



高等职业院校规划创新教材

白靖宇 主编

**C**omprehensive

# 英语综合教程

**E**nglish  
Course

**1**

陕西师范大学出版社





高等职业技术院校规划创新教材

# 英语综合教程 1

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## 英语综合教程 1

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# 高等职业技术院校规划创新教材

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# 出版说明

职业技术教育是现代化教育的重要组成部分。发展职业技术教育是加快提高劳动者素质,振兴我国经济的必由之路。为了促进高等职业教育健康发展,2006年教育部下发了《关于全面提高高等职业教育教学质量的若干意见》。《意见》指出,要以课程建设与改革为核心,加强教材建设,这是发展高等职业教育的一项基础性工作,对实现办学指导思想和培养合格人才具有举足轻重的作用。为此,我们组织有关高等职业技术学院的专家,对相关专业的教材进行了多次研讨,遴选了一些较为成熟的成果,组织编写了“高等职业技术学院规划创新教材”,以推动高等职业院校教育教学的改革与发展。

本系列教材坚持科学的发展观和以人为本的指导思想,突出德育为先,立德树人;坚持以就业为导向,面向市场、面向社会,培养学生的可持续发展能力,为就业和再就业服务;坚持“必需、够用”原则,注重讲清基本概念、基本原理和基本方法,尽可能避免大篇幅的理论分析和繁琐的公式推导,实训教材简明实用,内容科学合理,让学生易于理解、掌握和运用,使其技能操作符合职业技能鉴定规范;坚持教学的适用性,根据学生水平、培养目标、课时数确定教材内容、深浅程度和篇幅,方便教师教学,符合学生发展需要,为学生进一步提高打下基础。

本系列教材的编写和出版,得到许多高等职业技术学院领导的亲切关怀和大力支持。各学科参编者多为长期在职业技术学院从事教学、具有丰富教学实践经验的骨干教师。为了确保教材质量,我们还约请了其他院校部分学术造诣深厚的专家参与编写大纲的讨论和审稿。本系列教材在坚持科学性、突出实用性、增强灵活性等方面具有许多创新之处。我们向有关高等职业技术学院的领导和教师表示衷心的感谢。今后,我们还将不断出版反映现代科学技术水平,具有职业教育特色,品种多样,系列配套,层次衔接,有利于培养高素质劳动者和高、中、初级实用人才的职业教育教材。

本系列教材还可供其他高专、成人高校、普通中专、职业中专相关专业选用。

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# 总 序

当今世界,科学技术突飞猛进,各国竞争日趋激烈。以经济实力、国防实力和民族凝聚力为主要内容的综合国力竞争,从根本上来讲是人才的竞争。因此,培养和造就适应 21 世纪社会经济发展的各级各类高技术应用型人才,是促进我国在本世纪实现社会现代化的强大动力。毫无疑问,大力发展高职高专教育是培养大量应用型人才的一条根本出路。随着社会信息化和经济全球化趋势的发展,英语已成为现代高等职业教育人才培养过程中一个重要组成部分。我国未来社会经济发展和建立创新型国家需要懂技术、会英语的高素质合格人才。《21 世纪高职高专英语综合教程》(Vocational College English for 21st Century)系列教材就是为了适应这一新形势编写的英语教材。

《21 世纪高职高专英语综合教程》是一套供高等职业技术学院和高等专科学校使用的英语系列教材。本教材的编写以教育部颁布的《高职高专教育英语课程教学基本要求》(教育部高教司 2000 年 10 月颁布/施行)(以下简称:《教学基本要求》)为依据,以“强基础、重实用”为指导思想,突出高职高专教育特色。

1. 高职高专学生英语基础相对薄弱,加强英语基础知识和基本技能是十分必要的。本教材注重基础性,强化英语语言基本知识和技能的训练,使学生掌握一定的英语基础知识和技能,具有一定的听、说、读、写、译的能力,为今后进一步提高英语的交际能力打下基础。

2. 高职高专学生学习英语的目标主要是为了满足以后工作中的实际需要。提高英语语言应用能力是需要解决的一个实际问题。本教材旨在实用性,通过英语语言应用能力的提高,使学生能借助词典阅读和翻译有关英语业务资料,并在涉外交际的日常活动和业务活动中进行简单的口头和书面交流。

