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新课标培优专项通

本册主编 曹雅娟 陈黎峰 张静燕



英语随身读



(高三上)



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Preface

前言

《新课标培优专项通·英语随身读》系列丛书是面向中学生的一套阅读辅助教材。初中每年级一册，共三册；高中每学期一册，共六册。入选的文章体裁多样，有对话、记叙、论说、说明、书信、广告等；题材广泛，涵盖文化、教育、历史、地理、科技、经济、友情、亲情、校园生活等。具有趣味性、时代性、可思性，与学生的学习、生活密切相关。每篇阅读配有少量形式多样的练习，以增进英语的习得。既可提高学生英语素养，又能增强学生的应试能力。

本册是《新课标培优专项通·英语随身读》系列丛书的第八册，主要面向高中三年级第一学期的学生。全书有十二个单元，每一个单元由三篇短文组成。短文后有形式多样的自测题，可以帮助学生检测自己对短文的阅读理解程度，同时也有助于学生在具体的语言环境中更好地掌握词汇和语法要点。

《新课标培优专项通·英语随身读》的编委有（以姓氏笔画为序）：杜兴馨、陈国清、陈黎峰、张静燕、余霞、周建林、姜发兵、倪耀辉、曹雅娟。他们都是长期从事重点大学或重点中学英语教学的骨干教师，教学经验丰富，对

英语阅读与测试在理论和实践两方面都很有研究。书中的大部分习题在教学中使用过，有关语言问题由英语文教专家审阅把关，保证了本书的质量。

欢迎教师和学生在使用本套书过程中提出问题，不吝指教，以便于我们在重印或再版时修正提高。

编 者

2009 年春



How to Read English Effectively

英语阅读技巧突破

阅读是语言运用中最频繁的一种活动。可以说，一个人在具备了基本的文化素质后，主要是通过阅读来汲取信息，陶冶文化情操的。大量的阅读还能促进其他语言技能的提高。譬如说，你要提高口语水平，就不能满足于简单的会话，你的谈吐要有深度，对问题有自己的见解，就必须有大量阅读的“输入”；只读不写也是远远不够的，而要写出地道的英文，得先从阅读入手。

如何进行成功的阅读呢？当然，这是一个日积月累的过程。从材料的角度来说，难度要适当，主要是控制生词量。国外对母语为英语的读者的研究表明：对一个学生来说，阅读材料的生词平均不宜超过总词数的 1%~2%。而对把英语作为外语的中国学生来说，阅读材料的生词以不超过总词数的 5% 为宜。此外，成功的阅读必须保持一定的速度。一般来说，与母语读者比，外语学习者的词汇量及阅读量有限，但却有较强的语言意识。这个因素往往造成短时记忆中的认知负担过重而影响阅读处理速度，在这种情况下，生词过多将进一步影响阅读理解的效率。要提高阅读能力，应提倡广泛阅读难度适中，并能让读者保持一定速度的“浅英语”。

要进行卓有成效的阅读，首先应有一个明确的目的，也就是说要主动地读，你得问问自己：我为什么读这篇文章或这本书呢？在阅读中我想得到什么？显然，这两个问题与材料有关。如果是精读材料，那你不仅要理解全文的意义，还要弄清篇章结构、遣词造句、修辞手段等等。如果是报纸、百科全书、专业参考书等，那你就要根据上面的两个问题，通篇细读，而其他更多的则是通过略读(skimming)来有选择地读。略读又分为两类：跳读(surveying)和查读(scanning)。跳读是对一篇文章或一个章节，可以通过只读每一段落的第一句或文章的第一段和最后一段来把握全文的中心思想；查读则是利用材料的信息结

构来迅速查找某一具体事实或特定信息的技能。篇章的编排结构各不相同，例如：词典、百科全书一般按照字母顺序编排；电视节目表、体育赛事一般按照时间顺序编排；议论文有论点、论据、论证；故事、传记则有五个带 w 词的要点——何事(what)、何因(why)、何地(where)、何时(when)、如何(how)。在很多情况下，利用篇章结构，根据你的阅读目的，查读就可以达到你的阅读目的。

阅读过程中遇到生词是读者常感头痛的事，这时一般不应停下来查词典。我们必须懂得：认识一篇文章的所有单词并不等于能理解这篇文章，而透彻理解一篇文章并不一定要认识文章的所有单词。英语单词是可以分析的，所以我们可以用构词法来猜测、确定词义。除此之外，我们还可以根据生词所处的句子或段落从上下文来推断该词的含义。请看以下例子，你能推断出画线词的含义吗？

(1)同义：

When the officer surrendered, the others gave up too.

