


涉外护理专业英语系列



# 英语听力基础训练教程

(第一册) Elementary Course of  
Listening Comprehension

主编 陆翠华 匙 为

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涉外护理专业英语系列

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# Elementary Course of Listening Comprehension

## 英语听力基础训练教程

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涉外护理专业在我国开设至今已有 20 年了,广大涉外护理英语教育工作者白手起家,敬业奉献,勇于探索,大胆创新,在教学实践中创造了一个又一个奇迹,在他们的帮助下,成百上千的白衣天使实现了自己的梦想,走出了国门,他们刻苦努力的奋斗精神及扎实的护理技能,赢得了国外同行的尊敬。作为我国护理教育和护理技术对外交流的先驱,他们必将极大地促进我国护理技术水平的提高,推动我国护理事业的发展。

但 20 年来,由于没有合适的英语教材,各院校使用的教材东拼西凑、五花八门,既要适合初中毕业生的低起点,又要满足国外对语言能力的较高要求,跳跃性很大,也很不系统,使各院校涉外护理专业的英语教学遇到了困扰,影响了各院校涉外护理专业的英语教学质量。

涉外护理专业开设以来,广大英语教师一直奋斗在第一线,辛勤耕耘,敬业奉献,为我国涉外护理专业的发展做出了突出贡献。目前,历经多年的教学实践和探索,他们在教学实践中积累了丰富的经验,对涉外护理专业的英语教学有了深刻的实战经验和体会,在此基础上,编写适合涉外护理专业使用的英语系列教程的时机已经成熟。现在已到了该认真总结并进行教材建设这一新的探索和尝试的时候了。编写系列教程,对于常年埋头教学的广大教师来说无疑是一个新的课题,大家积极准备,认真选材,精心策划,一丝不苟地进行编审,历时 8 个月,终于初步完成了这套系列教程的编写工作。

涉外护理专业英语系列教程共包括《综合英语基础教程》(上、下册);《英语阅读教程》(1~6 册);《实用英语口语教程》(1~4 册);《英语听力训练基础教程》(1~6 册)和《英语语法与练习》(上、下册)5 个分教程,具有起点低,过渡快,适用性强的特点,既符合时代要求又具有一定的专业特征。

涉外护理专业英语系列教程的出版必将成为我国涉外护理专业建设的一个里程碑,为提高各院校涉外护理专业的英语教学质量,为涉外护理专业的健康发

展发挥积极的作用。为此,我们谨代表全国涉外护理教育研究会向复旦大学出版社、向给予本系列教程编写提出了许多宝贵意见和建议的翟象俊教授表示衷心的感谢;向广大英语教育工作者致以崇高的敬意。

全国涉外护理教育研究会

2008年6月6日

# 前 言

听力是英语学习者必须掌握的4项基本技能之一,也是中国学生的难点。突破这一难关也就意味着英语学习者实现了输入途径多样化,输入信息多样化;同时对于学生树立学习英语的自信心,培养英语交际能力有着极大的作用。

英语听力基础训练教程是专门为大中专院校在校生,特别是涉外护理专业学生量身定做的一套听力训练教材。针对大中专在校生存在的英语底子薄、可用听力训练材料缺乏的问题,提供了循序渐进的训练方式、训练材料。通过本教材的使用,可以使学生练就过硬的听力基本功,为以后的英语听力学习打下良好的基础。

《英语听力基础训练教程》共分为6册。教材的内容新颖,形式活泼多样,材料涵盖日常生活和社会活动的各个方面。每册难度递增,不仅有助于提高学生的听力水平,也有助于提高学生的英语交际能力。每册教材均含配套的练习、习题答案和听力原文。第一册全书共有15单元,每单元包含5课,每课由两部分组成。练习包括听写、简答、摘要写作、选择、判断正误等,形式多样,难易结合。

