

为研究生量身打造的英语视听说宝典

# English Viewing, Listening & Speaking for Postgraduates ( Book1)

# 研究生英语视听说教程(上)

陈文娟 主编



浙江工商大學出版社  
ZHEJIANG GONGSHANG UNIVERSITY PRESS

附赠光盘一张



# 研究生英语视听说教程(上)

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主 编 陈文娟

副主编 周 迈

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王迎春 周 迈 朱肖一



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陈文娟 主编 周 迈 副主编

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# 前言

随着中国高等教育国际化进程的加快及社会经济的快速发展,全国大学英语教学水平在不断提高,这对非英语专业研究生的外语综合能力提出了更高的要求。可是,通过了大学英语四、六级及研究生入学考试的非英语专业研究生,在以往的外语学习中,把主要精力放在阅读上,而听说等交际能力的培养严重不足,用英语来进行思想交流很困难,从而导致交流“瘫痪”的现状。因此,全国大部分高校启动了重视研究生英语听说能力、改变“哑巴英语”现状的英语教学改革。

众所周知,人们学习母语的自然顺序都是从听说开始的。无论是从个人角度还是从社会历史角度来看,语言的听说都早于文字的读写,而且在语言沟通方面起着更为关键的作用。英文“language”这个词本身就说明了这一历史事实。这个词源于拉丁文“lingua”,即“舌头”之意。而在汉语里,“语言”二字都由“言”和“口”构成的。

现在,英语教师和学生都已认识到,听力不仅是一项重要的技能,而且是语言学习最重要的能力。

最近,语言教学与考试专家研究出许多新的教学方法和策略来培养学生各学科专业听力的能力,其中,视频材料的使用以及课堂活动对激励学生的听说能起积极作用,帮助学生提高听说能力。《研究生英语视听说教程》正是将这些新的理念融入其中以提高英语听说能力的教程。

《研究生英语视听说教程》分上、下册,每册 12 单元,每单元的听说活动围绕一个特定主题展开,并根据所听内容设计出形式多样的主客观相结合的听说练习,同时提供与主题匹配的新闻报道/采访/演讲等原声资料(主要安排在下册)。此外,每单元提供一套模拟试题,题型包括大学英语六级、英语专业四级、八级、托福及雅思等,上、下册难度不等。教材同时提供听力文字和练习答案。

## 教学单元结构

每个单元由三部分组成:

第一部分为 WARM-UP:这部分由 A,B 两个围绕中心话题的段落组成。

第二部分为 FOCUS LISTENING:这部分由 A,B,C,D,E 五项任务构成。基本按 A 对话,B、C 段落,D 演讲,E 视频编排。

第三部分为 PRACTICE TEST: 此部分包括六级、专四、专八、托福或雅思试题,都是原声资料。另外,每单元开头有与主题相关的 proverb,可供学有余力的学生记背之用。

## 前言

### 教材特色

• 内容丰富,题材多样。教材以单元为主题展开,上、下册各包含 12 个主题,涵盖了日常生活和社会发展的各类话题。

• 遵循“听说结合,以听促说”的原则。本教材保证教学过程中语言输入丰富准确,输出活动形式多样,有效提高学生的实际听说能力、记笔记能力、语言表达与沟通能力。本教材的听力素材除提供原声的视频(文字由编者提供)和试题外,基本是外籍专家录制的素材,使学生接触真实的英语环境。练习设计形式多样、主客观相结合。除了常规的听力理解题外,还有听写和口语活动(角色扮演、讨论、辩论、描述、总结等,上、下两册形式有变化),这样能培养学生整体理解以及获取特定信息的能力,使学生能正确理解所听内容的主旨及作者的意图,同时通过练习提高说的能力。

• 注重培养跨文化交际意识。为使学生更好地了解西方文化及中西文化的差异,本教材还提供了必要的文化背景介绍、语言点解释及相关图片。

### 编写说明

本书由浙江工商大学外国语学院长期从事研究生英语教学工作的教师编写。陈文娟负责全书章节内容的设计、每册第一至四单元的编写和全书的最后审定。周迈负责整套教材的录音、光盘剪辑及每单元的视频材料。上、下册各单元编写人员为:第五、六单元,董明、周迈;第七、八单元,王二磊;第九、十单元,王迎春;第十一、十二单元,朱肖一。出版社的编辑在出版过程中对本书的结构和内容提出了许多有价值的建议,在此谨向他们表示衷心的感谢。

在本书编写过程中,我们参考了不少同行专家的宝贵资料,并从国外书籍、广播、电视、电影和互联网上选取了部分文字资料 and 有声资料。由于时间仓促,来不及一一征求意见,仅在最后的参考文献部分做了罗列。在此谨向有关出版社及作者表示深深谢意。

编者

2012 年夏

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## Unit One Food

- An apple a day keeps the doctor away.
- Eat to live; do not live to eat.
- The fool who eats till he is sick must fast till he is well.
- A man must not swallow more than he can digest.
- Governing a great nation is like cooking a small fish: too much handling will spoil it.

