

COWIN 英语古科阅读

Cowin英语教育丛书编写组 编写 北京出版社

不会飞的鸟







cowin 英语百科阅读

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学习外语要掌握听说读写四项技能,听和读是接受性技能,说和写是产出性技能。从交际教学法来说,学外语就是为了交际,通过掌握实际应用的能力,能说会写。要做到这一点,便要多听多读,因此听说读写是互补的,缺一不可的。其次,当代语言教学理论的实践,强调学习与习得兼顾。前者在宏观上通过老师在教室内进行,配有固定的教材;在微观上指导老师改进课堂教学方法,以学生为中心,多让学生参与,可取得更好的教学效果。惟独在习得方面,尽管在理论上谁都明白让学生在自然真实条件下,无意识地、轻轻松松地接触英语,但很少有人为学生创造习得的环境和物质条件,形成自流。

从目前国内的出版市场上看,所提供的一些听力和阅读材料,多半是供成人用的,或是直接从国外引进的教材,不能引起国内广大青少年的兴趣,不能满足他们的要求。其次,某些编书者把听和读分开,听力教材和阅读教材分流,这不利于接受性技能的综合培养。现北京出版社出版了《蓝鹦鹉中学英语听读文库》将听和读两者通盘考虑,可谓英明之举。如文库的一个品种《美国之音特别节目听读》以听为主,同时提供文字材料,而另一品种《Ladybird 英语听读》以读为主,同时配有磁带。

《蓝鹦鹉中学英语听读文库》的第二个优点是,这些课外学习材料针对性明确,面向中学生的需要。它非常注意趣味性和可读性。如《中学英语轻松阅读》有学生们

所喜欢的寓言、诗歌、故事、幻想、传说等内容,也把学生 引入蜘蛛、黑猩猩、狮子、小狗、小猫等动物世界。

《文库》注意将英语学习和文化知识的传授结合起来,使学生在学习英语过程中同时增长文化知识,或者在接受文化知识的不知不觉过程中习得了英语。如《美国之音特别节目听读》介绍了西方国家的"愚人节"、"劳动节"等文化习俗,以及美国拳王阿里在体育运动上的成就和政治上的正义感等。《Ladybird 英语听读》让学生接触到英美国家的优秀儿童文学,如《格列佛游记》、《金·银岛》、《艾丽丝漫游奇境》等名著。《Cowin 英语百科阅读》的内容有对英语学习的指导、英国的衰落、英国剑桥和牛津两所名大学的掌故、美国的穷富差距、体育音乐等。《中学英语轻松阅读》和《Cowin 英语百科阅读》还收入计算机千年虫、克隆技术、航天、健康长寿等现代科技知识。

由于中学生涵盖从初一到高三的不同年龄段,《文库》的优势是提供难易度不同的品种,供读者酌情选用。有的是初中生的理想材料,如《美国之音特别节目听读》;有的适合高中生,如《Cowin 英语百科阅读》;而《中学英语轻松阅读》共6册,分别与初中和高中相对应。

教育部英语课程标准研制组起草的《国家英语课程标准(义务教育阶段)》的讨论稿曾规定,在阅读方面除正规教材外,应引导学生进行课外阅读,如英语标准第3级应达到10万字的阅读量。《蓝鹦鹉中学英语听读文库》将与广大中学生读者携手,共同向这个目标迈进。

胡壮麟 2000 年 7 月 13 日于 北京大学畅春园

蓝鹦鹉中学 英语听读文库

《Ladybird 英语听读》是从世界著名的企鹅出版集团下属的 Ladybird 图书有限公司引进的。该丛书为世界古典文学名著简写本系列,首批精选的 10 本包括《雾都孤儿》、《海蒂》、《金银岛》、《艾丽丝漫游奇境》、《格列佛游记》、《铁道少年》、《三剑客》、《黑骏马》、《秘密花园》和《小飞侠》。这批文学名著简写本通俗易懂,文字优美流畅,插图精美生动,适合作为我国中学生的英语课外阅读读物。一批有多年丰富教学经验的中学英语高级教师根据我国中学生的英语学习情况,对该套丛书中的生词难句作了注释,并在每一本书的每一章后设计了一些阅读练习题。这些练习题数量适中,针对性强,适合一般中学生的英语水平。解答这些练习题,读者可以有效地提高对作品的理解和阅读能力,同时也会增强读者的阅读兴趣。为了使读者能够更好地理解原文,满足不同英语程度的读者需求,我们在每一本书都附上了参考译文和参考答案。

