

《英语四级作文范文带翻译（精选12篇）》

在大学英语四级考试中，写作占试卷总分的15%，满分106.5分。除了阅读之外，英语四级作文也是非常重要的。想要提升写作成绩，每天至少要坚持写一篇英语作文，下面是我们整理好的四级写作范文。

范文一：普通工人的开销

The Expenses of an Average Worker

Over the decade from 1990 to 2000, the expenses of an average worker underwent notable changes. Food expenses decreased as a proportion of total spending, while housing and transportation costs rose.

This trend can be attributed to several factors. The availability of cheaper food options and the increasing affordability of diverse foods contributed to the decline in food expenses. On the other hand, the surge in real estate prices and the demand for better living conditions drove up housing costs. Meanwhile, the rise in transportation expenses was likely due to increased vehicle ownership and fuel prices.

Looking ahead, I predict that technology advancements and remote work trends may lead to a decrease in transportation expenses. However, the costs of education and healthcare are expected to continue rising as workers prioritize personal growth and well-being. Overall, the expenses of the average worker will continue to evolve, reflecting changing needs and priorities.

从1990年到2000年的十年间，普通工人的开销发生了显著的变化。食品开销占总开销的比例有所下降，而住房和交通费用则有所上升。

这一趋势可以归因于几个因素。更便宜的食品选项的出现以及多样化食品的日益可负担性，共同导致了食品开销的下降。另一方面，房地产价格的飙升和对更好居住条件的需求推动了住房成本的上升。同时，交通费用的增加可能是由于车辆拥有量的增加和燃油价格的上涨。

展望未来，我预测科技进步和远程工作趋势可能导致交通费用的减少。然而，教育和医疗保健的费用预计将继续上升，因为工人们越来越重视个人成长和健康。总的来说，普通工人的开销将继续演变，反映不断变化的需求和优先事项。

范文二：诚实是上策

Honesty Is the Best Policy

The proverb "Honesty is the best policy" holds true in every aspect of life. It is my belief that honesty is not just a moral virtue but a practical strategy for success.

Firstly, honesty builds trust. When we are honest with others, they are more likely to trust us, which in turn fosters stronger relationships and deeper friendships. In business, honesty ensures a reliable reputation, attracting customers and partners who value integrity.

On the other hand, the consequences of dishonesty can be disastrous. Lies and deceit may temporarily seem advantageous, but in the long run, they erode trust and lead to isolation. Lies can also be exposed, causing embarrassment and even legal troubles.

In conclusion, honesty is indeed the best policy. It is a foundation for personal growth, social harmony, and business success. By practicing honesty, we not only enhance our own character but also contribute to a more honest and trustworthy society.

谚语“诚实是上策”在生活的各个方面都适用。我相信诚实不仅是一种道德美德，还是成功的一种实用策略。

首先，诚实能建立信任。当我们对别人诚实时，他们更有可能信任我们，这反过来又能促进更牢固的关系和更深厚的友谊。在商业中，诚实能确保可靠的声誉，吸引重视诚信的客户和合作伙伴。

另一方面，不诚实的后果可能是灾难性的。谎言和欺骗可能暂时看起来有利可图，但从长远来看，它们会侵蚀信任并导致孤立。谎言也可能被揭穿，导致尴尬甚至法律麻烦。

总之，诚实确实是上策。它是个人成长、社会和谐和商业成功的基础。通过实践诚实，我们不仅能提升自己的品格，还能为更诚实和值得信赖的社会做出贡献。

范文三：假冒伪劣商品的危害及消除方法

The harmful Effects of Fake Goods and Ways to Eliminate Them

In today's society, fake goods are a growing menace, posing serious threats to consumers and society. These goods, often indistinguishable from the real ones, deceive customers, leading to financial losses and potential health hazards. Additionally, fake goods undermine the reputation of legitimate brands and distort market competition.

To combat this issue, strict laws must be enforced to punish those involved in the production and sale of fake goods. Consumer education is also crucial, as it helps raise

awareness and encourages more informed purchases. Furthermore, businesses should adopt stronger anti-fake measures to protect their brands and customers.

In conclusion, eliminating fake goods requires concerted efforts from all stakeholders. Only by working together can we ensure a safer and more honest marketplace for all.

在当今社会，假冒伪劣商品日益猖獗，对消费者和社会造成了严重威胁。这些商品往往与正品难以区分，欺骗消费者，导致经济损失，甚至可能带来健康隐患。此外，假冒伪劣商品还损害了正品品牌的声誉，扰乱了市场竞争秩序。

为了打击这一问题，必须严格执行法律，严惩生产和销售假冒伪劣商品的不法分子。同时，消费者教育也至关重要，它有助于提高消费者的警惕性，鼓励他们做出更明智的购买决策。此外，企业也应该采取更强有力的打假措施，保护自身品牌和消费者权益。

总之，消除假冒伪劣商品需要社会各界的共同努力。只有携手合作，我们才能确保市场更加安全、更加诚信。

范文四：最难忘的人

The most unforgettable person I ever know is my grandmother. She was a woman of strength and wisdom, who taught me the value of hard work, kindness, and perseverance.

