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七年级

Reading English in Vogue
always in, never out

2014版

英语时文 晨读100篇

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主 编 / 叶 莎



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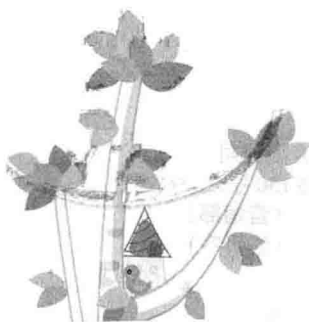
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前言

阅读是语言学习、考核的重点和难点。

不少读者已经注意到,近几年的中、高考阅读理解题,在选材方面非常注重题材的多样化、交际化和生活化,通过故事、报道、议论文等形式关注社会热点现象,突出语境设计和语言运用;同时逐渐重视英语文化的渗透。这种趋势说明在保留考查学生的语言知识和技能的的同时,对学生的语言应用能力和跨文化交际能力也提出了更高的要求。这正是教学改革的趋势、自主招生考核的动向、新教学大纲精神的体现,本套丛书正是在这一背景下应运而生。

本套丛书旨在给学生提供晨读使用的英语时文材料,对最新热点话题的捕捉使得选材贴近生活,能够为学生所喜闻乐见。同时结合晨读时段的特点和训练形式精心编排板块,能帮助学生安排好晨读节奏,有效提高英语语感,扩充阅读知识面,对学生提高阅读水平有很大促进作用。

丛书按年级设置,初中每个年级一本,高中则只设置一本,共4本单册。每册分20周安排晨读内容,每周从周一~周五安排时文朗读,共100篇文章。

根据各年级学生接受水平的不同,本套丛书有序排列、循序渐进,逐年级体现难度的递进性。比如在选文长度上初中大致在150~300单词,高中则在350~600单词;题材上基本覆盖了时下的热门现象和热点话题,类别包括自然地理、科学技术、政治经济、体育运动、养生保健、教育学习、调查研究、环球博览、节日习俗、娱乐休闲、交通通信、社会百态、职场人生、文化生活等。

丛书中每篇时文包括六部分:一、“给力热身站”,是根据选文内容设计的开放式问题供学生思考回答,书后附有参考答案;二、“晨读文选”;三、“生词”,将选文中较难的词按出现的顺序逐一标出并解释;四、“长难句分析”,对选文中较复杂的句子进行了句法上的分析,帮助学生更好地理解文章,同时巩固所学语法知识;五、“译文”,是对选文的翻译;六、“推荐语句背诵”,此部分将文中较为精彩、经典的语句标出,供学生记忆。由此可以看出,本套丛书在扩充学生知识面、加大文化浸染的同时,也能兼顾到学生的语言能力,提高其获取信息、分辨整合信息、加工发展信息的能力。

传统的晨读文章多半选取的是富有哲理的美文,这种文章易于背诵、语言优美,但题材相对单一,容易产生审美疲劳。本套丛书选文时代感强,题材丰富、话题新颖、文化色彩浓厚,能极大地扩充学生的知识面,以便学生了解世界正在发生的事情、正在谈论的话题,从而帮助学生彻底摆脱“两耳不闻窗外事,一心只读圣贤书”的传统形象。

需要指出的是,丛书的定位是时文,选取的都是当下最真实最鲜活的语言,由于题材包罗万象,读者难免会觉得有些文章生词数量稍多,尤其是在科技说明文中,这

是不可避免的。读者大可不必望而止步！首先，较难的词尤其是专业词汇在文中或生词部分都已标出，不影响阅读；其次，对照参考译文，理解原文毫无问题；再次，如果为了完全照顾学生的现有语言水平而对文章作大幅度的修改，这样学生的词汇量得不到提高，同时也影响语言的真实性和时文信息的有效性。其实，在真实的语境下进行浸润式阅读，读者能在不知不觉当中提高自身的语言能力，当然，这也意味着本书中的文章同样值得在晨读以外的时间好好研读。

另外，为了保证文章富有时代感，部分选文来自报刊、网络，在此对原作者深表谢意，如有疑问可联系 press_jj@ecust.edu.cn。而经过2013年的修订之后，本次修订再版又选取并更换了一批时代感更强的选文，希望能继续得到广大读者的认可。囿于编者水平，不足之处敬请读者指正。

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第1周

Mon

自然地理

Our Solar System 我们的太阳系

给力热身站

1. There were 9 planets in the solar system, but now there are only 8. Which planet is kicked out of the system?
2. Planets in the solar system get their names from the gods in Greek mythology (希腊神话). Try find out some stories about them.