《美国之音特别节目听读》是从"美国之音"的 Special English 中精选出来的,适合中学生阅读的学习材料。它的特点是,英语原汁原味、语言活泼生动、内容涉猎很广,包括国外的风俗习惯、文化传统、节日假日、动物生态、名人趣事、环境保护、社会问题等。

丛书共分 10 册,其中初中、高中各 5 册,并附有练

习、译文和答案。练习与中考、高考的阅读题型相符。

本套书选材角度新颖,可读性极强,选出的文章让人感受到知识的强烈冲击,既能掌握最新的知识信息,又能体验到英语语言的魅力。

《Cowin 英语百科阅读》,顾名思义,这是一套将百科知识融人语言学习的英语阅读物。所编人的语篇均取材于原版的英语文章,以提高广大读者的英语阅读能力为第一目的,在潜移默化中,将丰富的文化、知识信息与地道的语言一起传输给读者,使读者在掌握一种语言技能的同时,提高自己的综合知识水平,达到知识与能力双获益的最终目的。本次共推出10本,每本编人既反映时代发展,又贴近时代气息的短文20余篇,由北京、上海的英语教学专家联手合作,专门为广大中学生和初级英语水平者编写。

《中学英语轻松阅读》包括《三条腿的鸡》、《神秘的小屋》、《巨龙传说》、《幸运的小灯塔》、《未来的城市》及《苹果中的星星》6册,供初高中学生阅读。全套书依据新教材、新大纲,围绕中学生的兴趣爱好、认知发展因素及阅读理解要求达到的水平而选编,收入文学、动物世界、生活常识及自然现象等约200篇生动有趣的小故事,按由易到难、由浅人深的顺序编排。多数故事源自国际互联网及异国中小学生之笔。为便于阅读理解,每篇文章后设计了适应中高考命题的读前思考题、读后练习题、习惯用法、注释及答案。该丛书题材广泛、内容新颖,读后既可提高英语阅读理解能力、应试能力、又能增长知识、开阔眼界,是中学生理想的英语阅读物。

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Some Basic Facts about Your Body 你的身体知多少

Do you know your body well enough? Perhaps not.

Do you have any idea how much water there is in your body?

Generally, a full-grown man¹ is about 60% water. A full-grown woman is about 54% water.

Water is a very important part of you. Even your bones have 25% of water. 80% of your blood is water. Your skin is about 70% water. And your fat is 20% water.

Almost everything that goes on in the body needs the help of water, but we are losing water all the time. If you exercise hard or if the weather is very hot, a lot more water passes out so that you will feel cool.²

Water in the blood takes things you need to every part of your body. You can live for a few weeks without solid food but you would not last³ more than a very few days without water.

Another question: how many bones do you have?

Two hundred and six. But that's when you are fully-grown. A very young baby has about 300 bones. Many of them grow together as the baby grows.⁴

In the spine of a new baby, for example, there are



thirty-three bones. As the baby grows, the four bones at the bottom end⁵ slowly fuse together. So do the five bones just above these. ⁶ When these nine bones fuse into two, the total in the spine is only twenty-six.

Not all the bones that should fuse together do so for everyone. About one person in twenty has one more rib.

The large number of bones in the wrists, hands, ankle and feet makes it possible for hands and feet to do so many different things. You have eight bones in each wrist and nineteen in each hand, seven bones in each ankle and nineteen in each foot, four bones in each leg and three in each arm.

You have twenty-nine bones in your skull, including your face and jaw, and inside your ear, twenty-six bones in your spine, and twenty-four rib bones.

That makes 199.⁷ The other seven are your two hipbones, your two collar bones, your two shoulder blades, and your breast bone.

Your biggest bone is the single bone in each thigh. It is usually about twenty inches long and more than an inch thick in the middle.

In full-grown men and women about 18% of the body weight is bone.

