



每天读点好英文

Enjoy Reading



享·悦读

Enjoy Life

创想外语研发团队 编著

英汉对照



中国纺织出版社



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图书在版编目 (CIP) 数据

享·悦读: 英汉对照 / 创想外语研发团队编著. —
北京: 中国纺织出版社, 2016.1

(每天读点好英文)

ISBN 978-7-5180-1961-8

I. ①享… II. ①创… III. ①英语—汉语—对照读物
IV. ①H319.4

中国版本图书馆CIP数据核字 (2015) 第214481号

策划编辑: 张向红
责任设计: 林昕瑶

责任编辑: 张向红
责任印制: 储志伟

中国纺织出版社出版发行

地 址: 北京市朝阳区百子湾东里A407号楼 邮政编码: 100124

销售电话: 010-67004422 传真: 010-87155801

<http://www.c-textilep.com>

E-mail: faxing@c-textilep.com

中国纺织出版社天猫旗舰店

官方微博 <http://weibo.com/2119887771>

北京睿特印刷厂印刷 各地新华书店经销

2016年1月第1版第1次印刷

开 本: 880×1230 1/32 印张: 8

字 数: 350千字 定价: 29.80元

凡购本书, 如有缺页、倒页、脱页, 由本社图书营销中心调换

Preface

前言

人生百态，五味杂陈。面对纷繁复杂的人生、无法预知的未来，我们需要在每天的忙碌中，偶尔停下来，静静地享受阅读带给我们的休闲与愉悦。《享·悦读：英汉对照》中的一两句智慧良言、一两篇趣味文章或许就能帮助我们拨开厚重的云雾，带给我们灿烂明媚的天空。

阅读可以升华人格情操。阅读更本质、更核心的意义在于培养学习者的兴趣，而兴趣才是一切学习的动力、成功的源泉。《享·悦读：英汉对照》正是这样一本妙趣横生、让人受益匪浅的英语读物。读者可以在品味文章的过程中，熟悉英语逻辑思维和文化背景，从而满足深入沟通和交流的需要，让英语学习事半功倍。

本书分为五部分：健康生活每一天，最美校园学生时，永恒的爱，科技使人进步，社会百科全知道。每课下面又分为：

1. 读前思考：

一句话引发关于本课主题的思考，发人深省，引起读者的阅读兴趣。

2. 内容精要：

概况本课主题内容，为后面的阅读做一些知识介绍，帮助读者不

知不觉进入阅读环境，启动读者阅读思维。

3. 美文精选：

挑选一篇精美短文，让读者欣赏原汁原味的美文佳篇。以轻松、幽默的方式，向你讲述与实际生活紧密相关的话题，让你在休闲中获得知识。美文后面的“参考阅读”，方便读者理解美文内容。还有从美文中摘选的“重点单词”“佳句欣赏”，让读者积累词汇、句型的同时，加深对美文的阅读理解，把握美文的主旨。

全书从读者、文本、审美的角度综合选择合适的短文和段落，既要吸取西方文化之精华，又要符合当代青年的阅读兴趣和习惯，启发、引导和培养高尚的情操，激发丰富的想象力和创造力。

本书四大亮点：

通俗易懂——语言简短、清新、流畅，读者一学就懂，一读就会；

时尚典雅——话题时尚，内容贴近生活，款款而谈，如同与朋友交心；

精致求新——词汇剖析，例句拓展，中英译文，精致到位；编排新颖，读者阅读起来，轻轻松松，休闲自在；

层次分明——由易到难，循序渐进，方便阅读学习；排版简约雅致，页面精美，赏心悦目。

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Part 1

健康生活每一天

Unit 1

Breakfast Helps Girls Stay Slim

读前思考

Do you eat breakfast regularly?

你按时吃早餐吗?