(2)对照：

At the beach, some parts are deep, and others are shallow.

(3)比喻：

Rhythmic speech or writing is like waves of the sea, moving onward with alternating rise and fall.

(4)定义：

Linguistics is the study of the way in which language works.

(5)重述：

Professor Wilson's approach to research is eclectic. He learns all the currently relevant theories and then tries to combine the best features of each theory.

(6)逻辑推理：

I gripped the wheel as hard as I could with both hands and began to turn it.

逻辑连接词也能帮助我们推断词义。请看例证，你能确定画线词的含义吗？

(1)重述关系。这类连接词主要有 similarly, that is, in other words, for example, likewise 等。

They seemed to have problem with directionality. In other words, they got lost.

(2)对照关系。这类连接词主要有 but, in spite of, on the contrary, whereas 等。

The questions were civil enough in form, but Ms Taylor thought she could detect a hidden malice.

(3)因果关系。这类连接词主要有 so, therefore, hence 等。



Ian had not cleaned his car for over two months so it was filthy.

有时，标点符号也起着解释词义的作用。请看下例：

The disease is not contagious: you can't catch it by touching somebody.

冒号后的分句注释画线词的含义：接触传染性的。

以上主要谈了阅读技能之一，即生词意思的推断问题，但这并不意味着掌握词汇不重要。恰恰相反，词汇量是中国学生提高阅读能力的“瓶颈”，尤其是在阅读的初、中级阶段。所以，中学生或同等水平的英语学习者应通过大量阅读或其他手段尽可能地扩大词汇量。

要真正学好英语，一是不要局限于学“课本英语”。只学课本，学不好英语。由于教学上的需要，“课本英语”多是一种“理想化”的语言材料，它与现实生活中以交流为目的的真实语言材料有一定的距离。二是不要学“考试英语”，大量做各类考题也许能帮助你在考试中提高分数，但这绝对不是提高英语水平的明智之举！大量的阅读是学好英语的一个主要途径，而阅读本身也是学习外语的目的之一。



Contents

目 录

How to Read English Effectively 英语阅读技巧突破 i

UNIT 1 Adventure 冒 险

- Text 1 Catch a Thrilling Ride 体验惊险之旅 1
- Text 2 Enjoyment of City Life 城市生活的乐趣 3
- Text 3 Survive in Hiking 野外求生 5

UNIT 2 Exploring the World 探索世界

- Text 1 Mystery of the Stones 巨石阵的秘密 9
- Text 2 Goodbye, Pluto! 再见了, 冥王星! 11
- Text 3 Deserts: Full of Life 沙漠: 生命之地 13

UNIT 3 Botany 植 物 学

- Text 1 Autumn's Favorite Flower—Chrysanthemum 秋日之花——菊花 16
- Text 2 Plant Your Phone 种植手机 18
- Text 3 Trees Can Keep Grass Warm in Winter 在冬天, 树使青草感到
温暖 20

