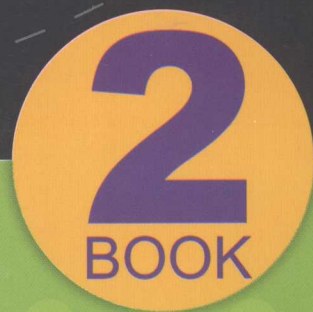


实用大学英语系列教材
全国应用型高等院校精品系列教材

实用大学英语 综合教程

刘淑颖 侯金枝 主编



PRACTICAL
COLLEGE ENGLISH
COMPREHENSIVE COURSE



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Practical College English
Comprehensive Course 2

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主编 刘淑颖 侯金枝

参编 陈静学 白瑜 马 溱

曹永宜 霍小静 刘蔚铭



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Comprehensive Course 2
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刘淑颖 侯金枝 主编
责任编辑: 李 丽 田 园

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北京市朝阳区惠新东街 10 号 邮政编码: 100029

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出版说明

应用型高等教育是在我国高等教育开始进入大众化阶段后,为适应市场对人才培养多方面的要求,扩大高等教育内涵的形势下产生的,主要培养应用型人才,促进职业、技能和知识的直接结合,为经济建设服务。对外经济贸易大学出版社为适应教育发展的形势,努力推动应用型高等院校的教材建设,组织编写了这套全国应用型高等院校精品系列教材。

本套教材具有以下特点:

1. 对接社会和专业需求,体现市场最新发展趋势

本套教材涵盖了商务英语、英语和财经等专业,在了解市场需求的基础上,对编写及内容体系的构建进行了创新探索和实践,一些先进的教学理念及最新知识点都在教材中得以体现。

2. 以就业为导向,强调应用性和适用性

针对应用型院校的特点,本套教材内容的编写以就业为导向,充分体现了应用性和适用性,强调能力的培养和技术的应用。教材编写过程中,教师结合自身的教学实践、调研论证和各行业专家对工作岗位的实际要求来安排课程结构和内容,形成了应社会所需,与市场接轨,与企业合作,实践与理论相结合的全新教材编写理念。

3. 教学方法和内容设计以学生为中心,提高教学效果

本套教材在传统教学方法的基础上进行改革,以学生为中心。为达到最好的教学效果,本套教材多运用启发、引导、讨论和参与式教学,激发学生的学习兴趣、营造独立思考的氛围、提高学生独立思考和解决问题的能力。

本套教材暂包括《实用大学英语综合教程 1-4》、《商务英语口语》、《商务英语写作》、《商务英语阅读》、《国际商务谈判》、《旅游英语》、《酒店英语》、《经济学基础》、《国际贸易实务》、《国际单证实务》、《报关报检实务》、《市场营销》、《基础会计》、《财务会计》、《财务管理》、《工商管理实务》等。本套教材的编写得到了有关院校领导和教师的大力支持,在此一并表示感谢。编写教师不但具有丰富的教学经验,且有一线工作经历,主持或参与过多项应用技术研究,有力地保证了本套教材的质量和水平。

每册教材均配备有 PPT 课件(网站下载 www.uibep.com),并根据课程内容选配教学参考书或者 MP3 光盘,提供立体化教学资源辅助教学。

对外经济贸易大学出版社

2013 年 10 月

Preface

前言

《实用大学英语综合教程》是对外经济贸易大学出版社联合多家全国重点应用型高等院校，在充分借鉴国内外英语教学先进理念和宝贵经验的基础上，推出的一套全新的应用型高等院校公共英语教材。

本套教材以先进的教育理念为指导，以全面提高学生综合素质为宗旨，在传授英语语言基础知识的基础上，注重开发和培养学生英语听、说、读、写、译五方面的基本技能，以“学一点、会一点、用一点”，“边学边用、学用结合”为原则，让学生学完一个话题，即能够围绕该话题进行简单实用的英语交际。本套教材顺应时代和社会的需求，为应用型人才的终身学习、工作、生活和个人发展奠定良好的基础。

