

ADULT ENGLISH COURSE

# 成人英语 教程

(第二册)

赵树人 主编 王升华 副主编

浙江大学出版社

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责任编辑 贾吉柱

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# 前言

《成人英语教程》是一套供成人高校函授和夜大使用的英语教材,也可供成年人自学英语之用。本教材根据成人教育研究会组织制定的大学英语函授教学大纲,结合成人英语教学实际编写而成。大纲规定大学函授英语的教学目的是:培养学生具有较扎实的英语基础,一定的阅读能力和翻译能力,使学生能以英语为工具获取专业所需要的信息,并为进一步提高英语水平打好基础。为了实现上述目标,并考虑到成人教育的特点,本教材的编写原则是:(1)培养阅读能力为主,(2)打好英语基础,(3)每单元有明确目标和重点。

本书是成人英语教程第二册,共有 18 个单元,供第二学期学习之用。每单元需 3—4 小时。每单元由课文、生词和词组、注释、课文练习、语法、语法练习、词汇学习、词汇学习练习、泛读材料、快读材料和实用句型组成。

课文:每篇长度为 350 词左右,生词 30 个左右。课文是每单元的重点项目,是每单元各项要求的集中体现。课文均选自英文原版书刊,略作适当的删改。语言力求标准、生动和常用。课文后有阅读理解练习和重点词及词组练习。

语法:根据成人理解力强和善于归纳、对比的特点,语法分专项系统讲解。语法后有多种练习,帮助掌握和运用。

词汇学习:对最常用的介词和动词给以重点讲解,这些词是重点的重点。通过这些词,以点带面,扩大学习效果。后面有多种练习,供复习和巩固之用。

泛读和快读材料:每篇 300 词左右。提高阅读能力的最好途径是通过大量阅读实践。泛读材料生词不超过 15 个,快读材料基本上没有生词,或通过上下文可以猜测出词义,语言活泼有趣,浅显易懂。

实用句型:语言是获取信息和进行交际的工具。实用句型按日常交际功能,归纳了最基本最常用的句型,以帮助有兴趣的学生掌握一定的日常交际能力。

本书由赵树人主编,王升华副主编,由赵树人、王升华、汤德刚、童树荣、周莞尔和张兴奎编写。曹维加和周海螺同志对课文词汇的统计给予帮助和支持,谨表示衷心感谢。本书配有磁带两盘,供自学之用。

由于我们水平有限,经验不足,时间又紧,错误和不妥之处,欢迎提出批评和建议。

编 者

1992年4月

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# Unit One 第一课

## Main Points 要点

Text: Food Smart

Grammar: 动名词

Word Study: care, think, along

Extensive Reading: A Gallon Saved

Fast Reading: Swimming in Safety

Useful Sentences: Getting Other People's Opinions

## Text 课文

### Food Smart

A car needs fuel, or gas, in its engine in order to run. <sup>1</sup> Your body also needs fuel, or food, in order to work for you. Eating the right kinds of food is wise. You can help your body grow strong by caring about what you eat. <sup>2</sup>

A good place to start is with the four basic food groups. <sup>3</sup> The dairy group has foods like milk and cheese. The other three groups are the meat and fish group, the fruit and vegetable group, and the bread and rice group. Each meal should have at least one food from all four basic groups. The right combination of these foods will give you needed energy during the day.

Checking what you eat for one week is a good way to improve your food habits. <sup>4</sup> Snacking can also be a big problem. When we think of snacks, foods like ice cream, cookies, and cake come to mind. There are many snack foods that are better for your health, however. <sup>5</sup> Cheese and crackers, fruits and nuts are just a few of the foods that are healthful snacks. <sup>6</sup> Sweets can still have their place in your diet. But it is better to eat them along with a balanced meal. <sup>7</sup> Foods with lots of sugar should not be eaten in place of the basic foods.

It is important to be aware of what you drink. <sup>8</sup> Too much soda is not good for your body. The calcium from milk is needed for strong bones and teeth. Watching what you eat will help keep your body healthy and strong. It is good to get exercise as well. <sup>9</sup> Using your muscles in physical activities will strengthen them. This keeps your heart healthy. Combining exercise with good eating habits is the key to health.