晨读文选

We live on Earth and it is the third planet from the sun and the fifth largest of the planets. There are seven other planets that travel in great big circles around the sun. A planet is different from the sun because a planet is not as big or as hot as the sun. The sun is a star and makes light on its own.

The closest planet to the sun is Mercury. It's the smallest and the hottest one. Venus is the second planet from the sun and the sixth largest of all the planets. You can see the sun rises from the west and goes down to the east. Mars is the fourth planet and it is called the Red Planet. Jupiter is the fifth planet and the largest of all planets. Jupiter is 318 times bigger than the Earth. Saturn is the sixth planet from the sun and the second largest of the planets. It's a beautiful planet. Uranus is the seventh planet from the sun and it is the third largest planet. Neptune is a blue planet. It is the farthest planet from the sun and the fourth largest planet.

生词

planet ['plænɪt] *n.* 行星
circle ['sɜ:kl] *n.* 圆, 圆周, 周期
star [stɑ:] *n.* 星星, 恒星
Mercury ['mɜ:kjəri] *n.* 水星
Venus ['vi:nəs] *n.* 金星

Mars [mɑ:z] *n.* 火星
Jupiter ['dʒu:pɪtə] *n.* 木星
Saturn ['sætən] *n.* 土星
Uranus ['jʊərənəs] *n.* 天王星
Neptune ['neptju:n] *n.* 海王星

长难句分析

the fifth largest

形容词最高级前可用序数词限定, 共同修饰后面的名词, 其结构为: “the+序数词+形容词最高

级+名词”。表示“第几……”。如:China is the third largest country in the world.(中国是世界上第三大国家。)。再如文中:We live on Earth and it is the third planet from the sun and the fifth largest of the planets.(我们居住的地球是太阳系中距离太阳第三近的行星,是其中第五大行星。)。

译文

我们居住的地球是太阳系中距离太阳第三近的行星,是太阳系中第五大行星。除地球外,还有其他七大行星环绕着太阳运行。行星与太阳的区别在于,行星的体积和热度不及太阳。太阳是恒星,自身能发光。

八大行星中,距离太阳最近的是水星,它也是最小最热的行星。金星排在第二位,是太阳系中第六大行星。在金星上,你可以看到太阳从西方升起,从东方落下。火星排在第四位,有“红色星球”之称。木星排第五位,是所有行星中最大的一颗。木星的体积比地球大318倍。土星排在第六位,是太阳系中体积第二大的行星。这是一个很美丽的星球。天王星排在第七位,是第三大的行星。而海王星是一个蓝色的星球,它离太阳最远,是第四大的星球。

推荐语句背诵

A planet is different from the sun because a planet is not as big or as hot as the sun. The sun is a star and makes light on its own.

行星与太阳的区别在于,行星的体积和热度不及太阳。太阳是恒星,自身能发光。

Tue
风行时尚

Recycle Your Old Clothes into New Fashion 旧衣变时尚

给力热身站

1. How do you deal with your old clothes? Have you ever made some useful things out of old clothes?
2. In the article, three ways are introduced to you about DIY clothes. What are they?

晨读文选

Your old clothes may be left in a drawer that you hardly open anymore, but you can transform your old clothes into new fashion. With a little creativity and time, transforming your old clothes into new is simple and fun.

Take out your old T-shirts. T-shirts are probably the most versatile in transforming old

fashion into new. You can print new graphics on your T-shirts by taking it to a print shop and either choosing a design they already have or creating your own.

Purchase dye for your old clothes. Dye can be used to change the color of your T-shirts or old dresses into new and fun colors for the new season. For example, you can transform old white T-shirts into neon colored T-shirts, perfect for the spring season fashion. Be creative and mix colors and have fun with your new creations!

Add beads and other fashion accessories to your old T-shirts or even jeans. You can add beading to create your own design with the colors of your choice. Not only does this change your old fashion to new, but it also adds personalization to your clothing, and you become your own designer.

