

2021 年 06 月三笔实务真题

Section 1 English-Chinese Translation (50 points)

Are you having difficulty following diets? Our lives are way more complex than those which allow us to stick to a monotonous restrictive diet.

Food psychologist Ridhi Golechha said, "If all of us could follow diets, we'd all have reached our goals. Real-life stresses such as lockdown anxiety, relationship conflicts, workload, financial stresses, exasperating parenting, and so much more directly impact how we feel and by virtue, what we eat. If, on paper, diets were so easy to follow, then we'd all be part of that tiny ten percent of people in the world (athletes, models, or actresses) -who are permanently fit."

We all know of those rough days when all we want is to drown our faces in a tub of ice cream or reach out for that melting chocolate cake. "Emotional eating is nothing but eating our emotions. We're all human with emotions and hunger. By that definition, all of us are emotional eaters, we turn to food when we're overwhelmed with anger, sadness, frustration, or any other significant emotion!" explained Ridhi.

There's a reason why the butterfly comes back to suck sweet nectar from the flowers, in turn pollinating the rest of the garden. Humans, much like animals, birds, and insects, are hardwired for pleasure. But here's the catch: we humans are afraid of receiving pleasure. Many fear that if they allow themselves to eat a slice of cheesy pizza, they'll be overwhelmed with pleasure, lose control and end up finishing the whole pizza. We fear this would result in a failed diet, weight gain, and massive guilt, so we avoid it altogether. But it doesn't work.

"Biology suggests otherwise. Like every other species: homo sapiens were also built for survival. It is pleasure that drives humans to repeat the feel-good behaviour endlessly", explained Ridhi.

When does emotional eating become worrisome? "Largely: there's nothing wrong with that. We do eat to manage and cope with our feelings, especially those that don't feel so good because eating itself is so biologically rewarding. It's completely okay if we're doing it once in a while, because as I said we're all evolutionarily wired to emotional eating. However, if we're constantly depending on food to swallow our difficult emotions and discomforts, leaving us with a feeling of guilt constantly at the end of it: then definitely, we need to work on it", said Ridhi.

What can we do to reduce emotional eating? According to Ridhi: the reason we fail diets is that we try to fight biology and suppress our emotions, which only works temporarily. To make long-lasting changes, we must address the root causes of emotional eating. Here are a few tips to get you started:

First, don't skip meals. Starving often confuses your biological hunger drives and makes you more vulnerable to eating your emotions. Second, understand the difference between actual physical hunger versus emotional hunger. Third, make a list of the top three emotions you feel weekly and start finding different ways to cope with them. Fourth, talk to an expert. It's better not to ignore your emotional eating since it can later cause health issues like

bloating, acid and constipation, etc. Fifth, go for a walk or do something completely different that will take away your urge by distracting you momentarily.

Emotional eating is a message that reveals a deeper problem. Understanding yourself and the way you eat can address the root causes and enable you to live a life that is beyond food obsessions and the fear of failing your diets.

Section 2 Chinese-English Translation (50 points)

2020 年 11 月中国开始了第七次人口普查。人口普查将为开启全面建设社会主义现代化国家 新征程提供科学准确的统计信息支持。

人口普查是推动经济高质量发展的内在需求。当前， 我国经济正处于转变发展方式， 优化经济结构， 转换增长动 力的攻关期。及时查清人口数量、结构和分布这一基本国情， 摸 清人力资源结构信息 ， 才能够更加准确地把握需求结构、城乡结构、区域结构、产业结构等状况， 为推动经济高质堡发展 ， 建设现代化经济体系提供有力的支持。

人口普查是完善人口发展战略和政策体系，促进人口长期均衡发展的迫切需要。自 2010 年第六次全国人口普查以来，我国人口发展的内在动力和外部条件发生了显著改变。人口总规模增长减缓，劳动年龄人口波动下降，老龄化程度不断加深。全面查清我国人口数量、结构、分布、城乡住房等方面的录新情况，了解人口增长、劳动力供给、流动人口变化清况，摸清老年人口规模，为制定和完善未来收入、消费、教育、就业、养老、医疗、社会保障等政策措施提供基础，也为教育和医疗机构布局、儿童和老人服务设施建设、工商业服务网点分布、城乡道路建设等提供依据。

