

ORAL ENGLISH:

Communication, Integration & Improvement (II)

英语口语

交流 · 融合 · 提高 (II)

主 编/拓 欣



科学出版社

Oral English:
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(II)

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内 容 简 介

本系列教材根据教育部《大学英语课程教学要求》编写而成，主要适用于应用型本科院校非英语专业大一、大二学生。两册共有24个单元，主要内容有：校园生活、兴趣爱好、时尚购物、旅行交友、爱情、音乐、健康、运动、电影、风俗、节假日等，选材贴近学生的实际学习和生活情况。每单元由五个部分组成，内容丰富有趣，逐步引导学生运用英语完成具体的语言训练任务，激发学生练习口语的兴趣，提高英语文化交流能力。为了便于对所学知识进行复习，每单元设计了单元检测活页，有利于教师及时掌握学生学习动态，具有很强的操作性和可监控性。本系列教材对于广大非英语专业学生和英语爱好者来说，是一套难得的口语训练教材。

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前言

大学英语的教学目标是培养学生的英语综合应用能力,特别是听说能力,使他们在以后的工作和社会交往中能用英语有效地进行口头交流,以满足我国经济发展和国际交流的需要。

当前,独立学院大学英语教学历经十多年的改革发展,已取得了一定的成绩,但学生英语综合应用能力较弱依然是普遍存在的事实。独立学院大学英语改革依然任重而道远。

为了切实提高学生的英语口语表达能力,我们不断加大实践教学力度,通过英语角活动为学生们提供英语口语交流的平台。但是在实施过程中我们发现,大多数学生持有好奇与畏惧的心理。一方面,他们跃跃欲试,想真正在实践中检验自己所掌握的语言知识,提高口语表达能力;另一方面,他们又因害怕犯错而羞于启齿,同时,很多学生又因“不知从何说起”而难以开口。这些原因直接导致了独立学院的英语角人气不旺,参与度不高,学生口语表达水平整体一般。

针对以上状况,我们萌生了编写英语口语教材的设想,以便为学生提供具有一定指导性的语料。经过调研与实践,我们组织专家和一线教师编写了这套 *Oral English: Communication, Integration & Improvement* (《英语口语:交流·融合·提高》)(以下简称 OECII) 教材。现简要介绍如下:

一、编写原则

OECII 教材根据《大学英语课程教学要求》编写而成,基于独立院校英语角活动开展的实际情况,借鉴了近年来应用型本科英语口语的教学经验,采用国内外先进的教学理念和方法,强调语言实际运用能力的培养,力求达到大学英语教学的目标。

二、适用群体

OECII 教材主要适用于独立学院非英语专业的本科学生,重在夯实学生语言基础、激发学生英语学习兴趣、着重培养学生的英语应用能力。

三、教材特色

OECII 教材主要具备以下特色:

1. 独辟蹊径

本套教材的设计出发点在于有效地指导独立学院的英语角活动,切实发挥英语角的作用,提高英语口语训练的效能。在“百花齐放,百家争鸣”的英语口语教材中,鲜有同类,具有独创性。

2. 丰富有趣

本套教材以服务英语角为宗旨,结合学生的日常生活,所涉及的话题丰富多样,既有

浓郁的学生生活气息，又有旖旎的国外风情，符合学生的交际特点与求新的学习心理，打消了学生不敢张口的畏惧心理，因而能够吸引学生，激发他们交流的愿望，达到在模拟实际情境中提高口语水平的目的。

3. 监控性强

本套教材依据口语训练的理念与原则，充分考虑学生现有的口语水平，采取循序渐进的方式，具有较强的指导性、操作性和可监控性。本教材还设计有相应的单元内容考核活页，教师借此可了解学生的学习动态，保证训练效果的落实。

四、本册介绍

本册为 OECII 教材中的第 2 册。教程编写的宗旨是“延伸课堂口语教学，以语言的实际运用为指导，创设真实的会话情景，切实提高学生的口语能力”，并且制定了单元内容考核和相应的考评制度，能够保证学生对英语角学习活动的重视与参与。书中所设计的问题较为灵活，摒弃了标准答案的樊篱与约束，为学生们提供了较大的思维空间，有利于培养学生的思辨能力和创新能力。

