

明确目标 分阶训练  
分类写作 高效速成

透析考纲 预测命题  
真题例解 事半功倍

# 交大英语

## 四六级考试成功系列

吴玮翔 吴晓妹

主编 【加】 Jasmine Wu  
【加】 Norman Heasman

交大英语，轻松也能成功。

# 大学英语 四级范文

过关篇

# 4



上海交通大学出版社  
SHANGHAI JIAO TONG UNIVERSITY PRESS

1506014

交大英语四六级考试成功系列

# 大学英语四级范文 过关篇

吴玮翔 吴晓妹

主 编 【加】Jasmine Wu  
【加】Norman Heasman



淮阴师院图书馆 1506014

上海交通大学出版社



## 内 容 提 要

本书系上海交通大学出版社交大英语四六级考试成功系列之一,在分析历年大学英语四级考试作文规律的基础上,为需要通过四级考试的考生读者归纳了12种作文模块,并提供相应的作文思路和框架及范文,能有效提高考生作文水平与技巧,言语平实,条理清晰,适合大学英语四级考试考生参阅与练习。

### 图书在版编目(CIP)数据

大学英语四级范文过关篇/吴玮翔,吴晓妹等主编.  
—上海:上海交通大学出版社,2012  
(交大英语四六级考试成功系列)  
ISBN 978-7-313-09000-3

I. 大... II. ①吴... ②吴... III. 大学英语  
水平考试—写作—自学参考资料 IV. H315

中国版本图书馆 CIP 数据核字(2012)第 216270 号

### 大学英语四级范文过关篇

吴玮翔 吴晓妹 等主编

上海交通大学出版社出版发行

(上海市番禺路 951 号 邮政编码 200030)

电话:64071208 出版人:韩建民

常熟市梅李印刷有限公司 印刷 全国新华书店经销

开本:787mm×1092mm 1/16 印张:12.5 字数:409 千字

2012 年 10 月第 1 版 2012 年 10 月第 1 次印刷

印数:1~4 030

ISBN 978-7-313-09000-3/H 定价:26.00 元

版权所有 侵权必究

告读者:如发现本书有印装质量问题请与印刷厂质量科联系  
联系电话:0512-52661481

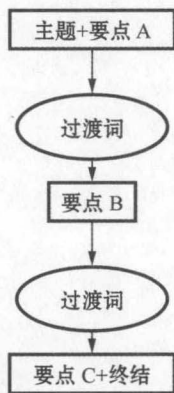
# 前言

本书专为需要通过大学英语四级考试的考生而作,所取材料来自历年真题。在分析历年大学英语四级考试作文规律的基础上,归纳了大学英语四级作文的三种题型和三段式布局特点,同时也总结归类出大学英语四级作文写作的 12 种模块,读者可按其中的模板和范文进行作文练习。

四级真题的短文写作主要涉及三大作文题型:提纲作文,图表作文和应用文作文。

不论是哪种题型,四级短文的篇章结构不需要像正式的议论文那样严格遵循“主题—展开—结论”这一“演绎—归纳”的思维模式,也就是说四级作文的实际布局谋篇通常在三段式作文框架的基础上采用“三点式”微型作文的松散布局,即通过三个段落从同一模块的三个不同侧面展开主题,三个段落从不同的角度、方面或层次阐述或深化议题。这三个角度、方面或层次同时指向主题,相互之间关系松散,并非相互依存,但又共同统一于命题和提纲提示所规定的主题,正因为要点之间关系松散,段与段之间的篇章连接词就起了唯一的因此也是至关重要的篇章纽带作用。

这样的三点式松散段落布局,可用以下图形表示:



历年四级短文写作的试题都可以以这样的三点式布局进行谋篇构思落笔,我们根据历年四级作文的不同模块和提纲提示要点分成几个相对固定的套路模块,让大家通过对这些模块了解四级考试短文的布局谋篇方法,从而把握四级考试短文写作的基本套路,写出思路清晰、主题明确、要点切题的好文章。

