# 2022年全国硕士研究生考试考研英语(二)部分试题及答案

**Section I Use of English**

Directions:

Read the following text. Choose the best word(s) for each numbered blank and mark A, B, C or D on the ANSWER SHEET. (10 points)

Harlan Coben believes that if you’re a writer, you’ll find the time; and that if you can’t find the time, then writing isn’t a priority and you’re not a writer. For him, writing is a 1 job–a job like any other. He has 2 it with plumbing, pointing out that a plumber doesn’t wake up and say that he can’t work with pipes today.

3 , like most writers these days, you’re holiday down a job to pay the bills, it’s not 4 to find the time to write. But it’s not impossible. It requires determination and single-mindedness. 5 that most bestselling authors began writing when they were doing other things to earn a living. And today, even writers who are fairly 6 often have to do other work to 7 their writing income.

As Harlan Coben has suggested, it’s a 8 of priorities. To make writing a priority, you’ll have to 9 some of your day-to-day activities and some things you really enjoy. Depending on your 10 and your lifestyle, that might mean spending less time watching television or listening to music, though some people can write 11 they listen to music. You might have to 12 the amount of exercise or sport you do. You’ll have to make social media an 13 activity rather than a daily, time-consuming 14 . There’ll probably have to be less socializing with your friends and less time with your family. It’s a 15 learning curve, and it won’t always make you popular.

There’s just one thing you should try to keep at least some time for, 16 your writing–and that’s reading. Any writer needs to read as much and as widely as they can; it’s the one 17 supporter–something you can’t do without.

Time is finite. The older you get, the 18 it seems to go. We need to use it as carefully and as 19 as we can. That means prioritising our activities so that we spend most time on the things we really want to do. If you’re a writer, that means  20  writing.

1. [A] difficult [B] normal [C] steady [D] pleasant

2. [A] combined [B] compared [C] confused [D] confronted

3. [A] If [B] Though [C] Once [D] Unless

4. [A] enough [B] strange [C] wrong [D] easy

5. [A] Accept [B] Explain [C] Remember [D] Suppose

6. [A] well-known [B] well-advised [C] well-informed [D] well-chosen

7. [A] donate [B] generate [C] supplement [D] calculate

8. [A] cause [B] purpose [C] question [D] condition

9. [A] highlight [B] sacrifice [C] continue [D] explore

10. [A] relations [B] interests [C] memories [D] skills

11. [A] until [B] because [C] while [D] before

12. [A] put up with [B] make up for [C] hang on to [D] cut down on

13. [A] intelligent [B] occasional [C] intensive [D] emotional

14. [A] habit [B] test [C] decision [D] plan

15. [A] tough [B] gentle [C] rapid [D] funny

16. [A] in place of [B] in charge of [C] in response to [D] in addition to

17. [A] indispensable [B] innovative [C] invisible [D] instant

18. [A] duller [B] harder [C] quieter [D] quicker

19. [A] peacefully [B] generously [C] productively [D] gratefully

20 [A] at most [B] in turn [C] on average [D] above all

【答案】

1. [B] normal

2. [B] compared

3. [A] If

4. [D] easy

5. [C] Remember

6. [A] well-known

7. [C] supplement

8. [C] question

9. [B] sacrifice

10. [B] interests

11. [C] while

12. [D] cut down on

13. [B] occasional

14. [A] habit

15. [A] tough

16. [D] in addition to

17. [A] indispensable

18. [D] quicker

19. [C] productively

20. [D] above all

**Section II Reading Comprehension**

**Part A**

Directions:

Read the following four texts. Answer the questions after each text by choosing A, B, C or D. Mark your answers on the ANSWER SHEET. (40 points)

**Text 1**

On a recent sunny day, 13,000 chickens roam over Larry Brown’s 40 windswept acres in Shiner, Texas. Some rest in the shade of a parked car. Others drink water with the cows. This all seems random, but it’s by design, part of what the $6.1 billion U.S. egg industry bets will be its next big thing: climate-friendly eggs.

