

最新版

全国英语等级考试专用培训教材

全国英语等级考试

专用教程 第五级

主编：张 政 张乐兴 张艳华

PETS

本书附赠
录音光盘

中国  广播电视出版社
CHINA RADIO & TELEVISION PUBLISHING HOUSE





新航道
NEW CHANNEL

根据教育部最新考试大纲编写

最新版

全国英语等级考试

专用教程 第五级

主 编：张 政 张乐兴 张艳华

副主编：高晓燕

编 者：张传红 赵 培 高育娟 刘 娜

图书在版编目 (CIP) 数据

全国英语等级考试专用教程. 第五级 / 张政, 张乐兴, 张艳华主编. —北京: 中国广播电视出版社, 2006. 5
ISBN 7-5043-4998-4

I. 全... II. ①张... ②张... ③张... III. 英语—
水平考试—教材 IV. H310.42

中国版本图书馆 CIP 数据核字 (2006) 第 042614 号

全国英语等级考试专用教程 第五级

主 编	张 政 张乐兴 张艳华
副 主 编	高晓燕
编 者	张传红 赵 培 高育娟 刘 娜
特约编辑	周 壮
责任编辑	杨 凡
监 印	赵 宁
监 制	张曲波
出版发行	中国广播电视出版社
电 话	86093580 86093583
社 址	北京市西城区真武庙二条 9 号(邮政编码 100045)
经 销	各地新华书店和外文书店
印 刷	三河市东方印刷厂
开 本	787 毫米×960 毫米 1/16
字 数	180(千) 字
印 张	26.75
版 次	2006 年 7 月第 1 版 2006 年 7 月第 1 次印刷
书 号	ISBN 7-5043-4998-4/H·267
定 价	43.00 元

(版权所有 翻印必究 · 印装有误 负责调换)

新航道图书编委会

主 任 胡 敏

副主任 John Gordon(美)

委 员 (按姓氏笔画为序)

刘洪波 李传伟 李 鑫

陈采霞 张建宇 张 皓

郑俊斌 胡 敏 蔡 箐

John Gordon (美) Pierce Harding (英)

编者的话

为了更好地为改革开放服务，教育部考试中心面向全国推出了全国英语等级考试体系 (Public English Test System, 简称PETS)。PETS 共设五个考试级别，以英语的应用和交际能力测试为主。它根据国际外语教学界通行的交际语言活动模式，对语言的运用能力进行了分类和定义。在试卷结构上，它根据不同层次的需要，设置了考查听、说、读、写、译各种技能的题型，确保各级别都能全面考查考生的交际能力。

编写原则

1. 本教程以PETS 五级考试大纲为依据，紧扣考试大纲，旨在有的放矢；
2. 适应中国人学英语的特点，兼顾听、说、读、写、译全面发展；
3. 注重实用性、知识性、新颖性以及趣味性；
4. 以考试大纲中规定的语法、词汇为主，允许少量的超出，兼顾学有余力的考生；
5. 既重语言学习，又介绍英美文化、风俗、地理环境等，力求二者兼得。

编写体例

本教程共有 15 个单元，设计的内容尽量涵盖当今信息、金融、教育、健康、法律、历史、文学、艺术、探险、环保、航空航天、天气气候、发明创造等科普类文章，或者情感世界以及与人们日常生活密切相关的热点话题等，每一单元包括：

1. **课文** 长度在 1300—3000 词之间，围绕一个主题。
2. **单词和短语** 罗列课文中出现的单词和短语，并给出了单词的国际音标、词性和中文释义。
3. **注释** 课文中出现的重点、难点以及文化背景知识的解释，为便于使用者查找，注释的出处进行了编号。
4. **练习** 包括课文练习和考纲要求的练习，其设计针对本单元重点内容，题型与考试大纲一致。
5. **附录**
 - 1) 功能意念表；
 - 2) 语言技能表；
 - 3) 听力练习录音稿；
 - 4) 练习题答案；
 - 5) 单词总表；
 - 6) 短语总表。

