



审读 中央教育科学研究所外语教育研究中心

Magical

红魔[®]英语

新思路 新理念

三维英语阅读 (黑白版)

高一年级(下) MAGICAL ENGLISH

Senior High School

主 编 龚亚夫

阅读技能 词汇运用 书面表达



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SANWEI YINGYU YUEDU

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主编 龚亚夫 编者 津津



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· 北京 ·

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前言

英语是一种全球性的语言。在21世纪的今天，英语的通用性使之成为一种必要的交流工具。这种通用性不仅体现在语言交际中，还体现在计算机、科技、商务以及日常生活的方方面面。在信息时代，英语教育不仅可以培养学生的跨文化交际能力，而且对促进学生的全面发展也具有极其重要的作用。英语能够使学生更直接地获取和处理信息、扩展视野、锻炼思维方式、提高文化素养、培养交流与合作的能力以及终身学习的能力。

我国过去的英语教育主要以传授英语语言规则 and 知识为教学重点。自20世纪80年代以来，英语教学的重点开始逐渐转为以培养学生的语言能力为主。从20世纪90年代开始，英语在教学内容上增加了文化知识。如今，新课程改革又增加了情感态度和学习策略等内容。英语教学重点的转移和教学内容的不断扩充，标志着我国英语教育的不断发展和进步，这既为我们今天的英语教育提供了良好的前提条件和广阔的选择空间，也向我们提出了新的任务和挑战。

2001年，《国务院关于基础教育改革与发展的决定》和教育部《基础教育课程改革纲要（试行）》开始实施。从此，中考、高考和大学课程对学生英语综合能力的要求均大幅度提高。在此背景下，过去那种“费时低效”、“高分低能”的英语教材和教学模式对于短期的应考目标都已是捉襟见肘，更无法满足学生对于英语学习和运用的长远需要。

如今，强调语言交流功能的任务型教学已经成为国际英语教学的主流。在世界各国的英语教学中，把英语作为一个完整的表达工具，放弃过去那种将听、说、读、写能力强行拆分而采用功能型的模块教学已经逐渐成为共识。仅就阅读来说，过去经常出现的短篇故事、小笑话，如“小明一家”、“玛丽有只小绵羊”这种万年不变的阅读题材和单选题考查方式已经被彻底打破，取而代之的是具有时效性、功能性、要求一定文化背景和社会生活常识的应用型阅读材料，配以要求学生主动思考和客观分析的各类新题型。有鉴于此，我们汲取同类教材和教辅的经验与教训，针对各个学段不同要求，精心策划了这套《三维英语阅读》丛书。

所谓三维，即阅读技能、词汇运用和书面表达。我们以阅读技能为基础，通过合理的设题，强调阅读技能的综合运用，并按照英美等英语国家公认的阅读技能点进行整理，总结出22项必备的阅读技能。本丛书编者根据我国学生的学习特点和现有的课程标准，将这些技能在各种题型中重复出现，力求使读者灵活掌握、恰当运用，真正地学英语，学好英语。此外，每个单元的习题和讲解，兼顾了功能性的阅读技能点和历年中考、高考真题中的精华和疑难题目，学生既可以通过系统地学习本丛书获得实用阅读技能，也可以通过其中的习题进行有针对性的应考复习。

在本丛书完稿前不久，一位美国高中英语教师获得了2010美国年度教师奖。她在获奖感言中转述了她学生的一句话：“我需要的是一位21世纪的老师，而不仅仅是一位在21世纪讲课的成年人。”今天，我们首次将本丛书呈现给广大学生、教师和各位读者，同样期望它能够成为您21世纪的英语学习伴侣，而不仅仅是一本出版于21世纪的英语教辅书。



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UNIT 1 Healthcare

... 第一单元 保健

PART I: READING SKILL BUILDER

第一部分：阅读能力阶梯训练

训练重点

- 阅读技能：对短文内容进行总结概括。(Summarizing)
- 阅读技能：根据短文内容或说明进行计算。(Making calculations)
- 阅读技能：从短文讲解或事例中寻找原因。(Examine reasons)
- 词汇运用：熟练掌握例文中的关键词汇和表达方式。(Expressions)

1.1 Reading Task 阅读任务

After reading the following passage, you should know:

1. Why do lots of women skip breakfast? Give at least 3 possible reasons or excuses.

2. How does breakfast help people lose weight?

I know what you're thinking: pizza? For breakfast? But the truth is that you can have last night's leftovers in the a.m. if you want to.

