



大学英语自主学习综合训练教程 阅读语法训练分册



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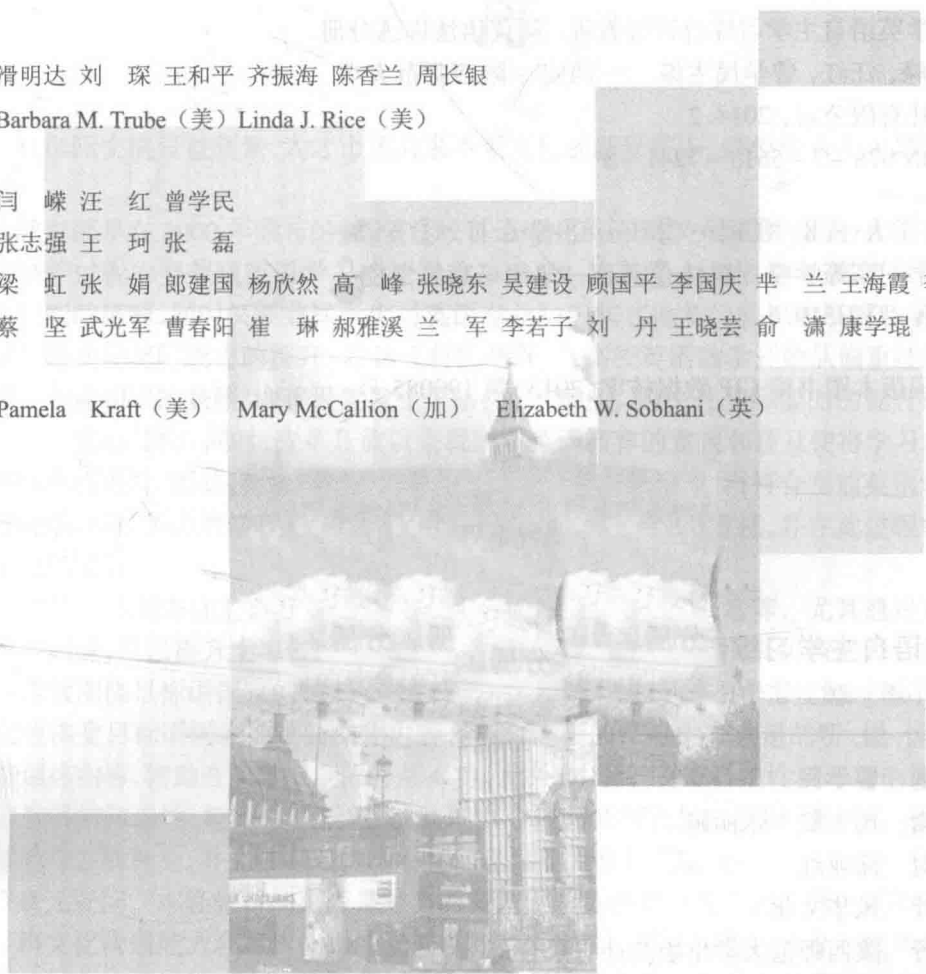
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阅读语法训练分册

上

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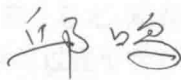
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在国际交流日益频繁、人才市场需求不断变化的新形势下,高校外语人才培养面临新的挑战。

教育部早在 2000 年颁布的《高等学校英语专业英语教学大纲》中强调,在新世纪外语人才培养过程中要兼顾英语学习的技能与知识,即,在外语人才培养中,既要重视学生外语基本技能的培养,同时又要兼顾学生对英语专业知识和其他专门知识的了解和掌握,并实现对学生跨文化交际能力的提升。在该文件的指导下,高校英语教学开始从偏重技能转向对英语相关专业知识的兼顾,课程设置发生了结构性的变化,跨文化交际能力的提升成为人才培养的一个重要目标。同时,改革开放以来我国对英语教育的重视和普及使得学习者的英语水平整体有所提升,因此,传统的听说领先的输入型教学方法已不再符合当前英语专业学生的学习要求,高校英语教学逐步转向对提升学生语言输出能力的重视,并在此过程中注意提升学生的思辨能力。

