

义务教育英语课程标准泛读教材

# 常青树英语

EVERGREEN


(初三)·上

五级

ENGLISH

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▼ 语言地道, 原汁原味  
▼ 话题丰富, 主题鲜明  
▼ 针对性强, 助力中考高考  
▼ 实用性强, 提升人文素养

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Evergreen English

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# 总序

英语是西方文化的重要载体。英语课程的价值是在培养学生英语语言运用能力的同时，拓展学生的文化视野，提高学生的文化意识，培育良好的思想道德素质，形成良好的公民素养。广泛的阅读是实现英语课程价值的必要手段。

国家英语课程标准强调语言学习的实践性，主张学生在语境中接触、体验和了解真实语言，在此基础上学习和运用语言；提倡利用广播电视、报刊、图书馆等多种资源，提供充足的条件，拓展学生自主学习的渠道和空间，并且针对不同阶段的学生，明确提出了最低阅读量要求。

《常青树英语》泛读系列就是为了响应国家的学科育人方针，依据英语课程标准的具体要求编写而成的中学英语泛读教材。其内容涵盖广泛，题材丰富。各个话题具有持续性、渐进性特点，贴合学生的认知规律。旨在让学生通过阅读丰富学习生活，发展语言运用能力，获得科学文化信息，领悟中外文化的内涵，提升综合人文素养。

《常青树英语》泛读系列共 11 册：

常青树英语 三级（初一）·上  
常青树英语 三级（初一）·下  
常青树英语 四级（初二）·上  
常青树英语 四级（初二）·下  
常青树英语 五级（初三）·上  
常青树英语 五级（初三）·下  
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常青树英语 七级（高二）·上  
常青树英语 七级（高二）·下  
常青树英语 八级（高三）

《常青树英语》泛读系列主要取材于英语国家的主流教材，选材上既注重体现反映时代发展的鲜活内容，又收录了大量语言生动、传递价值观正能量的经典篇章，并在每篇文章之后设计了不同梯度的练习题目，力图使学生由表及里读透文章，理解和内化英语语言的表达方式，提高学生的思维能力，引领学生的价值观念。许多文章值得反复研读和记诵，成为学生丰富的精神营养。相信《常青树英语》泛读系列能够显著提高学生的英语阅读水平，并为提高我国英语教学水平提供一条有效的路径。

编委会

2015 年 8 月



# 前言

阅读是英语学习的重要途径,是掌握语言知识、获取信息、提高语言运用能力的基础。英语阅读能力的培养是初中英语教学的主要任务之一,课程标准对于五级阅读目标的要求是:“能根据不同的阅读目的运用简单的阅读策略获取信息。课外阅读量应累计达到 15 万词以上。”因此教师应根据学生的年龄特点和认知能力,制订课外阅读实施方案,逐步扩展文化知识的内容和范围。选取阅读材料应注意与学生的学习和生活密切相关,能激发学生学习英语的兴趣,通过阅读引导学生接触和了解外国的文化、历史、地理、风土人情、传统习俗、生活方式、行为规范、文学艺术、价值观念等。拓展视野,培养国际意识。

《常青树英语 五级(初三)·上》的编写遵循了《义务教育英语课程标准》的要求,符合中国英语教学实际,难度上契合我国初中(三年级)学生的英语学习现状。全册以课程标准 24 个话题为主线,材料的选取与现行教材的话题相匹配,五级上册的编写打破六三和五四学制的限制,对应了课程标准标五级的要求,方便教师与学生使用。初中各年级遵循文字数量逐渐增加的原则,各级别的阅读量适当提升,五级上册每篇控制在 150~400 词,设置了 47 篇文章。每篇文章前面都有导语,以引起学生的阅读兴趣,并配有生动有趣的插图。读后练习由常规的 Exercise 变身为具有人文性和描述性的 Practice,题目涉及两个类别:读后理解(Reading comprehension)和读后写作(Writing practice)。读后写作以微写作为主要形式,作为对阅读内容的深化、拓展和运用。

教师在指导学生使用本书时需要注意以下两个方面:一要引导学生重视阅读过程,在阅读过程中感受语言和思想的魅力,领悟语篇所蕴含的思想和作者想要表达的观点,培养文化意识和情感态度。二是要重视培养学生的阅读能力。引导学生运用所学的语言知识、话题知识、背景知识以及生活经验等,通过推理、判断、总结等手段,全面理解文章的意义,包括深层含义、作者的观点和意图等。《义务教育

