第三段,总结,再次强调树立目标的正确性。

### ■ 参考范文

There goes a saying that “Goals determine what you’re going to be” which indicates the importance of setting a goal in life.

Having goals for things we want to do and working towards them is an important part of being a human. For one thing, it gives us a sense of meaning and purpose, pointing us in the direction we want to go and gets us interested and engaged. For another, goals help us achieve our highest potential. Without goals, we default to a routine of activities that may

keep us feel safe and comfy each day. But this familiarity is the nemesis of growth. It prevents us from growing. However, by setting goals, we set targets to strive toward. These targets make us venture into new places and new situations that put us into growth mode. They make us stretch beyond our normal self and reach new heights.

In a word, the path towards our goals may not always run smoothly or be easy, but having goals, whether big or small, is part of what makes life better.

### ■ 高分词汇

default to 默认

nemesis *n.* 天罚;报应

familiarity *n.* 熟悉,精通;亲密;随便

routine *n.* 日常工作;例行公事

### ■ 衍生句型

① Without goals, we default to a routine of activities that may keep us feel safe and comfy each day.

a. Without goals, we are buried in a routine of activities that may keep us feel safe and comfy each day.

b. Without goals, we get accustomed to a routine of activities that may keep us feel safe and comfy each day.

not always run smoothly or be easy, but having goals, whether big or small, is part of what makes life better.

a. In a word, the path towards our goals may not always run smoothly or be easy, but having goals, be they big or small, is part of what makes life better.

b. In a word, the path towards our goals may not always run smoothly or be easy, but having goals, big or small, is part of what makes life better.

② In a word, the path towards our goals may

Part II

Listening Comprehension

(30 minutes)

Section A

Conversation One

M: Conference Center Reservations. Good morning.

W: Hi, I'm interested in the computing conference next month.

M: Future Directions in Computing?

W: Yes, that's right. Could I ask you a few questions about it?

M: Of course.

W: Ok, (1) I know the conference is for three days but actually I want to attend on Friday and Saturday only. Will that work out to be any cheaper?

M: Let me have a look. Well, you could register for the two days separately, but that wouldn't actually save you very much as it still costs \$ 35 for each day. In fact, if you could register for the three days, you also get a free dinner at Saturday night, so that's probably the better option.

W: Right, I'll do that. How much will the fees be in that case.

M: (2) It's \$ 75.

W: All right. I'd like to register for the full three days. Now, can I pay that by credit card?

M: I'm afraid not. You'll have to send a cheque to us or you can pay at the conference office.

W: Fine. So it's probably easiest if I pay by cheque. Now then, what else do I need to arrange? Right. How about accommodation? I guess that's not included in the price?

M: No, I'm sorry. It's not, but we do have a few rooms available for delegates at the conference center if you'd like. Those are very cheap. If you are interested in them, you need to book

soon, because there's always a heavy demand for them. They are only \$ 15 per night, but they are very basic and you'd have to get your own breakfast, because they don't provide you with that. But it's very convenient, because it's the same building as the conference rooms.

W: Uhuh.

M: (3-1) Or there's very reasonable guest house which is \$ 25 per night. And I think that includes your breakfast.

W: Is it close to the conference center?

M: (3-2) It would be almost a 10-minute walk away from here.

W: I see. That sounds very reasonable. Maybe I will live there. Can you tell me where exactly the conference center is?

M: (4) Well. It's on South Park Road and it's right at the end of the road next to the library. It's a ten-minute taxi ride from the station and will cost you \$ 5—otherwise, you can take the bus which runs every half an hour from the station—that's the 21A—and it brings you straight to the conference center.

W: Right, got that.

**Questions 1 to 4 are based on the conversation you have just heard.**

【听前预测】通过浏览四道题目选项中的关键信息可知对话和参会有关,因此在听的过程中要重点关注费用、住址等信息。

1. What does the woman want to do at first?

【详解】C)。根据对话可知女士想要咨询如果参会2天会不会便宜一些,因此应选择C),D)为迷惑选项。

2. How much will the woman pay?

【详解】A)。根据对话可知女士决定要参会 3 天,共 75 美元,因此应选择 A)。

3. Why does the woman choose to live in the guest house?

【详解】C)。根据对话可知女士有两种选择,一种是住在会议中心,便宜、方便但是没有早餐,并且房源较紧张。另一种是住在 guest house,稍微贵一点,但是有早餐,并且也不太远。因此应该选择 C)。

4. Where is the conference center?

【详解】A)。根据对话可知,会议中心在公园南路的尽头,紧挨着图书馆,如果从车站打车需要 10 分钟,并且会花费 5 美元。因此应选择 A),其他均为迷惑选项。

### Conversation Two

M: Hi, Laura, could you spare a few minutes to talk about the work placement you did last summer? I'm thinking of doing one myself...

W: Hi, Tim, sure.

M: Didn't you do yours at an environmental services company?

W: That's right. It's only a small company and they needed someone to (5) produce a company brochure.

M: What kind of skills do you think you developed on the placement? I mean, apart from the ones you already had...(6-1) Did you have to do all the art work for the brochure, the layout and everything?

W: We hired the services of a professional photographer for that. I did have to (6-2) use my IT skills to a certain extent because I cut and pasted text from marketing leaflets, but that didn't involve anything I hadn't done before. But I became better at managing time and prioritizing things. And I also got better at explaining things and asserting my opinions, because I had to

have weekly consultations with the marketing manager and give him a progress report.

M: It sounds as if you got a lot out of it then.

W: Absolutely. It was really worthwhile...but you know, the company benefited too...

M: Yes, they must have done. After all, (7) if they'd used a professional advertising agency to produce their brochure instead of doing it in-house, presumably they'd have paid a lot more.

W: Oh, yes. I worked it out. And I think the result is really good. The brochure looks very professional.

M: So in the long run it should help them to attract clients, and improve their sales figures.

W: That's the idea.

M: All in all, it sounds very positive. I think I should go ahead and apply for a placement myself. How do I go about it?

W: It's very easy. There is a government agency called "step" that organizes placements for students. You start by getting their booklet with all the details.

M: Actually, I have seen them in the department office. I'll go and pick one up.

W: And then, (8-1) if I were you, I'll go over all the options with someone.

M: I suppose I should ask my tutor's advice.

