

ENGLISH

8

主编：刘成



系列

进阶英语

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径成英教育文化发展有限公司

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系列进阶英语

前言

多少年来，青少年的英语学习一直牵动着千万家长的心。各种教材充斥市场，究竟哪一本最适合孩子，谁也没有定论。

《ABC系列进阶英语》集ABC教育集团十年的英语教学经验和教学成果之大成，是一套适合青少年英语学习的优秀教材。学生从小学一年级开始一直到高中，只要坚持学习这套教材，就能循序渐进地提高英语听、说、读、写的基本技能。

五大特点

1. 从解决学生读音入手，用不到半年的时间，系统解决英语读音方面的各种问题，使学生能够认读英语单词。
2. 从单词、词组、句型入手，全面提高学生的英语阅读和写作能力。
3. 从语法入手，由浅入深，系统而又详细地讲解英语语法，使学生很快掌握所有的语法知识。
4. 从听说入手，内容选材丰富，对提高学生的听说能力大有帮助。
5. 从中考和高考入手，帮助学生掌握应试技巧，攻克难点，使学生快速提高英语学习成绩。



《ABC系列进阶英语》将彻底改变中国青少年英语学习的习惯，对青少年的一生，将产生深远的影响。

刘成



径成英教育文化发展有限公司



系列进阶英语

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UNIT

AT HOME

Lesson 1 *American Family*



New words



solve [sɒlv] v. 解决

responsibility [ris,pɒnsə'biliti] n. 责任

obligation [ɒbli'geɪʃən] n. 义务

pocket-money ['pɒkit'mʌni] adj. 零花钱

rent [rent] v. 租

economic [i:kə'nɒmɪk] adj. 经济的

emotional [i'məʊʃənəl] adj. 感情的

harmonious [hɑ:'məunjəs] adj. 和谐的



Dialogue



Mary: Hi, Elva!

Elva: Oh, hi, Mary, I haven't seen you for a few days.

Mary: Well, I am decorating my new house these days.

Elva: Yes, I heard you've just bought a very big house.

Mary: You know I want to live with my parents. And there are five members in my family. So we need a bigger house.

Elva: Your family is a large family now.

Mary: Yeah, my parents lived far away before; it was inconvenient for my husband and I to drive to their home. And now this problem is solved. Well, after we finish the decoration, we will invite you to our new house.

Elva: OK. See you then.

Mary: See you.



Text



American Family

The traditional American families are nuclear families, which are considered as mother, father and children only. But nowadays, the number of non-traditional family in America

is increasing. For example, many American families consist of three generations, grandparents, parents, and children, and these are the so-called large families.

American parents have the responsibility and obligation to support their children until they become adults. In the past, once American children finished their education, they would move out of their parents' house, and begin to earn money to support themselves. Many of them might do some part-time jobs to earn some pocket money or to rent an apartment near school with several friends. However, more and more American children today choose to live with their parents even after they have finished their education. There are two main reasons. One is the economic reason, the other is the emotional reason. Living together, they don't need to rent an apartment or to ask for a bank loan to buy a house, and they can also share the family expenses. Moreover, living together will contribute to a harmonious relationship between family members. The elderly won't feel lonely and the small children will be taken good care of.



Ask and answer

1. What kind of family is called nuclear family?
2. Why do many American children want to live with their parents even after they have finished their education?



Language points

nuclear family 核心家庭
be considered as 被认为是
consist of 由……组成
part-time job 兼职
ask for a bank loan 向银行贷款
family expenses 家用
contribute to 有助于
the elderly 老人



Exercises

一、单项选择

1. Her explanation has contributed enormously _____ our understanding of this difficult subject.
A. to B. for C. with
2. Do you get _____ your boss?
A. in with B. along with C. along to
3. He didn't have enough money to buy that car, so he asked for a bank _____.
A. loan B. debt C. money
4. When he phoned me, I was engaged _____ writing letters.
A. on B. with C. in

二、完形填空

Nowadays, the increasing divorce rate becomes a big social problem in the United States. According _1_ statistics, one out of two couples is getting divorced. The most innocent victims of divorce are _2_. Growing up in a one-parent family, children will not receive sufficient love or care. He or she will always live _3_ the shadow of divorce. Even when the divorced persons marry again, still their children can not receive the normal love. They have to go back and _4_ between their parents, and try to get _5_ with the new family members. They are confused and hurt emotionally. _6_ this kind of marriage problem, many young single people choose to live together without officially getting married or they choose to have _7_ child. This new kind of family is called "dink family" — the family without a child.