生词

recycle [ˌriːˈsaɪkl] *n.* 回收, 利用

graphic [ˈɡræfɪk] *n.* 文字, 图形

creativity [ˌkriːɪˈtɪvɪti] *n.* 创造性, 创造力

dye [daɪ] *n./v.* 染色, 上色

versatile [ˈvɜːsətaɪl] *adj.* 多用途的, 多才多艺的

personalization [ˌpɜːsənəlaɪˈzeɪʃn] *n.* 个性化

长难句分析

You can print new graphics on your T-shirts by taking it to a print shop and either choosing a design they already have or creating your own.

“by taking it to a print shop and either choosing a design they already have or creating your own”是方式状语; “by”在此意为“通过……”, 后面接名词或者动名词, 所以句中动词都用“v-ing”形式。

译文

你的旧衣服可能被丢在一个你很少会再去打开的抽屉里, 但是旧衣也可以变成时尚。一点创意加一点时间, 旧衣翻新就变得简单有趣。

找出一件旧T恤。T恤是翻新旧衣时用途最广泛的材料。你可以自己在T恤上印上图案, 也可以去专门的店铺, 在那里, 你可以自己设计图案, 也可以选择他们提供的图案。

为你的旧衣服买一些染料。你能根据季节的变化用染料将旧衣染成全新而有趣的色彩。例如, 你可以将白色旧T恤染成五彩缤纷的颜色, 就特别适合春天的潮流。用创意来搭配色彩, 你的旧衣变时尚过程就妙趣横生。

给你的旧衣或者旧牛仔裤加上串珠或者其他配饰。你可以按照自己喜欢的颜色来选择串珠并创新自己的设计。这样做不仅让你的旧衣服看起来时尚, 也彰显了你着装的个性, 你就是你自己的服装设计师。

推荐语句背诵

1. With a little creativity and time, transforming your old clothes into new is simple and fun.

一点创意加一点时间, 旧衣翻新就变得简单有趣。

2. Not only does this change your old fashion to new, but it also adds personalization to your clothing, and you become your own designer.

这样做不仅让你的旧衣服看起来时尚, 也彰显了你着装的个性, 你就是你自己的服装设计师。

Wed
今日生活

Ways to Stay Healthy 健康生活

给力热身站

1. Under much pressure of study, you may often feel tired. How do you often relax yourself?
2. How can we stay healthy? Write down your ways of keeping fit.

晨读文选

We may have many expensive things at our disposal, but if we have unhealthy lifestyle, we may not be able to enjoy the goodness that life offers to us. Healthy lifestyle is so crucial to our lives that if we do not live healthy, everything else in life loses its importance. Here we suggest some ways that leads to healthy lifestyle.

Get active. This is the primary and the most vital aspect of a healthy lifestyle. Being active is a sure-fire way to remain healthy. Walk, run, play, swim, climb, jump...do all those activities that will keep you physically fit. Avoid using vehicles as much as you can.

Think optimistically. After seeking external components for healthy lifestyle, if your mind cannot think optimistically, it can spoil the broth. Watch out for any negative connotation and correct your negative thinking patterns. Opt to remain healthy and happy.

Live Natural. Be amidst nature as much as you can. Be around trees. Plant trees around your house. Avoid usage of materials that are hazardous to the environment. Only nature can support a healthy lifestyle.

Be active or lay idle, think optimistically or drown, love natural or get addicted to artificial...choice is yours. Healthy choices lead to a healthy life.

生词

crucial ['kru:ʃl] *adj.* 决定性的

sure-fire *adj.* 肯定发生的

vehicle ['vi:kl] *n.* 车辆

optimistic [ɒptɪ'mɪstɪk] *adj.* 乐观的

component [kəm'pəʊnənt] *n.* 成分, 组成部分

spoil [spɔɪl] *v.* 损坏, 毁掉

broth [brɒθ] *n.* 肉汤, 鱼汤

negative ['negətɪv] *adj.* 负面的, 消极的

connotation [kənə'neɪʃn] *n.* 隐含意义, 暗示

amidst [ə'mɪdst] *prep.* 在……中

hazardous ['hæzədəs] *adj.* 冒险的, 有危险的

external [ɪk'stɜ:nəl] *adj.* 外部的, 外在的

长难句分析

1. Healthy lifestyle is so crucial to our lives that if we do not live healthy, everything else in life loses its importance.