W: (8-2) One of the career officers would be better; they've got more about the job market than your tutor.

M: Ok...

### Questions 5 to 8 are based on the conversation you have just heard.

【听前预测】浏览四道题选项可知此对话和工作有关,因此在听的过程中要关注工作任务、学到的东西及原因等信息。

5. What kind of job did Laura do in the company?

【详解】C)。根据对话可知劳拉实习的公司要

求她制作公司手册,因此应该选择 C)。

6. What new skills did Laura get?

【详解】D)。劳拉在工作过程中学会了如何管理时间以及如何安排重要的事情,因此应选择 D)。在公司,有专业人士设计版面,因此排除 A);在实习过程中她能够用到一些 IT 知识,但是没有学到关于 IT 的新技能,因此可排除 B);C) 选项也是她之前就会的,没有涉及新的技能。

7. Why does Laura say the company benefited too?

【详解】C)。对话中提到,如果聘请专业的广告设计来制作公司手册,公司需要支付很多费用,劳拉作为实习生,公司不用付高额的薪酬,并且劳拉把公司手册制作得很好,所以公司也获益很多。因此应选择 C)。

8. What does the woman suggest the man to do?

【详解】D)。对话中女士给男士的建议是让别人帮忙做选择,最好咨询 career officer,因为他们比较专业。因此应选择 D)。

## Section B

### Passage One

There is good news for people who think they do not have time to exercise. A group of researchers from a university in Canada recently published a study (9) that says short bursts of high-intensity exercise are good for you. In fact, this kind of exercise is just as good as spending up to an hour riding a bike or running steadily.

The research team followed 27 men who were not very active for 12 weeks. They divided the men into three groups. One group did short, intense workouts on a bicycle three times a week. Another group rode a bicycle for about 50 minutes, three times a week. The third group did nothing.

The researchers found something they did not expect. (10) The group that exercised for only 10 minutes each session was just as healthy after 12

weeks as the group that exercised for 50 minutes each session. That is because of the way the researchers organized the workouts.

(11) Each group started with a two-minute warm-up and finished with a three-minute cool-down. But in-between, the high-intensity group sprinted for 20 seconds, followed by a two-minute recovery period. They did three sprints for a total of 10 minutes of exercise. This kind of exercise is known as interval training.

The lead author of the study says interval training is both time efficient and effective.

**Questions 9 to 11 are based on the passage you have just heard.**

【听前预测】浏览三道题目的选项可知此文和运动相关,在听的过程中要注意相关信息。

9. What is the good news for people who don't have time to exercise?

【详解】C)。根据文章可知,作者所提到的好消息指的是声称自己没有时间锻炼的人可以通过短时间的剧烈运动来达到相似的效果,因此应选择 C)。

10. What can you get from the research?

【详解】B)。根据文章内容可知,研究人员做了一个实验,一部分人做短时间剧烈运动,另一部分人做长时间的运动,结果表明两种运动效果是一样的,因此应选择 B)。

11. What special training did the intensity group do?

【详解】D)。根据文中所提到的,实验中每一组都从两分钟的热身运动开始,以 3 分钟的放松活动结束。但是在这期间,高强度运动的一组短跑冲刺 20 秒钟,然后进行两分钟的恢复。他们在 10 分钟的运动时间内进行了 3 次冲刺。因此应选择 D)。

### Passage Two

Researchers at the Harvard School of Public Health recently discovered that drinking between three and five cups of coffee a day may prevent cer-

tain illnesses. (12) They found that coffee can protect against heart disease, brain diseases, type 2 diabetes and suicide.

Walter Willett is a nutrition researcher at Harvard and co-author of the study. Willett says the findings extend to both caffeinated and decaffeinated coffee—or decaf, as Americans often call it. (13) So, the health benefits come not from the caffeine in coffee, but from the compounds in the beans.

Researchers also considered other habits such as smoking, obesity, and how active the subjects were. They also looked at what kinds of food the subjects ate, as well as how much alcohol—and what type of alcohol—they drank. This Harvard research adds to a growing body of evidence. (14) This body of evidence finds drinking a moderate of coffee may have many health benefits, including a longer life. This is according to one of the researchers involved in the study.

But how much and when you drink coffee is important. The study said drinking coffee too late in the evening can disrupt your sleep.

When Walter Willett—the co-author of the study was asked about the relation between drinking coffee and benefits of the health, (15) he says the important thing to learn is that if you like coffee, do not feel guilty about drinking it in moderation. If you don't like coffee, don't feel you have to start drinking it to be healthy.

**Questions 12 to 15 are based on the passage you have just heard.**

**【听前预测】**根据四道题的选项可知此篇文章与咖啡有关,要重点关注相关信息。

12. What illness won't be prevented by drinking proper amount of coffee?

**【详解】**D)。根据文章可知喝适量的咖啡有助于预防心脏病、脑部疾病、2型糖尿病以及自杀,因此没有提到的是D)癌症。

13. According to Willett, what may bring the health benefits?

**【详解】**B)。根据文章信息可知,给身体带来好处的是咖啡豆里的混合物质,而不是咖啡因,因此应选择B)。

14. Which of the following can be concluded from the research?

**【详解】**A)。根据文章可知,喝适量的咖啡对身体有好处,因此选择A)。B)说法过于绝对;作者提到在证明这一点时考虑了其他因素,但是并没有证明其他的因素对身体有害,因此应排除C);在晚上喝咖啡会影响睡眠,因此应排除D)。

15. What can we learn from Walter Willett's words?

**【详解】**D)。根据文章可知,Walter Willett提到如果你喜欢喝咖啡,那么喝适量的咖啡不用觉得内疚,如果不喜欢喝,即使咖啡对身体有益,也不要强迫自己去喝。因此应该选择D)。其他选项均与语义不符。

## Section C

### Recording One

Let's talk for a while about bread. Yes, you heard me—bread! All over the world, in Europe and the Americas and in most of Asia, bread is the “staff of life”, it's a key food in people's diets. Almost everyone eats bread—we eat it as toast for breakfast, as sandwiches for lunch, as hamburger buns for dinner. Even in southeast Asia, where rice is King, bread is becoming more and more popular these days. And it should, because it's a very healthy and nutritious, convenient, delicious food!