英语课程标准（2011年版）》规定的三至五级阅读技能主要包括略读、找读、预测、理解大意、理解细节、猜测词义、推断、理解文章结构、理解图表信息、理解指代关系、理解逻辑关系等，教师在泛读训练过程中应该培养学生这些基本的阅读技能。

编者

2015年8月





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# Lesson 1

## Tips for a New School Year Start

### Guidance



*How to beat the stress and organize your study environment?* 新的学期已经来临，有的同学满怀信心，有的同学却忧心忡忡。亲爱的同学们，面对新的压力和挑战，你们准备好了吗？或许你会从下面的建议中获取灵感呢！

**1** The summer holiday is over. Some students are thirsty for knowing their new teacher and meeting their friends to share their summer adventures, and while others are more worried about the new year. Here are some tips to help you beat the stress and organize your study environment.



### Reconnecting with a healthy lifestyle

**2** During holidays, children have often been allowed to sleep late and eat a little of what they wanted at any time. The first thing to do is to help yourself make a smooth start and not



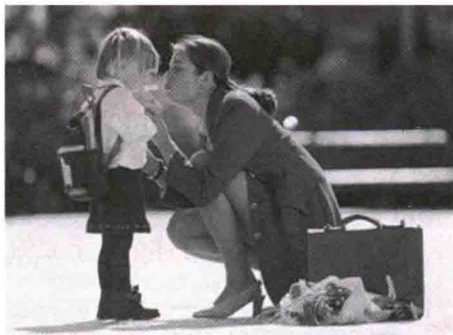
to wait until the last day to find a healthy lifestyle. You should get used to having regular and reasonable hours of sleep and eating healthy food. This of course needs several days of “**rehabilitation**.” The ideal thing is to start **reconnecting** with a healthy lifestyle one week to ten days before school starts. ①

### Create a pleasant study environment

3 A few days before school starts, do a tidy-up of the desk and the shelves. **Sort** and throw away the **relics** of the past year. Donate your old books, pens and school things if they are still usable. Clean up your desk. Make it a comfortable place to do your homework. Your workplace should be a quiet **well-lit** corner where it feels good.

### Talk over with your parents

4 If you feel anxious of the new school year, it is very important to talk to your parents about your fears. They will surely find a way to help you get over your fears and gain confidence. They will certainly show you that they believe in your abilities, and will be willing to help you with your first pieces of homework if need be.



### Beat stress

5 If you are **overly** anxious about performance, work through your **negative** beliefs, ② especially the beliefs about the **implications** of school failure. Good performance will be achieved only when you beat your fears and discover your own personal worth.

### Set goals

6 Enjoy setting goals for yourself, so you can get over your weaknesses and reach your full potential. Your study goals must be realistic and achievable. For example, start with small steps to reach higher targets. ③

### Motivation

7 Achieving some goals will certainly **motivate** you to reach more challenging





targets. Another motivating factor would be to understand that you work mainly for yourself and your future career. You must understand that studying well is your chance for self-development. ④

(410 words)

## Word bank

<b>rehabilitation</b>	[ˌri:həˈbiliˈteɪʃn]	<i>n.</i>	复原
<b>reconnecting</b>	[ˌri:kəˈnektɪŋ]	<i>n.</i>	再连接, 重新建立
<b>sort</b>	[sɔ:t]	<i>vt.</i>	分类, 协调
<b>relic</b>	[ˈrelik]	<i>n.</i>	遗物, 遗留下来的东西, 纪念物
<b>well-lit</b>		<i>adj.</i>	光线好的
<b>overly</b>	[ˈəʊvəli]	<i>adv.</i>	过度地; 极度地
<b>negative</b>	[ˈnegətɪv]	<i>adj.</i>	消极的, 否认的
<b>implication</b>	[ˌɪmplɪˈkeɪʃən]	<i>n.</i>	暗指, 暗示
<b>motivate</b>	[ˈməʊtəveɪt]	<i>vt.</i>	激发; 激励; 使产生动机

## Notes

- ① The ideal thing is to start reconnecting with a healthy lifestyle one week to ten days before school starts. 理想的状况是: 从开学前一周甚至十天前开始再次建立健康的生活方式。
- ② If you are overly anxious about performance, work through your negative beliefs... 如果你过度焦虑自己的表现, 要先解决你的消极想法……
- ③ For example, start with small steps to reach higher targets. 例如, 从小处着手, 慢慢抵达更高的目标。
- ④ You must understand that studying well is your chance for self-development. 你得清楚明白: 好好学习是为了给自己自我发展提供机会。