(400 words)

New Words and Phrases:

1. solid food

固体食物



2.	spine	[spain]	n.	脊椎骨
~ .	Spirite	(Spaili)	π.	月1年月

² 3. fuse [fjuz] v. 熔合; 长到一起

4. rib [rɪb] n. 肋骨

5. wrist 「rist] n. 手腕

6. skull [skʌl] n. 头骨

7. jaw [dʒɔ:] n. 颚, 颌, 下巴 (复数)

8. hipbone ['hɪpbəun] n. 臀骨, 髋骨

9. thigh [θaɪ] n. 大腿

Notes:

- a full-grown man 也作 a fully-grown man, 指发育完全成熟的人,成人。
- 2. If you exercise hard or if the weather is very hot, a lot more water passes out so that you will feel cool. 如果你运动量很大,或者天气很热,会有更多的水分散失掉,使你感到凉爽。此句中 pass out 指水分散失。
- 3. last 持续, 支持, 维持。句中指生命的持续, 意为: 如果没有水, 一个人只能活几天。
- 4. Many of them grow together as the baby grows. as 是时间状语连词,表示"随着……"。全句意思为"随着幼儿的生长,许多骨骼会长到一起,连成一体"。
- 5. end end 是一个简单而又意思丰富的小词,它除了有"结束,终结"的意思,还当"末端,尽头"讲。此句中 bottom end 指脊椎的末端。
- 6. So do the five bones just above these. "so +助动词 +主语"的结构表示"……也是如此,……也是这样做的",通常接在一个表达完整意思的句子的后面,它的



助动词随着上一句的动词而改变。如:

- ---- Fang Fang sings English songs well.
- --- So does her mother!
- Ai Xing High School will give computer classes this term.
- ---- So will our school.
- 7. That makes 199. make 在此处的用法比较特殊,意为 "总计,等于,构成"。如: One hundred centimeters make one meter. 一百公分等于一米。Five and seven make twelve. 五加七等于十二。

Exercises:

- I. Decide which of the following is the best answer:
 - 1. What are the two topics on man's body in this passage?
 - A. Water and bones.
 - B. Arms and legs.
 - C. Water and body weight.
 - D. Bones and body weight.
 - 2. According to the passage, how much water is there in a full-grown woman?
 - A. 60%. B. 80%. C. 54%. D. 70%.
 - 3. Which is NOT the reason why water is so important to human beings?
 - A. A great part of human body is water.
 - B. If much water passes out of your skin, you will



- feel cool.
- C. Water in the blood takes things you need to every part of your body.
- D. Without water, you would not live for more than a few days.
- 4. How many bones does a full-grown man have?

A. 300. B. 206. C. 199. D. 99

5. About how much percent (百分比) of the body weight is bone for full-grown men and women?

A. 54%. B. 70%. C. 25%. D. 18%.

II. Check whether the following statements are true or false:

- All full-grown human beings have the same number of bones.
- 2. A man has many more bones when he is very young than he has grown up.
- 3. About 5% of people have twenty-five ribs.
- 4. The biggest bone in man is the one in each arm.

II. Please fill in the table according to the passage:

Part of the body of the grown-ups	Number of bones of the grown-ups
Spine	
2 wrists	16
2 hands	





	14
2 feet	
2 legs	
	6
skull	
	24
Hipbones	
Collar bones	
Shoulder blades	
Breast bone	
The whole body	





People's Names 姓甚名谁

Our names usually have two parts: family name (in English also called last name) and given name (or first name). Some people also have middle names. Take John F. Kennedy as an example¹, his family name is Kennedy, given name is John, and middle name is Fitzgerald. Different from English people, Chinese people put their last name first and first name last². That is, the family name of Chinese people goes before their given name.

Where Do Family Names Come from?

In the past, family names in China came from a poem that has 438 different words. This means that there could be only 438 different family names for millions of Chinese people. Each Chinese family also had a poem of its own with twenty or thirty characters in it, and a person's middle name came from these words. Everyone also had a given name called a milk name. Usually, the family name was written first, then the second name, then the milk name.

Common people in England often got their names from the work they did, for example, Baker, Powder-maker, Carpen-