3. 结合基础性和实用性原则,本教材的编写采用一体化(Whole Language Approach)课程设置的教学模式。正确处理读、写、译、听、说的关系,读写与听说并重,即在加强英语语言基础知识和基本技能训练的同时,重视培养学生实际使用英语进行交际的能力,全面培养和提高其英语综合应用能力。

4. 根据英语综合应用能力培养的实际需要,本教材采用主题化

(Topic - based Approach)教材的编写模式,每个单元有一个主题,A 篇课文和 B 篇课文主题相关,选用国外最新语言材料,题材广泛,内容涉及 21 世纪社会生活和科技文化,充满时代气息,溶知识性、时代性和实用性于一体。

21 世纪高职高专英语综合教程构成体系:

根据高职高专英语教学的实际需要,本教材由三部分 10 册组成:学生用书 4 册、教师用书 4 册和测试练习 2 册。听力部分配有听力原文、录音磁带(MP3)和多媒体教学光盘。

### 1. 学生用书模块

根据《教学基本要求》,本教材采用综合本形式和模块式结构。

(1) 读、写、译、听、说的学习内容全部集中编写成一种综合英语教程,按 220 个学时并结合教学实践,全套学生用书综合教程共分为 4 册,每册 8 个单元。“鉴于目前高职、高专和成人高专学生入学时的英语水平差异较大,本课程的教学要求分为 A、B 两级,实行分级指导。”因此,各学校可按实际情况安排学时,在教学中对教材进行取舍,本教材在课时安排和教学内容上有一定弹性,以方便教学,达到国家教育部对高职高专学校的英语教学要求。

### (2) 模块结构

每册教材分为 8 个单元(Unit),每个单元包括 4 个技能模块:听说技能(Listening and Speaking)、阅读技能(Reading)、语法知识(Grammar)和写作技能(Writing)。

#### 1) 听说技能(Listening and Speaking)

包括听写(Dictation)、小对话(Short Dialogue)和短文会话(Short Conversations)三个部分,主要为日常生活内容。听力部分配有听力原文和录音磁带(MP3)。按照《教学基本要求》中口语(Speaking)训练项目,主要为情景会话(Situational Dialogues),强调实用性与趣味性相结合。

#### 2) 阅读技能(Reading)

包括课文 A(Text A)和课文 B(Text B)两部分:课文 A(Text A)为课堂教学材料,包括课文、词汇、注释和综合练习 4 部分,综合练习有课文理解、词汇、翻译(英译汉)练习形式;课文 B(Text B)为课外阅读材料,练习采用选择形式,主要扩大阅读量。课文 A(Text A)和课文 B(Text B)主题(内容)相关,课文长度为 400 - 1000 词,具体为一册 400 词左右、二册 500 词左右、三册 700 词左右、四册 900 - 1000 词左右。每册都

附有总词汇表。

### 3) 语法知识(Grammar)

根据《教学基本要求》，本教材一册、二册、三册有语法项目，主要复习巩固已学语法知识，并配有语法练习。

### 4) 写作技能(Writing)

《教学基本要求》中写作技能，安排在本教材二册、三册、四册。写作技能包括三部分：基本技能(Basic Skills)，如基本的语句及段落写法；应用文写作(Applied Writing)，主要为常用应用文的写作技巧和方法；短文写作(Essay Writing)，主要为短文写作技巧和方法，并配有范文和写作练习。

### 2. 教师用书和测试练习

本教材配有4册教师用书，主要包括：课文背景知识、语言点、练习答案和课文参考译文。同时，本教材配有B级和A级测试练习两册，供学生参加B级和A级考试使用，主要根据高职高专学生参加英语等级考试(高等学校英语应用能力考试)的客观需要，依照教育部颁发的《高等学校英语应用能力考试大纲和样题》，设计多种题型的测试题，帮助学生掌握英语基础知识和基本技能，提高考试通过率。

《21世纪高职高专英语综合教程》系列教材由陕西师范大学出版社教材中心组织，陕西师范大学外国语学院、西安职业技术学院、咸阳职业技术学院、宝鸡职业技术学院、渭南职业技术学院、安康职业技术学院、商洛职业技术学院等高校的具有丰富教学经验的教师合作编写。陕西师范大学出版社的领导对教材的编写和出版十分重视，并给予了大力支持。对此，我们表示衷心的感谢。