本教程除适合用作全国英语等级考试五级的教材外，还可供参加大学英语专业四级和出国培训的学习者使用。

本系列教程由北京大学英语文学博士张政教授主编。本教程由北京航空航天大学副教授张乐兴主编，副主编由高晓燕担任，张传红、赵培、高育娟、刘娜参加编写。由于时间仓促及编者水平所限，难免挂一漏万，恳请广大专家、教师和使用者的不吝指正。本教程在编写过程中参考了国内外的诸多材料，不再一一注明，在此一并表示感谢。

编者

2006年5月

Contents

Unit 1	Marriage and Divorce	1
	1 Text: <i>What I Wish I'd Known Before I Got Divorced</i>	1
	2 Exercises	8
	3 Follow-up Activities	11
Unit 2	Dental Health	23
	1 Text: <i>How Tooth Whitening Works</i>	23
	2 Exercises	29
	3 Follow-up Activities	32
Unit 3	Weight Loss	45
	1 Text: <i>Losing Weight: Start by Counting Calories</i>	45
	2 Exercises	53
	3 Follow-up Activities	55
Unit 4	Psychological Health	67
	1 Text: <i>Beat the Blues: Out of Depression</i>	67
	2 Exercises	74
	3 Follow-up Activities	77
Unit 5	Financial Management	89
	1 Text: <i>11 Tips of Wealth Management</i>	89
	2 Exercises	99
	3 Follow-up Activities	102
Unit 6	Etiquette at Table	115
	1 Text: <i>Table Manners</i>	115
	2 Exercises	126
	3 Follow-up Activities	129

Unit 7 Hurricanes	140
1 Text: <i>Stay away from Hurricanes</i>	140
2 Exercises	149
3 Follow-up Activities	152
Unit 8 Agricultural Development	165
1 Text: <i>Story of Farming</i>	165
2 Exercises	174
3 Follow-up Activities	177
Unit 9 Environmental Issues	190
1 Text: <i>Biological Invasions: A Growing Threat</i>	190
2 Exercises	200
3 Follow-up Activities	203
Unit 10 Astronomical News	214
1 Text: <i>Astronomical Discoveries and Human Exploration</i>	214
2 Exercises	221
3 Follow-up Activities	224
Unit 11 Bilingual Issues	236
1 Text: <i>Bilingual Education: A Critique</i>	236
2 Exercises	245
3 Follow-up Activities	248
Unit 12 Computer Viruses	261
1 Text: <i>How Computer Viruses Work</i>	261
2 Exercises	273
3 Follow-up Activities	276
Unit 13 Cyber Culture	289
1 Text: <i>Looking Backwards, Looking Forward: Cyber-Culture Studies</i>	
1990-2000	289
2 Exercises	299
3 Follow-up Activities	302

Unit 14 Legal Affairs	315
1 Text: <i>Laws on Crime</i>	315
2 Exercises	326
3 Follow-up Activities	329
 Unit 15 Art Exploration	 343
1 Text: <i>The Exploration of Self: What Artists Find When They Search in the Mirror</i>	343
2 Exercises	353
3 Follow-up Activities	356
 附录 1 功能意念表	368
附录 2 语言技能表	375
附录 3 听力练习录音稿	377
附录 4 练习题答案	390
附录 5 单词总表	401
附录 6 短语总表	412

Marriage and Divorce

1 | Text

What I Wish I'd Known Before I Got Divorced

By Georgia Shaffer

- 1 Five friends and I were having breakfast one morning when our conversation turned to our friend Cindy. She was **convinced** that divorce was the solution to her problems.
- 2 I did wish Cindy would listen to us, but Betsy told us that Cindy had made it clear that she didn't want to hear **ANYTHING** from us divorcees, and she'd made up her mind¹.
- 3 That morning, in **utter frustration**, my friends and I **compiled** a list²: what we wish we'd known before we got divorced—the things we wanted Cindy to know before she made her final decision. Each of us had experienced the **upheaval** of divorce and watched 12 of our close friends' second marriages end³.
- 4 We all knew Cindy wasn't casually deciding to end her marriage—few people do⁴. Divorce is one of the most **agonizing** choices a couple makes. We understood the anger, panic, abandonment, and feelings of being trapped that lead many people to divorce. But we'd also experienced the "other side" of being single again⁵. We'd seen that the lives of our children changed forever. Years later, we are still with the ongoing pain and complications of a destroyed marriage.
- 5 As a **licensed** psychologist, I've heard many people consider the possibility of ending their marriage. They look at divorce as a solution to their marital woes, a viable answer to their pain and frustration⁶. Ultimately, however, it creates only different problems. In a recent study by the Institute for American Values chaired

by sociologist Linda Waite of the University of Chicago, researchers asked, “Does divorce make people happy?” They found that those who ended their troubled marriage in divorce weren’t any happier than those who remained married. In fact, two-thirds of those who stayed married reported happy marriages five years later⁷.