These eggs, which are making their debut now on shelves for as much as $8 a dozen, are still labeled organic and animal-friendly, but they’re also from birds that live on farms using regenerative agriculture—special techniques to cultivate rich soils that can trap greenhouse gases. Such eggs could be marketed as helping to fight climate change.

“I’m excited about our progress,” says Brown, who harvests eggs for Denver-based NestFresh Eggs and is adding more cover crops that draw worms and crickets for the chickens to eat. The birds’ waste then fertilizes fields. Such improvements “allow our hens to forage for higher-quality natural feed that will be good for the land, the hens, and the eggs that we supply to our customers.”

The egg industry’s push is the first major test of whether animal products from regenerative farms can become the next premium offering. In barely more than a decade, organic eggs went from being dismissed as a niche product in natural foods stores to being sold at Walmart. More recently there were similar doubts about probiotics and plant-based meats, but both have exploded into major supermarket categories. If the sustainable-egg rollout is successful, it could open the floodgates for regenerative beef, broccoli, and beyond.

Regenerative products could be a hard sell, because the concept is tough to define quickly, says Julie Stanton, associate professor of agricultural economics at Pennsylvania State University Brandywine. Such farming also brings minimal, if any, improvement to the food products (though some producers say their eggs have more protein).

The industry is betting that the same consumers paying more for premium attributes such as free-range, non-GMO, and pasture-raised eggs will embrace sustainability. Surveys show that younger generations are more concerned about climate change, and some of the success of plant-based meat can be chalked up to shoppers wanting to signal their desire to protect the environment. Young adults “really care about the planet,” says John Brunnquell, president of Egg Innovations. “They are absolutely altering the food chain beyond what I think even they understand what they’re doing.”

21. The climate-friendly eggs are produced \_\_\_\_\_\_.

[A] at a considerably low cost

[B] at the demand of regular shoppers

[C] as a replacement for organic eggs

[D] on specially designed farms

22. Larry Brown is excited about his progress in \_\_\_\_\_\_.

[A] reducing the damage of climate change

[B] accelerating the disposal of waste

[C] creating a sustainable system

[D] attracting customers to his products

23. The example of organic eggs is used in Paragraph 4 to suggest \_\_\_\_\_\_.

[A] the doubts over natural feeds

[B] the setbacks in the egg industry

[C] the potential of regenerative products

[D] the promotional success of supermarkets

24. It can be learned from the last paragraph that young people \_\_\_\_\_\_.

[A] are reluctant to change their diet

[B] are likely to buy climate-friendly eggs

[C] are curious about new food

[D] are amazed at agriculture advances

25. John Brunnquell would disagree with Julie Stanton over regenerative product’s \_\_\_\_\_\_.

[A] market prospects

[B] standard definition

[C] nutritional value

[D] moral implication

【答案解析】

21. [D] on specially designed farms

【解析】本题为细节题。根据题干关键词climate-friendly eggs定位到第一段末句：This all seems random, but it’s by design, part of ... next big thing: climate-friendly eggs(这看起来随意，但其实是设计好的，是下一个大事件气候友好蛋的一部分)。其中This指的是第一段开头描述的养鸡农场景象。养鸡农场是设计好的，用于生产气候友好蛋，由此可知气候友好蛋是在specially designed farms(经过特别设计的农场)上生产的，所以本题选D。

22. [C] creating a sustainable system

【解析】本题为细节题。根据题干关键词Larry Brown is excited about his progress定位到第三段①句，该句提到(Brown) is adding more cover crops that draw worms and crickets for the chickens to eat(Brown正在添加更多的覆盖作物来吸引蠕虫和蟋蟀给鸡吃)。结合②句The birds’ waste then fertilizes fields(然后鸡的排泄物可以给田地施肥)和③句中的Such improvements “allow our hens to forage for higher-quality natural feed ...”(这样的改进使我们的母鸡能够找到更高质量的天然食物)可知，C项creating a sustainable system(创造一个可持续的系统)是对①-③句的合理概括，所以本题选C。

