

CET  -6

攻克大学英语四六级考试

- ★ 权威专家编写
- ★ 紧扣六级考试新题型
- ★ 六级考试考前全面复习必备

攻克六级

710分

历年真题讲解 和全真模拟试题

大学英语六级考试命题研究小组 编



中国水利水电出版社
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最新版

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内 容 提 要

为了让参加大学英语六级考试的考生在考前全面了解掌握考试改革后的新题型,轻松应对考试,本书选取改革后的5次考试试题,并配上切合考点的讲解,以方便读者全面了解考试,并测试自己的实力;为了巩固知识,更好地应对考试,作者给出了5套全真模拟试题和讲解,满足考生考前冲刺的需要。

本书适合参加大学英语六级考试的考生考前冲刺复习时使用。

图书在版编目(CIP)数据

攻克六级 710 分. 历年真题讲解和全真模拟试题 / 大学英语六级考试命题研究小组编. —北京: 中国水利水电出版社, 2009

(攻克大学英语四六级考试)

ISBN 978-7-5084-6480-0

I. 攻… II. 大… III. 英语-高等学校-水平考试-自学参考资料 IV. H310.42

中国版本图书馆 CIP 数据核字 (2009) 第 056720 号

书 名	攻克大学英语四六级考试
作 者	攻克六级 710 分 历年真题讲解和全真模拟试题
出版发行	大学英语六级考试命题研究小组 编 中国水利水电出版社 (北京市海淀区玉渊潭南路 1 号 D 座 100038) 网址: www.waterpub.com.cn E-mail: sales@waterpub.com.cn 电话: (010) 68367658 (营销中心)
经 售	北京科水图书销售中心 (零售) 电话: (010) 88383994、63202643 全国各地新华书店和相关出版物销售网点
排 版	贵艺图文设计中心
印 刷	北京市地矿印刷厂
规 格	145mm×210mm 32 开本 13.75 印张 470 千字
版 次	2009 年 5 月第 1 版 2009 年 5 月第 1 次印刷
印 数	0001—5000 册
定 价	26.00 元

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丛书序

2004年6月,教育部颁布了《大学英语课程教学要求(试行)》(以下简称《教学要求》),重新规定了大学英语的教学目标和教学任务——主要培养学生的英语综合应用能力,特别是听说能力,使他们在今后的工作和社会交往中能用英语有效地进行口头和书面信息交流。

与这个方针相统一的是2005年6月大学英语六级考试题型的变化,无论是考试内容还是题型设计,都做了重大调整,见表1。

表1 CET-6 新题型及分值比例

试卷构成	测试内容		测试题型	比 例	
听力理解	听力对话	短对话	多项选择	8%	35%
		长对话	多项选择	7%	
	听力短文	短文理解	多项选择	10%	
		短文听写	复合式听写	10%	
阅读理解	仔细阅读理解	篇章阅读理解	多项选择	20%	35%
		篇章词汇理解	选词填空	5%	
	快速阅读理解		是非判断 + 句子 填空或其他	10%	
综合测试	完型填空或改错		多项选择	10%	15%
			错误辨析并改正		
	篇章问答或句子翻译		简短回答	5%	
			中译英		
写作	写作		短文写作	15%	15%

改革后的试卷分为六个部分，根据答题顺序分别是：写作、快速阅读、听力理解、仔细阅读、完型填空以及翻译。

样卷结构、试卷内容、各部分答题时间及所用答题卡详见表2。

表2 CET-6 新题型样卷结构、试卷内容、各部分答题时间及所用答题卡

样卷结构	试卷内容	答题时间	所用答题卡
Part I	Writing	30 minutes	Answer Sheet 1
Part II	Reading Comprehension (Skimming and Scanning)	15 minutes	
Part III	Listening Comprehension	35 minutes	Answer Sheet 2
Part IV	Reading Comprehension (Reading in Depth)	25 minutes	
Part V	Cloze	15 minutes	
Part VI	Translation	5 minutes	

为了适应大学英语六级考试题型的变化，帮助准备大学英语六级考试的考生按照新题型进行复习应考，我们组织了多年从事大学英语六级考试辅导的专家，在整合了他们丰富经验的基础上，编写了《攻克六级710分》系列考前辅导书。