【英译汉参考译文】

你是否很难坚持规律饮食?生活十分复杂, 让我们很难坚持单一且有节制的饮食规律。

食物心理学家里迪·格莱查(Ridhi Golechha) 说:“如果所有人都能规律饮食, 那我们早就实现自己的(减肥)目标了。疫情封锁期间的焦虑、人际关系冲突、工作压力、经济压力、令人生气的育儿方式等等现实生活中的种种压力会直接影响我们的感受, 进而影响我们的饮食。如果饮食规律真如理论所说的那么容易遵循的话, 那我们都能像运动员、模特或女演员一样一直保持完美的身材, 而能保持完美身材的人只占全球总人口的 10%。

我们都有过这样的经历:碰到不顺心的日子, 只想一头扎进一桶冰激凌中, 或者急切地寻找爆浆巧克力蛋糕。里迪解释道:“情绪化进食就是通过进食来化解情绪。人类都有情绪, 会感到饥饿。从这个定义来说, 我们所有人都是情绪化进食者, 当我们感到气愤、伤心、沮丧或有其它强烈的情绪时, 会选择食物慰藉!

蝴蝶飞回花丛中以吸取甘甜花蜜自有其原因, 在这个过程中也给花园里的其它花朵授了粉。人类跟动物、鸟类和昆虫一样, 有着寻求快乐的天性。但问题是我们人类害怕获得快乐。许多人担心如果他们放纵自己吃了一片芝士披萨, 就会快乐得忘乎所以, 失去控制, 最终吃掉整个披萨。我们担心这会导致饮食不规律, 体重增加, 产生极大的负罪感, 所以干脆对这块披萨敬而远之。然而选择躲避是行不通的。

我们该如何减少情绪化进食呢? 按照里迪的说法, 我们不能遵循饮食规律的原因是我们试图违背生物学规律, 压抑我们的情绪, 而这并非长久之计。要想做出长期改变, 我们必须解决情绪化饮食的根本问题。以下几点建议可供参考:

首先, 一日三餐必不可少。饥饿经常会导致你的生理饥饿机制紊乱, 更容易导致情绪化进食。其次, 了解真正的生理饥饿和情绪饥饿的区别。第三, 列出你每周最常出现的三种情绪, 开始寻找进食以外的其它应对之策。第四, 跟专家交谈。最好不要忽略情绪化进食, 因为它会造成腹胀、反酸、便秘等健康问题。五, 去散步, 或者做一些完全不同的事, 通过暂时分散注意力来消除进食的冲动。

情绪化进食是一个信号, 揭示了一个更深层次的问题。了解自己以及自己的进食方式有助于从根本上解决问题, 让你摆脱食物成瘾, 不再担忧饮食不规律, 过上健康的生活。

【汉译英参考译文】

In November 2020, China carried out/launched its 7th national census, which will provide relevant and accurate statistics information for China's embarking on the new journey marching toward building a modern socialist country in all respects.

The latest census is an intrinsic need/inherent requirement for high-quality development of the Chinese economy which is now at a critical stage of transforming the growth model, enhancing economic structuring, and transitioning to new growth drivers. In this context, it is important to gather accurate and up-to-date data about the size, structure and distribution of the population, as well as the demographical structure of human resources. Only by doing so can we have a better understanding of the demand structure, rural-urban dual structure, regional disparities and industrial structure, thus providing strong support for high-quality economic development and modern economic systems.

The 2020 Census is also an urgent necessity to improve/modernize the strategies and policy systems for population development and promote long-term and balanced development of the population. Since the 6th national census in 2010, the inner impetus and outer conditions of population growth has taken tremendous changes, including a slowdown in population growth, an overall decline of the working-age population, and rapid growth in the elderly population. Thus, the census can help us gather the latest data about the size, structure and distribution of the population as well as housing conditions in urban and rural areas, learn about changes in population growth, supply of labor force, migration and calculate the size of elderly population. The data serve as a basis for formulating and improving policy measures of income, consumption, education, employment, senior care, health care, social security, etc. Also, they provide meaningful input to the planning for educational and medical institutions, the construction of facilities for children and elderly people, the geographical distribution of service outlets of businesses and road construction in urban and rural areas.