Man has been making bread since the Stone Age. It's at least ten thousand years old. And it's certainly a basic part of our culture here. It's a significant part of our diet. We talk about a worker being a “breadwinner”, and our job is our “bread and butter”. We call any rich agricultural area of a country

its “breadbasket”. (16) And in fact, “bread” and “dough” are both current slang for “money”, which is another basic necessity in our society.

(17) Throughout our history, our governments have tried to keep the price of bread low and keep its quality good, and they have made repeated efforts to prevent dishonesty and corruption in the baking industry. For instance, there're records of bakers being given heavy fines for selling short weights of bread.

Punishments were rather severe—they included being dragged through the streets, or just put out of business. (18) They provided honest loaves by creating the “baker’s dozen”, which means thirteen objects instead of the normal twelve. By throwing in one extra bun or roll, the baker insured that the dozen he sold was of sufficient total weight to suit the regulations.

(19) Do you know fermentation? For those of you who don't know how bread is made, it's very simple, really. Bakers take advantage of two basic natural facts. First, they use yeast, a plant that eats sugar and then produces alcohol and carbon dioxide as waste products. Second, finely ground wheat, when it's mixed with water and kneaded well, becomes very elastic, because it contains a protein called “gluten”. As the yeast grows and produces carbon dioxide, the gas inflates the elastic bread dough just like so many tiny balloons.

Out of this very simple, natural process has come a common food and a major industry that has impacted our social history, our culture, our politics, and our whole way of life.

**Questions 16 to 19 are based on the recording you have just heard.**

**【听前预测】**浏览四道题的选项可发现关键词为 bread, 因此在听的过程中要注意相关信息。

16. Why does the lecturer tell us that “bread” and “dough” are slang for “money”?

**【详解】**C)。根据短文内容可知,很多俚语都与面包有关,而“bread” and “dough”指的是钱,强调了面包的重要性,因此应选择 C)。

17. Which of the following is not done by the government through the history?

**【详解】**D)。根据短文可知,政府控制面包的价格,并确保面包的质量,此外还严格监督不诚信的行为,因此 A), B) 和 C) 选项内容均为政府所为,所以应该选择 D)。

18. What is a “baker’s dozen”?

**【详解】**B)。dozen 本指 12 个,但是为了体现诚信,面包师会多给一个,因此 baker’s dozen 指的是 13 个,因此选择 B)。

19. What is fermentation?

**【详解】**D)。根据短文可知发酵指的是利用酵母把面粉中的糖转化为酒精和二氧化碳,从而使面团变大,因此应该选择 D)。

### Recording Two

Let's start. Today's topic is fast food. For many people in other countries, fast food equals American food. Well, um, actually, we do eat a lot of hamburgers. In fact, (20) the average American eats three hamburgers a week, along with four orders of French fries. I'll tell you, my son is not average, because he'd eat three hamburgers a day. And I think he eats four orders of French fries by Wednesday. But, even though we still eat hamburgers, did you know that we eat less now than we used to when I was your age? But just because we eat fewer hamburgers does not mean we eat less fast food. As a matter of fact, we eat more fast food than ever.

An easier way to imagine this might be that Americans spend more money annually on fast food than they do on university fees, personal computers, and new cars. We shell out more money for hamburgers, pizza, chicken and French fries than we do for movies, books, magazines, newspapers, DVDs and CDs combined.

In one sense, it's not surprising that we spend more on food than entertainment. After all, we have to eat. But Americans spend more money not just on food, but on fast food. Is this healthy? Um, probably not. Maybe you've noticed that Americans are getting fatter. And I don't mean just a little plump. We're getting obese. America has the largest percentage of obese people among all developed nations. The US surgeon general calls this a crisis.

(21) Think of it like a river. It keeps raining, and the river keeps rising. At first no one is very worried. But the water keeps rising, and rising. Then it overflows its banks and floods the city. Suddenly, we have a crisis. Why is being obese a crisis? Well, for one thing, it's killing us. Obesity—um, being too fat—increases the stress on our bodies. Our hearts and other organs have to work harder, and they break down sooner. (22) Obesity is the number two cause of death in America today, right behind smoking. We all know how bad smoking is. Being too fat is the second-biggest killer.

**Questions 20 to 22 are based on the recording you have just heard.**

**【听前预测】**浏览四道题的选项可发现关键词为 fast food, 因此可推测短文是关于快餐食品的, 听的时候注意快餐的危害。

20. According to the professor, how much does the average American eat each week?

**【详解】**C)。根据短文可知美国人一般一周吃 3 个汉堡, 4 份薯条。所以应该选 C)。

21. Why does the professor mention a river?

**【详解】**B)。根据短文, 在提到河流这个例子之前, 讲话者提到了美国人的肥胖问题, 因此为了让听者能更清楚地认识到肥胖的危害, 讲述者把人的身体比作了河流, 因此应该选择 B)。

22. What is the main danger of obesity?

**【详解】**D)。在短文中提到, 肥胖是导致死亡

的第二大诱因, 仅次于吸烟, 因此应该选择 D)。

### Recording Three

Today, I'd like to talk about coffee. Do you drink coffee? About 8 of every 10 Americans drink coffee each morning, and the typical American will have three cups of it per day. I'm not typical. But it isn't just Americans who need their daily caffeine fix. Most drink coffee for the stimulation provided by caffeine. (23) Do any of you know what caffeine is? Yes, it's a mild natural stimulant. Like most drugs, it's beneficial in small amounts. It's been shown to help, to improve coordination and increase concentration. Also like most drugs, in large amounts it's harmful, and several studies suggest it could contribute to serious diseases such as cancer and heart disease. One cup contains about 100 milligrams of caffeine, which is twice as much as a cup of tea and three times as much as a cup of cola. Because of its popularity, coffee has become one of the world's most important commodities.

How did coffee become so popular? (24) The first coffee beans are rumored to have been discovered by a goat herder. The story is that this goat herder discovered his goat eating these strange berries from a strange plant. The herder tried the berries, probably got buzzed out of his mind, and ran back to his village to spread the news of his exciting discovery.