本套大学英语自主学习教材旨在通过对学习者语言技能的培养,尤其通过对语言输出能力的训练,借以提升学习者的自主学习能力、跨文化沟通能力以及思辨能力。全套四册的内容紧紧围绕目标语国家的社会文化专题展开,使学习者在学习语言技能过程中,能够潜移默化地接受目标语国家的社会文化内容,同时,配套的练习中有大量的听、说、读、写等语言技能训练内容,辅助夯实学习者语言基本功。此外,本套教材以自主性学习理论为指导,注重学习材料的知识性、趣味性和新颖性,并辅以音视频的现代技术手段,能够对学生的课堂学习形成有益的补充,并能够有效提高学生的学习能力和探究能力。

毫无疑问,本套教材的出版是对当前我国大学英语教学内容的丰富,其对自主学习能力、跨文化沟通能力和思辨能力的强调以及对语言输出能力的重视无疑为我国高校英语专业的教学和改革提供了有益的视角。同时,本套教材为北京第二外国语学院英语学院教师与美国俄亥俄大学教授合作编写,教材本身就是跨文化合作的成果,是国际化人才培养目标在教学中的具体实践和体现。



2014年2月8日

前言

近年来,随着我国经济建设的飞速发展和国际化程度的不断加深,全社会对外语教学提出了更高的要求。大学阶段的英语教学已经由单纯的语言学习逐步过渡到以认知和学习理论为指导,以语言为信息渠道,以培养跨文化交际能力为目标,并集多种教学模式和手段为一体的综合教育体系。因此,当前大学英语教学不仅应当培养学生对英语的综合应用能力,还应加强和提高其自主学习能力以及与之相关的思辨能力、组织能力和创造力。只有这样才能使他们在今后的工作和社会交往中灵活运用语言和其他一切相关资源,有效地进行口头和书面的信息交流,以适应我国社会发展和国际合作的需要。然而,目前能够满足上述要求的英语学习教材在国内并不多见。

为此,我们经过五年不懈的探索和努力,组织编写了这套适用于大学阶段英语自主学习的综合训练教程。然而,在谈及这套教材的体系和内容之前,有必要首先对“自主学习”的概念以及相关理论进行一番简要的回顾。究其原因,我们编写这套教材的初衷,就是想通过一系列具有自主学习特点的语言训练任务为英语学习者打下坚实的基础,最终提高其跨文化交际意识和自我发现与深入探究的能力,而这也恰恰是该教材区别于其他同类教材的最大特点和优势所在。那么,“自主学习”究竟指的是什么?它对英语学习具有怎样的影响?如何才能有效使用这套教材以实现最终的学习目标?这些问题的确值得大家思考。

“自主学习”这一概念初步形成于 20 世纪 60 年代。1981 年, Henri Holec 把这一概念引入了外语教学领域,随之对传统的外语学习模式产生了巨大的冲击。所谓“自主学习”,本质上就是指学习者独立管理自身学习的能力,具体包含学习动机(需要)、学习目标制定、学习过程监控、学习资源、学习方法和对学习结果的评价六个基本要素。“自主学习”的理论基础是认知建构主义和人本主义心理学。在前者看来,学习的过程是一个积极主动的知识建构过程。这一点充分表现在学习者能够有选择地吸收信息,做出假设、比较和解释,重新构建信息的含义并将新的信息融于已有的知识以供未来使用。因此,语言教学的任务就是要尽量多地为学生创造运用语言的机会,以便其在丰富而真实的语境中对各种假设进行验证。人本主义心理学家则强调学习过程中自我观念和情感因素的重要性。他们认为,语言教学应注重有意义的交际,尊重学习者,把学习当作实现自我价值的一种形式。基于此,在外语学习过程中,培养跨文化交际能力,特别是交际的自主性显得尤为必要。此外,语言学习不能仅仅注重目的语的演示和操练,同时还要加强相关学习策略以及跨文化交际意识的培养。总之,随着教育资源的不断丰富以及教学手段的日益更新,当代学习理论越来越强调学习过程中学习者的主体作用。正是基于上述原因,我们将教材定位在自主学习的理论框架内,并希望能够通过这套教材的编写逐步摸索出一条符合我国高校英语教学实际的自主学习路径。

