

高级实用英语系列教材



文化万象：英语视听说 (高级篇)

主 编 范 鹏 薛朝凤

 中国人民大学出版社

高级实用英语系列教材

Myriads of Culture 万象
文化 英语视听说

○○○ Listen, Look and Learn ○○○

(高级篇)

主 编 范 鹏 薛朝凤
副主编 李燕秋 甘翠平 邓群芳



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序 言

千千万万名高中生走过高考这段“独木桥”后，不少同学又遇到大学英语这道“不得不迈”的坎儿。然而，与其诅咒“黑暗”不如点燃蜡烛，与其期盼绕过英语不如学好这门通向世界的国际性语言。在深化改革的洪流中，社会各界对大学英语教学的讨论此起彼伏，编者认为空谈无益，唯有努力提高教学水平、改进教学方式方法才能于国于民有利。多年来，大学毕业生的实际经历、《大学英语教学大纲》的修订要求以及改革开放的走势都告诉我们：新时代的大学生必须掌握一定的英语运用能力才有可能在就业和职业发展方面走上坦途。就英语学习本身来说，“听说领先”早已成为英语学习者在学习英语过程中的共识，在英语环境中学习是可以迅速提高英语听说能力的捷径之一。因此，学习者必须学会创建一个基于自身以及校园环境的英语学习氛围，以科学有效的方法选择合适的学习材料来训练。

语言学习非一日之功，听说能力的练习尤其如此。然而，现实情况是相当一部分大学生在中学阶段听说训练缺失或底子薄，而且大学英语课程学时不够。“临渊羡鱼，不如退而结网”，与其抱怨或哀叹以往不如脚踏实地努力前行。所谓勤能补拙，要奋起直追那些在中学阶段甚至小学阶段就开始进行听说训练的学生，必须在课下适当增加听说练习时间的同时积极探索适合自身的学习方法，追求“量”与“质”的均衡提高。目前，各高校为学生选择的大学英语教材林林总总，参差不齐，不少同学面对教材只有望洋兴叹。编者以为，滥读书与懒读书一样无益，专心“啃透”任何一本好的教程都会取得显著进步。不少学习者仍然死守着学语言就是学语法规则的陈旧观念而忽略了语言本身的属性。事实上，英语本身就是讲英语国家的文化的一部分，不了解其背后文化就谈不上掌握这门语言，因此学习、了解英语文化既是英语学习的必由途径，也是目的之一。反之，在学习英语文化过程中重新审视自身文化并借助英语这一国际性语言来传播中国文化同样是每一个中国英语学习者的义务和责任。从现实来说，可谓书到用时方恨少，不就业不知道英语的重要性。古人告诫我们：学之，则难者亦易矣；不学，则易者亦难矣。潜心学习，学习则充满乐趣及成就感。倏忽岁月，终将一事无成。为师者，得天下英才而育之，其愿足矣！鉴于此，我

院广大教师结合实际教学，锐意创新，为学生们量身打造了这样一套课上课下都好用的视听说教程。

本教程的编写凝聚了华东政法大学外语学院广大师生们的心血，是集体智慧和努力的结果。本教程的设计及编订从一开始就得到了外语学院领导的大力支持和关注，在此表示由衷的感谢。外语学院的同事们为本教程的编写付出了辛勤的努力和汗水，特别感谢深得广大师生爱戴的余志红老师提供了大量资料和指导意见，非常感谢远在美国深造的李海燕老师不断提供建议和帮助，感谢海外留学归来的杨焯老师全力支持并欣然参与，当然更要感谢张纯辉副教授、薛朝凤博士、曾新博士、李燕秋博士、王璐博士、褚颖、甘翠平博士、邓群芳、张培智、陈贤光、李超、刘雁等其他参与编写的老师们的辛勤努力和无私奉献。

