

捷进大学英语国际化立体化网络化系列教材

捷进高职高专英语

快读教程 ②

College Fast Reading



吉林出版集团有限责任公司 外语教育出版社

Foreign Language Teaching Books, Jilin Publishing Group

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College Fast Reading

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前言

《高职高专英语课程基本要求》规定学生能阅读中等难度简短英语材料并能填写和模拟套写简短的英语应用文;能借助词典翻译中等难度的英文材料。据此我们编写了《捷进高职高专英语快读教程》。

《捷进高职高专英语快读教程》具有以下特点:

一、以主题统领体裁和题材,充分体现时代感、知识性、信息性和趣味性。

二、以高频词汇控制语言结构,充分体现语言表达和使用的丰富性和精确性。

三、以阅读策略设置测试形式,旨在全面提高学生的阅读技巧和能力。

四、与高等学校英语应用能力考试 A、B 级接轨,充分体现应用与应试的和谐统一。

五、快读引领精读,开创了“快餐亦是精品”的创作模式,具有长期的使用价值和学习效益。

本书与《捷进大学英语阅读教程》(预备级、1-4)、《捷进大学英语听说教程》(预备级、1-4)、《捷进大学英语写作教程》(1-4)、《捷进大学英语泛听教程》(1-4)、《捷进大学英语快读教程》(1-4)、《捷进大学英语测试教程》(综合训练、写作训练、听力训练、710 分新题型模拟训练)配套,各高校可以根据实际情况选用。

捷进大学英语编委会

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UNIT 1

FOOD



CHAPTER 1

Comfort Food



Freedom from Want by American
artist Norman Rockwell

GETTING READY TO READ

Answer these questions. Then talk about your answers with a partner or in a small group.

1. Imagine it's late at night. You're tired, but you have to study. You're hungry, too. What would you choose to eat? Name three things:

_____, _____, _____.

2. Circle your answers.

- | | | |
|--|------|-------|
| a. I miss food from home. | True | False |
| b. People eat when they feel sad. | True | False |
| c. People eat when they feel nervous. | True | False |
| d. People eat when they want to celebrate. | True | False |

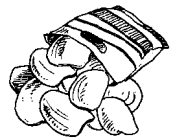
READING

Look at the words and pictures next to the reading. Then read without stopping. Don't worry about new words. Don't stop to use a dictionary. Just keep reading!

Comfort Food

- 1 It's **natural** for people to eat when they're hungry. But people eat for other reasons, too. Do you ever eat because you're with friends and everyone else is eating? Do you ever eat because you feel tired, or because you are under **stress**? Many people do. People often eat to feel better. Maybe they have too much to do, or they're nervous. Maybe they're having problems in a relationship. But when people eat to feel better, they don't eat just anything. They want **specific** kinds of food. They want food that helps them **relax**. They want comfort food.
- 2 What is comfort food? For most people, it's food that is easy to **prepare**. It's often soft, so it's easy to eat. Eating it gives people a warm feeling. Sometimes it's a type of food that people loved as children. Maybe they used to eat it at specific times or places. Maybe it's food their mother used to make. Comfort food makes people feel, "Somebody's taking care of me."
- 3 Researchers at the University of Illinois did a survey¹ on comfort food in the United States. They asked over 1,000 Americans about it. They wanted to know two things: What comfort foods did people want, and when did they want them? The **results** of the survey were **rather surprising**. The researchers expected people's favorite comfort food to be warm and soft. But it wasn't. The number one food **turned out** to be potato chips². Another favorite was ice cream, especially among people aged 18—34. However, not all comfort foods are snack foods³. **Nearly** half of the comfort foods were healthy,

¹a survey = a set of questions you ask a large group of people to learn their opinions



²potato chips

³snack foods = kinds of food that people buy ready-made to eat between regular meals

homemade foods, such as chicken soup and mashed potatoes⁴.

4 People of different ages want different comfort foods. There are **differences** between the **choices** of men and women, too. The survey showed that American women usually choose sweet comfort foods. Women in the survey mentioned ice cream most often (74% of them like it), then chocolate (69%), and cookies (66%). Even more of the men in the survey mentioned ice cream (77%). However, men choose sweet foods **less** often **than** women. American men often want hot and salty comfort foods such as soup (73%) and pizza or pasta (72%).

5 When do Americans most want comfort food? Many people think it is only for times of stress, or when someone feels **bored** or **lonely**. However, the researchers say that the opposite is true. Yes, people eat to feel better. But more often, they eat comfort foods when they already feel happy. They eat them to celebrate or reward themselves⁵.



⁴ *mashed*
potatoes

⁵ *reward themselves*
= give themselves
something nice
because they did a
good thing

Quick Comprehension Check

Read these sentences. Circle T (true) or F (false).