《大学英语自主学习综合训练教程》编写的主导思想就是要充分调动和激发学生英语学习的主观能动性,通过提供大量真实的语料和交际语境,为学生获得语言、运用语言、检验语言创造机会,最终提高其跨文化交际能力。总的来看,这套教材具有以下几方面的特点,希望广大师生在使用时能够有所把握。

首先,它是一套突出自主学习特点的综合训练教材。与其他教材不同,整个教材的知识体系依托自主学习理论的相关原则,最大限度地考虑到学习者的情感因素和自主学习能力的培养,强化学生主体作用,在一定程度上弱化教师的统领作用。因此,该教材并不适用于传统的课堂教学,而是侧重开发学生主动获取和构建语言信息的潜力,鼓励学生充分挖掘已有的语言知识和百科知识,利用学习策略在探索 and 发现中思考,在思考中学习,在反复训练中不断总结、思辨,最终内化为自身的语言能力。为了达到上述目标,教材采用了大量第一手语音和视频语料,在贴近真实的语境中突出语言以及目的语文化知识的理解和训练。教材中所有知识单元的编排均采用循序渐进的阶梯式测试训练模式,具有很强的互动性,学生完全可以利用第二课堂以及课余时间通过自主学习、总结和评估逐步提高听、说、读、写等基本语言技能。此外,为了便于自主训练,每个单元在训练前都有针对性地提供了任务导读、学习策略与技巧、特点、难点分析以及答案详解等内容,以帮助学习者获得即时的帮助和反馈,并对自己的学习进度和知识掌握程度进行有效管理和评估。

其次,它是一套以跨文化交际任务为导向的整合型教材。对于绝大多数大学生而言,在中学阶段已经学习并掌握了基本的语法规则,也积累了一定数量的词汇,具有较强的阅读能力。但是,通过近十年来对新生的调查和了解我们发现,摆在他们面前最大的拦路虎是语言基本功不够扎实,跨文化交际意识薄弱,特别是缺乏灵活使用语言的能力,加之语言环境有限,造成部分同学英语学习长期停滞,久而久之丧失了英语学习的兴趣和动力。为此,我们在教材内容的编排上打破了听、说、读、写知识模块彼此独立、分离训练的传统格局,取而代之的是一系列相互关联的、具有整合性的英语学习任务。所有这些任务的设计遵循学习者知识建构的规律,以视听为先导,并延伸到口语、语音、写作、语法和阅读。每一个任务单元独立成为一个“话题”体系,单元内的语言设计、情景对话、听力训练、写作以及相关习题都是围绕这个话题逐步展开。另一方面,在话题内容的编排上,我们以跨文化交际意识的培养为导向,语言材料的选择突出知识性、趣味性和实用性相结合。所有听说任务的视频片段均取自于目的语国家的日常生活,涉及人文、教育、自然、地理、社区生活等不同方面。这样做的目的是想最大限度地调动起学生使用语言进行交际的需要和兴趣,通过与视频情节的沟通和意义协商达到语言整体水平的提高。

最后,它还是一套结合计算机网络技术的情境体验式教材。为了营造轻松、活泼的交际语境和便捷的自主学习环境,教材中的所有训练内容都结合了大量的视频信息并以网络训练课程的形式呈现在学习者面前,力求通过人机互动的模式使学生听得有兴趣,看得有收获,说得有内容,写得有深度,最终通过自身的交际体验获得目的语语言和文化知识。例如,在进行视、听、写作综合训练过程中,要求学生在看完一个视频片段后根据题目要求在30分钟内完成一篇作文。这种任务设计从根本上改变了传统写作课堂教学的模式,突出了写作的交际功能。同时,为了帮助学生获得相应的知识,教材还提供了与该任务和话题相关的策略指导以及背景资料。这就要求学生在使用这套教材时一方面要具备一定的互联网知识和计算机应用能力,能够从网络平台中即时、准确地获得所需要的资源和反馈,另一方面也要能够充分利用网络平台对自己学习的效果进行即时监控,并在评估的基础上对存在困难或障碍的薄弱环节进行反复练习,最终取得突破。

《大学英语自主学习综合训练教程》共分为《视听说写训练分册》(上、下册)和《阅读语法训练分册》(上、下册)。《视听说写训练分册》包含了听力理解训练、听写训练、跟读训练和视