- | | | |
|----------------|----------|------------|
| 1. A. for | B. to | C. on |
| 2. A. children | B. child | C. parents |
| 3. A. in | B. under | C. on |
| 4. A. front | B. down | C. forth |
| 5. A. × | B. along | C. in |
| 6. A. Face | B. Faced | C. Facing |
| 7. A. no | B. one | C. not |



Lesson 2

Following Local Customs



New words



cousin ['kʌzn] *n.* 表兄弟姐妹

merge [mɜːdʒ] *v.* 融合

ideology [ˌaɪdɪˈɒlədʒi] *n.* 思想意识

swallow ['swɒləʊ] *v.* 吞

courtesy ['kɜːtisi] *n.* 礼貌的举止

poultry ['pəʊltri] *n.* 家禽

lobster ['lɒbstə] *n.* 龙虾

neglect [ni'glekt] *vt.* 忽视

buffet ['bʌfit] *n.* 自助餐

opportunity [ˌɒpə'tjuːniti] *n.* 机会



Dialogue



(One day, Mary met her cousin Sally who just came back from America.)

Mary: How do you like America?

Sally: Well, it is difficult to say. It is a very modern and free country. But sometimes I feel I could not really merge into it.

Mary: Yeah, different cultures will not form the same ideology. Well, are you accustomed to American food?

Sally: At the beginning, I was not used to it, but now it is OK. You know, when in Rome do as the Romans do. Last time, an American couple invited me to their home, and what we ate was beefsteak with traces of blood.

Mary: Terrible! How could you swallow it!

Sally: If you get used to it, you will find it delicious.



Text



Following Local Customs

Have you ever been invited to live with an American family? Do you know how the Americans serve their guests?

First of all, there are some basic courtesies at the table. Men will have to help the ladies with their chairs. The seat on the right of the host or hostess will be reserved for the honored guest. The plates of food will be passed from person to person. Either the host or hostess may serve from one end of the table.

Then, the dinner begins. Most Americans will take meat, fish or poultry as the main course. Sometimes, seafood like lobster is served as first course. Salad or soup is a necessary course favored by most Americans.

Drink can never be neglected. Coffee and tea may be served with or after the meals. If you want lots of cream in your coffee, you may ask for “regular”. If you don’t like that, you may order “black”, which means without milk.

Sometimes, American families favor “buffet” style dinner. Instead of sitting around the table and being served by the host or hostess, guests can serve themselves, a buffet dinner is much easier to serve, and it also provides a good opportunity to talk.