Seeds of the coffee plant were apparently limited to Africa and Arabia until the 1600s. A Muslim smuggler supposedly sneaked coffee seeds into Turkey, spreading coffee throughout Europe. In 1616, Dutch traders brought the first coffee plant into Europe, and twenty years later they founded a coffee plantation on the island of Java, in present-day Indonesia. (25) A navy officer stole a sprout from the coffee tree of the king of France, and took it across the Atlantic Ocean to replant in Latin America. By

the 1800s, coffee trees had spread to Brazil, where its mountains and fertile volcanic soil soon made it the coffee-growing capital of the world. Today about half the world's coffee is produced in Brazil. There are currently twenty-five different kinds of coffee trees, but two main species—coffee robusta and coffee Arabica. Arabica coffees seem red, and have about 1% caffeine, while robusta coffees are usually black or dark brown, and have about 2% caffeine.

**Questions 23 to 25 are based on the recording you have just heard.**

**【听前预测】**浏览四道题的选项可发现本文与咖啡有关,因此在听的过程中要注意相关信息。

23. What is caffeine?

**【详解】**C)。根据讲话可知,咖啡因是一种温和的天然兴奋剂,因此应选择C)。

24. In what situation did the first person discover coffee?

**【详解】**B)。第一个发现咖啡的人是一个放羊的人,他在放羊时发现羊正在吃一种非常奇怪的果实,然后他也品尝了一下,发现味道很好,因此应选B)。

25. Who contributed to taking coffee to Latin America?

**【详解】**C)。根据讲话可知,第一个将咖啡带到拉丁美洲的是一个海军军官,因此应选C)。

## Part III

## Reading Comprehension

(40 minutes)

### Section A

#### 全文翻译

位于美国西部的俄亥俄州立大学在周四发表的一项研究显示,那些想要戒烟的老烟民需要同时减少酒精的摄入量,这样可能会对戒烟有帮助。

莎拉·德莫迪是俄亥俄州立大学的一名副教授,同时也是这项研究的主要作者,跟她合作的同事们来自于加拿大多伦的成瘾和心理健康中心。在几周的时间里,他们通过观察一群寻求治疗饮酒紊乱的烟民的酒精摄入量,来研究饮酒与吸烟的关系。

德莫迪团队的研究成果显示,当烟瘾重的人减少饮酒量后,他们体内的尼古丁代谢物比例就会降低,这是测量人体内尼古丁代谢速度的一个生物标记。

德莫迪表示,那些嗜酒的烟民们如果想要戒烟,可以通过减少他们的酒精摄入量来降低体内的尼古丁代谢物比例。

正如之前的研究显示,那些体内尼古丁代谢物比例比较高的人更喜欢吸烟,因此戒烟对他们

来说也更困难。

这项研究表明,参与此次调查的人大幅度减少饮酒量后,他们体内的尼古丁代谢物比例就会在同一时段相应地降低。

德莫迪表示,“研究显示,依据尼古丁代谢物的比例,饮酒会改变人体内的尼古丁的代谢,因此烟瘾和酒瘾同时治疗效果可能会更理想。”她的这项研究成果也被刊登在了《尼古丁与烟草研究》杂志上。

#### 选项释义

**名词:** C) association 联合; D) consumption 消耗; G) depletion 消耗; I) links 关系; M) reduction 减少; O) treatment 治疗

**动词:** F) curbed 抑制; J) measuring 测量; K) partnered 合伙; N) reflected 反应

**形容词:** B) assistant 辅助的; H) deputy 副的; L) previous 之前的

**副词:** A) accurately 准确地; E) correspondingly 相应地

26. **【答案解析】**B) 形容词辨析题。本空位于冠词之后,名词 professor 之前,由此可知,本空应为形容词。选项中的形容词有, B) assistant



- 辅助的 H) deputy 副的 L) previous 之前的。其中只有 assistant professor 为固定搭配,译为“副教授”。故选 B) assistant。
27. 【答案解析】K) 动词辨析题。本空前为主语和插入语,后为 with,故应填不及物动词作谓语。本句话说的是: Sarah Dermody 是俄亥俄州立大学的一名副教授,同时也是这项研究的主要作者,跟她\_\_\_\_\_的同事们来自于加拿大多伦多的多成瘾和心理健康中心。动词有: F) curbed 抑制 J) measuring 测量 K) partnered 合伙 N) reflected 反应。其中 J) 为非谓语的形式, N) 为及物动词,故排除; F) 带入不符合上下文。故应填 K) partnered, 带入原文,意为“和……合作”。
28. 【答案解析】I) 名词辨析题。空格前为 examine the, 故本空应填入名词。候选名词有 C) association 联合 D) consumption 消耗 G) depletion 消耗 I) links 关系 M) reduction 减少 D) treatment 治疗。只有 links 可与 examine 构成搭配,表示“研究……的关系”,带入原文,“以此来研究饮酒与吸烟的关系”,符合背景,故应选 I) links。
29. 【答案解析】O) 名词辨析题。本空位于定语从句 who 的部分,前为动词 seeking,其后为介词 for,故该空应填入名词。本句话说的是:“他们通过观察一群寻求\_\_\_\_\_饮酒紊乱的烟民的酒精摄入量”,名词有: C) association 联合, D) consumption 消耗 G) depletion 消耗 M) reduction 减少 O) treatment 治疗,本空格所在位置为定语从句,修饰 smokers,由此可知,这些烟民是为了寻求治疗方法。seek treatment,指“寻求治疗方法”。故本处应选 O) treatment。
30. 【答案解析】F) 动词辨析题。本空所在部分为时间状语从句,前为从句的主语 heavy drinkers,后为名词作宾语,故应填入谓语动词。本句话的主要意思是:“当烟瘾重的人\_\_\_\_\_饮酒量后,他们体内的尼古丁代谢物比例就会\_\_\_\_\_。”同时根据第一段内容,“那些想要戒烟的老烟民需要同时减少酒精的摄入量,这样可能会对戒烟有帮助。”由此可知,该空格的动词词义为减少,候选动词有 F) curbed 抑制 J) measuring 测量 N) reflected 反应,其中 J) 为非谓语,只有 F) curbed 抑制,能与 their drinking 构成搭配,译为“减少饮酒”,符合上下文语境,故应选 F) curbed。
31. 【答案解析】M) 名词辨析题。本空前为冠词,应填名词,且为可数名词。本句意为:“当烟瘾重的人减少饮酒量后,他们体内的尼古丁代谢物比例就会\_\_\_\_\_。”同时根据第一段内容,“那些想要戒烟的老烟民需要同时减少酒精的摄入量,这样可能会对戒烟有帮助。”由此可知,他们体内的尼古丁代谢物比例就会减少。候选名词中 C) association 联合 D) consumption 消耗 G) depletion 消耗 M) reduction 减少,代入原文,只有 M) reduction 减少,符合题意。所以本处选 M) reduction 减少。
32. 【答案解析】J) 动词辨析题。本空所在部分为同位语,前为名词 biomarker,后为 how,所以应填非谓语动词。该句意为“尼古丁代谢物比例是\_\_\_\_\_人体内尼古丁代谢速度的一个生物标记。”候选动词有: J) measuring 测量, N) reflected 反应,本空需用动词 ing 形式,表示主动,故本处应选 J) measuring。
33. 【答案解析】D) 名词辨析题。本空位于 their 后,of 之前,可以得知本处应选名词。本句意为“那些嗜酒的烟民们如果想要戒烟,可以通过减少他们的酒精\_\_\_\_\_来降低他们体内的尼古丁代谢物比例。”候选名词中 C) association 联合 D) consumption 消耗;摄入 G) depletion 消耗。代入原文,只有 D) consumption,符合题意,cut back consumption,意为“减少摄入量”。故本处应选 D) consumption。
34. 【答案解析】L) 形容词辨析题。本空为 as 引导的状语从句,空格后为名词 studies 和谓语

