

中学教师进修高等师范本科教材

**A Guide to**  
***An Integrated English Course***

(专升本)

# 多元英语

自学指导

第 **1** 册

主 编 何广铿  
副主编 宫超英 谭 玮



外教社

上海外语教育出版社

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# 前言

本教材是供中学教师进修高等师范本科(专科起点)使用的大学英语教材。教育部师范司为落实《面向 21 世纪教育振兴行动计划》,全面提高中学教师和管理人员的素质,在全面调研的基础上,制订了《中学教师进修高等师范本科(专科起点)教学计划》。本套教材的编写正是为了推动这项计划的实施。

现将本教材的编写原则、使用说明介绍如下:

本教材的教学对象是进修高师本科的中学教师(非英语专业专科毕业),他们已经在学校从事多年教学工作,需要继续学习英语,提高英语水平和使用英语进行交际的能力,这样他们就能借助英语这一广泛使用的语言去进一步学习,以便更好地掌握与其专业相关的先进科学技术和现代教育理论。他们学习英语的目的是要学会运用英语这一工具进行有效的交际。为了帮助他们达到此目的,我们编写了这套教材。我们编写时力求注意以下几个方面:

**1. 突出基础,强调实用。**本教材注重培养学生读、听、说、写(含译)四种语言技能,并将它们纳入一个系统,而不是“各自为战”。

**2. 难易度适中,循序渐进,便于自学。**本教材教学对象已在专科阶段受过初步的读、听、说、写的训练,按理已掌握基本的语音和语法知识,掌握 2 000 个左右的单词,基本达到大学英语二级水平。但由于毕业多年,大多数人的实际英语水平下降,因此本教材的难易度略低于大学英语二级水平。本教材的编写充分考虑到学生的时间和精力,阅读和训练量适当,课文和练习内容由易到难,循序渐进。本教材配有自学指导书,便于学生自学。

**3. 符合有关大纲的要求。**本教材是依据《大学英语教学大纲》(修订版),并参照《成人高等教育英语课程教学基本要求》及《普通高等专科英语课程教学基本要求》而编写的。在编写本教材前我们曾对广东省近 10 所师范院校四百多名专科学生做过问卷调查(89.9% 的学生入学前学过 5 年以上的英语,60.1% 具有 2 000 个左右的词汇量),了解到学生的情况和具体要求。在编写教材时我们严格按照教育部师范司明确的教学对象和学时要求,以培养学生读、听、说、写、译等综合语言应用能力为宗旨。

本教材的词汇量与本科大纲相同,以第一册为例:全册共十个单元。每单元包括课文 A 和课文 B。课文 A 平均 605.9 个单词,四级词汇占 98.5%,六级以上词汇占 1.5%;课文 B 平均 710.1 个单词,四级词汇占 98.8%,六级以上词汇占 1.2%。全册(课文 A 和课文 B)共 871 个生词,占课文平均词数 6.6%。其中,四级词汇 454 个,占 3.6%,六级以上的词汇 216 个,占 1.7%。

本教材的结构有如下几个特点:

## 1. 教材内容

按照《中学教师进修高等师范本科(专科起点)教学计划》的规定,公共必修课英语的课时分配为 144 学时,本教材共有两册(一、二册),每册教学课时约 70 学时。每册有学生用书和自

学指导书。学生用书每册十个单元,每单元约6学时。学时教学分两个主要环节,第一环节主要围绕课文的语言材料,进行阅读理解、词汇、语法结构、完形填空、翻译等项目的训练;第二环节主要围绕课文主题,进行听说训练、写作练习,以达到复习检查和巩固提高的目的。

每单元的课文主题和交际主题大体相同,既有重复,也有扩展。课外阅读文章和练习也是有关该主题的内容,目的在于通过各种细分的读、听、说、写、译的训练,使学生巩固有关的语言知识,培养学生的语言技能和交际能力。

## 2. 教学目标

每单元教学含语言认知点和技能点。认知点包括课文生词、短语和句型;技能点为阅读理解和情景交际能力。

每单元中的词汇、语法练习以每课所列的生词、短语和课文语言点为主;单词和短语例句、课文语言点详解均放在自学指导书中,不列入课堂教学,只要求学生自学,在应用中自然习得。

