

新时代大学英语阅读教程. 1

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内容提要

《新时代大学英语阅读教程 1》是根据国家最新颁布的《中国英语能力等级量表》编写而成的。该教材针对目前大学生因缺乏阅读理解策略而造成阅读效率普遍低下的现实,以技能为导向,每个单元的第一部分均以阅读微技能为标题,便于读者有效地学习和掌握一系列阅读技能。同时,教材采用了当前国内外英语阅读能力测试最新题型,以帮助学生通过阅读实践,掌握阅读理解策略,达到《中国英语能力等级量表》描述的英语阅读 5~6 级水平。

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前言

《新时代大学英语阅读教程》是在习近平新时代中国特色社会主义思想指导下,为全面落实党中央提出的“立德树人”教育要求编写的教材。该书参照国家最新颁布的《中国英语能力等级量表》,针对目前大学生因缺乏阅读理解策略而造成阅读效率普遍低下的现实,全书每个单元均以技能为导向,并采用当前国内外英语阅读能力测试最新题型,旨在提高大学生的英语阅读水平。其编写特色如下:

一、注重选材的真实性和时效性

本教材大量选取近期英文主流报刊上“原汁原味”的真实语料,语言规范。题材涉及当前大学生的学习、生活以及社会普遍关注的热点问题等,具有一定的时效性,既能帮助学生获取知识、拓宽视野、培养思维能力,又能帮助学生形成正确的世界观、人生观和价值观。

二、突出阅读技能的培养

本教材反映了先进的教育思想和理念,高度关注信息化环境下的教学变革。遵循以技能为导向的编写原则,教材每个单元的第一部分均以阅读微技能为标题,便于学生有针对性地学习和掌握阅读技能。各项微技能的编排由浅入深,第1册主要介绍最基本的阅读技巧,如快速查找信息、区分文章细节等;第2册强调深层阅读技巧,如判断句子之间的关系、理解文章的组成结构、判断作者的态度、区分事实和观点、批判式阅读等。这种循序渐进的编排方式便于学生各项技能的逐层建构和综合运用能力的逐步发展。

三、兼顾考与学的需求

阅读选材和练习设计兼顾了学生对学习与测试的多种需求。本教材遵照《中国英语能力等级量表》对英语阅读理解能力与阅读理解策略的分级描述,并参照国内外英语阅读测试的最新题型,帮助学生有效地掌握阅读理解策略,达到《中国英语能力等级量表》描述的英语阅读5~6级水平。

四、课堂教学和自主学习相结合

本教材共分为1、2两册,每册安排8个单元,各单元均按微技能设计,既可用于课堂教学,也可用作学生课外学习资源。

本教材力求与时俱进,激发学生的创新精神。编者参阅了最新的真实语料,吸收了很多领域的素材,有助于学生在将来的跨文化交流中讲好中国故事。在此,谨向编者致以衷心感谢!

由于编写时间仓促,水平有限,疏漏与瑕疵在所难免,敬请各位同仁和读者不吝批评指正,以期再版时修订完善!

编者

2018年7月

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Unit

1

Part 1 Reading Skill: Skimming for the Main Idea (1)

● Section A Exploratory Reading ●

Skim the following passage and answer the questions in 3 minutes.

While it is possible for people with great talent or drive to achieve with a bad attitude, it doesn't happen very often, and it takes an incredible amount of effort. And even if they do achieve some degree of success, they aren't happy. (And they make the people around them miserable too.) Most often, people with bad attitude don't get very far in life.

On the other hand, even barely average people can do great things when their attitudes are great. In *The Winner's Edge* (优势), Denis Waitley observed, "The winner's edge is not in a gifted birth, a high IQ, or in talent. The winner's edge is all in the attitude, not *aptitude* (才能). Attitude is the criterion for success."

Choose the best answer.