纵观历年大学英语四级考试短文写作的题型特点和命题信息,不论是提纲作文,还是图表作文或应用文写作,都可纳入三段式作文。这种微型作文通常阐述同一话题的三个不同侧面,由三个段落组成,相互之间的逻辑关系相对较为松散。正是由于这种关系相对松散的三段式作文的特征,四级考试短文写作可按其不同的话题、提纲要点和其它提示分成几个相对固定的展开模块,考生可通过对本书提供的这些模块的临摹,最终把握四级考试短文的基本套路模式和组段谋篇的写作技巧,从而写出思路清晰、主题明确、要点切题的好文章。

根据大学英语四级考试 1987 年至今全部真题的题材体裁特点,本书共归纳了 12 个展开模块,每个





模块后提供了 10 篇左右范文,每篇范文前为构思谋篇和提纲设计,范文后是作文的点评评分、关键词汇、基本表达与句式以及连词成篇,供考生研读、分析和临摹。所有范文均经加拿大籍专家 Norman Heasman 修改润色,以确保语言的地道纯正。



# 目 录

类型 1	方法类 .....	1
类型 2	观点类 .....	14
类型 3	选择类 .....	28
类型 4	原因类 .....	41
类型 5	利弊类 .....	58
类型 6	好处类 .....	72
类型 7	危害类 .....	86
类型 8	原因与危害类 .....	103
类型 9	谚语阐述类 .....	118
类型 10	图表描述类 .....	136
类型 11	书信类 .....	157
类型 12	致辞海报类 .....	177





## 类型 1 方法类



三要点:现象/引言+如何/途径+评论/我的选择



### 概述

我们做任何事都要讲究方法:碰到问题要有解决方法,走向社会要有路径步骤,市场调控、降房价、抑通胀、城市规划、政府决策、企业营销、个人就业等都要有方法策略。所以四级考试的短文写作不乏这一类题目。如:

- 1990.6 Make Our Cities Greener
- 1992.6 How I Overcome Difficulties in Learning English
- 1997.6 Getting to Know the World Outside the Campus
- 1999.12 How I Finance My College Education
- 2000.12 How to Succeed in a Job interview
- 2003.9 The Day My Classmate Fell Ill (or Got Injured)
- 2009.12 Create a Green Campus

而且,除了上面几年的真题是典型的以“方法途径”为重点的试题以外,还有不少试题也可以从“方法途径”的角度展开或需要以“方法途径”展开的段落。



### 本话题构思

本话题立意在“how”,以“方法”、“途径”、“怎么办”为短文的核 心,是考生重点着墨之处,既然是方法和途径,一定不止一个,故这一模块的作文多以枚举方式展开要点。

本模块的统一提纲模式是:

第一要点:概述。对现状、形势或困难的描述。

第二要点:途径与方法。列举做某事的途径或问题解决的种种方法。

第三要点:评价或选择。对第二要点中提及的途径进行简要评价或选取其中一两种自己认为合适的方法、途径,略述选择依据。



### 本话题填空模板

Title \_\_\_\_\_

Nowadays, wherever we go/ whatever we do ( / whenever we ①...), we will have to②.... It is really of concern/a real headache to every one of us. So we must take some steps to solve the problem (do something in preparation).

Many steps can be taken to (be successful//prevent/solve this serious problem). First of all, ③.... In addition, ④... ( /Another way contributing to the success of/solving the problem of⑤... is ⑥...). Finally, it is clear that. ⑦...

Above all, (to be successful in ⑧...), we should find various ways (make joint/painstaking efforts/try our best) to⑨.... And it should be made clear that it is our own duty to/we should ....

①插入谓语动词。如:go to town/work/school; want to do sth等,此处三个 wh-ever 从句可以互换。

②插入不定式短语。如:get well prepared; get over/face the problem; take care of sth 等。

③、④插入完整句子,以小写开始。

⑤插入名词短语。如:pollution; population; economic crisis 等。

⑥插入不定式或动名词短语。如: building/to build up self-confidence; speaking/to speak knowledgeably and confidently 等;⑤⑥所在句和④句可互换。





⑦插入名词性从句。

⑧插入名词短语。如:the interview; the campaign 等。

⑨插入不定式短语。如:get over the problem; win the battle 等。

## Sample

### How to Make Sure Food Safety

Nowadays, whenever we go, we will have to worry about whether what we eat is safe or not. It is a real headache to every one of us. And we must take some steps to deal with the problem.

