

新世纪高等教育
时代英语教材系列

大学英语 快速阅读

4

总主编 宣 安

College English Fast Reading



华东师范大学出版社

大学英语快速阅读

第四册

——分项主题 逐级进阶

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前言

随着大学英语教学改革为进一步深入，教育部高等教育司颁发的《大学英语课程教学要求》对阅读能力提出更新的要求，期望大学生的英语能力能够满足新时期国家和社会对人才培养的需要，继而适应国际竞争的需要。

《大学英语课程教学要求》对英语阅读能力要求有明确的描述。一般要求为在快速阅读篇幅较长、难度略低材料时，阅读速度达到每分钟100词。能就阅读材料进行略读和寻读，能读懂工作、生活中常见的应用文体的材料，能在阅读中使用有效的阅读方法。掌握较高要求的阅读理解能力，在快速阅读篇幅较长、难度适中的材料时，阅读速度达到每分钟120词。能阅读所学专业的综述性文献，并能正确理解中心大意，抓住主要事实和有关细节。

《大学英语快速阅读》就是为了满足在校大学生提高快速阅读能力的要求，并针对学生特点而编写的训练教材。全部四册教材按主题分项为生活、旅游、教育、文化等内容，学生可根据个人情况选择主题；文章长度由短至长，适合学生逐级进阶的学习过程。文章选材涉及人文社会、政治经济、教育科技、体育娱乐，具有真实性、新颖性、知识性和趣味性，为英语学习者提供各种英语表达的范例。读者可以欣赏地道的英语文章，扩大词汇量和知识面，在进一步提高阅读能力的同时，也可提高写作能力。每篇文章后面的试题形式多样，题量也有过渡，题目的设计包含大学英语四级考试新题型的快速阅读的判断題、多项选择题和填空题等类型。

《大学英语快速阅读》由上海交通大学大学英语部总主编，上海交通大学一年级和二年级学生对全部四册书内容进行了试用，同学们提出了非常好的建议，在此表示感谢。

《大学英语快速阅读》的编者皆为热爱英语教学的一线大学英语教师，由于时间仓促，水平有限，缺点在所难免。我们诚挚地希望读者提出批评和建议，以便进一步改进和完善。

编者

2008年6月于上海

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Unit 1 Food, Health and Family

Passage 1

快速阅读自测

建议时间：一般要求 10' 40" 较高要求 8' 53"

实际时间：

正确答案数：

***Directions:** Read the following passage, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, and mark NG (NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.*

Vegetarianism

Although vegetarianism, both in philosophy and in practice, has been around for millennia, in the modern Western world it was long considered a "fringe" movement. Less than a century ago, even the celebrated playwright and wit George Bernard Shaw, a vegetarian for the last 70 years of his long life, was considered a "crank" (怪人) by some, though it mattered little to him. When asked in 1898 why he was a vegetarian, Shaw had a typically outspoken answer: "Oh, come! That boot is on the other leg. Why should you call me to account for eating decently? If I batted on the scorched corpses of animals, you might well ask me why I did that."

In the early 21st century, vegetarianism has become decidedly mainstream. The number of vegetarians is difficult to determine, but a 2006 poll of 1,000 U.S. adults by the Vegetarian Resource Group found that 6.7

percent of respondents never ate meat, and 1.4 percent of those were vegan. A British survey that same year found that 12 percent of respondents called themselves "vegetarian". Many of today's vegetarians came to the practice because they agree with sentiments like Shaw's about the immorality of eating animals who suffered to become someone's dinner. Others are concerned primarily about health; many studies have demonstrated the health benefits of vegetarian and vegan diets, particularly in the prevention and reversal of heart disease and in the lesser incidence of some forms of cancer.

