

 每天**5**分钟

知识点拨全面到位，**词汇·语法·文化背景**一网打尽！

BBC随身英语

边听边练

(第四辑)

刘文波◎编

附BBC原声MP3光盘



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从引起争议的老鼠到嗓门最大的猫，
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英伦趣人和趣事，超乎你想象！

**让耳朵幸福，
让脑袋丰富！**

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS



每天5



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User's Guide

使用说明

1 精彩内容抢先看!

为了激发读者的学习兴趣,让读者在开始学习前对章节内容有个整体认识,并启发读者思维,外研社本着启发性、知识性和趣味性兼具的原则,在每个章节的开头部分设计了一个简短的导语,引导读者以最佳状态投入学习活动中。



2 “词汇加油站”

重点单词、短语一目了然,扫除听力障碍,为积累词汇加油打气!

BBC 从每段录音中精选出重点、难点词汇,帮助读者扫除可能遇到的听力障碍,同时为积累词汇提供宝贵资源。

词汇加油站

intrigue /ɪn'tri:g/	激起……的兴趣
for generations	世世代代
enigmatic /ɛnɪg'mætɪk/	难捉摸的
interactive exhibition	互动式展览
bring ... to life	让……活起来
masterpiece /'mɑ:stəpi:s/	杰作
Renaissance /rɪ'neɪsəns/	文艺复兴
centrepiece /'sentəpi:s/	最重要的部分
feature /'fi:tʃə/	以……为特色
holographic technology	全息技术
voice recognition technology	语音识别技术
be fused together	融为一体
exhibit /ɪg'zɪbɪt/	展品
mysterious /mɪ'stiəriəs/	神秘的
hint /hɪnt/	暗示

3 “原音听听看”

原汁原味的 BBC 录音，超有趣的话题，超地道的发音！

BBC 为读者精彩呈现时下最流行的话题，知识性与趣味性兼具，并提供录音文本。和老外聊天再也不会无话可说！

原音听听看



One question has intrigued art lovers around the world for generations: what is the secret behind the Mona Lisa's enigmatic smile?

Well now they have the chance to ask her directly, thanks to a new interactive exhibition in Beijing which brings the 500-year-old painting to life.

4 “菁华一点通”

超实用词汇、语法、句型、文化知识点拨，听、说、读、写能力全方位提升！

每段录音中都蕴含着丰富的词汇、语法、句型及文化背景方面的知识，为了解决读者在理解录音内容时可能遇到的障碍，并帮助读者吸取录音中的菁华知识，外研社为每篇录音文本设计了“菁华一点通”栏目，对录音中的词汇、语法、句型及文化背景知识进行详细讲解，让读者在学习后，听、说、读、写能力得到全方位提升。

菁华一点通

1. 莱奥纳多·达·芬奇 (Leonardo da Vinci) (1452 年—1519 年)，意大利著名画家、科学家。他涉猎广泛，博学多才，是文艺复兴时期的杰出代表人物，其绘画作品《蒙娜丽莎》、《最后的晚餐》、《岩间圣母》等都是传世名作。
2. 《最后的晚餐》(Last Supper) 是意大利艺术家达·芬奇所创作的著名绘画作品，取材于《圣经》中耶稣与 12 个门徒共进最后一次晚餐的场景。餐桌上耶稣指出有人将出卖他，各门徒闻言神色各异。
3. at a cost of 后接钱的金額，表示“以……的花费”。相关常用表达还有 at the cost of sth, 表示“以……为代价”；at all costs 相当于 at any cost, 表示“不惜任何代价，无论如何”。
4. what 引导主从句，what's special about this 表示“关于这个展览特别的地方”。

5 “每日一练”

学习效果看得见!

BBC 为每段录音精心设计了相关练习题, 学练结合, 帮助读者检测学习效果, 巩固所学知识。

每日一练

英语中有多种表示不同微笑的词汇。看看你能不能对下列词语的含义作出正确判断。

- | | |
|-------------------|---|
| 1. beam | A. a smile which is bigger on one side than the other |
| 2. crooked smile | B. a radiant smile |
| 3. grin | C. a small, smug, self-satisfied smile |
| 4. smirk | D. a broad smile |
| 5. sheepish smile | E. an embarrassed smile because you know you've done something wrong or silly |

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Part 1

天天涨知识





Chin Up!

乐观使人受益

不同的人生态度让我们看到的世界大有不同。乐观的心态帮助我们直面人生，看到黑暗中的光明，还能减少焦虑，有益于身体健康。还等什么呢？昂起头来做一个乐观主义者吧。

词汇加油站

optimist /'ɒptɪmɪst/

sanguine /'sæŋgwɪn/

see the glass as half-full, not half-empty

upbeat /'ʌpbɪ:t/

have a positive outlook on life

upbeat attitude

overestimate /,əʊvər'estɪmənt/

in the face of

bias /'bi:əs/

every cloud has a silver lining

see the world through rose-tinted glasses

keep one's chin up

乐观主义者

满怀希望的，乐观的

表示同样半杯水，乐观的人觉得杯子是半满的，悲观的人觉得杯子是半空的

乐观的，欢快的

有一个积极的人生观

乐观的态度

过高估计

面对

偏见

(喻) 黑暗中总有一丝光明 (原意：乌云也有银边)

(喻) 把世界看得过于美好 (原意：透过玫瑰色眼镜看世界)

勇敢面对困难



Ever won the lottery? No? But did that stop you buying another lottery ticket?

