



新东方  
名师

宋平明◎主编

# 大学英语四级

纯正  
美音版

## 美文夜读120篇

**赏析与学习结合** · 于轻松中掌握词汇语法

**语言与文学结合** · 于悦读中领略双语魅力

**经典与时代结合** · 于方寸中纵览全球热点

中国铁道出版社  
CHINA RAILWAY PUBLISHING HOUSE

# 大学英语四级

纯正  
美音版

## 美文夜读120篇

---

主 编：宋平明

副主编：陈天然

中国铁道出版社

CHINA RAILWAY PUBLISHING HOUSE

## 图书在版编目(CIP)数据

大学英语四级美文夜读 120 篇:纯正美音版/宋平明

主编. —北京:中国铁道出版社, 2014. 8

ISBN 978-7-113-18451-3

I. ①大… II. ①宋… III. ①大学英语水平考试—阅读教学—自学参考资料 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2014)第 084758 号

书 名:大学英语四级美文夜读 120 篇(纯正美音版)

作 者:宋平明 主编

---

责任编辑:张艳霞 电话:010-51873005 投稿邮箱:zyxbooks@126.com

编辑助理:孙晓明

封面设计:王 岩

责任校对:龚长江

责任印制:赵星辰

---

出版发行:中国铁道出版社(100054,北京市西城区右安门西街8号)

网 址:<http://www.tdpress.com>

印 刷:北京市新魏印刷厂

版 次:2014年8月第1版 2014年8月第1次印刷

开 本:880 mm × 1 230 mm 1/32 印张:11.75 字数:288 千

书 号:ISBN 978-7-113-18451-3

定 价:35.00 元(含盘)

---

版权所有 侵权必究

凡购买铁道版图书,如有印制质量问题,请与本社读者服务部联系调换。

## 前言

作为一名在新东方讲授近十年的英语老师，我能够深刻感受到同学们在英语学习过程中的困惑和难处，也能够切实把握住同学们学习英语的节奏和规律，所以我希望通过自己对英语学习特点的理解以及学习规律的掌握，为同学们提供力所能及的、切实有效的以及简单易学的英语学习方法和教材。

前几年，我出版过一套大学英语四、六级美文阅读系列的图书，这些图书深受同学们喜爱，一再加印，供不应求；但是几年过去了，有些文章过于陈旧，出版时因为水平有限时间紧张也有些错误，所以这次重新遴选更为时尚和经典的美文编写成书，希望能够给同学们的英语学习提供更大的帮助。

本套书是作者在深刻领悟四级考试规律、综合英语综合水平提升技巧以及总结长期一线教学实践经验而倾心编著的。我们精选了与大学英语四级考试难度相似以及长度相似的各类文章，配上精美译文，标注常考词汇以及常考词组，精准分析长难句，供大家学习、模仿以及写作时参考使用。总的来说本套书有如下特点和功用：

### 经典选文与时尚选文结合，扩展知识面

本套书既选编了流传已久的经典美文，也选入了与时代脉搏紧密相连的时尚美文，让同学们阅读时既可以感悟经典也可以与时俱进，从而能够紧跟时代步伐，掌握英语精华。

### 素质提升与应试教育结合，注重实用性

同学们可以通过阅读和学习本套书而使阅读、翻译、语法甚至写作方面得到全面的提高，既能应付各类考试，亦能提高综合素质，成为时代完美弄潮儿。

### 常考词汇与语法分析结合，提升阅读力

选文结合大学英语四级常考词汇，让同学们能够全面掌握考试词汇，同时配备长难句的精准名师讲解，全面提升英语基词汇基础和长难句分析能力。

### 美音朗读与精选美文结合，强化听和说

很多同学苦于英文听说能力的难以提高，基于此本书聘请美籍外教针对书中遴选的美文进行对应朗读，便于同学们在读之余强化听写和朗读的能力。本书所提供的纯正美音朗读均提供 MP3 音频，同学们可以实现随时随地随身学英语的梦想。

