

## TOEFL 汉译英精选文段练习

除此之外，大家还可以选用新概念三、四册的文章来进行练习，对写作提升会有很大帮助哦

1.

Consider the ads for medicines. Advertisements for weight-loss drugs claim that after taking these drugs overweighted persons can lose weight without dieting and having physical exercise. In china, consumers are bombarded by various medicine advertisements claiming that these medicines are capable of curing cancer or other serious diseases. In fact, they have little real effects.

拿医药广告为例。减肥药品的广告宣传说 服用过该药后 超重的人们无需节食和锻炼就可减肥。在中国 消费者被各种各样的医药广告所轰炸。这些广告宣称它们能够治疗癌症或其他重病。事实上 它们几乎没有实际疗效。

2.

For politicians, maybe the ability to speak well plays a bigger role. It is because the modern political life makes it necessary for politicians to have a strong ability to make speeches and debate to get the support of the voters. Barrack Obama won the presidency because he has a superior ability to debate than his rival, McCain. But seldom do politicians need to write their own speeches because professional writers write their speeches for them.

对于政治家来说 说话的能力更加重要。因为现代的政治生活要求政治家具有高超的演讲和辩论的能力来赢得选民的支持。奥巴马之所以当选总统是因为他精湛的演讲能力超过了他的对手麦凯恩。然而 政治家却很少需要亲自撰写演讲稿 因为有专业的写手代劳。

3.

Consider businessmen. They are constantly confronted with various challenges, for instance, competition, decline of market shares, drops in profits and fluctuations of stock prices. In each situation, a mature businessman must keep hopes high and do the best: design good products and services, devise the right marketing strategy and launch aggressive advertising campaigns.

Lee Iacocca, against nearly impossible odds, convinced the federal government to guarantee a loan, which saved the struggling Chrysler Company. Similarly, Steve Jobs, after taking over a nearly bankrupt Apple, designed iPods and i-Phones, which hit it big across the globe and set the company back on top. .

拿企业家来说 他们总是面临着各种挑战 比如 市场竞争、市场份额的下降、利润下滑、股价波动等。每每至此 一个成熟的企业家一定信心满满并且全力以赴 设计最好的产品和服务、制定正确的营销策略、雄心勃勃地打响广告大战。如李·艾柯卡奇迹般地赢得了联邦政

府的贷款 拯救了举步维艰的克莱斯勒汽车公司。无独有偶 苹果总裁斯蒂芬·乔布斯 在接

手了濒临破产的苹果公司之后 设计出了 iPods 和 i-Phone。这两款产品在全球大或成功 并让

公司重回巅峰。。

4.

The study of music and art can even improve the academic performances of students. It is

because music and art have a soothing effect on children's minds, helping them to concentrate

better and improving the learning efficiency. A recent study can back up this point. The study, conducted by the USA Today, after following thousands of high school students, found a strong correlation between playing piano or violin and significantly better GPAs of these respondents.

学习艺术和音乐还可以提高学生的成绩。因为音乐和艺术可以舒缓孩子们的大脑、帮助他们更好的集中注意力 并提高学习效率。最近的一项研究可以支持这一点。《今日美国》调查了数千高中生后发现 受访者中 弹钢琴或拉小提琴和显著较好的平均分有强关联。

5.

Outdoor activities improve physical health. By going outdoors, people can have fresh air and more physical exercise. There is nothing more refreshing and energizing than a walk in the morning. In contrast, indoor activities are relatively sedentary and involve less physical exercise. A

few hours' work before a computer causes pains in the neck and back. As a result, it is more likely for people to develop various diseases.

户外运动提高身体素质。在户外 人们可以吸收到新鲜的空气并进行更多的体育锻炼。没有什么能比早晨的户外散步更加令人精神饱满、活力四射了。比较而言 室内运动相对静止 身体锻炼较少。在电脑前工作几个小时后 人们会感到颈椎和背部的疼痛。常此以往 将会导致各种疾病的发生。

6.

Students should achieve a well-rounded growth, which includes well-developed abilities to speak and to write. In schools, students are required to attend various classes and complete different tasks, which require both the ability to write and the ability to speak. For instance, in an

English writing class, students are asked to write an English essay, which requires a strong writing ability. But if they run for positions in the student union, they have to make public speeches to get the support, which requires a strong speaking ability. And since they usually have to write the speeches themselves, a solid writing ability is needed, too.

