

大学英语选修课系列教材

陈仲利 总主编

Learning English
Through Video

季明雨◎主编

英语视听说

教程



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大 学 英 语 选 修 课 系 列 教 材

总主编 陈仲利

Learning English Through Video

英语视听说教程

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总 序

教育部颁布的《大学英语课程教学要求》对我国大学生英语的听、说、读、写、译等能力均提出了三个层次的要求，并在全国兴起了实用性大学英语教学改革与实践的浪潮。为进一步完善大学英语教学改革的成果，努力提高学生的英语实用能力，南开大学、天津大学、北京化工大学、北京航空航天大学、北京科技大学、北京邮电大学、对外经济贸易大学、广东工业大学、哈尔滨商业大学等国内重点高校的英语教师通力合作，编写了“大学英语选修课系列教材”。本套教材包括《高级英语口语教程》、《科技英语阅读教程》、《高级英语阅读教程》、《实用翻译技能集成》、《英美报刊深度阅读》、《高级英语写作教程》、《实用商务英语综合教程》、《英语视听说教程》和《当代英美社会文化新编》等九本教材。本系列教材应用了最新的英语教学理念，吸收了最新的英语教学成果，符合我国大学英语教学改革的最新要求，并体现了四、六级考试改革后的新精神，所有编写内容均为各参编院校多年使用过的优秀素材，具有良好的教学效果和广泛的使用基础。

“大学英语选修课系列教材”主要特点如下：

1. 选材广泛，内容丰富。本系列教材所选材料均来自国内外原版报纸、杂志、教材、论著、会议论文、实用文件和一些权威网站，语言真实准确、地道优美；内容涉及视听说、口语、阅读、翻译、写作、文化、商务和科技英语等多个领域，适合不同专业学生对英语学习的需求。本系列教材选材注重原汁原味，力图使学生在浩瀚的知识海洋中多方汲取营养，以满足实用性英语教学的需求。如《高级英语阅读教程》的文章大多是近年来有关社会热点问题，并且大都是学生所关心和感兴趣的新闻报道，趣味性、实效性较强；另外，文章内容涉及生活的方方面面，集知识性、科普性、娱乐性于一体，有利于培养学生的学习兴趣。

2. 注重语言综合技能的训练，实用性较强。通过精心选编的课文和悉心设计的多种实践和交际活动，从多渠道、多层面、多角度向学生输入大量有效语言信息，吸引学生参加多种多样、生动活泼的语言实践和交际活动，进行大量的“交互式”的语言输入(input)和输出(output)。如《英语视听说教程》、《高级英语口语教程》强调各种微技能的培养和训练，结合具体生活环境和主题，突出听说实践能力的培养；《实用翻译技能集成》围绕实例，阐明方法和技巧，强调翻译实践，培养动手能力。每一章围绕各种翻译技巧，梳理分析，深入浅出，将翻译理论技能和实践训练有机地结合起来。

3. 编写严谨，精细实用。本系列教材均按照由浅入深、循序渐进的原则系统而连贯地编写完成。《实用商务英语综合教程》、《科技英语阅读教程》各自在内容上互相渗透，融会

贯通，有机地成为一体。同时，每册又各具特色，风格迥异。

4. 知识全面，题型多样。为适应改革后的四、六级考试新模式，《高级英语写作教程》一方面向学生们介绍了各类议论、说明、记叙文体；另一方面，又详细阐明了各类应用文体，从而有效地提高了学生的英语写作实践能力。另外，《高级英语阅读教程》中增加了选词填空题、快速阅读、补全句子、简答等新题型。

5. 本系列教材在传播语言知识的同时，更注重英美语言文化知识的学习。《英美报刊深度阅读》和《当代英美社会文化新编》系统介绍了英美报刊文学的特点和社会文化概况，使学生更加深入地了解英美社会面貌，激发英语学习兴趣，并大幅度提高自身跨文化交际能力。

6. 本系列教材综合了国内外同类教材的优点，兼顾了不同层次学生的需求，既体现了教育部有关大学英语教学改革的新精神，又满足了实用性英语教学的客观需要。同时，这些编者都是富有教学经验的一线教师，本系列教材是他们多年教学成果的结晶。

7. 本系列教材适用范围广泛。不仅是大学本科生高级英语选修教材，亦可作为广大同学备考英语六级和报考研究生的参考用书，同时，也是英语专业学生或广大英语爱好者提高英语水平的良师益友。

总主编 陈仲利

2009年2月

前 言

新修订的《大学英语课程教学要求》明确指出，大学英语的教学目标是要“培养学生的英语综合应用能力，特别是听说能力，使他们在今后学习、工作和社会交往中能用英语有效地进行交际”。这就把大学英语教学的重心由阅读转向了交际，突出了培养学生运用英语能力的重要性，强调了学习英语的实用性。这本《英语视听说教程》正是在这个教学目标的指导下编写完成的。