Ask and answer

1. Where is the honored guest usually seated?
2. What is the main course served at an American meal?



Language points

follow local customs 入乡随俗，遵守当地的习俗

be accustomed to sth. 习惯于

beef steak with traces of blood 带血丝的牛排

at table 用餐

reserve a seat for sb. 给某人留座位

main course 主菜

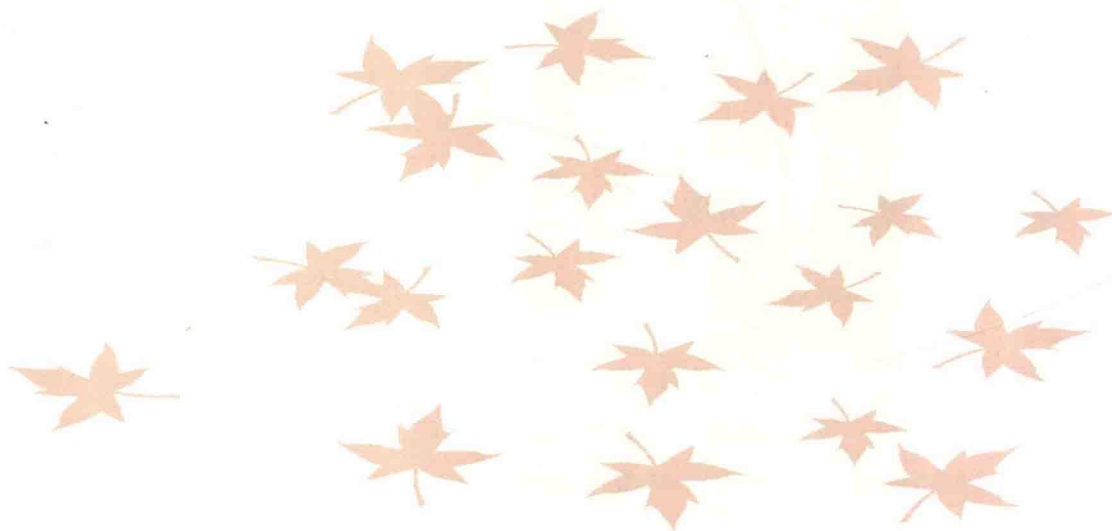


Exercises

阅读理解

Before dinner, some Americans like to offer cocktails for their guests. Cocktail is a kind of alcoholic drink consisting of spirits mixed with fruit juice. The cocktails are often very strong, and so if you are not accustomed to American cocktail, you'd better be careful. When you are offered cocktail, you may be asked "on the rocks" or "straight up". That means, "What kind of cocktail do you prefer, the cocktail poured over ice or without ice?" As you know, iced drink is not quite strong. The husband often serves cocktail in the sitting room, because the wife may still be busy with the cooking.

1. When do some Americans offer cocktail?
A. After dinner. B. Before dinner. C. With dinner.
2. What does "on the rocks" mean for a cocktail?
A. A cocktail without ice.
B. A very strong cocktail.
C. A cocktail poured over ice.
3. Who will serve cocktail?
A. The husband. B. The wife. C. The children.
4. Where are cocktail served?
A. In the kitchen. B. In the sitting room. C. In the dining room.



Lesson 3

Why Not Eat Breakfast?



New words



sandwich ['sænwɪdʒ] *n.* 三明治
 jogging ['dʒɒɡɪŋ] *n.* 慢跑
 rope skipping [rəʊp] ['skɪpɪŋ] 跳绳
 fast [fɑːst] *n. & v.* 禁食
 ahead [ə'hed] *adv.* 朝前
 calorie ['kæləri] *n.* 卡路里(热量单位)
 overeat ['əʊvə'i:t] *vt.* 吃得过多

blood sugar [blʌd] ['sugə] *n.* 血糖
 extra ['ekstrə] *adj.* 额外的
 efficiently [i'fɪʃəntli] *adv.* 有效地
 consequently ['kɒnsɪkwəntli] *adv.* 结果
 lean meat [li:n] [mi:t] 瘦肉
 grain [greɪn] *n.* 谷物



Dialogue



(Monica and Michelle are sisters. They are having lunch at home.)

Monica: Pass me another sandwich, please.

Michelle: What? You have already eaten two, and I remember you ate a piece of cake before lunch. What is wrong with you today?

Monica: I am starved to death. I did not have supper yesterday. And you know I am on a diet these days, so I did not eat breakfast this morning.

Michelle: Oh, are you on a diet now? You eat more than usual. It is unhealthy. I am sure you won't lose weight this way.

Monica: Well, maybe I will change my mind. After all, health is the most important thing.

Michelle: I advise you to do some exercises in the morning, such as jogging and skipping rope. These are more effective than dieting.



Text



Why Not Eat Breakfast?

The word "breakfast" consists of two words "break" and "fast", so it simply means "break the fast". When you are asleep at night, your body is in a fasting state,

but the consumption of energy in your body doesn't stop. In the morning your body needs energy for the day's work ahead. A good breakfast will break this fasting state and provide one third of your total calorie which needs for the day.

If you have developed a habit of not having breakfast, you need to break yourself of this habit, because it will affect your health. If you do not have breakfast because you are on a diet, I am afraid that you are going in opposite direction. Not eating breakfast can cause you to overeat, since a fall in blood sugar often makes you feel very hungry later. If you eat then, you may eat much more than you should. Even worse, since your body is in a low state, the extra calories will not be burned efficiently. Consequently, you will put on weight. Eating a good breakfast doesn't mean eating whatever you like. The best breakfast foods are fruits, juice, lean meat and grain products.



Ask and answer

1. What is the meaning of the word "fast" in the phrase "break the fast"?
2. What are the best breakfast foods recommended in the text?



