

北师大版

新课标高中

英语阅读

必修1 必修2

陈留记 主编



文心出版社

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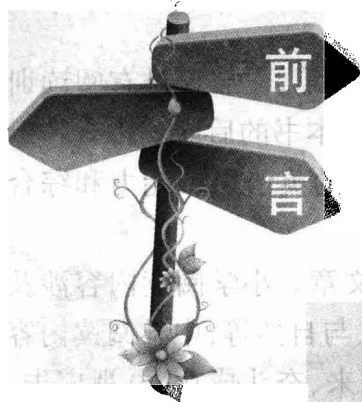
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16 世纪英国哲学家、思想家弗兰西斯·培根(Francis Bacon)说:“在读书的时候,我们是与智者交谈。”(In reading, we hold converse with the wise.) 一本好书,会把学生引入美好的境界,使他们获取大量信息、开拓视野、启迪心灵、陶冶情操。通过大量英语阅读,还可以培养学生的英语语感与英语思维能力、创新能力和实践能力。

阅读是未来英语教学的一块基石。为此,教育部制订的《英语课程标准》对全日制义务教育、普通高级中学阶段的阅读教学提出了明确的量化要求:一级(小学三、四年级),能看图识字,能在图片帮助下读懂简单的小故事;二级(小学五、六年级),能正确朗读所学故事或短文;三级(七年级),课外阅读量应累计达到 4 万词以上;四级(八年级),课外阅读量应累计达到 10 万词以上;五级(九年级),课外阅读量应累计达到 15 万词以上;六级(高中一年级),课外阅读量应累计达到 20 万词以上;七级(高中二年级),课外阅读量应累计达到 30 万词以上;八级(高中三年级),课外阅读量应累计达到 36 万词以上。

根据这一精神和要求,我们组织了一批骨干教师和教研人员,编写了这套《英语阅读》。该套书是以北师大版小学、初中、高中现行教材为依据、以单元为基础来编写的。每个单元设计两个部分:第一部分为“同步篇”,精选与课文难度大致相当的文章 3 篇,内容贴近学生生活,生动有趣,文后安排阅读训练,旨在帮助学生复习、巩固所学知识 with 技能;第二部分为“拓

展篇”，精选与课文难度相当或稍高于课文难度的文章3篇，文后安排有阅读训练，旨在提高学生的阅读能力与实践能力。除此之外，每本书的后面安排有一定篇数的“强化篇”，主要是着眼于学生的发展，提高学生的英语思维能力和综合能力。

在编写过程中，我们注意收集英语国家各种地道文章。小学阅读内容涉及童心童趣、谜语竞猜、童话故事、七彩乐园、学海拾贝、人与自然等，中学阅读内容涉及青春理想、正义公正、文明礼貌、理解宽容、书信往来、奋斗成功、电视广告、异域风情等。有些文章介绍文坛巨匠、政界伟人，有些文章介绍艺术大家、科学先驱，有些文章介绍教育名家、圣贤哲人，有些文章介绍体坛新秀、学界精英等，文章幽默隽永、妙趣横生。

希望这套书能够为广大小学生、初中生、高中生及水平相当的英语爱好者提供有益的帮助。参加本册编写的老师有谭兴昌、韩丛玉、石显耀、乔少敏、张东方、张秀清、常天华、斐云丽，由陈留记老师统稿。

编 者

2008年8月



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Unit 1 Lifestyles



同步篇

Reading makes a well-read man.

读书使人博学。

(一)

As you move around your home, take a good look at the things you have. It is likely that your living room will have a television set and a video, and your kitchen a washing machine and a microwave oven. Your bedroom drawers will be filled with almost three times as many clothes as you need. You almost certainly own a car and possibly a home computer, holiday abroad at least once a year and eat out at least once a week.

Now, perhaps, more than ever before, people are wondering what life is all about, and what it is for. Seeking material success is beginning to trouble large numbers of people around the world. They feel that the long-hours work culture to make more money to buy more things is eating up their lives, leaving them very little time or energy for family or pastimes. Many are turning to other ways of living and downshifting is one of them.

Six percent of workers in Britain took the decision to downshift last year. One couple who downshifted is Daniel and Liz. They used to work in central London. He was a newspaper reporter and she used to work for an international bank. They would go to work by train every day from their large house in the suburbs, leaving their two children with a nanny(保姆). Most evenings Daniel wouldn't get home until eight or nine o'clock, and nearly twice a month he would have to fly to New York for meetings. They both earned a large amount of money but began to feel that life was passing them by.

