



全国普通高等学校优秀教材一等奖 **第一版**

普通高等教育“十五”国家级规划教材

Listen

(Teacher's Book)

5

(教师用书)

This Way

英语听力教程

(第二版)

主 编 张民伦
副主编 邓昱平



高等教育出版社
HIGHER EDUCATION PRESS



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藏书章



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内容提要

本书是与《英语听力教程5》(*Listen This Way 5*) (第二版)相配套的教师参考书。主要内容包括学生用书中全部练习答案以及所有录音的所有文字材料。书后所附光盘是本书全部练习的录音。

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修订说明

本教材自出版以来得到了许多高校师生和社会上广大英语学习者的厚爱和支持。为适应时代发展和学习者的需要，在本次修订时我们根据听力教材的内容特点确定了以更新部分素材为主的工作原则，同时结合教学实践中的反馈信息，对部分练习进行了调整。就全套教材而言，本次修订的幅度在30%以上，主要反映在以下三个方面：

1. 更新和充实了新闻、科技等领域的内容，较好地保持了教学内容的发展性和新鲜性；
2. 调整了部分教学和练习内容的编排顺序，使整个教学体系在容量和难度上更加平衡，也更符合教学实际；
3. 改进了部分教学内容的录音，提高了有声语言的教学效果。

修订工作得到了华东师范大学和高等教育出版社的大力协助，在此致以诚挚的谢意。

编者

2006年4月

第一版前言

听是语言交际的重要方面。在对外交往中，听力水平的高低直接影响着人们相互理解的程度和工作效率。随着国际交流的日渐频繁和电讯技术的迅猛发展，提高英语听的能力显得尤为重要。本教材正是为了适应时代的发展和英语教学的需要而编写的。在编写中，我们努力借鉴国内外近年来英语听力教学的研究成果，在总结几十年教学经验的基础上，遵循本课程的教学理论和原则，针对中国学生英语听力学习的特点，进行了新的尝试。本教材可供高等学校英语专业高年级的学生使用，同时适合师专、教育学院、广播电视大学、成人高校英语专业的学生及社会上广大英语自学者使用。

本教材在编写中努力体现以下两点：

1. 以培养听力技能为主线。通过系统的听力专门技能的单项训练及综合训练，培养学生的快速反应、准确辨别、分析推理、归纳总结、信息处理及记录和记忆等能力；
2. 力求听力材料的语言真实性、典型性和实际应用性。由于听力理解与学习者的知识水平，特别是与他们的语言和社会文化知识的水平密切相关，因此本教材注重在不同阶段选择既与技能训练匹配又与学生求知兴趣相称的素材。

全套教材共分6册。每册配有教师用书和6盒录音带。前4册以单项技能训练为主，配有一定量的综合训练，题材接近生活和工作实际，由近及远，涉及的面较宽；后两册以综合技能训练为主，同时针对中国学生在英语听力学习中的难点、重点进行反复训练，题材以反映社会、科技领域的新发展为主。教师用书的内容包括教学提示、练习答案和全部录音带内容的文字材料。

“标”、“本”兼治，以“标”求“本”是本教材的努力方向和目标。这里的“标”指的是教材及磁带中的全部教学内容与练习；这里的“本”指的是完成全部教学内容与练习之后留存于学生的内在聪慧与能力。

本书为第五册，共包括12个单元，内容主要为当今科技发展的一些侧面，希望教师在教学过程中注重帮助学生扩展知识视野，对一些科技性的术语和词汇予以灵活处理。听能训练重点为强化前四册中出现过的诸项单项听力技能，特别是关键词选择、提纲拟列、大意归纳和对数字和数词的快速反应。希望学生通过第五册的训练，增强独立思考和独立学习的能力。每单元由6个部分组成：

第一部分为准备性练习，列出了每个单元中生词较多的典型语句，以帮助学生在语境中猜测词义和听力材料的内容，从而使学生进入积极思维和听的状态；

第二和第三部分为每个单元的重点部分，贯穿某项技能和微技能的训练。为了降低学习难度，这两个部分的听力内容有时采用两种语速，目的是试图在半真实与较真实的语言材料之间架设学习和过渡的桥梁。同时，也为教师因材施教提供一些条件；