Many steps can be taken to solve this serious problem. First of all, we should find ways to raise people's responsibility for other people and produce and sell safe foods. Another way contributing to preventing food safety disaster is to make laws to punish people who endanger people's health by unsafe or poisonous foods. Finally, it is clear that we need to develop a workable food-safety standard for people to follow and obey.

Above all, to be successful in preventing food-unsafety, we should make joint efforts to let people know how to guard against unsafe foods. And it should be made clear that it is our own duty to take strong actions to have only safe foods on the market.



范文

### 范文 1

#### How I Overcame Difficulties in Learning English

**Directions:** For this part, you are allowed 30 minutes to write a composition based on the following two questions:

1. 你在英语学习中有哪些困难?
2. 你是如何克服这些困难的?

You must write your composition in no less than 100 words on the Composition Sheet and remember to write it in readable handwriting.

#### 【简单构思】

这是一篇“困难”+“克服方法”模块的短文,考生可先从自己英语学习中碰到的困难下笔,略举数例,然后概述自己是怎样克服英语学习中的这些困难的,最后对这些方法略作结论性评述。短文涉及考生自身经历,素材众多,要略作取舍。

#### How I Overcome my Difficulties in Learning English

Like many other students, I find many difficulties in learning English. Firstly, I find it difficult to understand what I read. I also find it difficult to write good English. Finally, my oral English was weak because I had no chance to talk with native speakers.

But I won't lose heart in overcoming these obstacles. I improve English vocabulary in two ways. First, I try to understand and memorize the specific meaning of a word in its context. Second, I memorize words in connection with the words of the same roots or affixes. To overcome Chinese English, I try to think in English directly. Although I haven't had any opportunity to communicate with native speakers, I am trying to improve my spoken English by listening to English broadcasts and writing English diaries.

These experiences have turned out to be effective. I am feeling very confident in myself while sitting here for the CET-4 and I am prepared to sit for the CET-6 in 6 months.





## 【点评】

这篇习作层次分明,展开较为充分,短文按照写作要求于第一段谈到了自己英语学习中的一系列困难,第二段对阐述了自己扩大词汇量、克服汉式英语和提高口语的若干方法,最后一段概述采用这些方法的成效和自己英语学习的打算。但第二段所述的方法与第一段提及的困难没有一一对应,显得不够连贯。

## 评分标准与得分

词数:169

标准	切题与内容表达	篇章结构与连贯	通顺与可读性	语言语法	地道与惯用法
评语	切题,比较清楚	清楚	比较连贯、可读	少量小错	一般
得分	70	80	65	65	60
总分	70				

## 【关键词汇】

- |                                    |                          |
|------------------------------------|--------------------------|
| ① difficulties in learning English | ② oral English           |
| ③ native speakers                  | ④ overcome obstacles     |
| ⑤ improve vocabulary               | ⑥ memorize               |
| ⑦ specific meaning                 | ⑧ a word in its context  |
| ⑨ in connection with               | ⑩ word roots             |
| ⑪ affixes                          | ⑫ Chinese English        |
| ⑬ think in English directly        | ⑭ opportunity to do sth. |
| ⑮ communicate with native speakers | ⑯ spoken English         |
| ⑰ English broadcasts               | ⑱ English diaries        |
| ⑲ turn out to be                   | ⑳ effective              |
| ㉑ feel confident in                | ㉒ be prepared to do sth. |
| ㉓ sit for a test ...               |                          |

## 【基本表达和句式】

- ① find it difficult to understand;
- ② have no chance to ...;
- ③ lose heart in doing sth.;
- ④ try to understand and memorize the specific meaning of a word in its context;
- ⑤ memorize words in connection with the words of the same roots or affixes;
- ⑥ improve my spoken English by listening to English broadcasts and writing English diaries;
- ⑦ turned out to be effective;
- ⑧ feeling very confident in myself;
- ⑨ be prepared to sit for the CET-6 in 6 months.

## 【连词成篇】

firstly, also, finally; but, first, second

Like many other students, I find many difficulties in learning English. Firstly, I find it difficult to .... I also find it difficult to .... Finally, my ... is weak because I had no chance to ....

But I won't lose heart in .... In order to overcome ..., I try to ....

I improve English vocabulary in two ways. First, I try to .... Second, I do ....

Besides, although I ... I am trying to ....

These (methods) have turned out to be effective. I am now feeling confident/better ... while sitting here for the test and I am prepared to sit for another test in ... weeks/months/years.