Nowadays, they run a farm in the mountains of Wales. "I always wanted to have a farm here," says Daniel, "and we took almost a year to make the decision to downshift. It's taken some getting used to, but it's been worth it. We have to think twice now about spending money on car repairs and we no longer have any holidays. However, I think it's made us stronger as a family, and the children are a lot



happier.”

Liz, however, is not quite sure. “I used to enjoy my job, even though it was hard work and long hours. I’m not really a country girl, but I suppose I’m gradually getting used to looking after the animals. One thing I do like, though, is being able to see more of my children. My advice for other people wanting to do the same is not to think about it too much or you might not do it at all.”

● Notes:

① oven 烤箱

● Reading Comprehension

Choose the right answer.

- () 1. What do the first two paragraphs tell us?
- A. People seldom work long hours to make money.
B. People hardly buy more things than necessary.
C. People are sure everything they own is in the right place.
D. People realize there is more to life than just making money.
- () 2. When Daniel was a reporter, he _____.
A. lived in central London B. disliked his job
C. missed his children D. was well paid
- () 3. Daniel and Liz both agreed that the move to the farm _____.
A. was easy to organize B. has improved family life
C. was extremely expensive D. has been a total success
- () 4. What does the underlined word “it” in the last paragraph refer to?
A. Child-caring. B. Liz’s advice.
C. Downshifting. D. Liz’s job.
- () 5. The underlined word “downshifting” in the second paragraph means _____.
A. repairing your car by yourself
B. spending money carefully
C. moving out to the countryside to live a simpler and better life
D. living in a big house in the suburbs and dining out once a week

(二)

More and more scientific experiments prove that physical exercise can reduce the dangers of some illnesses in middle-aged persons. Exercise strengthens the heart



muscle, reduces blood pressure and helps to prevent muscles from changing into fat. Physical exercise is just as important for children.

Exercise and food affect growing speed in young lab animals. Baby mice start running as soon as they are big enough to use an exercise wheel in their cage. If they get extra food and run a lot, they will grow as much as 1.5 times bigger than normal.

The same differences might be found between active and inactive children. Physical exercise helps active children grow faster than inactive children. One experiment shows that the brains of the mice that had enough exercise weighed about 3% more than those of the mice that did not exercise. The mice that exercised are much quicker to learn doing new exercise than the mice that did not exercise.

The results of the experiments support the theory that exercise can help babies learn to talk and walk sooner than expected.

The good effects of physical exercise are not limited to children and middle-aged people. Exercise continues to be an important part of our lives after we grow old. For example, people over 50 years old begin to lose calcium from the bones, which get weaker and can break easily. Physical exercise, however, helps to strengthen the bones and to prevent them from losing calcium. Of course, old people can take medicine to prevent themselves from suffering from losing calcium, but the medicines they take increase the chance of developing some kind of cancer. So physical exercise is a much safer means of treatment.

● Notes:

① calcium 钙

● Reading Comprehension

Choose the right answer.

- () 6. From this passage we know that _____.
A. only middle-aged persons can benefit from physical exercise
B. physical exercise can do good to both middle-aged people and children.
C. all people of different ages can benefit from physical exercise
D. physical exercise is the only way to prevent people from losing calcium
- () 7. Active children _____ than inactive children.
A. are cleverer and healthier
B. are cleverer but not stronger



- C. are stronger but more foolish
D. enjoy walking more
- ()8. From this passage we know that _____.
A. mice need to eat more and exercise more
B. children need more exercise than other people
C. old people like to take medicine to treat their illness
D. middle-aged people are easy to get fat
- ()9. The bones of old people are easy to break because _____.
A. there is less calcium in their bones than other people
B. they are easy to become ill
C. they eat less than other people
D. they have less exercise than other people

(三)

People have three basic needs: food, clothing and shelter. If a person lives in a warm climate, clothing is not absolutely necessary. However, people cannot live without food, and they have little chance of survival without shelter. Human needs shelter to protect them from the weather, wild animals, insects and their enemies.

The first permanent shelter was probably built twenty to forty thousand years ago by fish-eating people who lived in one place as long as the fish supply lasted. Fish-eaters could stay in one place for several years. However, once again, they built their homes with the materials they found at hand, e.g. wood or bricks made of dried mud.

The weather is their worst natural enemy. They have to protect themselves from extremes of heat and cold and from storms, wind and rain.