由于我们水平有限，书中难免有错误和不妥之处，希望广大师生提出宝贵意见。

白靖宇

2008年7月于西安



# 前言

《英语综合教程1》是21世纪高职高专英语系列教材中的第一册。该教程是以国家教育部(原国家教委)颁布的《高职高专教育英语课程教学基本要求》为依据而编写的,贯彻了《21世纪高职高专英语综合教程》编写大纲的指导思想,突出高职高专英语基础性和实用性的特色。

《英语综合教程1》以全日制义务教育普通高级中学“英语课程标准”(实验稿)为起点,循序渐进,使学生的大学英语学习与高中阶段的英语课程相衔接。根据教学的实际需要,本教程由8个单元组成,每个单元包括听说技能(Listening and Speaking)、阅读技能(Reading)和语法知识(Grammar)三部分。本教程配有教师用书、录音磁带(MP3)和多媒体教学光盘,以方便教学。

本教程最显著的特点是,我们在教材的编写中尝试了以认知主体为本的编写原则。我们认为,教材选材应突出基础性和实用性,练习设计应遵循语义记忆、语义提取、言语理解等语言学习的认知规律。《英语综合教程1》选材广泛,涉及当今社会的许多热门话题,具有很强的可读性、趣味性。文章思想和内容把握适当、准确,适合在高职高专阶段的英语学习中进行讨论式教学,以达到强化基础、联系实际的目的。同时,该教材练习题的设计丰富多彩,紧密结合课文,既能够巩固已掌握的知识、提高语言技能,又能够充分调动学生学习语言的积极性。

《英语综合教程1》供各类高职高专一年级学生第一学期使用,也适合具有同等英语水平的读者自学。

本教程在编写过程中,选用了一些国外报刊、杂志和网站上的语言材料,语法部分参考了国内出版的一些书籍,在此向原作者表示感谢。

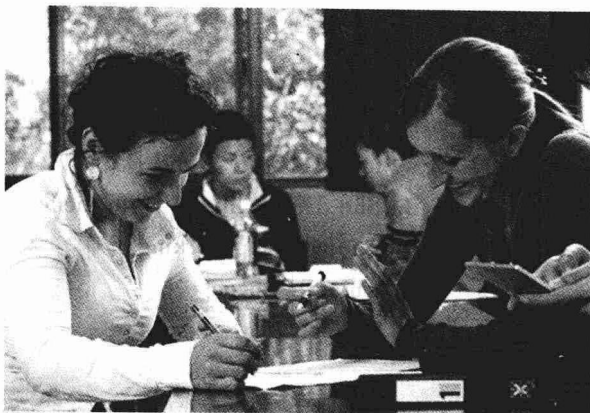
由于水平有限,书中难免有错误和不妥之处,希望广大师生批评指正。

编者  
2008年7月

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# Unit One

## Listening and Speaking

### Section A Dictation

#### 1. Word Dictation

**Directions:** In this part, you will hear three sentences, each of which will be read two times. Fill in each blank with a word exactly as you hear.

- (1) Our voice is very \_\_\_\_\_ and an important part of our identity.
- (2) All of us have \_\_\_\_\_ unique to our own way of speaking.
- (3) I have spent plenty of time \_\_\_\_\_ material for my speech.

#### 2. Spot Dictation

**Directions:** In this part, you will hear a short passage. The passage will be read three times; the first time is for your comprehension; the second time is for you to fill in each blank with what you hear during the pause; the third time is for you to check up. Now let's begin.

Many students are concerned (1) \_\_\_\_\_ learning the tenses of the English language. They have likely heard horror stories about how (2) \_\_\_\_\_ and confusing they are—about the irregular verbs and the many exceptions to the rules. It does sound terrifying if (3) \_\_\_\_\_ the difficulties are discussed, without any (4) \_\_\_\_\_ or organized ESL Curriculum for approaching the tenses in a step by step fashion to be introduced. (5) \_\_\_\_\_ if the teacher has an understanding of the similarities in the way that the tenses are constructed it will help the students.

