

非常实用英语系列

新编

STEP BY STEP

英文听力



步步高

主编 木易

原声美语电视、电台节目，

音质清晰，配乐优美，

取材广泛，每篇材料均附有针对性极强的练习，

让您完全置身英语环境，轻松提高听说水平，

快速增强考试本领。



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**STEP BY STEP**  
**英语听力步步高**  
**(一)**

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# 前言

听力课是英语学习重要的基础课程,它的主要目的是帮助学生进行专门的听力技能训练,有计划地提高学生的听力理解水平。

听力被日益重视,有关书带也越来越多,层次良莠不齐。《新编Step By Step》与同类书带比较,具有以下一些特点:

## I、选材广泛:

本书涉及西方社会的各个方面,听者全部听完后,不但使您的听力水平大大听高,而且对西方社会的政企面貌、生活习惯、风土人情、价值观念等都会有极为全面的了解。

## II、注重实效:

很多听力书籍没有针对性的练习,只给出scripts,听者再听第二遍时,一般已知scripts,这样很多似懂非懂的词就一带而过,听者不能判断实际上能听懂到什么程度。以后同样的词出现在别的场合,可能还是听不懂。而边听边做练习,则能有效避免这样“蒙混过关”的情况。

## III、语言真实度高:

录音材料均为原声录音,有不同年龄的男声、女声、童声以及有代表性的某些口音,如英音、美音、澳音等。

## 全书结构主要有三大部分:

(1) 第一部分为理解性文字,主要为该 lesson 中的文化背景、大意归纳、细节分析、重点词释义等;

(2) 第二部分为准备性练习,这些练习负有两重主要任务: A. 进行专门的听力技巧训练,对象主要是容易混淆的音素、单词及某些句子结构。B. 扫除每个 lesson 中的难点,起到预听、提示的作用。有助于适应四、六级的听力考试。

(3) 第三部分为听力材料的正文及练习参考答案,起校正、强化巩固

的作用。

**本书适用对象：**

- I、对于学习语言，不完全指望投机取巧却希望掌握一定技巧者；
- II、不愿苦学苦背，却愿意下一定工夫者；
- III、对于好的学习方法，不浅尝则止，而能持之以恒者。

**祝您早日跨越听力难关，在英语学习的道路上渐入佳境！**

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## Lesson 1 Time

《时代》周刊名誉全球，今日它又带给我们什么？

### Item:

1. achievement: n. 成绩，成就
2. first-class: adj. 一流的
3. destination: n. 目的地，目标



### Exercise 1

**Directions:** Listen to the passage again, fill in the blanks with the words you hear on the tape.

1. Win the trip of \_\_\_\_\_. Enter the achievements of \_\_\_\_\_ in Time magazine. And you could win \_\_\_\_\_ to any destination on the Lazy Airlines \_\_\_\_\_. Look for details in Time. *key: (see tape scripts)*

## Lesson 2 真情永伴你我

当朋友告诉我关于丈夫的事情，我震惊了。今后我该怎么办呢？

### Item:

1. recess: v. 休假，休息
2. reaction: n. 反应
3. frustrated: adj. 失败的，落空的
4. crazy: adj. 疯狂的，发疯的



### Exercise 1

**Directions:** Answer the questions according to what you hear on the tape.





1. What did happen to her husband?
2. What should the speaker do according to the article?

key: (see tape scripts)

## Exercise 2

Directions: Choose the best answer according to the question.

1. What was her feeling when she heard about her husband?

A. shake      B. Happiness      C. exciting      D. sadness

## Lesson 3 死亡教会我们

死亡逼近时，我们感到恐惧，悔恨，不舍；当危机过去后，我们终于长大，终于懂得生命和爱的真谛。

### Item:

1. intense: adj. 强烈的，热情的
2. favorite: adj. 令人喜爱的



## Exercise 1



Directions: Listen to the passage again, fill in the blanks with the words you hear on the tape.... It changed his, it changed mine. We stopped \_\_\_\_\_, we lived one day at the time. Everything is so \_\_\_\_\_. I'd never thought I could love him more and I don't think he thought he could love me more. I know I'm \_\_\_\_\_, in the World, but...

key: (see tape scripts)

## Lesson 4 欢乐大家庭

当我们长大后，经常回忆起童年时的家庭欢乐。





### Item:

1. focus: v. n. 集中, 聚焦
2. pugnacious: adj. 好斗的
3. deliver: v. 分娩



### Exercise 1



**Directions:** Choose the best answer according to the question.

1. What's the topic in this article?

- A. party                      B. family                      C. school                      D. society

2. How many children were in her family?

- A. 6                      B. 11                      C. 13                      D. 14

### Exercise 2

**Directions:** Answer the questions according to what you hear on the tape.

1. What was the speaker's family used to doing in Christmas?

key: (see tape scripts)

## Lesson 5 正视现实

“确实没有什么很好的理由来解释已经发生的事情，但是它已经发生了，我们只有振作起来，继续前行。”

### Item:

1. apartheid n. 南非种族隔离
2. athlete n. 运动员
3. get involved with 涉及, 与……相关
4. irrevocable adj. 无法取消的





## Exercise 1

*Directions:* Answer the questions according to what you hear on the tape.

