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李润文·主编

大学英语

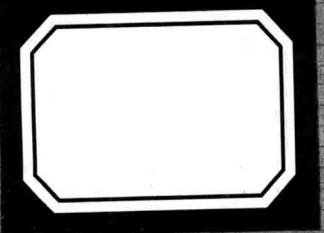
四级模拟

试题集

附四年真题

- 写作：提示 + 范文
- 阅读：快速 + 精深
- 完型填空练习
- 翻译技巧点拨
- 模拟和真题参考答案

 上海社会科学院出版社



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李浏文·主编

# 大学英语

## 四级模拟

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附四年真题

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## 前 言

本书是一本把大学英语四级考试题和模拟试题作为学生预测训练的小册子。我们按照四级考试题的要求和排列,精心选编多套难度、信度与真题一致的考试预测题,除不设听力理解题外,其他题型都仿真题设计。

本书在预测卷中,设写作、快速阅读、精深阅读、完型填空和翻译五个部分。在写作部分,针对题目要求,设提示和写作点拨并配范文以作参考。在翻译部分,就英语语法中的词、句要求,给出答题点拨,以提高学生的翻译技巧。

为了培养学生的英语综合能力,本书在选编模拟题上,力求做到内容多样化,语言新颖和实用。所有模拟题和真题后都附有答案,帮助学生提高解题思路。

由于编者水平有限,书中难免有错误和不足之处,请广大读者不吝指正。

编 者

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## Part I Writing

### 1

提示:

一般人都认为牛奶含有大量的钙,所以喝牛奶就能补钙,其实这是一个误区,喝牛奶真的能使骨骼强壮吗?你怎么看。

写作点拨:

1. 你缺钙吗?
2. 喝牛奶一定能补钙吗?
3. 从营养学的角度,谈谈牛奶的价值。

范文:

#### Milk helps strong bones?

We have all seen and heard the advertisements: "Got Milk?" and "Milk; It Does a Body Good." As children, we are taught that milk has calcium and that drinking milk is good for building strong bones and teeth. This idea has become so deeply-rooted in society that it is now like a sacred cow in India. But is all that we have been taught about milk true? Is milk the best source of calcium? The answer is both "yes" and "no".

The calcium in milk does in fact build strong bones by increasing what is known as "bone mineral density". Increasing bone mineral density is necessary when the bones are still growing. That's why most doctors advise children to drink a lot of milk. But too much of a good thing may not be all that good. Some doctors now believe that drinking too much milk is actually unhealthy. They claim that the animal protein in milk may have a negative impact on our health.

Some research suggests that the animal protein in milk may actually increase the rate at which our bodies lose calcium. Diets high in animal protein increase the amount of acid in the body. In order to keep a healthy acid balance, the bones release calcium. Therefore, drinking too much milk can result in a loss of calcium from our bones instead.

Even though most doctors still believe milk is good for us, some people are turning to other foods to get calcium. Fortunately, calcium is present in many kinds of food. Two of the best alternative sources of calcium are tofu and soy milk. One cup of either of these has almost as much calcium as a cup of milk, but has much less animal protein. Green leafy vegetables, like broccoli and Chinese cabbage, are also calcium rich. With these great alternatives to milk, one might even say it is time to put that old sacred cow out to pasture. 牧场

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提示:

熊猫是中国珍稀动物,世界各地的熊猫都属于中国。熊猫在国外是最受人们欢迎的动物。

写作点拨:

1. 你喜欢熊猫吗?
2. 写写熊猫的可爱之处。
3. 熊猫都有哪些习性?

范文:

**Back to the motherland**

People are not the only animals who dream of going back to the land of their ancestors. Certain kinds of fish and birds travel thousands of miles to their homelands in order to give birth. Giant panda Binbin became the latest animal to make this special journey when he came to China from Japan last week.

Binbin was one of the 23 pandas living outside China. His parents, Meimei and Yongming, were leased by China to the Adventure World Park Zoo in Japan in 1994 and 2000 respectively. Their baby "boy" weighed just 190 grams when he was born in December 2001, but he has now grown to 88.6 kilograms.

Pandas have existed since the dinosaur time. They are now listed among the world's most endangered wildlife species and are close to being extinct. Their habitat is under threat while their food, a special type of wild bamboo leaf, is rare. Groups of pandas also live far from each other, making it hard for them to breed.