I know lots of women who skip breakfast, and they have a ton of different excuses for doing it. Some say they don't have time, others think they're "saving" calories (卡路里), still others just don't like breakfast food.

But the bottom line is that eating in the morning is very important when you're trying to lose weight. "Eating just about anything from 300 to 400 calories would be better than nothing at all," says Katherine Brooking, R.D., who developed the super-easy eating plan for this year's "SELF CHALLENGE". And even pizza can be healthy if it's loaded with vegetables, and you stick to one small piece.

Breakfast is one meal I never miss, and the same goes for most weight loss success stories. Research shows that eating breakfast keeps you from overeating later in the day. Researchers at the University of Southern California found that breakfast skippers have a bigger chance of gaining weight than those who regularly have a morning meal.

So eat something in the morning, anything. I know plenty of friends who end up having no breakfast altogether, and have just coffee or orange juice. I say, try heating up last night's leftovers — it may sound crazy, but if it works for you, do it! I find if I tell myself, "You can always eat it tomorrow," I put away the leftovers instead of eating more that night. Try it ... you may save yourself some pre-bedtime calories. And watch your body gain the fat-burning effects.

(文章选自 2009 年高考全国试题二)

1.2 Task Guide 任务指南

1. Why do lots of women skip breakfast? Give at least 3 possible reasons or excuses.

Answer: 1) They don't have time.

2) They want to lose weight.

3) They don't like breakfast food.

关键句链接

"Some say they don't have time, others think they're 'saving' calories (卡路里), still others just don't like breakfast food."

2. How does breakfast help people lose weight?

Answer: Breakfast keeps people from overeating later in the day.

关键句链接

“ Research shows that eating breakfast keeps you from overeating later in the day. ”

1.3 Key Words and Expressions 关键词汇和表达方式

calorie

- *Some say they don't have time, others think they're "saving" **calories**, still others just don't like breakfast food.*
- *Eating just about anything from 300 to 400 **calories** would be better than nothing at all.*

n. 卡路里

NUTRITION		
TYPICAL VALUES	PER 100 g SERVING (1/10 OF THE PACK)	
Energy Value (Calories)	1480 kJ 350 kcal	
Protein	9 g	MEDIUM
Carbohydrate	76 g	HIGH
(of which Sugars)	0.4 g	LOW
Fat	1 g	LOW
(of which Saturates)	0.3 g	LOW
Fibre	1 g	LOW
Sodium	Trace g	LOW
GUIDELINE DAILY AMOUNTS		
Each 100g serving provides 350 Calories, 1 gram of Fat and no Salt.		
Use the following table as a daily guideline:		
Each Day	Women	Men
Calories	2000	2500
Fat	70g	95g
Salt	5g	7g
If you eat fewer or more Calories, adjust the Fat and Salt accordingly.		

Definitions of a calorie fall into two classes:

* The small calorie or gram calorie (symbol: Cal.) approximates the energy needed to increase the temperature of 1 gram of water by 1°C. This is about 4.2 joules.

* The large calorie, kilogram calorie or food calorie (symbol: Cal.) approximates the energy needed to increase the temperature of 1 kilogram of water by 1°C. This is exactly 1000 small calories or about 4.2 kilojoules.