# Part I Lessons

## PART I WARM-UP

1. Listen to a speech about food and health and fill in the blanks with the information.

you learn.

1. According to some research, about 10% of all human illnesses are related to diet.
2. ... is related to the diet as well.
3. ... is usually caused by ...
4. ... government research is required that vitamins and minerals commonly used to ... in cereals and other food products.
5. ... caused various ...
6. Some times similar drugs are administered to ... but for 8).



## Unit One Food

- An apple a day keeps the doctor away.
- Eat to live; do not live to eat.
- The fool who eats till he is sick must fast till he is well.
- A man must not swallow more than he can digest.
- Governing a great nation is like cooking a small fish—too much handling will spoil it. (Lao-tzu)
- The way you cut your meat reflects the way you live. (Confucius)



### PART I WARM-UP

**A** Listen to a speech about food and health and fill in the blanks with the information you hear.

1. According to some research perhaps 1) \_\_\_\_\_ of all human illnesses are related to diet and 2) \_\_\_\_\_ is related to the diet as well, especially cancer of 3) \_\_\_\_\_.
2. In 1945, government researchers realized that nitrates and nitrites, commonly used to 4) \_\_\_\_\_ in meats, and other food additives, caused cancer.
3. Sometimes similar drugs are administered to animals not for 5) \_\_\_\_\_, but for 6) \_\_\_\_\_.

#### Vocabulary

colon ['kəʊlən] *n.* [解剖] 结肠  
contract [kən'trækt] *vt.* 感染  
nitrate ['naitreit] *n.* 硝酸盐  
nitrite ['naitrait] *n.* 亚硝酸盐  
food additive 食品添加剂  
processed food 加工过的食品  
carcinogenic [kɑːsinəu'dʒenik] *adj.* 致癌的

**B** Listen to a speech about food and health and discuss the following questions.

1. What are the basic food groups? Name and list some foods in each group.
2. What is a balanced diet? Give an example.

3. Why do Americans often get cancer and heart disease while the Japanese have a low rate of cancer and heart disease?
4. Do you think your family has poor eating habits? If yes, how to change?
5. Your overweight friend is on a diet. Tell your friend ten foods not to eat. For example, "Don't eat fried foods!"
6. Look at the following pictures of foods and name them. Which do you think are healthy foods and which are junk foods? Why?

### Vocabulary

dairy [ˈdeəri] *n.* 奶制品

grains [greɪns] *n.* 谷粒 (grain 的复数)