本套教材共四册，每册十个单元，每单元包括 Listening, Lead In, Reading, Grammar Tips, Translation, Writing, Reading for Fun 及 Practicing Yourself 七大版块。为衔接学生在中学期间的英语学习，教材第一册难度略高于高中英语的水平，第二册、第三册和第四册在第一册难度基础上循序渐进，由浅入深，最终达到应用型高等院校英语教育的基本要求。

提高语言应用能力的重要途径是练习，在设计和编写练习时，本教材力争将练习与提高学生语言应用能力和应试能力有机结合起来，将课堂练习与课外练习相结合，让学生通过各种输入与输出活动，熟练掌握所学知识，并在练习中提高自己的语言应用能力。考虑到学生在学习期间的考级需求，本教材中的练习也更多的采用了接近英语应用能力考试 A、B 级和大学英语四级的题型，以提高学生的应试能力。

本教材所选材料在注重时代性、知识性、趣味性、思辨性和语言规范性的同时，更加注重实践性，有助于学生提高学习兴趣和提高语言应用能力。通过该套教材的学习，学生不仅能学会英语语言，也能了解到英语国家的文化，这种新颖别致和学以致用选材突破了现今外语教材传统的选材模式和框架。

● Listening

选择难度适中的句子、会话或短文，让学生边听边完成听力练习，旨在提高学生的听力及听力应试能力。

● Lead In

进入课文前所安排的口语训练，设置了内容与主课文话题相关、为学生熟悉并与其

生活相关的问题，使学生在练习口语的同时了解课文内容。

- **Reading**

精选两篇统一且贴近学生生活的英文原文作课文，并在课文之后编有各种形式的练习，使学生更好地掌握各单元所学的知识点和语言点。其中，TEXT A 作为单元主课文供教学使用，TEXT B 作为可选课文供程度较好的学生自学或程度较好的班级教学使用。

- **Grammar Tips**

结合课文，进行重点语法讲解，帮助学生扎实掌握英语语法知识。

- **Writing**

本部分为难度适中、实用性强的写作练习，包括写作讲解、写作范例和写作所需的相关重点句式，锻炼学生动笔能力。

- **Reading for Fun**

选取融趣味性和知识性为一体的短文，帮助学生了解英语国家文化。

- **Practicing Yourself**

根据学生的实际需求所设置的英语语音及口语练习，该部分为学生自学内容，老师可适当督促学生掌握相关知识。

本套教材的编写队伍来自全国重点应用型高等院校，编写教师不但具有丰富的公共英语教学经验，且有企业一线工作经历。此外，每册教材均配备有 PPT 课件，供教师教学参考使用（网站下载 www.uibep.com）；并根据课程内容配备 MP3 光盘，提供立体化教学资源。

由于编者水平有限，不足之处在所难免。我们欢迎专家、同行和使用本套教材的广大师生提出宝贵意见，以便我们修改完善。

编 者
2013 年 11 月

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Unit 1

Food & Drink

Part 1 Listening

There are 5 recorded dialogues. After each dialogue, there is a recorded question. Both the dialogues and questions will be spoken only once. When you hear a question, you should decide on the correct answer from the 4 choices marked A), B), C) and D).

1. A) A week ago. B) Two weeks ago.
C) Three weeks ago. D) Four weeks ago.
2. A) Linda and Peter are good friends. B) Linda and Peter want to work together.
C) Linda and Peter live in the same house. D) Linda and Peter work in different offices.
3. A) Tom is coming for dinner. B) Tom won't be able to come.
C) Tom will give a dinner party. D) Tom won't be away on business.
4. A) In the bank. B) In the office.
C) In the hospital. D) In the travel agency.
5. A) To fax the report. B) To write the report.
C) To copy the report. D) To email the report.

Part 2 Reading

Lead-in

Discuss the following questions in groups.

