

新视点英语 三

NEW INSIGHT ENGLISH

主编：葛正利



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前言

本套教材是根据《中等职业学校英语教学大纲(试行)》,并参照目前普通初级中学所推行的英语课程标准编写的,其起点与普通初中英语教学相衔接,是中等职业学校英语教学基础阶段用书。

本套教材充分考虑目前中等职业学校的英语教学现状、特点和需求等多方面因素,旨在使学生在初中所学英语的基础上,继续扩大英语知识面,提高听、说、读、写、译的综合技能,体现素质教育,注重培养学生实际使用英语的能力,为将来学习专业英语、参加对口升学考试和从事未来的工作打下基础。

在教材的编写过程中,我们广泛听取了中等职业学校英语教学一线教师的意见,在贯彻中等职业学校英语教学基本要求的前提下,吸取了此前众多中等职业学校英语教材的长处,降低了难度,增加了趣味性和实用性。每个单元的各个组成部分极具弹性,教师在教学实践中,可根据不同水平、不同专业学生的需要,进行灵活处理。在教材内容的设置上,注重语言的规范性和应用性,尽量减少生僻词汇,使之更加适用于中等职业学校学生。

全套教材共四册,每册十个单元,每个单元的教学活动都围绕一个与学生日常生活相关的话题展开。每个单元包含 Warm-up, Listening & Speaking, Reading, Grammar 和 Writing 五个模块。

Warm-up: 包括词汇分类和回答问题两部分。设置“词汇分类”的目的是使学生熟悉与本单元话题相关的词汇,扩大词汇量。设置“回答问题”的目的是引导学生进一步深入本单元的话题,为学习课文打下基础。

Listening & Speaking: 突出实用,注重开发学生的语言能力,培养学生运用英语交际的能力。设计了真实的语言环境,便于教学操作,使学生愿意交流、能够交流。对于本部分内容,教师可以根据学生的不同专业进行课时调整。

Reading: 包括 Comprehensive Reading 和 Reading for Enjoyment 两部分,前者侧重知识性,后者侧重趣味性。话题涉及广泛,文章体裁多样。在教学实践中,对于本部分内容,教师可以灵活处理,既可以将两个模块都作为精讲内容,也可以只将 Comprehensive Reading 作为精讲课文,而将 Reading for Enjoyment 作为趣味性阅读材料供学生课后阅读。

Grammar: 围绕基本的语法项目,以表格的形式展开,并进行简单明确的说明和举例,便于学生学习、理解、查阅和记忆。

Writing: 简明介绍英语写作的基础理论,通过写作实践,使学生较系统地掌握基础写作技能,继而掌握各类常用应用文的写作技巧。

本套教材的编写成员有:葛正利(河北化工医药职业技术学院)、周正达(石家庄市职业教育中心)、张忠良(河北农业工程学校)、董淑芹(邯郸市第二财经学校)、朱金玲(保定市职业教育中心)、陈洁(石家庄市职业教育中心)。

本书为第二册,由葛正利任主编,董淑芹任副主编。

在教材的编写过程中得到美籍教师 Chris Bentsen 和加拿大籍教师 Lee Riekman 的指导与帮助,在此深表谢意。

编者

2007年1月

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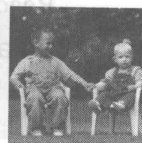
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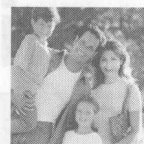
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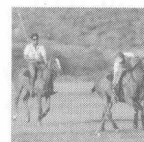
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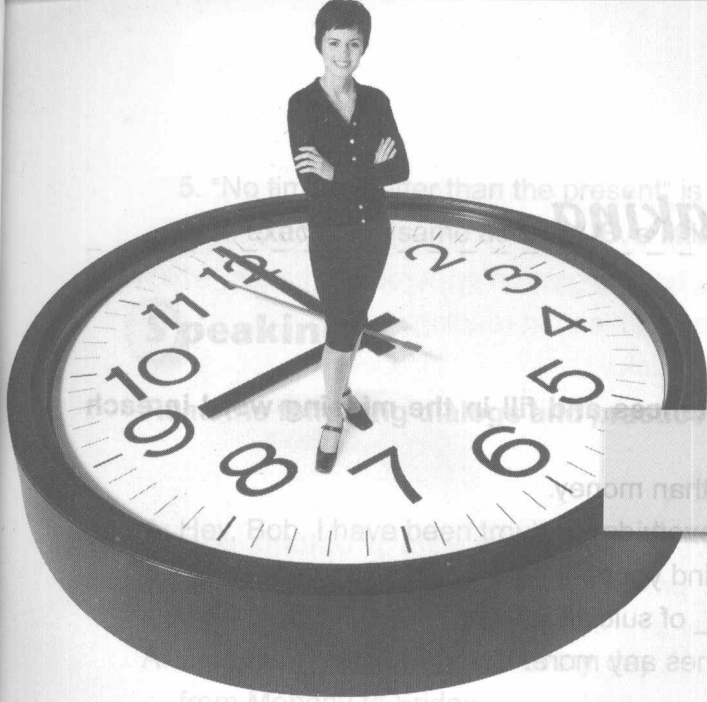
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Vocabulary