我希望这套书能够为大家的英语学习提供切实的帮助，同学们能够在阅读之后提升英文水平、感受英文魅力。希望大家能喜欢这套书！

宋平明

# 目 录

## Part One 教育成长

- Unit 1 / 002 Excellence Is Not An Act,  
But A Habit  
卓越仅仅是一个习惯
- Unit 2 / 005 Rich Dad, Poor Dad  
富爸爸, 穷爸爸
- Unit 3 / 008 Healthy Diet Means Better School  
Performance  
孩子饮食健康 学习成绩优异
- Unit 4 / 011 Feed Your Mind  
别让你的脑子挨饿
- Unit 5 / 014 You're Not Special  
你并不特别
- Unit 6 / 019 Unhappier Marriages For  
Kids of Divorce?  
第二婚姻中的孩子都是  
不幸的吗?
- Unit 7 / 021 No One Can Be Perfect  
没有人可以完美无缺
- Unit 8 / 024 What Is The Equation For A  
Happy, Healthy Teen?  
青少年怎样才能更健康幸福
- Unit 9 / 027 The Language Of Music  
音乐的语言
- Unit 10 / 030 Learning: A Lifelong Career  
学习: 一生的事业

- Unit 11 / 033 Ten Golden Rules To Young  
People From Bill Gates  
比尔·盖茨致青年的  
黄金准则
- Unit 12 / 036 Knowledge And Virtue  
知识与美德
- Unit 13 / 039 Great Expense On Private  
Tutors By Asian Parents  
亚洲家长不惜掷重金请家教
- Unit 14 / 042 Moms Pass On Experience  
Without Even Trying  
母亲的经验可“自动”  
传给子女
- Unit 15 / 045 Children From Poor Families  
Are More Likely To Eat Junk  
Food  
来自贫困家庭的孩子更易  
倾向于吃垃圾食品
- Unit 16 / 047 If I Rest, I Rust  
如果我休息, 我就会生锈
- Unit 17 / 050 Top Parenting Info:  
Be Consistent  
最重要的教养之道: 坚定
- Unit 18 / 053 Three Days To See  
假如给我三天光明

## Part Two 财富金融

- Unit 1 / 058 No Global Recession But  
Risks Rise  
全球经济并未衰退 但风险  
增加
- Unit 2 / 061 The US Dollar Will Lose  
Dominance By 2025  
2025 年, 美元不再独霸?

- Unit 3 / 065 \$7.5 Million: The Threshold  
For "Rich"  
美国富翁: 身家至少 750 万美  
元才算富
- Unit 4 / 068 A Third Of British Can Never  
Pay Back  
1/3 英国人终生无法还清债务

- Unit 5 / 071 The Rich Grew Richer After The Global Recession  
金融危机后富人更富
- Unit 6 / 074 The "Herding Effect" Makes Bargain Hunters Sign Up To Groupon  
“羊群效应”促进团购成功
- Unit 7 / 078 The Problems Brought To Singapore By Foreign Wealthy  
富豪太多也让政府头疼
- Unit 8 / 081 All For One And One For All  
共同基金大不同
- Unit 9 / 084 Learn How To Manage Money  
学理财

- Unit 10 / 087 Eat The Rich?  
仇富?
- Unit 11 / 090 Friends' Relationship May Cost You In Business  
和朋友一起做生意会影响成功几率
- Unit 12 / 093 How To Come Up With A Good Brand Name  
如何给品牌取名
- Unit 13 / 097 Asian, New National Interest  
美国人看好亚洲
- Unit 14 / 100 BRICS Bid For More Say In IMF  
金砖国家谋求 IMF 更大话语权

## Part Three 异域风采

- Unit 1 / 0104 Loving France  
法兰西之恋
- Unit 2 / 107 Elysee Palace  
法国爱丽舍宫
- Unit 3 / 110 Converting Taxi Into A Hotel  
伦敦出租车变身特色旅馆
- Unit 4 / 113 British Pub Etiquette  
英国的酒吧礼仪
- Unit 5 / 116 Serving A Sunday Feast  
英国的周日大餐
- Unit 6 / 119 A White Horse-Hair Wig In Court  
英国法官白色马尾假发是做什么的
- Unit 7 / 122 Freshers Week In UK  
英国大学新生周
- Unit 8 / 125 Happy Fourth Of July!  
美国,生日快乐!
- Unit 9 / 128 American Superstitions  
美国迷信
- Unit 10 / 131 Customer Service  
美式顾客服务
- Unit 11 / 134 Raising Children In America  
育儿在美国
- Unit 12 / 138 Venetian Vacation  
威尼斯之旅
- Unit 13 / 141 Do As The Romans Did?  
以蛋始祖;罗马竞技场