听写作训练四个主体模块。《阅读语法训练分册》则包括快速阅读理解训练、深度阅读理解训练和语法与结构训练三个模块。在每个训练模块内的每个单元都由任务导读、任务特点分析、策略与技巧、实例演示、专项训练、模拟训练、答案解析六个部分或子模块组成。该教材主要适用于我国高校大学生对英语基本知识 with 技能的学习和训练。特别需要说明的是,教材中任务和题目的设计参考了托福和雅思测试的一些形式和方法,因此该套教材将有助于提高学生在上述水平测试中的成绩。

本套教材的编写和出版不仅是北京第二外国语学院英语学院一线教师们集体智慧的结晶,也是我院积极实施和落实学校“十二五”规划有关国际化发展战略进程中所取得的重要成果,更是北京第二外国语学院与美国俄亥俄大学、陕西师范大学等国内外兄弟院校团结协作、携手创新的典范。在历时五年的教材编写过程中,许多老师和编辑部工作人员放弃了节假日和平时的休息时间,忘我地工作,投入了极大的热情,付出了艰辛与汗水。来自美国俄亥俄大学的英语教育专家Barbara Trube教授、Linda Rice教授、Pamela Kraft教授以及外籍专家Mary McCallion和Elizabeth Sobhani 女士不仅承担了教材的英语校对工作,而且从教材的内容、结构等许多方面为我们提出了许多有建设性的意见和建议;陕西师范大学出版总社的编辑团队在整套教材的策划、编写、版式设计、语音及视频录制、网络技术等方面也做了大量细致的工作。另外,北京第二外国语学院一年级研究生丛文彬、罗星、曹亚丽、李硕、赵伟静、薛莉敏、孙永芳、刘青、赵倩、彭岩、董翠敏、周欢、龙凤珍、马高云、陈晓敏、闫旭、张浩、张琳、王洪洁、安乾凤、张佳琪、赵静茹、李洁、丛香、谢媛、王云、郑双、张亮、程凤、刘兵、白淑芳、肖媛、高菲、李佳霖等也参与了教材的校对工作,在此,我们一并表示衷心的感谢。最后,我们还要特别感谢北京第二外国语学院邱鸣副校长对教材编写工作给予的大力支持和帮助。此次,他又在百忙之中抽出时间亲自为教材作序,这是对所有参编教师莫大的鼓励和鞭策。《大学英语自主学习综合训练教程》是我们配合学校国际化战略和人才培养目标在大学英语教学和课程改革方面所做出的一次大胆尝试,正因为是新生事物,因此在使用过程中必然会存在不足甚至是错误,敬请广大同行专家和师生们批评指正。我们衷心希望这套教材能够为更多的英语学习者提供帮助。

编者

2014年2月8日



目录

CONTENTS

Section A Reading Comprehension: Skimming and Scanning

快速阅读理解训练	1
一、快速阅读理解训练任务导读	1
二、快速阅读理解训练任务特点分析	1
三、快速阅读策略与技巧	2
四、快速阅读专项训练	3
Passage 1	3
Passage 2	6
Passage 3	9
Passage 4	12
Passage 5	15
Passage 6	18
Passage 7	20
Passage 8	22
Passage 9	26
Passage 10	28
Passage 11	31
Passage 12	33
Passage 13	36
Passage 14	39
Passage 15	41
Passage 16	44
Passage 17	47
Passage 18	49
Passage 19	52

Passage 20	54
Passage 21	57
Passage 22	60
Passage 23	62
Passage 24	65
Passage 25	67
Passage 26	70
Passage 27	72
Passage 28	74
Passage 29	77
Passage 30	80
Passage 31	82
Passage 32	84
Passage 33	87
Passage 34	89
Passage 35	92
Passage 36	95
Passage 37	98
Passage 38	100
Passage 39	104
Passage 40	106
Passage 41	109
Passage 42	113
Passage 43	115
Passage 44	117
Passage 45	120
Passage 46	123
Passage 47	126
Passage 48	128
Passage 49	131
Passage 50	134
五、参考答案	137