Where the weather is hot and dry, there is often a flat roof, where people can find a cool place to sleep. In hot, damp areas, people need to be protected from the rain, so houses are built with wide, overhanging roofs or balconies.

Where there are heavy rains, houses are either built on piles to keep them off the ground, or they have steep thatched roofs to drain off the rains.

In Borneo, houses are built on high posts to protect people from dampness. There are tribes in Malaya who build their homes in the forked branches of trees, and climb up to their houses on bamboo ladders.



In Europe there are few wooden houses being built today. This is partly because wood is no longer as plentiful as it once was, and partly because wooden houses are quite inflammable. On the other hand, there are many wooden houses in America. This is because the first settlers wanted to build houses quickly and inexpensively. Since the country was covered in many places with forests, some trees had to be cut down to make room for houses.

● Notes:

- ①absolutely 绝对
- ②survival 生存
- ③permanent 永久的
- ④thatched 茅草的

● Reading Comprehension

Choose the right answer.

- () 10. The first people to have permanent shelters were probably _____.
A. hunters B. farmers C. fishers D. businessmen
- () 11. Man's most urgent need in building a house is protection from _____.
A. enemies B. the weather C. earthquakes D. floods
- () 12. A house with a steep sloping roof is more likely to be found _____.
A. in the desert B. near the coast
C. in a windy country D. in a rainy country
- () 13. In Borneo, because of the dampness, houses are built _____.
A. on high posts B. in forks of trees
C. on rock platforms D. with bamboo ladders
- () 14. There are more wooden houses in America than in Europe because _____.
A. there was more wood in America
B. people can fireproof their wooden houses in America
C. stone was not available in America
D. many people live in the same house in America

● Keys:

1 ~ 5 DDBCC 6 ~ 9 CADA 10 ~ 14 CBDAA



拓展篇

Reading serves for ability.

读书使人长才。

(四)

People are so busy these days that many people have no time to cook. This becomes a problem, because most families love home cooking! The food tastes good and warm, and a family meal brings everyone together. In some families, mealtimes are often the only times everyone sees one another at the same time.

Another reason people enjoy home cooking is that it is often a way of showing love. A parent who makes some cookies is not just satisfying a child's sweet teeth. She or he is sending a message. The message says, "I care about you enough to spend an hour making cookies that you will eat up in 15 minutes if I let you."

There is also something about the smell of home cooking. The smell of home cooking pleases people of all ages. It makes most of us feel good and loved, even if we are the ones doing the cooking! Next time when you smell a cake making, stop for a moment and pay attention to your mood.

●Notes:

①mood 心情

●Reading Comprehension

Choose the right answer.

() 1. Why do fewer people cook now?

- A. They are lazy.
- B. They are too busy.
- C. Many people don't like cooking.
- D. They don't like family meals.

() 2. A parent spends an hour making cookies _____.

- A. just to satisfy her or his child's sweet teeth
- B. only to send a message
- C. to let a child eat up in 15 minutes
- D. often to show his or her love



() 3. The writer thinks the smell of home cooking _____.

- A. makes us happy
- B. makes us be interested in cooking
- C. makes us pay attention to our mood
- D. makes us love others

() 4. What's the main idea of this passage?

- A. Family meals are important.
- B. How to make cookies?
- C. People are too busy to cook.
- D. Homemade cookies taste better.

(五)

In the US, people prefer waiting for a table to sitting with people they don't know. This means a hostess may not seat a small group until a small table is available, even if a large one is. If you are sitting at a table with people you don't know, it is impolite to light up a cigarette without asking if it will disturb them.

At American restaurants and coffee shops you are usually served tap water before you order. You may find the bread and butter is free, and if you order coffee, you may get a free refill.

Most cities and towns have no rules about opening and closing time for stores or restaurants, though they usually do make rules for bars. Especially in large cities, stores may be open 24 hours a day.

Serving in restaurants is often large, too large for many people. If you can't finish your meal but would like to enjoy the food later, ask your waitress or waiter for a "doggie bag". It may have a picture of a dog on it, but everybody knows you're taking the food for yourself.

Supper and dinner are both words for the evening meal. Some people have "Sunday Dinner". This is an especially big moon meal.

Tips are not usually added to the check. They are not included in the price of the meal, either. A tip of about 15% is expected and you should leave it on the table when you leave. In some restaurants, a check is brought on a plate and you put your money there. Then the waiter or waitress brings you your change.



● Notes:

①available 可用的

②disturb 打扰

③refill 再注满

● Reading Comprehension

Choose the right answer.