China has been working very hard to stop the animals dying out. These efforts have seen panda numbers in China rise by 40 percent to 1,590 since the 1980s.

China has also carried out a series of panda research and breeding programmes with other countries. "Binbin is a successful example of such co-operations," said Yu Jianqiu, of the Giant Panda Breeding and Research Centre in Chengdu, where Binbin is now based. So far the two sides have successfully bred four pandas in Japan.

Binbin was the first male giant panda born in a foreign land to return to China this year. In February, Huamei, a female panda born in the US, also came back.

Pandas are not only seen as Chinese "national treasures", but also very popular overseas. Binbin was a hit in Japan, while Meixiang and Tiantian, who are based at the National Zoo in Washington, US, are also a big attraction.

Between 1957 and 1982, China presented 24 giant pandas as gifts to nine nations. However, in 1985, a leasing system was introduced. This means that any pandas born on foreign land belong to China.

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提示:

学生毕业后都要参加社会应聘,怎样写好求职信是应聘的第一关。

写作点拨:

1. 要用应用文的格式写。
2. 简要地介绍你个人的信息。
3. 表达你个人的希望和应聘该职位的心情。

范文:

Li Ming  
Room 323, No. 7 Building  
No. 1037, Luoyu Road  
Wuhan, 430074

Department of Human Resources  
Lansheng Building  
No. 86, Huayuan North Road  
Beijing, 100083

Oct. 18, 2011

Dear Sir or Madam,

I learned from Beijing Youth Daily on Dec. 2nd that your company is offering a position for a secretary, and it's a great pleasure for me to write to explore the possibility of seeking the job.

I graduated two years ago from Beijing University, and obtained a bachelor's degree in the field of business management. During my stay in the university, my major courses included economics, marketing and computer applications. I was especially fond of the communication skills which enabled me to deal with people and thing around well. In addition, I passed CET 6 with a high mark and can speak English fluently.

Before graduation I was engaged with P&G Beijing Branch as an assistant to the head of Marketing Department. The two-year experience helps me a lot in many ways. In particular, I become increasingly aware of the importance of co-operation among co-workers. I also believe the experience will qualify me for the current vacancy in your company.

I enclose herein my resume and some relevant documents as required. I appreciate your sincere consideration of me, and am looking forward to an early interview with you.

Sincerely yours,  
Li Ming

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提示:

电子游戏一直是个热门话题,怎样才能正确地玩电子游戏机?

写作点拨:

- 1. 阐述电子游戏的利弊。
- 2. 应该怎样把握才是去弊存利?

范文:

**Video Games**

With the development of science and technology, computers have entered millions of ordinary families. Many people, especially children, are absorbed in playing video games on computers. So whether playing video games does good or harm to people has become a hot topic.

Some people hold the point of view that it is not a bad thing for children to play video games. Firstly, it makes the children become very clever. Those who often play video games may have a quick mind. The video games are just wonderful to improve the intelligence of children. Secondly, after we have had a day's hard work and study, playing video games can relieve the children's pressure and offer them entertainment and relaxation. So video games are becoming more and more popular not only with the children but also with some of the adults in recent years.

But the majority of people look upon <sup>it</sup> them with disapproval. They think playing video games does great harm to people, especially to children, I am not in favor of playing video games, either. Firstly, it is known to us all that many video games are not healthy. They are full of violence and other problems. They teach the children how to cheat and gamble. They have left a very bad effect on the healthy growth and development of the children. Secondly, some of the video games are so attractive that the children can not tear themselves away from the computer. They waste a lot of precious time on playing video games and as a result, their studies are greatly neglected. Last but not least, playing video games for a long time is harmful for their health. They will be likely to become near-sighted and before long their health will fail.

As the English proverb says, every coin has two sides. The same is true to video games. In my opinion, it is up to us to deal with them correctly. My advice is to play them properly and wisely. Children should make full use of their time and devote themselves to their studies. Playing video games is something that they should do in their spare time.

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提示:

出国留学还是在国内学习是当今社会的热门话题。

写作点拨:

1. 从不同角度,不同的人谈对出国留学还是在国内学习的好与坏。
2. 谈谈你自己的看法。

范文:

**Study Abroad or at Home**

With the development of science and technology, our society has become a more competitive society. And with China's reform and opening up, people's living standard has been greatly raised. Some students intend to go abroad for further study while others plan to go to college for high education at home. Different people have different views towards studying abroad or at home.