Section A Reading Comprehension: Skimming and Scanning

快速阅读理解训练

一、快速阅读理解训练任务导读

作为自主训练课程的重要内容,阅读理解主要是考查学生深入理解英语文章内容,分析篇章构成以及作者写作意图和态度偏好等方面的能力。快速阅读则侧重考查学生英语综合应用的能力。该任务具有题材广泛、篇幅较长、测试题目多等特点,学生需要在15分钟内阅读长度在1200词左右的文章,并完成10道问题。本教材快速阅读训练部分的目标在于提高学生快速阅读能力,力求通过50篇长度在800词到1200词左右的文章的练习,使学生通过训练在实践中总结规律、提高正确率,以达到满意的训练效果。

二、快速阅读理解训练任务特点分析

快速阅读理解训练呈现以下特点:

1. 时间紧、题量大

快速阅读理解训练要求学生在15分钟内阅读长度在800词到1200词左右的文章,并完成10道问题。题型设置通常为7道判断正误和3道填词题,或者为7道多项选择和3道填词题。快速阅读理解的文章生词量控制在5%~10%左右,通常可以通过文本上下文或其他阅读策略推断出词义,基本不会影响阅读的过程。

2. 细节题为主

快速阅读理解题主要考查学生对于文章中涉及的某些细节的理解是否正确,综合性题目很少,推论性题目更少。学生只要能够快速锁定问题所涉及内容的位置,正确理解文章内容,正确率一般都会很高。

3. 段落的先后顺序决定问题的排列顺序

快速阅读理解题一般是按照段落的先后顺序而呈现的,通常段落中的首句因作为该段落的总领句子而格外重要,也经常成为考点,因此,学生应该养成关注段落首、尾句的阅读习惯,这样可以事半功倍。

4. 题型多样

快速阅读理解题有两大类型,一类是判断正误,另一类是多项选择题。学生应该熟悉这两类题型,并在练习的过程中逐步积累经验,总结两类题型不同的侧重点,做到胸有成竹。

三、快速阅读策略与技巧

1. 阅读问题并找到问题中的关键词

带着问题阅读是有效阅读的第一步,也是非常重要的一步。阅读中要格外注意一些可以帮助锁定信息点的关键词,他们是帮助你快速阅读的钥匙和找到答案的阶梯,比如时间、人名等专有名词,拼写较长的单词,甚至是一个连词也能够帮助你有效完成阅读的整个过程。

2. 逐段阅读,按顺序完成问题

快速阅读理解的问题一般是按照相应顺序出现的,因此可以采用边阅读边做题的方法,既节省时间又可以有效锁定问题信息点。

3. 注意小标题

如果文章有若干小标题,则可以通过阅读小标题来判断信息点是否存在,并决定是否详细阅读该小标题下的具体内容,从而合理分配时间、去粗取精。

4. 注意首、尾句

通常文章段落中的首、尾句充当着总述或结论的重要角色,因此快速阅读理解中的很多题都来自文章中各个分段的首、尾句。掌握这个规律可以有效提高文本阅读理解的效率、缩短时间、提高问题回答正确率。

5. 练习速读和略读的能力

快速阅读要求学生的阅读速度至少要达到120词/分钟,对于大多数学生而言,这是个比较困难的标准。其实快速阅读题并非意在考查学生通篇阅读文章的速度,而是侧重于培养学生在规定时间内获取有效信息的能力,因此学生逐步培养自身速读和略读的能力就显得尤为重要,而速读和略读就意味着阅读过程中对于摄入信息进行必要的取舍。学生可以根据文章体裁而判断重要信息点的位置,也可以根据审题时获取的关键词直接定位信息点的位置,从而在最短的时间内完成所有题目。

6. 逐步培养英语阅读策略

四、快速阅读专项训练

Passage 1

Increase Your Likability Factor (892 words)

Generally speaking, to be heard you have to make people like you. You need to create chemistry with your staff as a manager, with your team as a project leader, with your boss, with your customer, with your strategic partners. People believe people they like. That's not a news bulletin. Great communicators develop the "likability factor"—your personality and the "chemistry" you create between yourself and others.

Just as many roads lead to success in the workplace, many different personalities attract followers. But the following traits seem universally to attract people and open their minds and hearts.