本套“文化万象”教程分为基础篇和高级篇，包括 15 个单元，本册为高级篇，每个单元包括 4 个部分：第一部分为与该单元文化主题有关的名人名言或英语谚语、俗语，意在明确主题并为后面的口语练习提供素材。第二部分为与该单元文化主题相关的背景知识，为学习者之后的练习提供知识和词汇方面的积累。第三部分为听说练习，每个单元包括 9 关，每一关都与该单元主题紧密相关，学习者可以自主选择相关音频或视频进行练习和自我测试。同样，每一关都附有相关背景知识，为后面的练习提供铺垫。根据难度不同，每一关都加以星级标注，学习者可以根据星级来选择适合自己的材料进行练习。第四部分为听说能力“秘籍”，专门就英语学习者常感到困惑的相关技能进行介绍并辅以相关练习。

本教材附有听力练习音视频文件及练习答案，读者可登陆中国人民大学出版社外语分社主页 <http://www.crup.com.cn/wy>，搜索本书并进行下载；或与 010-62513265，010-62512737，chengzsh@crup.com.cn，huangt@crup.com.cn 联系索取相关教学资源。

由于编者水平有限，编写时间仓促，不足之处在所难免，敬请谅解。

范鹏

2016 年 5 月于玉泊湖畔

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目 录

CONTENTS

Chapter 1	Food	001
Part 1	Famous Quotes.....	001
Part 2	Background Knowledge	001
Part 3	Listening and Speaking Practice	004
Part 4	听说秘籍之预测 (Prediction).....	030
Chapter 2	Travel on the Planet—the African Stop	035
Part 1	Famous Quotes.....	035
Part 2	Background Knowledge	036
Part 3	Listening and Speaking Practice	039
Part 4	听说秘籍之英美口音 (Accents).....	065
Chapter 3	Metropolises and Urban Life	069
Part 1	Famous Quotes.....	069
Part 2	Background Knowledge	069
Part 3	Listening and Speaking Practice	075
Part 4	听说秘籍之重音 (Stress).....	100
Chapter 4	Movies, TV Series and More	107
Part 1	Famous Quotes.....	107
Part 2	Background Knowledge	107
Part 3	Listening and Speaking Practice	110
Part 4	听说秘籍之语调 (Intonation).....	141

Chapter 5	Internet	145
Part 1	Famous Quotes	145
Part 2	Background Knowledge	145
Part 3	Listening and Speaking Practice	150
Part 4	听说秘籍之模仿 (Imitation)	172
Chapter 6	Literature	175
Part 1	Famous Quotes	175
Part 2	Background Knowledge	176
Part 3	Listening and Speaking Practice	181
Part 4	听说秘籍之听力笔记 (Notes)	202
Chapter 7	Art	205
Part 1	Famous Quotes	205
Part 2	Background Knowledge	205
Part 3	Listening and Speaking Practice	210
Part 4	听说秘籍之听写 (Dictation)	231
Chapter 8	Celebrities	235
Part 1	Famous Quotes	235
Part 2	Background Knowledge	235
Part 3	Listening and Speaking Practice	239
Part 4	听说秘籍之信号词 (Signal Words)	269



Chapter

I

Food



Part 1 Famous Quotes

We are all dietetic sinners; only a small percent of what we eat nourishes us; the balance goes to waste and loss of energy.

— William Osler

我们都是饮食上的罪人，我们所吃的东西只有极少部分为我们提供所需的营养，其余的都浪费了，也损失了能量。

——威廉·奥斯勒

All happiness depends on a leisurely breakfast.

— John Gunther

一切幸福取决于一顿悠闲的早餐。

——约翰·巩特尔

Great eaters and great sleepers are incapable of anything else that is great.

