

2025 年 6 月大学英语四级考试真题（第 1 套）

Part I Writing (30 minutes)

Directions: Suppose your university is organizing a forum on the development of students' cross-cultural communication abilities. You are now to write an essay to express your view. You will have 30 minutes to write the essay. You should write at least 120 words but no more than 180 words.

Part II Listening Comprehension (25 minutes)

Section A

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on *Answer Sheet 1* with a single line through the centre.

Questions 1 and 2 are based on the news report you have just heard.

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|--|--|
| 1. A. By slapping some butter on it. | C. By growing it in South Dakota. |
| B. By enhancing its nourishment. | D. By cooking it in vegetable oil. |
| 2. A. To introduce their corn to tourists. | C. To share experience with other corn growers. |
| B. To attend an honorary ceremony. | D. To exhibit their corn at the state's Corn Palace. |

Questions 3 and 4 are based on the news report you have just heard.

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|-----------------------------------|---|
| 3. A. Stole mail several times. | C. Attacked postmen on multiple occasions. |
| B. Forged postal keys illegally. | D. Broke a number of postal collection boxes. |
| 4. A. A sentence for life. | C. Twenty-three years' hard labor. |
| B. Loss of all their possessions. | D. Up to fifteen years in prison. |

Questions 5 to 7 are based on the news report you have just heard.

- | | |
|---|---|
| 5. A. It escapes regulation and misleads consumers. | |
| B. It ignores economically feasible recycling options. | |
| C. It creates waste and severely impacts the environment. | |
| D. It produces clothes affordable only to a tiny minority. | |
| 6. A. To cut consumers' expenses in buying quality clothes. | |
| B. To enable the whole fast-fashion industry to be sustainable. | |
| C. To incentivize manufacturers to be more consumer-friendly. | |
| D. To urge manufacturers and consumers to reduce waste. | |
| 7. A. Recognizing the impact on consumers. | C. Abandoning the current business model. |
| B. Identifying the source of the problem. | D. Establishing powerful regulatory bodies. |

Section B

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on *Answer Sheet 1* with a single line through the centre.

Questions 8 to 11 are based on the conversation you have just heard.

8. A. The city's rush-hour traffic is intolerable.
B. She cannot avoid rush-hour traffic.
9. A. Upgrading subway carriages.
B. Increasing the number of bus routes.
10. A. He suffers from rush-hour crowding too.
B. He is fortunate to live very near to work.
11. A. Recommend to her a good house near his office.
B. Send her his housing agent's telephone number.
C. Tell her exactly what kind of property to look for.
D. Make sure the agent finds something good for her.
- C. The local government is inefficient.
D. The city is too big to move around easily.
C. Air conditioning the city's subway.
D. Learning from other big cities.
C. He takes a half-hour bus ride to work.
D. He is going to move closer to his office.

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

12. A. He was remembered for the scar on his cheek.
B. He received a heart operation a few days ago.
13. A. The man's deep sympathy for Johnny.
B. The man's use of the expression 'fixed'.
14. A. It gave him a noticeable smartness.
B. It made him appear even more manly.
15. A. Liberal. B. Hostile.
- C. He used to wear a sad face in school.
D. He had some plastic surgery done.
C. The man's covering up of what happened.
D. The man's good memory of his childhood.
C. It seemed to give him a certain uniqueness.
D. It seemed to make up for his physical defects.
C. Indifferent. D. Critical.

Section C

Directions: *In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.*

Questions 16 to 18 are based on the passage you have just heard.

16. A. Through deliberation.
B. Through evolution.
17. A. With people imitating sounds around them.
B. With people interacting with animals close by.
C. With people showing each other things nearby.
D. With people trying to string sounds together.
18. A. Making sounds can free one's hands for doing other things.
B. Making sounds proves markedly easier than sign languages.
C. Making sounds enables one to express their ideas more explicitly.
D. Making sounds helps one communicate with people they can't see.
- C. Through invention.
D. Through collaboration.

Questions 19 to 21 are based on the passage you have just heard.

19. A. Well disciplined.
B. Quite confident.
20. A. When they wanted to have a competitive team member.
B. When they were looking for a cooperative workmate.
C. When they found collaboration essential to them.
D. When they were seeking someone to help them.
- C. Somewhat selfish.
D. Highly intelligent.

21. A. Avoid frightening competitors. C. Adopt persuasive strategies.
 B. Make clear their social goal. D. Consider the consequences.

Questions 22 to 25 are based on the passage you have just heard.

22. A. Much evidence of humans capturing animals.
 B. More images of animals than humans.
 C. Fewer images of buildings than animals.
 D. Little proof of human fascination with animals.
23. A. They were open to the public. C. They were kept by royalty.
 B. They were primarily native. D. They were hardly injured.
24. A. To enable the public to watch animals close by.
 B. To introduce to Egyptians animals from Punt.
 C. To protect the endangered animals.
 D. To show off her riches and power.
25. A. It was part of the royal estate. C. It was the kingdom's best-equipped zoo.
 B. It was a shelter for wild animals. D. It was the first public exhibit of animals.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Psychologists have long been interested in how we construct our identities and the sorts of strategies that we use to present ourselves in society. New findings suggest that the kinds of 26 and strategic self-presentation behaviour we see in adults appear at a much younger age than 27 known.

Research shows that a child's awareness of social standing comes from adults. Like grown-ups, kids want to be 28 by those they admire. Interactive experiences may provide opportunities for children to learn about what 29 a desirable reputation and the kinds of strategies that are effective for 30 a good reputation in their social environment.

Five-year-olds aren't just aware of their reputations, they also behave strategically to alter their outward image. They will 31 their behaviour in order to appear moral or socially good in the eyes of key observers. While we know that adults use a large variety of attributes to manage and create impressions, we don't yet know whether children 32 and use the fact that different attributes are valuable at different times to different 33. It's important for us to further consider where in this process children succeed in controlling their reputation and where they 34.

A question to think about is, "What happens even earlier than age five?" Children don't just show up to the first day of kindergarten and have the idea of reputation pop 35 into existence. The logical question to ask is, "What happens even earlier?"