本册共有 12 个单元，每单元的编排设计如下：

I. Warming-up: 本环节为热身部分，通过列出 3~5 个与单元标题相关的格言名句，并给出相关的词汇、短语和句式，以问题（3~5 个）的形式帮助学生们表达与格言名句相关的看法，做好会话准备。

II. Activities: 本环节为英语角活动的主体部分，共由以下三个活动组成。

1. Activity One: 在活动一中给出 2 个围绕单元标题的情景对话，列出有用的词汇、短语和句式。

2. Activity Two: 在活动二中进行对话操练，分为两部分：**Part A** 以填空的形式巩固活动中出现的相关词汇、短语和句式；**Part B** 以小组对话的形式让学生们学会用相关的词汇、短语和句式构建新的对话，达到巩固所学知识的目的。

3. Activity Three: 在活动三中给出延伸的词汇、短语和句式让学生们进行自由对话，达到灵活运用知识的目的。

III. Cultural Reading: 本环节为文化阅读部分，给出一篇相关文章（新、奇、短、易），生词给出注释，并在下面列出 3~5 个相关问题和讨论，目的在于开阔学生们的文化视野，培养其思辨能力。

IV. Fun Time: 这一环节形式多样，有歌曲、幽默、故事、奇闻轶事、诗歌、谜语、绕口令等，通过多种形式缓解学生的学习疲劳，继续吸引他们的学习兴趣。

V. Review & Evaluation: 这一环节为复习巩固部分，以表格的形式设计成活页，目的是为了帮助学生巩固英语角所学到的知识。考查内容有词汇部分、短语部分、句式部分、编对话、阐释观点等，以便于任课教师了解学生的英语角学习动态和效果，有效地监控和指导学生的英语角学习。

本套教材是当前大学英语教学改革发展的必然产物。在教材的编写过程中，我们汇集师生意见，凝聚专家建议，尽心尽力，精心编排，但是囿于时间、精力和学识，疏漏与错误在所难免，恳请专家学者不吝指教，我们将不断完善。此外，本套教材为了保证有时代

气息，选材多来源于网络，主要的资料来源有：<http://www.kekenet.com>、<http://hjenglish.com> 和 <http://edu.360.cn>，除此之外，还有其他一些网站，恕不一一枚举。大部分选材因客观原因无法一一核实原创作者及出处，本教材全体编者在此特向原创作者以及相关发布平台致谢！

主 编

2015 年 8 月

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Unit One

Health

PART ONE Warming-up

Read the following quotes out loud and get ready to air your views.

☺ The first **wealth** is health.

—Ralph Waldo Emerson

☺ Early to bed and early to **rise**, makes a man healthy, wealthy and wise.

—Benjamin Franklin

☺ A **light** heart lives long.

—William Shakespeare

☺ **Sloth**, like **rust**, **consumes** faster than **labor wears**.

—Benjamin Franklin

I. Word tips.

1. **wealth** [welθ] (Br. E) [welθ] (Am. E)

n. 财富; 富有

2. **rise** [raɪz]

v. 起床; 上升; 起立

3. **light** [laɪt]

adj. 轻松的; 容易的; 明亮的

4. **sloth** [sləʊθ] (Br. E) [sloθ] (Am. E)

n. 怠惰; 懒惰

5. **rust** [rʌst]

n. 锈; 生锈

6. **consume** [kən'sju:m] (Br. E)

[kən'sʊm] (Am. E)

v. 消耗; 消费; 挥霍

7. **labor** ['leɪbə(r)] (Br. E) ['leɪbə] (Am. E)

n. 劳动; 工作; 劳工

8. **wear** [weə] (Br. E) [wɛr] (Am. E)

v. 耗损; 用旧

II. Show your views with the possible words listed here, which may give you a little help.

Q1: What do you think about the first proverb?

I think it tells us that health is _____.

Possible words you may use:

important	重要的
significant	重大的；有意义的；值得注意的
deserve attention	值得注意
priority	优先考虑的事

Q2: What is the role of a good habit in making a man “healthy, wealthy and wise” in the second proverb?

In my opinion, a good habit leads to (通向) _____, which is _____ for the latter two.

Possible words you may use:

health	健康
precondition	先决条件
prerequisite	前提

Q3: Do you agree with the third proverb? Why or why not?

Yes, I agree, because _____./ No, I disagree, because _____.

