



COLLEGE ENGLISH

Band Three

李光华 郑高红 主编

大学英语 综合能力实践教程 三 级

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College English Band Three

大学英语综合能力实践教程

三级

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前 言

《大学英语综合能力实践教程(1—4级)》根据教育部高教司主持和领导下的大学英语四、六级考试改革项目组和考试委员会制定的《全国大学英语四、六级考试改革方案》所推行的新的计分体制和成绩报道方式,依据《大学英语课程教学要求》来编写的。该系列与大学英语教学课程和计划同步,对大学生的“听、说、读、写、译”等**综合技能**进行全面培养和训练,由浅入深、循序渐进,一学期一册,共分四级。本系列属水平能力练习与检测题,可独立用于课堂测试,也可供学生课后自学。参加本套书编写的作者,都是长期从事大学英语教学且有着四、六级考试指导丰富经验的大学老师。编写时,作者还将近期教学与考试中出现的新内容、新题型吸收进来,使该套书具有较强的**时效性**和**实用性**,可与各高校现行使用的《全新版大学英语》、《新视野大学英语》、《大学英语》、《新编大学英语》、《当代大学英语》和《大学核心英语》等教材配套使用并配有 MP3 录音光盘。

为使学生在作文写作时,能学会运用标准地道的英语语言,此次编写,我们请了美籍教师 Tre, Amanda, Chad, Stephanie 等几位专家,对所有试题中的作文范文进行审阅,相信对广大四、六级学生的写作水平的提高有较大的帮助!

三级中的写作、阅读、听力、完形填空和翻译等的难易程度与上述教材的三级水平相当,可与上述教材同步使用。

本书以山东师范大学、南京师范大学、上海师范大学、江西师范大学、安徽师范大学、华南师范大学、浙江师范大学、湖南师范大学、福建师范大学、北师大珠海分校等华东南重点师范大学英语协作组为主,安徽科技学院、聊城大学、徐州师范大学等学校参与共同编写而成。由于时间仓促和编者水平局限,书中难免有不足之处,真诚欢迎同行和使用者提出宝贵意见。

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College English Test 1

Part I

Writing

(30 minutes)

注意:此部分试题写在答题卡1上。

Part II

Reading Comprehension (Skimming and Scanning)

(15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on **Answer Sheet 1**.

For questions 1 – 7, mark

- Y (for YES) if the statement agrees with the information given in the passage;
N (for NO) if the statement contradicts the information given in the passage;
NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8 – 10, complete the sentences with the information given in the passage.

Food and Nutrition

In a report issued in Sept. 2002, the Food and Nutrition Board of the National Academy of Sciences' Institute of Medicine recommended increased levels of physical activity and more flexible guidelines for eating. Adults and children should engage in moderately intense physical activity for an hour a day, the study said, a level twice the minimum goal set by the 1996 Surgeon General's report. Caloric intake should be geared to activity level, offering recommended calorie totals for individuals according to a scheme that takes into account height, weight, sex, and four different exertion levels (for example, a daily average of 1,800 – 2,000 calorie was recommended for a 30-year-old woman weighing 111 – 150 pounds and 5 feet 5 inches tall with a sedentary lifestyle, while a very active woman, with other characteristics the same, might consume 2,500 – 2,800 calories a day).

The study said carbohydrates should make up 45 – 65% of an adult's calories, with fat providing 20 – 35% and protein 10 – 35%. The ranges were intended to allow people to accommodate their preferences while making healthy and realistic choices. Guidelines for children were similar, although the range for fat was slightly higher; it was recommended that 25 – 40% of a child's calories come from fat. Adults and children, it said, should have at least 130 grams of carbohydrates a day to provide necessary glucose for brain functions; most people, however, consume much more. The study contained the Food and Nutrition Board's first

specific recommendations for daily intake of fiber [see below] and reaffirmed earlier recommended levels for protein, 0.8 grams per kilogram of body weight for adults. The report noted that mono-and-polyunsaturated fats can play a positive role in the diet, while cautioning against saturated fats and excessive intake of added sugar.