卡路里 (简称卡, 缩写为 Cal.), 由英文 calorie 音译而来, 其定义为将 1 克水在 1 大气压下提

升 1 摄氏度所需要的热量。由于后来科学家发现水在不同温度下的比热容不同，所以衍生了以下不同的定义。

营养学用的“15 度卡路里”：将 1 克水在 1 大气压下由 14.5 摄氏度提升到 15.5 摄氏度所需的热量，约等于 4.1855 焦耳。

相对于我们日常摄取的热量，“卡路里”这一单位的量度太小，现在营养学普遍采用“千卡”（又称“大卡”，英语缩写为 Cal. 或 kcal.）为单位。1 千卡等于 1000 卡路里，约 4186 焦耳。在非正式场合以及非正式书面记录中，往往将“千卡”、“大卡”省略为“卡”，读者应根据常识予以识别。

脂肪的热量约 9 千卡 / 克；糖类和蛋白质的热量都只有 4 千卡 / 克。

另外，在口语中，calorie 也指食物（含有不讲究口味、营养，只要填肚子的意思）。



Practice:

根据以下公式表，换算出自己和自己的父母、祖父母每天需要的热量，并用完整的英语句子写出结果（句子中应包含年龄、体重和每天所需要的热量）。

基本热量计算法(精确法)			
	年龄	国际单位	英制
男性	11~17 岁	体重(千克) × 105 = 基本热量(千焦耳)	体重(磅) × 11 = 基本热量(千卡)
	18~30 岁	体重(千克) × 63 + 2850 = 基本热量(千焦耳)	体重(磅) × 7 + 680 = 基本热量(千卡)
	31~60 岁	体重(千克) × 48 + 3500 = 基本热量(千焦耳)	体重(磅) × 5 + 830 = 基本热量(千卡)
	60 岁以上	体重(千克) × 56 + 2050 = 基本热量(千焦耳)	体重(磅) × 6 + 490 = 基本热量(千卡)
女性	11~17 岁	体重(千克) × 84 = 基本热量(千焦耳)	体重(磅) × 9 = 基本热量(千卡)
	18~30 岁	体重(千克) × 61 + 1880 = 基本热量(千焦耳)	体重(磅) × 6.5 + 450 = 基本热量(千卡)
	31~60 岁	体重(千克) × 36 + 3500 = 基本热量(千焦耳)	体重(磅) × 4 + 830 = 基本热量(千卡)
	60 岁以上	体重(千克) × 44 + 2050 = 基本热量(千焦耳)	体重(磅) × 5 + 600 = 基本热量(千卡)

PART II: READING COMPREHENSION

第二部分：阅读理解实战练习

2.1

阅读短文，根据提示完成文后各题。

I know what you're thinking: pizza? For breakfast? But the truth is that you can have last night's leftovers in the a.m. if you want to.

I know lots of women who skip breakfast, and they have a ton of different excuses for doing it. Some say they don't have time, others think they're "saving" calories (卡路里), still others just don't like breakfast food.

But the bottom line is that eating in the morning is very important when you're trying to lose weight. "Eating just about anything from 300 to 400 calories would be better than nothing at all," says Katherine Brooking, R.D., who developed the super-easy eating plan for this year's "SELF CHALLENGE". And even pizza can be healthy if it's loaded with vegetables, and you stick to one small piece.

Breakfast is one meal I never miss, and the same goes for most weight loss success stories. Research shows that eating breakfast keeps you from overeating later in the day. Researchers at the University of Southern California found that breakfast skippers have a bigger chance of gaining weight than those who regularly have a morning meal.

So eat something in the morning, anything. I know plenty of friends who end up having no breakfast altogether, and have just coffee or orange juice. I say, try heating up last night's leftovers — it may sound crazy, but if it works for you, do it! I find if I tell myself, "You can always eat it tomorrow," I put away the leftovers instead of eating more that night. Try it ... you may save yourself some pre-bedtime calories. And watch your body gain the fat-burning effects.

(文章选自 2009 年高考全国试题二)

第 1~4 题：根据短文内容，从各题所给的选项中选择最佳选项。

1. The word "leftovers" in Paragraph 1 probably means _____.

- A. food remaining after a meal
- B. things left undone
- C. meals made of vegetables
- D. pizza topped with fruit

2. What can we infer from the text?

- A. Working women usually have breakfast in a hurry.
- B. Many people have wrong ideas about breakfast.