## Section B Short Dialogue

**Directions:** You are going to hear 5 short dialogues. After the dialogue, there is a recorded question. Both the dialogue and the question will be spoken only once. When you hear the question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

- |  |                                    |
|--|------------------------------------|
| (1) A. She likes to go to them.                        | B. She doesn't like to go to them. |
| C. She will go on working.                             | D. She will stop working.          |
| (2) A. English.  | B. Chinese language.               |
| C. Math.   | D. Biology.                        |
| (3) A. She wants the same word from the man.           |                                    |
| B. She is angry.                                       |                                    |
| C. She likes the idea.                                 |                                    |
| D. She hopes the man should also have a happy holiday. |                                    |
| (4) A. At home.  | B. In the lab.                     |
| C. In a hospital.                                      | D. In the classroom.               |
| (5) A. She is having some physical problem.            | B. She is singing.                 |
| C. She is dancing.                                     | D. She is cleaning the house.      |

## Section C Short Conversation and Passage

### 1. Short Conversation

**Directions:** You are going to hear a conversation. After the conversation, there are some recorded questions. Both the conversation and the questions will be spoken only once. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

- |                        |                             |
|------------------------|-----------------------------|
| (1) A. Children's Day. | B. Teachers' Day.           |
| C. National Day.       | D. Mothers' Day.            |
| (2) A. A card.         | B. Some flowers.            |
| C. A cart.             | D. A card with best wishes. |
| (3) A. Go home.        | B. Go to school.            |
| C. Go shopping.        | D. Go to the teacher.       |

### 2. Short Passage

**Directions:** You are going to hear a recorded passage. After the passage, you will hear five questions. The passage will be spoken two times. When you hear a question, you should complete the answer to it with a word or a short phrase. The incomplete answers are printed in your book. Here is the passage.

- Q: (1) Charlie Chaplin was \_\_\_\_\_.  
(2) \_\_\_\_\_ died when he was a child.  
(3) Chaplin did not have \_\_\_\_\_.  
(4) Chaplin devised \_\_\_\_\_ in which he played the leading parts.  
(5) He was \_\_\_\_\_ in his films.

## Section D Speaking

**Directions:** Look at the pictures—in one, the boy is doing self-introduction, while the other shows the teacher is talking to her students. Now do the same with the following suggested information: introduce yourself, including your name, age, your family members, the school you are in and the subject you are studying, your interest or hobby, etc.



## Reading

## Text A

## How to Learn English!

**Speak without fear**

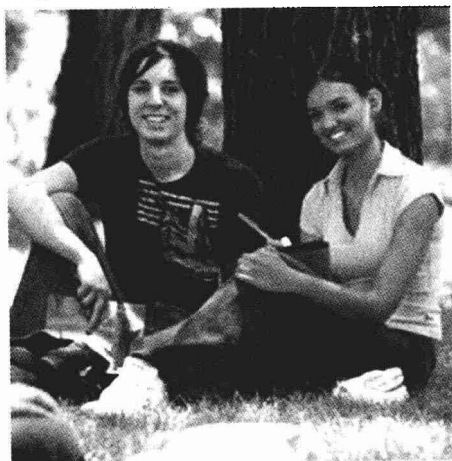
The biggest problem most people face in learning a new language is their own fear. They worry that they won't say things correctly or that they will look stupid so they don't talk at all. Don't do this. The fastest way to learn anything is to do it—again and again until you get it right. Like anything, learning English requires practice. Don't let a little fear stop you from getting what you want.

**Use all of your resources**

Even if you study English at a language school it doesn't mean you can't learn outside of class. Using as many different sources, methods and tools as possible, will allow you to learn faster. There are many different ways you can improve your English, so don't limit yourself to only one or two. The internet is fantastic resource for virtually anything, but for the language learner it's perfect.

**Surround yourself with English**

The absolute best way to learn English is to surround yourself with it. Take notes in English, put English books around your room, listen to English language radio broadcasts, watch English news, movies and television. Speak English with your friends whenever you can. The more English material that you have around you, the faster you will learn and the more likely it is that you will begin "thinking in English."

**Watch English films and television**

This is not only a fun way to learn but it is also very effective. By watching English films (especially those with English subtitles) you can expand your vocabulary and hear the flow of speech from the actors. If you listen to the news you can also hear different accents.