The study was called *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients)*. Earlier Food and Nutrition Board reports had set Dietary Reference Intakes (DRIs) for vitamins and minerals. The DRIs, based on extensive scientific research, were intended to promote health at all stages of life, and not just guard against nutritional deficiencies.

Proteins

Proteins, composed of amino acids, are essential to good nutrition. They build, maintain, and repair the body. Best sources: eggs, milk, fish, meat, poultry, soybeans, nuts. High-quality proteins such as eggs, meat, or fish supply all 8 amino acids needed in the diet. Plant foods can be combined to meet protein needs as well: whole grain breads and cereals, rice, oats, soybeans, other beans, split peas, and nuts.

Fats

Fats provide energy by furnishing calories to the body, and they also carry vitamins A, D, E, and K. They are the most concentrated source of energy in the diet. Best sources of polyunsaturated and monounsaturated fats: margarine, vegetable/plant oils, nuts. Meats, cheeses, butter, cream, egg yolks, lard are concentrated sources of saturated fats.

Carbohydrates

Carbohydrates provide energy for body function and activity by supplying immediate calories. The carbohydrate group includes sugars, starches, fiber, and starchy vegetables. Best sources: grains, legumes, potatoes, vegetables, fruits.

Fiber

The portion of plant foods that our bodies cannot digest is known as fiber. There are 2 basic types: *insoluble* ("rough-age") and *soluble*. Insoluble fibers help move food materials through the digestive tract; soluble fibers tend to slow them down. Both types absorb water, thus prevent and treat constipation by softening and increasing the bulk of the undigested food components passing through the digestive tract. Soluble fibers have also been reported to be helpful in reducing blood cholesterol levels. Best sources: beans, bran, fruits, whole grains, vegetables. New recommendations from the Food and Nutrition Board call for men 50 and younger to have 38 grams of fiber a day and women to have 25 grams; 30 and 21 grams a day are proposed, respectively, for older men and women (because of reduced food intake). Fiber is also recommended for children and teenagers.

Water

Water dissolves and transports other nutrients throughout the body, aiding the processes of digestion, absorption, circulation, and excretion. It helps regulate body temperature.

Vitamins

Vitamin A — promotes good eyesight and helps keep the skin and mucous membranes resistant to infection. Best sources: liver, sweet potatoes, carrots, kale, cantaloupe, turnip greens, collard greens, broccoli, fortified milk.

Vitamin B1 (thiamine) — prevents beriberi. Essential to carbohydrate metabolism and health of nervous system. Best sources: pork, enriched cereals, grains, soybeans, nuts.

Vitamin B2 (riboflavin) — protects the skin, mouth, eyes, eyelids, and mucous membranes. Essential to protein and energy metabolism. Best sources: milk, meat, poultry, cheese, broccoli, spinach.

Vitamin B6 (pyridoxine) — important in the regulation of the central nervous system and in protein metabolism. Best sources: whole grains, meats, fish, poultry, nuts, brewer's yeast.

Vitamin B12 (cobalamin) — needed to form red blood cells. Best sources: meat, fish, poultry, eggs, dairy products.

Niacin — maintains health of skin, tongue, digestive system. Best sources: poultry, peanuts, fish, enriched flour and bread.

Folic acid (folacin) — required for normal blood cell formation, growth, and reproduction and for important chemical reactions in body cells. Best sources: yeast, orange juice, green leafy vegetables, wheat germ, asparagus, broccoli, nuts.

Other B vitamins — biotin, pantothenic acid.

Vitamin C (ascorbic acid) — maintains collagen, a protein necessary for the formation of skin, ligaments, and bones. It helps heal wounds and mend fractures and aids in resisting some types of viral and bacterial infections. Best sources: citrus fruits and juices, cantaloupe, broccoli, brussels sprouts, potatoes and sweet potatoes, tomatoes, cabbage.