## 范文 2

## Getting to Know the World Outside the Campus

**Directions:** For this part, you are allowed thirty minutes to write a composition on the topic *Getting to Know the World Outside the Campus*. You should write at least 100 words and you should base your composition on the outline below:

1. Necessity for college students to know the outside world;
2. Ways to know the outside world (public media, social service etc.);
3. What do you intend to do?

## 【简单构思】

这是一篇“需求”+“措施”模块的短文,考生可先从大学生了解外部世界的必要性下笔,概述了解外部世界的必要性和原因,然后提出如何走出校园、了解社会的一系列方法措施,最后概述自己准备怎么做。

## Getting to Know the World Outside the Campus

Men are social animals; nobody can stay away from society. We university students will step into society after graduation. Getting to know the outside world is important for students to set goals and get used to the circumstances concerned. As campus is quite different from the real world, students will meet with difficulties if they are not fully prepared.

To acquire social knowledge, we should get closer to society. There are many ways for us to do this. First, we can get informed about the world outside the campus through mass media such as newspapers, TV, radio and the Internet. Besides, we can gain experience of society in summer or winter holidays by visiting factories or farms in the countryside. Most important of all, they can know the world outside campus by taking up part-time jobs, working as tutors, serving in communities or other work places.

I've already realized the importance of experiencing the society outside the campus. In my spare time, I'm reading newspapers, doing some social investigations, and, if time permits, I will find a part-time job. I'm determined that I won't be a bookworm.

## 【点评】

本文紧扣主题大纲,展开较为充分,短文按照写作要求和大纲于从人与社会密不可分的关系切入大学生了解社会的必要性和意义,第二段对了解社会的方式方法进行展开,列举了利用媒体、通过参观访问和直接打工等接触社会认识社会的途径,最后一段概括自己对体验社会的认识、正在继续的努力和决心。短文层次比较分明,但语言上不宜用口语中的述略形式,注意阐述的角度(we 还是 they?)。

## 评分标准与得分

词数:189

标准	切题与内容表达	篇章结构与连贯	通顺与可读性	语言语法	地道与惯用法
评语	切题,比较清楚	清楚	比较连贯、可读	少量小错	一般
得分	75	80	70	65	60
总分	70				

## 【关键词汇】

- |                        |                          |
|------------------------|--------------------------|
| ① campus               | ② spare time             |
| ③ bookworm             | ④ graduation             |
| ⑤ social animals       | ⑥ social knowledge       |
| ⑦ social investigation | ⑧ stay away from society |
| ⑨ step into society    | ⑩ get closer to society  |



- ⑪ set goals
- ⑬ the circumstances concerned
- ⑮ real world
- ⑰ mass media
- ⑲ be fully prepared
- ⑳ gain experience
- ㉑ take/do part-time jobs
- ㉒ serve in communities
- ⑫ get used to
- ⑭ outside world
- ⑯ the world outside campus
- ⑰ meet with difficulty
- ⑳ acquire knowledge
- ㉑ get informed about
- ㉒ work as tutors

### 【基本表达和句式】

- ① get informed about the world outside the campus through mass media such as ...
- ② gain experience of society by ...; know the world outside campus by ...
- ③ Getting to know the outside world is important for students to ...
- ④ As campus is quite different from the real world, students will ... if they are not fully prepared.
- ⑤ To acquire social knowledge, we should ...
- ⑥ If time permits, I will ...
- ⑦ I am determined that ...

### 【连词成篇】

As, first, besides, most important of all

① There are many ways for us to do this. First, we can .... Besides, we can .... Most important of all, we can always ....

② To acquire social knowledge, we should .... I have already realized the importance of ...., so in my spare time, I am doing ...., and, if time permits, I will .... I am determined to ...

## 范文 3

### How I Finance My College Education

**Directions:** For this part, you are allowed thirty' minutes to write a composition on the topic **How I Finance My College Education**. you should write at least 100 words, and base your composition on the outline (given in Chinese) below:

- 1. 上大学的费用(tuition and fees) 可以通过多种途径解决;
- 2. 哪种途径适合于我(说明理由)。

### 【简单构思】

这是一篇“途径”+“原因”模块的短文,考生可先从中国大学收费制度的改革下笔,提出大学费用自理的话题,然后分析列举解决上大学费用的多种筹集途径,最后选择适合自己的方式并略作理由阐述。

- 1. 话题提出:目前上大学需要自己解决学费;
- 2. 途径列举:筹集上大学费用的可能途径;
- 3. 选择和理由:适合我的途径和理由。

### How I Finance My College Education

With the rapid development of higher education in China, college education is no longer free of charge, in other words, university students must pay, at least partly, for their schooling now.