## 3. 课文教学

课文教学的重点是引导学生把握语篇的整体性、词与词之间、句与句之间的联系,在语篇的基础上分析和理解。

课文教学也要利用背景知识,加深学生对作者的中心思想的理解,同时引导学生学会用课文的生词、短语、句型来表达思想,使课文学习融入情景交际之中。

## 4. 练习和自学

练习分课内和课外练习。课内练习以口头练习为主,通过有意义的口头操练,调动学生学习积极性和增加学习兴趣,巩固所学内容。课外练习以笔头为主,兼顾口头操练,侧重复习、巩固和提高。教师应充分利用课堂教学时间,不要把课内练习随意减去。

自学主要指学生在课前、课后的预习和复习。教师可根据学生实际情况酌情布置、改编或创新。

## 5. 复习、巩固和提高

自学指导书是专为学生自学而设计。每册十个单元,每单元有课文的背景补充材料,课文生词、短语的详解、补充练习及参考答案、学生用书中各项练习的参考答案、听说材料部分语言点解释、听力磁带录音稿和课文A的参考译文。为了便于学生自学和提高,我们还根据四级考试的题型,增补了词汇、语法和完形练习;在第二册的学生用书中增补了课文B的部分难句、长句翻译,自学指导书中还增补了读、听、说、写、译的练习,这些练习尽量接近大学英语四级的要求。

本教材由华南师范大学外国语言文化学院《中学教师进修高等师范本科(专科起点)专升本大学英语教材》编写组编写。主编为何广铿,副主编为宫超英、谭玮,参加编写的有:何恒幸、谭立坚、宫超英、谭玮、孙兵、张秋玲、方琳、吴剑丽。

在编写过程中,许多同志给了我们很多指导和帮助。华南师范大学外国语言文化学院黎汉材、曾美倩教授亲自审稿。对此,我们深表谢意。

衷心希望教师和学生对本书进行批评指正,使之在使用中日趋完善。

本教材配有录音磁带。

《专升本大学英语教材》编写组  
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# Unit One

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Language Points to Text A

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Book

Notes to Listening and Speaking

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Chinese Version of Text A

## MORE INFORMATION

“文化”有两方面的含义。其一是指一个民族的成就和该民族对文明的贡献的总和,即文学、艺术、音乐、建筑、技术、科学发现和哲学等。其二是指一个民族的行为或生活方式;他们吃什么,何时吃;他们怎样谋生;他们组建社会的方式;他们对朋友和家庭成员的态度;他们在不同场合的举止等等。

## LANGUAGE POINTS TO TEXT A

1. **culture shock** — the feelings of isolation and anxiety experienced by a person in his or her first contact with a culture very different from his or her own 文化冲击

Example:

It was a real culture shock to find herself in London after living on a small island.

(= She felt lonely and was confused by the completely different way of life there.)

2. **sound** — seem when heard 听起来

在本句中 sound 为系动词(linking verb),后接形容词、名词或介词短语等。

Examples:

sound good / bad / awful

I know it sounds silly, but I'll miss him when he's gone.

It sounds like a wonderful idea.

You sound as though you have a sore throat.

3. **seem** — appear to be a particular thing or to have a particular quality, feeling or attitude 看起来好像;似乎

seem 是系动词,不用于进行时,后接形容词、名词、不定式、介词短语等。

**Examples:**

Larry seemed pretty angry to me.

That seems a risky thing to do.

I seem to have lost my car keys.

It seems to me you don't have much choice.

Well, it seemed like a good idea at the time.

It seemed as if she didn't have a friend in the world.

4. **all the time** — continuously 一直地

**Examples:**

It rained all the time.

You must have known it all the time.

They were laughing all the time.

5. **specialist** — someone who knows a lot about a particular subject, or is very skilled at it  
专家

specialist 后常接介词 in, 间或接介词 on。

**Examples:**

She is a specialist in African history.

Sidmouth passed it on to one of his specialists in such problems.