A. accepted	F. deputies	K. solemn
B. audiences	G. previously	L. struggle
C. building	H. revolving	M. suddenly
D. complex	I. samples	N. understand
E. constitutes	J. selected	O. vary

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Getting young minds into design

- A. Recently, a leading design federation in the UK warned that the UK could face a creative skills shortage, after the latest figures revealed a drop of almost 10 percent in students studying Design and Technology. These figures showed that the number of pupils that sat exams in Design and Technology fell 10 percent from 204,788 to 185,279 last year.
- B. Chief executive John Kampfner of the Creative Industries Federation thinks that this drop in figures has worrying implications for the skills pipeline in Britain's hugely successful arts and creative industries. He said, "We already have skills shortages in many jobs such as animation (动画制作) and special effects." He added: "Engineering, which requires a similar mix of creative and technical skills, also has recruitment problems."
- C. Many other designers and architects have expressed concern over the future supply of home-grown talent for UK firms, and industry bodies have pointed out that there has been a lack of roots-level support. However, if these designers had visited the Design Museum shop in London earlier this year their fears may have been eased. With £10 to spend, they could have bought a fascinating children's toy called "Dazzle Racer". An automotive cylinder (圆柱体), it included a wind-up, elastic (有弹性的)-band-powered mechanism, minimal parts, all 100 percent recycled, and lots of stickers. It was good fun, simple, eye-catching and very original.
- D. Well, you'd expect the Design Museum to commission and make some interesting items, but this one was different. Designed by a group of six Year 9 and Year 10 boys from Finchley Catholic High School, the toy was the winning entry in the museum's 2015 Design Ventura competition, which brings the business of design to life for students aged 13 to 16 by challenging them to develop a new creative, sustainable and commercially feasible product for the Design Museum shop and attracts hundreds of entries nationwide.
- E. "We did Design Ventura in my previous school," says Liam Hourican, Finchley Catholic High School's design technology curriculum leader. "Then when I changed schools four years ago, I introduced it here because it helps to develop so many skills."
- F. The theme for last year's competition was "Move", and Hourican began with three groups working in lunch breaks and after school before selecting the group with the most innovative idea. Each participating school may submit just one proposal. "It's the taking part and doing the work which is important," he says. "And I never dreamt we'd win."

- G. Catherine Ritman Smith, head of learning at the Design Museum, is expecting around 10,000 participants aged 13 to 16 to take part this year and says that the project — funded by Deutsche Bank as part of its youth engagement programme Born To Be — is the biggest event in the museum's calendar. "We started Design Ventura with around 800 young people in 2010 and it has grown steadily since," she says. "Teachers like it because the skills are all transferable and it helps to validate the value of design as a subject," she explains, telling me that nearly 600 schools have taken part so far.
- H. So how does the competition work? A single-word theme is announced in the summer. This year it is "Change". Schools work with groups to produce imaginative design ideas for a product in simple materials that could sell for £10 in the Design Museum shop. Participating schools then register by November and eventually submit their design idea. Along the way there is training and support for teachers and tutoring for students from designers. An additional bonus is when the winners see their design on sale in the spring of the following year.
- I. Hourican and his pupils have happy memories of spending a whole day at the museum, having been selected as one of 10 shortlisted schools to present their idea to a panel of judges, including designer Jasper Conran. Then they worked with the Kin Design Studio in Shoreditch, met designers at their school and attended a lunch with Deutsche Bank employees. The students helped to make decisions and there were plenty of discussions — they changed the product's name, for example.
- J. "One of the really useful things about this competition," says Hourican, "is that there's a commercial element because the product is going on sale for real and the boys had to learn about budgeting and marketing, as well as designing their game." Profits go to charity. "The winning team chooses where it wants the profits to go," says Ritman Smith. "The Finchley Catholic High School product raised about £1,000 for Great Ormond Street Hospital." Winning entries in past years have included a make-your-own cloth kit called Dove Bunting and a threefold, wallet-sized travel game with goals at each end, called Badoiiiing.
- K. It costs the schools nothing to participate in Design Ventura; the professional designers provide their services for free. Among them is architect Asif Khan, a Design Museum trustee who has worked as designer-in-residence at the museum, helping emerging architects. He has recently been commissioned to design the new Museum of London building in Smithfield.
- L. Another is television presenter and interior designer Naomi Cleaver, who is one of the competition's judges. "I'm very keen to encourage young people," she says, observing that design brings together other subjects such as literature, art, history, geography and science. "Now that design education is limited in the curriculum, I'm all in favour of competitions such as Design Ventura, which helps to bring the standard curriculum to life," says Cleaver. "And the judging day is terrific fun. Some of these students are very imaginative. One group presented their idea in the form of a puppet show and we see some marvelous demonstration models. I'm always impressed by the levels of confidence and the support the students get from their teachers."
- M. Ritman Smith adds: "Design technology has become a tricky subject to make a case for, and we've heard of departments closing in some schools. We find that if pupils take part in Design Ventura in Year Nine it can be the trigger which leads them to opt for it at General Certificate of Secondary Education, so we are helping to keep alive something which is crucial to industry and entrepreneurship."
36. During the course of preparing for Design Ventura, teachers receive training and support while students get tutoring from designers.

37. A visit to the Design Museum shop in London can reduce the designers' fears about the future supply of talents educated in Britain.
38. One of Design Ventura's judges says the competition adds vigour to the standard curriculum in schools.
39. Enrollment in Design and Technology decreased by nearly ten percent last year in the UK.
40. Participation of ninth graders in Design Ventura can motivate them to choose design technology as their subject.
41. Design Ventura is welcomed by teachers because it helps to prove the worth of design as a school subject.
42. The schools don't have to pay anything to take part in the Design Ventura competition.
43. Participants in Design Ventura are challenged to create sustainable and marketable products.
44. Students benefit from Design Ventura because they can learn about budgeting and marketing in addition to game design.
45. According to an officer of the Creative Industries Federation, there is difficulty now in recruiting engineers in the UK.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

New research suggests that pandas may be at risk of dying out because they are too comfortable. Experts say too much happiness can stop the bears from searching for new mates.

Environmentalists have long believed that building roads or homes near the bears may threaten their survival by “reducing or fragmenting their natural habitats”, *The Times* reported. But the new research suggests that a “modest degree of discomfort and fragmentation” may actually help preserve panda populations.