句中首先要注意“so...that...”的用法,意为“如此……以致……”。该结构引导的状语从句表结果。“that”后面的结果是个“if”引导的条件状语从句。

2. Be active or lay idle, eat healthy or feast on junk, think optimistically or drown, live natural or get addicted to artificial ... choice is yours.

该结构的主句是“choice is yours”,前面所有“or”连接的祈使句都是人们的选择,都是“choice”的具体内容。

译文

我们可能拥有很多可供我们自由支配的贵重的东西,但是,如果我们生活方式不健康的话,我们便不能享受生活带给我们的所有美好。健康的生活方式对我们至关重要,失去了它,一切也都失去了意义。以下我们推荐几种保持健康的方法。

积极生活。这是健康生活最基础也是最重要的方面。保持活力,身体必然健康。散步,跑步,玩耍,游泳,攀登,跳跃……做这些运动会让你的机体充满活力。尽量少用车辆代步。

思想乐观。如果思想颓废消极,即使追求外在的健康生活方式,也于事无补。对消极的暗示提高警惕,纠正自己的消极想法。保持健康和快乐的精神状态。

亲近自然。尽可能地置身于自然之中。生活在有树的环境中。在家的周围种上树,拒绝使用有害于环境的材料。只有自然才是健康生活的支柱。

你可以积极生活,也可以无所事事;可以乐观向上,也可以颓废消极;可以喜爱自然,也可以追求浮华。健康的选择才会有健康的生活。

推荐语句背诵

1. We may have many expensive things at our disposal, but if we have unhealthy lifestyle, we may not be able to enjoy the goodness that life offers to us.

我们可能拥有很多可供我们自由支配的贵重的东西,但是,如果我们生活方式不健康的话,我们便不能享受生活带给我们的所有美好。

2. Be active or lay idle, think optimistically or drown, live natural or get addicted to artificial...choice is yours. Healthy choices lead to a healthy life.

你可以积极生活,也可以无所事事;可以乐观向上,也可以颓废消极;可以喜爱自然,也可以追求浮华。健康的选择才会有健康的生活。

Thu
英美文化

A Brief Introduction to the U.K. 英国简介

给力热身站

1. Everyone knows that the U.K. was once a super power and is still a rich country. But do you know what's the full name of the U.K.?
2. The U.K. consists three parts. What are they? Do you know anything about their customs and culture?

晨读文选

It is said that English people are conservative because there are too small differences between the seasons in Britain. They have no climate but changeable weather. Grassland is green all the year round. In daily life, English people often refuse to make sudden changes. They still measure things in feet, pounds, and gallons, though the European Union has made metric measures for most things. They think old buildings are the greatest places for offices. Many historic towns, villages, cathedrals, sites of interest and buildings in different architectural styles throughout the centuries have been preserved.

British people don't think insects, dogs, cats or monkeys are food. The Scotsmen have their national costume, "kilts". They play special musical instrument called "Bagpipes". The Welsh are all excellent singers, and eat leeks all the time. The Irish drink lots and lots of Guinness.

生词

conservative [kən'sɜ:vətɪv] *adj.* 传统的

measure ['meɪʒə] *v./n.* 衡量, 尺寸, 措施

metric ['metrɪk] *adj.* 公制的, 十进制的

cathedral [kə'thi:drəl] *n.* 教堂

architectural [ɑ:kɪ'tektʃərəl] *adj.* 建筑上的

preserve [prɪ'zɜ:v] *v.* 保护, 防护, 维持

costume ['kɒstju:m] *n.* 服装, 装束

kilt [kɪlt] *n.* 苏格兰褶裙

bagpipe ['bæɡpaɪp] *n.* 风笛

Guinness ['ɡɪnɪs] *n.* 黑啤酒

长难句分析

1. It is said that English people are conservative because there are too small differences between the seasons in Britain.

该句是个特殊的主语从句, "it" 作为形式主语, 真正的主语是 that 引导的从句。其中 "it is said" 是被动语态, 意为 "据说", 从句中还包含了一个 "because" 引导的原因状语从句。值得注意的是 "difference", 它作可数名词时意为 "不同点", 但它也是不可数名词。

2. They still measure things in feet, pounds, and gallons, though the European Union has made metric measures for most things.

