

供全日制普通高级中学使用

高中英语阅读

(第二版)

供高中一年级第二学期使用

学生用书 第一册(下)

Steven Maginn Nicholas Sampson

Senior English Reader
Student's Book 1B


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外教社

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前言

改革开放以来,我国的中学英语教学水平不断提高,具体表现在广大中学英语教师的教学水平和广大中学生英语听、说、读、写能力的不断提高上。然而,按照现行中学英语教学大纲的要求编写的主干英语教材给学生提供的阅读、词汇及练习量已远远无法满足中学英语教学和广大学生学习英语的需要,而能系统、全面地帮助广大学生扩大词汇量、提高阅读能力的优质出版物则更是凤毛麟角。故而编写一套既符合和体现大纲的教学要求又能在现行教材的基础上提高一步的中学英语教材,特别是英语阅读教材,便成了广大中学英语教师和出版者的当务之急。基于这种需要,经过精心策划和设计,我社与麦克米伦出版(中国)有限公司密切合作,联手推出了展现在大家面前的这套《高中英语阅读》教材。

本教材主要有以下特点:

- 1、严格按照现行中学英语教学大纲的要求编写,并在此基础上适当提高难度,增加词汇量;
- 2、密切配合现行高中英语教材,选收的阅读文章的主题与教材主题相近或相关,可以当作课本的扩充和提高;
- 3、每课提供两篇阅读文章,文章难度和词汇要求与现行教材相当并略有提高和增加。每篇阅读文章后配以形式多样、设计合理的阅读理解练习和词汇练习,帮助学生巩固语言知识、加强对词汇的掌握;
- 4、每一册还附有十篇与前面部分单元主题相关的补充阅读文章和练习,最后还配有英汉双解的全书总词汇表;
- 5、整套教材由英国、美国和澳大利亚等地的资深教师和作者参与编写,语言纯正地道,内容新鲜活泼,选材科学合理;
- 6、教材各册配有教师用书,收录各册全部内容并提供所有练习的参考答案,使教与学更为方便有效。

本套《高中英语阅读》第一版推出后受到广大师生的热烈欢迎。随着教材的修订,现隆重推出《高中英语阅读(第二版)》。《高中英语阅读(第二版)》全套教材由五册学生用书、两册高考阅读模拟测试组成,学生用书供各校高中阶段配合现行主教材使用或补充教学量选用,高考英语阅读模拟测试供学生备考使用。本册为《高中英语阅读(第二版)》第一册(下)学生用书,供高中一年级第二学期使用。配套教师用书可供教师参考使用或学生自学用。本教材也可供广大青少年业余学习英语用。

上海外语教育出版社

2004年7月

Contents

Unit 13	Health	1
Unit 14	Festivals	9
Unit 15	Jewels	17
Unit 16	Science	25
Unit 17	Famous Women	34
Unit 18	Canada	44
Unit 19	The Science of Farming	52
Unit 20	Humour	60
Unit 21	Body Language	69
Unit 22	A World of Fun	77
Additional Passage A	Keeping Fit	85
Additional Passage B	Guy Fawkes Night	89
Additional Passage C	Stealing the Crown Jewels	93
Additional Passage D	Professor Stephen Hawking	97
Additional Passage E	Tanni Grey-Thompson	101
Additional Passage F	Staying in Toronto	106
Additional Passage G	Farming the Organic Way	111
Additional Passage H	What Makes Us Laugh?	116
Additional Passage I	Animal Communication	120
Additional Passage J	The World's Favourite Board Game	124
Glossary		128

UNIT 13 Health

PASSAGE 1

Why Water Is So Important



A healthy diet is made up of water and a great many different kinds of foods. We know that healthy foods like fruit, vegetables and fish, are important as they provide us with energy and fibre, without giving us too much fat and sugar. But why is water important?

The human body needs water to survive. Water is important as it carries poisons and waste out of our bodies. However, doctors advise us to drink plenty of water, much more than the small amount we need to stay alive.

