



全国高等院校21世纪新创规划教材

大学英语 进阶快速阅读



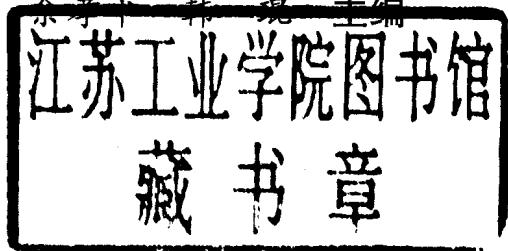
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全国高等院校 21 世纪新创规划教材

大学英语进阶快速阅读

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前 言

为了适应我国高校大学英语教学改革的发展形势，进一步深化教学改革，提高教学质量，满足新世纪我国人才市场对实用型人才的需要，根据教育部于 2004 年 1 月颁布的《大学英语课程教学要求（试行）》以及 2005 年 4 月颁布的《全国大学英语四、六级考试改革方案（试行）》，本书编委会根据大学英语一般要求的各阶段教学目标，组织编写了本书。

在信息量空前庞大，知识结构多元化的今天，英语学习者每天都面临大量的各种信息输入。如何在迅速消化吸收大量有用信息的同时，提高阅读速度、捕捉重要信息点、掌握相关知识，是提高学习效率的关键。快速阅读能力的培养，对于学习者通过广泛阅读增长英语语言和人文知识，从而提高其语言修养，将起到有益的推动作用。为此，新的四、六级改革方案在考试内容和形式上，增加了快速阅读理解测试，比重约占 10%。本教程配选的测试题型包括传统的单项选择题、是非判断题、简答题等，目的在于训练学习者输入理解和输出表达的能力。

本教程选用的文章题材涉及广泛，包括政治、经济、社会、教育、人文、科普、文学等方面，文字精练，语言优美，不仅可以作为阅读学习材料，同时也可以作为每天晨读和背诵的材料。

学习者在进行快速阅读训练时，应注意避免逐字逐句地阅读，以免陷于部分生词或短语而影响对全句、篇章的理解，从而影响整体阅读速度。语言虽然是由词汇组成的，但词汇经过排列组合可以表达无限宽广的意义。阅读应该以意群为出发点，以篇

章意义为目标，具体来说，包括三个基本步骤：

1. 预先浏览。学习者在正式仔细阅读之前，通过快速浏览，可以初步了解该篇文章的主题、主要论点、结论，建立起已经掌握的原有知识与即将学习到的新知识之间衔接的预期，从而在正式阅读时能更好地抓住重点。

2. 全篇通读。在快速阅读时，既要注意避免单纯追求时效而片面地加快浏览速度，又要注意避免逐字推敲。阅读的重点应放在对作者写作意图的理解和把握以及关键的论点和论据的阐述上，对一些偏枝旁叶大可暂时忽略。随着阅读经验的积累和技巧的成熟，可以在阅读的同时对尚未读到的内容做一个预测，同时主动在文章当中搜索与主题有关的词汇和内容。

3. 读后扫描。通读结束后，学习者可根据阅读目的和对全篇的总体理解，对文章进行再次快速扫描，主要是梳理逻辑要点，主动搜索一些需要的信息。

快速阅读是一种学习方式，也是一种学习能力。学习者不应只满足于完成课后练习，而要将听读与说写的训练和平时的阅读学习结合起来，使阅读材料服务于听说读写译的综合学习目标。

编 者
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Level 1

Passage 1

Spring Festival is the most important holiday of the year. The festival, usually falling in February according to the solar calendar, is a time of family reunion. For centuries, people have been returning to their homes to celebrate with their families. In old times, even prisoners were allowed to join their families.

Traditionally, people wore new clothes, set off firecrackers and ate *jiaozi* (dumplings) to celebrate Spring Festival. But in 1980s, on the eve of Spring Festival, the Spring Festival Evening Party offered by the China Central Television began to attract the largest. But today, CCTV is gradually losing its audiences while the elderly still watch the Spring Festival performances, younger generations are turning elsewhere for their holiday fun. As China rapidly changes, so does the way the Chinese celebrate Spring Festival?

Many families no longer make *jiaozi* or have reunion dinners at home. Instead they eat frozen dumplings or dine out. Some elderly people lament this loss of tradition as a loss of family unity and emotional exchange. Like instant frozen foods, people's emotions grow more "instant." Exchanging greeting by phones have made people not as intimate as before.

Foreign holidays have contributed to the indifference to Chinese festivals. The top four foreign holidays celebrated by the Chinese are Christmas, Mother's Day, Valentine's Day and Father's Day. The Chinese celebrate these foreign holidays to express their feelings toward friends and relatives.

The diversification of modern people's recreation has made the traditional Spring Festival amusements less attractive. That one can

celebrate the New Year every day if he or she has money is a slogan known to all Chinese. With two-day weekends and many festivals, people are less interested in Spring Festival. People are attracted to sports like bowling, badminton, and rock climbing from mahjong and wine tables.

More and more Chinese now choose to travel during the festival. Spring Festival has changed from a slack tourist season to a golden season. All tour groups are filled weeks before the festival begins, and airplane and train tickets are filled weeks before the festival begins, and airplane and train tickets are difficult to come by. Today, more and more people like to celebrate the lunar year in foreign countries.

With the development of communications, many Chinese express their New Year's wishes to their relatives and friends by calling, paging, or sending e-mails. People's expectations of Spring Festival are different from they expected in the past—people are now more worldly and more ready to state their wants. This is a normal phenomenon and the economy and introduction of foreign culture.