If the answer is another “no”, you might call yourself an **optimist**¹.

But then, according to researchers at University College London, human beings are naturally **sanguine** creatures.

It is all in the brain, they say. A study suggests that it is very efficient at processing good news: about 80% of people have a tendency to **see the glass as half-full, not half-empty**², even if they don't consider themselves to be optimists.

The good news is that this brings a health benefit. Being **upbeat** and **having a positive outlook on life** reduces anxiety. A study of nearly 100,000 women showed a lower risk of death from heart disease amongst optimists.

But there are pitfalls³ to always having an **upbeat attitude**. The authors of the study point out the 2008 financial crisis may have been caused by analysts **overestimating** their assets' performance even **in the face of** clear evidence to the contrary⁴.

There are personal health risks too. Dr Tali Sharot, lead researcher, said: “‘Smoking Kills’ messages don't work as people think their chances of cancer are low. There's a very fundamental **bias** in the brain.”

But, as they say, **every cloud has a silver lining**. Even if **seeing the world through rose-tinted glasses** poses a risk⁵ to our health, it's not something that is likely to cause us to lose sleep.

Let's just **keep our chins up** and keep smiling!



菁华一点通

1. -ist 是常见名词后缀, 构成名词, 表示“……主义者”。optimist 是“乐观主义者”, pessimist 是“悲观主义者”。对应的形容词 optimistic 表示“乐观的”, pessimistic 表示“悲观的”; 名词 optimism 表示“乐观主义”, pessimism 表示“悲观主义”。
2. have a tendency to do sth 意为“有做某事的趋势, 倾向于做某事”。tendency 还可以用来描述性格, 例如: She has a tendency toward selfishness. (她有自私的倾向。)
3. pitfall 的意思是“隐患”, 这里的句型是 there are pitfalls to..., 其中 to 是介词, 后面接代词、名词或动名词结构, 表示“……会有隐患”。
4. evidence to the contrary 表示“相反的证据”。另外一个与 contrary 相关的常用表达是 on the contrary, 表示“相反, 反之”。
5. pose a risk 的意思是“造成风险”, 其中 pose 表示“带来, 造成”, 常跟危险、威胁等不利的事物搭配。pose a risk 后面可接 to/for sb/sth, 表示“给某人/某事带来风险, 对某人/某事造成风险”。

每日一练

请选择一个意思合适的表达填入句子的空白处。

1. During a recession it is difficult to get a job but we should keep our _____ up and keep looking for one.
A. legs B. noses C. chins D. feet
2. One of the _____ of spending a lot of money on the latest fashion is that it might go out-of-date very quickly.
A. pitiful B. pitfalls C. waterfalls D. painful

3. It rained a lot during the summer months but this might boost the production of good wine. Every _____ has a silver lining.

- A. coat B. curtain C. cold D. cloud

4. John is a daredevil, he laughs in the _____ of danger.

- A. face B. front C. cheek D. forehead

5. Greedy salesmen _____ the savings solar panels could provide households so that they can sell more of them and make a huge profit.

- A. underestimate B. overestimate
C. undervalue D. upper estimate



The Silver Smokescreen!

银幕与烟幕

电影为我们呈现了许多精彩的故事和迷人的角色。但银幕上有时出现的吞云吐雾的电影画面也让人担忧：青少年会不会因此效仿？银幕引人入胜，烟幕却值得我们思考。

词汇加油站

Lights, camera, action!

imagery /'ɪmɪdʒəri/

blockbuster /'blɒk,bʌstə/

depict /dɪ'pɪkt/

box office

film certification

the silver screen

rating /'reɪtɪŋ/

PG (parental guidance)

lead /li:d/

glamorise /'glæməraɪz/

motion-picture /,məʊʃən 'pɪktʃə/

scene /si:n/

the end credits

reclassify /,ri:'klæsɪfaɪ/

role model

灯光，摄影，开拍！

意象，形象化描述

卖座大片

表现，刻画

票房

(针对观众年龄的) 电影限制规定

银幕

级别

家长指导级

领衔主演

使更吸引人，美化

电影

场面

影片末尾的演职员表

重新划定

榜样



Lights, camera, action! When we go to the cinema we sometimes experience scenes that reflect reality. But does the **imagery** affect our behaviour?

A new study has found that teenagers who see actors smoking on screen are more likely to take it up ¹.

5,000 15-year-olds ² in the UK were questioned and many said seeing **blockbuster** films that **depict** smoking would encourage them to light up.

This research by Bristol University looked at the potential influence of some of the 360 top US **box office** films released between 2001 and 2005 that showed smoking, such as *Spider-Man* and *The Matrix* ³.

Now some experts are calling for a change in **film certification** so the under-18s ⁴ are unable to see actors smoking on the **silver screen**.

Dr Andrea Waylen, who led the research, said “We saw a linear relationship between adolescent smoking and the number of films they had seen depicting smoking. ⁵”

In the UK, films with **ratings** U (universal) or PG (parental guidance) ban scenes showing drug misuse but not cigarette smoking.

But is seeing the **lead** puffing on a cigarette really **glamorising** smoking? If so, would the **motion-picture** industry have to re-think ⁶ what goes in every **scene** from the start to the **end credits**?

Simon Clark, director of the smoker's group Forest, said: “We go to the cinema to escape from the nanny state... what next? Should government **reclassify** films that feature fat people as well in case they are bad **role models**?”