Some doctors believe that water is important for our health in all kinds of ways. They believe that a

great many illnesses and health problems start as a result of dehydration — a lack of water in the body. Most people are dehydrated at least some of the time, although they probably don't know it. It is surprising to learn that if we feel thirsty, we are already in the first stages of dehydration. In fact, we are advised to drink water before we feel thirsty.

These doctors think that health problems such as headaches, high blood pressure and asthma could be helped if people drank more water. They also believe that drinking more water can help people who are overweight. Water contains no calories so it will not make us put on weight. If we drink water, we will probably drink less sugary soft drinks such as Coca-Cola. Doctors also believe that drinking more water may stop people from overeating. They say that many people think that they are hungry when they are, in fact, thirsty. Doctors suggest, therefore, that we eat less food and drink more water.

There are still many health problems that cannot be solved by drinking water, so we should not stop going to see the doctor completely. However, if we make a decision to drink water every day, we may find that we need to go to the doctor a lot less often.

COMPREHENSION

A Complete the sentences. Circle the letters. Follow the example.

- | | |
|---|---|
| <p>1 For a healthy diet we need ...
a) water.
b) food.
c) water and different foods.
d) fibre.</p> <p>2 Importantly, water carries ...
a) energy and fibre around our bodies.
b) poisons and waste out of our bodies.
c) sugar and fat out of our bodies.
d) fruit, vegetables and fish around our bodies.</p> <p>3 If we feel thirsty, we ...
a) should eat something healthy.
b) should drink some Coca-Cola.
c) are beginning to get dehydrated.
d) have asthma.</p> | <p>4 Some doctors think that ...
a) people eat too much sugar.
b) water is not important for our health.
c) we should go to the doctor less often.
d) some health problems are caused by a lack of water.</p> <p>5 Lack of water causes people to put on weight because ...
a) they think they are hungry and eat.
b) they think they are thirsty and eat less.
c) water has no calories.
d) it makes them hungry.</p> <p>6 If we drink water every day, we may ...
a) never go to the doctor.
b) eat healthy food.
c) go to the doctor more often.
d) go to the doctor less often.</p> |
|---|---|

B Give short answers to the questions. Follow the example.

- 1 List **three** kinds of healthy food.
fruit, fish, vegetables

- 2 List **two** good things provided by healthy food.

- 3 List **two** things provided by unhealthy food.

- 4 List **three** health problems caused by a lack of water.

- 5** List **three** ways water can help people to lose weight.

C *Are the statements true or false? Tick (✓) the boxes. Correct the false statements. Follow the example.*

	True	False
1 Vegetables and fish provide us with fat and sugar.	[]	[✓]
2 Our bodies need water to survive.	[]	[]
3 Doctors think that some people drink too much water.	[]	[]
4 Most people are never dehydrated.	[]	[]
5 Coca-Cola contains no calories.	[]	[]
6 Some people eat instead of drinking water.	[]	[]

1 *Vegetables and fish provide us with energy and fibre.*

VOCABULARY

A *Here are some words from the passage. Choose the best meaning for each one. Circle the letters. Follow the example.*

- 1** survive (*line 10*)
a) be healthy
(b) stay alive
c) stay awake

- 2** poisons (*line 11*)
a) foods
b) illnesses
c) things that cause death or illness

- | | |
|--|--|
| <p>3 dehydration (<i>line 20</i>)</p> <p>a) too little water in the body</p> <p>b) too much water in the body</p> <p>c) too much food in the body</p> | <p>5 asthma (<i>line 30</i>)</p> <p>a) feeling unhealthy</p> <p>b) feeling thirsty</p> <p>c) illness which makes you breathless</p> |
| <p>4 stages (<i>line 25</i>)</p> <p>a) effects of something</p> <p>b) parts of a process</p> <p>c) kinds of illness</p> | <p>6 overeating (<i>line 38</i>)</p> <p>a) eating too much food</p> <p>b) eating too little food</p> <p>c) eating a little food too quickly</p> |

B Complete the sentences with words from exercise A. Follow the example.