23. [C] the potential of regenerative products

【解析】本题为例证题。例证题通常考查根据论据寻找论点的能力，论点一般在论据的前面。根据题干关键词organic eggs定位到第四段②句，该句为论据，其所要说明的事物为①句：whether animal products from regenerative farms can become the next premium offering(来自再生农场的动物产品能否成为下一个优质产品)。C项the potential of regenerative products(再生产品的潜力)是对①句中问题的合理概括，所以本题选C。

24. [B] are likely to buy climate-friendly eggs

【解析】本题为细节题。根据题干中的young people可先定位到最后一段中的②句：younger generations are more concerned about climate change(年轻一代更加关心气候变化)。结合③句中的Young adults “really care about the planet”(年轻人真的关心地球)和④句中的They are absolutely altering the food chain(他们绝对在改变食物链)，可以判断年轻人很可能在从食物方面为改善气候和地球环境做贡献。B项are likely to buy climate-friendly eggs(可能购买气候友好蛋)是对②-④句的合理推断，所以本题选B。

25. [A] market prospects

【解析】本题为细节题。根据题干中的John Brunnquell定位到最后一段中的③句，Brunnquell说年轻人真的关心地球。结合④句他说年轻人绝对在改变食物链，可见他认为年轻人可能通过消费气候友好蛋等再生产品来保护地球，对再生产品的市场前景是乐观的。再根据题干中的Julie Stanton定位到倒数第二段的①句，Stanton说Regenerative products could be a hard sell(再生产品可能要被强行推销)，可见她对再生产品的市场前景是悲观的。因此这两人在再生产品的市场前景方面的观点是不一致的，A项market prospects(市场前景)准确指出了两人观点的分歧所在，所以本题选A。

**Text 2**

More Americans are opting to work well into retirement, a growing trend that threatens to up end the old workforce model.

One in three Americans who are at least 40 have or plan to have a job in retirement to prepare for a longer life, according to a survey conducted by Harris Poll for TD Ameritrade. Even more surprising is that more than half of “unretirees”–those who plan to work in retirement or went back to work after retiring–said they would be employed in their later years even if they had enough money to settle down, the survey showed.

Financial needs aren’t the only culprit for the “unretirement” trend. Other reasons, according to the study, include personal fulfillment such as staying mentally fit, preventing boredom or avoiding depression.

“The concept of retirement is evolving,” said Christine Russell, senior manager of retirement at TD Ameritrade. “It’s not just about finances. The value of work is also driving folks to continue working past retirement.”

One reason for the change in retirement patterns: Americans are living longer. The share of the population 65 and older was 16% in 2018, up 3.2% from the prior year, according to the U.S. Census Bureau. That’s also up 30.2% since 2010.

Because of longer life spans, Americans are also boosting their savings to preserve their nest eggs, the TD Ameritrade study showed, which surveyed 2,000 adults between 40 to 79. Six in 10 “unretirees” are increasing their savings in anticipation of a longer life, according to the survey. Among the most popular ways they are doing this, the company said, is by reducing their overall expenses, securing life insurance or maximizing their contributions to retirement accounts.

Unfortunately, many people who are opting to work in retirement are preparing to do so because they are worried about making ends meet in their later years, said Brent Weiss, a co-founder at Baltimore-based financial-planning firm Facet Wealth. He suggested that preretirees should speak with a financial adviser to set long-term financial goals.

“The most challenging moments in life are getting married, starting a family and ultimately retiring,” Weiss said. “It’s not just a financial decision, but an emotional one. Many people believe they can’t retire.”

26. The survey conducted by Harris Poll indicates that .

[A] over half of the retirees are physically fit for work

[B] the old workforce is as active as the younger one does

[C] one in three Americans enjoy earlier retirement

[D] more Americans are willing to work in retirement

27. It can be inferred from Paragraph 3 that Americans tend to think that .

[A] retirement may cause problems for them

[B] boredom can be relieved after retirement

[C] the mental health of retirees is overlooked

[D] “unretirement”contributes to the economy

28. Retirement patterns are changing partly due to .

[A] labor shortage

[B] population growth

[C] longer life expectancy

[D] rising living costs

29. Many retirees are increasing their savings by .

[A] investing more in stocks

[B] taking up odd jobs

[C] getting well-paid work

[D] spending less

30. With regard to retirement, Brent Weiss thinks that many people are .

[A] unprepared

[B] unafraid

[C] disappointed

[D] enthusiastic

【答案解析】

26. [D] more Americans are willing to work in retirement

【解析】本题为细节题。根据题干关键词The survey conducted by Harris Poll定位到第二段①句：One in three Americans who are at least 40 have or plan to have a job in retirement to prepare for a longer life。D项中的are willing to work in retirement(愿意在退休后工作)是对原文have or plan to have a job in retirement(已经或计划在退休后获得一份工作)的同义转述，所以本题选D。