There are various ways for a student to pay his tuition and fees. To begin with, if the student is quite excellent in his studies, he will get scholarship. Secondly, especially in China, he can always depend on his parents for all kinds of fees, including tuition. Then, he can choose to turn to the bank for a loan, which he can repay after graduation. If he finds all the above not desirable, he still has another way-out—to do a part-time job and work his way through college.





In my case, I am fortunate enough to have my parents pay for all my fees. But as a college student, I dislike a totally dependent life, so I am working part-time as a newspaper-boy to help support myself. And I am also studying hard, trying to win some scholarship so that I can be independent one day.

### 【点评】

这篇短文层次分明,第二段展开充分,短文按照写作提纲于第一段引出目前上大学需自费这一话题,第二段对作文提纲的第一点进行展开,阐述了上学费用的各种解决途径:包括赢得奖学金、依靠父母、向银行贷款和自己兼职,最后一段概述本人的上学费用来源和自己的想法和做法,虽然与提纲有所偏离,但也不失为一种可取的展开方式。

短文语言流畅,结构比较连贯,用词活泼,是一篇好作文。

### 评分标准与得分

词数:179

标准	切题与内容表达	篇章结构与连贯	通顺与可读性	语言语法	地道与惯用法
评语	切题,比较清楚	清楚	比较连贯、可读	少量小错	好
得分	80	80	65	70	70
总分	75				

### 【关键词汇】

- |                            |                                |
|----------------------------|--------------------------------|
| ① finance                  | ② college education            |
| ③ higher education         | ④ schooling                    |
| ⑤ tuition                  | ⑥ fees                         |
| ⑦ scholarship              | ⑧ expenditure                  |
| ⑨ living allowance         | ⑩ loan                         |
| ⑪ repay                    | ⑫ be desirable                 |
| ⑬ be dependent/independent | ⑭ depend on                    |
| ⑮ be excellent in          | ⑯ turn to the bank for a loan  |
| ⑰ do a part-time job       | ⑱ work his way through college |
| ⑲ help support myself      | ⑳ win a scholarship            |

### 【基本表达和句式】

- ① With the rapid development of ..., college education is no longer ..., in other words, ...
- ② Especially in China, he can always depend on his parents for all kinds of fees, including tuition.
- ③ If the student is quite excellent in his studies, he can apply for scholarship.
- ④ He can choose to turn to the bank for a loan, which he can repay after graduation.
- ⑤ If ..., he still has another way-out—to do a part-time job and work his way through college.
- ⑥ I am fortunate enough to ....

### 【连词成篇】

In other words, to begin with, secondly, then,

① There are various ways for a student to pay his tuition and fees. To begin with, he can .... Secondly, especially ..., he can .... Then, he can .... Finally, if he finds all the above not desirable, he still can ....

② In my case, I am fortunate enough to ... But as ... I ..., so I am doing ....

③ And I am also ..., trying to ... so that I can be ... one day.

## 范文 4

### How to Succeed in a Job Interview

**Directions:** For this part, you are allowed thirty minutes to write a composition on the topic **How to**



**Succeed in a Job Interview?** You should write at least 100 words, and base your composition on the Outline given in Chinese below:

1. 面试在求职过程中的作用;
2. 如何在面试中取得成功(仪表、举止谈吐、能力、专业知识、自信、实事求是等)。

### 【简单构思】

这是一篇“意义”+“成功方法”模块的短文,考生可先从面试在求职过程中的重要意义入手,然后分析取得面试成功的一系列方法或要诀,最后可再谈一下面试成功的作用。

### How to Interview for a Job

One of the most important parts of a successful job hunting is the job interview. In order to give yourself an edge over others applying for the same job, it is important to create a good impression during the job interview.

What you say during an interview is extremely important and there are two rules to remember. One is to present yourself in a favorable way by clearly telling your areas of competence. But remember: don't exaggerate, tell the truth. Second, listen carefully and show interest in what the interviewer is saying. Notice the interviewer's interests and relate your comments to them.