1. What's the speaker's main idea in the past?
2. What are often ways down there out of caution and just play eager?
3. What 's the speaker engaged in according to the article?

## Exercise 2

*Directions:* Listen to the passage again, fill in the blanks with the words you hear on the tape. My family and I must now learn a new set of... to function in the every day's world. and \_\_\_\_\_. there really was \_\_\_\_\_. for this to have happened now. But it has happened, and we'll just and \_\_\_\_\_.

key: (see tape scripts)

# Lesson 6 Health

随着年龄的增长，我们不断衰老，我们应更加关注自己的健康。

## Item:

1. deteriorate: v. 使恶化
2. partnership: n. 伙伴
3. tablets: n. 药片
4. hormone: n. 荷尔蒙，激素



## Exercise 1



*Directions:* Choose the best answer according to the question.

1. How old is the speaker now?

A.50

B.55

C.60

D.65





## Exercise 2

**Directions:** Answer the questions according to what you hear on the tape.

1. What did the speaker do with the doctor?

key: (see tape scripts)

## Lesson 7 和平和发展

和平和发展是世界的主旋律。

### Exercise 1

**Directions:** Listen to the passage again, fill in the blanks with the words you hear on the tape.

1. Hollywood began soon. Do most the United Nations has always been dedicated to \_\_\_\_\_. To pursuit of \_\_\_\_\_.

And only one show what \_\_\_\_\_ in the people of UN \_\_\_\_\_ with Richard Lord, Sunday on CNN.

key: (see tape scripts)

## Lesson 8 医生

让我们听听一个医生的经历和观点。

### Item:



1. metacarpus: n. 掌骨, 掌
2. psychology: n. 心理学, 心理状态





3. spirituality: n. 精神
4. psychiatry: n. 精神病学
5. clinic: n. 门诊, 临床
6. assessment: n. 估价
7. concentration: n. 集中

### Exercise 1



*Directions:* Answer the questions according to what you hear on the tape.

1. What's the doctor's specialty?

*Key:* General medicine

2. What's the doctor main viewpoint to the health?

*Key:* The brain controls the body health

3. What is the place for achieving total health in New York for the doctor?

*key:* (see tape scripts)

## Lesson 9 起死回生

### Item:

1. nutritional: adj. 营养的
2. synthetic: adj. 合成的, 人工的
3. estrogen: adj. 雌激素



### Exercise 1



*Directions:* Choose the best answer according to the question.

1. In the doctor's opinion, what kind of medicine should not be suggested to the patient?

A. conventional

B. synthetic

C. nature

D. nutritional





## Exercise 2

**Directions:** Answer the questions according to what you hear on the tape.

1. What's the doctor's main idea according to the article?
2. According to the doctor, how to treat if a patient has a headache?
3. Why do they use natural hormone, instead of synthetic hormones?

key: (see tape scripts)

## Lesson 10 南非 News

### Item:

1. talented: adj. 有才能的
2. flourish: n. v. 活跃, 繁荣



### Exercise 1



**Directions:** Answer the questions according to what you hear on the tape.

1. What does the word "Lunawatic" mean?

### Exercise 2

**Directions:** Choose the best answer according to the question.

1. What kind of person are required in South Africa?

A. doctor

B. Artist

C. scientist

D. Teacher

key: (see tape scripts)

## Lesson 11 南非 tour

美丽的南非是一个神奇的地方, 世界各地的游人流连往返。





**Item:**

- 1.gallery: n. 画廊, 艺术品陈列室
- 2.sculpture: n. 雕塑
- 3.complimentary: adj. 令人称赞的



**Exercise 1**



*Directions:* Answer the questions according to what you hear on the tape.

- 1.What will the culture tour of South Africa bring the visitors?
- 2.What do the Art Club mainly do?

**Exercise 2**

*Directions:* Listen to the passage again, fill in the blanks with the words you hear on the tape.

- 1.A \_\_\_\_\_ of South Africa will bring the visitor into  
\_\_\_\_\_ 62 new\_\_\_\_\_.

key:(see tape scripts)

## Lesson 12 永葆青春

衰老是不可避免的, 我们应该怎样面对? 让我们听听医生的建议。

**Item:**

- 1.reverse: n. v. 倒转
- 2.experimental: adj. 有经验的, 试验的
- 3.academy: n. 学术团体, 学院
- 4.premature: adj. 早熟的
- 5.impact: v. 对……产生影响
- 6.spontaneous: adj. 自发的, 自然产生的