Be vulnerable, show your humanity

In speaker training 101 classroom, people learn to tell failure stories before success stories. Generally, audiences have more in common with those who struggle than those who succeed in life. If you worry about whether your teen will graduate from high school without getting involved with the wrong group, say so. If your father-in-law drove you nuts during the holiday weekend, it's okay to mention to your colleagues on Monday morning that you might not have been the storybook spouse. If you lose a customer, regret it rather than excuse it. If you miss a deadline, repair the damage and catch up.

People respond to humans much more favorably than machines. When you communicate with colleagues, never fear to let them see your humanity.

Be courteous—remember to kick the copier

Day in and day out, it's the small things that kill our spirit: The sales representative who empties his cold coffee and leaves the splatters all over the sink. The manager who uses the last drop of lotion and doesn't refill the container. The analyst who walks away from the printer, leaving the red light flashing "paper jam". The boss who walks into the reserved conference room in the middle of a meeting and bumps everybody out for an "urgent" strategic planning meeting. The person who cuts in line at the cafeteria cash register. The guy who answers his cell phone and tries to carry on a conversation out loud in the middle of a meeting.

As a result, even the smallest courtesies kindle a fire that ignites chemistry and builds kinship. The courtesy of saying "hello" when you come into the office after being away. The courtesy of letting people know when you're going to be away for an extended period. The courtesy of honoring policies about reserving rooms, spaces, and equipment for activities. The courtesy of a simple "please", "thank you", and "you're welcome" for small favors.

Share a sense of humor

No matter whether people agree or disagree with George W. Bush's political positions they typically admire his self-deprecating humor. At one of the Washington correspondent's dinners, that ability to poke fun at himself seemed to be the primary thing the media responded to favorably. Bush said at the lectern, "I always enjoy these events. But why couldn't I have dinner with the 36 percent of the people who like me?" At one such event, Bush even brought along his "double" comedian Steve Bridges, to make fun of his frequent mispronunciations. The double modeled for him one of his most difficult words to pronounce correctly, "Nu—cle—ar proliferation...nu—cle—ar proliferation. Nu—cle—ar proliferation." Then Bush tried it, "Nu—cle—ar pro—bobliation." The crowd went wild.

Self-deprecating humor can open hearts and minds to make people receptive to ideas in ways words alone cannot.

Show humility

Power can be seductive. Praise pushes people's buttons, elevating peer pressure to feel important. And just as suddenly as lightning strikes, an act of arrogance can destroy an otherwise credible communicator. For example: refusing to acknowledge people when they speak to you. Failure to respond to people's suggestions. Haughty body language. An amused smirk in response to an idea expressed in a meeting. An upward roll of the eyes meant to discredit someone's comment in the hallway. A talk jam-packed with jargon meant to confuse rather than clarify. Insistence that things must be said one way and one way only.

Credible communicators show humility in innumerable ways:

- * They let others "showcase" by delivering key messages instead of always having to be "on stage" themselves.

- * They let others feel important by "interpreting", "passing on" and "applying" their goals and initiatives.

- * They get input from others—and consider that input worthy of a response. (They don't ask for input "just for drill" if they don't plan to consider it.)

- * They excite others by asking for their help, cooperation and buy-in.

- * They share the limelight by telling stories about star performers.

- * They share leadership roles by telling success stories of other leaders.

- * They communicate awareness and appreciation of the efforts and results of other people.

Certainly, credibility involves a balancing act between establishing a noteworthy track record and fading away into the furniture. People do want to know that you know what you're talking about. But arrogance antagonizes them. Expertise tinged with a touch of humility goes down far better.

Your look, language, and likeable personality will have a huge impact on whether people accept what you say. If your message isn't sinking in, if you're not getting the action you want, maybe you should take it, well personally.