The job interview is an important part of the application process because the attitude and impression you display can make the interviewer feel “with you” or “against you”. Remember that you have the power to create a good impression. Interviewers have the experience to recognize real quality and ability in you.

### 【点评】

短文先概述面试在求职中的重要性,再说参加面试时的两条原则,其中较有特色的是多次使用了祈使句排比句式;最后重述成功面试至关重要,是一篇层次分明,展开较为充分的作文。语言较为流畅,用词较富于变化,但篇章连接词使用不多。

#### 评分标准与得分

词数:162

标准	切题与内容表达	篇章结构与连贯	通顺与可读性	语言语法	地道与惯用法
评语	切题,比较清楚	尚清楚	比较连贯、可读	少量小错	较好
得分	80	70	75	65	60
总分	70				

### 【关键词汇】

- |   |                         |
|---|-------------------------|
| ① interview                                 | ② interviewer           |
| ③ interviewee                               | ④ job hunting           |
| ⑤ job interview                             | ⑥ an edge over others   |
| ⑦ apply for a same job                      | ⑧ application process   |
| ⑨ good impression                           | ⑩ competence            |
| ⑪ tell the truth                            | ⑫ show interest in      |
| ⑬ display/create an attitude and impression | ⑭ feel with/against sb. |

### 【基本表达和句式】

① give yourself an edge over others applying for the same job, present yourself in a favorable way, relate your comments to...; recognize real quality and ability in sb.

② The attitude and impression you display can make the interviewer feel “with you” or “against you”.

③ Interviewers have the experience to recognize real quality and ability in you.

### 【连词成篇】

one is..., second, but

① In order to, it is important to...; But remember:...,



② There are two rules to remember. One is to .... But remember: ... Second, .... Always keep an eye on ... and relate A to B.

③ The job interview is an important part of the application process because .... Remember that ....

## 范文 5

### How to Keep Fit

**Directions:** For this part, you are allowed 30 minutes to write a short essay entitled **How to Keep Fit**. You should write at least 120 words following the outline given below.

1. 健康的重要意义;
2. 哪些方法能使人保持健康?
3. 我对保健的看法……

#### 【简单构思】

这也是一篇“意义”+“方法”模块的短文,考生从健康诸多意义下笔,然后分析列举若干种使人保持健康的方法,最后略谈自己对保健的看法或对上述各种方法利弊略加评述。

### How to Keep Fit

As a popular saying goes, “health is better than wealth.” Good health enables you to enjoy your life and achieve what you hope for in your career. On the other hand, poor health tends to deprive you of your interest in everything around you. Therefore, health is indispensable to your happy life.

There are many ways, which help to build up your health. In the first place, those who are always on the run from morning till night should find time to relax because too much stress can lead to poor performance and ill health. Secondly, if you want to keep fit, you must give up the habits that are harmful to your health. Finally, regular physical exercise is essential for a healthy mind and body. To the best of my knowledge, there is nothing more healthful than a brisk walk in the morning.

Personally, I think that health is of great importance to us. So we must give up any habit that does damage to our health and stick to what is beneficial to our health.

#### 【点评】

这是一篇语言流畅、层次分明的作文,短文按照写作要求于第一段首先引用谚语,说明保持健康的重要性;然后论述保持健康的多种途径;最后加入“健康重要”之个人见解。短文结构较为紧凑,展开较为充分,用词也比较富于变化,是一篇较好的作文。

#### 评分标准与得分

词数:163

标准	切题与内容表达	篇章结构与连贯	通顺与可读性	语言语法	地道与惯用法
评语	切题,比较清楚	清楚	比较连贯、可读	少量小错	较好
得分	80	75	75	65	65
总分	75				

#### 【关键词汇】

- |                               |                                       |
|-------------------------------|---------------------------------------|
| ① keep fit                    | ② good/poor health                    |
| ③ career                      | ④ tend to                             |
| ⑤ stick to                    | ⑥ a happy life                        |
| ⑦ build up your health        | ⑧ be always on the run                |
| ⑨ from morning till night     | ⑩ give up harmful habits              |
| ⑪ to the best of my knowledge | ⑫ be of great importance              |
| ⑬ do damage to our health     | ⑭ be beneficial/harmful/ essential to |





### 【基本表达和句式】

- ① As a popular saying goes ...;
- ② Health is better than wealth.
- ③ enables you to enjoy your life and achieve what you hope for in your career
- ④ deprive you of your interest in everything around you
- ⑤ Health is indispensable to your happy life.
- ⑥ Too much stress can lead to poor performance and ill health.
- ⑦ Regular physical exercise is essential for a healthy mind and body.
- ⑧ There is nothing more healthful than a brisk walk in the morning.