He's a specialist on modern French Literature.

6. **counsel** — (counsels, counselling, counselled, or AM counseling, counseled) give advice 劝告,忠告

counsel 常用于结构“counsel sb to do sth”。

**Examples:**

Part of her work is to counsel families when problems arise.

My advisers counseled me to do nothing.

She counseled them not to accept this settlement.

7. **intercultural**

**inter-**为构词成分,表示“between or among”,“在……中间,在……内;相互”。例如: interchange, interclass, intercommunicate, interconnect, intermarry, intercity, interstate, international, intercontinental, interpersonal, interrelation 等。

8. **It is not easy to adjust to life in a new culture.** — It is not easy to get used to life in a society in which the way of life, general customs and beliefs of a particular group of people are quite different.

句中的 it 为形式主语,真正的主语是“to adjust to life in a new culture”。

**adjust** — make small changes so as to be suitable 调整

**adjust to** — get used to a new situation by changing one's behavior or ideas 适应

**Examples:**

Panama has adjusted its tax and labour laws.

If the chair is too high you can adjust it to suit you.

I can't adjust to living on my own.

Her eyes slowly adjusted to the gloom.

9. **experience** — feel, suffer or know, as an experience 经历

**Examples:**

We experienced great difficulty in selling our house.

Our country has experienced great changes in the last 30 years.

New companies often experience a loss in their first few years.

10. **environment** — (C; U) the external conditions or surroundings in which people live  
环境

**Examples:**

A happy family provides a loving environment for its children.

He took the lead in efforts to improve environment in France.

Mold grows best in a warm, damp environment.

11. **wear off** — become less and finally disappear 逐渐减少, 逐渐消失

**Examples:**

The effects of the drug naturally wear off within a few hours.

The patient finds that pain is wearing off.

Your sorrow will wear off in time.

12. **surroundings** — (pl.) the area and environment around a person, place, or thing  
环境

**Examples:**

The surroundings are pleasant.

It's important to work in friendly surroundings.

He was happy to be at home in his usual surroundings.

比较:

surroundings 和 environment 两者都表示“环境”。

surroundings 指周围的事物及其所形成的环境、情势或状况, 仅指某地或某人周围的具体事物。只用于复数。范围狭窄。例如:

A child learns from its surroundings.

You don't see animals in their natural surroundings at a zoo.

I am much pleased with my surroundings.

environment 指人们周围所有的事物, 可以是物质的, 也可以是精神的, 尤指那些影响人们情绪和发展的东西。例如:

Man is not the product of his environment.

I know little about his home environment.

The house itself is not particularly good to my mind, but I like its environment.

13. **as a result (of)** — because of something that has happened; therefore 结果……

**Examples:**

As a result, he was given an excellent job.

He slipped and broke his leg. As a result, he will have to be away from school for two or three months.

He was late as a result of the snow.

14. **obvious** — clear; easy to see, recognize or understand 明显的

**Examples:**

It's becoming obvious that the school will have to close.

There is no obvious solution.

I know you don't like Helen, but there is no need to make it so obvious.

15. **figure out** — work out, solve or understand 理解, 弄懂, 想出

**Examples:**

I tried to figure out what he meant.

Can you figure out how to do it?

It didn't take Jimmie very long to figure out the situation.

16. **again and again** — very often, repeatedly 常常, 再三地, 反复地

**Examples:**

He read the letter through again and again.

I've told you again and again. Don't play soccer near the windows.

He makes the same mistakes again and again.

相近的表达还有 time and time again 一再地; over and over again 不时地; ever and again 时时, 不时地; now and again (= sometimes, but not often) 时而, 偶尔

17. **eventually** — at last, in the end 最终

**Examples:**

He worked so hard that eventually he made himself ill.

She eventually passed her driving test.

Did you manage to contact Roger? — Well yes, eventually.

18. **be accustomed to** — be used to 习惯于

此短语后面接名词、代词或动名词。

**Examples:**

He was accustomed to a life of luxury.

I'm accustomed to getting up early.

我们还可以说: get / grow / become accustomed to

Her eyes quickly became accustomed to the dark.