27. [A] retirement may cause problems for them

【解析】本题为细节题。根据题干关键词Paragraph 3定位到第三段，Americans tend to think that在第三段中没有对应内容，第三段整体分析了美国人选择在退休后继续工作的原因。①句说明经济需求不是唯一原因，②句列举了其他原因，诸如保持精神健康，避免无聊或沮丧，由此可反推，美国人认为退休会给自身带来此类问题，所以本题选A。

28. [C] longer life expectancy

【解析】本题为细节题。根据题干关键词Retirement patterns are changing定位到第五段①句One reason for the change in retirement patterns: Americans are living longer。C项longer life expectancy(更长的预期寿命)为该句中Americans are living longer(美国人的寿命越来越长)的同义转述，所以本题选C。

29. [D] spending less

【解析】本题为细节题。根据题干关键词increasing their savings可定位到第六段①句Americans are also boosting their savings to preserve their nest eggs，及②句Six in 10 “unretirees” are increasing their savings in anticipation of a longer life，这两句都在描述美国人增加储蓄的事实，紧承的③句Among the most popular ways they are doing this, the company said, is by reducing their overall expenses提出了最受欢迎的方式之一减少总体开支，对应了D项，所以本题选D。

30. [A] unprepared

【解析】本题为细节题。根据题干关键词With regard to retirement，Brent Weiss定位到第七段①句Unfortunately, many people who are opting to work in retirement are preparing to do so because they are worried about making ends meet in their later years, said Brent Weiss。由该句because they are worried about making ends meet in their later years(因为他们担心晚年入不敷出)可推知，许多人并没有准备好退休，对应了A项，所以本题选A。

**Text 3**

We have all encountered them, in both our personal and professional lives. Think about the times you felt tricked or frustrated by a membership or subscription that had a seamless sign-up process but was later difficult to cancel. Something that should be simple and transparent can be complicated, intentionally or unintentionally, in ways that impair consumer choice. These are examples of dark patterns.

First coined in 2010 by user experience expert Harry Brignull, “dark patterns" is a catch-all term for practices that manipulate user interfaces to influence the decision-making ability of users. Brignull identifies 12 types of common dark patterns, ranging from misdirection and hidden costs to “roach motel”, where a user experience seems easy and intuitive at the start, but turns difficult when the user tries to get out.

In a 2019 study of 53,000 product pages and 11,000 websites, researchers found that about one in 10 employs these design practices. Though widely prevalent, the concept of dark patterns is still not well understood. Business and nonproft leaders should be aware of dark patterns and try to avoid the gray areas they engender.

Where is the line between ethical, persuasive design and dark patterns? Businesses should engage in conversations with IT, compliance, risk, and legal teams to review their privacy policy, and include in the discussion the customer/user experience designers and coders responsible for the company's user interface, as well as the marketers and advertisers responsible for sign-ups, checkout baskets, pricing, and promotions. Any or all these teams can play a role in creating or avoiding “digital deception.”

Lawmakers and regulators are slowly starting to address the ambiguity around dark patterns, most recently at the state level. In March, the California Attorney General announced the approval of additional regulations under the California Consumer Privacy Act (CCPA) that “ensure that consumers will not be confused or misled when seeking to exercise their data privacy rights.” The regulations aim to ban dark patterns- this means prohibiting companies from using "confusing language or unnecessary steps such as forcing them to click through multiple screens or listen to reasons why they shouldn’t opt out.”

As more states consider promulgating additional regulations, there is a need for greater accountability from within the business community. Dark patterns also can be addressed on a self-regulatory basis, but only if organizations hold themselves accountable, not just to legal requirements, but also to industry best practices and standard.

