

普通高中课程标准实验教科书

主编 / 博尔英语超级听说读写系列编委会



新标准

英语

超

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高中第一、二册 (必修1、2)
(下)

- ◎ 遵循课程标准
- ◎ 源于最新教材
- ◎ 形式灵活多样
- ◎ 技能全面提高



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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〉 前 言 〈

为了配合国家基础教育课程改革,推进素质教育,我们特组织了一线优秀教师和教研员,以外语教学与研究出版社出版的《英语》(新标准)教材为依据,编写了这套《新标准英语超级听说读写》系列丛书。

《新标准英语超级听说读写》系列丛书与《英语》(新标准)系列教材配套,可供老师和学生在课堂上开展听说读写活动或课外开展实践活动时使用。

本系列丛书是依据国家《英语课程标准》关于学生听说读写能力的培养要求,在大量的调查研究和实践的基础上编写而成。总的指导思想是使学生通过一定的听说读写实践活动,进一步巩固课堂上所学的语言知识,扩大听说读写活动范围,激发学生学习兴趣,增强听说读写实践能力,从而提高学生实际运用语言的能力。

《新标准英语超级听说读写》系列丛书采用以话题为主的设计理念,每个模块含有听、说、读、写四部分,练习的内容和任务活动的设计与教材完全同步。丛书按照语言学习理论,采用“任务型学习(task-based learning)”原则,注重多种语言技能的协同发展,充分调动学生的学习积极性,提高他们的观察力和想象力,通过多种感知和体验,在语言输入的基础上逐渐锻炼语言输出能力,从而达到提高语言综合运用能力的目的。

博尔英语研究中心

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Module 1 Our Body and Healthy Habits

Pre-task

I. Questions:

1. What do you see in the picture?
2. What do you think these people are doing?
3. Why do they do this?



II. Items:

1. Speaking task:

How to keep a healthy body?

Your opinion: _____

Your classmates' opinions: _____

2. Listening task:

Find some materials about healthy habits, for example, exercise, healthy diet, ect.

You: _____

Your classmates: _____

3. Performing task:

Make a dialogue about morning exercise with your classmates, then act it out.

While-task

Activity 1

1. Which kinds of diets do you think are healthy? Why?

Think and say : _____

2. Listening task: Listen to the tape and fill in the blanks with the words you hear from the text.

- ① _____ is one of the most important things you can do to help your overall health.
- ② _____ is the key factor that affects your weight.
- ③ Having a healthy diet is sometimes _____ said than done.
- ④ Taking time to cook a healthy meal sometimes falls _____ on your list.
- ⑤ A little _____ and _____ can help you find a diet to fit your lifestyle.

3. Speaking task 1: Can you retell the passage after listening to it?

Speaking task 2: What do you think of "Having a healthy diet is sometimes easier said than done" according to what you have heard just now?

Speaking task 3: Discuss a kind of healthy diet with your classmates.
 Say something according to the following questions.

- ① Which kind of healthy diet does it belong to: food, fruit, vegetables or other kinds?
- ② Why do you think it is a healthy diet?
- ③ Why can it do good for people's health?
- ④ Does it do harm to people's health?

Name of the diet	Kind	Reason	Good points	Shortcomings



Activity 2

1. What categories does a healthy diet consist of?
2. Listening task: Listen to the tape and fill in the blanks with the missing words.

A healthy diet consists of ① _____ main categories of foods. Of course, there are some other ② _____ groups. But these ③ _____ main food groups will provide a healthy diet most of its nutrition (营养). They are: ④ _____ and ⑤ _____, grain products, milk products, and ⑥ _____ and alternatives.

A healthy diet will serve a good ⑦ _____ of each of the food groups listed. Of course, different individuals will need different amounts of food. Other factors such as ⑧ _____, body size, activity level, gender will also affect the amount of food you eat.

Please note that meat is ⑨ _____ a necessary part of a healthy diet. Contrary to what many say, you can get enough protein (蛋白质) from vegetables, beans and soy products.

And remember, drink ⑩ _____ glasses of water every day.

3. Speaking task 1: Can you give a general idea of this passage, using your own words?

Speaking task 2: Please tell your classmates, friends and relatives about the main categories of food that a healthy diet consists of. And tell them why.

Speaking task 3: Do you often talk about healthy diet with your classmates? What do you think of it?

Student 1	
Student 2	
Student 3	
Student 4	
Student 5	
Student 6	

Activity 3

1. Do you talk about your weight among your classmates and friends? Do you often try to lose weight? Share your thought with your classmates.

Think and say: _____

2. Listening task: Listen to the tape and choose the right answers.

() ① What does Carole normally do when she feels unhappy?

- A. She often goes out for food.
- B. She often goes to restaurants, bars and supermarkets to play.
- C. She decides to lose weight.
- D. She often follows the others' examples.

() ② According to the doctor, which one of the following statements could be the true reason why Carole eats too much while feeling unhappy?

- A. She has a disease.
- B. She wants to forget something or worries about something.
- C. She has nothing to do.
- D. She is hungry.

() ③ Which of the following suggestions is not made by the doctor?

- A. She should give up the bad habit.
- B. She should do something else instead of eating too much.
- C. She should take more exercise.
- D. She should give calls to her friend.

3. Speaking task 1: Please give your opinion about Carole's problem.

Speaking task 2: ① Do you have the same habit with Carole?

② What do you often do when you feel unhappy?

Exchange experiences with your friends.