Vegetarianism is the theory or practice of living solely upon vegetables, fruits, grains, and nuts — with or without the addition of milk products and eggs — generally for ethical, *ascetic* (禁欲的), environmental, or nutritional reasons. All forms of flesh (meat, fowl, and seafood) are excluded from all vegetarian diets, but many vegetarians use milk and milk products; those in the West usually eat eggs also, but most vegetarians in India exclude them, as did those in the Mediterranean lands in Classical times. Vegetarians who exclude animal products altogether (and likewise avoid animal-derived products such as leather, silk, and wool) are known as vegans. Those who use milk products are sometimes called lacto-vegetarians, and those who use eggs as well are called lacto-ovo vegetarians. Among some agricultural peoples, flesh eating has been infrequent except among the privileged classes; such people have rather misleadingly been called vegetarians.

Ancient origins

Deliberate avoidance of flesh eating probably first appeared *sporadically* (零星的) in ritual connections, either as a temporary purification or as qualification for a priestly function. Advocacy of a regular fleshless diet began about the middle of the 1st millennium BC in India and the eastern Mediterranean as part of the philosophical awakening

of the time. In the Mediterranean, avoidance of flesh eating is first recorded as a teaching of the philosopher Pythagoras of Samos (530 BC), who alleged the kinship of all animals as one basis for human benevolence toward other creatures. From Plato onward many pagan philosophers (e.g., Epicurus and Plutarch), especially the Neoplatonists, recommended a fleshless diet; the idea carried with it condemnation of bloody sacrifices in worship and was often associated with belief in the reincarnation of souls — and, more generally, with a search for principles of *cosmic* (宇宙的) harmony in accord with which human beings could live. In India, followers of Buddhism and Jainism refused on ethical and ascetic grounds to kill animals for food. Human beings, they believed, should not inflict harm on any perceptive creature. This principle was soon taken up in Brahmanism and, later, Hinduism and was applied especially to the cow. As in Mediterranean thought, the idea carried with it condemnation of bloody sacrifices and was often associated with principles of cosmic harmony.

In later centuries the history of vegetarianism in the Indic and Mediterranean regions diverged significantly. In India itself, though Buddhism gradually declined, the ideal of harmlessness, with its corollary of a fleshless diet, spread steadily in the 1st millennium AD until many of the upper classes, and even some of the lower, had adopted it. Beyond India it was carried, with Buddhism, northward and eastward as far as China and Japan. In some countries, fishes were included in an otherwise fleshless diet.

Modern developments

By the early 20th century vegetarianism in the West was contributing substantially to the drive to vary and lighten the nonvegetarian diet. In some places a fleshless diet was regarded as a *regimen* (养生法) for specific disorders. Elsewhere, notably in Germany, it was considered as one element in a wider conception of vegetarianism, which involved

a comprehensive reform of life habits in the direction of simplicity and healthfulness.

In the second half of the 20th century, the work of the Australian ethical philosopher Peter Singer inspired a revival of philosophical interest in the practice of vegetarianism and the larger topic of animal rights. Singer offered utilitarian arguments to support his contention that modern methods of raising and slaughtering animals for human food are morally unjustified; his arguments also applied to other traditional ways in which humans use animals, including as experimental subjects in medical research and as sources of entertainment. Singer's work provoked much vexed discussion of the question of whether the traditional treatment of animals is justified by any "morally relevant" differences between animals and humans.

Meanwhile, other debates centred on the question whether a fleshless diet, and specifically a vegan one, provides all the nutrients necessary for human health. In the West, for example, it was long a common belief that humans cannot obtain enough protein from a diet based solely on plant foods. However, nutritional studies conducted in the 1970s cast doubt on this claim, and it is seldom advanced today. A more recent issue is whether a vegan diet can provide enough vitamin B12, which humans need in tiny amounts (1 to 3 micrograms per day) to produce red blood cells and to maintain proper nerve functioning. Popular vegan sources of B12 include nutritional yeast, certain fortified foods made without animal products (such as cereals and soy milk), and vitamin supplements.

By the early 21st century vegetarian restaurants were commonplace in many Western countries, and large industries were devoted to producing special vegetarian and vegan foods (some of which were designed to simulate various kinds of flesh and dairy products in form and flavour).

Today many vegetarian societies and animal rights groups publish vegetarian recipes and other information on what they consider to be the

healthy and environmental benefits and the moral virtues of a fleshless diet.

