

英语四级考试写作题型讲解提纲作文 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/496/2021_2022__E8_8B_B1_E8_AF_AD_E5_9B_9B_E7_c83_496466.htm 提纲作文 提纲作文是要求考生根据所给出的作文题目和提纲（一般为中文提纲）进行写作。中文提纲大多是以三个单句的形式出现的。写提纲作文，首先要做的就是审题，并要仔细分析题目中所列举的提纲。审完题后应该根据提纲拟出三个英文的主题句，再在这些主题句的基础上扩展成文。在扩展的过程中一定要做到条理清楚，开门见山。 [例1] Directions: For this part,you are allowed 30 minutes to write a composition on the topic Good Health according the following outline. Your composition is less than 120 words.Remember that the contents of the outline should all be included in your composition.Outline:1健康的重要性2保持健康的方法3我的做法 [范文] Good HealthGood health is very important to everyone. With it, we can study hard, we can serve our country, we can do everything as we like. Without good health, everybody knows that we will fail to do things. We can ' t work efficiently, we may stay in hospital, well become a burden of our family.In my opinion, there are two ways for us to keep fit. First, we must eat a balanced diet. That is to say, we must eat not only eggs, fish and meat, but also some vegetables and fruit everyday. Besides eating properly, drinking clean water is also important. Never get addicted to drinking the soft drink.Second, exercising is a vital part of our daily life. We can do some running in the morning and play football in the afternoon.As a university student, I pay much

attention to physical exercises. I do some swimming in summer and some skating in winter. I often play badminton and tennis. I am also careful with my diet. In a way, keeping healthy is not very hard if you just take it seriously.文章开门见山就点出了主题：Good health is very important to everyone。然后作者很巧妙地用了with和without这两个介词从正反两个方面举出了具体的事例来支持自己的观点。另外，with和without这两个词常用于议论文中，用“正证法”和“反证法”来对各论点或观点进行论述。第二段的开头句紧扣提纲，概括地提出保持健康有两种方法，并且通过first, second这样的指示词,使所列举的事实条理化。最后一段告诉读者自己的做法，也紧扣了提纲。 [例2

] Directions: For this part, you are allowed 30 minutes to write a composition on the topic Competition. Your composition should be less than 120 words. Remember that the contents of the outline should all be included in your composition. Outline: 1 The importance of competition 2 The function of competition 3 My own practices [范文] Competition Competition makes people active and creative. It is very necessary to compete if human society wants to advance. Without it, we would become lazy and nobody would take any responsibility. “Three monks, there will be no drinking water.” This Chinese proverb vividly describes why Chinas productivity was so low before Mr. Deng came into power. At that time, we had the so-called planned economy. There was no competition at all. So farmers didnt work hard. Workers didnt work hard. China was on the edge of collapse. Competition can stimulate people to try their best to do things. For example, in 100meter race,

each sportsman runs as quickly as possible, trying to win the champion, the same things happen in our society and in our daily life. If a company wants to surpass, it must compete with them. It must raise its efficiency. All the companies doing this will no doubt benefit the whole society and the whole human beings. Being a student, I must compete with other students in our studies. I must study hard in all the fields so that I can be a useful man when I enter the society after graduation.

文章一开头就提出了竞争的重要性。接下来，作者用了两个事例更进一步说明了主题。最后谈到了自己的做法。 [例3]

Directions: For this Part, you are allowed 30 minutes to write a composition on the topic Losing and Gaining weight according to the following. Your composition should be less than 120 words. Remember that the contents of the outline should all be included in your composition. Outline: The comparison of one 's body to a car: the similarities and differences of one 's

body and one 's car. 1 The ways for gaining weight and losing weight. 2 My own practices. [范文] Losing and Gaining weight The process of gaining or losing weight can be explained by comparing your car. First, your car can 't run if there is no petrol or diesel oil. Because it needs energy. The same thing happens to your body. Your body also needs energy, the food you eat can be converted into energy, with which you can run, you can talk, you can do everything. Second, if you eat too much you will gain weight. We know a car with too heavy load cant run quickly and safely. Maybe it will break down. For the same reason, if you are too fat, it is also very inconvenient and dangerous. You might get heart disease, diabetes,

and hypertension and so on. If such things happen, doctor would ask you to lose weight. You eat too much and you dont take exercise, youll gain weight. So if you want to lose weight you have to do the opposite. You will be on a diet. You will go out and do some exercises, such as, running, swimming, and playing football, etc. Soon, youll be back in good condition and good shape again. As far as I am concerned, I get up and go to bed early, do plenty of exercises everyday, and pay special attention to the food I eat as well. I dont eat too much meat. Instead, my diet consists of vegetables, fruits, eggs, fish, and beans. By doing this I can keep fit.作者在这篇文章中先用比较对比法比较了人与车之间的相似之处：车需要汽油，人需要食物；车载的重物过多跑不快，人长得太胖既行动不便也存有隐患，因而过于肥胖的人就需要减肥。第一段的最后一句话起了承上启下的作用。接下来作者谈了如何减肥，最后很自然地过渡到作者自己的做法。100Test 下载频道开通，各类考试题目直接下载。详细请访问

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