本教材的编者均来自全国各地涉外护理专业教学一线,他们熟知涉外护理教育教学规律,深入了解在校生的情况,这些都是本教材成功编写的先决条件,也使本教材具有良好的针对性和实用性。

由于时间仓促,加之编写人员水平有限,错误与不当之处还望广大同行、英语学习者批评指正。编写过程中,我们得到了全国涉外护理教育研究会的大力支持,在此谨表诚挚的谢意。同时,我们也对复旦大学出版社的支持表示感谢。

编 者

2012年10月

于承德护理职业学院

# 目 录

<b>UNIT ONE</b> .....	1
LESSON 1 .....	1
LESSON 2 .....	3
LESSON 3 .....	5
LESSON 4 .....	8
LESSON 5 .....	10
<b>UNIT TWO</b> .....	14
LESSON 6 .....	14
LESSON 7 .....	16
LESSON 8 .....	19
LESSON 9 .....	21
LESSON 10 .....	24
<b>UNIT THREE</b> .....	27
LESSON 11 .....	27
LESSON 12 .....	29
LESSON 13 .....	31
LESSON 14 .....	34
LESSON 15 .....	36
<b>UNIT FOUR</b> .....	39
LESSON 16 .....	39
LESSON 17 .....	41
LESSON 18 .....	44
LESSON 19 .....	46
LESSON 20 .....	49

<b>UNIT FIVE</b> .....	52
LESSON 21 .....	52
LESSON 22 .....	54
LESSON 23 .....	57
LESSON 24 .....	59
LESSON 25 .....	61
<b>UNIT SIX</b> .....	65
LESSON 26 .....	65
LESSON 27 .....	67
LESSON 28 .....	69
LESSON 29 .....	72
LESSON 30 .....	74
<b>UNIT SEVEN</b> .....	77
LESSON 31 .....	77
LESSON 32 .....	79
LESSON 33 .....	82
LESSON 34 .....	85
LESSON 35 .....	88
<b>UNIT EIGHT</b> .....	92
LESSON 36 .....	92
LESSON 37 .....	95
LESSON 38 .....	98
LESSON 39 .....	101
LESSON 40 .....	104
<b>UNIT NINE</b> .....	107
LESSON 41 .....	107
LESSON 42 .....	110
LESSON 43 .....	113
LESSON 44 .....	116
LESSON 45 .....	118



<b>UNIT TEN</b>	122
LESSON 46	122
LESSON 47	124
LESSON 48	127
LESSON 49	129
LESSON 50	132
<b>UNIT ELEVEN</b>	135
LESSON 51	135
LESSON 52	137
LESSON 53	140
LESSON 54	142
LESSON 55	144
<b>UNIT TWELVE</b>	148
LESSON 56	148
LESSON 57	150
LESSON 58	153
LESSON 59	155
LESSON 60	158
<b>UNIT THIRTEEN</b>	161
LESSON 61	161
LESSON 62	163
LESSON 63	166
LESSON 64	168
LESSON 65	171
<b>UNIT FOURTEEN</b>	174
LESSON 66	174
LESSON 67	177
LESSON 68	179
LESSON 69	182
LESSON 70	185

<b>UNIT FIFTEEN</b>	188
LESSON 71	188
LESSON 72	191
LESSON 73	193
LESSON 74	196
LESSON 75	198
<b>ANSWER KEY</b>	202
<b>SCRIPT</b>	265

# UNIT ONE

## LESSON 1

### SECTION I

#### I. New Words and Expressions

coffee          beans          Brazil          heart          disease

#### II. Notes

Coffee is a drink made from coffee beans. People first found coffee trees in Africa. Then many countries began to plant coffee trees. Coffee can make people's brain clear and let them feel excited.

#### III. Exercises

##### 1. Warming-up Exercises

Listen to the recording and write down the cardinal numbers you have heard.

- |          |           |
|----------|-----------|
| 1) _____ | 2) _____  |
| 3) _____ | 4) _____  |
| 5) _____ | 6) _____  |
| 7) _____ | 8) _____  |
| 9) _____ | 10) _____ |

##### 2. Sentence Dictation

Listen to the recording and write down the sentences you have heard.