学生应该全面发展 包括良好的口头和书面表达的能力。在学校 学生们要学习各种各样的课程并且完成不同的功课 而这些内容都以说话和写作为基础。比如 在一堂英语写作课上 学生们要完成一篇英语的议论文 这对英语写作能力要求很高。但是如果学生们要竞选学生会的职位时 他们需要进行公开演讲来赢得支持 这就需要良好的口头表达能力。而由于他们通常要自己撰写演讲稿 所以扎实的写作能力也是必不可少的。

7.

Consider entertainment. Our grandparents had to watch television which had fixed schedules and could not be stored and watched again. In contrast, we can visit youtube.com where we can have access to millions of interesting videos and can store them in our computers in a legal way.

When it comes to music, our grandparents had to buy cassettes or CDs. They were expensive. And the music was sold in a bundled way: even if what you were interested only in one song you had to

buy the whole cassette or CD. In contrast, we can buy any single song from a whole album for 99 cent at iTunes Shop and enjoy it everywhere with our i-pods.

就拿娱乐活动来说 我们的祖父母看电视。电视有固定播放时间 并且无法存储和重复观看。

相反 我们却可以访问 YouTube 并在那里观看数百万的有趣视频 并可以以合法的方式讲这些视频存在我们的电脑里 。在音乐方面 祖父母要购买卡带或是 CD 光盘。这很昂贵 并

且这些音乐是打包销售的 意味着 如即便你只对其中一首歌感兴趣 你也必须购买整个磁

带或 CD。而我们却可以在 iTunes 商店上以 99 美分的价格购买整张专辑的任何一首单曲 并在

i-pods 上享受它。

8.

Students can learn various life skills in colleges or universities. Universities or colleges offer a wider range of extracurricular activities, which teach students communication skills, organizing and planning skills, and leadership. For instance, by running for the president of the student union, students get a taste of what a political life is like: talk to others, understand their needs, build mutual trust and eventually get their votes. In the process, all the essential qualities and skills needed for a successful political career can be developed and honed.

学生们可以在大学里学到各种各样的生活技能。大学提供了各种各样的课外活动 可以培养学生们的交流能力、组织和计划以及领导的能力。比如 通过竞选学生会的主席 学生们可以初步感受到政治生活 与人交流、了解他们所需、建立互信 并最终赢得选票。在这个过程中 一个成功的政治家所需要的各种基本的品质和技术都可以得到培养和磨练。

9.

Admittedly, increasing teachers' salaries can have undesirable consequences. For instance, it will make education more expensive because schools might raise tuitions in order to pay their faculties. Suppose an elementary school raises the salaries of the faculty by 50%. The school will be hard-pressed to strike a balanced budget without increasing tuitions. As a result, it is possible

that many students from underprivileged families will choose to drop out of school. However, schools can obtain more governmental subsidies and public donations and increase teachers' salaries without increasing the costs of education.

诚然 提高教师的工资会引发不良后果。比如 教育就会变得更昂贵 因为学校需要增加学费来支付多出的教师的工资。设想一下 如果一个小学给全体教师增加了 50% 的工资 学校

如果不增加学费的话将很难维持收支平衡。结果是 很多家境贫寒的学生将会辍学。但学校可以通过获得更多的政府补助和公众捐款来增加老师的工资 这样便不会增加教育的成本。

10. There are plenty of options which play no less or even greater roles in energy conservation.

First, government can intensify the efforts to develop renewable energy and nuclear power. Governments can invest more to build dams to generate hydro power or nuclear power stations

to utilize nuclear energy. For instance, the famous Three Gorges Dam of China can generate

tremendous power and reduce the consumption of fossil fuels. Second, governments can improve

public transportation, e.g. lowering charge or making public transportation more comfortable. If

the public transportation is improved, a large number of city residents will ride buses or subway

to work instead of driving.