**Do exercises and Take Tests**

Many people think that exercises and tests aren't

much fun. However, by completing exercises and taking tests you can really improve your English. One of the best reasons for doing lots of exercises and tests is that they give you a benchmark to compare your future results with. Often, it is by comparing your score on a test you took yesterday with one you took a month or six months ago that you realize just how much you have learned. If you never test yourself, you will never know how much you are progressing. Start now by doing some of the many exercises and tests on this site, and return in a few days to see what you've learned. Keep doing this and you really will make some progress with English.

(430 words)

<http://www.world-english.org/how-to-learn-english.htm>

## New Words and Phrases

stupid	[ 'stju:pid ]	a.	slow to learn or understand things
require	[ rɪ' kwaɪə(r) ]	v.	need
practice	[ 'præktɪs ]	n.	actual doing of sth.
resource	[ rɪ' sɔ:s ]	n.	资源
source	[ sɔ:s ]	n.	源头
fantastic	[ fæn' tæstɪk ]	a.	wild and strange 荒诞的, 奇异的
virtually	[ 've:tʃuəli ]	adv.	almost
absolute	[ 'æbsəlu:t ]	a.	complete
effective	[ ɪ' fektɪv ]	a.	having an effect
subtitle	[ 'sʌbtartl ]	n.	字幕
accent	[ 'æksent ]	n.	口音, 强调
benchmark	[ 'bentʃma:k ]	n.	(供比较之用的) 样板或参照点
score	[ skɔ:(r) ]	n.	number of points gained in a test 分数
realize	[ 'ri:əlaɪz ]	v.	be fully aware of a fact; understand
as ... as possible			尽可能.....

## Exercises

### 1. Reading Comprehension

**Directions:** Answer the following questions according to the text.

- (1) What is the most essential thing for English learners to do?
- (2) What can an English learner benefit from surrounding himself with English?
- (3) Why is testing oneself so important?



## 2. Vocabulary

### A. Fill in the Blanks

**Directions:** There are 6 incomplete statements here. Fill in the blanks with the right words or phrases.

- (1) To save the victims of the earthquake \_\_\_\_\_ a lot of efforts.
- (2) She was so determined that nothing could \_\_\_\_\_ her \_\_\_\_\_ going forward.
- (3) Human \_\_\_\_\_ proved to be very important in exploring the wild area.
- (4) To control the blood sugar, the diabetic patients have to keep their diet \_\_\_\_\_ strict \_\_\_\_\_.
- (5) The English films with Chinese \_\_\_\_\_ help us a great deal in understanding what is going on in the plot.
- (6) They worked very hard to figure out the most \_\_\_\_\_ method to finish the task.

### B. Multiple Choice

**Directions:** There are 8 incomplete statements here. You are required to complete each statement by choosing the appropriate answer from the 4 choices marked A, B, C and D.

- (1) In the United States, I was surprised at hearing the English with different \_\_\_\_\_, rather than the standard English as we had learned in China.  
A. language                      B. words                      C. accents                      D. English
- (2) The rescue team finally arrived when the man was \_\_\_\_\_ dead.  
A. likely                      B. virtually                      C. especially                      D. correctly
- (3) Please don't describe a person as \_\_\_\_\_, for it is quite rude.  
A. stupid                      B. clever                      C. effective                      D. perfect
- (4) The proverb "\_\_\_\_\_ makes perfect." tells us a lot of the importance of our exercises.  
A. fear                      B. face                      C. language                      D. practice
- (5) He is working hard to \_\_\_\_\_ his dream of becoming a medical doctor.  
A. realize                      B. learn                      C. improve                      D. listen
- (6) You'd better keep all the scores of various tests so that you may have a \_\_\_\_\_ to compare your progress between one and another.  
A. test                      B. tool                      C. benchmark                      D. source
- (7) She is always so informed that she becomes an information \_\_\_\_\_.  
A. news                      B. radio                      C. broadcasts                      D. source
- (8) Is it \_\_\_\_\_ for her to keep on taking a walk after supper?  
A. fantastic                      B. likely                      C. absolute                      D. stupid

## 3. Translation

**Directions:** This part, numbered 1 to 5, is to test your ability to translate English into Chinese. Each of the four sentences (No. 1 to No. 4) is followed by four choices of suggested translation marked A, B, C and D. No. 5 is translation of the paragraph.

- (1) The earthquake not only injured himself, but also killed his son and other nine family