- Unit 14 / 144 Bhutan: Hidden Lands Of Happiness  
不丹:幸福的秘境
- Unit 15 / 148 A Little Country With Pretty  
小国家,大美丽
- Unit 16 / 151 Neanderthals Were Sophisticated  
尼安德特人的智慧
- Unit 17 / 154 Chinese Etiquette  
中国礼仪
- Unit 18 / 156 How Neanderthals Fought Disease  
穴居人怎样抵抗疾病
- Unit 19 / 161 Don't Be An April Fool!  
愚人节,只在愚人节!
- Unit 20 / 163 What Is Christmas About?  
圣诞节的那些事?
- Unit 21 / 167 The Origin Of Christmas  
圣诞起源
- Unit 22 / 170 Father's Day  
父亲节的来历
- Unit 23 / 173 Greek Island Shows Signs Of Volcanic Unrest  
希腊岛屿显示火山活动迹象
- Unit 24 / 175 Gentle Butterfly Battle  
绅士的蝴蝶



## Part Four 涓涓真情

- Unit 1 / 180 Please Do Not Snuff Out  
The Candle  
别让蜡烛熄灭
- Unit 2 / 183 Juliette Drouet To Victor Hugo  
朱丽叶·德鲁埃致  
维克多·雨果
- Unit 3 / 185 The Nails And The Fence  
钉子和篱笆
- Unit 4 / 187 George Washington To His Wife  
华盛顿致妻子的信
- Unit 5 / 189 Shelley To Elizabeth Hitchhiker  
雪莱致伊丽莎白·西希勒
- Unit 6 / 193 Napoleon To Josephine  
拿破仑致约瑟芬
- Unit 7 / 196 Wise Enough To See the Little  
Surprise In Life  
聪明之美
- Unit 8 / 200 Children's Presents  
孩子的礼物
- Unit 9 / 202 Give But Do Not Expect In Love  
真爱, 零期待
- Unit 10 / 205 Bettine Brentano To Goethe  
贝婷·布伦塔诺致歌德
- Unit 11 / 208 A Box Full Of Kisses  
装满吻的匣子
- Unit 12 / 211 Wild Flowers  
野花: 不要等太久错过机会

- Unit 13 / 214 Back Home  
回家
- Unit 14 / 217 Roses For Rose  
来自天堂的玫瑰
- Unit 15 / 220 The Value Of Mother's Love  
母爱的价值
- Unit 16 / 222 The Color Of Love  
爱到最高点, 心中无国界
- Unit 17 / 225 World Of Smiles  
充满微笑的世界
- Unit 18 / 228 It's Just Where I Am  
让爱停留
- Unit 19 / 232 Love Is Everything  
有爱就有了一切
- Unit 20 / 235 Running In The Rain  
雨中奔跑
- Unit 21 / 239 One Girl Changed My Life  
一位女孩改变了我的生活
- Unit 22 / 243 A Woman's Tears  
柔弱的眼泪, 坚强的心
- Unit 23 / 246 Send The Peace Of Goodness  
To Others  
向他人传递和平的“波纹”
- Unit 24 / 249 You Can't Be Replaced  
今生只有你不可取代

## Part Five 灵智心语

- Unit 1 / 252 The Art Of Forgiveness  
宽恕的艺术
- Unit 2 / 255 I Want! I Do! I Get!  
我想! 我做! 我得到!
- Unit 3 / 258 On Motes And Beams  
微尘与栋梁
- Unit 4 / 261 Persistence Pays  
苦尽甘来