该句中in的宾语有三个,分别是“feet”, “pounds” 和“gallons”。后面跟着一个让步状语从句,表示转折,在此“though”和“although”可以互换。但是“though”还可用在句尾,并用逗号隔开。

译文

据说,英国人保守是因为英国的季节变化不明显。英国没有季节,只有多变的天气。草地常年葱翠。在日常生活中,英国人通常会拒绝突然的改变。他们还沿用着英尺、英镑和加仑这些古老的度量方式,尽管欧盟已经为大多数的事物制定了公制度量方式。他们认为旧的建筑是最好的办公场所。很多历史名镇、古老的村庄、教堂、名胜古迹和风格不同的古老建筑在历史的长河中被完整地保存了下来。

英国人从来不把昆虫、猫、狗或猴子当作食物。苏格兰人拥有他们传统的服饰——苏格兰裙。他们会演奏一种特殊的乐器,叫做风笛。威尔士人都是杰出的歌手,并且爱吃青葱。爱尔兰人会喝很多很多的黑啤酒。

推荐语句背诵

1. Many historic towns, villages, cathedrals, sites of interest and buildings in different architectural styles throughout the centuries have been preserved.

很多历史名镇、古老的村庄、教堂、名胜古迹和风格不同的古老建筑在历史的长河中被完整地保存了下来。

2. They have no climate but changeable weather. 英国没有季节,只有多变的天气。

Fri

名人轶事

Michael Jackson — “Heal the World” 迈克尔·杰克逊——《拯救世界》

给力热身站

1. Michael Jason is a great singer, dancer and songwriter. During his life, he wrote so many beautiful songs. Among all his works, which interests and moves you the most? And why?
2. Have you listened to the song “Heal the World” and watched the MV? If you have, write down your feeling about this great song.

晨读文选

Michael Jackson, the King of Pop, was born in 1958 and died in 2009. Although he has been away for long, people all over the world are still missing him and enjoying his songs. He

was a legend and peerless artist of his time. During his short life, he won more than 300 important individual awards and got over 130 government recognitions of countries and regions.

Regarded as one of the most influential, he is forever remembered not only for his remarkable success on music but also for his great devotion to charities. The money he raised and donated for beneficial causes counted up to 3 billion dollars. Besides, he is recognized for supporting more charities than any other musicians. Of all his songs, those calling for people's love and attention to the nature and the poor have deeply moved the whole world. No wonder he was nominated Nobel Peace Prize 3 times.

Let's listen to his song "Heal the World" once again and feel his mercy to this injured world.

Heal the world

Make it a better place

For you and for me and the entire human race

There are people dying

If you care enough for the living

Make a better place for you and for me

生词

although [ɔ:l'dəu] *conj.* 虽然, 尽管

legend ['ledʒənd] *n.* 传奇

peerless ['piələs] *adj.* 无双的

individual [ˌɪndɪˈvɪdʒuəl] *adj.* 个人的

recognize ['rekəɡnaɪz] *v.* 认出, 认可, 承认

region [rɪˈlɪdʒən] *n.* 地区, 区域

regard [rɪˈɡɑ:d] *v.* 考虑, 重视, 尊重

remarkable [rɪˈmɑ:kəbl] *adj.* 非凡的

beneficial [ˌbenɪˈfɪʃl] *adj.* 有益的, 有用的

nominate ['nɒmɪneɪt] *v.* 提名

长难句分析

1. Although he has been away for long, people all over the world are still missing him and enjoying his songs.

本句涉及“although”的用法。although 引导让步状语从句, 表转折, 意为“虽然, 纵然”。需注意, although 和 but 不能同时出现在一句中。

2. Regarded as one of the most influential, he is forever remembered not only for his remarkable success on music but also for his great devotion to charities.

句首用过去分词作定语, 修饰主语, 意为“被认为最具影响力的艺术家之一”。“not only...but also”为连词, 连接两个表示并列关系的部分, 意为“不仅……而且”。在该句中介词“for”意为“因为”。

译文

迈克尔·杰克逊——“流行音乐”天王, 生于1958年, 于2009年去世。虽然他已经离开这个世界很长时间, 但是全世界的人们依然在怀念他并欣赏着他的歌曲。他是一代传奇, 是那个时代无人匹敌的艺术家。在他短短的一生中, 他赢得了300多项重要个人奖项并获得了130多个国家和地区的政府认可。

迈克尔·杰克逊被认为是最具影响力的艺术家之一。人们永远地记住他不仅是因为他在音乐方