(427 words)

Comprehension Tasks :

1. According to the solar calendar, the spring Festival usually is in _____.
A. January B. February C. March D. December
2. According to Paragraph 2, which of the following statements is true?
A. A large number of people watched the Spring Festival Evening party performances in 1980s.
B. Everyone still watch the Spring Festival performances nowadays.

- C. The elderly don't watch the Spring Festival performances today.
D. Younger generations are tending to watch Spring Festival performances for fun today.
3. According to passage, Spring Festival now is different from that in the past in many aspects except _____.
A. many families no longer make *jiaozi* or have reunion dinners at home.
B. many people exchange their greeting and New Year's wishes by phones.
C. more and more people like to celebrate the lunar year in foreign countries.
D. more and more people would like to celebrate the festival alone.
4. The top four foreign holidays celebrated by the Chinese are _____.
A. Christmas, Children's Day, Valentine's Day and Father's Day.
B. Christmas, Mother's Day, Thanksgiving Day and Father's Day.
C. Christmas, Mother's Day, Valentine's Day and Father's Day.
D. Christmas, Mother's Day, Valentine's Day and Halloween.
5. Today, the way the Chinese celebrate Spring Festival changes because _____.
A. the old traditions could not attract Chinese now.
B. people's emotions grow more "instant" and changeable.
C. Chinese celebrate foreign holidays to replace the Spring Festival.
D. the development of economy and introduction of foreign culture change people's thoughts.

Passage 2

Man's eating habits are undergoing a revolution. Over-consumption of high-calorie foods is giving way to safer, healthier and more nutritious diets. People have begun to be more scientific about food intake and now seek a harmonious relationship with nature. Green food is at the heart of this new movement.

With increasing per capita income, the development of agriculture and economic growth since the late 1970s, the Chinese have thought more about food quality than quantity. Getting enough is no longer the problem.

People today are indifferent toward chicken, fish and meat, the old symbols of good life instead; they take great delight in talking about health food. Green food is quality food-uncontaminated, safe and nutritious. Production and processing methods follow special specifications.

China's green food industry started in the early 1990s. At present, green food consumption is constantly increasing in China's large and medium-sized cities. Surveys in Beijing and Shanghai indicate that 79 to 84 percent of local residents look for green food. There is obviously great potential demand in China.

Man's food comes exclusively from the biosphere, 98 percent provided by land and 2 percent by water. Protecting natural resources and the environment is of paramount importance and necessary to food production. China has 1.2 billion people and adds 15 million every year. Population, environment and resources have become important issues for the whole nation. Development of green food, which helps protect the land and the overall environment, is therefore of even greater sig-

nificance.

Chinese agriculture was weak and inefficient for a long time. One of the major reasons was the separation of agriculture, industry and trade from each other. A disconnection between production, supply and marketing led to low added value of agricultural products. Only by upgrading the quality of agricultural products and the standard of the food industry through science and technology can we raise the added value of agricultural products and achieve greater economic benefits.

Green food production in China is subject to strict quality control and technical management from the field to the dinner table. Technology plays an important role in every link of the chain, while technical management helps individual farms and rural households step onto the track of integrated development and contributes to meeting marketing demands.

In China, green food development was launched by the government as an organized program and “governmental behavior” rules in an effort to respond to environmental and resource demands. At the same time it shows the will of the Chinese government to work for the benefit of the people and its sense of responsibility in working, for the future of all humankind.

(433 words)

Comprehension Tasks :

1. The topic of the passage is _____.

- | | |
|------------------|----------------|
| A. eating habits | B. green food |
| C. agriculture | D. environment |

2. Green food is _____.

- A. chicken, fish and meat.

- B. natural food growing in the fields.
 - C. uncontaminated, safe and nutritious food.
 - D. high-calorie food made under strict technical management.
3. Chinese agriculture was weak and inefficient for a long time because _____.
- A. population in China was increasing quickly.
 - B. agriculture products had no value.
 - C. government paid no attention to its development.
 - D. it was separated from industry and trade.
4. Green food production in China needs _____.
- A. fields B. farmers C. industry
 - D. strict quality control and technical management
5. "Government behavior" in green food development shows that _____.
- A. government wants to protect the land and the environment.
 - B. government would like to work for the benefit of the people.
 - C. government contributes to worldwide sustainable development.
 - D. All of above.

Passage 3

When we think of time we tend to think of the ways in which we measure the passing of time, such as a clock or watch, but not of time itself. So what is time? Exactly what is it that we are measuring? If you can read a clock, you can know the time of the day. But no one knows what time itself is. We cannot see it, neither can we touch it or hear it. It seems that the nature of time still remains one of the biggest mysteries in the world.

One way to think about time is to imagine a world without time. There could be no movement, because time and movement cannot be separated. A world without time could exist only as long as there were no changes. For time and change are linked, we know that time has passed when something changes.

In the real world, the world with time, changes never stop. Some changes happen only once in a while. Others happen repeatedly, like the rising and setting of the sun. Humans always have noted that natural events that repeat themselves. When people began to count such events, they began to measure time.

In early human history, the only changes that seemed to repeat themselves evenly were the movements of objects in the sky. The most easily seen result of these movements was the difference between light and darkness. The sun rises in the eastern sky, producing light. It moves across the sky and sinks in the west, causing darkness. The appearance and disappearance of the sun was even and unfailing. The periods of light and darkness it created were the first accepted periods of time. We have named each period of light and darkness ONE DAY.

People saw the sun rise higher in the sky during the summer than