- 6 Here’s the list we compiled for Cindy.

1. Life Will Change More Than You Realize

- 7 “I thought I’d enjoy being alone,” says Lori, who has never remarried. “But I’m lonely. Whenever my friends complain about how **needy** their husbands or children are, I say, ‘Try living without that.’”
- 8 Andy, like Lori, hasn’t remarried. “I didn’t expect to miss odd things like the towels folded neatly, shopping for groceries together, or the Saturday **routine** we’d established,” he says. After his divorce, Andy realized how much the familiar, everyday things of married life meant to him⁸.
- 9 Add children to the equation, and the result is even **stickier**. Instead of two people parenting your children, if you have **custody**, you’re left to do it all—alone⁹. You become the sole breadwinner, spiritual adviser, disciplinarian, housekeeper. The **stress** levels of this responsibility can become **staggering**.
- 10 Then there are the scheduling **dilemmas**. Recently, my friend Betsy and I were discussing how complicated it can be to see our sons during a short college break¹⁰. Although we both cooperate with our ex-husbands, we still ache as we watch our innocent children bear the heavy responsibility of carefully doling out their time between the families in an effort not to **alienate** either parents.
- 11 Although the everyday occurrences can create plenty of challenges after divorce, the special occasions are worse. Every birthday, holiday, wedding, or funeral is a **potential** nightmare. Allison told me, “At my future daughter-in-law’s wedding, she’s planning to walk down the aisle by herself because she has multiple fathers and is torn between her **allegiances**. My heart breaks for her.” These problems don’t end when the children grow up and marry. The troubles continue with the grandchildren.

- 12 Even if you remarry, the consequences of your divorce continue to impact your life¹¹. Jan Coleman was single again for 12 years before marrying Carl. As good as her present marriage is, she doesn't hesitate to say what a **dramatic** change it made in her life.
- 13 "Yes, you can love and trust again," she says. "But the first marriage is God's best, his design. We weren't meant to give up on it, but to work through all the struggles to God's glory and our best¹². The tearing of the flesh may heal, but the scars are always there. Remarriage can be great in many ways if you marry for the right reasons, but it's still not the same."

2. Your Life Won't Be More Carefree

- 14 As a self-confident, independent woman with a fast-moving career and no children, Stephanie couldn't wait to be free of the pain of her dying marriage.
- 15 "I would no longer have to put up with his problems," she says. "I'd be able to do what I wanted when I wanted. But after the divorce, it was my career and my home that began to hold me **hostage**. I was **imprisoned** by all the things that I thought made me look good¹³. Divorce never brought the carefree lifestyle I had expected."
- 16 There are those seemingly hidden emotional wounds that can pop open when we least expect or which we learn to expect on special anniversaries. Jan Coleman says, "Every Christmas, I become **depressed**. After 20 years it still hits me suddenly, without warning. I was first married in December, and my childhood sweetheart left me for another woman on the 15th of Decembers later. Every year I have a weepy week."
- 17 Jan's second husband understands her and gives her the space "to **grieve** again for the loss of that ideal family I spent my life imagining. There are times when it hits him too¹⁴. You're never free from the effects of that broken first marriage."
- 18 I know this truth from personal experience. Recently, I began dating someone who's divorced. Because of our pasts, we have several barriers in our current relationship—one of which is the fear of trusting and loving again¹⁵.

3. You Trade One Set of Problems for Another

- 19 Even the most **amiable** break-ups bring deep wounds. There are always

consequences to divorce.