My grandmother lived a simple life, yet she radiated warmth and love. She always had a kind word for everyone and was always ready to lend a helping hand. Her resilience in the face of adversity was truly inspiring. She never gave up, even when faced with seemingly impossible challenges.

What made her truly unforgettable was her ability to make everyone feel special. She always took the time to listen and understand, offering sage advice when needed. Her laughter was contagious, and her smile could light up any room.

In conclusion, my grandmother was a remarkable woman who left an indelible mark on my life. She taught me the importance of character and the power of a positive attitude. I will always cherish the memories of her and the lessons she taught me.

我最难忘的人是我的祖母。她是一个坚强而智慧的女人，教会了我努力工作、善良和坚持不懈的价值。

祖母过着简单的生活，但她总是散发着温暖和爱。她对每个人都很好，总是乐于助人。她面对逆境时的坚韧不拔真正令人鼓舞。即使面对看似不可能的挑战，她也从未放弃。

真正让她难以忘怀的是她让每个人都觉得自己很特别的能力。她总是花时间倾听和理解，并在需要时提供明智的建议。她的笑声具有感染力，她的笑容可以点亮任何房间。

总之，我的祖母是一个了不起的女人，她在我的生命中留下了不可磨灭的印记。她教会了我品格的重要性以及积极态度的力量。我将永远珍惜与她的回忆以及她教给我的经验教训。

范文五：阅读

The drawing depicts a rather unique scene, where a man is seen sitting beneath a tree, lost in the pages of a book. Around him, the world appears to be in a state of flux, with modern technology such as cell phones and laptops visible, yet he remains unperturbed, deeply immersed in his reading.

The drawing symbolizes the value of reading and the escape it offers from the hustle and bustle of daily life. It reminds us that despite the advancements in technology and the constant distractions of the modern world, the simple joy of reading a good book remains unchanged.

I commend the artist for capturing this profound message. In a world where screens and notifications often steal our attention, it is essential to remember the solace and wisdom that can be found in a good book. Reading not only enriches our minds but also provides a sanctuary from the noise and chaos of the outside world.

这幅画描绘了一个相当独特的场景，一位男子坐在一棵树下，沉浸在书页之中。他周围的世界似乎正处于不断变化之中，尽管现代科技如手机和笔记本电脑随处可见，但他依然不为所动，深深地沉浸在阅读中。

这幅画象征着阅读的价值以及它带给我们逃离日常生活喧嚣的能力。它提醒我们，尽管科技不断进步，尽管现代社会充满各种干扰，但阅读一本好书的简单乐趣始终如一。

我赞扬这位艺术家捕捉到了如此深刻的寓意。在一个屏幕和通知经常分散我们注意力的世界里，记住一本好书所能带来的安慰和智慧至关重要。阅读不仅丰富我们的思想，也为我们提供了一个远离外界喧嚣的避风港。

范文六：人工智能

Artificial intelligence (AI) has become a hot topic in recent years, with the development of advanced technologies. AI refers to the simulation of human intelligence processes through machine learning, deep learning, natural language processing, and other technologies. AI can perform a wide range of tasks, including voice recognition, image

recognition, language translation, and decision-making.

The development of AI has opened up a new field for human beings, allowing them to solve complex problems more efficiently and accurately. For example, in the medical field, AI can help doctors diagnose diseases and design treatment plans. In the financial industry, AI can help investors analyze market trends and make investment decisions. In addition, AI is also applied to self-driving cars, robotic manufacturing, and other fields, greatly improving efficiency and productivity.

However, AI also has some challenges. Firstly, some AI technologies may infringe on personal privacy. Secondly, AI may replace some jobs, leading to social employment problems. Finally, AI may have decision-making abilities that are not always as wise as human beings. Therefore, we need to take full account of the advantages and disadvantages of AI and take corresponding measures to ensure that AI can be better used to serve human beings.

近年来，随着先进技术的发展，人工智能(AI)已成为热门话题。AI是指通过机器学习、深度学习、自然语言处理等技术模拟人类智力过程。AI可以执行包括语音识别、图像识别、语言翻译和决策制定在内的广泛任务。

AI的发展为人类开辟了一个新领域，使他们能够更高效、更准确地解决复杂问题。例如，在医疗领域，AI可以帮助医生诊断疾病和制定治疗方案。在金融行业，AI可以帮助投资者分析市场趋势和做出投资决策。此外，AI还应用于自动驾驶汽车、机器人制造等领域，大大提高了效率和生产力。

然而，AI也带来了一些挑战。首先，一些AI技术可能会侵犯个人隐私。其次，AI可能会取代一些工作，导致社会就业问题。最后，AI的决策能力可能并不总是像人类一样明智。因此，我们需要充分考虑AI的优缺点，并采取相应措施确保AI更好地为人类服务。

范文七：理解他人

Understanding others is essential for building strong relationships and avoiding misunderstandings.