- Unit 5 / 264 Just For Today  
就为了今天
- Unit 6 / 267 If I Had My Life To Live Over...  
如果有来生
- Unit 7 / 269 The Road Of Life  
生活之路
- Unit 8 / 271 Get A Thorough Understanding  
Of Oneself  
要透彻自己 就是正确认识自己



Unit 9 /	274	People In Your Life	你生活中的人们
Unit 10 /	277	No Pain No Success	不经风雨怎么见彩虹
Unit 11 /	280	The Love Of Beauty	爱美
Unit 12 /	283	It Matters To This One	对这只来说有意义
Unit 13 /	286	Catch The Star That Will Take You To Your Dreams	追随你的梦想
Unit 14 /	288	Autumn—The Harvest Season	秋天——收获的季节
Unit 15 /	291	Youth	青春
Unit 16 /	294	You Have Only One Life	生命只有一次
Unit 17 /	297	Ambition	抱负
Unit 18 /	301	There Is One Day	有那么一天
Unit 19 /	304	Excuse	借口
Unit 20 /	307	If I Were A Boy Again	假如我又回到了童年
Unit 21 /	310	My Love	我的爱
Unit 22 /	313	What Will Matter?	何为重要?
Unit 23 /	316	Future Can Be Anything	将来一切皆有可能
Unit 24 /	319	Wisdom In Lose And Get	运用智慧 适时舍得
Unit 25 /	322	Random Thoughts On The Window	窗

Unit 26 /	325	Never Give Up	永不放弃
Unit 27 /	328	Enjoy Loneliness	享受孤独
Unit 28 /	332	Home On The Way	旅人的家
Unit 29 /	335	Air And Opportunity	机会如空气,请善待机会
Unit 30 /	337	Love Your Life	热爱生活
Unit 31 /	340	What I Have Lived For	我为何而生
Unit 32 /	343	Companionship Of Books	以书为伴
Unit 33 /	346	Have Faith, And Expect The Best	心怀信念,并追求完美
Unit 34 /	348	Try To Enjoy Every Moment Of Your Life	享受世间苦乐悲喜
Unit 35 /	351	It All Depends On What You're Listening for	你能听到什么取决于 你认为什么最重要
Unit 36 /	354	The Secret To Success	成功需要一点儿天赋
Unit 37 /	358	Who You Met In The Those Beautiful Moments	在人生最美的时候你 遇见了谁
Unit 38 /	361	Life's A Cafeteria	生活就像自助餐
Unit 39 /	363	Hope Is Right There Above Your Head	抬起头来,希望就在眼前
Unit 40 /	365	Gifts From The Heart	来自内心的礼物



# Unit 1

## Foreword

习惯是一种最不被人重视的存在,然而习惯却会把你引向成功或者失败。良好的习惯能使平庸者成为人才,不好的习惯却只能埋没人才。

## Excellence Is Not An Act, But A Habit

Our character, basically, is a **composite** of our habits. "Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny," the **maxim** goes.

Habits are powerful factors in our lives. Because they are **consistent**, often **unconscious** patterns, they constantly, daily, express our character and produce our **effectiveness** or ineffectiveness.

As Horace Mann, the great educator, once said, "Habits are like a **cable**. We weave a **strand** of it everyday and soon it cannot be broken." I personally do not agree with the last part of his expression. I know habits can be learned and unlearned. But I also know it isn't a quick fix. It involves a process and a **tremendous** commitment.

① Those of us who watched the **lunar** voyage of Apollo 11 were **transfixed** as we saw the first men walk on the moon and return to earth. But to get there, those **astronauts** literally had to **break out** of the tremendous **gravity** pull of the earth. More energy was spent in the first few minutes of lift off, in the first few miles of travel, than was used over the next several days to travel half a million miles.

Habits, too, have tremendous gravity pull more than most people realize or would admit. ② Breaking deeply **imbedded** habitual tendencies such as **procrastination**, impatience, criticalness, or **selfishness** that **violate** basic principles of human effectiveness involves more than a little **willpower** and a few minor changes in our lives. "Lift off" takes a tremendous effort, but once we break out of the gravity pull, our freedom takes on a whole new **dimension**.