- 20 Brad hasn't remarried, he said: "What I didn't **anticipate** was the way my friends **perceived** me. All of a sudden I became damaged goods. One couple, who'd been my close friends for 20 years, became cool toward me after the divorce."
- 21 So the divorce doesn't just affect you and your spouse, it affects everyone around you. Friends often feel as if they must pick sides, so they keep their distance¹⁶. Relationships with those who do remain loyal change **abruptly**. Church friends may stay away, feeling uncomfortable. And family members who've grown to love and care for the ex feel forced to "divorce" as well¹⁷.
- 22 Then there are the financial **ramifications**. Dividing the assets isn't always done **equitably**. Vern was left with only 31 percent of his retirement account even though his ex-wife worked and they had no children together. At the age of 49, this circumstance was a blow to his retirement plans.
- 23 If there's a remarriage, **blending** children from previous marriages brings problems that can range from emotional chaos to stoic tolerance. A recently remarried friend said, "My life is more complicated than ever. I've put all this effort into a new marriage, but we're struggling. My new stepson ignores me. His attitude is, 'I'm here to be with my dad and that's it.' I feel horrible—like a second class citizen in my own home."

4. Feelings Can Be Deceiving

- 24 Kathy, who was in her twenties and newly married, learned that following her feelings can have tragic consequences¹⁸.
- 25 "My husband was away a lot, and for most evenings I was home alone. I felt lonely and empty. On many nights I cried myself to sleep and wondered why I ever got married. When I met a man who made me feel alive and **passionate** about life, I concluded that these feelings of excitement **confirmed** me that I was no longer in love with my husband. Rather than praying and giving my concerns to God, I took the situation in my own hands and moved out. I was convinced that I'd made a mistake in getting married."
- 26 Still single five years later, Kathy wishes some wise woman would have come alongside her, prayed with her, and gently **reminded** her that love is a choice and a commitment, not an emotion¹⁹.

- 27 In my own case, my son would complain about being **disciplined** for disobeying what he called my “stupid rules” when he was six years old. Over and over I’d repeat, “Kyle, I’m being short-term mean, but long-term nice²⁰.”
- 28 Like children, we sometimes allow our desire for **momentary** pleasure to pull us from God’s best. Rather than doing the hard work it takes to invest daily in our marriage, we make seemingly innocent decisions thinking they’ll do no **harm**.
- 29 Our friend Cindy didn’t listen to us. She **opted** for the divorce. Sadly she wasn’t willing to **persevere** and uncover the lost treasures that first drew her and her husband together. With God’s help, her current pain or **discontentment** could have been **transformed** into long-term joy and abundant blessings. Like my son learned many years ago, short-term pain can indeed lead to long-term gain.

New Words

convince /kən'vins/ *vt.* 使信服
utter /ʌtə/ *a.* 完全的; 彻底的
frustration /frʌs'treɪʃən/ *n.* 沮丧; 挫折
compile /kəm'paɪl/ *vt.* 编撰
upheaval /ʌp'hi:vəl/ *n.* 剧变; 骤变
agonizing /ægənaɪzɪŋ/ *a.* 令人痛苦的
licensed /'laɪsənst/ *a.* 特许的, 领有许可证的
needy /ni:di/ *a.* 贫困的
routine /ru:'ti:n/ *n.* 例行公事; 惯例
sticky /stɪki/ *a.* 棘手的, 麻烦的
custody /kʌstədi/ *n.* 照管; 监护
stress /stres/ *n.* 压力; 强调; *v.* 强调
staggering /stægərɪŋ/ *a.* 巨大的; 难以承受的
dilemma /di'lemə, dai-/ *n.* 进退维谷; 困境
alienate /eɪljəneɪt/ *v.* 使疏远; 使不愉快
potential /pə'tenʃ(ə)l/ *a.* 潜在的; 可能的
allegiance /ə'li:dʒəns/ *n.* 忠诚; 爱戴
dramatic /drə'mætɪk/ *a.* 戏剧性的; 突然的;
 引人注目的
hostage /hɒstɪdʒ/ *n.* 人质
imprison /ɪm'prɪzn/ *v.* 监禁; 束缚