### 【附：健康谚语】

1. Happiness lies first of all in health. 幸福首先在于健康。
2. Cheerfulness is health; its opposite, melancholy, is disease. 欢乐就是健康, 忧郁就是病痛。
3. It is not work that kills, but worry. 工作不损寿, 忧郁才伤身。
4. All work and no play makes Jack a dull boy. 只工作, 不玩耍, 聪明小伙也变傻。
5. People who cannot find time for recreation are obliged sooner or later to find time for illness. 没有时间娱乐的人, 迟早得有时间生病。
6. He is wise that knows when he is well enough. 知足为智者。
7. He who lives with his memories becomes old. He who lives with plans for the future remains young. 终日怀旧催人老, 计划未来葆青春。
8. A good conscience is a continual feast. 问心无愧天天乐。
9. An ounce of prevention is worth a pound of cure. 一分预防胜过十分治疗。
10. Diet cures more than doctors. 自己饮食有节, 胜过上门求医。
11. He is happy that thinks himself so. 自乐者常乐。
12. An apple a day keeps the doctor away. 每天一只苹果, 无需医生进门。
13. Better wear out shoes than sheets. 宁愿把鞋子穿漏, 不愿把床单磨破。
14. Health is not valued till sickness comes. 病时方知健康可贵。
15. Leave off with an appetite. 吃得七分饱, 就该离餐桌。
16. He who has good health is young, and he is rich who owes nothing. 健康葆青春, 无债即富足。
17. Laugh and the world laughs with you, weep and you weep alone. 欢笑, 则世界与你同乐; 哭泣, 则独自悲伤。
18. Blessed is the person who is too busy to worry in the daytime, and too sleepy to worry at night. 白天忙得没有时间发愁, 夜里困得来不及发愁的人是真正幸福的。
19. Happy is he who only desires what he may and does what he ought. 不作非分之想又能尽本分的人是快乐的。
20. There is no greater grief than to recall a time of happiness when in misery. 没有比在悲惨中回忆幸福的时刻更痛苦。

### 【连词成篇】

On the other hand, therefore, in the first place, secondly, finally, personally

- ① On the other hand, poor health tends to deprive you of your interest in everything around you.
- ② if you ..., you must ...
- ③ As a popular saying goes, "...". Good health enables you to .... On the other hand, poor health tends to .... Therefore, health is ....
- ④ There are many ways, which help to build up your health. In the first place, .... Secondly, if you want to ..., you must .... Finally, .... To the best of my knowledge, there is nothing more ... than ....
- ⑤ Personally, I think that health is .... So we must ....



## 范文 6

## How to Do Away with Fake Diplomas

**Directions:** For this part, you are allowed 30 minutes to write a short essay entitled **How to Do Away with Fake Diplomas**. You should write at least 120 words following the outline given below.

1. 假文凭泛滥成灾, 就业市场鱼目混珠;
2. 如何杜绝假文凭?
3. 杜绝假文凭的重要性和迫切性。

## 【简单构思】

这是一篇“问题”+“方案”+“意义”模块的短文, 考生可根据命题要求从假文凭泛滥成灾, 就业市场鱼目混珠的现状下笔, 然后于第二段分析列举如何杜绝假文凭的一系列解决方案, 最后略谈杜绝假文凭的迫切性和重要意义。

## How to Do Away with Fake Diplomas

It is reported that fake diplomas are becoming a serious problem these years. When employers lay great emphasis on their applicants' education background, different kinds of fake diplomas appear. It's unfair that one fails to get his job just because his rival has produced a fake diploma. Therefore, fake diplomas do obvious harm to the job market and affect fair competition between applicants.