1. What does "killing time" mean?
2. How many hours do you spend sleeping every day?
3. Do you think that doing physical exercises is a waste of time? Why?
4. What does "killing time" mean?
5. Since time is so precious, what will you do to make full use of your time?



Unit 1

Time



Warm-up

Study the following words and then group them.

money
cherish

day
week

century
decade

precious
second

valuable
waste

Words on the length of time

Words for describing and
using time

Answer the following questions.

1. Is time the most precious thing in people's lives? Why?
2. How many hours do you spend sleeping every day?
3. Do you think that doing physical exercises is a waste of time? Why?
4. What does "killing time" mean?
5. Since time is so precious, what will you do to make full use of your time?



Listening & Speaking

Listening

A Listen to the following sentences and fill in the missing word in each sentence.

1. Time is more _____ than money.
2. I _____ eight hours every day.
3. Do you have any way to find your _____ time?
4. To kill time is a _____ of suicide.
5. I won't play computer games any more. It's a _____ of time.
6. Saving time is saving _____.
7. No time is better than the _____.
8. Never _____ today's work for tomorrow.
9. Old people _____ their time better than children do.
10. To work hard is the best _____ to save time.

B Complete each sentence with one of the three choices given below after you listen to each dialog.

1. The woman thinks that _____ is the most precious.
A. gold B. diamond C. time
2. The reason why the man spends so much time on his homework is that _____.
A. the homework is always too difficult
B. there is too much homework
C. there are many teachers
3. From this dialog, we know that the man loves _____.
A. computer games B. science and technology C. reading books
4. The man _____ till 2 o'clock in the early morning.
A. took an examination B. was in bed C. prepared his lessons

5. "No time is better than the present" is _____ "Time is money".

- A. exactly the same as B. a little similar to C. quite different from

Speaking

Read the following dialogs and practice with your partner.

A: Hey, Bob. I have been troubled by idleness all day long these days.

B: How many hours do you work every day?

A: Eight. I work eight hours every day from Monday to Friday.

B: How many hours do you really work? I mean the efficient hours.

A: Maybe less than two hours.

B: In the end of the day, can you finish what you wanted to do?

A: Absolutely not. I have a mass of things undone towards the end of the day.

B: You missed so much time.

A: But how can I deal with it?

B: I think you should manage your time well, and then your work and life will be more efficient.

A: I've got it. Thank you!



A: I am always very busy with my work. I have no time to do more reading.

B: You must develop a reading habit. And you should try your best to find time, especially fragment (零星的) time.

A: Do you have some tips?

B: Yes. You may take a book with you wherever you go and make use of time in the traffic, waiting for the bus, even in the loo (< 英俚 > 厕所)! And make friends

with people who read. You may get information from them.

A: Sounds good. Anything more?

B: To find time for reading, you have to get rid of some old habits, which are no longer profitable or less profitable than reading.

A: It is not difficult to do these, I think.

B: Quite easy if you stick it on.

Exercises

A Study the dialogs above and describe your problems about time management with your partner. Use the expressions given in the box. You may consult the problems below.

I have been troubled...
How many hours do you...
I have no time to...
To find time for..., you have to...



My problems:

no time for sports/entertainments
always keep busy with trifles
cannot finish the work on time
work long hours with inefficiency
do not know what to do next...

B Suppose one of your friends is bothered by idleness. What advice would you offer to help him or her out? Discuss with your classmates and share your tips with the whole class. There are more tips available below.

Time is precious!

Your advice:

More tips:

Cut your TV time.

Plan everything ahead of time.

The 15-minute strategy. Spend 15 minutes on a task and then move onto the next. You can come back to the first one as many times as you need until it's done.

Develop a "Daily Plan".

Learn to say no. Saying no to time-wasting matters is a good way to do what you really love to do.



Reading

Comprehensive Reading

The Value of Time

As a popular saying goes, "Time is money." In fact, time is more precious than money. When money is spent, you can earn it back. However, when time is gone, it will never come back. To kill time is a form of suicide. As the pace of modern life accelerates, the time at our disposal is quite limited.