31. It can be learned from the first two paragraphs that dark patterns \_\_\_\_\_\_.

[A] improve user experiences

[B] leak user information for profit

[C] undermine users’ decision-making

[D] remind users of hidden costs

32. The 2019 study on dark patterns is mentioned to show \_\_\_\_\_\_.

[A] their major flaws

[B] their complex designs

[C] their severe damage

[D] their strong presence

33. To handle digital deception, businesses should \_\_\_\_\_\_.

[A] listen to customer feedback

[B] talk with relevant teams

[C] turn to independent agencies

[D] rely on professional training

34. The additional regulations under the CCPA are intended to \_\_\_\_\_\_.

[A] guide users through opt-out processes

[B] protect consumers from being tricked

[C] grant companies data privacy rights

[D] restrict access to problematic content

35. According to the last paragraph, a key to coping with dark patterns is \_\_\_\_\_\_.

[A] new legal requirements

[B] businesses' self-discipline

[C] strict regulatory standards

[D] consumers' safety awareness

**【答案】**

31. [C] undermine users’ decision-making

32. [D] their strong presence

33. [B] talk with relevant teams

34. [B] protect consumers from being tricked

35. [B] businesses' self-discipline

**Text 4**

Although ethics classes are common around the world, scientists are unsure if their lessons can actually change behavior; evidence either way is weak, relying on contrived laboratory tests or sometimes unreliable self-reports. But a new study published in Cognition found that, in at least one real-world situation, a single ethics lesson may have had lasting effects.

The researchers investigated one class session’s impact on eating meat. They chose this particular behavior for three reasons, according to study co-author Eric Schwitzgebel, a philosopher at the University of California, Riverside: students’ attitudes on the topic are variable and unstable, behavior is easily measurable, and ethics literature largely agrees that eating less meat is good because it reduces environmental harm and animal suffering. Half of the students in four large philosophy classes read an article on the ethics of factory-farmed meat, optionally watched an 11-minute video on the topic and joined a 50-minute discussion. The other half focused on charitable giving instead. Then, unknown to the students, the researchers studied their anonymized meal-card purchases for that semester—nearly 14,000 receipts for almost 500 students.

Schwitzgebel predicted the intervention would have no effect; he had previously found that ethics professors do not differ from other professors on a range of behaviors, including voting rates, blood donation and returning library books. But among student subjects who discussed meat ethics, meal purchases containing meat decreased from 52 to 45 percent—and this effect held steady for the study’s duration of several weeks. Purchases from the other group remained at 52 percent.

“That's actually a pretty large effect for a pretty small intervention,” Schwitzgebel says.

Psychologist Nina Strohminger at the University of Pennsylvania, who was not involved in the study, says she wants the effect to be real but cannot rule out some unknown confounding variable. And if real, she notes, it might be reversible by another nudge: “Easy come, easy go.”

Schwitzgebel suspects the greatest impact came from social influence—classmates or teaching assistants leading the discussions may have shared their own vegetarianism, showing it as achievable or more common. Second, the video may have had an emotional impact. Least rousing, he thinks, was rational argument, although his co-authors say reason might play a bigger role. Now the researchers are probing the specific effects of teaching style, teaching assistants’ eating habits and students’ video exposure. Meanwhile Schwitzgebel—who had predicted no effect—will be eating his words.

36. Scientists generally believe that the effects of ethics classes are \_\_\_\_\_\_.

[A] hard to determine

[B] narrowly interpreted

[C] difficult to ignore

[D] poorly summarized

37. Which of the following is a reason for the researchers to study meat-eating?

[A] It is common among students.

[B] It is a behavior easy to measure.

[C] It is important to students’ health.

[D] It is a hot topic in ethics classes.