Language points

be starved to death 饿死
be on a diet 在节食
lose weight 减肥
put on weight 增重
change one's mind 改变主意
after all 毕竟
advise sb. to do sth. 建议某人做某事
be in a fasting state 在禁食的状态中
develop a habit of 形成一种习惯
even worse 更糟糕的是



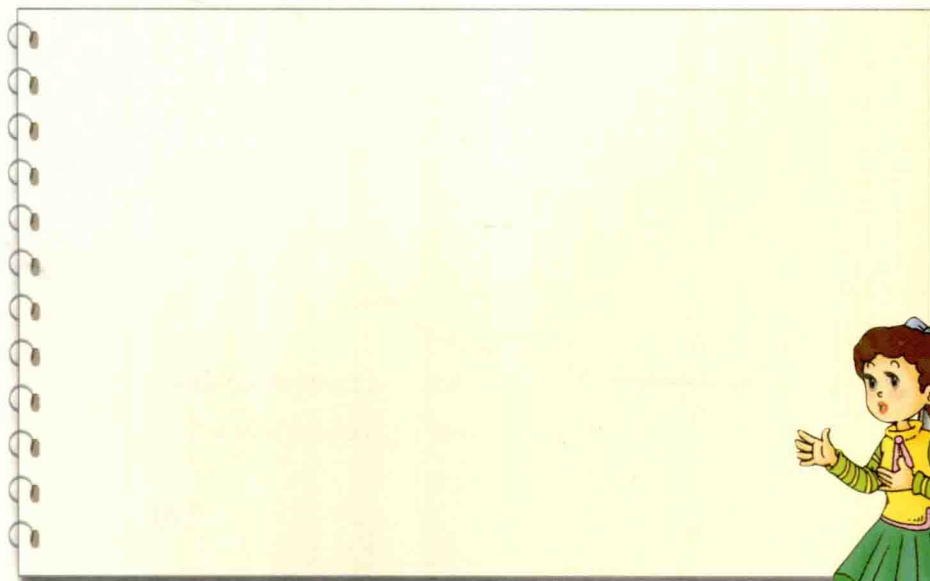
Exercises

一、单项选择

1. I don't want to eat breakfast today, because I am _____ a diet.
A. in B. at C. on
2. In order to lose _____ weight, she insists on walking home from school every day.
A. × B. her C. his
3. He planned to go to New York last month, but now he changes his _____.
A. thought B. mind C. idea

二、作文

用英语写一段话,说说你今天的早餐吃了什么,并说说你觉得吃早餐对身体有什么好处。



Lesson 4

How to Take Care of the Computer



New words



keyboard ['ki:bɔ:d] *n.* 键盘
stick [stik] *v.* 粘住
spot [spɒt] *n.* 污点
precision [pri'siʒən] *n.* 精确
temperature ['tempɪtʃə(r)] *n.* 温度

humidity [hju:'mɪdɪti] *n.* 湿度
cigarette [sɪgə'ret] *n.* 香烟
damage ['dæmɪdʒ] *n.* 破坏
digestion [dɪ'dʒestʃən] *n.* 消化



Dialogue



Monica: Michelle, come here. What have you done to our computer?
Michelle: What's wrong?
Monica: The keyboard doesn't work, and what is that sticking on the keyboard?
Michelle: Oh, I am so sorry. Maybe it is the strawberry jam.
Monica: What? Strawberry jam? And these black spots must be coffee.
Michelle: I am afraid so.
Monica: It is not the first time that you have done this. This time you repair the keyboard by yourself. I won't give you a hand.



Text



How to Take Care of the Computer

Nowadays, computer is becoming an important part of people's lives. Many young people, even some small children can use computer, but few of them know how to look after the computer. Here are some suggestions.

Computer is a precision machine; it should be taken good care of. First of all, you must pay attention to the temperature and humidity. Most computers work best at a temperature of 5°C – 30°C . Secondly, do not smoke near your computer, because smoking is very likely to damage many parts of a computer. Thirdly, do not eat or drink while you are using your computer. Sometimes people are so busy with their work on computer that they have to eat some junk food near the computer. Sometimes people indulge themselves with computer games, and they get used to eating and drinking while playing day and night. These are all bad habits. Not only do they harm to the digestion, but also harm to your computer. Pieces of food and a little water in the keyboard can also cause many problems.

Do you have any other suggestions?



Ask and answer

True or false:

1. Most computers work best at a temperature of 5°C – 30°C .
2. Smoke can do harm to the computer.
3. Pieces of food and a little water will damage the screen.



Language points

by oneself 单独,靠自己
 give sb. a hand 帮助某人,给某人帮忙
 be likely to do 可能
 indulge oneself with sth. 放纵自己做某事
 day and night 整日整夜
 do harm to 对……有害