动词 showed,故该空格应为形容词,与 studies 构成该状语从句的主语部分。本句话说的是:“正如\_\_\_\_\_研究显示,”。候选形容词有:H) deputy 副的 L) previous 之前的,previous studies 指之前的研究,符合上下文语境,故正确答案为 L) previous。

35.【答案解析】E) 副词辨析题。本空所在句子不缺少成分,空在动词之后,故该空格为副词。上文指出,“参与此次调查的人如果能大幅度减少饮酒量,他们体内的尼古丁代谢物比例就会在同一时段\_\_\_\_\_降低”。候选副词有 A) accurately 准确地 E) correspondingly 相应地,分别带入该空格,可知饮酒量和尼古丁代谢比例成正比关系,故本处填 E) correspondingly 更为合理。

## Section B

### 全文翻译

研究表明,锻炼对你的身体和大脑都有好处

A) 锻炼的好处是众所周知的:它可以帮助你活得更长久,降低患心脏病、中风和糖尿病的风险。周三发表于《柳叶刀精神病学》杂志上的一项新研究表明,适度锻炼能促进心理健康。

B) 研究人员分析了在 2011 年、2013 年和 2015 年美国疾病控制和预防中心的调查中获得 的 120 万美国成年人的反馈。研究显示,在过去的一个月里,人均心理健康状况不佳的平均天数约为 3.4 天。在过去的一个月里,和那些没有运动的人相比,运动的人中“自我报告心理健康状况不佳”的天数少了约 1.5 天,即 43%。在这项研究中,心理健康状况不佳表现为压力、抑郁和情绪问题。”

C) “我认为,与所有其他治疗方法相比,当病人能有效恰当地进行锻炼时,会产生一种自我效能感和信心,这绝对是一件非常积极的事情。”达拉斯德州大学西南医学中心大脑研究所的小彼得·欧·唐纳尔抑郁症研究和临床护理中心

主任马杜卡·崔维迪博士说。他没有参与这项研究,但他最近在《美国医学会杂志》上发表了一篇论文,将中年健康与低抑郁风险联系起来。

D) 这项研究的作者之一、耶鲁大学精神病学副教授亚当·谢克劳德说:“我认为这是件大事。即使每周只散步三次,人们的心理健康似乎也比完全不运动要好。我认为,从公共健康的角度来看,这是非常重要的。因为它表明,我们有可能对许多人的心理健康产生重大影响。”

E) 最佳的锻炼时间是每周三到五次,每次 45 分钟。并不是运动得越多越好,90 分钟以上的锻炼并不会带来额外益处。运动了 3 小时以上的人与那些完全不运动的人相比,心理健康状况似乎更差。“我认为这是有道理的,”谢克劳德说,“如果你锻炼不够,也许就无法获得生物学方面的意义,也许你没有让身体经历锻炼所带来的强度和变化,而这些变化正是刺激大脑发生生物变化所需要的。在另一个极端,我们经常听说有些人对运动上瘾,而这可能是在自掘坟墓。”

F) 尽管与无所事事相比,任何形式的锻炼都能改善心理健康状况,但效果最显著的是那些参加受欢迎的团体运动(心理健康负担降低 22%)、骑自行车(心理健康负担降低 22%)以及其他有氧和健身活动(心理健康负担降低 20%)的人。研究人员发现,即使是做家务,一个月内心理健康状况不佳的天数也会减少 10%。“在小组环境下锻炼比单独锻炼的好处要略多一些,”特里维迪说,“尽管没有足够有力的证据,但这可能是事实。”谢克劳德也是纽约精神健康创业公司 Spring Health 的首席科学家,该公司座落于纽约,为大型雇主提供心理健康服务。他自己也是名自行车爱好者,关于骑车,他说“这就是生物运动的好处,譬如提高你的呼吸率和心率。但同时,这也是一个机会,在这里,你可以在一段相对较长的时间内不工作,你可以通过思考事情,重新评估发生在你生活中的状况。”

G) 作者调整了各种生理和社会人口因素,如年龄、种族、性别、婚姻状况、社会经济地位、教

育、自我报告的身体健康状况和以前的抑郁症诊断。尽管如此,锻炼所带来的改善仍然超过了其他任何可改变的社会或人口因素,如教育、身体质量指数或家庭收入。报告中包括了75种类型的“锻炼”,因此一些专家更倾向于使用另一个标签。

H) 精神病学家加里·库尼博士在随文一起发表的评论中写道:“在目前的研究中,我们发现诸如育儿、家务、修剪草坪、木工、钓鱼和瑜伽等活动都是锻炼的一种形式。这项研究……在它包罗万象的研究方法中,可能更准确地说,这是关于身体活动而不是锻炼的研究。”