UNIT 4 Advertising 广 告

- Text 1 An Advertisement for Ocean City 海洋城的广告 23

Text 2 Junk Food Ads—Total Ban? 垃圾食品广告——彻底禁止吗? ...25

Text 3 The Power of Advertising 广告的力量28

UNIT 5 learning a foreign language 外语学习

Text 1 The Teacher of the Year 年度最佳教师31

Text 2 Mathematics: A Language 另类语言——数学33

Text 3 Key Factors in Language Learning 语言学习的关键因素35

UNIT 6 literature 文 学

Text 1 The City of Literature 文学之城39

Text 2 Mark Twain's Pen Name 马克·吐温的笔名41

Text 3 Charles Dickens 查尔斯·狄更斯43

UNIT 7 friendship 友 谊

Text 1 Friendship Quiz 友谊测试46

Text 2 A Gift from Wendy 温迪的礼物48

Text 3 Friendship, the Footprints in Your Heart 友谊: 你心中的足迹 ...50

UNIT 8 Health 健 康

Text 1 Dark Chocolate 黑巧克力53

Text 2 Snack and Fat 零食与脂肪55

Text 3 Best Years of Your Life 人生的黄金时段57

UNIT 9 Key to Success 成功的关键

Text 1 Digging 挖掘60

Text 2 A Pair of Socks 一双袜子62

Text 3 Key to Success 成功的关键65

UNIT 10 Education 教 育

Text 1 The "I Can't" Funeral 为“我不能”举行葬礼68

Text 2 All Roads Lead to Rome 条条大路通罗马70

Text 3 An Advertisement for Ancelsior 学校广告一则72

**UNIT 11 Animals 动物**

- Text 1 The U.S. Presidential Pets 美国总统的宠物.....75
- Text 2 Teddy Bears 玩具熊.....77
- Text 3 Cloning—A New Way for Animals to Reproduce 克隆技术
——动物繁殖的新方法.....80

UNIT 12 finding Jobs 找工作

- Text 1 Do It Yourself 自己动手做.....83
- Text 2 A Job Interview 一次求职面试.....85
- Text 3 New Recruitment Procedures 新的招聘程序.....87

KEY to Test Yourself 自我测评答案.....90



UNIT 1

Adventure 冒险

冒险是人类进化与活力的象征。人类失去了冒险精神，就停止了进步的脚步。人生就是一场充满冒险的旅行。

Text 1 ☆☆

Catch a Thrilling Ride

体验惊险之旅

What's your main reason for going to an amusement park? Nine out of ten people say "to ride a roller coaster". It is sometimes called a scream machine.

A roller coaster makes you feel like you are flying. It rolls over sharp crests, and one second you are looking at the sky and the next you are staring straight down at the ground. The higher and steeper the hills and the larger the drops and rolls, the faster the speed. It is one heart-stopping thrill after another!

Roller coasters keep breaking records. The tallest and fastest on earth, Kingda Ka, opened in

a roller coaster 过山车

crest *n.* 顶部

steep *adj.* 陡峭的

New Jersey, US, last month.

The “rocket coaster” begins with an amazing **launch** from zero to 206 kilometers per hour in just 3.5 seconds. It then sends riders straight into the sky at a 90-degree angle, up to nearly 140 meters, or about 45 **storeys** up.

The view from the top—if you had the chance to stop and have a look—would be impressive. But this is not an observation tower. It is a thrill ride! Kingda Ka does not wait to let you admire the view. Instead it immediately starts a terrifying 127-metre **vertical** freefall.

The history of roller coasters shows our constant search for greater thrills. The first scream machines were not out-of-control trains, but wooden **sleds** on man-made ice-covered hills in the mid-1600s in Russia. Later, carriages traveled over hills on **grooved** tracks.

It was the French who added wheels to the slides. The world’s first roller coaster was built in France in 1817.

It is a very complicated machine built only for fun. The ride is so exciting because of our basic fear of losing control. Once the cars start, you can do nothing but scream.

Turning fear into fun depends on wild imagination. No matter how dangerous a roller coaster may appear, it must be totally safe. “We always try to make them look and feel more dangerous than they are,” says Michael Boodley, president of Great Coasters International, in the US.

(342 words)

launch *n.* 启动

storey *n.* 层

vertical *adj.* 垂直的

sled *n.* 雪橇

grooved *adj.* 开槽的



Test Yourself 自我测评

1. Complete the sentences with the correct form of the words in brackets.

- (1) It is _____ to go too near the edge of the high mountain. (danger)
 (2) _____, she stood and stared while the police arrested her husband.
 (amaze)
 (3) That was an _____ performance from such a young tennis player.
 (impress)

2. Decide whether the following statements are true or false. Write "T" for true and "F" for false.

- _____ (1) Most people go to an amusement park to search for thrills.
 _____ (2) A train that went out of control gave birth to the first roller coaster in France.
 _____ (3) If you are brave enough, you can turn the fear of riding a roller coaster into fun.
 _____ (4) A roller coaster will make your heart stop beating if it is not in a good condition.