We should take the time to listen to their stories, thoughts, and feelings without interrupting or judging. We should try to put ourselves in their shoes to gain a deeper understanding of their experiences and perspectives. Additionally, we should be mindful of the impact of our own behavior on others. We should ensure that our facial expressions, tone of voice, and body language send positive messages. Furthermore, we should avoid placing ourselves in positions where we can't control our emotions, such as becoming defensive or argumentative.

Finally, we need to recognize that everyone has a story, and it is important to treat everyone with respect and dignity. By doing so, we can build stronger relationships, avoid misunderstandings, and promote a more peaceful and loving world.

理解他人对于建立良好的人际关系和避免误解至关重要。

我们应该花时间倾听他们的故事、思想和感受，不中断或评判，而是试着设身处地了解他们的经历和观点。同时，我们应该注意自己的言行举止，确保在交流中不传递负面信息。另外，要避免情绪失控，如变得防卫或争论。

最后，我们应该尊重每个人，接受他们的不同，花时间了解他们的经历，以建立更强的关系，促进更和谐、更友爱的世界。

范文八：天然气

China is endowed with rich natural gas resources, ranking third globally in terms of total reserves.

However, the domestic production falls short of meeting the demand, necessitating heavy dependence on imports. To redress this situation, the Chinese government is actively promoting natural gas production.

In recent years, China has made remarkable strides in natural gas exploration and development, discovering multiple large-scale natural gas fields and expanding its supply sources. With the advance of technology, natural gas extraction and production techniques have also improved. In the future, driven by the increasing awareness of environmental protection and the need for clean energy, China's demand for natural gas will continue to rise.

To meet this demand, China will further intensify its efforts in natural gas exploration and development while strengthening international cooperation to promote the development of the global natural gas industry.

中国拥有丰富的天然气资源，总储量居全球第三。

然而，国内产量无法满足需求，因此中国需要大量进口天然气。为解决供应不足的问题，政府积极推动天然气产量的增长。

近年来，中国在天然气勘探和开发方面取得了显著进展，发现了多个大型天然气田并扩大了供应来源。科技的进步也提高了天然气的开采和生产技术。未来，随着环保意识的增强和对清洁能源需求的增加，中国的天然气需求将继续攀升。

为满足需求，中国将继续加大天然气的勘探和开发力度并加强国际合作，推动全球天然气产业的发展。

范文九：一封感谢信

Dear parents,

I hope this letter finds you well. I am writing to express my heartfelt gratitude to you for your unwavering support and encouragement in my journey towards achieving my goals.

The journey has not always been easy, but your constant presence and guidance have been a great source of strength for me. Whenever I have fallen or felt lost, you have been there to pick me up and guide me back on track.

I want you to know that your support has not been in vain. Your trust and unwavering belief in me have pushed me to achieve my dreams. This letter is my way of saying thank you for everything that you have done for me.

I am immensely grateful for all that you have done for me and will continue to do so in the future. Your love and support have given me the courage to face the challenges of life and pursue my dreams.

Thank you for always being there for me, for your unconditional love and for always believing in me. I love you both more than words can express.

Wishing you both the best in everything!

Love,

亲爱的父母：

我希望这封信能让你们一切都好。我写这封信是为了向你们表达我衷心的感谢，感谢你们在我追求目标的旅程中给予我坚定的支持和鼓励。

这段旅程并非一帆风顺，但你们的陪伴和指导一直是我力量的源泉。无论是我跌倒还是感到迷茫，你们总是在那里扶我起来，指引我回到正轨。

我想让你们知道，你们的支持并非徒劳。你们对我无尽的信任和坚定的信念推动我实现了我的梦想。这封信是我用来表达对你们为我所做一切感激的方式。

我非常感谢你们为我所做的一切，这种感谢在未来也会继续。你们的爱和支持赋予我面对生活挑战和追求梦想的勇气。

感谢你们一直在我身边，感谢你们的无条件的爱，也感谢你们一直相信我。我对你们的感激之情无法用言语来表达。

祝愿你们一切顺利！

爱你们的，

范文十：工作还是创业？

Graduation is a time for graduates to make a choice about their future. There are two main options: finding a job somewhere or starting a business of your own. After weighing the pros and cons, I have made my decision. I have chosen to find a job.