1. Which statement is NOT right? A D

A. People believe people they like.

- B. Great communicators know how to develop the "likability factor".
- C. There are certain traits which seem universally to attract people and open their minds and hearts.
- D. You need to share chemistry with others so as to be successful. ^{staff}
2. Generally, audiences have more in common with those C.
- A. who succeed than those who fail
- B. who are enjoying success after struggling for their goals
- C. who struggle than those who succeed in life
- D. who are prominent as well as tenacious
3. In the third paragraph, "If your father-in-law drove you nuts during the holiday weekend," what does the phrase "drove you nuts" mean? AB
- A. Was pleased with you.
- B. Made you angry.
- C. Gave you nuts to eat.
- D. Scolded you harshly.
4. How to build kinship with others? DB
- A. Be vulnerable.
- B. Be courteous.
- C. Be humorous.
- D. Be humiliated.
5. By citing example of "George W. Bush's self-deprecating humor", the author means that C
- A. he is good at telling humorous jokes
- B. he enjoys bantering with others, such as journalists
- C. to poke fun at himself seems to be effective of winning people's favor
- D. to play a joke on others is acceptable in a press conference
6. Bush tries to make fun of his frequent mispronunciations in order to realize the ultimate goal of B.
- A. making the crowd wild
- B. making people receptive to his ideas
- C. amusing people at present
- D. presenting his error in speech
7. A credible communicator should AC.
- A. be seductive
- B. be forbidding
- C. be modest ^{谦虚的}
- D. be haughty
8. An amused _____ in response to an idea expressed in a meeting can destroy an otherwise credible communicator.
9. One way of showing humility is to excite others by asking for their help, _____ and buy-in.
10. You are sure to realize that language and likeable _____ will have a huge impact on whether people accept what you say.

Passage 2

Eat Your Way to a Better-looking You (1231 words)

As a kid, I ate my dinner so that I could have dessert. My mother filled my head with other reasons to eat—like that carrots would keep my eyes strong, dairy would keep my bones strong, and spinach would keep my muscles strong—but I was oblivious to such added benefits. As an adult, I'm still obsessed with dessert, but now I'm equally obsessed with the added benefits of certain foods.

The saying, "You are what you eat" could not be more true when it comes to our skin. Our skin thrives when we eat a natural, wholesome diet rich with antioxidants, vitamins, and minerals, and it suffers under a poor diet—no matter how many overpriced beauty potions we're lathering on.

I need all the help I can get to look my best these days and if I can get that help while stuffing my face, you can be sure I'm adding the following beauty-full foods to my weekly shopping cart.

Fish for compliments

Oily fish like fresh tuna, sardines, mackerel, and salmon contain essential fatty acids (EFAs) that actually reduce skin inflammation and keep our skin moisturized. These EFAs also promote elasticity, keeping those wrinkles at bay. Added benefits: research shows that the Omega-3s found in fish slow cognitive decline, remove plaque from our arteries, and improve brain function. In short, tuna is a pretty smart choice for dinner.

Go nuts

Brimming with vitamins A and E, nuts protect our skin against pollutants and sun damage. Nuts are also rich in good fats that keep our skin nourished and smooth. Power snack on sunflower seeds, almonds, and walnuts and before long, everyone will be going nuts over how great you look!

Think popeye

Popeye knocked back spinach leaves back like I knock back Guinness, and while I'm getting my iron requirements, he's getting plenty of antioxidant vitamins B, C, and E. Vitamins C and E are a powerful anti-aging combination while vitamin B boosts energy in our activity levels, promoting that healthy glow. I'm adding spinach, watercress, and cabbage to my cart.

Don't forget popeye's lady friend

You can't go wrong with olive oil. It's good for your skin, hair, nails, and overall diet. It's packed with the good fats, antioxidants, and vitamins A and E that help give us soft, supple, younger-looking skin. I'm adding extra virgin olive oil to my cart because, unlike other olive oils, extra virgin hasn't been chemically processed. Popeye would be so proud.

Holy guacamole

The innocent-looking scaly avocado is loaded with good stuff to make us look like hot stuff. Got dry skin? Reach past that Chanel cream and toward this green, fleshy fruit; it's packed with

vitamin E and monounsaturated fats (sing it with me, “Not all fats are bad for me!”) that combat dryness to nourish our skin and hair. Going forward, I’m adding avocado to all my salads and sandwiches.

Eggs: get credit

Unscramble your thoughts about eggs and cholesterol because eggs are actually good for us. The sunny side up is that eggs are a high-quality protein and they contain antioxidants that are easily absorbed into the body. When it comes to egging our beauty on, whole eggs are best because they contain vitamin E, vitamins B12 and other vitamin Bs, selenium, and protein, which are all good for your skin and hair. Added benefit: eggs are packed with the carotenoids, lutein, and zeaxanthin, which are crucial to keeping healthy eyes and sharp vision.