内容精要

研究显示,吃早餐比不吃早餐的人,不但能保持身体健康,更有助于保持身材苗条。尤其是吃含有谷物的早餐。

美文精选

Girls who ate breakfast of any type had a lower average body mass index than those who said they didn't. The index was even lower for girls who said they ate cereal for breakfast, according to findings of the study conducted by the Maryland Medical Research Institute. The study received funding from the National Institutes of Health and the cereal-maker General Mills.

As part of the survey, the girls were asked once a year what they had eaten during the previous three days. The data were adjusted to compensate for factors such as differences in physical activity among the girls and normal increases in body fat during adolescence.

A girl who reported eating breakfast on all three days had, on average, a body mass index 0.7 units lower than a girl who did not eat breakfast at all. If the breakfast included cereal, the average was 1.65 units lower, the researchers found.

Breakfast consumption dropped as the girls aged, the researchers found, and those who did not eat breakfast tended to eat higher fat foods later in the day.

While cereal can often be high in fiber and low in fat, “you can’t walk away saying, I’m going to eat cereal and lose weight,” said Johnson.

Johnson also noted, however, that the foods often consumed with cereal tend to be healthy, and the study was another in a series to find a link between breakfast consumption and lower body mass index.

“You can walk away saying breakfast has been shown in lots of different studies to be really important for my children,” Johnson said. “So parents can feel confident that serving cereal is definitely not going to do harm and eating breakfast is the right thing to do.”

参考阅读

早餐可助女孩保持苗条

吃任何类型早餐的女孩比不吃早餐的女孩平均体重指数要低。根据马里兰医学研究所的研究发现，早餐吃谷类食物的女孩子体重指数更低。此项研究得到了美国国家健康协会和谷类食品制造商通用磨坊公司的赞助。

调查中的一项内容是，研究人员每年询问女孩子一次，了解她们之前三天的饮食情况。研究人员会对搜集来的数据进行调整，以弥补处于青春期的女孩由于运动量的差异以及体内脂肪正常的增长等因素而产生的影响。

研究人员发现：前三天内都吃早餐的女孩子，平均体重指数比根本不吃早餐的 girls 的要低0.7个单位。如果早餐中含有谷类食品，平均指数则要低1.65个单位。

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研究人员还发现，随着女孩子年龄的增长，早餐消耗量会减少。而不吃早餐的女孩子在当天往往会在早些时候吃脂肪含量较高的食物。

约翰逊说，尽管谷类食物含纤维多脂肪少，你也不能轻易就说，我打算吃谷类食品来减肥。

约翰逊还说，经常食用谷类更有利于健康，该研究是一系列早餐食品和低体重指数关系中的一项重要发现。

他说，你可以断言，许多项研究都表明，早餐对于我们孩子是多么得重要。因此父母们可以确信，给孩子吃谷类食物是没有害处的，吃早餐是再正常不过的事了。

重点单词

- 1 **slim** [slɪm] adj. 苗条的；薄的；（机会）少的 vi 减轻体重

例句 I'm trying to get slim.

我想要瘦一些。

- 2 **mass** [mæs] n 块，大多数，质量 n 群众的，大规模的
vi 使……集合

引申词 massive ['mæsɪv] n 大的，大而重的，大块的；大规模的

例句 I've masses of work to do.

我有许许多多的工作要做。

- 3 **cereal** ['siəriəl] n 谷类（的），谷物（的） n 谷类食物

例句 Cereal products are good for our health.

谷物产品对我们的身体有益。

- 4 **previous** ['pri:vɪəs] n 先，前，以前的；(to)在……之前

引申词 previously ['pri:vɪəsli] adv 预先；以前

prevision [pri:'viʒən]  先见, 预感

例句 Have you had previous experience?

你过去有过经验吗?

5 **adjust** [ə'dʒʌst]  校正, 校准, 调整; 调节  (to) 适应

引申词 **adjustment** [ə'dʒʌstmənt]  调整; 适应; 调解

例句 She must learn to adjust herself to English life.


她必须学会适应英国的生活。

6 **compensate** ['kɒmpenseɪt]  偿还, 补偿, 付报酬

引申词 **compensation** [,kɒmpen'seɪʃən]  补偿 (或赔偿) 的款物; 补偿, 赔偿

例句 Who will compensate for the losses?