38. Eric Schwitzgebel’s previous findings suggest that ethics professors \_\_\_\_\_\_.

[A] are seldom critical of their students

[B] are less sociable than other professors

[C] are not sensitive to political issues

[D] are not necessarily ethically better

39. Nina Strohminger thinks that the effect of the intervention is \_\_\_\_\_\_.

[A] permanent

[B] predictable

[C] uncertain

[D] unrepeatable

40. Eric Schwitzgebel suspects that the students’ change in behavior \_\_\_\_\_\_.

[A] can bring psychological benefits

[B] can be analyzed statistically

[C] is a result of multiple factors

[D] is a sign of self-development

【答案解析】

36. [A] hard to determine

【解析】本题为细节题。根据题干关键词Scientists、ethics classes定位到第一段①句的前半句：Although ethics classes are common around the world, scientists are unsure if their lessons can actually change behavior。其中can actually change behavior(确实能够改变行为)指的就是题干中的effects(效果)。A项hard to determine(很难确定)是对①句中unsure(不确定的)的同义替换。所以本题选A。

37. [B] It is a behavior easy to measure.

【解析】本题为细节题。根据题干关键词reason定位到第二段②句：They chose this particular behavior for three reasons ...: students’ attitudes on the topic are variable and unstable, behavior is easily measurable, and ethics literature largely agrees that eating less meat is good ...。其中They指the researchers，this particular behavior指meat-eating。B项It is a behavior easy to measure(它是一种容易测量的行为)是对②句中behavior is easily measurable(行为是容易测量的)的同义替换。所以本题选B。

38. [D] are not necessarily ethically better

【解析】本题为细节题。根据题干关键词previous findings和ethics professors定位到第三段①句的后半句：he had previously found that ethics professors do not differ from other professors on a range of behaviors, including voting rates, blood donation ...。其中he指Eric Schwitzgebel, a range of behaviors指的是包括投票率、献血等在内的道德行为。D项are not necessarily ethically better(未必在道德上更好)是对①句中do not differ from other professors on a range of behaviors(在一系列行为上与其他教授并无不同)的合理概括。所以本题选D。

39. [C] uncertain

【解析】本题为细节题。根据题干关键词Nina Strohminger和the effect定位到第四段②句：Psychologist Nina Strohminger ... says she wants the effect to be real but cannot rule out some unknown confounding variable。其中the effect指the effect of the intervention。C项uncertain(不确定的)是对②句中cannot rule out some unknown confounding variable(不能排除一些未知的混淆变量)的合理推断，即Nina Strohminger认为一些混淆变量可能和the intervention干预手段一起影响了实验结果，因此干预手段的效果是不确定的。所以本题选C。

40. [C] is a result of multiple factors

【解析】本题为细节题。根据题干关键词Schwitzgebel suspects定位到第五段①句的前半句：Schwitzgebel suspects the greatest impact came from social influence，即导致学生行为变化的最大影响来自于社会影响。结合②句中的Second, the video may have had an emotional impact(第二，视频可能产生了情感方面的影响)，以及③句中的Least rousing ... was rational argument(最不激动人心的是理性讨论)，可知Schwitzgebel提到了社会影响、视频、理性讨论等多种影响因素。C项is a result of multiple factors(是多种因素的结果)是对①-③句中各种影响因素的合理概括。所以本题选C。

**Section II Reading Comprehension**

**Part B**

Directions:

Read the following text and answer the questions by choosing the most suitable subheading from the list A-G for each of the numbered paragraphs (41-45). There are two extra subheadings which you do not need to use. Mark your answers on the ANSWER SHEET. (10 points)

[A] Make it a habit

[B] Don’ t go it alone

[C] Start low , go slow

[D] Talk with your doctor

[E] Listen to your body

[F] Go through the motions

[G] Round out your routine

How to Get Active Again After a Break

Moving your body has been shown to reduce anxiety and depression, lower rates of many types of cancer and the risk of a heart ­attack, and improve overall immunity. It also helps build strength and stamina.Getting back into exercise can be a challenge in the best of times, but with gyms and in-person exercise classes off - limits to many people these days because of COVID-19 concerns, it can be tricky to know where to start. And it’s important to get the right dose of

activity. “Too much too soon either results in injury or burnout,” says Mary Yoke, PhD, a faculty member in the kinesiology department at Indiana University in Bloomington.

The following simple strategies will help you return to exercise safely after a break.