Thing 1	
Thing 2	



Thing 3	
Thing 4	
Thing 5	

Speaking task 3: ① Make a survey among your classmates whether they agree or disagree to lose weight.

② Give the reasons why they agree or disagree to lose weight.

Student	Agree	Disagree	Reasons
Student 1			
Student 2			
Student 3			
Student 4			
Student 5			
Student 6			

Post-task

Make a survey 作调查

在你的同学中展开调查，询问他们对健康习惯的看法。

	How to keep healthy habits?
Student 1	
Student 2	
Student 3	
Student 4	
Student 5	
Student 6	

- 要求：1. 首先想一想，如何向你身边的人发问。
2. 尽量用到本单元的短语和语言结构。
3. 要清楚自己的提问所涉及的问题是否与本单元有关联。
4. 在回答问题时要学会运用逻辑思维。

你可能会用到下列语言结构：

What is your opinion on...?

Which kind of diet is...?

In your opinion, ...?

What do you think of...?

Which kind of food do you think is...?

How do you understand the healthy food?

I think...

How about...?

Why does this kind of food is...?



Module 2 No Drugs

Pre-task

I. Questions:

1. Who may be in the picture?
2. What do you think of when seeing this picture?
3. What would you do when you are in this situation?



II. Items:

1. Speaking task:

If you are standing by a smoker, what would you think about?

Your opinion: _____

Your classmates' opinions: _____

2. Listening task:

Find some materials about smoking and drugs.

You: _____

Your classmates: _____

3. Performing task:

What are the differences between cigarettes and drugs?

Your opinion: _____

While-task

Activity 1

1. Do you know something about nicotine?

Think and say: _____

2. Listening task: Listen to the tape and fill in the blanks with the words you hear from the text.

- ① In Britain, _____ of smokers say that they would like to stop smoking.
- ② Of these smokers, _____ have tried more than once to,
- ③ Why do smokers continue to smoke, even when they know that the _____ may kill them or at least cause a serious illness?
- ④ The problem with _____ is that it contains a drug called nicotine.
- ⑤ That means that once you start taking the drug, it is _____ to stop.
- ⑥ When smokers who _____ nicotine go without it for an hour or two, they begin to feel bad.
- ⑦ All they need is something to make them _____ at that moment.

3. Speaking task 1: Can you retell the story after listening to it?

Speaking task 2: ① What do you think of smoking in China?

② Do you know something about smoking in foreign countries?

How do you know?

You can finish this work according to the chart below.

Country	Rate of smokers	Rate of male smokers	Rate of female smokers	Average age



Country	Label of cigarette	Price of 10 cigarettes	Reason for smoking	Any other notes

Speaking task 3: Choose one of the smokers you know and describe him or her. Say something according to the following chart.

Name	
Sex	
Age	
Career	
Weight	
Reason for smoking	
Advice	

Activity 2

1. What do you think of smoking?

Think and say: _____

2. Listening task: Listen to the tape and fill in the blanks with the missing words.

Since the discovery of tobacco related to a number of health problems, an increasing number of people have ① _____ smoking. However, to classify tobacco as an illegal drug

is out of justification.

Let us start by talking about the soothing ② _____ of smoking which have been confirmed by ordinary smokers; particularly those who have hard-brain-working jobs are in favour of it; they claim that smoking cigarettes can make them ③ _____ and stimulate brain cells to work more efficiently. In contrast, illegal drugs such as cocaine and heroin can extremely affect the ④ _____, and hence ruin a person's health very soon, although far more exciting effects can be expected.

Now we turn to examine the related results brought by smoking and drug taking. It is undeniable that cigarettes ⑤ _____ in social activities. In China, the behaviour of giving away a cigarette to a smoker is regarded as a kind of ⑥ _____. Nevertheless, it is well known that human will get addicted to taking drugs as a consequence of first attempt, ⑦ _____ is ruined and a painstaking period of medical treatment is needed.

Seemingly tobacco can be freely used without blaming anyone. Nonetheless, I totally oppose any manner of smoking ⑧ _____, because that brings about ⑨ _____ owing to the hatred of secondhand smoke from nonsmokers, who believe that secondhand smoke can do harm to their health. A person's human rights can never be imposed on others by violating their rights.

To conclude, the above examination of comparison and contrast between tobacco and illegal drugs cannot possibly justify tobacco being listed as an illegal drug. I suggest more ⑩ _____ smoking areas be planned so as not to violate nonsmokers' rights.

3. Speaking task 1: Please retell the passage to your classmates, using your own words.

Speaking task 2: ① Do you agree that smoking can relax your brain when you are tired? Why?

② What would you often do when you are tired? Collect the things that your classmates often do when they are tired.



	Things	Reasons for doing
Student 1		
Student 2		
Student 3		
Student 4		
Student 5		

Speaking task 3: Discuss with your classmates about the harm of smoking, then make a presentation to persuade the smokers to give up smoking.

Activity 3

1. Are there any of your friends smoking? Have you ever advised him or her to give up?

Think and say: _____

2. Listening task: Listen to the tape and fill in the blanks with the words you hear from the text.

- ① Until the twentieth century, _____ were not an important threat to public health.
- ② The cigarette industry began _____ with the development of the cigarette manufacturing machine.
- ③ About _____ percent of the adult men and _____ percent of the adult women in the United States smoke cigarettes regularly.
- ④ Seventy-five percent of the male population and _____ percent of the female population have smoked cigarettes at some time during their lives, but _____ percent of these men and _____ percent of the women have stopped smoking.