编写本教程的语言教学理论依据是任务型教学法、交际法以及图式理论。设计思路是：每个单元围绕某个特定的话题进行编排；在确定话题时充分考虑到其难易程度、学生对话题的熟悉程度、学生的英语输出能力，采取由易到难、循序渐进的原则。选取的话题与现代生活密切相关，以视频材料为主，音频、图片材料为辅，主要取材于近期的英语电视新闻节目和经典电影片段，语言规范地道，原汁原味又不失鲜活生动，保证了视听材料的真实性。在此基础上设计学习任务和听说活动，通过导学、生词表、注解、文字脚本等形式为学生提供必要的帮助；训练形式多样化，将视、听、说三者有机地结合起来，鼓励学生积极参与各种语言学习任务和活动，有效地引导学生在理解、模仿的基础上开口，用英语表达思想，交流信息，全面提高学生的听说能力。这样的编写理念兼顾了语言的输入和输出。

本教程共包含 14 个单元，每个单元围绕一个主题展开。首先通过“导学”（Introductory Remarks）引入话题，并提供与话题相关的背景知识。其后分为三个板块：(1) **Warming-up Activities** —— 该部分由两个视听片段组成，目的是为后面的任务型教学活动做准备。学生可以结合“导学”部分的文字材料，激活相关的主题图式，组织相关信息，尽快进入学习状态；(2) **Video-based Activities** —— 该部分围绕三至四个视频材料开展教学活动，要求学生听懂视频材料的内容，掌握相关表达，在此基础上开展语言输出，并在 **Topic-related Oral Tasks** 环节开展交流互动活动，促使学生用所掌握的语言形式和技能来表达思想；(3) **Further Activities** —— 该部分提供略长的视听片段，帮助学生扩展思路，巩固并扩展与主题相关的语言表达。视听材料难度、长度适中，有利于学生集中注意力。书后提供练习答案和文字脚本以方便学生自主学习。

本教程具有以下特点：(1) 提供真实可信的语言素材：视频材料全部取自英语国家主流电视台的节目，如新闻报道、嘉宾访谈、纪录片，以及经典影片，避免了过去那种为编教材而编撰语言材料的缺陷；(2) 突出跨文化交际意识，提供丰富的文化信息：话题的确立、材料的选取、练习的设计，均着眼于当今多元化全球化的文化背景，为培养学生跨文化交际意

识提供深度信息；(3) 教学活动形式多样：复合听写、复述、简答、看图陈述、二人对话、小组讨论等，注重活动的互动性和任务的真实有效，可操作性强；(4) 激发学生的兴趣和表现欲：通过生动鲜活的画面所产生的视听冲击力，引起学生的学习兴趣和表达欲望，使学生在体验积极的交互式的视听过程中增强信心，从而提高他们的语言输出能力。

本教程由广东工业大学外国语学院9位教师共同编写。编写工作得到了学院领导和老师们的关心和帮助。丛书总主编陈仲利教授、科学出版社的郝建华、朱琳、阎莉等编辑也都对本书的编写提出过很有价值的建议。在视听材料的选编中，我们浏览参考了大量国内外的网站和光盘，在此对以上各方表示衷心的感谢。我们诚挚地希望读者和同行们积极提出批评与建议，以使本书在修订中不断改进和完善。

编者
2009年1月

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Healthy Living

Introductory Remarks

People are beginning to attach much more importance to their health these days than ever before. They begin to realize that good health is the most valuable possession a person can have. However, many people don't know how to stay healthy although great efforts have been made in this regard. There are three things we can do if we want to stay in good health.

First, we should have the right food, because proper nutrition is essential for good health. Eat plenty of high protein foods, vegetables and fruits, and avoid foods with lots of sugar and fat. Do not overeat. Secondly, we should get proper amount of sleep. Without enough sleep, we will feel tired and irritable, and often, cannot concentrate well on our work. Finally, we should exercise regularly. Exercise benefits our organs and helps co-ordinate the different parts of our body. It also contributes to improving our mood. When you do exercise, you move a lot, and you have to be more active. In addition, it prevents us from putting on weight.

If we all take regular exercise, eat healthy food and sleep well, there will be much more happiness in our life.

..... Part I Warming-up Activities

Task 1

Listen to the passage entitled "Why Get Fit?" and choose the best answer to each of the following questions.

Words and Expressions

cardio-vascular / ˌkɑːdiəv 'væskjələ / a. 心血管的
diabetes / daɪə'biːtiːz / n. 糖尿病

- Which of the following is NOT mentioned as a factor that has prevented modern people from doing regular exercise?
 - Modern means of transportation.
 - Advanced office facilities.
 - Financial pressure.
 - Household chores.

astound / əs'taund / v. surprise
fend off defend oneself from an attack

Ex. 1

Decide whether the following statements are true or false.