— Henry IV of France

吃得多又睡得多，不能担当得多。

——法国亨利四世



Part 2 Background Knowledge

(1) Turkey

(From CNN)

Vocabulary

posh	[pɒʃ] <i>adj.</i> 漂亮的; 时髦的
pump	[pʌmp] <i>v.</i> 打气; 抽水
fluffy	['flʌfi] <i>adj.</i> 蓬松的; 毛茸茸的
brood	[bru:d] <i>v.</i> 孵化; 沉思

It's a crisp and sunny morning in southeast England and reeling their heads just beyond the valley are poshest turkeys in town. These gossiping birds live a life of luxury here, enjoying 72 acres of private land, and even listen to Gary Barlow.

But behind these pumped turkeys is a business that has required years of hard work, which Tom Copas knows all too well.

I left school. I wasn't particularly useful. And my father thought I should have something to do. So he went and saw a friend of his and bought some turkeys and set me on to look after them.

Behind demand for these turkeys is a combination of feed costs and a desire for all things fluffy and organic. Here they sell them on the so-called traditional methods.

The welfare standards are above and beyond anything that we can do. Everything's done traditionally. So all the bedding up is done by hands. So we don't use a lot of machinery.

Steve Hellings has spent 16 years giving turkeys a happy life before the dreaded festive season arrives.

It is hard in a way but also nice in a way. It's very rewarding because every day they are alive and I'm worrying about them. I'm worrying whether something scares them in the night. I'm worrying about whether the fox is around. So when we actually slaughter the birds, it's a huge relief.

He's even taking on new employees—turkey dogs Pip and Cares to herd the flock. But when it comes to plucking the Copas family hire on mass.

Apart from the office, we have three people working in the business all year round now. But at Christmas time that goes up to something like 150 towards 200 sometimes here.

These are all seasonal highly skilled workers. Fruit-pickers from across Europe looking for a job to carry them until the following year.

They are here for a period about 23 days, which they go to the first process which is to slaughter and hang the birds. And then they have graded and weight-ranged. And

then a fortnight later, they go through them again, and to slay them and prepare them for the oven, and pack the morning presentation boxes.

Raising turkeys is a very seasonal business which begins earnest in May and ends in December. So to combat this the Copas family has found a way to diversify the company. Now turkey still accounts for roughly 50% of their business. But now they are hoping this brood of chickens will help bring in revenue way beyond Christmas lunch.

We have quite a lot of... we sort of have been either in the storage units and workshops, and more importantly prime offices curveting old farm balloons.

It's one way you are thriving all year round. The other depends on these feathery fusspots whether they like it or not.

This may be a touch cruel, but hey, Merry Christmas!

(2) Sustainable Seafood

(From BBC)

Vocabulary

devour	[dr'vaʊə] <i>v.</i> 吞噬; 狼吞虎咽
fillet	['fɪlɪt] <i>n.</i> 鱼片
blue-fin tuna	蓝鳍金枪鱼

Do you like seafood? Remember the last time you had exotic stuff, maybe soft-shell crab, blue-fin tuna maybe? You know, if you do like the stuff that lives in the sea, maybe you should try some less endangered species because the UN Food and Agricultural Organization is warning that nearly 90% of the world oceans are fully exploited or already over-fished.

And Adnan, experts say if we continue consuming the ocean's resources at the rate we are, stocks of all species currently fished will collapse over the next 30 years. Singapore is one of the biggest seafood consumers in the region, devouring more than 140 million kilos a year and this week the city is hosting a sustainable seafood festival to raise awareness among retailers, restaurants and consumers. Local chef Martin Scholz explains why it's so important to think about what we are eating.

The best is that everybody... that's where food comes from. We do all the poultry items. We do this with beef and meat items. But we don't do this with seafood. And I think that's one of the issues which we are facing. I think chefs playing a major role in

bringing to sustainability to the plates. Just not to care about your vision as a long... we need to know where it comes from, how it's caught. Is it the right season? Is it safe to serve? You know, there are so many endangered species and if we don't know something, our children, the grandchildren, they won't have the same possibilities that we have.

Kelvin Ng is from the Marine Stewardship Council. He told me more about the principles of sustainable fishing.