I) 库尼说,尽管这项研究据称是范围最大、“规模空前”的研究,但它确实有一些局限性。他说,精神健康疾病并不是一个庞然大物,各种疾病如痴呆症、物质滥用或人格障碍的研究和临床目的都涉及一些分散的因素。库尼写道:“精神健康和抑郁症之间存在着一种令人不安的互换性,就好像这些概念在功能上是等同的,或者好像其他精神障碍在某种程度上是外围的。”他还引用了作者之前对运动和抑郁症研究的方法。因此,本研究可能对抑郁症的研究提供最多的指导。

J) “我认为,这种特殊的担忧更多的是一种学术担忧,而非实际的担忧,”谢克劳德反驳道,“相对于疾病来说,我们更关心具体评论,我认为部分原因是,我们知道抑郁症和焦虑症是最常见的心理健康状况。当我们谈到心理健康时,大多数人都有情绪或焦虑障碍。因此,确实有些人会患有精神分裂症或躁郁症,但这些情况只占总人口的很小一部分。”

K) “在未来,我们可能会开始研究不同的疾病类型,也许我们会看到一个不同的模式,但我认为,总体而言,这是这种情况下的一种边缘案例,”他补充说。库尼说,因为调查的答案是自我报告得出的,那些患有精神分裂症、分裂情感性障碍或者双相情感障碍的人准确回答问题的能力可能会减弱。

L) 特里维迪说,研究的下一步是提出更详细的问题,并长期跟踪研究对象。这项研究的作者还建议从可穿戴式跟踪器收集数据,比如Fitbit,以便更精确地确定运动的频率、持续时间和强度与心理健康负担之间的关系。

M) 特里维迪说:“病人和其他人实际上应该消息灵通,成为消息灵通的消费者,并向医生询问这对他们来说是否是一种有效的治疗。如果医生说是的,你就要制定一个计划,确保像对待其他治疗方法一样——如果你吃了药,你就要想办法定期服药。如果你的医生和你决定运动是你的治疗方法,那么你就要想办法确保自己基本上吞下了这剂‘运动良药’。”

36. 【详解】G) 转换题。根据题干关键词 age, race, gender, household income and education level, 可定位到G)段的第一、二句。定位句指出“作者调整了各种生理和社会人口因素,如年龄、种族、性别、婚姻状况、社会经济地位、教育、自我报告的身体健康和以前的抑郁症诊断。尽管如此,锻炼所带来的改善仍然超过了其他任何可改变的社会或人口因素,如教育、身体质量指数或家庭收入。”定位句the improvement seen from exercise was more than...与题干中的Exercise is associated with a lower mental health burden属于同义替换,故答案选G)。

37. 【详解】E) 转换题。根据题干关键 three quarters three to five times a week 可定位到E)段的第一句。定位句指出“最佳的锻炼时间是每周三到五次,每次45分钟。”定位段中的The sweet spot与题干中的biggest benefits是同义表述,故答案选E)。

38. 【详解】I) 转换题。根据题干关键词 limitation 可定位到I)段第一句。该段指出“但它确实有一些局限性。他说,精神健康疾病并不是一个庞然大物,各种疾病如痴呆症、物质滥用或人格障碍的研究和临床目的都涉及一些分散的因素。”定位句中discrete factors与题干中

的 rather than exploring specific mood disorders 是同义表达,故答案选 I)。

39. 【详解】B) 转换题。根据题干关键词 one and a half fewer days 可定位到 B) 段第二句。定位句指出, 研究显示, 在过去的一个月里, 人均心理健康状况不佳的平均天数约为 3.4 天。在过去的一个月里, 和那些没有运动的人相比, 运动的人中“自我报告精神健康状况不佳”的天数少了约 1.5 天, 即 43%。定位句中 bad self-reported mental health 与题干中 poor mental health 是同义表达, 故答案选 B)。
40. 【详解】L) 转换题。根据题干关键词 fitness trackers 可定位到 L) 段的最后一句。定位句指出“这项研究的作者还建议从可穿戴式跟踪器收集数据, 比如 Fitbit, 以便更精确地确定运动的频率、持续时间和强度与心理健康负担之间的关系。定位句中 more precisely determine how...are connected 是题干中 the more accurate connection 的同义转换, 故答案选 L)。
41. 【详解】F) 转换题。根据题干关键词 Team sports 可定位到 F) 段的第一句。定位句指出“尽管与无所事事相比, 任何形式的锻炼都能改善心理健康状况, 但效果最显著的是那些参加受欢迎的团体运动(心理健康负担降低 22%)、骑自行车(心理健康负担降低 22%)以及其他有氧和健身活动(心理健康负担降低 20%)的人。”定位句 the strongest association 与题干句 the most positive effect 是同义表达, 故答案选 F)。
42. 【详解】E) 转换题。根据题干关键词 more than 3 hours a day 可定位到 E) 段第二、三句。该段指出“90 分钟以上的锻炼并不会带来额外益处。运动了 3 小时以上的人与那些完全不运动的人相比, 心理健康状况似乎更差。”定位句中 there appeared to be worse mental health 与题干中的 not always better for psychological wellbeing 是同义表达, 故答案选 E)。
43. 【详解】F) 转换题。根据题干关键词 house-

hold chores 可定位到 F) 段的第二句。定位段中的相关句指出“研究人员发现, 即使是做家务, 一个月内心理健康状况不佳的天数也会减少 10%”定位段中 a 10% drop in days of poor mental health 是题干中 a reduction in poor mental health 的同义转换, 故答案选 F)。

44. 【详解】C) 转换题。根据题干关键词 confidence 可定位到 C) 段第一句。定位段指出“马杜卡·崔维迪博士认为, 与所有其他治疗方法相比, 当病人能有效恰当地进行锻炼时, 会产生一种自我效能感和信心, 这绝对是一件非常积极的事情”。定位句中 at the right dose 与题干中 in moderation 是同义转换。故答案选 C)。
45. 【详解】M) 概括题。根据题干关键词 talking to your doctor 可定位到 M) 段。定位句指出特里维迪说: “病人和其他人实际上应该消息灵通, 成为消息灵通的消费者, 并向医生询问这对他们来说是否是一种有效的治疗。”定位句 ask their doctors about whether 是题干中 talking to your doctor 的同义表达。故答案选 M)。