Vitamin D — important for bone development. Best sources: sunlight, fortified milk and milk products, fish-liver oils, egg yolks.

Vitamin E (tocopherol) — helps protect red blood cells. Best sources: vegetable oils, wheat germ, whole grains, eggs, peanuts, margarine, green leafy vegetables.

Vitamin K — necessary for formation of prothrombin, which helps blood to clot. Also made by intestinal bacteria. Best dietary sources: green leafy vegetables, tomatoes.

Minerals

Calcium — works with phosphorus in building and maintaining bones and teeth. Best sources: milk and milk products, cheese, blackstrap molasses, some types of tofu.

Phosphorus — performs more functions than any other minerals, and plays a part in nearly

every chemical reaction in the body. Best sources: cheese, milk, meats, poultry, fish, tofu.

Iron — Necessary for the formation of myoglobin, which is a reservoir of oxygen for muscle tissue, and hemoglobin, which transports oxygen in the blood. Best sources: lean meats, beans, green leafy vegetables, shellfish, enriched breads and cereals, whole grains.

Other minerals — chromium, cobalt, copper, fluorine, iodine, magnesium, manganese, molybdenum, potassium, selenium, sodium, sulfur, and zinc.

注意:此部分试题请在答题卡1上作答;8-10题在答题卡1上。

1. That adults and children should engage in moderately intense physical activity for half an hour a day was the minimum goal set by the 1996 Surgeon General's report.
2. According to the report issued in Sept. 2002 by the Food and Nutrition Board of the National Academy of Sciences' Institute of Medicine, caloric intake should be suitable for activity level.
3. A daily average of 1,800 - 2,000 calories was recommended for a 30-year-old woman weighing 111 - 150 pounds and 5 feet 5 inches tall with a very active lifestyle.
4. Most people consume 130 grams of carbohydrates a day to provide necessary glucose for brain functions.
5. The *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients)* focuses heavily on fat because most Americans' diets are too high in fat, especially saturated fat.
6. Citrus juice is rich in ascorbic acid, which aids in resisting some types of bacterial infections.
7. Normal blood cell formation requires folacin.

Part III

Listening Comprehension

(35 minutes)

Section A

Directions: In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversations and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the center.

注意:此部分试题请在答题卡2上作答。

11. A) The Palace Museum.
B) The Summer Palace.
C) The Great Wall.
D) The Tian'an Men Square.
12. A) Because she fell ill.

- B) Because she arrived late.
C) Because she had an important appointment.
D) Because she had no tickets.
13. A) He is a doctor.
B) He is a manager.
C) He is a teacher.
D) He is a salesman.
14. A) She used to like swimming in the swimming pool.
B) She used to like swimming in the sea.
C) She now likes swimming in the swimming pool.
D) She now dislikes swimming in the sea.
15. A) The boss got very sad.
B) The boss didn't make a promise at all.
C) The boss kept his promise.
D) The boss broke his promise.
16. A) They will be friends after class.
B) She has pencil and paper for him.
C) Nothing. She is already married.
D) She has enough notes for both of them.
17. A) The winter has just begun.
B) Once it starts, it will snow a lot.
C) They are ready for snow.
D) It has been snowing for some time.
18. A) She is on a diet.
B) She nearly diets.
C) She was on a diet in the hospital.
D) She was ill.

Questions 19 to 22 are based on the conversation you've just heard.

- | | |
|-----------------------------|---------------------------------|
| 19. A) A landscape artist. | B) A teacher. |
| C) A student. | D) A school registrar. |
| 20. A) Write a book. | B) Attend an afternoon meeting. |
| C) Enroll in another class. | D) Go to the art museum. |
| 21. A) A textbook. | B) Some paintbrushes. |
| C) A bunch of flowers. | D) Some drawings. |
| 22. A) Encouraged | B) Annoyed. |
| C) Surprised. | D) Confused. |

Questions 23 to 25 are based on the conversation you've just heard.