1. What do you prefer, Chinese food or Western food?
2. How many kinds of famous cuisines in China do you know?
3. Do you think cuisine reflects the cultural characteristics of a person?

Text A

Chinese Food

1 When thinking of China, some foreign tourists might imagine the magnificent Forbidden City or the winding Great Wall, women sashaying in embroidered cheongsams, and young men studying calligraphy. But for many foreigners, China is primarily experienced through the delights of Chinese food.

2 *A Bite of China*, a mouth-watering late-night documentary television series featuring delicious Chinese food, has attracted countless viewers. *A Bite of China* is a serious

documentary providing a unique view of Chinese as well as the relations between people and food and between people and society from the perspective of food.

3 China can be divided into many geographical areas, and each area has a distinct style of cooking. The ingredients used in the food are based on the natural agricultural products of the region. In Northern China, for example, wheat is eaten more than rice as a staple food. Food using wheat as its main ingredient, such as noodles and dumplings is prevalent there. China's Southern cuisine uses far more rice. In the west of China, food is typically spicier, and many minorities eat chilies every day.

4 Chinese cuisine has a number of different genres, but the most influential and typical known by the public are the "Eight Cuisines". These are as follows: Shandong Cuisine, Guangdong Cuisine, Sichuan Cuisine, Hunan Cuisine, Jiangsu Cuisine, Zhejiang Cuisine, Fujian Cuisine and Anhui Cuisine. The essential factors that establish the form of a genre are complex and include history, cooking features, geography, climate, resources and life styles.

5 Chinese food therapy, also known as Chinese nutrition therapy, dates back to as early as 2000 BC. In essence, Chinese food therapy involves the use of certain foods to aid in the healing of certain body ailments or assists in keeping healthy in other bodily functions. Followers of food therapy believe in the concept of Yin and Yang in food; the Yin foods are believed to lower the body's metabolism, or decrease the body's heat, while the Yang foods are said to increase the body's heat or increase metabolism.

6 The Chinese believe in four food groups, which are grains, vegetables, fruits and meats. There is no classification for dairy products, which are considered unsuitable for humans. The Chinese believe a balanced diet will consist of the following food combinations on a daily basis: 40 percent grains, 30 to 40 percent vegetables, 10 to 15 percent meats and the rest of the foods should be nuts and fruits.

7 In Chinese food therapy, foods are then further classified by taste. The tastes are defined as pungent, salty, bitter, sweet and sour. Each taste is believed to have a direct effect on a body organ; when consumed in moderation it benefits the organ, but if over consumed, can cause detrimental effect to the organ. It's fair to say the Chinese and followers of Chinese food therapy truly believe you "are what you eat".

8 Chinese food has a special meaning to the Chinese people. The "waste not, want not" ethos means that a surprising range and variety of plants and animals, and every part of a plant or animal is used. This has given rise to a remarkable diversity in regional cuisine, but to Westerners it can be overwhelming—surprising, fantastic, delicious, horrifying or disgusting—but above all, different.

(546 words)