Possible words you may use:

disease	疾病
well-being	幸福；康乐
guarantee	保证
achieve	收获；成就
longevity	长寿

Q4: Which one do you think makes you more tired, “sloth” or “labor”? Why?

From my point of view, “sloth” makes one more tired, because _____.

As far as I am concerned, I think “labor” makes one even more tired, because _____.

Possible words you may use:

dull	迟钝的
energetic	精力充沛的
various	各种各样的
activity	活动
have a rest	休息

PART TWO Activities

Activity One Reading & Learning

Conversation One

Lily: Rose, your **fried shrimp** is so **crunchy**! My mum never cook shrimp this way. She always thinks that **fried food** is not very healthy.

Rose: **How does she cook it?**



Lily: She often cooks it in a large **pan** of **boiling water**.

Rose: I don't like that. I like fried food, such as, fried potatoes, fried chicken, fried sausage... **I can't see why** fried food is not healthy.

Lily: My mum says it is so **greasy** if you fry it. I also advise you not to eat so many fried things.

Rose: **It's all right!** I often fry **sausages** when my mum is out.

Lily: Oh, really? I really want to have a shot.

Rose: Come to my house this Friday evening. My mum will not be at home then. We can cook some fried food by ourselves!

Lily: **That sounds like a good idea!** But I'm afraid my mum will **be angry about** it if she knows it.

Rose: How can she come to know it, if we don't tell her. I would never **miss a good chance** like that.

Lily: That **sounds** terrific, but...

Rose: Oh, **come on**...

Lily: Well, you win.

I. Useful words.

1. **fried** [fraɪd]

adj. 油炸的; 油煎的

2. **shrimp** [ʃrɪmp]

n. 虾

3. **crunchy** ['krʌntʃɪ]

adj. 松脆的; 易碎的

4. **pan** [pæn]

n. 平底锅; 盘状的器皿

5. **boil** [bɔɪl]

v. 煮沸; 沸腾

6. **greasy** ['greɪsɪ; -zɪ] (Br. E) ['grɪsɪ] (Am. E)

adj. 油腻的; 含脂肪多的

7. **sausage** ['sɔːsɪdʒ]

n. 香肠; 腊肠

8. **miss** [mɪs]

v. 漏掉; 错过; 想念

9. **sound** [saʊnd]

v. 听起来

II. Useful phrases.

1. **fried food** 油炸食品

3. **miss a good chance** 错失良机

2. **boiling water** 开水

4. **come on** 快点; 得了; 加油

III. Useful patterns.

1. **How does she cook...?**

她是怎么做……?

2. **I can't see why...?**

我不明白为什么……?

3. **It's all right.**

没关系。

4. **That sounds like a good idea!**

听起来是个好主意!

5. **Somebody be angry about...**

某人对……感到生气。

Conversation Two

Dr Green: Good afternoon, I am Dr Green. **What can I do for you?**

Lily: Good afternoon, Dr Green, I am Lily. I don't feel very well today.

Dr Green: Tell me **what's wrong with you**, Lily.

Lily: I can't help **coughing**, and I **have a headache**.

Dr Green: **How long have you been like this?**

Lily: Since yesterday evening.

Dr Green: It seems that you **have a fever**. Let me **take a temperature** for you.

Lily: Thanks.

Dr Green: Yes, you do have a fever. Your **temperature** is a lot higher than normal.

Lily: No wonder that I feel cold. Is it serious?

Dr Green: No, please don't worry, Lily. I'll **prescribe** some medicine for you. As long as you **take the medicine on time** and drink enough water, you will be fine very soon.

Lily: Where can I take the medicine?

Dr Green: Take this **prescription** to the **pharmacy**, and the nurse will give you the medicine.

Lily: **How soon can I be all right again?**

Dr Green: If you can do what I say, you will be all right in three days.

Lily: Great. Thank you very much, doctor.

Dr Green: You are welcome. Have a good rest, too!

Lily: I will.