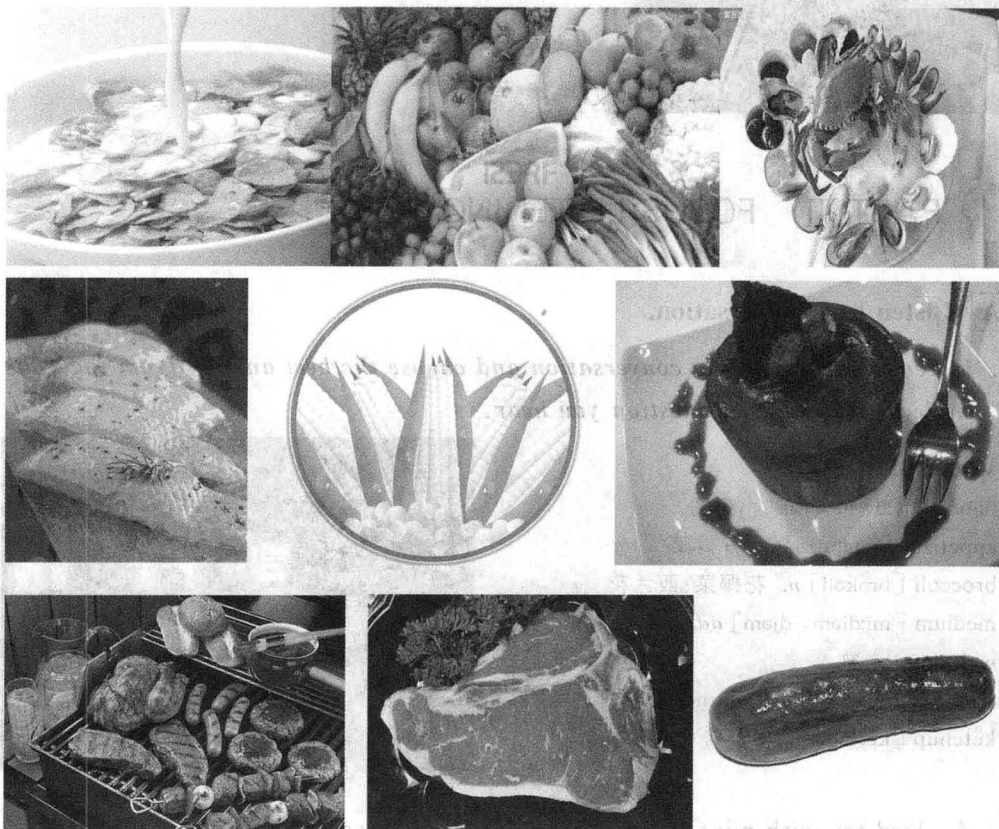
fat [fæt] *n.* 脂肪

sweets [swiːts] *n.* 糖果; 甜食 (sweet 的复数)

rate [reɪt] *n.* 比率

Cuba [ˈkjuːbə] *n.* 古巴 (拉丁美洲国家)

Hungary [ˈhʌŋɡəri] *n.* 匈牙利





## PART II FOCUS LISTENING

### A Listen to a conversation.

1. Listen to the following conversation and choose the best answer from the four choices given to each question you hear.

#### Vocabulary

booth [bu:ð, bu:θ] *n.* 小房间

appetizer ['æpitaɪzə] *n.* 开胃菜

broccoli ['brækəli] *n.* 花椰菜; 西兰花

medium ['mi:diəm, -djəm] *adj.* 半生熟的

well done 全熟

fries [fraiz] *n.* 炸薯条 (French fries)

ketchup ['ketʃəp] *n.* 蕃茄酱



- 1) A. Iced tea with mint flavor.  
C. A cup of hot tea.
- 2) A. Potato soup with ham.  
C. Vegetable soup with beef.
- 3) A. It comes with tea.

- B. Iced tea with peach flavor.  
D. A glass of water.
- B. Bean soup.  
D. Cream of broccoli.
- B. It comes with appetizer.

- C. It comes with soup. D. It comes with dessert.  
4) A. It comes with fries. B. It comes with soda.  
C. It comes with soup. D. It comes with salad.

2. Listen to the conversation again and decide whether the following statements are true(T) or false(F).

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_ 5) \_\_\_\_\_

**B Listen to a passage.**

1. Listen to a passage and choose the best answer to each question you hear.

- 1) A. Eggplant. B. Tomato.  
C. Pepper. D. The fruit of the cashew plant.  
2) A. Eggplant. B. Tomato.  
C. Watermelon. D. Blackberry.

**Vocabulary**

fossilized [ˈfɒsilaɪzd] adj. 僵化的;老化的  
fads n. 时尚(fad的复数)  
hierarchies [ˈhaɪəɹɑ:kɪz] n. 层级;分类  
botanist [ˈbɒtənɪst] n. 植物学家

2. Listen to the passage again and decide whether the following statements are true(T) or false(F).

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_ 5) \_\_\_\_\_

**C Listen to a passage.**

1. Listen to a passage about dining in Western culture and fill in the blanks with what you hear.

**Vocabulary**

servings n. (食品等的)一份  
helping [ˈhelpɪŋ] n. 一份食物



At a typical Western meal people have their own individual 1) \_\_\_\_\_ of food, and compared with a Chinese meal, there are much 2) \_\_\_\_\_. First the

appetizer is served to each person. If it is something cold, it is placed on the table in advance, and if it is something hot like soup, the host serves each person a bowlful. When everyone is ready to eat, the host will usually ask people to start eating by saying "Please start," or 3) "\_\_\_\_\_." It is rare, though, to 4) \_\_\_\_\_ about the food, such as "This is very simple." Unless the host genuinely feels that is true.

The main course consists of one type of meat or fish, 5) \_\_\_\_\_. It is common for the host to serve the meat or fish onto individual plates and pass one to each person at the table. The other things are put in dishes in the centre of the table, except for the side dishes, which are put to the left of each person's place. 6) \_\_\_\_\_ is often put on this side dish, and there may also be a side salad. The host will say "Please help yourselves," and then people will take food from the central dishes and put it on their own plates.

Unlike at a Chinese meal, though, where people continuously take a little and eat a little, it is normal at a Western dinner to 7) \_\_\_\_\_ at the beginning of the meal and then eat all of this before taking any more.