I've grown accustomed to looking after you.

You'll soon get accustomed to it.

19. **You may feel like everyone is watching you. (Para. 4)** — You may have the feeling that

everyone is watching you.

**When people feel the disorientation of culture shock, they sometimes feel like staying inside all the time.** (Para. 5) — When people feel the disorientation of culture shock, they want (are inclined) to stay inside all the time.

**feel like** — a) give you a particular feeling or seem like 像是,觉得

b) want to do or have sth 想(做某事),愿意,此短语常用于结构“feel like doing sth”。

**Examples:**

I was only there two days but it felt like a week.

I felt like another glass of wine.

He didn't feel like going to work.

I don't feel like (drinking) beer tonight.

20. **in fact** — actually or in reality 实际上,事实上

**Examples:**

They told me it would be cheap but in fact it cost me nearly \$500.

He doesn't work hard; in fact he's incapable of hard work.

I have no mother, nor, in fact, any relations.

21. **But culture shock comes as a surprise to most people.** — But culture shock is a surprise as far as most people are concerned. 但文化冲击对大多数人来说是一种始料未及的事物。

**come as a surprise / shock / blow** — make sb surprised 使……惊讶(震惊)

**Example:**

The news came as a complete shock to him.

22. **hobbies and pastimes**

**hobby** — an activity pursued in one's spare time for pleasure or relaxation 业余爱好; 指在某个领域内能培养才能或增长知识的业余活动,尤指在自己家进行的收藏或各种手工艺活动。例如:

Playing the piano is one of his hobbies.

Gardening, collecting stamps or old swords are his hobbies.

The policeman's hobby was keeping hens.

**pastime** — an activity which makes time pass pleasantly 消遣;指消磨一个闲暇时间的任何活动,含有该活动本身并没有什么意义之意。例如:

Baseball is his favorite pastime.

Going to the movies is the most popular pastime in the nation.

He insisted that painting was merely his pastime that kept him from being bored.

23. **established** — (a.) already in use or existing for a long time (被)建立的,确定的

**Examples:**

well-established teaching methods

established anti-cancer drugs

an established custom

an established rule

an established fact

**establish** — (v.) create, start or set up 建立, 设立

**Examples:**

establish a shop / school / business / new state

My grandfather established the family business in 1938.

24. **They find themselves without a role...** — They discover that they do not have a role ...

find oneself + {  
doing sth  
动词的过去分词  
形容词或副词  
介词短语

此结构表示“gradually realize that one is in a particular state or doing sth esp. when one did not expect”“无意间发觉自己处于某种境地或做某事”。

**Examples:**

Dick found himself walking in the direction of the river.

Peter, who was usually shy, found himself talking to the girl.

He found himself more and more interested in music.

Wandering around, we found ourselves back at the hotel.

She found herself in an embarrassing position.

They suddenly found themselves without a goalkeeper.

25. **role** — a) task or function 任务, 作用

b) the part taken by sb in life or in any activity 角色

**Examples:**

Parents need to be clear about their role in raising their children.

Films have long played a major role in his life.

He gave her a leading role in his film.

26. **identity** — who or what a particular person or thing is 身份

**Examples:**

Please prove your identity.

The police soon established his identity.

The identity of the killer is still unknown.

27. **protect from** — keep safe from harm, damage or illness 保护……使不受, 挡住

**Examples:**

Try to protect your skin from the sun.

Kids should be protected from all that violence.

He raised his arm to protect his face from the blow.

28. **sense** — a feeling perceived through one of the senses 感(觉)

此词常用单数, 可加不定冠词。

**Examples:**

a sense of warmth

a sense of safety

a sense of pleasure

a sense of humour

a sense of beauty

a good language / music sense

The students felt a sense of achievement at the end of the term.

He had a sense that no one had mentioned the real purpose of this meeting.

29. **for the short term** — for a short period of time 在短时间内

**term** — period of time 期, 期限

The President's term of office is four years.

He was made secretary for a term of two years.

The company's prospects look good in the long term.

30. **familiarize with** — make fully aware of a particular subject 使熟悉, 使通晓

**Examples:**

The new boy was given a day to familiarize himself with the school before he was given any lessons.