I. Useful words.

1. **cough** [kɒf]

v. 咳嗽

2. **headache** ['hedeɪk]

n. 头痛; 麻烦; 令人头痛之事

3. **fever** ['fɪ:və] (Br. E) ['fɪvə] (Am. E)

n. 发烧; 发热; 狂热

4. **temperature** ['temp(ə)rətʃə] (Br. E)

['tɛmprətʃə] (Am. E)

n. 温度; 气温

5. **prescribe** [prɪ'skraɪb]

v. 开药方

6. **prescription** [prɪ'skrɪpʃ(ə)n] (Br. E)

[prɪ'skrɪpʃən] (Am. E)

n. 药方; 指示; 惯例

7. **pharmacy** ['fɑ:məsi] (Br. E)

['fɑrməsi] (Am. E)

n. 药房

II. Useful phrases.

1. **have a headache**

头疼

3. **take a temperature**

量体温

5. **on time**

按时

2. **have a fever**

发烧

4. **take medicine**

吃药

6. **all right**

好的

III. Useful patterns.

- | | |
|---------------------------------------|------------|
| 1. What can I do for you? | 有什么需要帮忙的吗? |
| 2. What's wrong with you? | 你怎么了? |
| 3. How long have you been like this? | 像这样有多长时间了? |
| 4. How soon can I be all right again? | 要多久我才能好? |

Activity Two Practice & Using

Part A: Fill in the gaps with the useful expressions learned in the previous two situational conversations.

Rose: Lily, _____ (你怎么了)?

Lily: I can't help coughing and I have a _____ (头疼). The doctor said that I _____ (发烧).

Rose: Did you _____ (量体温了吗)?

Lily: Yes, a lot higher than normal.

Rose: Did you _____ (去药房取药了吗)?

Lily: Yes, of course.

Rose: _____ (多久能好啊)?

Lily: The doctor said that I would be all right in three days.

Rose: Okay, good. Remember to _____ (按时吃药). I will go and cook some _____ (酥脆的炸虾). Would you like some?

Lily: Oh, _____ (听起来不错). But I am not that hungry now.

Rose: You will _____ (错失良机) to taste my favorite.

Lily: _____ (得了), I just want to drink some water right now.

Rose: OK, then. I'll go and get some for you.

Lily: Thanks.

Part B: Pair work. You can make up conversations with the help of the expressions you have learned.

A: _____

B: _____

A: _____

B: _____

A: _____

B: _____

A: _____

B: _____

A: _____

B: _____

A: _____

B: _____

Activity Three Free Talk

In this activity you'll have a free talk with your partner using the given extended words.

- | | | | |
|--------------------|-------|--------------------|-----|
| 1. running nose | 流鼻涕 | 2. blow one's nose | 擤鼻涕 |
| 3. feel chilly | 发冷 | 4. feverish | 发烧的 |
| 5. sneeze | 打喷嚏 | 6. flu | 流感 |
| 7. greasy food | 油腻的食物 | 8. stuffy nose | 鼻塞 |
| 9. inflamed throat | 嗓子发炎 | 10. bruising | 淤青 |
| 11. swelling | 肿块 | 12. allergy | 过敏 |

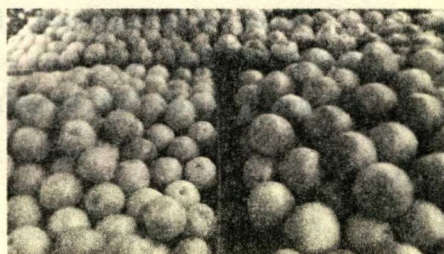
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|-----------------|------|-----------------|------|
| 13. junk food | 垃圾食品 | 14. diet | 节食 |
| 15. lose weight | 减肥 | 16. gain weight | 增肥 |
| 17. pressure | 压力 | 18. aerobics | 有氧运动 |
| 19. jogging | 慢跑 | 20. yoga | 瑜伽 |

PART THREE Cultural Reading

Read the following writing and then think about the questions.

Healthy Fruits

Fresh fruits provide us with **fibres** (纤维) and **vitamins** (维他命) necessary for our health. They are nutritious and full of all kinds of elements our body needs. They give us energy and warmth. In order to better understand how these fruits contribute to our health, now we've **rounded up** (收集) some fruits that are best **recommended** (推荐) to you all.



Citrus fruits (柑橘类水果) include such as oranges, lemons, etc. They are loaded with vitamin C. Citrus **intake** (摄入) has been related to lowering risk of **ailments** (疾病) like: **Alzheimer's** disease (老年性痴呆症), **Parkinson's** disease (帕金森症), **diabetes** (糖尿病) and so on. They are also very helpful in **smoothing** (光滑) of skin.

Papaya (木瓜) is a very rich fruit, which is a great source of skin-saving vitamin A, **papain** (木瓜蛋白酶), and an **enzyme** (酶) that **aids digestion** (辅助消化).