When the guests have almost finished everything on their plates, the host will offer them some more by saying, for example, "Please help yourself to some more," or "Would you like some more?" An offer like this will 8) \_\_\_\_\_, so it is important for the guests to take what they want when they are offered it. Then when it seems that everyone has had sufficient, the plates and dishes are collected and removed to the kitchen.

After this, the dessert is served. Sometimes the host may offer two different kinds of dessert, and will ask people which they would prefer. Then each person will be given a portion, and 9) \_\_\_\_\_.

At the end of the meal, and also when leaving, it is polite for the guests to thank the host and to comment again as at the beginning that they enjoyed the food. Sentences such as "Thank you very much. That was really lovely." or "I very much enjoyed the meal. Thank you." can be used for this. The host will usually 10) \_\_\_\_\_ by saying something like "You're welcome. I'm glad you liked it."

## 2. Listen to the passage again and answer the following questions.

- 1) What are the main features of a Western meal?
- 2) When the host offers the guests some more, what should a guest do if he really wants something?
- 3) Compare the roles of the host and the guest in Western culture and Chinese culture.

## Background information about Chinese food culture.

As a country that pays great attention to courtesy, our cuisine culture is deep rooted in China's history. As a visitor or guest in either a Chinese home or restaurant you will find that table manners are essential and the distinctive courtesies displayed will invariably add to the enjoyment of your meals and keep you in high spirits!

### Respect First

It is really an admirable custom to respect others at the table, including the aged, teachers and guests while taking good care of children.

Chinese people stress filial piety all the time. The practice of presenting the best or fine food first to the senior members of the family has been observed for countless generations. In ancient times the common people led a needy life but they still tried their best to support the elder mother or father who took it for granted.

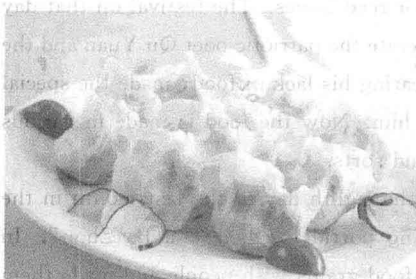
Although the hosts in China are all friendly and hospitable, you should also show them respect. Before starting to eat dinner, the host may offer some words of greeting. Guests should not start to eat until the host says, "Please enjoy yourself" or something like that, otherwise it suggests disrespect and causes displeasure.



Have a dinner on a round table in China



Yuanxiao — traditional food on Chinese Lantern Festival



Jiaozi — traditional food on Chinese Spring Festival

When hosts place dishes on the table, they will arrange the main courses at the center with the supporting dishes evenly placed around them. When the main dishes are prepared in a decorative form either by cut or other means they will be placed facing the major guests and elder people at the table. This also embodies virtue.

### On Chopsticks

China is the hometown of chopsticks. The culture of chopsticks has a long history in China. The tradition of using chopsticks as tableware was introduced to many other countries in the world such as Vietnam, North Korea and South Korea.

The invention of chopsticks reflects the wisdom of Chinese ancient people. A pair of chopsticks, though they look simple, can nip, pick, rip and stir food. Nowadays, chopsticks are considered to be lucky gifts for marriage and other important ceremonies.

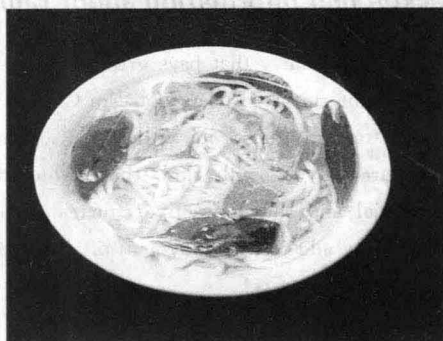


### At Important Moments

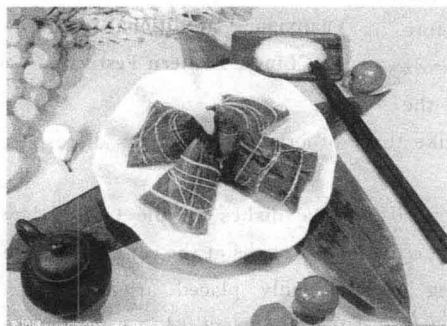
To celebrate the birthday is an important moment in one's life. When one is young, usually he will eat noodles before his birthday, because the long noodles indicate the longevity in China, and a birthday cake on the actual day. After middle age, his birthday will grander. In addition to the above, peaches in many forms will be added symbolizing the longevity and immortality, as well as delightful couplets and candles.

On the wedding day, it is also customary to serve Chinese dates, peanuts, longan and chestnuts together as wish that the couple will soon have a baby in accord with the Chinese proclamation.