1. Which one of the following is the key word in the passage?
A. Effort. B. Attitude. C. Success. D. Edge.
2. The passage mainly tells us that _____.
A. people with great talent can always achieve great success
B. successful people tend to make those around them unhappy
C. good attitude contributes greatly to one's success
D. it takes talented people great effort to become successful
3. The main idea of Paragraph 1 is that _____.
A. people with bad attitude can still be successful
B. people with bad attitude are unhappy
C. people with bad attitude usually will not be very successful
D. people with bad attitude make people around unhappy

Explanations

1. The key is B. The topic of the passage centers around people's attitude, so B is the correct answer.
2. The key is C. The last sentence in Paragraph 2 "*Attitude is the criterion for success*" best summarizes the main idea of the passage.
3. The key is C. The last sentence in Paragraph 1 is the conclusion made on people with bad attitude. Pay attention to organizers like "*while, even if, most often*" as they can guide you to follow the author's thought.

Reading Skill: Skimming for the Main Idea (1)

Skimming is defined as reading quickly to get the main idea of a text. It is a technique used in previewing or for getting an overview of a text. When skimming, your eyes read rapidly over the page, just pick out the main ideas and topics. Scanning also involves rapid movement through a text, but it aims at searching for specific information rather than the main points.

Skimming enables you to quickly go through the text without paying attention to all parts of it. It is a valuable preparation for intensive reading as it allows you to select what is essential to read and to gain an overview of the structure of the material.

Strategies for skimming involve reading:

- 1) title, subtitles, subheading;
- 2) the first and last paragraphs;
- 3) the first sentence of each paragraph;
- 4) words in bold type, italics, digits, or tables.

● Section B Trying Your Hand ●

Consolidation Exercises

Skim the following passage and answer the questions in 4 minutes.

Reading is becoming more and more important in the new knowledge economy and remains the most effective human activity for transforming information into knowledge.

If top readers read at speed of above 1,000 words per minute (wpm) with near 85% comprehension, they only represent 1% of readers. Average readers are the majority and only reach around 200 wpm with a typical comprehension of 60%. This seems surprising since most readers, actively reading work documents, newspapers, magazines, books or the contents of a computer display are practicing daily for at least one hour. With such an intense training everyone should be close to top performance.

Unfortunately, this is far from the real situation. The average reader is five times slower than the good reader. Things are even worse if we consider reading efficiency as well as speed. Reading efficiency is reading speed *weighted by* (乘以) comprehension rate and it amounts to $200 \times 60\%$ or 120 efficient words per minute (ewpm) for the average reader and to $1,000 \times 85\%$ or 850 ewpm for top readers. Thus, an efficiency ratio of seven divides these two categories.

Choose the best answer.

1. Compared to average reader, the accomplished reader reads with _____.
A. higher speed and worse reading comprehension
B. higher speed and better reading comprehension
C. higher speed and same reading comprehension
2. Which is the reading speed of average readers?
A. Above 1,000 wpm.
B. 850 wpm.
C. Around 200 wpm.
3. Reading with a comprehension of 85% are _____.
A. average readers
B. top readers
C. the majority of readers

Explanations

1. The key is B. You can find the answer from the figures in the first and second sentence in Paragraph 2.
2. The key is C. The second sentence in Paragraph 2 provides the answer. Paying attention to figures, words in bold type, etc., which can help you grasp the key points.
3. The key is B. The first sentence in Paragraph 2 provides the answer.

Part 2 Reading Comprehension

● Section A Reading in the Context ●

Read the passage with 10 missing words or phrases. Learn to guess the meanings of them from the context and then select one word for each blank from a list of choices given in a word bank following the passage. Each word or phrase should be selected only once.

Choosing an active way to get to work could make a big difference in how much weight

creeps on in middle age, a large U.K. study suggests.

Studying tens of thousands of commuters over age 40, researchers found that people who 1 to work weighed more and had a higher percentage of body fat than those who got to work by walking, biking or public transportation.

Those who commuted by bicycle were the leanest of all, but even taking the 2 was linked to lower body weight and body fat, the authors report in *The Lancet Diabetes and Endocrinology*.

“We know that exercise protects against *obesity* (肥胖) and *chronic* (慢性的) 3. However, we all struggle to fit enough of it into our busy lives,” said lead author Ellen Flint of the London School of Hygiene and Tropical Medicine.

“This study 4 that people who manage to build physical activity into their daily commute have 5 lower body weight and healthier body composition than those who commute by car,” Flint told Reuters Health by email.

In the U.S., about one third of 6 are *obese* (肥胖的) and no more than about 18 percent commute to work by walking or biking, according to the Centers for Disease Control and Prevention. Car travel was the most 7 method of commuting, with 64 percent of men and 61 percent of women reporting they drove for all or part of their commutes.