depressed /di'prest/ *a.* 情绪沮丧的
grieve /gri:v/ *v.* 感到悲伤
amiable /eɪmɪəbl/ *a.* 亲切友好的; 令人愉快的
consequence /kɒnsɪkwəns/ *n.* 后果
anticipate /æn'tɪsɪpeɪt/ *vt.* 预料; 期望
perceive /pə'si:v/ *v.* 感知; 理解
abruptly /ə'brʌptli/ *ad.* 突然地; 唐突地
ramification /ræmɪfɪ'keɪʃən/ *n.* (财产) 分割
equitably /ekwɪtəbli/ *ad.* 公平地; 合理地
blend /blend/ *v.* 混合; 溶和
passionate /pæʃənɪt/ *a.* 热情的; 有激情的
confirm /kən'fɜ:m/ *v.* 证实; 核实
remind /rɪ'maɪnd/ *v.* 提醒
discipline /dɪsɪplin/ *vt.* 惩罚
momentary /məʊməntəri/ *a.* 刹那间的; 顷刻
 的; 短暂的
opt /ɒpt/ *v.* 选择
persevere /pə'sɪviə/ *vi.* 坚持不懈
discontentment /dɪskən'tentmənt/ *n.* 不满
transform /træns'fɔ:m/ *vt.* 改变

Phrases and Expressions

turn to 转向; 话题转换到
 make up one's mind 下定决心
 look at sth. as 把某事看作是
 be meant to do 打算做; 要做
 give up on 对...不再抱希望; 放弃
 complain about 抱怨 (某事)
 bear the heavy responsibility 承担着沉重的
 (心理) 负担; 承担着重大的责任或义务
 dole out one's time 少量分配自己的时间

be free of 摆脱; 免于
 be free from 不受...的影响
 put up with 忍受
 hold sb. hostage 挟持某人作人质
 keep one's distance 疏远; 保持距离
 trade sth. for sth. else 用某物交换另一物
 range from... to... 范围涉及到从...到...
 put effort into sth. 在某事上努力
 transform... into... 将...转化/转变为...

Notes

- 1 Cindy had made it clear that she didn't want to hear ANYTHING from us divorcées, and she'd made up her mind. 辛迪态度明确, 对我们这些离过婚的人的话她一句也听不进去, 而且态度十分坚决。句中的 it 是形式宾语, 替代 that she doesn't want to hear ANYTHING from us divorcées; ANYTHING 全部大写是为了突出说话人的态度, 加强语气。
- 2 That morning, in utter frustration, my friends and I compiled a list. 那天上午, 我们的情绪都十分沮丧, 列了一张单子。compiled a list 是指给 Cindy 列举的建议和忠告。
- 3 Each of us had experienced the upheaval of divorce and watched 12 of our close friends' second marriages end. 我们每一个人都经历过离婚的剧变, 而且目击了好朋友中已有十二位的二次婚姻均以失败告终。watched 12 of our close friends' second marriages end, 其中 end 是动词不定式, 由于作动词 watch 的宾语补足语, 所以不带 to。
- 4 We all knew Cindy wasn't casually deciding to end her marriage — few people do. 我们都知道辛迪绝非轻率地决定要结束自己的婚姻, (实际上) 没有几个人会愿意这么做。few people do 是一种省略的形式, 完整的句子应该是 few people casually decide to end their marriages。
- 5 But we'd also experienced the "other side" of being single again. 但是我们都体验到了重新回到单身生活的“另一面”。we'd 是 we had 的略写形式, 该句在时态上是过去完成时, 表示已经“体验到了”; other side 这里指离婚所带来的负面影响。
- 6 They look at divorce as a solution to their marital woes, a viable answer to their pain and frustration. 他们把离婚看作是摆脱痛苦婚姻的办法, 看作是摆脱痛楚和沮丧情绪这一问题的答案。look at sth. as “把某事看作是”。