## New Words    生词

1. smart [smɑ:t] *a.* 聪明伶俐的; 漂亮的
2. fuel [fjuəl] *n.* 燃料
3. gas [gæs] *n.* 汽油; 煤气; 气体
4. engine ['endʒɪn] *n.* 发动机
5. wise [waɪz] *a.* 明智的, 有见识的
6. basic ['beɪsɪk] *a.* 基本的, 基础的
7. group [gru:p] *n.* 群, 组
8. dairy ['deəri] *n.* 牛奶场, 乳品店
9. fruit [fru:t] *n.* 水果; 成果
10. nut [nʌt] *n.* 坚果
11. meal [mi:l] *n.* 膳食, 一餐
12. least [li:st] *a.* 最小的, 最少的
13. combination [kəmbi'neɪʃən] *n.* 结合, 组合, 化合

14. energy ['enədʒi] *n.* 精力; 能量
15. improve [im'pru:v] *v.* 改善; 提高
16. habit ['hæbit] *n.* 习惯
17. snack [snæk] *n.* 小吃、快餐
18. cream [kri:m] *n.* 乳脂、膏、霜
19. cooky ['kuki] *n.* 甜饼
20. cake [keik] *n.* 蛋糕, 糕饼
21. cracker ['krækə] *n.* 脆饼, 饼干
22. healthful ['helθful] *a.* 有益健康的
23. healthy ['helθi] *a.* 健康的, 健壮的
24. sweet [swi:t] *n.* 糖果, 甜食; *a.* 甜的
25. balance ['bæləns] *v.* 平衡
26. sugar ['ʃugə] *n.* 糖
27. aware [ə'weə] *a.* 知道的, 意识到的
28. drink [drɪŋk] *v.* 喝 *n.* 饮料
29. soda ['səudə] *n.* 苏打; 汽水
30. calcium ['kælsiəm] *n.* 钙
31. bone [bəʊn] *n.* 骨, 骨骼
32. tooth [tu:θ] *n.* *pl.* teeth [ti:θ] 牙齿
33. strengthen ['streŋθən] *v.* 加强, 巩固
34. combine [kəm'beɪn] *v.* 组合, 化合
35. key [ki:] *n.* 钥匙; 键; 关键

### Phrases and Expressions 短语和词组

1. in order to 为了, 以便
2. care about 对...感兴趣, 注意
3. at least 至少
4. think of 想, 想到
5. come to mind 想起
6. ice cream 冰淇淋

7. in place of 代替

8. be aware of 知道, 意识到

9. as well 也

## Notes 注释

1. A car needs fuel, or gas, ... 汽车发动机需要燃料, 即汽油才能行驶。or 连接明确语, 意为: 即, 也就是。
2. You can help your body grow strong ... 通过注意你的饮食, 你可以使身体健壮。grow strong 意为变得健壮。by caring about what you eat 中 caring about 是动名词, what you eat 是 caring about 的宾语从句, 意为你吃的东西。
3. A good place to start is with ... 最好的开端是从四类基本食物开始。to start 动词不定式作定语, 修饰 place。with the four basic food groups 是说明 start, 由...开始。
4. Checking what you eat for one week is ... 检查你一周的饮食是改善你饮食习惯的好方法。to improve your food habit 不定式短语作定语修饰 way。
5. There are many snack foods that are better for your health. however. 然而有很多小吃对你的健康有好处。that are better 是定语从句, 修饰 snack。
6. Cheese and crackers, fruits and nuts are just a few of the foods that are healthful snacks. 奶酪和脆饼, 水果和坚果只是有益健康的小吃中的几种, that are healthful snack 是定语从句, 修饰 foods。
7. It is better to eat them ... 甜食最好同平衡的膳食一起吃。It 是形式主语, to eat them along with ... 不定式短语作真正的主语。
8. It is important to be aware of what you drink. 注意你喝的饮料是重要的。It 是形式主语, to be aware of ... 是不定式短语, 作真正的主语, what you drink 是 of 的宾语从句。
9. It is good to get exercise as well. 进行锻炼也是有益的, It 是形式主语, to get exercise 不定式短语作真正的主语。