在能源保护过程中 有多种选择可以起到同样甚至更大的作用。第一 政府可以大力发展可

再生能源和核能。政府可以加大投资 建造水坝或核电站。例如 著名的中国三峡大坝能够

产生巨大的能量 这就降低化石能源的消费。第二 政府可以改善公共交通。例如 降低收

费或令公共交通更加舒适。如果公共交通得以改善 大量的城市居民将乘坐放弃驾车上班

取而代之乘坐公交车或地铁。

11. In order to make animals obey orders or perform tasks, trainers must give them proper rewards or punishments. If a dolphin does what it is asked to do, for instance, to jump through a hoop, the trainer will give it fish as a reward. If it fails, the trainer will give it some sort of punishment. By this way, the dolphin can quickly learn. This is the case in the human society. A company rewards employees who pull the quotas by giving them bonuses or promotions. And it punishes employees who do not complete their tasks by cutting their salaries or even firing them.

为了使动物服从指令或完成任务 驯兽师必须给予他们适当的奖励或惩罚。例如 如果一只海豚完成了驯兽师要求的穿越圆圈的动作 它将得到鱼作为奖励。如果它失败了 便会受到某种惩罚。通过这个方法 这只海豚便能迅速领会。在人类社会中也是如此。公司会给予完成业务额的员工奖金或晋升作为奖励。那些没能完成任务的员工会被扣减工资 甚至被解雇。

12. Making public transportation free might have negative effects. For instance, it will reduce the income of bus or subway companies drastically, which will be hard pressed to buy fuels, pay their employees and maintain public transportation. As a result, it is possible that many public transportation companies will go into bankruptcy. However, as long as governments give these companies special subsidies, the problem will be solved.

对公共交通实行免费可能造成不良后果。例如 公交车公司或地铁公司的收入将急剧下降 在燃料购买 员工工资支付和公共交通维护方面将面临巨大压力。结果很可能是许多公交公司将倒闭。然而 只要政府给予这类公司特殊补贴 这个问题将得到解决

13. Advertisements provide plenty of useful information about products and services to consumers. By advertisements, we know that when we get hurt, we can use Band-Aids to prevent infection and accelerate the healing of the wounds. By advertisements, men know that Gillette

razors are a safer and more comfortable way of shaving. By advertisements, we know that we can use Rejoice shampoo to prevent dandruff.

广告为消费者提供许多关于产品和服务的有用信息。通过广告 我们知道 受伤时可以用“邦

迪”创口贴防止传染 并加速伤口愈合。通过广告 男人们了解到使用“吉列”牌剃须刀是更加

安全舒适的剃须方式。通过广告 我们了解到可以用飘柔洗发水抑制头屑。

14. With the pressure intensifying and the pace of life quickening, it is foreseeable that twenty years from now people will allot less time to the preparation of meals. Instead, fast-food and take-outs will play a bigger role. People in metropolitans like New York or Tokyo will be increasingly grab a bite at Subways or Burger Kings and get back to work as quickly as possible. Or

they will order more take-outs from Chinese or Japanese restaurants.

随着压力的增加 生活节奏的加快 可以预见 20 年后 人们会在做饭上花费更少时间。然

而 快餐和外卖将发挥更大的作用。在诸如纽约或东京的大都市 越来越多的人会在“赛百味”或者“汉堡王”随便吃吃就尽快回去工作。或者他们会从中餐厅或日餐厅定更多的外卖。

15.

On special occasions, people will take time to cook for personal, religious and cultural reasons even in the future. A wife will still spend the whole day on cooking a delicious four-course dinner for a husband who is away on business trip. Westerners cook turkey on Thanksgiving. The Chinese have Nianyefan, the Chinese yearly family reunion dinner. One of the staples of Nianyefan



is Jiaozi, Chinese dumplings, which are extremely time-consuming to make.

即便是在未来 在特殊场合 人们会因为一些个人的、宗教和文化上的原因做饭。妻子会花上一整天的时间为即将出差归来的丈夫准备一顿四道菜的美味大餐。西方人会在感恩节烹饪火鸡。中国人则有年夜饭——每年一次的中式家庭团聚晚餐。年夜饭中的一道主食 饺子即

中式汤团食物 要花费大量的时间去准备。16. Renewable energy is more eco-friendly. In contrast, the burning of fossil fuels creates a

variety of serious environmental problems, e.g. global warming, acid rains, and urban smog. The

burning of fossil fuels releases carbon dioxide which aggravates the Green House Effect.