7	In fact, two-thirds of those who stayed married reported happy marriages five years later. 事实上, 那些没有离婚的夫妻们, 五年后有三分之二都对我说他们的婚姻幸福了。stayed married “没有离婚”; report 此处指被调查者告诉作者他们的最后结果。
8	After his divorce, Andy realized how much the familiar, everyday things of married life meant to him. 安迪离婚后才认识到, 婚姻中所熟悉的日常事务对自己来讲多么重要。meant “意味着”。
9	Add children to the equation, and the result is even stickier. Instead of two people parenting your children, if you have custody, you're left to do it all—alone. 如果在这个等式上再加上孩子, 结果则更棘手。现在已不是两个人来养育你的孩子, 如果监护权归你, 那你就自己来承担一切了, 没人帮你。equation “等式; 方程式”, 此处喻指离婚后两个人两清无欠; parent 作动词表示 “养育; 照看”; 句末的 alone 表示强调, 重在说明所有事情都要一个人来承担这一无助的状态。
10	Recently, my friend Betsy and I were discussing how complicated it can be to see our sons during a short college break. 近来, 我和朋友贝茨一直在讨论, 在短暂的大学假日中要看望我们的儿子是多么复杂的一件事。it 是形式主语, 真正的主语是动词不定式 to see our sons。
11	Even if you remarry, the consequences of your divorce continue to impact your life. 即便你再婚, 离婚的后果也将一直影响你的生活。consequences 指离婚所带来的负面影响这一后果。
12	But the first marriage is God's best, his design. We weren't meant to give up on it, but to work through all the struggles to God's glory and our best. 但是初婚是天作之合。我们不应该轻易放弃, 而应该努力奋斗, 克服一切困难, 不负天恩, 使我们的婚姻美满幸福。God's best 这里指上帝恩赐的最好礼物; be meant to do “打算做; 要做”; give up on “对……不再抱希望; 放弃”; God's glory 在这里等同于 God's best; to work 与 to give up on 它是平行的动词不定式。
13	I was imprisoned by all the things that I thought made me look good. 我陷于那些我认为能使我漂亮起来的琐事之中。imprison “监禁; 束缚”, 此处比喻陷于某种困境不能自拔的状态; 该句中的 I thought 可以看作是插入成分, made 的主语是关系代词 that; that I thought made me look good 是 all the things 的定语从句。
14	Jan's second husband understands her and gives her the space “to grieve again for the loss of that ideal family I spent my life imagining. There are times when it hits him too. ...”. 简的第二任夫君理解她并给她空间 “(允许) 我去感受因失去那个毕生憧憬的理想家庭而带来的悲伤。曾几次, 他也因此受了打击……。” gives her the space 指允许 Jan 享有自己过去的隐私与伤痛, 引号内是 Jan 所说的话。

- 15** Recently, I began dating someone who's divorced. Because of our pasts, we have several barriers in our current relationship—one of which is the fear of trusting and loving again. 最近, 我开始与一个离异的人见面。鉴于我们的过去, 我们目前的关系中存在好几个障碍, 其中一个就是不敢再去相信或再去爱另一个人。这句话是本文作者说的话: trusting and loving 后省略了宾语 each other。
- 16** Friends often feel as if they must pick sides, so they keep their distance. 朋友们总是觉得好像必须选择立场似的, 所以就与离婚的人保持了距离。keep their distance 指疏远 (与已离婚朋友) 的关系 (保持了距离)。
- 17** And family members who've grown to love and care for the ex feel forced to "divorce" as well. 从小就关爱我们前任的那些家庭成员们也被迫“离异”。ex 指“前夫/前妻”; 该句中的 divorce 是一种比喻用法, 在意思上同上文中的 keep their distance。
- 18** Kathy, who was in her twenties and newly married, learned that following her feelings can have tragic consequences. 凯瑟 20 多岁, 而且新近结婚, 现在明白了跟着感觉走会导致悲剧性的结局。learn 此处指通过亲自经历而明白。
- 19** Still single five years later, Kathy wishes some wise woman would have come alongside her, prayed with her, and gently reminded her that love is a choice and a commitment, not an emotion. 五年过去了, 凯瑟还是孑身一人, 她总希望会有某个明智的女人愿意跟她一道, 祈祷并温和地提示她: 爱是一种选择和承诺, 爱不是情感。would have come alongside her 是虚拟语气, 说明早有此愿但无法实现, 其中 come, prayed 和 reminded 是三个并列的过去分词。
- 20** I'm being short-term mean, but long-term nice. 眼下我对你苛刻, 但从长远来看我是为你好。“be + being + 形容词”表示的是眼前的情况。如 You're being too polite “你太客气了”是指说这句话前后时的短暂状态。

2 Exercises

I. Read the text and answer questions 1 to 5 by choosing [A], [B], [C] or [D].

1. What is the main idea of this text?

- [A] Divorce is not the best way out of marital trouble.
- [B] Suggestions for Cindy who decides not to leave her husband.
- [C] How love can be maintained in a marriage.
- [D] Marriage may not be the best result of romantic love.