The research was conducted by scientists from Michigan State University. It concluded that pandas fail to wander off in search of new mates if they find their habitat too comfortable, resulting in a lack of vital genetic diversity.

For their study — outlined in a paper in the journal *Conservation Biology* — the team looked at genetic diversity and spread among a Chinese panda population. The ideal level of perfectly livable habitat was found to be only 80% of an area, with the remainder either too harsh or too affected by human activity.

The experts concluded that pandas should ideally “be happy enough to thrive, but not so content that they don't want to move around and find new mates”.

Their conclusions about what *The Guardian* described as this “sweet spot” are in line with the so-called Goldilocks principle: that there can be just the right amount of something. The concept has been applied to a wide range of disciplines, from developmental psychology to economics and engineering.

Claudio Sillero, a professor of conservation biology at Oxford University, told the newspaper that the new findings could have implications beyond panda conservation.

“Most large animals that eat meat live in increasingly fragmented landscapes,” said Sillero, who was not involved in the research. “It may well be that the messy nature of their relationship with human efforts induces more animals to scatter or travel further, and might result in greater genetic connectivity and enhanced population persistence.”

The most recent count of pandas found that there were more than 1,800 left in the wild, putting them on the list of vulnerable, but not endangered, species.

46. What do we learn from new research about pandas?
- A. They are losing habitat due to the building of roads and houses.
 - B. They have stopped seeking new mates for reproduction.
 - C. They may not adapt to the fragmentation of their habitat.
 - D. They may cease to exist as a result of enjoying too good a life.
47. What can we conclude from the new research by scientists at Michigan State University?
- A. Environmentalists' long-time belief regarding panda conservation may be misleading.
 - B. Housing development near pandas' homes may threaten their survival.
 - C. Pandas' natural habitats are becoming less suitable for reproduction.
 - D. The increased panda population is attributed to the fragmentation of their habitat.
48. What is the experts' conclusion regarding pandas?
- A. It is urgent to provide an ideal habitat for them to thrive.
 - B. It is very important to preserve their genetic diversity.
 - C. Their chances of finding new mates have a lot to do with their habitat.
 - D. Their environment for survival has been continuously worsening.
49. What can we infer from the passage about the Goldilocks principle?
- A. It needs to be confirmed by more studies on pandas.
 - B. It applies to the preservation of pandas too.
 - C. It has implications for future panda research.
 - D. It can be used to locate the right spot for pandas.
50. What can the new findings do according to Professor Sillero?
- A. Help discover new ways for the conservation of pandas.
 - B. Help remove pandas from the list of endangered species.
 - C. Shed light on the conservation of most large meat-eating animals.
 - D. Show the complexity of interactions between humans and animals.

Passage Two

Questions 51 to 55 are based on the following passage.

With those born with natural talents, it feels as if they excel without really trying. But what about those of us who don't have a natural talent? We've been told all our lives that if you work hard, you too can succeed. But with the release of Angela Duckworth's *Grit*, we are given a new key to success.

"As much as talent counts, effort counts twice," says Duckworth in *Grit*. She introduces a new concept that talent may be overrated, and if you want real success, what you need is grit, the perfect combination of passion and persistence. Even if you have natural talent, it's nothing without grit.

Duckworth says grit is the difference between success and failure. A person who has grit is more likely to succeed than a person who does not. When we think about attaining success — whether it's landing that job or learning that new skill — our thoughts are immediately burdened by all the things we must first learn. If you want that new job, you have to learn the job skills, then the interview skills, then the dress part — and you must be perfect at all of them. Grit is different because it tells us that perfection isn't the goal.

Grit lifts the unreasonable expectations off our shoulders. Grit tells us that the door is open wider than we first thought possible. Grit allows us to redefine our goals. Think about it: what's something you've always wanted to do, but gave up because you "don't have the skills for it"? What's something you love but aren't good at?

The real workings of grit are to have sustainable passion and continue to try. Effort means more than your natural ability. Even if you haven't mastered a skill, grit tells you that you can still succeed if you can transform your passion into action. In a way, Duckworth is giving new hope to people who have shut the doors on their dreams. She is saying it is possible that you can accomplish anything. If at first you fail, then try one more time with grit.

51. What does the passage say about people born with natural talents?

- A. They seem to outdo others without hard work.
- B. They appear to know all the secrets to success.
- C. They feel it only too logical to succeed.
- D. They are bound to excel effortlessly.

52. What does Duckworth say about talent?

- A. It is a new concept much too overrated.
- B. It proves necessary for big achievements.
- C. It plays a lesser role in one's success.
- D. It is a guarantee for real success in life.

53. What does the passage say about people thinking of attaining success?

- A. They are puzzled how to present their best to the employer.
- B. They are burdened by their expectation of perfection.
- C. They will try hard to land a job that fits their skills best.
- D. They will find themselves lacking in all the skills they need.

54. How does the author think grit can be helpful to us?

- A. It allows us to know what we are good at.
- B. It opens our eyes to new opportunities.
- C. It focuses our attention on what we do.
- D. It lets us reconsider the goals to achieve.

55. What message does Duckworth try to convey in her book *Grit*?

- A. We should perfect ourselves to ensure success.
- B. We should stay persistent even in face of failures.
- C. We can never master a skill without constant practice.
- D. We can never expect to reach our goals without passion.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

被誉为“杂交水稻 (hybrid rice) 之父”的袁隆平和他的科研团队克服重重困难，研发出了一种超级杂交水稻。这项技术获得了举世公认的巨大成功。通过这项技术的应用，水稻抗旱抗病能力更强，能适应不同的气候和土壤条件，产量可提高 20% ~ 30%。超级杂交水稻营养丰富，口感更佳。目前，这项技术已经在许多国家得到广泛应用，为全球粮食安全做出了重大贡献。

2025 年 6 月大学英语四级考试真题（第 2 套）

Part I Writing (30 minutes)

Directions: Suppose your university is seeking students' opinions on the necessity of making College Chinese a compulsory course. You are now to write an essay to express your view. You will have 30 minutes to write the essay. You should write at least 120 words but no more than 180 words.

Part II Listening Comprehension (25 minutes)

Section A

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on *Answer Sheet 1* with a single line through the centre.

Questions 1 and 2 are based on the news report you have just heard.