Pomegranate (石榴) is known to be one of the world's oldest fruits. This **ruby-coloured** (红宝石色的) fruit is also very **nutritious** (有营养的), packed with **antioxidants** (抗氧化剂) and **anti-inflammatories** (抗炎药) that can help reduce heart disease risk factors. Pomegranate juice is also considered helpful for **anemic** (贫血的) patients.

Grapes are delicious and super healthy. Packed with high amount of antioxidants and vitamins A, B1, B2 and **potassium** (钾), they are good for your skin, and heart.

Another best and humble fruit is banana. It is one of the best source of potassium. Rich in vitamin C and fiber, it helps improve your immune system.

Questions

1. What are the functions of citrus fruits and papaya?
2. What are the functions of pomegranate, grapes and bananas?
3. What do you know about other healthy fruits?

PART FOUR Fun Time

Enjoy yourself and relax!

Who Is This?

My two sisters and I were all away at various colleges at the same time. One day, after facing too many **crises** (危机) and tired of being treated just another **undergraduate** (大学生), I phoned home for some **consolation** (安慰) and understanding of my **unique** (独一无二的) problems.

When my dad answered, I immediately **launched** (开始) into my **litany** (冗长而枯燥的陈述) of **frustrations** (挫折) with college life. As I paused to catch my breath, he said, "OK, honey now, first of all, who is this?"

PART FIVE Review & Evaluation

Come on, everybody! Have a self-check!

Name	Male/ Female	Student Number	Class	Department	Course Teacher	Grading (Four- point scale): A-D
<p>Write down at least <i>ten words</i> learned from the English Corner.</p> <p>1. _____ 2. _____ 3. _____ 4. _____</p> <p>5. _____ 6. _____ 7. _____ 8. _____</p> <p>9. _____ 10. _____ 11. _____ 12. _____</p>						
<p>Write down at least <i>ten phrases</i> learned from the English Corner.</p> <p>1. _____ 2. _____ 3. _____ 4. _____</p> <p>5. _____ 6. _____ 7. _____ 8. _____</p> <p>9. _____ 10. _____ 11. _____ 12. _____</p>						
<p>Write down <i>five sentence patterns</i> learned from the English Corner.</p> <p>1. _____.</p> <p>2. _____.</p> <p>3. _____.</p> <p>4. _____.</p> <p>5. _____.</p>						
<p>Out-put Time: You can make up a conversation with the help of what you have learned or write down your point of view about <i>Health</i>.</p>						

Unit Two

Cities

PART ONE Warming-up

Read the following quotes out loud and get ready to air your views.

- ☺ We do not look in our great cities for our best **morality**.
—Jane Austen
- ☺ A great city, a great **solitude**.
—Greek proverb
- ☺ Cities are the greatest creations of **humanity**.
—Daniel Libeskind
- ☺ Cities all over the world are getting bigger as more and more people move from **rural** to **urban** sites, but that has created **enormous** problems **with respect to environmental** pollution and the general quality of life.
—Alan Dundes

I. Word tips.

- | | |
|--|---|
| 1. morality [mə'ræləti]
n. 道德; 品行; 美德 | 5. urban ['ɜ:bən] (Br. E) ['ɜ:bən] (Am. E)
adj. 城市的; 住在都市的 |
| 2. solitude ['sɒlɪtju:d] (Br. E)
['sɒlətʊd] (Am. E)
n. 孤独; 隐居; 荒僻的地方 | 6. enormous [ɪ'noʊməs] (Br. E)
[ɪ'noʊməs] (Am. E)
adj. 庞大的; 巨大的; 凶暴的; 极恶的 |
| 3. humanity [hju:'mænɪti] (Br. E)
[hju:'mænəti] (Am. E)
n. 人类; 人道; 仁慈; 人文学科 | 7. respect [rɪ'spekt] (Br. E) [rɪ'spekt] (Am. E)
n. 尊敬; 尊重; 方面; 敬意
with respect to
关于; 至于 |
| 4. rural ['ruərəl] (Br. E) ['rʊərəl] (Am. E)
adj. 农村的; 乡下的; 田园的; 有乡村风味的 | 8. environmental [ɪnvaɪrən'mentl]
adj. 环境的; 周围的; 有关环境的 |