## Section C

### Passage One

#### 全文翻译

(46) 自去年 5 月马克龙当选法国总统以来, 他一直在尝试着改变特朗普的种种执念, 可能是觉得自己有这实力吧。马克龙一直在试图改变美国总统的国家主义、保护主义、气候变化怀疑主义的论调, 想让其认同自己对世界的愿景: 强大的主权国家应携手合作, 以多边方案解决国家间的矛盾。最开始, 他还尝试着与特朗普成为朋友, 但他放弃了。现在他与美国总统聊天时, 经常冷嘲热讽, 话中带刺。

(47) 七国集团成员国的元首到达魁北克之前, 加拿大总理贾斯汀·特鲁多首次露面之时, 马克龙故意在众多领导人面前, 把特朗普所制定的多个与其他成员国元首意见相左的政策又搬

上了台面讨论。美国最老盟友的领导人表示,美国需要有人来说服他们留在“国际社会”中——不是留在狭义层面的与欧盟缔结的巴黎协定或是伊朗协议或者其他自由贸易协定中,也不是在更广义上的跨大西洋联盟中,而是留在最广义的文明世界中。

早在 G7(包括加拿大、美国、日本、法国、意大利、德国、英国)峰会召开之前,马克龙就指出,特朗普可能并不“在意被孤立”,而其他的“6 个成员国则代表了共同的价值观”和“真正的国际力量”。他呼吁要“同霸权主义抗争到底”,他认为“霸权主义”就等同于“适者生存”。他之前也会把这一概念与那些实行单边主义外交政策的人联系起来。(48) 马克龙说:“霸权主义,就意味着法制社会的终结。”

事实上马克龙是有支持者的。欧盟理事会主席多纳尔德·图斯克多日以来一直警告说,美国的新总统特朗普政府会对欧洲的团结造成威胁。他于周五抵达魁北克参加 G7 峰会,并且在会上强调,事实上威胁远不止如此。(49) 他警告道:“基于规则的国际秩序正面临挑战,挑战它的不是别人,正是这个秩序的缔造者和保证者——美国。”

图斯克指出,“我们没法强迫美国改变主意,但与此同时,我们也不会放弃说服我们的美国朋友和特朗普总统,削弱这一秩序毫无意义。因为这样只会让那些想要一个新的后西方秩序的人有了可乘之机,那样的话自由民主和最基本的自由都将不复存在。(50) 这不符合美国与欧洲的共同利益。”这种秩序和这些价值观值得我们去捍卫,图斯克强调道:“因为他们定义了我们的生活方式。”

46. 【答案】D)

【详解】事实细节题。首先根据题干可以把此题定位在第一段。文中首段句中提到 French President Emmanuel Macron has tried to, and maybe believed he could, bend Donald Trump's convictions. 从而可得知法国总统马克龙尝试

改变特朗普的各种执念,即后面提到的 nationalism, protectionism, and climate-change skepticism, 因此本题的正确答案应选择选项 D)。选项 A) “他批评了特朗普的个人行为”, 马克龙重在批评他的政治观点而非他的个人行为。选项 B) “他希望与特朗普合作”, 文中提到最初马克龙希望与特朗普合作但是后来他放弃了。选项 C) “他关心世界未来的发展”这一点未在文中提及。

47. 【答案】B)

【详解】判断推理题。根据题干信息可定位到第二段。第二段中提到...the policies that put Trump at odds with many of the other participants..., 从而可知特朗普的政策与七国集团的领导们的意见不一致, 他的政策遭到了各国领导的反对, 因此可知 B) 为正确选项。选项 A) “他当众侮辱了特朗普”和文章内容不符, 根据原文可知他只是将特朗普的观点拿出来进行讨论, 并没有对特朗普进行侮辱。选项 C) “他说服各国领导站在他这一边”未在文中提及。选项 D) “贾斯汀·特鲁多煽动各国领导反对特朗普荒谬的政策”也未提到。

48. 【答案】A)

【详解】词汇题。第三段中提到 He vowed to “fight hegemony,” which he defined as the “survival of the fittest,” a concept he has previously associated with those who practice unilateralist foreign policy. 也就是说他反对霸权主义, 并且霸权主义和单边主义相关, 因此可推断 Hegemony spells “the end of the rule of law.” 意思为霸权主义意味着法治社会的终结, 因此选项 A) “表明、预示”为正确选项。选项 B) “减轻”, 选项 C) “消除”, 选项 D) “缓和”均不符合语境。

49. 【答案】D)

【详解】事实细节题。根据题干所提到的 Donald Tusk 可定位到第四段, 在第四段中 Donald Tusk 提到 the new American president posed a

threat to European unity, 美国的新总统对欧洲的团结造成威胁, 并且 rules-based international order is being challenged (基于规则的国际秩序面临着挑战), 因此可知美国总统的政策会导致健康的国际秩序被打破进而导致欧洲的不和谐, 即 D) 为正确选项。选项 A) “美国被孤立”, 选项 B) “美国被逐出七国成员”, 选项 C) “新秩序的建立” 均不符合文意。

50. 【答案】 B)

【详解】观点态度题。观点态度题一般要从段落的开头或者末尾找答案。根据最后一段的末尾可知 This is in the interest of neither the U. S. nor Europe. This order and these values are worth fighting for, Tusk insisted. 在这句话中 the order and these values 指的是旧的基于规则的秩序, 因此新的秩序会导致民主和自由的消亡, 这不符合美国和欧洲的共同利益, 因此要维护旧的有规则的秩序, 所以选项 B) 正确。选项 A) “被动接受”, 选项 C) “轻微的犹豫”, 选项 D) “完全的漠不关心” 均不符合语境。

Passage Two

全文翻译

一提到人工智能, 大多数人就会想到机器人。但更符合的形象可能是罗马神话中的两面神杰那斯, 杰那斯是掌管开始、过程和结束的神, (51-1) 脑袋前后长着两张脸。一张脸代表的是人工智能带来的积极变化, 能用技术帮助提高人们现有的技能, 以更快的速度实现目标。招聘人员将能够更容易地找到最适合的候选人, 客服人员能更快地处理咨询事务。

(52-1) 人工智能提高了服务的质量, 提供了更多的个性化服务, 以及更快、更高效的商品运输, 从而也能让消费者受益。人工智能还更根本性地改变了医疗业和运输业等行业, 这将有助于发明新的药物和治疗方法, 也能让运输变得更加安全, 而消费者也将会从中受益。(51-2) 不过从另一个角度来看 (另一张脸), 人工智能有不少