谁将赔偿损失?

7 **adolescence** [ædəu'lesəns]  青春期

引申词 **adolescent** [ædə'lesənt]  青少年  青春期的, 青少年的

例句 The period of adolescence is very important in forming one's character.

青春期对人的性格形成是非常重要的。

8 **tend** [tend]  易于; 趋向, 倾向  照管, 护理

引申词 **tendency** ['tendənsi]  趋向, 趋势

tendentious [ten'denʃəs]  有偏见的, 有倾向的

例句 Weeds tend to displace other plants.

杂草越来越多, 有取代其他植物之势。

9 **definite** ['defɪnɪt]  明确的, 确切的; 一定的, 肯定的

引申词 **definitely** ['defɪnɪtli]  明确地, 确切地; 一定地, 肯定地

definition [,defɪ'nɪʃən]  定义, 释义; 清晰 (度), 鲜明 (度)

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例句 The workers demand a definite answer.

工人们要求一个明确的答复。

10 series ['siəri:z] 一系列，连续；丛书，连续剧

例句 After a series of unsuccessful attempts, he has finally passed the driving test.

经过连续几次的失败，他最后终于通过了驾驶考试。

佳句欣赏

- 1 Johnson also noted, however, that the foods often consumed with cereal tend to be healthy, and the study was another in a series to find a link between breakfast consumption and lower body mass index.

约翰逊还说，经常食用谷类更有利于健康，该研究是一系列早餐食品和低体重指数关系中的一项重要发现。

- 2 So parents can feel confident that serving cereal is definitely not going to do harm and eating breakfast is the right thing to do.

因此父母们可以确信，给孩子吃谷类食物是没有害处的，吃早餐是再正常不过的事了。

Unit 2

Men Aren't as Tough as You Think

读前思考

Do you think that men are more tough than women?

你认为男人比女人更坚强吗?

内容精要

人们似乎都认为男人比女人坚强，但男人的寿命普遍比女人短，其实他们的心理和生理都比想象的要脆弱。

美文精选

Frailty, their name is man. So said China's doctors Sunday on the eighth "Men's Health Day".

Men in China are widely affected by bad living habits, a lack of awareness about mental and physical health issues and a lack of exercise.

Shan Li, a psychologist with the DRM Professional Counseling, said men are more heavily burdened with "social responsibilities".

"They live in poorer 'mental circumstances' and have poorer life quality than women in general, often frustrated but don't feel free to vent their emotions," Shan said.

Zhang Kan, a psychologist, said: "Men have shorter life expectancy than women. An undeniable part of the reason lies in the psychology."

Professor Gu Jun from the Shanghai University said men frequently are burdened with the pressure of work, marriage

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troubles, and at times difficulties with children.

Shanghai Women's Federation (SWF) found that some 20 percent of complaints it received were from men.

This has sparked calls that there was a need for a federation for men.

Other statistics show men have a general lax attitude towards health issues.

Figures from the 411 Hospital in Shanghai showed that 90 percent of men don't know they should or believe they should have an annual health check.

Twenty percent of men never do any kind of physical exercise.

Many claimed they did not want to exercise because they were busy, tired, or focused too much on other "more important" matters.

Men, more than women are also more likely drink, smoke and get ill.

参考阅读

男人并没有你想象的那样坚强

“男人，你的名字叫作脆弱”。昨天是第八个“男性健康日”，专家指出，男人其实也“脆弱”。

不良的生活习惯、忽视生理与心理健康及缺乏锻炼是影响中国男性健康的几大因素。

德瑞姆专业咨询机构的心理咨询师单力（音译）说，男人肩负的“社会责任”更重。

“总的来说，男人的‘精神环境’与生活质量不如女性，他们经常感到沮丧，却又不能随意发泄。”

心理咨询师张堪（音译）说：“男性的寿命之所以比女性短，