Like any natural force, gravity pull can work with us or against us. The gravity pull of some of our habits may currently be **keeping us from going** where we want to go. But it is also gravity pull that keeps our world together, that keeps the planets in their **orbits** and our universe **in order**. It is a powerful force, and if we use it effectively, we can use the gravity pull of habit to create the **cohesiveness** and order necessary to **establish** effectiveness in our lives.

## 卓越仅仅是一个习惯

人的品德基本上是由习惯组成的。俗语说:思想决定行动,行动决定习惯,习惯决定品德,品德决定命运。

习惯对我们的生活有绝大的影响,因为它是一贯的。在不知不觉中,经年累月影响着我们的品德,暴露出我们的本性,左右着我们的成败。

美国著名教育家曼恩曾说:“习惯就仿佛是一条缆绳,我们每天为他缠上一股新索,不用多久就会变得牢不可破。”这句话的后半段我不敢苟同,我相信习惯可以养成,也可以打破,但绝不是一蹴而就,而是需要长期的努力和无比的毅力。

①宇航员搭乘阿波罗 11 号太空船,首次登陆月球的那一刹那,的确令我们所有人叹为观止。但宇航员得先摆脱地球强大的引力,才能飞往月球。由此在刚发射的几分钟,也就是整个任务一开始的几英里之内,是最艰难的时刻,所耗的力量往往超越往后的几十万英里。

习惯也是一样,它具有极大的引力,只是许多人不予注意或不肯承认了。

②想要革除因循苟且,缺乏耐心,吹毛求疵或自私自利等不良习性,若是缺乏意志力,不能大刀阔斧的改革,便难以实现目标。“起飞”需要极大的努力,然而一旦脱离重力的牵绊,我们便可享受前所未有的自由。

习惯的引力就如同自然界所有的力量一般,可以为我们所用,也可能危害我们,关键看我们如何运用。不过,习惯或许一时有碍于达到目标,但也有积极的一面。宇宙万物各循轨道运行,彼此保持一定的秩序,毕竟也都有赖于引力的作用。所以只要我们善于运用习惯的庞大引力,就能使生活有重心,有秩序,有效率。

### 重点难点词汇

**composite** [ˈkɒmpəzɪt] *adj.* 合成的, 复合的 *n.* 合成物

**sow** [sau] *vt.* 播种, 散布, 使密布 *vi.* 播种

**reap** [ri:p] *v.* 收割, 收获

**maxim** [ˈmæksɪm] *n.* 格言, 座右铭

**consistent** [kənˈsɪstənt] *adj.* 一致的

**conscious** [ˈkɒnʃəs] *adj.* 有意识的, 有知觉的

**effective** [ɪˈfektɪv] *adj.* 有效的

**cable** [ˈkeɪbl] *n.* 电缆, 海底电报, 缆, 索

**weave** [wi:v] *vt.* 编织, 组合

**strand** [strænd] *n.* 绳、线之一股 *vi.* 搁浅 *vt.* 使陷于困境, 搓

**tremendous** [triˈmendəs] *adj.* 极大的, 巨大的

**lunar** [ˈlu:nə] *adj.* 月的, 月亮的

**transfix** [trænsˈfiks] *vt.* 刺穿, 使呆住

**astronaut** [ˈæstrənɔ:t] *n.* 太空人, 宇航员

**gravity** [ˈgrævɪti] *n.* 地心引力, 重力

imbed [im'bed] *v.* 埋藏, 埋入

procrastination [prəʊkræsti'neɪʃən] *n.* 延迟, 拖延

selfish ['selfɪʃ] *adj.* 自私的

violate ['vaɪəleɪt] *vt.* 违犯, 亵渎(圣物), 干扰

willpower ['wɪlpəʊə(r)] *n.* 毅力, 意志力

dimension [di'menʃən] *n.* 尺寸, 尺度, 维(数)

orbit ['ɔ:bɪt] *n.* 轨道

cohesive [kəʊ'hɪzɪv] *adj.* 粘着的

establish [ɪs'tæblɪʃ] *vt.* 建立, 设立

## ☞ 重难点词组

break out 突发, 爆发

lift off (火箭, 导弹等)发射, (直升机等)起飞

keep from doing 阻止, 隐瞒, 抑制

in order 整齐, 状况良好, 适宜

## ☞ 长难句精析

1. Those of us who watched the lunar voyage of Apollo 11 were transfixed as we saw the first men walk on the moon and return to earth.