New Words

1. calligraphy [kə'liɡrəfi] *n.* the art of making beautiful handwriting 书法
2. cheongsam ['tʃɔŋ'sæm] *n.* a dress of southern Chinese origin with a slit skirt and a mandarin collar 旗袍
3. consume [kən'sju:m] *v.* to do away with completely 消耗, 消费, 耗尽
4. cuisine [kwɪ'zi:n] *n.* a style of cooking 烹饪艺术
5. detrimental [di'tri'mentl] *adj.* obviously harmful 有害的, 不利的
6. documentary [ˌdɒkjʊ'mentəri] *n.* consisting of documents 纪录片
7. embroidered [im'brɔɪdəd] *adj.* to ornament with needlework 绣花的
8. ethos ['i:θɔs] *n.* the guiding beliefs of a person, group, or organization 思潮
9. genre ['ʒɒnrə] *n.* a particular type or category of literature or art (文学、艺术等的) 类型, 体裁, 风格
10. geographical [ˌdʒi:ə'græfɪkl] *adj.* belonging to or characteristic of a particular region 地理的
11. healing ['hi:liŋ] *n.* to become healthy or well again 康复, 复原
12. ingredient [in'ɡri:diənt] *n.* one of the things that are used to make a food, product, etc. (混合物的) 组成部分; 配料
13. magnificent [mæg'nɪfɪsnt] *adj.* very beautiful or impressive 壮丽的; 伟大的
14. metabolism [mə'tæbəlɪzəm] *n.* the chemical processes by which a plant or an animal uses food, water, etc. 新陈代谢
15. moderation [ˌmɒdə'reɪʃən] *n.* limited in scope or effect 自我控制
16. overwhelming [ˌəʊvə'welmin] *adj.* very great in number, effect, or force 势不可挡的; 巨大的
17. prevalent ['prevələnt] *adj.* common or widespread 普遍的, 盛行的, 流行的
18. pungent ['pʌndʒənt] *adj.* having a strong, sharp taste or smell (味道或气味) 有刺激味的, 辛辣的
19. sashay [sæ'ʃei] *v.* to walk in a slow and confident way that makes people notice you 行走, 滑步而舞, 大摇大摆地走
20. staple ['steɪpl] *adj.* forming a basic, large or important part of sth. 主要的, 基本的
21. therapy ['θerəpi] *n.* the treatment of physical or mental illnesses 疗法
22. wheat [wi:t] *n.* a kind of grain that is used to make flour for breads, cookies, etc. 小麦

Phrases

1. as well as (除……之外) 也, 既……又
e.g. A teacher should entertain **as well as** teach.

2. divide into (使) 分成

e.g. The students are **divided into** several small groups to talk about the subject.

3. far more 许多, 多得多

e.g. Surely, the situation is **far more** complex than we suspect.

4. date back to 追溯到

e.g. The traditional friendship between our two counties **dates back to** ancient days.

5. Waste not, want not. 俭以防匮

e.g. Maybe what we're missing today as a society, is the pride in "**waste not, want not**".

Notes

1. *A Bite of China* 《舌尖上的中国》 《舌尖上的中国》是中国中央电视台 2012 年播出的美食类纪录片。该片采取了碎片似的剪辑方式,进行了不同地域之间的组合和嫁接,讲述了同一种食材在天南地北之间的变化,这部纪录片用味道营造出了一个真实的故事。从文化角度所探讨的问题并不只是“吃”这么简单,从传统劳作到食物创新,生活的艰辛和几代人的智慧结晶,中国人“吃”的传承和变化已经逐渐凸显出它特有的国人气质。
2. **Chinese Eight Cuisines** 中国的八大菜系 鲁、川、苏、粤、浙、闽、湘、徽等地方菜构成了中国的“八大菜系”。菜系,是指在选料、切配、烹饪等技艺方面,经长期演变而自成体系,具有鲜明的地方风味特色,并为社会所公认的中国的菜肴流派。我国的菜系,是指在一定区域内,由于气候、地理、历史、物产及饮食风俗的不同,经过漫长历史演变而形成的一整套自成体系的烹饪技艺和风味,并被全国各地所承认的地方菜肴。
3. **Chinese food therapy** 中国食疗 食疗(食物疗法),指利用食物来影响机体各方面的功能,使其获得健康或愈疾防病的一种方法。它是中国人的传统习惯,通过饮食达到调理身体,强壮体魄的目的。食疗文化源远流长,是一种长远的养生行为。以前的人通过食疗调理身体,现在的人通过食疗减肥、护肤、护发。总之,食疗是一种健康的健体之道。

Tasks

I. Complete the outline of text A.

China is well remembered by many foreigners for Chinese food. In 2012, a documentary television series, _____, provides a unique view of Chinese as well as the relations _____ from the perspective of food. China can be divided into many geographical areas, and each area has a distinct style of cooking. Its cuisine has a number of different genres, but the most influential and typical known by the public are _____. Chinese food therapy, also known as _____, dates

back to as early as 2000 BC. In Chinese food therapy, foods are then further classified by _____. All in all, Chinese food has a special meaning to the Chinese people.