To most Chinese people, returning home after long absence or departure from home are both significant and there are food customs associated with this. The one returning home is greeted with noodles and off home while a farewell is offered with dumplings. This is especially popular in northeast China.



Long noodles mean longevity in China, so Chinese people eat noodles on birthdays.



Zongzi — traditional food on Dragon Boat Festival

During the Dragon Boat Festival, though many people cannot reach the river zone to watch the boat race, almost all of them eat the unique food — zongzi, a pyramid-shaped dumpling made of glutinous rice wrapped in bamboo or reed leaves. The festival on that day is to venerate the patriotic poet Qu Yuan and the people fearing his lack of food, made the special meal for him. Now the food is made in various shapes and sorts.

On the eighth day of the last month in the Chinese lunar calendar, people will enjoy a nourishing porridge called "La Ba Zhou". In ancient times, monks would kindly share all sorts of food grains with people and made them flavorful porridge on this particular day. People still keep this convention.

In central China, when a baby is born, the happy father will send red boiled eggs to announce the news. Eggs with a black pointed end and dots in an even number such as six or eight, indicates a boy's birth; those without a black point and in an odd number like a five or seven will say the baby is a girl.

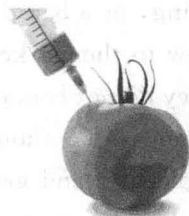
In addition to these, fish has always been used to suggest the accumulation of prosperity and wealth with meals on New Year's Eve.

**D Listen to a lecture about genetically modified food GM food GM.**

**1. Listen to the lecture and complete the sentences below.**

**Vocabulary**

genetically modified food 转基因食品



- 1) Scientists took a gene from a fish — a gene that helps the fish live in cold water, and put that into a \_\_\_\_\_.
- 2) There is a type of genetically modified plant that is bad for insects — when the insects eat the \_\_\_\_\_ plant, they die.
- 3) A type of genetically modified \_\_\_\_\_ can grow in cold weather.
- 4) The genetically modified \_\_\_\_\_ may start to dominate the environment, causing the wild plants to die.

**2. Listen to the lecture again and discuss the following questions in small groups.**

- 1) What are the benefits and risks of genetically modified food?
- 2) Would you eat a corn or tomato with a gene from another plant or animal? Why?

**E Viewing and speaking.**

**1. Watch the video clip and answer the following questions.**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**2. Watch the video clip again and decide whether the following statements are true (T) or false (F).**

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_ 5) \_\_\_\_\_

**3. Watch the video thrice and complete the following passage with the words you hear.**

Over the past hundred years, our food supply has greatly improved through



traditional plant 1) \_\_\_\_\_. Now, we're beginning to 2) \_\_\_\_\_ the first fruits of the genetically modified harvest. Genetic engineering is moving fast, and many people find it hard to decide whether genetically 3) \_\_\_\_\_ plants are a good thing, or a bad thing. Novel food regulations require GM food and all other foods new to the market to go through extensive safety testing 4) \_\_\_\_\_ to make sure they do not contain substances that might cause toxic or 5) \_\_\_\_\_ reactions. In some tests, thousands of samples are analyzed and compared based on their molecular and genetic composition. Other tests make use of atomic rather than molecular comparisons between GM and non-GM food. This way, it's possible to see to what extent foods vary in their composition. Insect-resistant and weed-spray 6) \_\_\_\_\_ crops, for example, have been approved this way to make food for us to eat. "If one is just to look at the issue as purely a food safety issue, and nothing else, we have reason to be far more concerned about many other things that in our food than about, eh, genetically modified food as, as such. But again, the, the question of GM food has become much wider than one purely of food safety. It has become an 7) \_\_\_\_\_ issue, and a social issue, and a political issue. Inevitably it has been linked to concerns about or against globalization, and really has become very much a multi-factored issue."

Environmentalists have three main concerns. That GM crops will create super-bugs and super-weeds, or reduce 8) \_\_\_\_\_, but above all they're worried about the irreversibility of GM crop releases. "Our concern is basically just the release of genetically modified organisms into the environment. We are not opposed to, to using genetic engineering in contained, um, facilities, um, and that's a different story." In the open environment, pollen from transgenic crops could 9) \_\_\_\_\_ another related plant. If they cross with their wild relatives, there could be the danger of creating super weeds, resistant to herbicides. And if they cross with non-GM crops on organic farms, for example, the farmers couldn't 10) \_\_\_\_\_ the non-GM origin of their food product.

### PART III PRACTICE TEST

#### Test One

#### SECTION 1 Questions 1 ~ 10

Complete the notes below.