23. A) Because speed limits are all the same in all areas.
B) Because she'd told him what it was.
C) Because there are signs along the road.
D) Because he has recently received his driver's license.
24. A) He was on his way to work.
B) He hadn't realized he was speeding.
C) He lives on Elm Street.
D) His speedometer is not working.
25. A) She took away the man's license.
B) She gave the man a speeding ticket.
C) She gave the man a warning.
D) She asked the man to become more familiar with the area.

Section B

Directions: In this section, you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passages and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 2** with a single line through the center.

注意:此部分试题请在答题卡2上作答。

Passage One

Questions 26 to 29 are based on the passage you have just heard.

26. A) They lead an interesting life.
B) They disappear during the night.
C) They fail to reach the top.
D) They earn a lot of money.
27. A) Because he is important to them.
B) Because he buys their clothes.
C) Because he looks after the money.
D) Because he carries instruments for them.
28. A) Traveling.
B) Enjoying themselves.
C) Paying taxes.
D) Buying the things they need.
29. A) To sleep in.
B) To travel around the country.

- C) To carry their clothes.
D) To take their instruments.

Passage Two

Questions 30 to 32 are based on the passage you have just heard.

30. A) 1860. B) 1973.
C) 1869. D) 1643.
31. A) The number of its shops, supermarkets and garages.
B) The number of its employees.
C) The special and unique food.
D) The quality and the price.
32. A) A kind of bacon called "Tendersweet".
B) A cheese section.
C) Clothes.
D) A wine department.

Passage Three

Questions 33 to 35 are based on the passage you have just heard.

33. A) A young girl. B) Smokey the Bear.
C) Burning trees. D) A young boy.
34. A) The damage of only one house. B) The death of Smokey the Bear.
C) Many injured fire fighters. D) Loss of land and homes.
35. A) Because they wanted to. B) Because the court ordered it.
C) Because no one else could. D) Because the child asked them to.

Section C

Directions: In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks numbered from 36 to 43 with the exact words you have just heard. For blanks numbered from 44 to 46 you are required to fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, you should check what you have written.

注意:此部分试题在答题卡2上;请在答题卡2上作答。

Part IV

Reading Comprehension (Reading in Depth)

(25 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the

passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. **You may not use any of the words in the bank more than once.**

Questions 47 to 56 are based on the following passage.

There's no question that the Earth is getting hotter. The real questions are: How much of the warming is our fault, and are we 47 to slow the devastation by controlling our insatiable 48 for fossil fuels?

Global warming can seem too 49 to worry about, or too uncertain — something projected by the same computer 50 that often can't get next week's weather right. On a raw winter day you might think that a few degrees of warming wouldn't be such a bad thing anyway. And no doubt about it: Warnings about 51 change can sound like an environmentalist scare tactic, meant to force us out of our cars and restrict our lifestyles.

Comforting thoughts, perhaps. Unfortunately, however, the Earth has some discomfoting news.

From Alaska to the snowy peaks of the Andes the world is heating up right now, and fast. Globally, the 52 is up 1°F over the past century, but some of the coldest, most remote spots have warmed much more. The results aren't pretty. Ice is 53, rivers are running dry, and coasts are 54, threatening communities.

The 55 are happening largely out of sight. But they shouldn't be out of mind, because they are omens of what's in store for the 56 of the planet.

注意:此部分试题请在答题卡2上作答。

- | | |
|---------------|----------------|
| A. remote | I. melting |
| B. techniques | J. vanishing |
| C. consisting | K. eroding |
| D. rest | L. temperature |
| E. willing | M. curiosity |
| F. climate | N. changes |
| G. skill | O. skillful |
| H. appetite | |

Section B

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the center.