## Practice



### I. Reading comprehension

1. "Another motivating factor would be to understand that you work mainly for yourself and your future career." The underlined word "career" means \_\_\_\_\_ in Chinese.  
A. 生涯      B. 经历      C. 进程      D. 顶点
2. What should you do to create a pleasant study environment?  
A. Donate your old books, pens and school things.  
B. Clean up your desk.  
C. Sort and throw away the relics of the past year.  
D. All of the above.
3. If you feel anxious of the new school year, \_\_\_\_\_ is very important.  
A. setting goals  
B. creating a pleasant study environment  
C. talking over with your parents  
D. reconnecting with a healthy lifestyle
4. When should you do a tidy-up of the desk and the shelves to create a pleasant study environment?  
\_\_\_\_\_
5. According to the passage, when will good performance be achieved?  
\_\_\_\_\_

### II. Writing practice

New school year has started. What would you like to do to beat the stress and organize your study environment? Please write down your plans, and then share them in groups.

\_\_\_\_\_





# LESSON 2

## New Year's Resolution



### Guidance

*A year's plan starts with spring. Research shows 45 per cent of Americans make a New Year's resolution.* 一年之计在于春。研究表明，45% 的美国人都许下新年愿望。

**1** At the start of every New Year, people in America often make plans to change their life for the coming year. Professor Jay says, "January 1st is a 'magical' date. If you make a resolution on this day, it will be much more powerful than one made on other days." So, we all make a list of things to start, change or give up.

**2** The most common resolutions include losing weight, volunteering to help others, quitting smoking, saving money, and getting fit. Others include eating healthier food, drinking less wine, and so on.

**3** For the Kim family, things are different. Their New Year's resolution is going on a trip with their baby. They know that for the trip to go well, they will need to



be prepared. Their trip will include a long car ride and a stay at a friend's home. The Kims must think about safety as they plan their trip.

④ First, they think about the long car ride. They must have a car seat for their baby. The baby must stay in her car seat at all times, even on long trips. The Kims will need to stop often for feeding times, diaper changes, and to let the baby stretch. ① The Kims plan to pack things such as **diapers**, wipes, extra clothes, water, food, and snacks.

⑤ Having toys for their baby to play with is also a must. Many toys can hook on to the baby's car seat. This will prevent them from dropping on the floor. String should never be used for tying toys near a baby because it could **strangle** the baby.

⑥ Next, the Kims prepare for the time they will spend at their friend's house. Before they leave, the Kims plan to call ahead. They will ask their host to help **childproof** the area where they will be staying. If there is no crib at the host's home, the Kims will pack their **portable** crib. Babies must always sleep in cribs that meet all safety rules, even when on a trip. ② When the Kims arrive at their friend's home, they will check the home for safety. They will move any unsafe items out of the baby's reach. ③ They may also bring along and use **outlet plugs**, safety locks and a baby gate if needed. Packing any **medication** the baby might need is also a good idea. ④

⑦ Travel with a baby is work, but it can be fun too. To have a good trip, parents need to plan ahead. Keeping the baby safe should be first on the list.

(431 words)





## Word bank

<b>magical</b>	['mædʒɪkl]	adj.	魔术的; 有魔力的; 神奇的; 迷人的
<b>diaper</b>	['daɪpə]	n.	尿布
<b>strangle</b>	['stræŋgl]	v.	勒死; 使窒息; 扼杀
<b>childproof</b>	['tʃaɪldpru:f]	adj.	能防止孩童瞎摸弄的; 对孩童安全的
<b>portable</b>	['pɔ:(r)təbl]	adj.	轻便的; 手提式的
<b>outlet plug</b>			插座的插头
<b>medication</b>	[,medi'keɪʃən]	n.	药物, 药剂; 药物治疗; 药物处理



## Notes

- The Kims will need to stop often for feeding times, diaper changes, and to let the baby stretch.  
Kim 一家人半路需要不时停下来给孩子喂饭, 换尿布, 并且让婴儿舒展身体。
- Babies must always sleep in cribs that meet all safety rules, even when on a trip. 甚至是旅行时, 婴儿也必须睡在符合安全要求的婴儿床上。
- They will move any unsafe items out of the baby's reach. 他们会把任何不安全的物品放到孩子够不着的地方。reach, 够着, 达到
- Packing any medication the baby might need is also a good idea. 帮婴儿装一些可能会用到的药品, 也是个不错的主意。



## Practice

### I. Reading comprehension

- "The most common resolutions include losing weight, volunteering to help others, quitting smoking..." What does the underlined word "quitting" mean in this sentence?  
A. Escaping.      B. Continuing.      C. Giving up.      D. Giving away.