Some people think it is better to go abroad for further study. Firstly, they will have the good opportunities to communicate with foreign people and have a better idea of their cultures. It is favorable for them to learn foreign languages more fluently and quickly. Secondly, they will learn more about advanced science and technology in the western developed countries and the knowledge is useful for the advancement of our country. Last but not least, those who go abroad will have to make a living on their own so they will learn to be independent of their parents and they are sure to have a stronger ability of independence.

Every coin has two sides. Contrary to those people, others think it is better to go to college at home. Firstly, they will not have the extremely high financial pressure when they are studying at home. Secondly, they are familiar with the people, the language, the culture and the customs at home so that they will not feel lonely in their studies. Thirdly, with their parents taking care of them, they will devote more of their time and energies to their studies, which will help them make still greater achievements.

Should people go abroad or stay at home for their studies? It is hard to say which one is better. It is up to you to form the conclusion. But wherever we pick up the knowledge, we should dedicate ourselves to the service of the construction of our country in the near future.

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提示:

在人的成长过程中总是会遇到各种烦恼,你会怎样应对?

写作点拨:

1. 以你成长过程所碰到的烦恼为中心,阐述你的观点。
2. 要求内容真实,语言流畅,并以第一人称写。

**Growing Pains**

Several years ago, there was a TV series named “Growing Pains” on TV, which attracted me a lot. I watched it every night. It told us a story about a family consisting of a couple with their four children. In this TV series, it showed us a lot of puzzles which happened in the growth of young people. Though this was an American play, I found there were a lot of common troubles in our country.

First of all, I think the biggest problem when we grow up is the generation gap between us and our parents. Our parents always demand(us)that (we) should tell them everything we meet and we do. They always think they are more clever and experienced than us. In fact, they seem to know everything. So every time when they turned out to be right, and they were always right, I would get so mad. If I went out or stayed out too late, I would come back and my parents could just ask. Nothing could hide from them. They have amazing instincts. Kids just have to trust their parents, but we don't think they are smart enough. We don't think they understand what's going on with us or that they could ever have experienced the same things. We're going through because they're so much older. We, kids, think it was much different when our parents were young, but there was a lot that was the same, because they went through the same troubles, the same type of situations you're going through as you're growing up. Above all, we know too little about our parents.

Secondly, nowadays, there are too many temptations around us. We don't know which are good and helpful to us, which are deadly harmful to us. We like to be special and outstanding ones among others, which leads us to do many strange things. Thus we will meet a lot of troubles and even dangers. After many painful lessons, we find we have grown up. The more we suffer, the more mature we will be. That is so-called growing pains.

Everyone can't avoid such pains, and the only thing we should do is to discuss more with those older people and learn from their lessons in order to prevent as many obstacles as possible in our growth.

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8

提示:

人是情感的动物。

写作点拨:

- 1. 应该从人物性格、令人难忘的事等方面入手写。
- 2. 叙述层次要清楚。

范文:

**The Most Unforgettable Person**

All the people will meet a lot of people in their life. Among them, some are just known a little, others will be their friends forever. And in their minds, there will be one or two persons who will be never forgotten. In my life, I also have met many people who are really worth mentioning. But perhaps the most unforgettable one I have ever known is my English teacher, Mrs. Sun.

For the first thing, she gives me a very good impression because of her kindness and smiling face. In the first class, she told us that she really wanted to be our friend rather than a teacher. In reality, she does as what she has promised. When we met with some trouble, the first helper appearing in our mind would be her smiling face. We even treat her as our elder sister. Once the father of one of our classmates' was seriously ill, which made this boy very upset and depressed. When Mrs. Sun knew this, she went to his home to comfort him and contributed a large sum of money to his family. After that she asked us to try to help him in any way we could. So some students helped him with his lessons, others went to him home to help his mother to do some housework. And some others donated their pocket money to help the family. Through this special activity, we found our class strongly united. And we all felt proud to be useful to others.

For another, Mrs. Sun has a strong individual charm. Her classes were always full of laughter. She not only has a wide range of knowledge but also has humorous and lively teaching methods. I still remember that all the students in our grade liked to attend her class. From her, we learned a lot of valuable advice. Everything seemed much easier after attending her lessons.

Now I will soon graduate from senior high school, and it is four years since I left my junior school. But Mrs. Sun will be in my mind forever. I even wish to be such a teacher as her.