41.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Don’t try to go back to what you were doing before your break. If you were walking 3 miles a day, playing 18 holes of golf three times week, or lifting 10-pound dumbbells for three sets of 10 reps, reduce activity to half a mile every other day, or nine holes of golf once a week with short walks on other days, or use 5-pound dumbbells for one set of 10 reps.

Increase time, distance, and intensity gradually. “This isn’t something you can do overnight,” Denay says. But you will reap benefits such as less anxiety and improved sleep right away.

42.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you’re breathing too hard to talk in complete sentences, back off. If you feel good, go a little longer or faster. Feeling wiped out after a session? Go easier next time. And stay alert to serious symptoms, such as chest pain or pressure, severe shortness of breath or dizziness, or faintness, and seek medical attention immediately.

43.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Consistency is the key to getting stronger and building endurance and stamina.

Ten minutes of activity per day is a good start, says Marcus Jackovitz, DPT, a physical therapist at the University of Miami Hospital. All the experts we spoke with highly recommend walking because it’s the easiest, most accessible form of exercise. Although it can be a workout on its own, if your goal is to get back to Zumba classes, tennis, cycling, or any other activity, walking is also a great first step.

44.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Even if you can’t yet do a favorite activity, you can practice the moves. With or without a club or racket, swing like you’re hitting the ball. Paddle like you're in a kayak or canoe. Mimic your favorite swimming strokes. The action will remind you of the joy the activity brought you and prime your muscles for when you can get out there again.

45.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercising with others “can keep you accountable and make it more fun, so you're more likely to do it again,” ¬Jackovitz says.

You can do activities such as golf and tennis or take a walk with others and still be socially distant. But when you can’t connect in person, consider using technology. Chat on the phone with a friend while you walk around your neighborhood. FaceTime or Zoom with a relative as you strength train or stretch at home.

You can also join a livestream or on-demand exercise class. SilverSneakers offers them for older adults, or try EverWalk for virtual challenges.

**【答案解析】**

41. [C] Start low, go slow

【解析】段落中心句为两段的首句，一段首句提出呼吁Don’t try to go back to what you were doing before your break(不要试图立马回到以前锻炼的状态)，紧跟的②句阐释①句，其中reduce activity to…(将活动减少到……)，对应start low;同时二段段首继续提出increase time, distance, and intensity gradually(逐渐增加时间、距离和强度)，对应go slow。C项Start low, go slow(从低(标准)开始，慢慢来)是对原文信息的综合概括。所以本题选C。

42. [E] Listen to your body

【解析】无明显段落中心句，①②句营造情境，阐述当感觉……时，应采取……活动。③句以一个问句引出④⑤句意在提出建议。⑤句指出stay alert to serious symptoms, such as chest pain or pressure, severe shortness of breath or dizziness, or faintness, and seek medical attention immediately.(对严重症状保持警惕，如胸痛或感到压力，严重呼吸急促、头晕或昏厥，并立即就医)，E项Listen to your body中listen to对应原文stay alert to，body对应such as chest pain or pressure, severe shortness of breath or dizziness, or faintness，且该项与①②句所述信息相符。所以本题选E。

43. [A] Make it a habit

【解析】段落中心为首句，首句Consistency is the key to getting stronger and building endurance and stamina.(连贯性是变得更强壮，建立忍耐力和持久力的关键。)，该句表述比较抽象，后紧接着Marcus Jackovitz提出建议进行阐述Ten minutes of activity per day is a good start(每天十分钟的活动是一个良好的开端)。两句均在指向形成习惯，与A项Make it a habit对应。所以本题选A。

44. [F] Go through the motions

【解析】段落中心为首句，该句指出Even if you can’t yet do a favorite activity, you can practice the moves (即使你还不能做喜欢的活动，也可以练习动作)，F项Go through the motions中的go through 对应practice, the motions对应the moves。所以本题选F。

45. [B] Don’ t go it alone

【解析】段落中心为首句，B项Don’ t go it alone(不要单打独斗)是对Exercising with others “can keep you accountable and make it more fun, so you're more likely to do it again,"(与他人一起锻炼“可以让你承担责任，让它更有趣，所以你更有可能会再做。”)的反向同义转述。所以本题选B。

**Section III Translation**

Directions:

Translate the following text into Chinese. Write your translation on the ANSWER SHEET. (15 points)

Although we try our best, sometimes our paintings rarely turn out as originally planned. Changes in the light, the limitations of your painting materials, and the lack of experience and technique mean that what you start out trying to achieve may not come to life the way that you expected.