Disastrous consequences will follow, e.g. rises in the sea level and an ice-age as depicted in the

sci-fi movie The Day after Tomorrow. Besides carbon dioxide, the burning of fossil fuels releases

sulfur dioxide, which contributes to acid rains. And it is known that acid rains cause death of

aquatic life and destroy the balance of the ecosystem. And the particles released by the

incomplete burning of fossil fuels give rise to urban smog, which cause many respiratory diseases,

for instance, asthma. The infamous Smog of London in the 1950s is a case in point. 可再生能源

更加环保 而化石能源的使用会带来各种各样的严重的环境问题 比如 全球变暖、酸雨和

都市雾。燃烧化石能源释放二氧化碳 这会加剧温室效应。灾难性的后果紧随其后 比如海

平面上升以及冰河时代的到来 正如科幻电影《后天》中描述的那样。除了二氧化碳 燃烧

化石能源还释放二氧化硫 这是造成酸雨的主要原因。而酸雨 众所周知 引起水生物的死亡

并破坏生态平衡。化石能源的不完全燃烧会释放微尘 造成城市雾 这会引起很多呼吸系

统疾病 比如哮喘。1950年代臭名昭著的“伦敦雾”就是一个很好的例子。

18. Traveling with a group of people is more economical. It is because a group of travelers can get

considerable discounts at airlines, hotels, restaurants and even tourist attractions. Take the

Summer Palace in Beijing for example. The palace, the royal residence of the emperors of the  
-sees” of Beijing. The full ticket price is as much as 50 Yuan,  
the  
equivalent of 8 dollars, a person. However, the discounted price could be 50% lower. As a result,  
travelers can save a considerable sum of money. And the saved money can be used to buy more  
souvenirs for my family and friends.

因为很多旅行者一起可以在买机票 订酒店 吃饭甚至旅游景  
区得到更低的折扣。以北京的颐和园为例。这座供清朝帝王居住的皇家园林是北京的“必看”  
景区之一。原价门票是 50 元 相当于 8 美元 一人。然而 打过折的价格甚至会便宜一半以  
上。游客们因此可以剩下一大笔费用。而这些省下来的钱可以用来买更多的纪念品给家人和  
朋友。

19. A tour guide provides plenty of useful information for travelers. By hiring a professional  
tourguide, a traveler can gain useful and interesting information about the trip. A professional  
guide

will tell an American visitor to China's Great Wall that the building winds across China,  
measuring

5,000 kilometers in length. Or the visitor will hear from the guide The Story of Lady Mengjiang,  
which is about a beautiful girl who died for her newly-wed husband.

一个导游可以提供很多有用的信息。通过请一个专业的导游 游客可以得到关于旅程有用、  
有趣的信息。一位专业的导游会告诉一位游览长城的美国游客 这一建筑绵延中国 有  
5000

公里长。或者 游客会从导游那里听到“孟姜女哭长城”的故事。这个故事关于一位为自己新  
婚的丈夫而死的美丽女子。

they will be distracted by matters like “what do I wear to school?” “Which pair of shoes go with that dress.” A recent survey can back up this point. The study, conducted by the Chinese Secondary Education Research Facility, after polling hundreds of high school female students, have found most respondents claimed that they spent an average half an hour on putting on choosing clothes before going to school.

他们会被诸如“我该穿什么上学”“哪双鞋和这条裙子搭配合适”的问题分散注意力。最近一项调查支持了这个观点。这项研究由中国中级教育研究机构进行。在调查了数百名中学女生之后，他们发现，大多数被调查者都声称自己在上学前平均花费半个小时在穿着挑选服装上。

21. Compared to serious movies, entertaining movies provide the audience with a great deal of information about history, science and art in an interesting way. Many sci-fi movies have scientific backgrounds and thus are an effective source of scientific facts and theories. Time travel, fodder for many a successful movie, is based on Einstein’s General Theory of Relativity. The Invisible Man deals with plenty of facts and theories of optics. Even Kung Fu Panda, a hilarious comedy based on an overweighed Chinese panda, teaches children about the Chinese culture, martial art and food. And the Day after Tomorrow raises public awareness of the dire consequences of global warming.

和现实电影相比，娱乐电影以有趣的方式提供给观众大量关于历史、科学和艺术的信息。很多科幻电影有科学背景，因此是获取科学事实和理论的有效渠道。时间旅行作为很多电影的素材，基于爱因斯坦的广义相对论。隐形人涉及很多光学的事实和理论。甚至《功夫熊猫》

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