- 1 My father uses poisons to kill insects and rats.
- 2 Remembering simple vocabulary is one of the early _____ of learning a new language.
- 3 He was lucky to _____ when he fell into the river.
- 4 Peter had three hamburgers for lunch — he really is _____.
- 5 In hot countries, you must drink a lot of water to avoid _____.
- 6 Doctors are looking for a cure for _____.

C Decide what form the words on the left are. Then find their antonyms in the passage. Use the line numbers to help you. Follow the example.

Word	Form	Antonym
1 similar (<i>lines 1–5</i>)	<u>adjective</u>	<u>different</u>
2 remove (<i>lines 1–5</i>)	_____	_____
3 likely (<i>lines 21–25</i>)	_____	_____
4 start (<i>lines 41–45</i>)	_____	_____
5 partly (<i>lines 46–49</i>)	_____	_____
6 rarely (<i>lines 46–49</i>)	_____	_____

PASSAGE 2

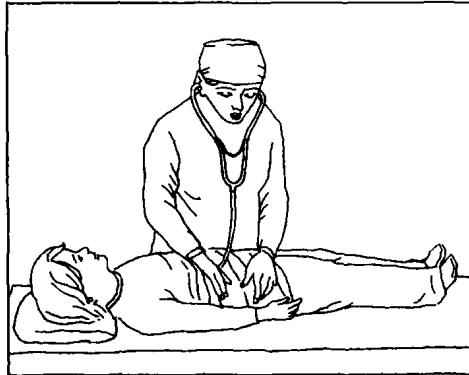
A Mysterious Illness

As Paul walked into the doctor's office he looked worried and tired. Dr Yang looked up at him and smiled.

"I'm sorry, Paul, but you have a very serious illness and there is no medicine that can help you," said Dr Yang sadly. 30

"What can I do for you, Paul?" she asked. 5

"Well, I don't feel well," Paul said quietly. "There's something wrong with my stomach, 10 and my back hurts."



Paul looked very worried, "But ... I don't think ... Are you sure? What is this illness?" 35

"Anything else?" asked the doctor.

"Oh, well my eyes hurt and I've got a pain in my right hand. It hurts so much that I can't even hold a pen," said Paul. 15 Then he sighed loudly.

"You do sound very ill," said Dr Yang. "Lie down, Let me examine you."

Dr Yang touched Paul gently on his stomach and his back and looked into his eyes for a long time. 20

"Ouch!" cried Paul every time the doctor touched him.

"Hmm," said Dr Yang. "This is a serious illness. I am sorry to tell you this, Paul, 25 but you are very sick."

Paul looked up at the doctor in surprise. "Oh ... I ... er ... what do you mean?" he said.

"It is a very unusual illness," the doctor explained. "It is caused by one thing — having a Maths test tomorrow." 40

Paul's eyes opened wide and then he looked down. His face was red.

"I advise you to go home and start studying," the doctor said with a smile on her face. "Why don't you ask your older brother to help you?" 45

Paul stood up slowly and walked to the door. "But...how did you know?" he asked, his face still red. 50

"My daughter Amy is in your class in school," Dr Yang explained. "She told me this morning that she was feeling ill. She said that she might have to miss school for one or two days. I was very worried until I remembered about the Maths test tomorrow. I think she has the same illness as you!" 55

COMPREHENSION

A Complete the sentences. Circle the letters. Follow the example.