- C. There are some easy ways of cooking a meal.
D. Eating vegetables helps save energy.
3. According to the last paragraph, it is important to _____.
A. eat something for breakfast
B. be careful about what you eat
C. heat up food before eating it
D. eat calorie-controlled food
4. The text is written mainly for those _____.
A. who go to work early
B. who want to lose weight
C. who stay up late
D. who eat before sleep

2.2

阅读短文，根据提示完成文后各题。

“Old wives, tales” are beliefs passed down from one generation to another. For example, most of us remember our parents’ telling us to eat more of certain foods or not to do certain things. Is there any truth in these teachings? Some of them agree with present medical thinking, but others have not passed the test of time.

Did your mother ever tell you to eat your carrots because they are good for your eyes? Scientists now report that eating carrots can help prevent a serious eye disease called macular degeneration. Eating just one carrot a day can reduce the possibility of getting this disease by 40%. Garlic (蒜) is good for you, too. It can kill the type of virus that causes colds.

Unfortunately, not all of Mom’s advice passed the test of medical studies. For example, generations of children have been told not to go swimming within an hour after eating. But research suggests that there is no danger in doing so. Do sweets cause tooth problems? Well, yes and no. Sticky sweets made with grains tend to cause more problems than sweets made with simple sugars.

Even though science can tell us that some of our traditional beliefs don’t hold water, there is still a lot of truth in the old wives’ tales. After all, much of this knowledge has been accumulated (积累) from thousands of years of experience in family health care. We should respect this body of knowledge even as we search for clear scientific support to prove it true or false.

(文章选自 2009 年高考陕西试题)

第 1~4 题：根据短文内容，从各题所给的选项中选择最佳选项。

1. Which of the following is TRUE according to the text?
 - A. Eating garlic is good for our eyes.
 - B. Sticky sweets are damaging to our teeth.
 - C. Swimming after a meal is dangerous.
 - D. Carrots prevent people from catching colds.
2. The author develops the third paragraph mainly _____.
 - A. by cause and effect
 - B. by order in space
 - C. by order in time
 - D. by examples
3. The phrase “hold water” in the last paragraph most probably means “_____”.
 - A. to be believable
 - B. to be valuable
 - C. to be admirable
 - D. to be suitable
4. What is the author’s attitude toward “old wives’ tales” in the text?
 - A. Subjective.
 - B. Objective.
 - C. Dissatisfied.
 - D. Curious.

2.3

阅读短文，根据提示完成文后各题。

Many facts suggest that children are overweight and the situation is getting worse, according to the doctors. I feel there are a number of reasons for this.

Some people blame the fact that we are surrounded (包围) by shops selling unhealthy, fatty foods, such as fried chicken and ice cream, at low prices. This has turned out a whole generation of grown-ups who seldom cook a meal for themselves. If there were fewer of these restaurants, then probably children would buy less take-away food.

There is another argument that blames parents for allowing their children to become overweight. I agree with this, because good eating habits begin early in life, long before children start to visit fast food shops. If children are given fried chicken and chocolate rather than healthy food, or are always allowed to choose what they eat, they will go for sweet and salty foods every

time, and this will carry on throughout their lives.

There is a third reason for this situation. Children these days take very little exercise. They do not walk to school. When they get home, they sit in front of televisions or their computers and play computer games. Not only is this an unhealthy pastime (消遣), it also gives them time to eat more unhealthy food. What they need is to go outside and play active games or sports.

The above are the main reasons for this problem, and therefore we have to encourage young people to be more active, as well as steering them away from fast food shops and bad eating habits.