Although this can be frustrating and disappointing, it turns out that this can actually be good for you. Unexpected results have two benefits: you pretty quickly learn to deal with disappointment and realise that when one door closes, another opens. You also quickly learn to adapt and come up with creative solutions to the problems the painting presents, and thinking outside the box will become your second nature.

In fact, creative problem-solving skills are incredibly useful in daily life, with which you are more likely to be able to find a solution when a problem arises.

【参考译文】

虽然我们尽了最大的努力，但有时我们的画作最终很少会像原来计划的那样。光线的变化、有限的绘画材料以及经验和技术的欠缺，都意味着你一开始尝试创作的作品最终可能不会达到预期效果。

虽然这可能会令人沮丧和失望，但事实证明，这实际上可以是对你有好处的。意想不到的结果有两个好处：你很快就能学会如何应对失望的情绪，并意识到当一扇门关闭时，另一扇门就会打开。你也很快就能学会适应并想出创造性的解决方案来解决画作中呈现的问题，因此，创新性地思考将成为你的第二天性。

事实上，创造性的问题解决技能在日常生活中非常有用，也让你更有可能在问题出现时找到解决方案。

**Section IV Writing**

**Part A**

47.Directions:

Suppose you are planning a campus food festival. Write an email to the international students in your university to

1) introduce the food festival, and

2) invite them to participate.

You should write about 100 words on the ANSWER SHEET.

Do not use your own name in the email; use “Li Ming” instead. (10 points)

【审题】

|  |  |
| --- | --- |
| 应用文类型 | 介绍+邀请信，由introduce、invite可判断。 |
| 收信人 | international students |
| 写作背景 | Suppose you are planning a campus food festival |
| 内容要点 | 1) introduce the food festival, and2) invite them to participate |
| 署名 | Li Ming |

【参考范文】

Dear Friends,

I am writing this email to you to introduce an upcoming campus food festival and invite you to attend it.

The relevant details are as follows. For one thing, it will be held in the school gym on September 20. For another, it is advisable for you to know that during the festival, you will enjoy a variety of local food, such as the world-famous Cold Noodle (Liang Pi) and Chinese Hamburger (Rou Jia Mo). Besides, all the international students are welcome to participate in the food festival.

I sincerely hope that my invitation can draw your attention.

Sincerely yours,

Li Ming

**Part B**

48. Directions:

Write an essay based on the chart below. In your writing, you should

1) interpret the chart, and

2) give your comments.

You should write about 150 words on the ANSWER SHEET. (15 points)



【审题】

|  |  |
| --- | --- |
| **图表类型** | 动态图 |
| **图表内容** | （1）整体变化：\*\*\*\*\*\*\*\*年我国总体和农村的快递业务量都发生了变化。（2）最大变化：我国总体快递业务量变化最大。（3）原因分析：1）电子商务发展。2）卖家在快速交货方面加大了投资。（4）结论：这一趋势仍将继续。 |

【参考范文】

There is no denying that the chart shows the changes in the business volume of express delivery in China from 2018 to 2020. During these years, the business volumes of overall express delivery and rural express delivery have gone through some changes. Especially, the volume of overall express delivery has experienced the greatest change, jumping from 51 billion to 83 billion during this time. Obviously, the tendency should be given more consideration.

Many factors contribute to the tendency reflected in this chart, but in my view, the following two may take the lead. For one thing, with the development of China’s economy, especially that of the e-commerce industry, online shopping has become one of the most important daily activities of Chinese residents. For another, the increasing investment by sellers on fast delivery of goods is the key factor driving the growth of the express delivery market.

According to the analysis above, it is obvious that the tendency reflected by the chart will continue for some time in the future. It is high time for us to raise our awareness in this aspect.