Our life is the sum total of the days and of the hours we spend, and it is a brief span measuring some 70 or 80 years in all. But nearly one third of the time has to be spent in sleep; some years has to be spent over our meals; some in making journeys on land and voyages by sea; some in merrymaking; some in watching over the sickbeds of our nearest and dearest relatives... Now if all these years were to be deducted, we shall find about 20 or 30 years at our disposal for active work.

Time is precious; but the time of our childhood and youth is more precious than any other part of our life, for those are the periods when we can acquire knowledge and develop our capacities. If we allow these morning hours of life to slip away, we shall never be able to recoup the loss.

Wasting time means wasting our valuable life. We should make full use of our time to fulfill what is useful to us, and remember what Ben Franklin said: "Never leave that until tomorrow, which you can do today."



New Words and Expressions

precious /'preʃəs/	adj.	宝贵的; 珍贵的
suicide /'sju:saɪd/	n.	自杀
pace /peɪs/	n.	速度
accelerate /ək'seləreɪt/	v.	加速
disposal /dɪs'pəʊzəl/	n.	处理; 处置
limited /'lɪmɪtɪd/	adj.	有限的
sum total		总计, 合计
brief /bri:f/	adj.	短暂的
span /spæn/	n.	(事件继续或进展的) 一段时间, 期间
relative /'relatɪv/	n.	亲戚
deduct /dɪ'dʌkt/	v.	扣除; 减去
acquire /ə'kwəɪə(r)/	v.	获得; 取得
capacity /kə'pæsəti/	n.	能力
slip /slɪp/	v.	滑落
recoup /rɪ'ku:p/	v.	补偿; 弥补
make use of		利用
fulfill /fʊl'fɪl/	v.	履行; 完成

Notes

1. As the pace of modern life accelerates, the time at our disposal is quite limited.

随着现代生活节奏的加快, 由我们支配的时间相当有限。

at one's disposal 由某人支配; 供某人使用

e.g. The computer is placed at your disposal. 这台计算机由你使用。

2. Our life is the sum total of the days and of the hours we spend, and it is a brief span measuring some 70 or 80 years in all. 我们的生命是我们日常度过的的每一天、每一小时的总和, 它是一个总共大约七八十年的短暂时期。

sum total 总计, 合计

e.g. That is the sum total of our experience. 那就是我们的全部经验。

measure v. 有……长(宽、高等)

e.g. This room measures ten meters across. 这个房间有 10 米宽。

some adv. 大约

e.g. The car stopped some 50 meters from the school gate. 汽车在离学校大门口大约 50 米的地方停了下来。

3. If we allow these morning hours of life to slip away, we shall never be able to recoup the loss. 如果我们让人生早期宝贵的年华流失, 我们将永远也不能补偿这种损失。

recoup v. 补偿; 弥补

e.g. Whatever we did couldn't recoup him for his losses. 无论我们做什么也难以补偿他个人的损失。

slip away 溜走

e.g. Cherish the present. Don't let it slip away. 珍惜现在的时光, 别让它白白溜走。

4. We should make full use of our time to fulfill what is useful to us, and remember what Ben Franklin said: "Never leave that until tomorrow, which you can do today." 我们应该充分利用时间去完成对我们有益的事情, 而且请记住, 富兰克林说过: "今天的事情今天做。"

make full use of 充分利用

e.g. We must make full use of every precious minute to study new knowledge. 我们必须充分利用珍贵的每一分钟去学习新的知识。

Exercises

- I. Fill in the blanks with the words or phrases given below. Change the form if necessary.

limited

at one's disposal

sum total

relative

precious

recoup

acquire

make use of

1. The consumers are hoping to _____ some of their losses.
2. The beautiful piece of glass is very _____.

3. Do you have any _____ in Beijing?
4. You should try to _____ the information you need.
5. The _____ of expenses for the trip is 600 *yuan*.
6. Although the time left is _____, we must finish it in time.
7. He placed a car _____.
8. We were asked to _____ the materials.

II. Choose the best answer according to the text.

1. According to the text, which of the following sentences is false?

A. Time is money.
 B. Time is as precious as money.
 C. Money can be earned back.
 D. Lost time cannot be recouped.

2. In the author's opinion, one can live about _____ years in all.

A. 70
 B. 80
 C. 90
 D. 70 or 80

3. According to the author, in our life we usually spend about _____ years in sleep.

A. 20
 B. 25
 C. 35
 D. 40

4. The time of our childhood and youth is more precious than any other part of our life because in this period of life _____.

A. we are growing up
 B. we are living a happy life
 C. we needn't worry about our life
 D. we can acquire knowledge and develop our capacities

5. In fact, when one is wasting his time, he is _____.

A. enjoying his life
 B. spending his money
 C. wasting his own life
 D. killing time