The drill serves to familiarize the students with the sound in the dialogue.

Students are familiarized with a variety of methods.

31. **solution** — a specific answer to or way of answering a problem 解答, 解决办法

**Examples:**

It was a very good solution to my difficulty.

There seems to be no solution to the problem.

Perhaps economy is the solution to / of your financial troubles.

**ADDITIONAL EXERCISES****VOCABULARY & STRUCTURE**

Choose the right one from the four choices given to complete the following sentences.

- 1) \_\_\_\_\_ the news is true.

A. May be

B. Maybe

C. Perhaps

D. Seem

- 2) She doesn't look \_\_\_\_\_ the natives.

A. same to

B. obvious to

- C. accustomed to D. similar to
- 3) Actors are people \_\_\_\_\_ often occupy the center of attention.  
A. what B. which  
C. who D. whom
- 4) The smell of the new paint will \_\_\_\_\_ in about a week.  
A. wear off B. work off  
C. wipe off D. wash off
- 5) The speaker was in good \_\_\_\_\_ tonight.  
A. feeling B. way  
C. stage D. form
- 6) Boys \_\_\_\_\_ John and James are very friendly.  
A. as such B. like such  
C. such as D. as like
- 7) His \_\_\_\_\_ with the local languages surprised me.  
A. familiarize B. familiarity  
C. unfamiliar D. familiar
- 8) We all \_\_\_\_\_ mistakes, so I'm not blaming you for the accident.  
A. make B. produce  
C. create D. happen
- 9) The project will have \_\_\_\_\_ benefits, though it cost us more.  
A. term-time B. term-long  
C. long-term D. many times
- 10) They are unhappy to find themselves \_\_\_\_\_ a role in a new country.  
A. instead of B. without C. no D. haven't

## CLOZE

**Fill in each of the blanks with the best of the four choices given.**

Some people are inconsiderate drivers. In the city, they will 1) \_\_\_\_\_ stop right in the middle 2) \_\_\_\_\_ the street while 3) \_\_\_\_\_ for a certain home or landmark. If they had any consideration for the cars behind them, they 4) \_\_\_\_\_ pull over to the curb first. Other drivers will suddenly slow 5) \_\_\_\_\_ unexpectedly at a city intersection to make a right or 6) \_\_\_\_\_ turn. The least they could do is use their turn signals to let those behind them 7) \_\_\_\_\_ in advance of their intention. On the highway, a common example of inconsiderateness is night drivers who fail to turn 8) \_\_\_\_\_ their high beams, 9) \_\_\_\_\_ glare for cars approaching in the 10) \_\_\_\_\_ direction. Other rude highway 11) \_\_\_\_\_ move to the second or passing lane and then stay there, making it 12) \_\_\_\_\_ for cars behind to go around them. Yet other drivers who act 13)

they have special privileges are 14) \_\_\_\_\_ who do not wait their turn in bottleneck situations where the cars in two lanes must merge alternately 15) \_\_\_\_\_ one lane. Perhaps the most 16) \_\_\_\_\_ drivers are those who throw trash 17) \_\_\_\_\_ their windows, creating litter 18) \_\_\_\_\_ takes away some of the pleasure of 19) \_\_\_\_\_ and that must be paid 20) \_\_\_\_\_ with everyone's tax dollars.

- |                    |                   |               |                  |
|--------------------|-------------------|---------------|------------------|
| 1) A. on time      | B. at times       | C. in time    | D. behind time   |
| 2) A. of           | B. for            | C. at         | D. along         |
| 3) A. seeing       | B. searching      | C. finding    | D. looking       |
| 4) A. can          | B. will           | C. should     | D. would         |
| 5) A. down         | B. away           | C. on         | D. but           |
| 6) A. front        | B. left           | C. back       | D. wrong         |
| 7) A. speak        | B. know           | C. think      | D. inform        |
| 8) A. down         | B. up             | C. off        | D. on            |
| 9) A. created      | B. to create      | C. create     | D. creating      |
| 10) A. right       | B. wrong          | C. others     | D. other         |
| 11) A. drivers     | B. passersby      | C. passenger  | D. repairmen     |
| 12) A. unnecessary | B. impossible     | C. important  | D. unfit         |
| 13) A. as for      | B. even though    | C. as if      | D. even if       |
| 14) A. one         | B. ones           | C. those      | D. these         |
| 15) A. into        | B. with           | C. for        | D. along         |
| 16) A. incompetent | B. inconsiderable | C. impossible | D. inconsiderate |
| 17) A. out         | B. by             | C. at         | D. on            |
| 18) A. and         | B. so             | C. that       | D. who           |
| 19) A. jogging     | B. seeing         | C. driving    | D. looking       |
| 20) A. /           | B. for            | C. back       | D. off           |