Text 2 ☆☆

Enjoyment of City Life

城市生活的乐趣

That cold January night, I was sick of my life in San Francisco. There I was, walking home at one in the morning after a tiring practice at the theatre. With opening night only a week away, I was still learning my **lines**. I was having trouble dealing with my part-time job at the bank and my acting at night at the same time. As I walked, I thought seriously

line n. 台词

about giving up both acting and San Francisco. City life had become too much for me.

As I walked down empty streets under tall buildings, I felt very small and cold. I began running, both to keep warm and to keep away from any possible robbers. Very few people were still out except a few sad-looking homeless people under blankets.

About a block from my apartment, I heard a sound behind me. I turned quickly, half expecting to see someone with a knife or a gun. The street was empty. All I saw was a shining streetlight. Still, the noise had made me nervous, so I started to run faster. Not until I reached my apartment building and unlocked the door did I realize what the noise had been. It had been my wallet falling to the sidewalk.

sidewalk *n.* 人行道

Suddenly I wasn't cold or tired anymore. I ran out of the door and back to where I'd heard the noise. Although I searched the sidewalk anxiously for fifteen minutes, my wallet was nowhere to be found.

Just as I was about to give up the search, I heard the garbage truck pull up to the sidewalk next to me. When a voice called from the inside, "Alisa Camacho?" I thought I was dreaming. How could this man know my name? The door opened, and out jumped a small red-haired man with an amused look in his eyes. "Is this what you're looking for?" he asked, holding up a small square shape.

pull up 停车

It was nearly 3 a.m. by the time I got into bed. I wouldn't get much sleep that night, but I had gotten my wallet back. I also had gotten back some enjoyment of city life. I realized that the city



couldn't be a bad place as long as people were willing to help each other.

(376 words)

Test Yourself 自我测评

1. Circle the best explanation (A or B).

- (1) I was sick of my life in San Francisco.
 - A. Life in San Francisco made me ill.
 - B. I was tired of my life in San Francisco.
- (2) City life has become too much for me.
 - A. It is difficult for me to bear the city life.
 - B. It is too expensive to live in a city like San Francisco.
- (3) The city couldn't be a bad place as long as people were willing to help each other.
 - A. If people are willing to help each other, the city could be a good place.
 - B. If people are willing to help each other, everyone would like to live in the city.

2. Answer the questions below.

- (1) Why did the writer want to give up San Francisco in the beginning?
- (2) When did the writer realize that he had lost his wallet?
- (3) How did the writer get back his wallet?
- (4) Did the writer finally change his idea of leaving San Francisco? Why?

Text 3 ☆☆☆

Survive in Hiking

野外求生

If you plan to go **hiking** in the wilderness or a **hike** v. 徒步旅行

national park, make sure you are prepared. A compass, a knife, and maps are necessary items to take with you. You should also take wooden matches in a **waterproof** case, some concentrated food such as nuts and dried fruit, and water in a canteen. Plan for emergencies as well. Take along first-aid equipment, shelter for the rain, and extra clothes. In order to stay warm, your head, hands and feet must be kept warm, so you should bring gloves, extra socks and a wool hat.

If you get lost in the woods, first try to **backtrack** and find the trail you were on. Look for trail signs other people may have left, such as piles of rocks, tied bunches of grass, or broken branches. Sit down and try to make out which direction you came from. Then go back that way.

If you can't find the trail, try to explore the area, marking your path as you go. Climb a tree and look for landmarks. During the day, look for roads or rooftops in the distance. At night, look for lights and **sniff** the air. You may be able to smell smoke from a campfire. If you catch any of these signs, start to walk in their direction, but if it is dark, find a shelter for the night and wait until morning. Even a full moon won't get you enough light, and it can throw shadows that hide dangers.

If you are lost, do not expect to be rescued. Even if someone knows you are lost and send out a search party, it may not find you. Therefore, if you can get out on your own, do so. However, if you cannot move far for some reason, build a bright fire at night and a smoky one during the day. Try to clear an area that can be seen from the air, and use rocks to write a message. You can also use bright colors,

waterproof *adj.* 防水的

backtrack *v.* 由原路返回

sniff *v.* 嗅