这套书由：《攻克六级710分 历年真题讲解和全真模拟试题》

《攻克六级710分 词汇、完型填空及翻译》

《攻克六级710分 阅读》

《攻克六级710分 写作》

《攻克六级710分 听力》

五个分册组成，分别系统讲解了新大纲对各个题型的要求以及涉及的基本功，通过真题分析、模拟演练、解题思路分析、知识补充等方面强化考生的技能技巧。

大学英语六级考试命题研究小组

2009年1月

前言

Preface

本书严格按照新的大学英语六级考纲编写，全面解读六级改革后的新题型，并以试卷的形式给考生一个完整的考试概念，在全面了解、掌握历年考试真题和考点后，通过全真模拟题巩固所有知识，方便考生计时测试。

全书共有两部分。第一部分为真题部分，列出了2006年6月六级考试改革之后到2008年12月的5套全真试题，并在试题之后给出了详细全面的试题考点分析。

第二部分为模拟试题，给出了5套全真模拟试题，满足考生考前冲刺的需要。

参加考试前认真地把本书给出的真题和试题全部掌握，定能轻松攻克大学英语六级考试。

最后，祝所有备战大学英语六级考试的考生征途顺利、马到成功！

大学英语六级考试命题研究小组

2009年1月

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第一部分

大学英语六级考试真题讲解

本部分内容

- 第一章 历年真题
- 第二章 真题讲解

第一章 历年真题

2008 年 12 月

Part I Writing (30 minutes)

Directions: For this part, you are allowed 30 minutes to write a short essay on the topic: **How to Improve Students' Mental Health**. You should write at least 150 words following the outline given below:

1. 大学生的心理健康十分重要;
2. 因此, 学校可以……
3. 我们自己应当……

Part II Reading Comprehension (Skimming and Scanning) (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on **Answer Sheet 1**. For questions 1 ~ 7, choose the best answer from the four choices marked A), B), C) and D). For questions 8 ~ 10, complete the sentences with the information given in the passage.

Supersize Surprise

Ask anyone why there is an obesity epidemic and they will tell you that it's all down to eating too much and burning too few calories. That explanation appeals to common sense and has dominated efforts to get to the root of the obesity epidemic and reverse it. Yet obesity researchers are increasingly dissatisfied with it. Many now believe that something else must have changed in our environment to *precipitate* (促成) such dramatic rises in obesity over the past 40 years or so. Nobody is saying that



the “big two” — reduced physical activity and increased availability of food — are not important contributors to the epidemic, but they cannot explain it all.

Earlier this year a review paper by 20 obesity experts set out the 7 most plausible alternative explanations for the epidemic. Here they are.

1. Not Enough Sleep

It is widely believed that sleep is for the brain, not the body. Could a shortage of shut-eye also be helping to make us fat?

Several large-scale studies suggest there may be a link. People who sleep less than 7 hours a night tend to have a higher body mass index than people who sleep more, according to data gathered by the U. S. National Health and Nutrition Examination Survey. Similarly, the U. S. Nurses' Health Study, which tracked 68,000 women for 16 years, found that those who slept an average of 5 hours a night gained more weight during the study period than women who slept 6 hours, who in turn gained more than those who slept 7.

It's well known that obesity impairs sleep, so perhaps people get fat first and sleep less afterwards. But the nurses' study suggests that it can work in the other direction too: sleep loss may precipitate weight gain.

Although getting figures is difficult, it appears that we really are sleeping less. In 1960 people in the U. S. slept an average of 8.5 hours per night. A 2002 poll by the National Sleep Foundation suggests that the average has fallen to under 7 hours, and the decline is mirrored by the increase in obesity.

2. Climate Control

We humans, like all warm-blooded animals, can keep our core body temperatures pretty much constant regardless of what's going on in the world around us. We do this by altering our *metabolic* (新陈代谢的) rate, shivering or sweating. Keeping warm and staying cool take energy unless we are in the “thermo-neutral zone”, which is increasingly where we choose to live and work.

There is no denying that *ambient temperatures* (环境温度) have changed in the past few decades. Between 1970 and 2000, the average British home warmed from a chilly 13°C to 18°C. In the U. S., the changes have been at the other end of the thermometer as the proportion of homes with air conditionings rose from 23% to 47% between 1978 and 1997. In the southern states — where obesity rates tend to be highest — the number of houses with air conditioning has shot up to 71% from 37% in 1978.

Could air conditioning in summer and heating in winter really make a difference to our weight? Sadly, there is some evidence that it does — at least with regard to heating. Studies show that in comfortable temperatures we use less energy.

3. Less Smoking

Bad news: smokers really do tend to be thinner than the rest of us, and quitting really does pack on the pounds, though no one is sure why. It probably has something to do with the fact that *nicotine* (尼古丁) is an appetite suppressant and appears to up your metabolic rate.