## KEY TO ADDITIONAL EXERCISES

### VOCABULARY & STRUCTURE

Choose the right one from the four choices given to complete the following sentences.

1)—5) B D C A D

6)—10) C B A C B

### CLOZE

Fill in each of the blanks with the best of the four choices given.

- 1) B    2) A    3) D    4) D    5) A    6) B    7) B    8) C    9) D    10) D  
 11) A    12) B    13) C    14) C    15) A    16) D    17) A    18) C    19) C    20) B

## KEY TO EXERCISES IN THE STUDENT'S BOOK

### TEXT A

### READING COMPREHENSION

1. Here are eight unfinished statements about the text, each with four choices below. You are to choose from the four choices the one that best completes each statement.

1) D    2) C    3) B    4) D    5) D    6) C    7) A    8) B

2. Fill in the blanks with suitable words to complete the outline of the passage.

- 1) A brief introduction to culture shock (Para. 1—2):

It is not easy to adjust to life in a new culture. The feelings which people experience when they come to a new environment are called culture shock.

- 2) The analysis of culture shock (Para. 3—5):

A. There are three stages of culture shock. In the first stage, the newcomers like the environment; in the second stage, they begin to hate almost everything in the culture; in the last stage, they begin to adjust to their surroundings and enjoy their life more.

B. Various factors like unpleasant weather, different customs, difficult-to-figure-out public service systems, difficult language, strange food, and dissimilar look may cause culture shock.

C. Everyone experiences culture shock in some form or another, but the people with the worst culture shock are those who never had any difficulties in their own countries.

- 3) Conclusion (Para. 6):

The effect of culture shock and the solution to it:

Culture shock produces a feeling of disorientation. Escape is not a good way to solve the problem. Familiarity and experience are the long-term solution to the problem.

EXERCISES

## ***VOCABULARY & STRUCTURE***

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1. Fill in the blanks with suitable words or expressions from the list given below. Change the form if necessary.  
1)—5) security, obvious, protect herself from, as a surprise, surroundings  
6)—10) successful, experience, wear off, eventually, stage
2. Write the opposites of the following words.  
1)—4) difficult, hate, final, unreasonable  
5)—8) unfamiliar, unpleasant, native, different
3. Rewrite the following sentences, using the words or phrases given in the brackets.  
1) You are 16, but you seem younger.  
2) I feel like a swim — do you want to come?  
3) The boy with a camera comes from the United States.  
4) I bought a guidebook to familiarize myself with the country before I went there.  
5) As a teacher you have to adjust your methods to the needs of slower students.  
6) I'm not accustomed to being treated like this.  
7) According to our records you owe us \$300.  
8) He hasn't written to me recently — perhaps he's lost my address.
4. Write sentences after the following models and with the words given.  
1) They call the twins Katherine and Thomas.  
2) How dare you call me fat!  
3) We feel like having a nice cool glass of lemonade.  
4) Parents often feel like making their children active and successful in the school.  
5) Do shut up, Tom, and get on with your homework.  
6) I know the smaller one is cheaper, but I do prefer this one.  
7) He became used to the smells of Chinese food, and, as a result, enjoyed his life in Beijing.  
8) He was trapped in the traffic jam. As a result, he was late for class.

## ***TRANSLATION***

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Translate the following sentences, using the words or phrases in the brackets.

- 1) I can't figure out why you quit your job.