1. A. They are young teenagers from Atlanta.
B. They won this year's 7 Mile Bridge Run.
C. They completed the race in less than 40 minutes.
D. They are both students at Marathon High School.
2. A. It drew competitors from more than 40 countries.
B. It is watched live online by fans all over the world.
C. It closed the city of Big Pine Key to traffic for three hours.
D. It is one of the most popular running events in the southeastern U.S.

Questions 3 and 4 are based on the news report you have just heard.

3. A. He was once a full-time ambassador.
B. He was soon to retire from the army.
C. He became an astronaut in 2015.
D. He used to be a helicopter pilot.
4. A. It has been unbelievably exciting and rewarding.
B. It has been extraordinarily tough and demanding.
C. It has contributed a great deal to human flights to space.
D. It has given him exceptional privilege as an ambassador.

Questions 5 to 7 are based on the news report you have just heard.

5. A. They are known for their loyalty to their owners.
B. They are brought in by the store's customers.
C. They are regular visitors to the store.
D. They are pets kept by the store staff.
6. A. It might be a nuisance to the loyal shoppers.
B. It might have been abandoned by its owner.
C. It might be 12 months old.
D. It might have got lost.
7. A. Feed the cats.
B. Remove any store signs.
C. Sit in the shop aisles.
D. Bring in pets with them.

Section B

Directions: *In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.*

Questions 8 to 11 are based on the conversation you have just heard.

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|--|----------------------------------|
| 8. A. Sharing her room with friends. | C. Living off campus. |
| B. Cutting down her living expenses. | D. Moving to the city center. |
| 9. A. The facilities available. | C. Changes in living conditions. |
| B. Various costs involved. | D. The distance to her home: |
| 10. A. Went through much trouble. | C. Studied on the bus. |
| B. Commuted to save money. | D. Lived on campus. |
| 11. A. Discuss the matter with the woman's mother. | |
| B. Make a decision within a few days. | |
| C. Try his best to persuade his wife. | |
| D. Weigh the benefits against the disadvantages. | |

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

- | | |
|--|---------------------------------------|
| 12. A. Interviewing the man. | C. Choosing a present for her nephew. |
| B. Looking for Lawrence. | D. Helping the man with his shopping. |
| 13. A. Quite educational. | C. Driven by batteries. |
| B. Incredibly popular. | D. Obviously childish. |
| 14. A. One he loves for helping exercise his mind. | |
| B. One he can play together with his sister. | |
| C. One he finds interesting and challenging. | |
| D. One he can play either alone or in a group. | |
| 15. A. It has been enjoyed by kids for decades. | |
| B. It always reminds people of times of war. | |
| C. It has been played both indoors and outdoors. | |
| D. It distinguishes itself as one of the oldest games. | |

Section C

Directions: *In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on Answer Sheet 1 with a single line through the centre.*

Questions 16 to 18 are based on the passage you have just heard.

16. A. A display of a variety of products increases consumers' interest.
B. Too many choices decrease one's desire to buy.
C. Fewer choices lead to lower customer satisfaction.
D. Customers given more choices are more likely to get confused.

17. A. What kind of display results in more sales.
 B. What kind of display creates more interest.
 C. What kind of display attracts a greater crowd of customers.
 D. What kind of display leads to greater customer satisfaction.
18. A. There are situations where customers buy nothing.
 B. There are tricks to increase customer satisfaction.
 C. There are ways to predict customer preferences.
 D. There are rules that motivate customers to buy.

Questions 19 to 21 are based on the passage you have just heard.

19. A. Stressful. B. Burdensome. C. Worthwhile. D. Energy-boosting.
20. A. By linking it with employees' salary. C. By improving work schedules.
 B. By taking it as the New Year resolution. D. By making it part of the job.
21. A. It was very important to their well-being. C. It was an outlet for their personal fulfillment.
 B. It had taken little of their spare time. D. It helped improve their working environment.

Questions 22 to 25 are based on the passage you have just heard.

22. A. It amounts to 2,000 tons daily.
 B. It mostly comes from supermarkets.
 C. It is estimated at 11% of the UK's total food supply.
 D. It has a lot to do with independent luxury food suppliers.
23. A. It rents bicycles to deliver food. C. It delivers luxury hand-made food.
 B. It sells sought-after coffee beans. D. It recycles waste food from the city.
24. A. It pays special attention to the size and shape of its products.
 B. It tries to escape the constraints of the current food system.
 C. It cooperates closely with local producers.
 D. It aims to provide high-quality products
25. A. To ensure a regular supply. C. To make up for the waste products.
 B. To maintain a unique menu. D. To meet customers' urgent demand.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Sir Alfred Hitchcock was an English movie director and producer. Famously 26 to as 'The Master of Suspense,' Hitchcock is one of the most influential filmmakers in the history of 27. He was an extraordinary director who entertained his audience with 28 and gripping suspense movies.

His fascination with crime began at an early age when he was 29 by his father who made him spend a few minutes inside a prison for his misconduct. Hence, his movies are 30 of the guilt and innocence of the wrongdoer and the victim. He had a gift for creating stories that consisted of deceit, robbery, murder, corruption, and other criminal 31 with incredible plot twists in the storyline. The principal characters in

his movies were often ordinary people 32 in unwanted and unavoidable situations.

He was 33 productive and his amazing body of work is considered fascinating by the critics. Most of his movies have 34 the test of time and are considered to be masterpieces. He is also remembered by other filmmakers, for he continues to inspire them to be passionate about their work. He is also 35 by people around the world for his entertaining and exciting stories.

A. caught	F. incentive	K. stood
B. cinema	G. instincts	L. symbolic
C. engaging	H. offences	M. tuned
D. graphically	I. punished	N. visually
E. highly	J. referred	O. worshipped

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on *Answer Sheet 2*.

Is juicing actually good for you?