第四部分听力材料多为相关领域的一些话题或科技新发展介绍，内容新，生词量大，学习者可以将听与阅读结合起来，以增加语言输入量，扩大知识面；

第五部分将培养学生独立学习的习惯作为主要目标，所设计的听力练习一般只给予引导性和框架性的指导；

第六部分对本单元的生词和词组进行归纳，以帮助学生复习巩固，克服听力教学中由于强调瞬时记忆而忽视词汇积累和语言应用的倾向。教师可围绕本部分内容适当进行一些读、讲、听、说的综合练习。

本教材主要供课内精听使用，每单元约需3学时左右。但是提高听力仅靠精听是远远不够的。希望教师针对各个学生的实际情况，有计划地指导并组织好课外泛听及其它相关的学习活动。只有精与泛、质与量的科学结合才可望实现英语听力水平的飞跃。

本教材的编写得到了教育部有关司处及许多兄弟院校的热情关心和指导。华东师大外语学院和英语系给予了经常性的支持和帮助。黄源深教授和虞苏美教授就本教材的编写提出了宝贵意见。英国籍教师 Frank Tonge 审阅了第五册全部书稿。参加录音的朋友有 Frank Tonge、Rob Mackie、Ron Reive、Cecilia Kaltborn、Paul W. Kinnis、Belinda Ketley、Carol Laderoute、Michael Sawyer、Henning Kristoffersen 等。录音合成赵金土、刘申。徐卫列老师为第五册的编写做了大量工作。在编写过程中，我们还参阅过国内外一些有关书籍和教材，参阅书目详见 Acknowledgments。

编者谨向一切关心和帮助过本教材编写的同事和朋友致以衷心的感谢，并感谢高等教育出版社在整套教材的编写、插图、版式设计等方面所提出的宝贵意见和所做的大量工作。

由于水平有限，时间匆促，疏漏和不妥之处，敬请指正。

编者

2000年5月

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英语专业类精品教材简介

教育部高等教育出版社主要负责全国普通高等教育、成人教育、职业技术教育等方面的教学用书、学术专著、译著、工具书、录音教材、录像教材、电子出版物等的出版发行工作。

英语专业系列教材的第一版被列为“教育部面向21世纪课程教材”和“普通高等教育‘九五’国家级重点教材”，并于2002年获得“全国普通高等学校优秀教材一等奖”。本系列教材的第二版是“全国普通高等教育‘十五’国家级规划教材”。同时，与之相配套的网络课程也与广大学生见面。

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CONTENTS

1	<u>New Concepts of Health</u>	1
	Part I Getting ready 1	
	Part II Preventative medicine 1	
	Part III Subhealth 4	
	Part IV More about the topic: Touch Therapy 5	
	Part V Towards independent listening 7	
	Part VI Reminder of key points in this unit 9	
2	<u>New Developments in Medicine</u>	10
	Part I Getting ready 10	
	Part II Western medicine vs. holistic medicine 10	
	Part III T-20 12	
	Part IV More about the topic: Fighting New Versions of TB 13	
	Part V Towards independent listening 15	
	Part VI Reminder of key points in this unit 16	
3	<u>Genetics ABC</u>	17
	Part I Getting ready 17	
	Part II Human chromosomes 17	
	Part III Human genes 19	
	Part IV More about the topic: The Ethics of Genetic Advancements 21	
	Part V Towards independent listening 23	
	Part VI Reminder of key points in this unit 24	
4	<u>Safe Food?</u>	25
	Part I Getting ready 25	
	Part II Sugar 25	
	Part III Good food? 27	
	Part IV More about the topic: Antibiotics & Livestock Production 29	
	Part V Towards independent listening 31	
	Part VI Reminder of key points in this unit 32	

5 **Life Begins Every Morning** **33**

- Part I Getting ready 33
- Part II Odor and aging 33
- Part III How to live to be 100 or more? 35
- Part IV More about the topic: Computer Technology & Senior Citizens 37
- Part V Towards independent listening 39
- Part VI Reminder of key points in this unit 40

6 **Science & Fashion** **41**

- Part I Getting ready 41
- Part II Future's iridescent with high-tech fabrics 41
- Part III Discussing fashion 44
- Part IV More about the topic: Computerized Shirt Could Save Lives 48
- Part V Towards independent listening 49
- Part VI Reminder of key points in this unit 51