**结构精析:** 本句是复合句。主句 Those of us... were transfixed... 是个被动句, who watched the lunar voyage of Apollo 11 是个定语从句修饰 Those of us, as we saw... 是个 as 引导的时间状语从句。

**语法重点:** 定语从句, as 引导的时间状语从句。

2. Breaking deeply imbedded habitual tendencies such as procrastination, impatience, criticalness, or selfishness that violate basic principles of human effectiveness involves more than a little willpower and a few minor changes in our lives.

**结构精析:** 本句是复合句。主句是 Breaking deeply imbedded habitual tendencies... involves more than a little willpower and a few minor changes in our lives, 主语是动名词短语, 其中的 more than 表示“不仅仅”的意思, that violate basic principles... 是个 that 引导的定语从句, 修饰前面的 procrastination, impatience, criticalness, selfishness 这几个名词。

**语法重点:** 动名词短语做主语, 定语从句, more than 比较结构。

Misfortunes never come alone.

祸不单行。



# Unit 2

## Foreword

《富爸爸,穷爸爸》以简单的方法帮助家长给孩子灌输重视钱的价值观念,以及更好地了解挣钱的办法。

## Rich Dad, Poor Dad

① Most parents would probably be **extremely** grateful to be shown an easy way to **instill** into their children an appreciation of the value of money and a better understanding of how to make it. According to some critics, they can find the answer by reading a new bestselling book by financial wizard Robert T. Kiyosaki.

*Rich Dad, Poor Dad* has the title of a novel rather than a how-to **treatise**, and indeed, much of the book is written in story form. Its central theme is **summed up** by the subtitle *What the Rich Teach Their Kids about Money That the Poor and Middle Class Do Not?* The author also strongly **disparages** the tendency of most people to work for money rather than "letting money work for them".

Kiyosaki **illustrates** his point in the first part of the book by narrating a story based on his childhood experiences. ② The title **refers to** the author's own highly educated father, the "poor dad" who always had to work hard to **meet the family's needs**; and the "rich dad", a neighbor who had **dropped out** of high school but whose financial acumen **turned him into** a multimillionaire.

The book has generated its share of **negative** feedback. For one thing, some reviewers have **lashed out** against its anti education **slant**. ③ All agree, though, that Kiyosaki is sound on the need to **shake off** a fearful, **conservative** mindset in order to make it big financially.

## 富爸爸,穷爸爸

① 如果有个简单的方法能帮助家长给孩子灌输重视钱的价值观念,以及更好地了解挣钱的办法,相信多数家长都会十分感激的。根据评论家的观点,父母可以在一本由财经奇才罗伯特·T·清崎所著的畅销书中找到答案。

《富爸爸,穷爸爸》有点像小说的书名,而不像是一部入门的专著。的

确,书的大部分内容以故事的形式写成。书的副标题——富人教给孩子有关金钱的观念和穷人与中产阶级所教的相左,归纳了该书的主题。作者也强烈蔑视大多数人为钱工作而不是“让钱为人工作”的倾向。

清崎在书的第一部分根据自己童年的经历讲述故事来阐述他的观点。  
②书名中的“穷爸爸”是指他受过高等教育的父亲,他为了满足家庭的需求而努力工作;“富爸爸”则是指一位高中就辍学的邻居,但其敏锐的理财眼光却使他成为大富豪。