- () 5. Which statement is true?
- A. American people like sitting with people they know.
B. A hostess always seats a small group at a large table.
C. American people never sit with people they don't know.
D. American people would not light a cigarette if the people who sit at the same table mind their smoking.
- () 6. What is served before you order?
- A. Bread. B. Butter. C. Coffee. D. Cold water.
- () 7. What do American people always do when servings are too large for them?
- A. They take the food home with a "doggie bag" for their dogs.
B. They leave the food on the table and go away.
C. They take the food home with a "doggie bag" and enjoy the food later.
D. They ask the waitress or waiter to keep the food for them.
- () 8. "Sunday Dinner" is _____.
A. a dinner in the serving B. a big moon meal
C. a big lunch on Sunday D. a supper on Sunday

(六)

If you are invited to an English home, at five o'clock in the morning you get a cup of tea. It is either brought in by a heartily smiling hostess or an almost gentle silent maid. When you are disturbed in your sweetest morning sleep you mustn't say, "Go away, you deserve to be shot". On the contrary, you have to declare with your best five o'clock smile, "Thank you very much. I do need a cup of tea, especially in the morning." If they leave you alone with the liquid you may pour it down the washbasin.

Then you have tea for breakfast; then you may have tea at eleven o'clock in the morning; then after lunch; then you have tea for tea; then after supper; and then



again at eleven o'clock at night.

You must not refuse any additional cups of tea in the following cases. If it is hot; if you are tired; if you are nervous; if you are going out; if you just returned home; if you don't feel like it; if you have no tea for some time; if you have just had a cup.

You must never follow my example. I sleep at five o'clock in the morning; I have coffee for breakfast; I drink many cups of black coffee during the day; I have the most unusual drink even at teatime!

● Notes:

①deserve 该受到

②declare 宣称

③additional 额外的

● Reading Comprehension

Choose the right answer.

- () 9. The writer gives an interesting account of _____.
A. Englishmen often treat their guests to tea
B. Englishmen's foolishness
C. Englishmen's politeness
D. Englishmen's kindness
- () 10. Which of the following is true?
A. No English people drink tea many times a day.
B. You shouldn't be rude if you are waken up at 5 o'clock in the morning.
C. You can refuse the tea if you wouldn't like to drink it.
D. You will be moved by Englishmen's hospitality(好客).
- () 11. The author tells us his habit of drinking and _____.
A. advises us to do as he does
B. his special love for tea
C. usually he has coffee instead of tea
D. he drinks coffee only in the evening
- () 12. "Go away, you deserve to be shot" means _____.
A. "Leave me alone; or I'll shoot you to death"
B. "Get out of here, or I'll shoot you"



C. "Don't leave me alone, or I'll shoot you"

D. Both A and B

() 13. "Black coffee" refers to a cup of coffee which is _____.

A. black in color

B. without milk

C. drunk by black people

D. drunk by special people

● Keys:

1 ~ 4 BDAA 5 ~ 8 DDCB 9 ~ 13 ABCBB

Unit 2 Heroes



同步篇

Reading makes a well-read man.

读书使人博学。

(一)

Every country has its heroes. The heroes are the people who the nation and especially the young people admire. If you get a list of the heroes of a nation, it will tell you the potential of that nation.

Today in America, if you ask the high school students to list their heroes, their choices would probably fall into three groups. The first group of heroes would be the rock stars—the people connected with rock music. There is no doubt that such people do have talent but one wonders if one should hold up rock stars as a model. The rock stars too often are mixed with drugs and their personal life is not all that good. The rock stars are rich and wear the latest fashion styles. However, one should seek more in a hero than such things as money and good clothes.

A second type of hero for the American youth is the sports stars. Again you have a person who has a great ability in one area—sports. However, too often the personal life of the sports stars is a bit of a disorder. Too frequently drugs and drinking are a part of life of sports stars.

A third type of hero is the TV or movie stars. This person may have lots of acting talent and is quite handsome. However, the personal life of too many actors is quite sad and they should not be held up as a model of young people. Today, the rock stars, the athletes, and the actors all have become the models of the youth in America. Really, do you hear a young person say that his hero is a doctor, a teacher, or a scientist? These people are not rich and do not wear fashionable clothes. However, they are talented people who work hard to make the world a better place for everyone.

What is really sad is that the young try to imitate their heroes. They like to wear the same clothes and follow their styles. If the heroes of today for the American young people are limited only to rock stars, athletes and actors, the future does not look too