The main reason for my decision is that I believe a job will provide me with more stable income and job security. In addition, working for others allows me to learn and gain valuable experience in different areas, which can help me to develop my skills and knowledge. Finally, I can use the network I build while working to help me establish my own business in the future.

Although starting a business can offer the potential for great wealth and autonomy, it also comes with significant risks and responsibilities. I believe that I am not yet ready to handle these challenges. Therefore, I have chosen to find a job and gain experience while building my network and skills.

毕业是毕业生为未来做出选择的时候。主要有两个选项：在某个地方找工作或自己创业。权衡利弊后，我做了决定。我选择找工作。

我做出这个决定的主要原因是，我相信工作会给我提供更稳定的收入和工作保障。此外，为他人工作让我能够在不同领域学习和获得宝贵的经验，这有助于我发展我的技能和知识。最后，我可以利用在工作期间建立的关系网帮助我未来建立自己的企业。

尽管创业可以为巨大的财富和自主权提供可能，但它也伴随着巨大的风险和责任。我相信我还没有准备好应对这些挑战。因此，我选择找工作并在建立关系网和技能的同时获得经验。

范文十一：一篇英文报道

Student Union Organizes Volunteer Activity to Support Elderly

Our school's Student Union recently organized a volunteer activity aimed at providing assistance to elderly residents in our neighborhood. A group of dedicated students gathered at the community center on Saturday morning, ready to lend a helping hand.

The volunteers engaged in various tasks, including cleaning, gardening, and organizing, to support the seniors with their household chores. They also spent quality time chatting, playing games, and sharing stories, bringing smiles and laughter to everyone involved.

The event received positive feedback from both the volunteers and the elderly. Ms. Lin, one of the residents, expressed her gratitude, saying, “ It ’ s heartwarming to see young people caring for the older generation. This gesture has made us feel valued. ”

The Student Union aims to inspire more students to actively contribute to the community and strengthen intergenerational bonds. similar initiatives will be organized in the future to make a lasting impact on the lives of the elderly in our neighborhood.

Overall, the volunteer activity organized by the Student Union was a success, showcasing the compassion and dedication of our student body towards the welfare of the elderly.

我们学校的学生会最近组织了一项志愿者活动，旨在为我们社区的老年居民提供帮助。一群热心的学生们在星期六早上聚集在社区中心，准备伸出援手。

志愿者们参与了各种任务，包括清洁、园艺和整理，以帮助老人处理家务事。他们还花费时间与他们聊天、玩游戏和分享故事，给每个人带来笑容和欢笑。

这次活动收到了志愿者和老年人的积极反馈。居民之一的林女士表示感激，说：“看到年轻人关心老一代真是让人温暖。这一举动让我们感到被重视。”

学生会旨在激励更多的学生积极贡献社区，加强代际间的联系。类似的活动将在未来组织，对我们社区的老年人的生活产生持久影响。

总的来说，学生会组织的志愿者活动取得了成功，展示了我们学生对老人福利的关心和奉献精神。

范文十二：保护森林

The picture depicts a lush and vibrant forest, teeming with tall trees, colorful foliage, and diverse wildlife. The sunlight filters through the canopy, creating a serene and enchanting atmosphere.

Forests are essential for our planet ’ s well-being, providing numerous benefits to both humans and the environment. However, the picture serves as a reminder that forests are constantly under threat and in need of protection.

To safeguard forests, we must adopt sustainable forestry practices, promote reforestation initiatives, and enforce strict conservation laws. Additionally, raising awareness among communities about the importance of forests is crucial.

Protecting forests not only ensures the survival of countless species but also helps combat climate change by absorbing carbon dioxide and releasing oxygen. Forests also supply vital resources like timber, medicinal plants, and clean water, which are crucial for human well-being.

In conclusion, the picture highlights the beauty and significance of forests. It is our collective responsibility to preserve and protect them for future generations. Through sustainable practices, conservation efforts, and increased awareness, we can secure a greener and healthier planet.

图片展示了一个郁郁葱葱、充满生机的森林，树木高大、叶片多彩，各种野生动物在其中繁衍生息。阳光透过树冠过滤而下，营造出宁静而迷人的氛围。

森林对于地球的福祉至关重要，为人类和环境提供许多好处。然而，这张图片提醒着我们，森林不断受到威胁，需要保护。

为了保护森林，我们必须采取可持续的林业实践，推广重新造林计划，并且执行严格的保护法律。此外，向社区普及森林的重要性也至关重要。

保护森林不仅确保了无数物种的生存，还通过吸收二氧化碳并释放氧气来应对气候变化。森林还提供了木材、药用植物和清洁水等重要资源，对于人类的幸福至关重要。

总之，这张图片突显了森林的美丽和重要性。保护和保存森林是我们集体的责任，为了子孙后代。通过可持续的实践、保护工作和加强宣传，我们可以确保一个更绿色、更健康的地球。