1. People eat for a variety of reasons.
2. Comfort food is food that makes you feel good.
3. The researchers did a study of all kinds of food.
4. Americans' favorite comfort foods are potato chips and ice cream.
5. Men and women agree about the best comfort foods.
6. People want comfort food most when they're sad.

T	F
T	F
T	F
T	F
T	F
T	F

EXPLORING VOCABULARY

Thinking about the Vocabulary

Which target words and phrases are new to you? Circle them here and in the reading. Then read "Comfort Food" again. Look at the context of each new word and phrase. Can you guess the meaning?

Target Words and Phrases

natural (1)	results (3)	differences (4)
stress (1)	rather (3)	choices (4)
specific (1)	surprising (3)	less ... than (4)
relax (1)	turned out (3)	bored (5)
prepare (2)	nearly (3)	lonely (5)

Using the Vocabulary

A These sentences are about the reading. What is the meaning of each **boldfaced** word or phrase? Circle a, b, or c.

- People eat when they are hungry. That's the **natural** thing to do. Here, *natural* means:
 a. crazy, stupid b. normal, usual c. strange, unexpected
- Sometimes we get hungry for a **specific kind** of food—comfort food. A specific kind is:
 a. one type and no other b. any type we can get
 c. every type there is
- Comfort food gives a warm feeling. It helps us **relax** and feel better. *Relax* means:
 a. become calm and less worried
 b. become big and strong
 c. become nervous and quick
- Comfort food doesn't usually take a lot of work. It's easy to **prepare**. *Prepare* means:
 a. hand out b. take apart c. make ready
- The information from the survey was **rather** surprising. *Rather* means:
 a. more than a little b. not at all c. of course

6. Many of the comfort foods were snack foods, but **nearly** half of them weren't.

Nearly means:

- a. completely b. almost c. ever

7. Men and women often make different **choices** in comfort food. *Choices* are:

- a. things they share b. things they choose c. things they throw

8. Men usually like salty foods. They eat **less** sweet comfort food **than** women do.

Less ... than means:

- a. more than b. the same as c. not as much as

9. Some people eat comfort food when they are **lonely**. It makes them feel less alone. *Lonely* means:

- a. tired of being with people
b. away from friends and feeling sad
c. happy and relaxed

10. Some people eat when they feel **bored**. It gives them something to do. *Bored* means:

- a. tired of having nothing fun to do b. extremely busy
c. tired and ready to sleep

- B** These sentences use the target words in **new contexts**. Complete them with the words in the box.

bored	choice	less	lonely	natural
nearly	prepared	rather	relax	specific

- They _____ a wonderful meal for their guests.
- The wedding will take place in a couple of days. She's very nervous. She can't _____.
- The students almost went to sleep in class. They were very _____.
- Let's call Dave and see if he's OK. He has no family, so he gets _____ on holidays.
- Which movie would you rather see? My first _____ would be *Dark of the Night*.
- This is Miki's first trip away from home. It's _____ that she misses her family.
- His new movie isn't great. It's _____ exciting than his last one.

8. I don't have any _____ plans for the weekend. I just want to relax.
9. I washed the clothes and they're hanging outside. They should be _____ dry now.
10. This box is _____ heavy. Can you help me with it?

C Read these sentences. Match the **boldfaced** target words with their definitions.

- a. I expected my team to win, but it didn't **turn out** that way. It was **surprising**.
- b. What's the **difference** between *lonely* and *alone*?
- c. As a **result** of the dry weather, farmers had a bad year.
- d. At that time of year, students are under a lot of **stress**.

Target Words Definitions

1. _____ = something that makes one person or thing not the same as another
2. _____ = different from what someone expected
3. _____ = feelings of worry that go on and on and won't let a person relax
4. _____ = something that happens or follows because of something else
5. _____ = happen or end in a specific way

DEVELOPING YOUR SKILLS

Scanning

Read these questions about "Comfort Food". Scan the reading and write the answers.

1. Why do people eat? Give three or more reasons.

2. What is "comfort food"? Complete this definition with quotations from the second paragraph of the reading (using the exact words):

Comfort food is food that helps people relax. It's "easy to _____ prepare _____." (a)

It's also "easy _____." Eating comfort food gives people "a _____ (b)

feeling", and it "makes people feel, 'Somebody's _____." (c)

3. What's the number one comfort food for Americans? _____ (d)
4. Who especially likes ice cream? _____

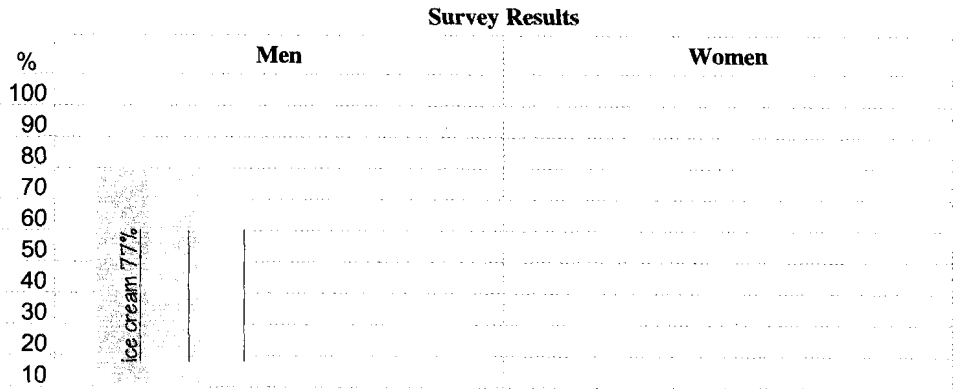
5. What are two examples of healthy, homemade comfort foods?