7 **Roads & Ways Changing** **52**

- Part I Getting ready 52
- Part II Cellular phones & driving 52
- Part III Smart Card 54
- Part IV More about the topic: Route 66 & Bill Shay 56
- Part V Towards independent listening 58
- Part VI Reminder of key points in this unit 60

8 **Rubbish or Raw Materials?** **61**

- Part I Getting ready 61
- Part II An international recycling business 61
- Part III Domestic waste 63
- Part IV More about the topic: Recycling Vending Machines 65
- Part V Towards independent listening 67
- Part VI Reminder of key points in this unit 68

9	<u>Forced Labor or Uncomplaining Helper?</u>	69
	Part I Getting ready 69	
	Part II What jobs will be done by robots? 69	
	Part III Robot: history, morality & application 71	
	Part IV More about the topic: Are Robots Superior to Human Being? 73	
	Part V Towards independent listening 75	
	Part VI Reminder of key points in this unit 78	
10	<u>Computers: Machines of Intelligence</u>	79
	Part I Getting ready 79	
	Part II The new office 79	
	Part III Collegiate computer contest 81	
	Part IV More about the topic: Women, Work and Computers 83	
	Part V Towards independent listening 86	
	Part VI Reminder of key points in this unit 88	
11	<u>Entering the Internet</u>	89
	Part I Getting ready 89	
	Part II Computer and young people in America 89	
	Part III The Internet Commerce Evaluated 92	
	Part IV More about the topic: Information Science: Superhighway 94	
	Part V Towards independent listening 97	
	Part VI Reminder of key points in this unit 99	
12	<u>Review</u>	100
	Activity 1 Isn't it time to take a break for breakfast? 100	
	Activity 2 Do you have emotional intelligence? 102	
	Activity 3 The human brain 103	
	Activity 4 Biorhythms 104	
	Activity 5 What is going to be done about car pollution? 107	
	Activity 6 What are they talking about? 108	
	Key to the Model Test	111
	Tapescrpt of Listening Comprehension	112

1

New Concepts of Health

Part I Getting ready (Omit)

Part II Preventative medicine

- 4 In this part you are going to hear a lecture in which Dr. Pat Parker talks about preventative medicine, especially about how we young people should take care of ourselves. While listening, focus on the major points and do not forget to take notes. Then complete the following outline.

Outline

I. Factors affecting our health

A. self-destructive things

1. drinking too much alcohol
2. smoking heavily
3. having diets heavy in saturated fats
4. not enough exercise

B. environmental factors

1. air pollution
2. water pollution
3. too much sunlight

II. Ways to improve our fitness

A. healthy lifestyle choices: making it fun to keep fit

B. reducing sports injuries

1. two kinds of sports injuries
 - a. accidental injuries

2 Unit 1 *New Concepts of Health*

- b. repetitive strain injuries
- 2. ways to reduce them
 - a. warming up adequately
 - b. borrowing training techniques from other sports

ⓑ Now listen to the lecture again and answer the following questions.

1. Which group in the survey is at higher risk of early death?
Young men, especially working class young men.
2. According to the Surgeon-General of the US, how much of our illness could be avoided?
53%.
3. What's the purpose of doing stretching exercise?
To increase the flexibility.
4. Is it true that warm-up exercises are only needed on cool days?
No, they are needed both on cool days and on hot days.
5. What cross training techniques do different sportsmen use? Complete the following chart.

Sportsmen	Cross training techniques	Purpose
boxers	doing <u>road work</u> and <u>weight training</u>	building up <u>stamina</u>
table tennis players	running and <u>jogging</u>	improving <u>performance</u>
footballers	doing <u>flexibility</u> exercises	helping <u>control the ball</u> better

Tapescript:

Good morning. I'm Dr. Pat Parker, and I'm here to talk to you about preventative medicine in its widest and most personal aspects. In other words, I'm here to tell you how the patient should wrest control of their health away from the practitioners of medicine and take charge of their own medical destiny. I want to talk about staying out of the hands of the doctor.