There are three principles. The first principle is the stock. The stock that you fish has to be sustainable. The second principle lies in the environment. The environment in which you catch that fish has to be sustainable. Finally the management system.

Let's buy seafood that is sustainable, that will drive change across the supply chain. And at the end of the day these fishermen that fish sustainably will be rewarded for their best practices.

It's a supply and demand question. Honestly, I mean, if you look at McDonald's. It's a good example. McDonald's in the Americas and in Europe, all the fillet of fish is MSC labeled and comes from sustainable sources. So it is possible. So buying sustainable doesn't need to be expensive. Really it's all about supply and demand. As more Singaporeans start buying sustainable seafood, prices will drop.



Part 3 Listening and Speaking Practice



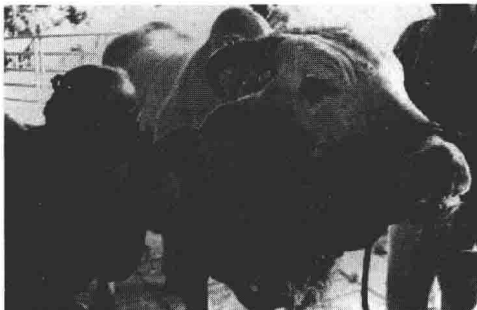
Pass 1 Beef Exporting



(Difficulty: ★ ★ ★)



背景知识



印度作为中国的陆上邻国，在地理位置、人口、环境等方面与中国类似。印度不仅有神秘的宗教、令人称赞的古代文化，同时还有一个更加有趣的现象，那就是印度的牛肉产量排在世界的前几位，但是印度人很难在本国吃到牛肉。

Vocabulary

fierce	[fiəs] <i>adj.</i> 凶猛的；暴躁的
orphanage	['ɔ:f(ə)nɪdʒ] <i>n.</i> 孤儿院
devout	[di'vaut] <i>adj.</i> 虔诚的
Hindus	['hɪndu:] <i>n.</i> 印度教徒
halal	['hɑ:lɑ:l] <i>n.</i> 伊斯兰教律法的食物

Task 1 Matching

Directions: Match the English phrases on the left with those Chinese phrases on the right before listening.

- | | |
|---|--------|
| 1. The desire for food and sex is part of human nature. | 民以食为天。 |
| 2. Hunger brings discontent. | 食色性也。 |

Task 2 General Understanding

Directions: Listen to the clip and then sum up its main idea. You may do this either in Chinese or English.

Task 3 Word Hunting

Directions: Try your best to spot the following words and expressions while watching the video clip.

1. 肉联厂 _____
2. 红案、白案 _____

Task 4 True or False

Directions: Watch the video clip again and tell whether the following statements are true or false (T/F).

1. () Orphanages are set up in Indian cities to get beef.
2. () Beef only refers to buffalo meat worldwide.
3. () It is difficult to eat beef at restaurants in India.

Task 5 Reorganizing Sentence Groups

Directions: Watch the video clip again and reorganize the sentence groups in order to retell the story.

1. not really available in local Indian restaurants
2. appetite for beef is ever increasing in India
3. Indian law banning the slaughter of cow
4. India sells buffalo meat to many countries
5. India is still mainly a vegetarian country
6. to seek blessings from holy cows
7. Hindu Gods in cows

Task 6 Blank Filling

Directions: Watch the video clip again and fill in the following blanks.

Chopped up into the choices of (1)_____, this beef is (2)_____ to dinner tables across the world. India is still largely a (3)_____ country. The per capita consumption of meat is (4)_____. Compare this to the US, which is (5)_____.



Task 7 Oral Practice

Directions: Look at the following topic carefully and then deliver a short presentation on it. (1–3 minutes)

To Be a Vegetarian or Non-vegetarian?

Task 8 Back Translation

Directions: Please watch the clip attentively and then translate the following Chinese sentences into English.