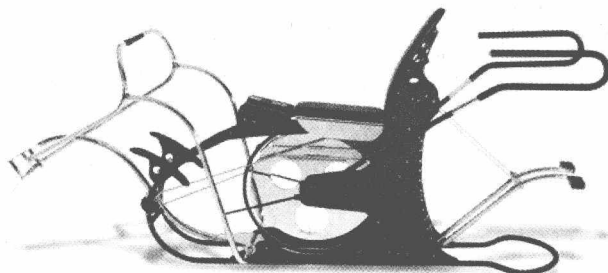
(文章选自 2007 年高考安徽试题)

第 1~4 题: 根据短文内容, 从各题所给的选项中选择最佳选项。

1. According to the text, what kind of children may eat more unhealthy food?
 - A. Those who often take exercise.
 - B. Those who often watch television.
 - C. Those who often have meals at home.
 - D. Those who often walk to school.
2. The author thinks that children are becoming overweight because _____.
 - A. their parents often cook meals for them
 - B. they are too busy to go out and play
 - C. they can't choose what to eat
 - D. there are too many fast food shops around
3. The word "steering" underlined in the last sentence most probably means _____.
 - A. forcing
 - B. guiding
 - C. driving
 - D. moving
4. The main purpose of the text is to _____.
 - A. tell a story
 - B. provide facts
 - C. give advice
 - D. compare opinions

2.4

阅读短文，根据提示完成文后各题。

EXERCISE IN EXACTLY 4 MINUTES PER DAY!**\$ 14,615**

TIME IS IT. Over 92% of people who own exercise equipment and 88% of people who own health club memberships do not exercise. A 4-minute complete workout is no longer hard to believe for all the people who have bought our excellent Range of Motion machine (ROM) since 1990. Over 97% of people who rent our ROM for 30 days end up buying it, due to the health benefits experienced during that tryout and the ROM performance score that tells the story of health and fitness improvement. At under 20 cents per use, the 4-minute ROM exercise is the least expensive full body complete exercise a person can do. How do we know that it is under 20 cents per use? Over 90% of ROM machines go to private homes, but we have a few that are in commercial use for 12 years and they have endured over 80,000 uses each, without need of repair. The ROM 4-minute workout is for people from 10 to over 100 years old and highly trained athletes as well. The ROM balances blood sugar, and repairs bad backs and shoulders. Too good to be true? Get our free video and see yourself. The best proof for us is that 97% of rentals become sales. Please visit our website at www.fitness.com or call (800)123-6460.

Factory Showroom: ROMFAB, 823 Main Street, Baton Rouge, LA 70893

Fax: (800)123-6461 Email: sales@fitness.com

(文章选自 2007 年高考北京试题)

第 1~4 题：根据短文内容，从各题所给的选项中选择最佳选项。

1. What is ROM?

- A. A piece of exercise equipment.
- B. A club membership card.
- C. A commercial health club.
- D. An electrical wheelchair.

2. How many people bought ROM after trying it out?

- A. 92%.
- B. 88%.

C. 97%.

D. 90%.

3. One selling point of ROM is that _____.

A. it makes full body exercise possible in 4 minutes.

B. it can kill back and shoulder pains in 10 minutes.

C. it needs no repair in the first 20 years.

D. it is sold on a 3-month trial basis.

4. The advertisement is made believable by _____.

A. telling stories

B. using figures

C. making comparisons

D. asking questions

UNIT 2 Nature

... 第二单元 自然

PART I: READING SKILL BUILDER

第一部分：阅读能力阶梯训练

训练重点

- 阅读技能：根据短文上下文关系进行推论。(Making inferences)
- 阅读技能：在短文中寻找特定问题或现象的原因。(Examine reasons)
- 阅读技能：根据短文内容得出结论。(Drawing conclusions)
- 词汇运用：熟练掌握例文中的关键词汇和表达方式。(Expressions)

1.1 Reading Task 阅读任务

After reading the following passage, you should know:

1. What is the name of the fish researched by the team of Australian scientists?

2. What is the reason that lies behind the “precise size separation” of the fish?

3. What is the traditional scientific view that the research disproved?

4. What could be Dr. Wong’s point of view about hierarchical societies?