潜在的隐患。(52-2) 技术变革总会带来颠覆性的变化, 但自从计算机问世之后, 人工智能造成的影响极有可能超过其他任何技术, 它带来的后果可能更具颠覆破坏性。人工智能功能强大且相对便宜, 将会以比计算机更快的速度传播, 并影响到每一个行业。

在未来几年, 人工智能将给企业家和政府带来三大问题。(53) 第一个问题就是对就业的影响。尽管首席执行官们公开称赞人工智能将带来广泛的收益, 但带来的主要好处还是降低成本。据麦肯锡全球研究院估计: 到 2030 年, 多达 3.75 亿人 (占全球劳动力总数的 14%) 的工作岗位将被自动化技术所替代。老板们将决定是否愿意为职工提供就业再培训并支付相关费用, 以及是否抽出时间为职工提供再就业培训。许多企业表示愿意培训职工, 让其掌握新技能, 但费用不应由企业承担。

第二个重要的问题是在人工智能传播的过程中如何保护个人隐私。利用互联网, 已经可以从微小的细节中追踪人们操控数码设备的行为。人工智能可以为企业提供更好的工具, 不管是在线上还是线下都可对顾客和雇员进行监控。如果企业通过此为顾客提供个性化服务或量身定制的促销活动, 顾客有时会欣然接受。(54) 人工智能必定会引起一些可以被视为蛮横的侵犯隐私的行为。世界各国的执法官员将利用人工智能技术发现罪犯, 但也可能利用其来窥探普通公民。需要制定新规则以确保达成共识: 在何种程度的监测是合理的。

第三个问题是关于人工智能对商业竞争方面的影响。如今很多软件公司竞相为企业提供人工智能增强工具。但一家在人工智能领域取得重大突破的科技公司可能会领先于竞争对手, 让对手破产, 就此削弱了市场竞争。

51. 【答案】 D)

【详解】判断推理题。文章第一段提到, 更符合人工智能的形象可能是罗马神话中的两面神杰那斯, 脑袋前后长着两张脸。一方面是

人工智能带来的积极变化,另一面是人工智能带来的潜在危险,因此可知 D) 为正确选项。选项 A) “它是掌管开始、过程和结束的神”虽然为正确事实但是与人工智能关系不是很紧密。选项 B) “它是最厉害的神”和选项 C) “它的形象启发人们开发了人工智能”均未在文中提到。

52. 【答案】A)

【详解】判断推理题。文章第二段中提到人工智能有诸多好处,它提高了服务的质量,提供了更多的个性化服务,以及更快、更高效的商品运输。人工智能还更根本性地改变了医疗业和运输业等行业,但是它也有不少潜在的隐患。它带来的后果可能更具颠覆破坏性。人工智能功能强大且相对便宜,将会以比计算机更快的速度传播,并影响到每一个行业。因此可知人工智能的好处和危害都非常的巨大,并关系到方方面面,即选项 A) 为正确选项。选项 B) “人工智能的优势大于劣势”,选项 C) “人工智能带来的问题亟待解决”,选项 D) “人工智能的发展将无法控制”均未在文中提到。

53. 【答案】B)

【详解】事实细节题。第三段中提到人工智能对就业的影响主要还是用机器人和自动化技术代替人工从而降低成本。因此可知 B) 为正确选项。选项 A) “逼迫员工接受再培训”,选项 C) “给公司带来全面的利益”,选项 D) “使员工可以享受假期”均不符合文意。

54. 【答案】C)

【详解】词汇题。根据第四段具体语境和具体事例可知人工智能必定会带来一些可以被视为蛮横的侵犯隐私的行为。因此选项 C) “野蛮的”为正确选项。选项 A) “可接受的”,选项 B) “能防御的”,选项 D) “肤浅的”均不符合语境。

55. 【答案】B)

【详解】判断推理题。通读全文可知本文章主要讲述的是人工智能给人们带来的好处和危害,尤其是给企业和政府带来的一系列问题,因此可知人工智能具有两面性,即 B) 为正确选项,能够概括全文的内容。选项 A) “人工智能带来的社会变革”,选项 C) “对人工智能发展的抵制”,选项 D) “人工智能是否应该被控制”均不是文章的主要内容,因此不能作为标题。

Part IV

Translation

(30 minutes)

参考译文

①Peking Opera, often called the State Opera, is popular nationwide and has a wide influence. ②It has become an important means of introducing and conveying Chinese culture. ③Its performance system named after Mei Lanfang has been regarded as the representative of the Oriental performance system and was called, together with Stanislavski and Brecht performance systems, the world's three major performance systems. ④Peking Opera is an important form of expression of Chinese traditional culture, the many artistic elements of which have been

used as symbols of Chinese traditional culture. ⑤However, in recent years, due to changes of society, the gap between Peking Opera and the contemporary aesthetics has been widening. ⑥The number of audience has dropped sharply and the programs has decreased. ⑦Consequently, how to realize the preservation and thriving of Peking Opera has become a problem to be addressed very soon.

【解析】

①注意本句话将“有‘国剧’之称”处理为同位语,“流播全国,影响甚广”处理为谓语,注意应使用一般现在时。

②本句话翻译时,将“介绍、传播中国传统文化”译为 introducing and conveying Chinese culture。

③本句话较长,翻译时,能力强的考生可以像参考译文一样进行合句翻译。也可以拆分成两句话。Its performance system named after Mei Lanfang has been regarded as the representative of the Oriental performance system. It was also called, together with Stanislavski and Brecht performance systems, the world's three major performance systems。

④本句话主干句中的“重要表现形式”译为 an important form of expression of Chinese tradition-

al culture。“其中的多种艺术元素被用作中国传统文化的象征符号”可以用 which 引导的定语从句与主句衔接,构成树型结构。

⑤本句翻译时,注意应用现在完成进行时。“京剧艺术与当代人的审美距离”译为 the gap between Peking Opera and the contemporary aesthetics。

⑥“观众锐减,上演剧目萎缩”与上句主语和时态都发生了变化,故拆句进行翻译。译为 The number of audience has dropped sharply and the programs have decreased。

⑦本句翻译时,注意要补充添加 Consequently 表示与上文的承接关系。