## Text Exercises 课文练习

1. Choose the correct answer according to the text. (根据课文选择正确答案)

- 1) Each meal should include food from the \_\_\_\_\_.  
A) two basic food groups    B) four basic food groups  
C) four basic snack groups    D) three basic food groups
- 2) Food directly supplies our bodies with \_\_\_\_\_.  
A) clear thoughts    B) blood    C) oxygen    D) energy
- 3) Milk is more healthful than soda because it \_\_\_\_\_.  
A) is fresh    B) provides calcium  
C) tastes better    D) belongs to the first group
- 4) Milk and cheese are in the \_\_\_\_\_.  
A) vegetable and fruit group    B) bread and rice group  
C) Dairy group    D) meat and fish group
- 5) Checking what you eat for a week is a good way to \_\_\_\_\_.  
A) improve your food habits    B) watch your weight  
C) plan your mealtimes    D) build your body
- 6) Sweets can be fine to eat if they are \_\_\_\_\_.  
A) low in protein    B) eaten with meals  
C) eaten with soda    D) high in protein
- 7) Eating the right foods will help keep your body \_\_\_\_\_.  
A) well toned    B) slim and nice-looking  
C) at the same weight    D) strong and healthy
- 8) Milk and juice are better to drink than soda because they \_\_\_\_\_.  
A) have important vitamins    B) taste better  
C) don't need ice    D) cost you more money
- 9) The article compares food in your body to \_\_\_\_\_.  
A) seeds in the ground    B) water in the ocean

C) sun on our skin

D) gas in a car

2. Fill in the blanks with the right phrases given below. (用所给的短语填空)

in place of, at least, think of, in order to, care about, as well, aware of

1) We need three meals a day \_\_\_\_\_.

2) \_\_\_\_\_ improve your food habits you should check what you eat for one week.

3) He is \_\_\_\_\_ the manager because the manager is ill.

4) When we \_\_\_\_\_ the future, we are both worried (忧虑) and hopeful.

5) I don't \_\_\_\_\_ sports. I like music.

6) Are you \_\_\_\_\_ the difficulty in finding a job?

7) I'm going to Beijing and my sister is coming \_\_\_\_\_.

3. Translate the following sentences into English. (将下列句子译成英语)

1) 为了生活我们吃饭,但我们生活不是为了吃饭。

2) 正确的食物组合可使你健康。

3) 检查你一周吃的东西能帮助你改善饮食习惯。

4) 当我回想中学生活时,我就想到我们的英语老师。

5) 我们应当意识到正确饮食的重要性。

6) 锻炼和良好的饮食习惯是健康的关键。

Grammar 语法

动名词

I. 非谓语动词

英语动词有谓语形式与非谓语形式之分。在句子中作谓语的动词叫谓语动词或限定动词。



例如: A car needs fuel.

汽车需要燃料。

He is writing a letter.

他正在写信。

在句子中作其他成份,如主语、宾语、表语、定语、状语等的动词叫非谓语动词或非限定动词。非谓语动词有三种,它们是动名词、动词不定式和分词。

例如: Smoking is not good for your health.

抽烟对你健康不利。(动名词作主语)

He found this book hard to read.

他发现这本书很难读。(不定式作状语)

The problem discussed has been solved.

所讨论的问题已经解决。(分词作定语)

## I. 动名词和动名词短语及其在句中的作用

动名词的形式和现在分词相同,即在动词后加ing。如: study—studying, eat—eating, use—using, stop—stopping。

动名词具有动词的特征,可带宾语和状语,构成动名词短语。

动名词或动名词短语具有名词的特征,在句子中可作主语、宾语、表语、定语等成份。

### 1. 作主语

1) Breathing became difficult.

呼吸变得困难了。

2) Talking is of no help.

空谈无济于事。

3) Eating the right kinds of food is wise.

吃恰当的食物是明智的。

在下列结构中,常用 It 作形式主语,而把实际的主语动名词短语放在后面。

1) It is wise eating the right kinds of food.

吃恰当的食物是明智的。