The whole truth

Add whole grains—the brown whole meal versions of your favorite foods like pasta, cereal, and bread—to your diet and you’ll aid your digestion and your complexion. Whole grains are packed with iron, vitamin B, and most important of all, fiber, which keeps us regular. Being regular is nothing to snicker at apparently (though I can’t help myself!) as it flushes out toxins to leave you with radiant skin. I’m down with brown.

Berry pretty

I love berries, so it’s no hardship for me to add strawberries, blueberries, raspberries, blackberries, gooseberries, cranberries, your berries, my berries, to everything I eat. Berries are jam-packed (sorry) with antioxidant vitamins C and E, which help produce collagen to keep our skin smooth and plump. Added benefit: cranberries keep our urinary tract clean and happy, which is unscientifically proven to turn your frown upside down.

You say tomato, I say yes please

Tomatoes look fresh, healthy, and ripe and the good news is that eating them will keep us fresh, healthy and ripe, too. Tomatoes are a reliable source of vitamins and minerals; they’re high in vitamin C and a great source of vitamin A, as well as being a solid go-to for the strong antioxidant lycopene. There is growing scientific evidence that lycopene neutralizes harmful free radicals that can damage cells and trigger cancer. Tomatoes are not bad for you, so eat up. In fact, I tell bad jokes to encourage people to throw tomatoes at me; I’ll be having the last beautiful laugh!

Cider house rules

A friend, who is not so much a friend as an acquaintance, recently shared that I was looking a little “dull” and should consider adding apple cider vinegar to my daily diet. I won’t tell you what I said back to her (in my head), but I will tell you that I’m a convert. Apple cider vinegar is concentrated with enzymes that help peel off dead skin cells. It breaks down fat, helps food digest properly, and just makes you feel and look bright (or less dull in my case).

Pass the potatoes, please

Sweet potatoes are full of vitamin A, which is known for being an anti-wrinkling agent. Treat yourself to second helpings for smoother skin.

Choc-lot

A University of Nottingham professor found that drinking cocoa drinks rich in flavanols improves blood flow to key areas of the brain for two to three hours. I hear you, "Sure that makes my brain pretty, but what about my face?" Well, professor Ian MacDonald's study suggested that cocoa flavanols(黄烷醇) in chocolate may enhance brain function to help fight sleep deprivation, fatigue, and the effects of aging. Yes! Adding cocoa and slabs of dark chocolate to my cart...

Water your skin

I like my water boiled with a tea bag plopped into it along with a few drops of milk and preferably a few chocolate cookies. This is all great for my mood, but not so great for my skin; caffeine is dehydrating and sugar causes zits(丘疹). There's no getting around it—our skin needs water to survive, and lots of it to thrive. Strap a water cooler to your back and give your skin long drinks frequently—more than the prescribed eight glasses a day if you can manage it, so you can moisturize from the inside out. If you must drink tea (like I must), make it green; green tea contains healthy acids and protein, which help to improve our complexions.

Forget wham-bam-pass-the-dessert-ma'am; my food choices need to deliver more than just a quick sugar rush. Now, I eat to keep my heart fit and to make my jeans fit. I eat to increase my energy and to decrease my risks of a heart attack, stroke, and cancer. I eat to feel better, and hey, I eat to look better, too. Beauty really does come from within!

1. In the sentence "I was oblivious to such added benefits", the word "oblivious" means D.

- A. be unaware of
B. be crazy about
C. be persuaded by
D. be dissuaded by

2. Our skin will be sure to thrive when B.

- A. we lather on beauty potions frequently
B. we eat a natural, wholesome diet
C. we consume vitamins and minerals everyday
D. we keep a healthy daily life

3. If you want to reduce skin inflammation and keep our skin moisturized, you are suggested to consume A.

- A. oily fish
B. carrots
C. spinach
D. dairy

4. Essential fatty acids (EFAs) is beneficial in the following situations EXCEPT D.

- A. reducing skin inflammation
B. keeping our skin moisturized
C. promoting elasticity
D. producing wrinkles

5. Nuts are not expected to brim with C.

- A. good fats
B. vitamin A
C. vitamin B
D. vitamin E

6. Vitamin E is contained in the following food EXCEPT D.