- | | |
|--|--|
| 1 When Dr Yang saw Paul she looked ...
a) excited.
b) sad.
c) friendly.
d) shocked. | 4 Paul's face was red because he was ...
a) embarrassed.
b) hot.
c) ill.
d) in pain. |
| 2 Paul said that he had a pain in his ...
a) head.
b) back.
c) left hand.
d) feet. | 5 Dr Yang advised Paul to ...
a) eat more healthy food.
b) start studying.
c) take some medicine.
d) take the day off school. |
| 3 When Dr Yang told Paul that he was very ill, Paul was ...
a) pleased.
b) disappointed.
c) sad.
d) surprised. | 6 Dr Yang's daughter had said that ...
a) she wanted to have a holiday too.
b) her class was having a test too.
c) Paul was feeling ill too.
d) she was feeling ill too. |

B Answer the questions. Follow the example.

- 1 When he walked into the doctor's office, did Paul look happy?
No, he didn't.

- 2 According to Paul, did his eyes hurt?

- 3 Could Paul hold a pen?

- 4 Did Dr Yang touch Paul's feet?

- 5 Was Paul hoping to miss the Maths test?

- 6 Was Dr Yang angry with Paul?

C Rewrite the sentences so that the information is correct. Follow the example.

1 Paul said he was feeling very well.

Paul said he wasn't feeling very well.

2 Dr Yang told Paul to lie down and let him examine her.

3 Paul screamed 'help!' every time the doctor touched him.

4 Dr Yang told Paul that there was one kind of medicine that could help him.

5 Paul and Amy are in different classes at school.

6 Paul and Amy were very happy about the Maths test.

VOCABULARY

A Here are some words from the passage. Match the words in Column A with their synonyms in Column B. Follow the example.

Column A

Column B

1 ill (*line 17*)

[f]

a) inspect

2 examine (*line 18*)

[]

b) exam

3 illness (*line 25*)

[]

c) drug

4 surprise (*line 27*)

[]

d) disease

5 medicine (*line 30*)

[]

e) shock

6 test (*line 41*)

[]

f) sick

B Find words in the passage which have the same meanings. Use the line numbers to help you. Follow the example.

1 sleepy; exhausted (*lines 1–5*)

tired

2 breathed out sadly (*lines 16–20*)

3 carefully; softly (*lines 16–20*)

4 recommend (*lines 41–45*)

5 look of pleasure (*lines 41–45*)

6 not attend (*lines 51–55*)

C Here are some verbs from the passage. Complete the sentences with the correct form of the verbs from the box. Follow the example.

lie down

examine

solve

study

miss

suggest

touch

sigh

- 1** If you want to write and speak English well, you must study every night.
- 2** Don't _____ that glass dish --- you might break it!
- 3** The police officer _____ the stolen car for signs of damage.
- 4** When Sally found out she had failed the test, she _____ in disappointment.
- 5** If you feel tired, why don't you go to your bedroom and _____ for a while?
- 6** Dave was very ill last week. He was so ill, in fact, that he _____ a whole week of school.
- 7** I can't _____ this Maths problem. It's too difficult.
- 8** I _____ you do your homework if you want to pass the exam.

UNIT 14 Festivals

PASSAGE 1

Thanksgiving

Pilgrim = one of the people who left England and went to live in what is now the USA in the seventeenth century



Thanksgiving is the most popular and most celebrated of all festivals in America. But what is the history of the Thanksgiving festival?

The Pilgrims who sailed to America in the early seventeenth century, and who celebrated the first ever Thanksgiving there, were trying to escape from being treated badly in their own country of England. They were Puritans who believed in a strict form of Christianity and were not allowed freedom to practise their faith.

In September 1620, 102 of these men, women and children boarded a ship called the Mayflower and departed from England for the New World.

The journey took 65 days and the Mayflower arrived at Plymouth Rock on December 11th. The first winter in America was very harsh. It was extremely cold and the snow was heavier than usual, making it difficult for the Pilgrims to build shelters. By the time Spring came in March 1621, 46 of the original settlers had died.

In the same month the Pilgrims were visited by a native American Indian called Squanto. He surprised the Pilgrims by speaking to them in English. Soon he had told the story of how he had been taken as a boy to Spain and England and that is where he had learned the language.