- () 1. Researchers found that people living on the third floor live longer because walking onto the third floor gives them enough exercises.
- () 2. Those who live on the second floor prefer to take steps because they believe that walking up the steps will do good to their health.
- () 3. The doctor says that, after coming to the center for a while, most people's blood pressure drops because of their medication.
- () 4. The doctor thinks that exercise can also have a preventive effect on cancer.

Ex. 2

Give a brief answer to each of the following questions.

1. What conclusions have researchers made concerning people living on different floors?

2. What has caused a decrease in symptoms on those who come to the center?

3. Besides alleviating heart disease and diabetes, what else is mentioned that a healthy diet and exercise programs can do?

Task 2

Watch the video clip entitled "A Workout" and do the following exercises.

Words and Expressions

workout *n.* (*colloq.*) a period of physical exercise or training

squat / skwɒt / *n./v.* 下蹲

nanosecond *n.* a billionth of a second, a very short time (nano- a billionth)

push-up (=press-up) *n.* 俯卧撑

triceps / 'traiseps / *n.* 三头肌

karate / kə'rɑ:ti / *n.* 空手道

tone *v.* make ... strong

Ex. 1

Give a brief answer to each of the following questions.

1. What's the relation between the two men in the video clip?

2. What exercises are performed in the workout?

3. How long does the workout last?

4. What benefits does Clint get from the workout?

Ex. 2

Complete the last part of the talk by filling in the blanks.

Not only has Clint _____, but he's helped _____. "After the workout, _____, a lot more calm, and I am able to _____." More work, for today's Health Minute, I'm Judy Fortin.

Task 3

Watch the video clip entitled "Red Fruit Benefits" and complete the following statements according to the information you get from the clip.

Words and Expressions

pigment / 'pigmənt / *n.* 天然色素

ruby / 'ru:bi / *n.* 红宝石 *a.* 深红色的

anti-oxidant / 'ænti'ɒksidənt / *n.* 抗氧化剂

anthocyanin / ,ænthə'saiənin / *n.* 花青素
 inflammation / ,ɪnflə'meɪʃən / *n.* 炎症
 osteoarthritis / ,ɒsti:əʊɑ:'θraɪtɪs / *n.* 骨关节炎
 cranberry / 'krænbəri / *n.* 酸果蔓
 urinary / 'juəri:nəri / *tract* 尿道
 cholesterol / kə'lestərəʊl / *n.* 胆固醇
 ellagic / i'lædzɪk / *acid* 鞣花酸
 grapefruit / 'greɪpfru:t / *n.* 赤柚
 lycopene / 'laɪkəpi:n / *n.* 番茄红素
 prostate / 'prɒsteɪt / *n.* 前列腺
 gazpacho / gɑ:s'pɑ:tʃəʊ / *n.* 西班牙凉菜汤
 smoothy / 'smu:ði / *n.* 奶昔

1. Red fruits such as berries and watermelons are beneficial because they contain _____.
2. Research shows that cherries can help _____.
3. For a person with inflammation from osteoarthritis, 35 cherries a day can provide them with enough pain relief that they may otherwise get from _____.
4. Some berries contain chemicals that may _____ or _____.
5. People didn't think much of watermelon because _____, but now they know it may help _____.
6. The woman being interviewed connects _____ with being healthy more than _____.
7. The medical correspondent suggests that fruit of deep color is _____.

Task 4

Watch the video clip entitled "Health Tips" and do the following exercises.

Words and Expressions

shut-eye *n.* (*colloq.*) sleep

sap *v.* gradually weaken; deprive of

ritual /'rɪtʃuəl/ *n.* something you do regularly and always in the same way

Ex. 1

Fill in the blanks with what you have heard.

If you can't sleep, you may need to give your brain _____. Here are some tips on _____ and how they _____ shut-eye.

Psychological stresses are _____ that can prevent you from getting to sleep or sleeping well. These include _____, _____, and _____, among others. To stop psychological stresses _____, it can help to have _____ in place. This can involve _____, enjoy _____, or writing down daily stresses _____. Just ensure that your _____ does not take place in the bed, _____ that should be _____ for sleep and sex only. This is so you do not _____ the bed with _____ that can make sleeping difficult.

Ex. 2

Summarize in your own words the main factors that usually make it hard for people to get to sleep, and the helpful things to do in this condition.

Topic-related Oral Tasks

Task 1

Pair work: Ask each other the following questions and talk about them.

1. What exercises do you do regularly? For what purpose? Do you enjoy them?
2. If you don't do exercise regularly, what has prevented you from doing it?
3. What's your own way to keep fit?