- A. Freshly juiced fruit has become a basic dietary item — especially for busy, health-conscious consumers who can save time on making (and perhaps even chewing) their food without missing out on nutrients. Fruit juice also has been linked to claims that it can help you both lose weight and stay healthy. All of which, of course, has made it highly profitable. The global fruit and vegetable juices market was valued at \$154 billion in 2016 and is expected to grow.
- B. But is juicing really as healthy as we think? Most foods containing fructose — a naturally occurring sugar found in all fruits and fruit juices — don't seem to have harmful effects as long as they're not contributing to excess daily calories. This is because the fibre found in whole fruits is intact, and the sugar is contained within the fruit's cells. It takes our digestive system a while to break these cells down and for fructose to enter the bloodstream.
- C. But this is not the case with fruit juice. Unlike whole fruit, fruit juice has most of the fibre removed. This is why the fructose in fruit juices counts as “free sugars” — which also include honey and the sugars added to foods. It's recommended by the World Health Organisation that adults have no more than 30g of added sugar, the equivalent of 150ml of fruit juice, per day. The problem is that, with the fibre removed, fruit juice's fructose is absorbed more quickly. Sudden increases in blood sugar cause the release of insulin (胰岛素) to bring it back down to a stable level. Over time, this mechanism can wear out, increasing the risk of developing type 2 diabetes. In 2013, researchers analysed the health data of 100,000 people collected between 1986 and 2009 and found that fruit juice consumption was linked with increased risk of type 2 diabetes. Another study found a relationship between fruit juice and type 2 diabetes after following the diets and diabetes status of more than 70,000 nurses over 18 years. The researchers explain that the possible reason for this may partly have been the lack of the other components found in whole fruit, like fibre.
- D. Juices containing vegetables can provide more nutrients and less sugar than juices made up of just fruit — but they still lack valuable fibre. Diets high in fibre have been linked to a lower risk of developing heart disease, stroke, high blood pressure and diabetes, and it's recommended adults consume 30g per day.

- E. Aside from the link to type 2 diabetes, many studies agree that fruit juice is harmful if it contributes to an excess in calories. In an analysis of 155 studies, John Sievenpiper, associate professor at the University of Toronto's Department of Nutritional Sciences, set out to understand if the associations between sugary soft drinks and health — including risk of diabetes and heart disease — were applicable to the food and drink we generally consume as part of a healthy diet. He compared studies looking into the effects of fructose-containing sugars with control diets free from or lower in these sugars. His aim? To isolate the effects of consuming too many calories from the effects of foods containing different sugars.
- F. He found negative effects on blood sugar and insulin levels when food provided excess calories from sugars, including fruit juice. However, when the calories weren't in excess overall, there were some advantages to consuming whole fruit — and even fruit juice. Sievenpiper concludes that the recommended 150ml of fruit juice per day, which is an average serving, is reasonable. The paper concluded that foods containing fructose may have some small benefits for long-term blood sugar control when they don't lead to over-consumption of calories. But when they do lead to too many calories, they risk raising blood sugar and insulin levels.
- G. So while we know that fruit juice can cause diabetes if it's part of a diet that has more calories overall, it's less clear how juice affects the long-term health of those who aren't overweight. But we have a higher risk of consuming more than the recommended daily number of calories (around 2,000 for women and 2,500 for men) on the days we drink juice, according to research. Numerous studies have shown that drinking fruit juice doesn't make us consume any less of other foods throughout the day.
- H. As it is easy to consume large amounts of fruit juice quite quickly, extra calories are taken in. And extra calories can contribute to weight gain. One way we can improve the effects of fruit juice on our health is making sure we select ripe fruit to retain as much of its goodness as possible, according to Roger Clemens, professor of pharmaceutical (药物的) sciences at the University of Southern California.
- I. Another reason for fruit juice's recent popularity is the argument that it can help to remove poisonous or harmful substances from the body. However, "the whole concept of a juice diet helping to remove poisonous or harmful substances from the body is completely false," says Clemens. "We consume compounds every day that may be poisonous and our bodies do a wonderful job of removing and eliminating anything harmful from our bodies."
- J. And juice isn't a cure-all for getting your nutrients, either. "There are a lot of nutrients contained in the parts of the fruits, such as in apple skins, that are excluded when you juice them," says Heather Ferris, a professor of medicine. "You end up with sugary water with some vitamins."
- K. Plus, she adds, it's not an ideal way to reach the advised 'five a day'. "People try to get five servings of fruit and vegetables per day and don't realise this isn't just about getting vitamins," she says. "It's also about reducing the amount of grain carbs (碳水化合物) and protein and fats in our diet, and increasing fibre." So while fruit juice is better than no fruit at all, there are limits. It particularly comes with risks when we consume more than 150ml of free sugars per day, or when it puts us over our recommended calorie intake. It provides us with vitamins — but fruit juice is far from a quick fix.
36. Fruit juice is different from whole fruit in that it contains much less fibre.
37. Some people believe a juice diet helps to rid our body of harmful or poisonous substances.
38. A lot of research comes to the same conclusion that fruit juice does harm to the human body when it leads to surplus calories.
39. The claimed health benefits of fruit and vegetable juices have rendered the industry very profitable.

40. To increase the benefits of fruit juice to our health, we'd better choose ripe fruit to make juice.
41. Diets containing large amounts of fibre reduce the risk of heart disease, diabetes and other health hazards.
42. According to a research paper, drinking fruit juice is beneficial on condition that it is consumed in reasonable amounts.
43. One expert claims that juicing wastes a lot of nutrients contained in fruits.
44. It takes some time for fruit's cells to be digested and for fructose to be absorbed.
45. A lot of research has demonstrated that drinking fruit juice does not reduce our daily consumption of other foods.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

We all take a little extra effort to look nice for special occasions. But most of us have conflicting feelings about dressing up and feel guilty about taking the time to focus on clothes. Science now suggests the right dress may give ourselves the extra edge in our professional and personal lives.

We hear sayings like “dress for the job you want; not the job you have”. Most people don't really believe in them, but research into the impact of clothes on behavior now suggests that there may actually be a grain of truth in these sayings. Science says that the clothes we wear affect our behavior, our mood and even the way we interact with others because of the symbolic meaning that we assign to different types of clothing.

We consider some clothes to be powerful, some to be fun, and so on. We even evaluate people whom we have just met based on their clothes. We also evaluate ourselves based on what we are wearing because of the way they make us feel. This means that the experience of wearing something affects our attitudes and our choice of behavior.

There's a reason tailored jackets are associated with being ‘dressed for success’. It seems that wearing formal office wear puts us in the right frame of mind to conduct business. Wearing power clothing makes us feel more confident and even increases hormones needed for displaying dominance. This in turn helps us become better negotiators and abstract thinkers.