Passage One

Questions 57 to 61 are based on the following passage.

Rabbits were first introduced into Australia by British settlers in the middle of the 19th century. The reason for their introduction may have been in order to provide a source of food, or for sport, or simply as pets. Whatever the reason, they eventually caused a devastating ecological disaster.

They soon escaped from captivity and began to multiply very rapidly, especially because they had few natural enemies in the Australian environment. At the time, sheep farming was the mainstay of the Australian economy. But the rabbits ate up huge areas of the vegetation needed by the sheep. As a result, sheep farming and thus the Australian economy as a whole began to suffer enormously.

The damage done by the rabbits was more than to simply deprive the sheep of their source of food. They also turned thousands of square kilometers into dustbowls, and caused some native species of mice and other browsing animals to become extinct.

It was only by 1950 that the rabbits were controlled, with the introduction of the disease myxomatosis(多发粘液瘤病), which killed them off rapidly in large numbers. Even then, the complex unforeseen chain of events surrounding them did not end. The spectacular success of myxomatosis as a means of cutting down on rabbits led to its introduction into great numbers as expected, but the weeds previously eaten by the rabbits started to spread rapidly. In addition, the mice and beetle populations dropped sharply because foxes began to eat more of them in the absence of rabbits. And so on, all the way down the food chain.

注意:此部分试题请在答题卡2上作答。

57. After the rabbits were introduced into Australia, _____.
- A) they provided a new means of entertainment
 - B) they provided a new food for the locals
 - C) they caused the ruinous ecological disaster
 - D) they caused the natural disaster
58. The word "multiply" in the first line of the second paragraph means _____.
- A) increase
 - B) breed
 - C) enlarge
 - D) nurture
59. After the controlling of the rabbits, what happened?
- A) The problem was settled.
 - B) It began to influence the economy of Australia.
 - C) It also caused the ecological disaster.

- D) The natural balance recovered.
60. Which of following statements is false?
- A) The only problem of introducing rabbits is to deprive the sheep of their food.
- B) The mice died out because the rabbits were introduced.
- C) The weeds spread rapidly because of the introduction of myxomatosis.
- D) Sheep-farming is the most important industry in Australia.
61. Which of the following can be the best title in the passage?
- A) Rabbits Plague.
- B) An Ecological Disaster.
- C) The Settlers in Australia.
- D) Food Chain.

Passage Two

Questions 62 to 66 are based on the following passage.

It is being increasingly recognized that the way many modern buildings are constructed and maintained is leading to poorer health among the people who worked in them.

The main problem is the way that air is handled. In the past, it was possible to open a window for relief from the smoker at the next desk. Nowadays, however, many buildings are sealed because air-conditioning and ventilation are supposed to eliminate problems. But, as the frequent black streaks on the ceiling near air vents show, much of the dirt in the air is merely being recycled and therefore constantly breathed by the inhabitants of the building.

Most office blocks have air ducts and vents running right through them. These can become full of dust and pollutants such as fumes from cigarettes and photocopiers and chemicals like formaldehyde leaking from carpets or adhesives from materials used to construct the building, and so on. These substances can stay in the air for years.

Unfortunately, energy conservation can make the problem worse. Switching off air-conditioning and heating at night causes condensation. This creates the damp conditions that help bacteria and fungi to grow. When the system comes on again in the morning, they are sprayed into the building. One third of buildings operate on perpetually recycled air.

One study has claimed that 80% of air-conditioned office blocks are 'sick' — in other words, staff complain of headache, allergies, rashes, nausea and lethargy. However, other studies have shown that workers in normally ventilated offices sometimes have the same symptoms. Thus there must be factors other than air-conditioning which are also to blame.

Some researchers feel that stress may be important in understanding the causes of sick building syndrome. For example, it may be that with the change from typewriters to word processors in many offices, workers are 'chained' to their machines. These working conditions cause stress, and people under stress are much more aware of physical discomfort and are much

more likely to suffer from headache, eyestrain, sore throats and other symptoms of sick building syndrome.