Many ways contribute to solving this serious problem, but the following ones may be most effective. First of all, companies and universities should have a close contact so that the fake diplomas cannot play tricks. Besides, the one who makes the fake diplomas should be severely punished by law and totally exposed through media. Finally, the one who uses a fake diploma in finding jobs should be deprived of the right to enter the job market. That may give a lesson to others.

These are not the only measures we can take, but it should be noted that in order to be fair to everyone with true knowledge and skills, we should try our best to eliminate fake diplomas and give punishment to those produce and those who cheat by using fake diplomas.

## 【点评】

这篇短文层次分明, 结构紧凑连贯。短文按照写作要求于第一段先引入假文凭泛滥的现象及其危害, 第二段论述消除假文凭的各种方法, 结尾再加补充性评论, 强调杜绝假文凭势在必行。短文语言较富于变化, 但用词不够贴切, 个别地方有惯用法错误, 最后一段展开不够。

## 评分标准与得分

词数: 198

标准	切题与内容表达	篇章结构与连贯	通顺与可读性	语言语法	地道与惯用法
评语	切题, 比较清楚	尚清楚	比较连贯、可读	少量小错	一般
得分	80	80	65	65	50
总分	70				

## 【关键词汇】

- |   |                            |
|---|----------------------------|
| ① applicant                             | ② rival                    |
| ③ fake diplomas                         | ④ job market               |
| ⑤ education background                  | ⑥ fair competition         |
| ⑦ people with true knowledge and skills | ⑧ eliminate                |
| ⑨ do away with                          | ⑩ lay great emphasis on    |
| ⑪ do harm to                            | ⑪ contribute to            |
| ⑬ play tricks                           | ⑬ be exposed through media |



- ⑮ give a lesson to                      ⑯ try our best to  
⑰ cheat by using fake diplomas

### 【基本表达和句式】

- ① be deprived of the right to do sth.
- ② It is reported that ....
- ③ While employers lay great emphasis on their applicants' education background, different kinds of fake diplomas appear.
- ④ It's unfair that one fails to get his job just because his rival has produced a fake diploma.
- ⑤ That may give a lesson to others.
- ⑥ It should be noted that ....
- ⑦ In order to be fair to everyone with true knowledge and skills, we should try our best to ....

### 【连词成篇】

While ..., ... just because .... Therefore, but, First of all, Besides, Finally, but

- ① Many ways contribute to solving this serious problem, but the following ones may be most effective. First of all, ... should .... Besides, ... should .... Finally, ... should .... That may ....
- ② These are not the only measures we can take, but it should be noted that ...

## 范文 7

### How to Solve the Problem of Heavy Traffic

**Directions:** For this part, you are allowed 30 minutes to write a short essay entitled **How to Solve the Problem of Heavy Traffic**. You should write at least 120 words following the outline given below.

1. 交通拥挤的现状及其影响。
2. 解决交通拥挤问题有哪些方案?
3. 如何使这些方案取得最佳效果?

### 【简单构思】

这也是一篇“问题”+“方法”模块的短文,考生可按照命题要求从交通拥挤的现状及其影响下笔,然后分析列举解决交通拥挤问题的若干方案,最后根据自己的判断略谈如何使这些方案取得最佳效果。

### How to Solve the Problem of Heavy Traffic

More than ever before, heavy traffic has become a source of headache for both the urban residents and officials. As it is seriously influencing people's daily life and the city's economic development, the city government is facing the problem and many experts have been called in for advice.

A great number of solutions are being offered. Some people suggest that more streets and roads should be constructed. The advantage of this proposal is obvious: it can reduce traffic density and hence speed up the flow of vehicles. But traffic constantly increases to fill all the new roads and highways. Moreover, in a city with a booming economy, land is precious and cannot be freely used for traffic. So others argue that the number of bicycles and cars be limited while more bus routes are opened up to improve commuter efficiency. But the decrease in the number of bicycles and cars might create other problems, one of which might be commuter inconvenience.

Since neither of the suggestions on its own can effectively solve the problem of heavy traffic, there is an increased awareness that the two suggestions may have to be combined together with other possible solutions to produce the best overall effect.

### 【点评】

这是一篇层次较为分明,展开比较充分的作文。短文按照写作要求于第一段谈先概述交通拥挤的现状及其危害性,然后列举了两种解决途径,并分析了各自的优缺点,最后作出评判性结论:将这两种方法