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

- 8) \_\_\_\_\_  
 9) \_\_\_\_\_  
 10) \_\_\_\_\_

3. Choose the best answer A, B or C to complete each of the following statements according to the passage you have heard.

- 1) People discovered coffee tree in \_\_\_\_\_.  
 A. America                      B. Brazil                      C. Africa
- 2) Which country is well-known for its coffee?  
 A. China                      B. Brazil                      C. Africa
- 3) Coffee can NOT make people \_\_\_\_\_.  
 A. have a good sleep      B. feel excited              C. feel happy
- 4) If children and old people drink too much coffee, \_\_\_\_\_ can be brought to them.  
 A. heart disease              B. lung cancer              C. headache

4. Spot Dictation

You will hear a passage. Fill in each of the blanks with the word or words you have heard. You will hear the passage ONLY ONCE.

Coffee is a \_\_\_\_\_ made from coffee beans. Drinking \_\_\_\_\_ is very \_\_\_\_\_ all over the world. People first found \_\_\_\_\_ in Africa. Then many \_\_\_\_\_ began to \_\_\_\_\_ coffee trees. Now coffee trees grow in over \_\_\_\_\_ countries. For example, Brazil is very famous for its coffee. Coffee can make people's \_\_\_\_\_ clear and let them feel \_\_\_\_\_. It can also make you \_\_\_\_\_. Children and old people should not drink too much coffee. That can bring them heart disease.

## SECTION II

### I. New Words and Expressions

ripe              lightly              skin              dustbin

### II. Exercises

1. Answer the following questions briefly according to the passage you have heard.

1) What is good for our health?

\_\_\_\_\_

2) What does the writer like best?

\_\_\_\_\_

3) Which kind of banana is not ripe?

\_\_\_\_\_

4) If the banana is too soft, it is good or bad?

\_\_\_\_\_

5) How should you deal with the banana skin?

\_\_\_\_\_

2. Sum up the passage you have heard.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Spot Dictation

You will hear a passage three times. When the passage is read for the first two times, you are required to fill in the blanks with the exact words you have just heard. When the passage is read for the third time, you should check what you have written.

Fruit is \_\_\_\_\_. There are \_\_\_\_\_. But I like \_\_\_\_\_. How can we \_\_\_\_\_? Now \_\_\_\_\_.

First, \_\_\_\_\_. The green ones \_\_\_\_\_. The brown ones \_\_\_\_\_ are OK.

Next, \_\_\_\_\_. If \_\_\_\_\_, they are not good.

Then, \_\_\_\_\_. But don't forget to \_\_\_\_\_.

## LESSON 2

### SECTION I

#### I. New Words and Expressions

type            certain

#### II. Exercises

##### 1. Warming-up Exercises

Listen to the recording and write down the ordinal numbers you have heard on the tape.

- |          |           |
|----------|-----------|
| 1) _____ | 2) _____  |
| 3) _____ | 4) _____  |
| 5) _____ | 6) _____  |
| 7) _____ | 8) _____  |
| 9) _____ | 10) _____ |

**2. Sentence Dictation**

Listen to the recording and write down the sentences you have heard.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

**3. Answer the following questions briefly according to the passage you have heard.**

- 1) Do people eat the same types of foods?  
\_\_\_\_\_
- 2) Can people in other countries eat anytime?  
\_\_\_\_\_
- 3) When do they have tea?  
\_\_\_\_\_
- 4) When do they have supper?  
\_\_\_\_\_

**4. Spot Dictation**

You will hear a passage. Fill in each of the blanks with the word or words you have heard. You will hear the passage **ONLY ONCE**.