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## 9

提示:

写一篇不劳则无获的议论文。

写作点拨:

1. 不努力就不能有成就。
2. 勤奋是成功的关键。
3. 要成功就要与惰性作斗争。

范文:

勤奋的

**No Pains, No Gains**

Being diligent or not means great differences in our life. Many of us desire success and some even dream of having wonders. But we will never reach our goals without hard work. No pains, no gains. If we don't work hard, we will never deserve any success. Success lies in hard work while idleness leads to failure. Idleness is one of the enemies that we are faced with in our work. So we should remember that if we want to be successful in something, we must fight against idleness, and devote all our time and energies to our work. Success belongs to those who are diligent. Many scientists become famous and have made great contributions to the development of the world only because they have firm beliefs and confidence in success and never give up when they have met a lot of difficulties and failures. We should learn how to deal with all the troubles in our work and be persistent in everything that we are doing. We <sup>be</sup> sure to be on the way to great success. Make sure that you keep in mind another saying "There is not a pie in the sky."



11

提示:

朋友对我们来说是很重要的,但我们既要珍惜友谊又要慎重交友。

写作点拨:

- 1. 什么是朋友?
- 2. 怎样才能处好朋友?
- 3. 谈谈友谊的重要性。

范文:

**Friends and Friendship**

It's known to us all that everybody needs friends and everybody has some friends. We can not live alone in the world. Friends play a very important part in our life. It is hard to imagine life without friends. But friends are divided into two parts, devoted friends and fine-weather friends. Both of them will have a great effect on us in all fields of our life. One takes on the color of one's company. So on the one hand, we should treasure friendship, on the other hand, we should be careful in making friends. I hold the following opinions.

A person should make as many friends as he can. The more friends we have, the more meaningful our life will be. When we are in trouble, we can turn to a good friend for help and he will do us a timely favor. A good friend will share our happiness when we are successful. That is to say, a good friend will share in our troubles as well as in our joys. A good friend will point out our mistakes frankly, which will do good to us and we will get rid of the bad habits and make great progress soon. In the end, we will gain one success after another in our life.

On the contrary, a bad friend will surely lead you to misfortunes. You will learn from him the bad habits, such as how to smoke and drink, how to cheat and gamble, even how to steal and do many other illegal things. A bad friend is a wine-and-meat friend or a fine-weather friend. When you are under favorable conditions, he will flatter you all the time; when you are in suffering, he will turn against you right away, which will do great harm to your healthy growth. As a result, you will end up with nothing in the future. They only want to take advantage of you, your wealth, your power and your position. Bad friends are even worse than open enemies.

However, real friends are not easy to find. That's why our parents and teachers often warn us that we should take care in making friends. I think whether we will succeed or fail in our life is closely related to our friends. So we should not only value friendship but select friends carefully as well.

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## 12

提示:

写一篇假设性的文章,要从实际出发。

写作点拨:

1. 审清题目,着重写“假如”我是一个老师,我会怎样做。
2. 用第一人称写。

范文:

**If I Were a Teacher**

I have been a student for a long time and have met a lot of different teachers in my school life. Among them, some are very qualified and kind, but others are not good enough. I myself want to be a teacher in the future. But now I can only suppose if I were a teacher, what kind of teacher I would be.

If I were a teacher, the first thing I would do is to treat every student of mine in the same way. I would treat those students with poor marks as equally as those with high marks. I would not look down upon those students from poor families. On the contrary, I would do my best to help them with their studies and their life. I really don't like those snobbish people. I would teach my students not to be such kind of people and try to help each other in their daily life.

If I were a teacher, I would not punish my students in any way. If they made some mistake, I would talk with them and let themselves realize their mistake. If there were some students sleeping in my class, I would first make a self criticism whether my class was too boring instead of asking them to stand up. I would tell my students that a person could not avoid making any mistake in his life. What is more important is that he should realize his mistake and remember not to make it again. Sometimes a kind reminder is better than any bitter punishment.

If I were a teacher, I would try to be their friends more than to be their teacher. I would like to be the first man to know their happiness and their trouble. If I could be the first to help them, I would be the happiest teacher in the world, for they had regarded me as their trusty and best friend!

Student as I am now, I will work hard to let my dream of becoming a good teacher come true. And I wish there would be more and more teachers of this kind in our real world.