While a good suit works wonders for our performance in the boardroom, wearing formal wear isn't a great idea when we want to socialize. Studies have found that people tend to be less open and less able to relax when they wear formal clothes.

On the other hand, a casual dress helps us become more friendly and creative. These findings support the idea of wearing business casuals on a Friday; since colleagues are most likely to take out time to socialize on the last work day of the week. I mean, who wants to hang out with people in their suits?

46. What does science suggest the right dress may do?
 - A. Add to our advantage in work and life.
 - B. Enable us to look a lot more attractive.
 - C. Help us to enjoy a fuller personal life.
 - D. Provide extra energy for what we do.

47. Why does science say the clothes one wears may affect their interaction with others?
- A. Clothes usually represent one's social and economic status
 - B. Clothes largely determine one's likability by people around.
 - C. Different types of clothing markedly reflect different personalities.
 - D. Different types of clothing convey different messages symbolically.
48. How do the clothes we wear sway our evaluation of ourselves?
- A. By exerting an effect on our power of judgment.
 - B. By impacting how we feel about ourselves.
 - C. By affecting what we take as the basis for assessment.
 - D. By influencing our interpretation of symbolic messages.
49. Why does the author say tailored jackets are associated with being 'dressed for success'?
- A. They are necessary for formal business dealings.
 - B. They may help people concentrate on their business.
 - C. They are vital to keeping a dominant position in business transactions.
 - D. They may enable people to have the right mentality for doing business.
50. What are people advised to do when they want to socialize?
- A. Focus on clothing.
 - B. Wear a good suit.
 - C. Dress casually.
 - D. Look unusual.

Passage Two

Questions 51 to 55 are based on the following passage.

With the rise of pop music, jazz, and electronic music, both opera and classical music started to fade away from the public eye. Some people are beginning to wonder whether opera and classical music are still relevant to the modern world of music. Granted, you will not typically see today's teenagers lending their ears to Bach anytime soon, but there are some major indicators that both opera and classical music are now still quite alive.

The most major indicator of classical music's importance in society today is the fact that much of the popular music that is currently being produced uses similar beats, harmonies, and melodies (旋律) as those that were used in some of classical music's best works. Even so, it can be difficult for those who do not study music theory to see this as an indicator, since it is subtle and just shows the impact symphonic (交响乐的) orchestras have had on society's taste in music.

A better example for the relevance of opera and classical music can be seen in the invention of the rock opera. Opera, in its simplest definition, is telling a story using music as its form. The art of telling a story using music has not faded in the least bit. In fact, sometimes actual orchestras are used for major parts of the opera itself. Some of the world's greatest hits have been parts of rock operas.

Fans of classical music can also tell you that there are few types of music that are more expressive. So, it should come as no surprise to anyone that classical music pieces are still used as background music in modern movies. Symphonic orchestra compositions have also been created solely for the purpose of being included in major motion pictures. These are often very well received amongst mainstream music fans.

Classical music and opera are the very foundation of what our modern music is based upon. Considering the huge impact they have had on our current society, it is without doubt that we can expect them to continue to remain important for centuries to come.

51. What does the author think of classical music and opera in today's world?
- A. They still make their presence felt.
 - B. They have given way to electronic music.
 - C. They will not fade away from the public eye.
 - D. They are no longer relevant to teenagers' lives.
52. What do we learn about much of the popular music currently produced?
- A. It can be difficult for many classical music fans to appreciate.
 - B. It can be seen as an indicator of refinement on classical music.
 - C. It caters to society's taste in music in a more subtle way than classical music.
 - D. It contains elements similar to those in some masterpieces of classical music.
53. Why does the author mention the invention of the rock opera?
- A. To illustrate how to tell a story using music.
 - B. To present the simplest definition of opera.
 - C. To show the relevance of opera and classical music.
 - D. To justify the necessity of using orchestras in opera.
54. Why are classical music pieces still used as background music in modern movies?
- A. There are few types of music for movie producers to choose from.
 - B. They are considered to be the most expressive type of music.
 - C. They are well received by movie fans from all over the world.
 - D. They are essential for movies to become the world's greatest hits.
55. What do we learn about our modern music?
- A. It could not have come into being without classical music and opera as its foundation.
 - B. It cannot outcompete classical music and opera in its impact on our current society.
 - C. It will not enjoy as much popularity as classical music and opera among music fans.
 - D. It might not be able to rival classical music and opera in importance for centuries to come.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

近年来，中国越来越多的城市着力打造“15分钟便民生活圈 (convenient living circles)”。社区居民步行 15 分钟就能享受到日常所需的公共服务。生活圈内建有便利店、公园、健身场地、图书馆、学校、社区食堂、诊所等。生活圈的建立能够为居民提供更加便利、舒适、友好、愉悦的生活环境，更好地满足城市居民多元化的日常生活服务需求，提升居民的生活品质和幸福感。

2025 年 6 月大学英语四级考试真题（第 3 套）

Part I Writing (30 minutes)

Directions: Suppose your university is conducting a survey to collect students' opinions on the appropriate use of AI technology in assisting learning. You are now to write an essay to express your view. You will have 30 minutes to write the essay. You should write at least 120 words but no more than 180 words.

Part II Listening Comprehension (25 minutes)

提示：2025 年 6 月四级全国只考两套听力，本套听力内容与第一二套相同，故本套未重复显示。

Part III Reading Comprehension (40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

The human brain has the ability to constantly form new networks and connections between brain cells. This means the brain has an almost magical ability to change. This characteristic is 26 apparent in a new study, focusing on people who underwent a hemispherectomy, a surgical procedure in which half of the brain is removed to treat illness.

The findings showed that, despite missing half of this critical 27, participants could function well. This was because the 28 half of their brain strengthened. In fact, researchers found that connections — and thus communication — between parts of different brain networks are actually stronger in people who had hemispherectomies than in people with intact brains. This 29 that the brain is able to compensate for loss of certain brain structure.

There are many other cases in the medical 30 that document the brain's amazing ability to 31. For example, a young boy had a significant portion of his brain removed for medical reasons, which included the part of the brain 32 for sight. But a few years after his surgery, scientists found that he could 33 see. They determined that this was because other parts of his brain took over the missing part's 34 tasks. Another study involved people who could smell, despite missing the region in the brain that processes information about smells. Though they are not sure how these individuals 35 the ability to smell, scientists believe it is possible that another part of the brain took on that task.