People in my hometown don't have \_\_\_\_\_. They only have \_\_\_\_\_ from 6 am to 7 am, but they have their \_\_\_\_\_ from 9 am to 10 am. When they have \_\_\_\_\_ from 8 pm to 9 pm, many people sit on the \_\_\_\_\_ to eat. There are also many families eating around the table with their \_\_\_\_\_.

## SECTION II

### I. New Words and Expressions

raw                  chicken                  dangerous

### II. Exercises

1. True or false questions. Write T in front of a statement if it is true and write F if it is false according to the passage you have heard.

- 1) (     ) Mike liked to watch his mom cooking in the kitchen.
- 2) (     ) He only touched the raw meat and left without washing his hands.
- 3) (     ) His dad told him raw meat or chicken could make people ill.
- 4) (     ) He should not always wash his hands with warm water and soap after touching raw meat.
- 5) (     ) He should never put cooked food on the same dish with raw meat.

2. Sum up the passage you have heard.

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---

---

3. Spot Dictation

You will hear a passage three times. When the passage is read for the first two times, you are required to fill in the blanks with the exact words you have just heard. When the passage is read for the third time, you should check what you have written.

Mike liked \_\_\_\_\_. Sometimes he \_\_\_\_\_ without \_\_\_\_\_. His mom always \_\_\_\_\_. He did not know why. His dad told him that \_\_\_\_\_, dishes and \_\_\_\_\_. It was \_\_\_\_\_ for him. So he should \_\_\_\_\_ for at least \_\_\_\_\_ after \_\_\_\_\_. Also, he should never \_\_\_\_\_.

## LESSON 3

## SECTION I

### I. New words and Expressions

ham                  fresh

## II. Notes

Jujube: the name of a Chinese restaurant.

## III. Exercises

### 1. Warming-up Exercises

Listen to the recording and write down the time you have heard.

- |          |           |
|----------|-----------|
| 1) _____ | 2) _____  |
| 3) _____ | 4) _____  |
| 5) _____ | 6) _____  |
| 7) _____ | 8) _____  |
| 9) _____ | 10) _____ |

### 2. Sentence Dictation

Listen to the recording and write down the sentences you have heard.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

### 3. Choose the best answer A, B or C to complete each of the following statements according to the passage.

- 1) I am a \_\_\_\_\_.  
A. boy                      B. student                      C. player
- 2) \_\_\_\_\_ and chocolate is what I like to eat.  
A. Ham                      B. Vegetables                      C. Meat
- 3) I \_\_\_\_\_ doing sports.  
A. hate                      B. enjoy                      C. am use to
- 4) I am \_\_\_\_\_ than others.  
A. taller                      B. fatter                      C. thinner
- 5) In writer's opinion, the dish in the restaurant is \_\_\_\_\_.  
A. good                      B. cheap                      C. fresh



#### 4. Spot Dictation

You will hear a passage. Fill in each of the blanks with the word or words you have heard. You will hear the passage ONLY ONCE.

I've heard that there is a new \_\_\_\_\_ near my home. Its name is "Chinese Jujube", and all of the food there is made of \_\_\_\_\_. Last Sunday, my mother and I \_\_\_\_\_ dinner there. The restaurant is clean and \_\_\_\_\_. I ordered a dish. It looked and \_\_\_\_\_ like a ham, but it's made of cabbage and \_\_\_\_\_. I like it because it's so delicious and good for my \_\_\_\_\_. I also like the drinks there. They are all made of fresh fruit.

## SECTION II

### I. New words and Expressions

nutrition          cancer          patients          balanced          diet

### II. Notes

Black food is a kind of food that has the black color and plenty of nutrition, such as black rice, black dates, black grapes and so on.

### III. Exercises

1. Answer the following questions briefly according to the passage you have heard.

1) What kind of food is black food?

\_\_\_\_\_

2) Where is black food very popular now?

\_\_\_\_\_

3) What is black food good for?

\_\_\_\_\_

4) How can black food help children?

\_\_\_\_\_

5) What is bad for health?

\_\_\_\_\_

2. Sum up the passage you have heard.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_