1. 印度水牛肉出口 60 多个国家，产值 30 多亿美元。
2. 虽然鱼肉和鸡肉仍是荤食者的主要盘中肉餐，但是无疑吃牛肉的人越来越多。



Pass 2 Breakfast



(See: <http://zhidao.baidu.com/link?url=uPoOsexaf-5U7zH6QA-ppE4NapUDEEmBGvwkYrGjfHWPRdrhCWQXyWQ5FSnpxl3E2V1uYjj2Jr8cZZaza>.)

(Difficulty: ★ ★ ★)

背景知识

早餐是一天中最重要的一餐，只有早餐摄取了足够的能量，人才能在一整天保持较好的状态。





早餐距离前一晚晚餐的时间最长不应超过 12 个小时, 此时体内储存的糖原已经消耗殆尽, 应及时补充, 以免血糖过低。血糖浓度低于正常值时会出现饥饿感, 大脑的兴奋性随之降低。这种情况下, 人的反应迟钝, 注意力不能集中。所以, 不吃早餐, 或者早餐的质和量不够, 容易引起能量和营养素的不足, 降低上午工作、学习的效率。

Vocabulary

loathe	[ləʊð] v. 讨厌, 厌恶
congeal	[kən'dʒi:l] v. 凝固, 凝结
revamp	[ri:'væmp] v. 修补; 翻新
salmon	['sæmən] n. 三文鱼
waffle	[wɑ:fl] n. 华夫饼

Task 1 General Understanding

Directions: Listen to the clip and then sum up its main idea. You may do this either in Chinese or English.

Task 2 Matching

Directions: Match the English phrases on the left with those Chinese phrases on the right before listening.

- | | |
|---------------------------|--------|
| 1. seasonal local produce | 宾馆自助早餐 |
| 2. hotel breakfast buffet | 当地时令产品 |

Task 3 Word Hunting

Directions: Try your best to spot the following words and expressions while watching the video clip.

- | | |
|------------|-------|
| 1. 炒鸡蛋打包带走 | _____ |
| 2. 早餐革命 | _____ |

Task 4 True or False

Directions: Listen to the video clip again and tell whether the following statements are true or false (T/F).

1. () It's doubtful that breakfast is the most important meal of the day.
2. () Hilton insisted on seasonal local produce and sustainable farming.
3. () Americans love their eggs and meat for breakfast but nothing else.

Task 5 Listening Comprehension

Directions: Watch the clip again and choose the best answer from the choices marked A), B), C) and D).

1. Which of the following is TRUE?
 - A) For a hotel company breakfast is not the most significant meal.
 - B) Hotel groups think there is no problem with their breakfast.
 - C) Hilton has researched how to provide breakfast for two years.
 - D) People in New York only like Salmon.
2. Which of the following is FALSE about breakfast?
 - A) It is a big deal to provide guests with healthy breakfast in hotels like Hilton.
 - B) Seasonal local produce and sustainable farming are welcomed in New York.
 - C) Hilton even opened up their own farmers' market.
 - D) Breakfast revolution can also be undergoing in some non-luxurious hotels.
3. Which of the following is UNTOLD?
 - A) Breakfast is important both for a family and for a hotel.
 - B) Fresh healthy food is welcomed.
 - C) Hyatt goes further than Hilton in providing breakfast.
 - D) Breakfast revolution does not matter to any non-luxury hotels.

Task 6 Blank Filling

Directions: Watch the video clip again and fill in the following blanks.

They wanted more (1)_____. Americans love their eggs and meat for breakfast. They also wanted some (2)_____. If you haven't time for a waffle and still want to eat, there's something for the business traveler (3)_____. We made a little to-go bag for them. It's got a breakfast bar, a piece of fruit, a bottle of water and a napkin. So they can eat it and go. Whether all this change is enough to make me love the breakfast buffet I'm still to (4)_____. Either way hotels are officially on notice—there's a revolution of breakfast.