6. How are men's and women's comfort food choices different?

7. When do Americans want comfort food most?

Focusing on Details

Complete the information about men in this graph. Write the kind of food in the chart. Fill in the percentage of men who mentioned it. Then, draw a similar graph for women.



Discussion

Talk about these questions in a small group. Then tell the class the results of your discussion.

1. List five comfort foods that Americans mentioned in the survey.

Do people in your group like them? Complete the chart.

Common American Comfort Foods	Number of People Who Like It	Number of People Who Don't Like It	Total Number in the Group
1.			
2.			
3.			
4.			
5.			

2. Can you give the numbers as percentages? For example: *Fifty percent of the people in our group like chocolate.*

You can also say, Three out of six people in our group like chocolate.

3. What do you think are the favorite comfort foods in your country? Take a guess.

Using New Words

Work with a partner. Take turns asking for and giving information.

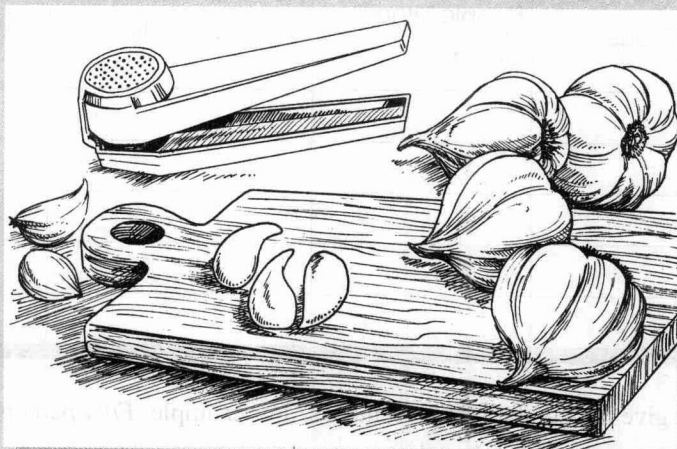
1. Name something that causes a lot of **stress**.
2. Describe your favorite way to **relax**.
3. What's the **difference** between _____ and _____?
4. Complete this sentence: It's **natural** to feel nervous when ...
5. If you feel **lonely**, what should you do?

Writing

What happens when you are under stress? How do you feel? What do you do to feel better? Write a paragraph. You can begin with: *When I am under stress, I ...*

CHAPTER 2

Garlic



Heads of garlic, several garlic cloves, and a garlic press

GETTING READY TO READ

Answer these questions. Then talk in a small group or with the whole class.

1. How often do you eat garlic? Often Sometimes Never
2. Do people in your country cook with garlic? Often Sometimes Never
3. Do you think garlic is good for you? Yes No I don't know
4. What kinds of food do people put garlic in? _____

READING

Look at the words and pictures next to the reading. Then read.

Garlic

- 1 Some people can't stand garlic. "That smell! It's too strong. And it doesn't go away! There's nothing **worse than** garlic," they say. Other people say it tastes great and it's good for you, too. Chester Aaron grows eighty-seven kinds of garlic on his farm. He wrote a book called *Garlic Is Life*. It seems that people either love garlic or hate it.
- 2 Garlic has a long history. The first **wild** garlic **probably** grew somewhere in western Russia. People in that **area** found it and learned to use it. Later, travelers carried garlic with them to China, India, Europe, and North Africa. Farmers began planting it over 5,000 years ago. They grew garlic to eat and to use as **medicine** when they were sick. They also grew it for use in religious ceremonies.
- 3 People in many cultures shared similar ideas about garlic. For example, they made their slaves¹ eat it. They believed garlic made it **possible** for slaves to work harder and longer. In Greece, the athletes² of the first Olympic Games ate garlic. They wanted to become stronger and faster, and they believed that garlic would help. **Soldiers** in the Roman **army** ate garlic, too. They ate it to help them fight better. But garlic wasn't only for slaves, athletes, and soldiers. In some places, garlic was called "food for lovers."
- 4 People had even more uses for garlic. They **added** it to other foods because it tasted good. In China, people also used garlic to keep **meat** fresh. The Chinese were probably the first

¹ *slaves* = people who belong to someone and must work without pay

² *athletes* = people who do sports