II. Choose the best answer from A), B), C) and D) to complete the following sentences.

- “Are you going to the football game?”
—“No. The tickets are _____ expensive for me.”
A) very much B) so much C) far too D) highly
- On their arrival at the top of the hill, they saw the temple _____ the 15th century.
A) dated back to B) dating from C) dating back to D) was dated from
- _____ he works hard, I don't mind when he will finish the experiment.
A) As soon as B) As long as C) As well as D) So far as
- The watermelon was _____ five parts and then given out to the students.
A) divide into B) divided into C) divided from D) divide from
- In Britain people _____ four million tons of potatoes every year.
A) swallow B) dispose C) exhaust D) consume
- In order to keep you healthy, you do have to consume the beverage in _____.
A) moderation B) particular C) meditation D) standard
- He wouldn't accept the fact that smoking was _____ to health.
A) detrimental B) useful C) beneficial D) meaningful
- Hurricanes are killer winds, and their _____ power lies in the physical damage they can do.
A) cumulative B) destructive C) truculent D) prevalent
- An eighteenth-century traveler to Annapolis reported on the _____ landscape of this southern city.
A) corruptive B) dimensional C) provincial D) magnificent
- She won't be sad too long and time will _____ most trouble.
A) heal B) treat C) remedy D) forget

III. Fill in the blanks with the words given in the box. Change the form when necessary.

moderate	consume	far more	pungent	Waste not, want not
overwhelming	mouth-watering	documentary	late-night	as well as

- Electric energy can be changed into light energy _____ sound energy.
- A bicycle is often _____ convenient than a car in busy cities.
- Americans all know the old proverb, “_____.”
- The fruit here is self-help, and you can find compotes in the box, the average _____ is 8 yuan of the box.
- You should _____ your language when children are present.

6. Sichuan cuisine is noted for its tingling, _____ and spicy flavor.
7. The flood was _____ and the city was soon drowned.
8. Did you fix it? It's amazing! It is such a _____ cake!
9. In London _____ taxis are elusive and far from cheap.
10. This great battle was vividly recorded in the _____ film.

IV. Translate the following sentences into Chinese.

1. When thinking of China, some foreign tourists might imagine the magnificent Forbidden City or the winding Great Wall.
2. *A Bite of China*, featuring delicious Chinese food, has attracted countless viewers.
3. China can be divided into many geographical areas, and each area has a distinct style of cooking.
4. The Chinese believe in four food groups, which are grains, vegetables, fruits and meats.
5. The Chinese and followers of Chinese food therapy truly believe you "are what you eat".

V. Complete the following sentences by translating Chinese into English.

1. It's a theoretical matter _____ (既, 也) a practical one.
2. _____ (从……角度来看) human progress, science needs governing.
3. Let the children _____ (分成) groups according to one's own will.
4. Zhejiang is _____ (称为) the land of tea of our country.
5. Substances _____ (包括, 包含) small particles called molecules.

Text B

What Should Teenagers Choose to Eat?

1 Ask any group of teenagers in the UK what they most like to eat, and foods like pizzas, curries, pasta, burgers and chips are bound to get a mention—and many young people would probably also list hanging out at the local fast-food restaurant as one of their favourite pastimes.

2 But what teenagers like to eat is not necessarily what they should be eating. According to the National Diet and Nutrition Survey, far too many young people in the UK between the ages of 4 and 18 consume too much fat, sugar and salt in their diet and take in too many calories. Meanwhile their intake of starchy carbohydrates, fibre, iron, vitamins and calcium is too low.

3 For a growing body, eating foods containing plenty of calcium, such as milk, yoghurt and cheese, is particularly important as calcium is essential for the development of healthy, strong bones. Similarly, foods that are rich in iron are good for young, rapidly developing