Squanto was of great help to the Pilgrims. He taught them which plants gave food as well as which gave medicine; he taught them how to plant local crops. The harvest of 1621 was highly successful. The Pilgrims had plenty of food to last them through the winter.

So the Pilgrim Governor, William Bradford, decided to have a party to celebrate the harvest. The Pilgrims, Squanto and 90 other Indians enjoyed a three-day

Thanksgiving festival. They played games, sang songs and danced together.

The following year the harvest was not so good and in their third year the summer sun was so hot that it seemed as though the crops would all die. Governor Bradford demanded the Pilgrims pray for rain. The very next day the rains came and so Bradford ordered another day of Thanksgiving and once again gave an invitation to the local Indians to join them. This day, November 29th, 1623, is seen as the true start of the annual Thanksgiving Day. 30

The holiday is now celebrated across America on the fourth Thursday in November.

COMPREHENSION

A Match the headings with the correct paragraphs. Follow the example.

- | | | |
|-------------|-------|---|
| Paragraph 1 | [e] | a) Board the Mayflower for the New World |
| Paragraph 2 | [] | b) Squanto appears |
| Paragraph 3 | [] | c) Annual holiday now celebrated across the USA |
| Paragraph 4 | [] | d) Thanksgiving party to celebrate harvest |
| Paragraph 5 | [] | e) What is the story behind the Thanksgiving festival? |
| Paragraph 6 | [] | f) Praying for rain and success again |
| Paragraph 7 | [] | g) Pilgrims escape from England looking for freedom |
| Paragraph 8 | [] | h) Good harvest in 1621 |
| Paragraph 9 | [] | i) First winter very harsh |

B What do the numbers in the text refer to? Follow the example.

1 102 The number of people who sailed on the Mayflower.

2 65 _____

3 46 _____

4 90

5 29/11/1623

C Give full answers to these questions. Follow the example.

- 1 Why did some of the Puritans want to leave England?

They were not allowed to practise their religion in England and wanted the freedom to do so in the New World.

- 2 Why was the winter of 1620 so harsh?

- 3 How was Squanto able to speak English?

- 4 Why was Squanto such a help to the Pilgrims?

- 5 For what reason did Governor Bradford order a party in 1621?

- 6 What was the reason for the second Thanksgiving celebration in 1623?

VOCABULARY

A Here are some words from the passage. Complete the sentences with words from the box. Follow the example.

escape from

freedom to

boarded

last them

pray for

- 1 John was the last person who boarded the plane before it took off.

- 2 After the war started many people came to the square to _____ peace.

- 3 Peter's family had to _____ Bosnia during the civil war there.

- 4 For some poor American families ten dollars must _____ for a week.
- 5 The school gave students the _____ wear whatever clothes they liked.

B Here are some words from the passage. Choose the best meaning for each word. Follow the example.

- 1 strict (*line 7*)
 a) (of a rule) demanding total obedience
 b) unusual and not popular type of religion
- 2 harsh (*line 12*)
 a) unpleasant and difficult
 b) welcoming and peaceful
- 3 extremely (*line 12*)
 a) more than expected
 b) a great deal
- 4 original (*line 14*)
 a) the first of something
 b) unhealthy
- 5 medicine (*line 21*)
 a) something that is dangerous for you
 b) something you can take to treat an illness

C Here are some words from the passage. Match the words in Column A with their meanings in Column B. Follow the example.

- | Column A | | Column B |
|----------------------------------|-------|--|
| 1 Christianity (<i>line 7</i>) | [c] | a) people who move to a place where no other people live |
| 2 shelters (<i>line 14</i>) | [] | b) happening once a year |
| 3 settlers (<i>line 15</i>) | [] | c) the religion based on the ideas of Jesus Christ |
| 4 native (<i>line 16</i>) | [] | d) places people build to protect themselves from bad weather |
| 5 annual (<i>line 32</i>) | [] | e) someone who was born in a place before other people arrived there |