Task 2

Pair work: Talk to your partner about the following questions.

Do you have difficulty in falling asleep sometimes? If you do, what are the usual causes? How do you get over it if that happens? Do you think the methods mentioned in the video clip "Health Tips" could be of some help?

Task 3

Fresh fruits are highly recommended for a healthy diet. Here is a list of common fruits and the nutrients they contain. Have you tried all of them? Which one(s) do you like? Share with your partner your knowledge about them.

Fruit Nutrients (per 100 g)

	Energy (Kcal)	Water (%)	Fibers (%)	Fat (%)	Proteins (%)	Sugars (%)	Vit. C (mg)	Vit. B1 (mg)	Vit. B2 (mg)	Vit. B6 (mg)	Vit. E (mg)
apple	49	84	2.2	0.0	0.4	11.8	8	0.02	0.01	0.05	0.5
apricot	48	87	2.1	0.0	1.4	9.24	10	0.06	0.05	0.06	0.9
banana	88	76	2.7	0.0	1.2	20.4	10	0.04	0.03	0.36	0.3

Continued

	Energy (Kcal)	Water (%)	Fibers (%)	Fat (%)	Proteins (%)	Sugars (%)	Vit. C (mg)	Vit. B1 (mg)	Vit. B2 (mg)	Vit. B6 (mg)	Vit. E (mg)
blueberry	48	80	8.4	0.0	1.0	11.0	10	0.02	0.03	0.05	1.9
cherry	52	86	1.2	0.0	0.0	13.0	10	0.02	0.02	0.04	0.1
durian	129	71	3.8	5.3	3.3	21.2	19.7	0.37	0.2	0.32	
grape	64	83	2.2	0.0	0.6	15.5	3	0.03	0.01	0.08	0.6
grapefruit	30	90	1.4	0.0	0.9	6.6	40	0.07	0.02	0.03	0.5
kiwi fruit	40	84	2.1	0.0	1.1	8.8	70	0.01	0.02	0.12	1.9
lemon	12	96	1.8	0.0	0.0	3.0	40	0.06	0.02	0.04	0.8
mango	62	82	1.8	0.3	0.6	14.8	36	0.06	0.05	0.134	1.12
melon	36	93	0.84	0.0	1.0	8.0	6	0.04	0.05	0.07	
orange	47	87	1.8	0.0	1.0	10.6	49	0.07	0.03	0.06	0.1
papaya	32	91	0.6	0.0	0.0	8.0	46	0.03	0.04	0.04	0.73
peach	36	89	1.4	0.0	1.0	7.9	7	0.01	0.02	0.02	0.0
pear	47	86	2.1	0.0	0.3	11.5	4	0.01	0.01	0.02	0.1
persimmon	70	80.32	3.6	0.19	0.58	12.53	7.5	0.03	0.02	0.1	0.73
pineapple	50	84	1.2	0.0	0.4	9.85	47.8	0.07	0.02	0.09	0.1
plum	42	84	2.2	0.0	0.8	9.6	5	0.02	0.03	0.10	0.7
strawberry	23	91	2.2	0.0	0.7	5.1	60	0.02	0.03	0.06	0.4

Task 4

Summarize in your own words the factors that affect one's health and the right things to do in order to stay in good health.

Part III Further Activities

Task 1

Watch the video clip entitled "7-hour Sleep" and do the following exercises.

Words and Expressions

rejuvenate / ri'dʒu:vəneɪt / v. make ... more energetic or more effective

gadgets / 'gædʒɪtri / n. 小配件, 小玩意

Ex. 1

Give a brief answer to each of the following questions.

1. According to the doctor, why would sleeping more than 9 hours or less than 5 hours be bad for your health?

2. Can we make a “sleep deposit” so that sometimes we can sleep less and the next day we sleep more to make up?

3. Why is sleep so important? What purposes does it serve?

Ex. 2

Interview 3–5 people around you about their sleeping habits and come back with an oral report on the result. The following questions might be included in your survey.

1. How many hours of sleep do you need every day? When do you go to sleep usually and when do you get up?
2. Do you usually take a nap? For how long? Do you find it helpful?
3. Do you have trouble getting to sleep? Under what circumstances?
4. How do you feel if you don't have enough sleep?

Task 2

Watch the video clip entitled “Clean Your Teeth, Save Your Heart” and do the following exercises.

Words and Expressions

periodontitis / ,periəudən'taitis / *n.* 牙周炎

gum *n.* 牙龈

atherosclerosis / ,æθərəuskliə'ræusis / *n.* 动脉粥样硬化

artery / 'ɑ:təri / *n.* 动脉

blood clots *n.* 血栓

floss *v.* 用牙线洁牙