A. adapt	F. organ	K. still
B. hardly	G. particularly	L. strategy
C. indicates	H. remaining	M. transformed
D. insist	I. responsible	N. underlines
E. literature	J. retained	O. visual

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on *Answer Sheet 2*.

“Phantom” Traffic Jams Are Real — And Scientists Know How to Stop Them

- A. Traffic jams are a common problem of most big cities, either in developed or in developing countries, but one kind of traffic jams in particular can be especially frustrating. These are generally known as “phantom” traffic jams, in which dense traffic crawls to a halt for no apparent reason at all.
- B. “When caught in such a traffic jam, it is common for drivers to assume that there must be an accident, or construction or something,” said Massachusetts Institute of Technology (MIT) computer science professor Berthold Horn. “And then you drive and drive and drive... and there isn’t anything there.”
- C. The exact cause of these phantom traffic jams has long remained a mystery. But now, new research has found the cause and researchers may have come up with a solution for this frustrating traffic pattern: maintaining equal spacing between cars on the road, rather than driving so closely behind another vehicle that a collision (碰撞) is likely if that vehicle brakes suddenly.
- D. Horn said phantom traffic jams are an emergent property of the flow of vehicles down a highway. A phantom jam begins when a car in dense traffic slows down even slightly, which causes the car behind that vehicle to slow even more — and the slowing action spreads backward through the lane of traffic like a wave, getting worse the farther it spreads. Eventually, the cars far behind are forced to stop completely or risk hitting the slower vehicles ahead — and so the traffic grinds to a halt over nothing, Horn said.
- E. Horn has been working on the problem of phantom traffic jams for years, and he has come up with a solution: By splitting the difference between the cars in front and the cars behind, the spacing of cars in a stream of traffic can act as a damper (抑制) on phantom traffic jams. That is, it can prevent the slow-down effect from being amplified (增强) by the cars that follow behind, he said. In essence, each driver would constantly make adjustments to keep their car roughly halfway between the car in front and the car behind.
- F. Horn calls this method of vehicle spacing bilateral (双边的) control, and he said it could be achieved with relatively simple modifications to the adaptive cruise control that many new cars already have. Adaptive cruise control is a driver assistance technology that sets a maximum speed for vehicles and automatically slows the speed of the car when traffic is sensed in front of the vehicle. The technology is also known as autonomous cruise control. Such modifications, Horn said, could help fight phantom jams within a few years, maybe decades before an alternative solution, such as networked self-driving cars, becomes a reality on the roads.
- G. Traffic jams are caused by a number of factors, such as roads that are poorly designed or over-capacity, localized factors like city traffic-lighting patterns, and events like accidents and construction. But phantom traffic jams can make all those problems worse, Horn said. And the researchers in the new study have calculated that solving phantom jams could save at least some of the estimated \$121 billion per year that traffic jams are estimated to cost the U.S. economy, Horn told *Live Science*.
- H. New research by Horn and MIT postdoctoral associate Liang Wang, published in the journal *IEEE Transactions on Intelligent Transportation Systems*, shows how bilateral control can fight the problem. The researchers made computer models of real-world traffic conditions, showing how a typical U.S. freeway could benefit from cars using bilateral control. That would be in place when human drivers fail to slow down, thus avoiding tailgating (紧跟) the car in front, Horn said. “Under reasonable conditions today,

you might get 1,800 cars per lane per hour throughput (the volume of traffic passing through)," he added. "But with bilateral control, you could almost double that."

- I. The main alternative to increasing traffic throughput per lane has been to build more lanes and more highways, and putting in new roads is very expensive, he said. "If we can increase the throughput on major highways, even if it's only by 50 percent, that would be a big deal," Horn said.
 - J. With the help of engineering students at high schools in Maine, Horn and Wang have also built a robot simulation (模拟) that shows how bilateral control can suppress phantom traffic jams. Increasing the spacing of vehicles dampens the effect of slowdowns by cars in front of a given car, so that the slowing is not worsened until it becomes a phantom jam, the researchers said.
 - K. A video from the project shows a train of autonomous robots running along a track without bilateral control; they eventually back up in phantom jams. But when the robots are switched over to bilateral control (by flashing the lights in the room), each autonomous robot tries to keep itself halfway between the robot in front and the one behind; the phantom jams disappear as a result, Horn said.
 - L. Since starting his research on phantom traffic jams, Horn has learned that schools of fish and flocks of birds and bats use similar spacing strategies to avoid hitting each other while swimming or flying in densely packed groups. In particular, studies of millions of bats emerging at dusk from caves in Southeast Asia showed that each bat used a form of bilateral control to reduce the likelihood of collisions with other bats in the densely packed swarm (一大群), Horn said.
 - M. Unlike bats, birds and fish, however, humans have difficulty judging distances behind them. To address that weakness, Horn is now working with the car company Toyota to enable a form of bilateral control via modifications to existing adaptive cruise control systems, which use forward-facing sensors to judge the distance to the vehicle ahead. The bilateral control approach would include adding rear-facing sensors to determine the distance to the vehicle following a car.
 - N. But until those systems become standard, human drivers can help reduce phantom traffic jams simply by not following the car in front so closely. As Horn argues, "There's absolutely no advantage of tailgating the car in front of you."
36. The age-long mystery has now been resolved as to how phantom traffic jams are caused.
 37. It is possible to nearly double the hourly throughput per lane by adopting bilateral control.
 38. According to Horn, drivers making constant adjustments for equal spacing between cars in a flow of traffic can help reduce phantom traffic jams.
 39. Before systems for bilateral control are installed, drivers should not follow the car in front too closely so as to reduce phantom traffic jams.
 40. Horn said with some simple modifications to the existing equipment in new vehicles, their spacing bilateral control could be accomplished.
 41. Drivers caught up in phantom traffic jams are likely to think an accident has happened or some construction is going on.
 42. Two sets of sensors would be used to help drivers determine the distances between cars.
 43. Solving the problem of phantom jams could save America billions of dollars every year.
 44. In a phantom traffic jam, the cars in the same lane slow down one after another, creating a wave-like effect.
 45. Horn has found that certain creatures use strategies similar to bilateral control to avoid hitting each other while moving in dense crowds.