(Words: 1067)

1. The passage mainly discusses the different versions of origin of vegetarianism. ()
2. Vegetarianism has existed in both practice and theory for thousands of years. ()
3. George Bernard Shaw was embarrassed when people asked why he chose to be a vegetarian. ()
4. A 2006 poll in the U.S. shows vegetarianism is more popular among women than men. ()
5. Many research findings support the health benefits of vegetarian diets, particularly in the prevention of heart disease and some forms of cancer. ()
6. Most vegetarians in the West avoid eating both flesh and the related products like milk and eggs. ()
7. With the philosophical awakening of the time, advocacy of a regular vegetarian diet began around 500 BC in India and the eastern Mediterranean. ()
8. Early Indian vegetarianism opposes bloody sacrifices in worship and generally supports principles of _____, as in early Mediterranean thought.
9. A 20th century revival of philosophical interest in vegetarianism and the larger topic of _____ were attributed to the Australian philosopher Peter Singer.
10. Nutritional studies in the 1970s have cast doubt on the Western belief that human body cannot obtain enough _____ from a vegan diet.

Passage 2

快速阅读自测

建议时间：一般要求 10' 22" 较高要求 8' 38"

实际时间： 正确答数：

Directions: Read the following passage, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, and mark NG (NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

Healthy Eating Begins at the Supermarket

Navigating the Aisles

The typical American consumer hits the grocery store at least twice a week. Why, then, does it feel like we never have anything to eat at home? Follow the advice below to make sure you not only have a *well-stocked pantry* (食品储藏室) for healthful eating, but are buying the right products at the right time in the right way.

1. Buy fresh food!

There is no simpler, no easier, no plainer measure of the healthiness of your food than whether it comes in boxes and cans or is fresh from the farm or the fields. If more than half your groceries are prepared foods, then you need to evolve your cooking and eating habits back to the healthy side by picking up more fresh vegetables, fruits, seafood, juices, and dairy.

2. Shop the *perimeter* (周边, 外围) of the store.

That's where all the fresh foods are. The less you find yourself in the central aisles of the grocery store, the healthier your shopping trip will be. Make it a habit — work the perimeter of the store for the bulk of your groceries, then dip into the aisles for staples that you know you need.

3. Think of the departments (dairy, produce, meat, and so on) as separate stores within the supermarket.

You wouldn't shop at every store in a mall the same way, would you? You know better than to idly browse through a jewelry store, don't you? So apply the same approach to the grocery store. Target the sections that are safe to browse through — the *produce* (农产品) section, primarily — and steer clear of the dangerous sections (the candy, ice cream, and potato chip aisles).

4. Shop with a list.

Organize your shopping list based on the tip above — that is, by the sections of the store. This will have you out of the supermarket at the speed of light. If you're a woman, consider getting your husband or son to do the food shopping, says Joan Salge Blake, R.D., clinical assistant professor of nutrition at Boston University's Sargent College. The latest survey from the Food Marketing Institute shows that compared to women, men are more likely to buy only what's on the grocery list. But shopping with a list has benefits beyond speed and spending. By binding yourself to the discipline of a well-planned shopping list, you can resist the seductive call of aisle upon aisle of junk food, thereby saving your home, your family, and yourself from an overload of empty calories.

5. Food-shop with a full stomach.

We're sure you've heard this before, but it's worth repeating. Walking through the grocery store with your tummy growling can make you

vulnerable to buying anything that isn't moving, says Blake. If you can't arrange to shop shortly after a meal, be sure to eat an apple and drink a large glass of water before heading into the store.

Fruits and Veggies

6. Buy a few days before ripe.

There's no point in trying to buy fresh vegetables and fruits for your family if the bananas turn brown and the peaches mushy two days after you get them home. Buy fruit that's still a day or two behind ripeness. It will still be hard to the touch; bananas will be green. Feel carefully for bruises on apples, check expiration dates on bagged produce, and stay away from potatoes or onions that have started to sprout. If the produce on the shelves looks a bit beyond its peak, don't walk away; ask to speak to the produce manager. Chances are, there's a fresh shipment in the back just waiting to be put out on store shelves. For a real taste treat, if you're going to eat them within the next couple of days, pick up a bunch of vine-ripened tomatoes. There's just no comparison.