Some scientists have found that another possible cause of the problem is sensitivity to everyday materials such as carpet fibers and furniture adhesives. An international conference on health and buildings in Stockholm last year was told that 40% of people in Sweden had some form of common allergy to such materials. When many people are put in a building full of such materials, it is therefore natural that some of them will react negatively.

Finally, another view is that the problem stems not from air-conditioning but air changing. According to this explanation, managers of buildings are so incompetent or ignorant about them that they do not ensure workers have enough clean air. Normal maintenance, such as cleaning ducts regularly, is neglected, and air is constantly recycled instead of being exchanged.

注意:此部分试题请在答题卡2上作答。

62. According to the author, sick work places result from _____.
 A) the air-conditioning and ventilation
 B) the air-conditioning and air changing
 C) the many factors including air-conditioning, stress, sensitivity to the materials and air exchanging
 D) the way that the buildings are constructed and maintained
63. The second paragraph told us that _____.
 A) the old-typed windows can be opened and closed freely for ventilation while the air in the modern buildings recycled
 B) the air in the old-typed building recycled while the windows in new buildings can be opened and closed freely for ventilation
 C) the air in the old-typed building recycled while the air in the new building can clean the air by air-conditioning and ventilation
 D) the air in the old or new buildings can be cleaned in different ways
64. It can be learned from the passage that _____.
 A) an international conference held in Sweden was told that 40% of people in Sweden suffered from rashes and lethargy
 B) some pollutants from materials used to construct the building may stay in the air for several months
 C) the people in normally ventilated buildings tend to be healthy
 D) the damp circumstances will help the bacteria develop
65. The phrase "stem from" in the last paragraph probably means "_____".
 A) originate from
 B) build from

C) be made from

D) recover from

66. What's the best title of the passage?

A) Ventilation and Air-Conditioning.

B) Sick Work Places.

C) Air-Conditioning and Air Changing. 1 D) The Problems in the Office Buildings.

Part V

Cloze

(15 minutes)

Directions: There are 20 blanks in the following passage. For each blank there are four choices marked A), B), C) and D). You should choose the ONE that best fits into the passage. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the center.

注意:此部分试题请在答题卡2上作答。

Because college is so expensive, I know I will have to major in a practical field that can give me a 67 life. That will probably be something in science or business. 68 while I'm here, I want to study the violin as well.

I have played the violin since I was in sixth grade, 69 I didn't always love it. In the beginning, it was my parents' idea for me to learn the violin. First, they bought me a violin, which 70 made me feel obligated to play it. After all, they had invested several hundred dollars in it. My mother, who had been a pianist 71 she married my father, required me to practice an hour each day. I hated this. I would hear my friends 72 outside as I played a few notes, then stare 73 at the little clock on my bedroom dresser. Why wouldn't the hands move 74? I remember one time I 75 the idea of moving the hands 76 about fifteen minutes. I knew my mother would say it hadn't been an hour, but I thought I could say, "But my clock 77 4:00 when I went into my room and now it says 5:00." 78, she never asked me why I had stopped 79. Maybe she was 80 after having had to listen to my screeches (刺耳声) on the violin.

My attitude changed 81 I finally became 82 to play some of the classical composers. Suddenly it became very 83 for me to get it right. I no longer heard what was going on 84 with my playmates while I practiced. I was 85 in the music. I would repeat 86 bars (小节) again and again, sometimes just for the pleasure of hearing the notes trickle (涓涓细流) like running water or jump like crickets.

67. A) secure

B) safe

C) quiet

D) easy

68. A) So

B) For

C) But

D) Furthermore

69. A) therefore

B) but

C) so

D) still

70. A) automatically

B) inevitably

C) unbelievably

D) naturally

71. A) when

B) after

C) before

D) because