Katherine Flegal and colleagues at the U. S. National Center for Health Statistics in Hyattsville, Maryland, have calculated that people kicking the habit have been responsible for a small but significant portion of the U. S. epidemic of fatness. From data collected around 1991 by the U. S. National Health and Nutrition Examination Survey, they worked out that people who had quit in the previous decade were much more likely to be overweight than smokers and people who had never smoked. Among men, for example, nearly half of quitters were overweight compared with 37% of non-smokers and only 28% of smokers.

4. Genetic Effects

Yours chances of becoming fat may be set, at least in part, before you were even born. Children of obese mothers are much more likely to become obese themselves later in life. Offspring of mice fed a high-fat diet during pregnancy are much more likely to become fat than the offspring of identical mice fed a normal diet. Intriguingly, the effect persists for two or



three generations. Grand-children of mice fed a high-fat diet grow up fat even if their own mother is fed normally — so your fate may have been sealed even before you were conceived.

5. A Little Older

Some groups of people just happen to be fatter than others. Surveys carried out by the U. S. National Center for Health Statistics found that adults aged 40 to 79 were around three times as likely to be obese as younger people. Non-white females also tend to fall at the fatter end of the spectrum: Mexican-American women are 30% more likely than white women to be obese, and black women have twice the risk.

In the U. S., these groups account for an increasing percentage of the population. Between 1970 and 2000 the U. S. population aged 35 to 44 grew by 43%. The proportion of Hispanic-Americans also grew, from under 5% to 12.5% of the population, while the proportion of black Americans increased from 11% to 12.3%. These changes may account in part for the increased prevalence of obesity.

6. Mature Mums

Mothers around the world are getting older. In the UK, the mean age for having a first child is 27.3, compared with 23.7 in 1970. Mean age at first birth in the U. S. has also increased, rising from 21.4 in 1970 to 24.9 in 2000.

This would be neither here nor there if it weren't for the observation that having an older mother seems to be an independent risk factor for obesity. Results from the U. S. National Heart, Lung and Blood Institute's study found that the odds of a child being obese increase about 14% for every five extra years of their mother's age, though why this should be so is not entirely clear.

Michael Symonds at the University of Nottingham, UK, found that first-born children have more fat than younger ones. As family size decreases, firstborns account for a greater share of the population. In 1964, British women gave birth to an average of 2.95 children; by 2005 that

figure had fallen to 1.79. In the U. S. in 1976, 9.6% of women in their 40s had had only one child; in 2004 it was 17.4%. This combination of older mothers and more single children could be contributing to the obesity epidemic.

7. Like Marrying Like

Just as people pair off according to looks, so they do for size. Lean people are more likely to marry lean and fat more likely to marry fat. On its own, like marrying like cannot account for any increase in obesity. But combined with others — particularly the fact that obesity is partly genetic, and that heavier people have more children — it amplifies the increase from other causes.

- What is the passage mainly about?
 - Effects of obesity on people's health.
 - The link between lifestyle and obesity.
 - New explanations for the obesity epidemic.
 - Possible ways to combat the obesity epidemic.
- In the U. S. Nurses' Health Study, women who slept an average of 7 hours a night _____.
 - gained the least weight
 - were inclined to eat less
 - found their vigor enhanced
 - were less susceptible to illness
- The popular belief about obesity is that _____.
 - it makes us sleepy
 - it causes sleep loss
 - it increases our appetite
 - it results from lack of sleep
- How does indoor heating affect our life?
 - It makes us stay indoors more.
 - It accelerates our metabolic rate.
 - It makes us feel more energetic.
 - It contributes to our weight gain.



5. What does the author say about the effect of nicotine on smokers?
 - A) It threatens their health.
 - B) It heightens their spirits.
 - C) It suppresses their appetite.
 - D) It slows down their metabolism.
6. Who are most likely to be overweight according to Katherine Flegal's study?
 - A) Heavy smokers.
 - B) Passive smokers.
 - C) Those who never smoke.
 - D) Those who quit smoking.
7. According to the U. S. National Center for Health Statistics, the increased obesity in the U. S. is a result of _____.
 - A) the growing number of smokers among young people
 - B) the rising proportion of minorities in its population
 - C) the increasing consumption of high-calorie foods
 - D) the improving living standards of the poor people
8. According to the U. S. National Heart, Lung and Blood Institute, the reason why older mothers' children tend to be obese remains _____.
9. According to Michael Symonds, one factor contributing to the obesity epidemic is decrease of _____.
10. When two heavy people get married, chances of their children getting fat increase, because obesity is _____.

Part III Listening Comprehension (35 minutes)

Section A

Directions: *In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversations and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and*