7. Buy in season.

Sure, it's tempting to buy strawberries in December, and once in a while that's fine. But fresh fruit and vegetables are best when purchased in season, which means they've come from the place relatively close to home. They often cost less, are tastier, and have less risk of *pathogens* (病原体) such as *E. coli*.

8. Buy organic whenever possible.

Sure, it costs a few dollars more. But a study in the *Journal of Agricultural and Food Chemistry* found that organically grown fruits and vegetables contain higher levels of cancer-fighting *antioxidants* (抗氧化剂) than conventionally produced foods. However, if organic is too pricey for you, don't worry; organic or not, fruits and veggies are key to a healthy

diet.

9. Buy frozen.

Frozen fruits and vegetables are often fresh frozen at the source, locking in nutrients in a way fresh or canned can't compete with. Stock your freezer with bags of frozen vegetables and fruits. You can toss the veggies into soups and stews, microwave them for a side dish with dinners, or defrost them at room temperature and dip them into low-fat salad dressing for snacks. Use the fruits for desserts, smoothies, and as ice cream and yogurt toppings.

10. Stock up on canned tomato products.

Here's one major exception to the "fresher is better" rule. Studies found that tomato sauces and crushed and stewed tomatoes have higher amounts of the antioxidant *lycopene* (番茄红素) than fresh, because they're concentrated. Canned tomatoes are a godsend when it comes to quick dinners in the kitchen. Warm up a can with some crushed garlic for a chunky pasta sauce; pour a can over chicken breasts and simmer in the crock pot; add to stews and sauces for flavor and extra nutrients.

11. Stock up on canned beans.

Although they may have a bit more *sodium* (钠) than we like, that's easy enough to get rid of with a good washing in the sink. Beans can be mixed with brown rice, added to soups and stews, or served over pasta for a traditional pasta e fagioli. In fact, all the talking about pasta raising blood sugar really comes down to this: What are you putting on your pasta? The soluble fiber in beans lowers blood sugar and insulin, making the combination of pasta and beans a healthful — as well as delicious — dish.

(Words: 1036)

1. Generally speaking, consumers in the United States go shopping at the grocery store at most twice a week. ()
2. It's not healthy shopping if you buy most of your stuff in the central areas of the grocery store. ()
3. People tend to browse through every section of the grocery store the same way as they shop at every store in a mall. ()
4. The produce section in the grocery store is healthier than the candy, ice cream, and seafood aisles. ()
5. Research finds that women are more likely to buy more items than on the shopping list compared to men. ()
6. Buying groceries with a list makes your shopping faster, cheaper and healthier. ()
7. It's not a good idea to buy fruits and vegetables before they are naturally ripe. ()
8. It's wise to avoid buying apples with bruises and potatoes or onions that are growing _____.
9. Canned tomatoes contain more antioxidant elements than fresh tomatoes because they are _____.
10. You don't have to worry about _____ if you only put healthy ingredients like beans on the pasta.

Passage 3

快速阅读自测

建议时间：一般要求 10' 42" 较高要求 8' 55"

实际时间： 正确答案数：

Directions: Read the following passage, and then answer the questions. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D) based on the information given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

Seven Ways to Create a Happy Household

How to talk to your kids

Every family is different, with different personalities, customs, and ways of thinking, talking, and connecting to one another. There is no one "right" kind of family. Whether parents are strict or lenient, ill-tempered or calm, home has to be a place of love, encouragement, and acceptance of feelings and individuality for kids to feel emotionally safe and secure. It also has to be a source of don'ts and limits.

Most of us want such an atmosphere to prevail in our homes, but with today's stresses this often seems harder and harder to achieve. From time to time it helps to stop and think about the changes we could make to improve our home's emotional climate. Here are a few that will.

1. Watch what you say

How we talk to our children every day is part of the emotional