When the patient takes responsibility for her or his own health — and let's decide the patient is male for now — men are in fact more at risk than women anyway — when the patient takes over his own health regime, he must decide what he wants to do. Our department has recently completed a survey of men's health. We looked at men in different age groups and occupations, and we came up with a disturbing insight. Young men, particularly working class men, are at considerable risk of premature death because of their lifestyle. As a group, they have high risk factors: they drink too much alcohol, they smoke more heavily than any other group, their diet is frequently heavy in saturated fats, and they

don't get enough exercise.

We then did a smaller survey in which we looked at environmental factors which affect health. I had privately expected to find air or water pollution to be the biggest hazards, and they must not be ignored. However, the effects of the sun emerged as a threat which people simply do not take sufficiently seriously. Please remember that too much sunlight can cause permanent damage.

Given this information, and the self-destructive things which people, particularly young men are doing to themselves, one could be excused for feeling very depressed. However, I'm an optimist. I see things improving, but only if we work very hard. In the second part of the talk I want to consider different things that you as students can do to improve your fitness.

In the late 80's the Surgeon-General of the United States said that 53 percent of our illnesses could be avoided by healthy lifestyle choices. I now want to discuss these choices with you.

You should try to make keeping fit fun! It's very hard to go out and do exercises by yourself, so it's wise to find a sport that you like and play it with other people. If you swim, you can consider scuba diving or snorkeling. If you jog, try to find a friend to go with. If you walk, choose pretty places to walk or have a reason for walking. Your exercise regime should be a pleasure, not a penance.

The university is an excellent place to find other people who share sporting interests with you, and there are many sports teams you can join. This, unfortunately, raises the issue of sports injuries, and different sports have characteristic injuries. As well as accidental injuries, we find repetitive strain injuries occurring in sports where the same motion is frequently performed, like rowing and squash. The parallel in working life is repetitive strain injury which may be suffered by typists or other people who perform the same action hour after hour, day after day.

In this context, therefore, the most important thing to remember before any sport is to warm up adequately. Do stretching exercises, and aim at all times to increase your flexibility. Be gentle with yourself, and allow time to prepare for the game you have chosen to play. Don't be fooled by the term "warm up", by the way. It's every bit as important to do your warm-up exercises on a hot day as on a cool one.

I think one of the most sensible and exciting developments in the reduction of injury is the recognition that all sports can borrow from each other. Many sports programs are now encouraging players to use cross training techniques, that is, to borrow training techniques from other sports. Boxers have been using cross training for years: building up stamina by doing road work and weight training, while honing their skills and reflexes. Other sports which require a high level of eye-hand coordination are following this trend, so you see table tennis players

running and jogging to improve their performance, and footballers doing flexibility exercises which can help them control the ball better. All of these results are good, but the general sense of well-being is best, and is accessible to us all, from trained athletes to people who will never run a 100 meters in less than 15 seconds. Good health is not only for those who will achieve athletic greatness!

Part III Subhealth

4 The following passage you are going to hear is a talk on subhealth. While listening, focus on the major points and do not forget to take notes. After that, complete the following chart.

People most likely to be subhealthy	Subhealth symptoms	The key to preventing and recovering from subhealth
1. <u>middle aged</u> people 2. <u>elderly</u> people 3. people in <u>manage-ment</u> position 4. students at <u>exam</u> <u>time</u>	1. lack of <u>energy</u> 2. depression 3. slow <u>reactions</u> 4. <u>insomnia</u> 5. agitation 6. poor <u>memory</u> 7. shortness of <u>breath</u> 8. <u>sweating</u> 9. <u>aching</u> in waist and legs 10. cardiovascular diseases	1. forming good <u>living habits</u> 2. alternating work with <u>rest</u> 3. exercising <u>regularly</u> 4. taking part in <u>open air</u> activities 5. having a <u>balanced</u> diet

3 Now listen to the talk again and fill in the blanks with proper words.

- Synonyms of subhealth:** a. third state
b. gray state
- Definition of subhealth:** a borderline state between health and disease
- Clinical names of subhealth:** fatigue syndrome, endocrinopathy, neurasthenia, climacteric syndrome
- Food rich in nutritional elements:** fresh vegetables, fruits, fish and aquatic products

Tapescript:

Feeling stressed out lately? Has the doctor said he cannot find anything wrong with you? Perhaps he sent you to a hospital, but all the fancy equipment there show that there is nothing wrong. Then consider this, you might be in a state of subhealth. Subhealth, also called the third state or gray