本书也得到一些负面的反馈。其中一些图书评论家抨击了该书的反教育倾向。③不过,大家都认为清崎的主张是合理的,要赚大钱就必须先摆脱恐惧、保守的心态。

## 📖 重难点词汇

**extremely** [iks'tri:mli] *adv.* 极端地,非常地

**instill** [in'stil] *vt.* 慢慢地灌输

**treatise** ['tri:tiz] *n.* 论文,论述

**disparage** [dis'pæridʒ] *vt.* 蔑视,贬损,使失去信誉

**illustrate** ['iləstreit] *vt.* 举例说明,图解,加插图于,阐明 *vi.* 举例

**negative** ['negətiv] *adj.* 否定的,消极的,负的,阴性的

**lash** [læʃ] *vt.* 鞭打,摆动,扎捆,冲击,煽动 *vi.* 猛击,急速甩动

**slant** [slɑ:nt] *v.* (使)倾斜,歪向 *n.* 倾斜

**conservative** [kən'sə:vətiv] *adj.* 保守的,守旧的 *n.* 保守派

## 📖 重难点词组

**sum up** 计算……的总数,概括,总结

**refer to** 查阅,提到,谈到,打听

**meet one's need** 满足某人的需要

**drop out** 不参与,离去,放弃

**turn into** 进入,(使)变成

**lash out** 猛击,急速甩动

**shake off** 抖落,摆脱

## 📖 长难句精析

1. Most parents would probably be extremely grateful to be shown an easy way to instill into their children an appreciation of the value of money and a better understanding of how to make it.

**结构精析:**本句是一个简单句。主语是 Most parents,谓语结构是 would probably be extremely grateful to, to be shown... it 可以看做是不定式短语作宾



语, to instill... it 是不定式短语作后置定语修饰 way, how to... it 是带疑问词的不定式短语作介词后的宾语。

**语法重点:**不定式短语做宾语, 定语。

2. The title refers to the author's own highly educated father, the "poor dad" who always had to work hard to meet the family's needs; and the "rich dad", a neighbor who had dropped out of high school but whose financial acumen turned him into a multimillionaire.

**结构精析:**本句是一个并列复杂句。主句是 the title refers to... "poor dad" and the "rich dad"。两个 who 引导的定语从句分别修饰 poor dad 和 a neighbor, whose 引导定语从句修饰 a neighbor, 其中 but 是表示两个定语从句中的轻微转折, to meet... needs 是不定式短语作目的状语。

**语法重点:**并列句, 定语从句, 不定式短语作状语。

3. All agree, though, that Kiyosaki is sound on the need to shake off a fearful, conservative mindset in order to make it big financially.

**结构精析:**本句是个复合句。though 作为插入语, 表示转折。主句是 "All agree, ... , that... , that" 引导宾语从句, to shake off... mindset 不定式短语作后置定语修饰 need, in order to... 是不定式短语作目的状语。

**语法重点:**不定式短语作定语, 状语。

Good company on the road is the shortest cut.

行路有良伴就是捷径。

# Unit 3

## Foreword

学习成绩是否优异跟吃什么有关系吗？加拿大一项研究证实：饮食习惯好的孩子学习成绩也比较好。

### Healthy Diet Means Better School Performance

Kids who eat better perform better in school, a new study of Nova Scotia fifth-graders confirms.

Students who ate an adequate amount of fruit, vegetables, protein, fiber and other components of a healthy diet were significantly less likely to fail a literacy test, Dr. Paul J. Veugelers of the University of Alberta in Edmonton and colleagues found.

① While a healthy diet is generally assumed to be important for good school performance, there has actually been little research on this topic, Veugelers and his colleagues note. To investigate, they looked at 4 589 fifth-graders participating in the Children's Lifestyle and School-performance Study, 875 (19.1 percent) of whom had failed an elementary literacy assessment.

② The better a student's eating habits based on several measures of diet quality, including adequacy and variety, the less likely he or she was to have failed the test, the researchers found, even after they adjusted the data for the effects of parental income and education, school, and sex. Eating plenty of fruit and vegetables, and getting fewer calories from fat, was also associated with a lower risk of failing the test.

To date, Veugelers and his team say, most research on diet and school performance has focused on the importance of eating breakfast, as well as the ill effects of hunger and malnutrition.

"This study extends current knowledge in this area by demonstrating the independent importance of overall diet quality to academic performance," the researchers conclude.