Section C

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

Our society places a high value on physical beauty. Americans spend an average of over \$722 each year on their appearance. One in ten Americans has tried to look like a star.

There's nothing wrong with trying to look our best, but excessive focus on physical appearance misses the soulful aspects of what it means to be beautiful. Trying to look like the magazine pictures can take us on a long ride away from what beauty is really about.

Many of us spend far too much time, energy, and money trying to polish an image of what we think will bring attention, love, and connection. In the process, we may fail to attend to ourselves in a way that would move us toward deeper intimacy, fulfillment, and meaning.

It may sound trite (老生常谈的), but beauty is only skin deep; it's not what brings love toward us. Just read about the latest Hollywood starlets whose seeming love turns into resentment and bitter court battles.

Outer beauty can be as much of a curse as a blessing. We may develop a habit of being so focused on maintaining a perfect appearance that we never cultivate the inner qualities necessary to sustain and deepen intimacy and connection. As I describe in my book, *The Authentic Heart*, it is the courage to be authentic that connects us in a deeper way.

While our initial attraction may be based, in part, on physical chemistry, it is the meeting of our inner worlds that creates the lasting intimacy and spiritual connection for which we long. If we redirect our attention toward cultivating inner qualities, we might find a magnetic attraction that moves us from something superficial to something that connects us to our depths.

The path toward cultivating inner beauty is really simple. But what is simple is not always easy. Not everyone will see us and appreciate us as we take the courageous risk to allow ourselves to be seen as we really are. But if they don't, it is their loss, not ours. Eventually we'll find those compatible souls who appreciate us as we are.

46. What do we learn about American society from the first paragraph?

- A. It sees lots of personal income wasted on beauty products.
- B. It considers one's physical appearance very important.
- C. It places a high value on the physical fitness of stars.
- D. It expects every individual to look their very best.

47. What happens when people strive to look better?

- A. They have to get prepared for resentment and bitter court battles.
- B. They are better able to gain attention, love, and personal connection.
- C. They may neglect to cultivate the inner qualities that matter more.
- D. They feel much of their precious time, energy and resources is wasted.

48. What does the author say about outer beauty?
- A. It may be inherited or cultivated
 - B. It may lead to bad as well as good habits.
 - C. It may create connection or isolation.
 - D. It may do as much harm as good.
49. What brings about spiritual connection?
- A. Meeting of minds.
 - B. Attraction at first sight.
 - C. Physical chemistry.
 - D. Frequent interaction.
50. What happens when we take the path toward cultivating inner beauty?
- A. We may find a route toward other people's souls.
 - B. We may be appreciated more by people around us.
 - C. We will meet people who value us for who we are.
 - D. We will be discouraged from revealing our true selves.

Passage Two

Questions 51 to 55 are based on the following passage.

Plant-based meats are coming soon to a dinner table near you, but do they deserve a spot on your plate? If you tried a vegetable burger years ago and dismissed it as rubbery and flavorless. It's a good time to give meatless meat another chance. Newer varieties imitate the look, flavor, and texture of meat. Analysts don't expect the meat-free movement to slow anytime soon; a 2021 report predicts the market will skyrocket to \$74 billion by 2030 — a 957 percent surge.

Plant-based meats are no longer just for vegetarians. Companies such as Impossible Foods and Beyond Meat — the current superstars of the alternative protein sector — are pursuing consumers who enjoy meat but want to reduce their meat consumption for animal rights, health, or environmental reasons. So far, it's a winning strategy: More than nine out of ten consumers who buy Beyond Burger and Impossible Foods products also eat meat.

Many vegetarians don't actually care for food that resembles meat. When reporter Joan Solsman, a longtime vegetarian, tried a dish from Impossible Foods, she felt so sick that she couldn't finish it. "Maybe the best sign that Impossible Foods has cracked the code to realistic fake meat is that I couldn't stand to take another bite," she wrote.

Meatless meats are generally a healthier choice than beef because they are cholesterol-free, plus they're a good source of vitamins, minerals, protein, and fiber.

If meatless meat can help you stick to a plant-based diet, that in itself can lead to better health. Not only has red meat been linked to cancer, but studies show that people who ditch meat have lower blood pressure, lower average blood sugar, and lower cholesterol levels.

However, just because it's plant-based doesn't mean it's health food. Most imitation meats are highly processed and contain high amounts of sodium (钠) compared to traditional beef.

These new generations of alternate meat get all the attention, but don't forget about whole grains and vegetables. Beans are an especially excellent protein substitute. They're nutritious, inexpensive, and far more sustainable than any of the processed meatless substitutes on the market today.

51. What can we expect of plant-based meats?
- A. An increasing interest in their analyses.
 - B. An enormous effort in their promotion.
 - C. A huge boost in their consumption.
 - D. A noticeable surge in their varieties.
52. What do we learn about consumers buying Beyond Burger and Impossible Foods products?
- A. They are mostly non-vegetarians.
 - B. They are mostly animal-rights advocates.
 - C. Most of them refrain from eating meat for health reasons.
 - D. Most of them eat meatless meat to protect the environment.
53. What can we conclude about Impossible Foods' products from Joan Solsman's remark?
- A. They more often appeal to meat-eaters.
 - B. They very much resemble animal meat.
 - C. Some have become its signature dishes.
 - D. Most of them are sold as true fake meat.
54. Why can the habit of eating a plant-based diet lead to better health?
- A. It frees people from any known link to cancer.
 - B. It provides all the nutrients for staying healthy.
 - C. It helps maintain normal blood pressure and blood sugar.
 - D. It reduces various health risks posed by meat consumption.
55. What does the author recommend we eat at the end of the passage?
- A. Naturally produced foods.
 - B. Processed protein substitutes.
 - C. Red meats like traditional beef.
 - D. New generations of alternate meat.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

近年来,中国东北地区正在大力开发冰雪资源。例如,哈尔滨利用丰富的冰雪资源打造了极具地方特色的“冰雪大世界”,让游客在欣赏冰雪之美的同时也能体验当地独特的民俗文化。如今,曾令人畏惧的冰天雪地正吸引着四面八方的游客,成为深受欢迎的旅游胜地。冰雪旅游业正为当地的经济做出越来越大的贡献。