Men and women who 8 to work by any means other than driving had lower body fat percentage and *BMI* (体重指数) compared to adults who commuted by car, 9 found.

Even after accounting for a wide range of characteristics and lifestyle information about the participants, active commuting methods were 10 to lower body weight and body fat.

A. train	F. diseases	K. adults
B. environmental	G. common	L. percent
C. drove	H. linked	M. shows
D. researchers	I. groups	N. significantly
E. introduce	J. commuted	O. requires

● Section B Reading and Matching ●

Read the following passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once.

Into the Unknown

[A] Four days earlier, and some 1,000 or so kilometers north-east, I was sitting in a conference room at the University of Copenhagen’s Department of Public Health, overlooking the beautiful lakes area. Around the table were health researchers Astrid

Ledgaard Holm, Henning Langberg and Henrik Bronnum-Hansen. Ledgaard Holm, a doctoral student, has investigated the health impacts of increased cycling. Studying physical activity, exposure to accidents and air pollution, she and colleagues found that the overall burden of disease—including heart disease, stroke, type II *diabetes* (糖尿病), breast cancer, *colon cancer* (结肠癌), *cardiopulmonary disease* (心肺疾病) and lung cancer—was reduced in people who cycled. The positive health effects of increased cycling were more than a third larger than the potential loss of health from bicycle accidents and air pollution.

- [B] Other studies investigating the health impacts of cycling have found similar positive benefits, although the degree varies. In a different study based in Copenhagen, researchers analyzed data from over 13,000 women and 17,000 men to explore the impact of physical activity on mortality. Even after adjusting for other factors, such as physical activity in leisure time, they found that people who did not cycle to work experienced a 39% higher death rate than those who did. In other words, cycling prolonged people's life.
- [C] One of the most interesting insights the *Danish* (丹麦的) researchers share is how they've discovered that many *Danes* (丹麦人) don't consider cycling exercise. "People here can easily be riding back and forth 5 km per day, and if you ask them on a questionnaire if they are physically active, they will say 'No, I don't do any exercise'." Says Holm. For many here, she says, it's not a choice of activity, but your mode of transport.
- [D] What's immediately striking about cycling in Copenhagen is the incredible diversity of individuals on bicycles. Cycling in the morning rush-hour traffic on Norrebrogade, one of Copenhagen's busiest cycle routes, I see a woman in a long flowing black *jilbab* (穆斯林女式长袍) pedaling a cargo bike with two small children in the basket. I see men of all ages in suits; women in dresses, high-heeled boots and smart coats, flowing garments. I see university students and children cycling to school; babies fastened into child seats on the front or back of mum or dad's bike; and groups of children pedaling along in strong Christiana or streamlined Bullit bikes. Some children ride the cycle paths independently. Others are accompanied by parents cycling alongside, who guide their children with the occasional gentle hand on the back.
- [E] While cycling to interviews at the University of Copenhagen one morning, I came across a temporary memorial on the side of the street. At the intersection of Store Kongensgade and Dronningens Tværgade in the city center, a stretch of *tarmac* (柏油碎石路面), the length of a body was decorated with fresh flowers and candle jars inscribed with handwritten notes. I discovered later that it's where a 20-year-old woman on her bike was struck and killed several weeks earlier by a tourist bus making a right-

hand turn.

- [F] Decades after streets were first painted with white crosses to mark fallen cyclists, cycling accidents, although rare, are still considered seriously here. Only one Copenhagen cyclist was killed in 2012, and no year from 1998 to 2012 has seen more than seven cyclists killed in the city, according to Statistics Denmark. These figures are quite something in a city where the population cycles an estimated 1.27 million km every day. The risk associated with being a cyclist in Copenhagen “has dropped by more than 70% over the last 15 years” according to Niels Torslov, the City of Copenhagen’s traffic director. “And it’s a very strong story about finding the right measures, and designing a road space in a way that protects the users, especially those cycling.”
- [G] The use of cycling *helmets* (头盔) is growing among Copenhageners, noticeably more than in Amsterdam, where helmet wearing is still very much an exception. At the time of her accident, in 2006, Ann-Doerthe Hass Jensen was wearing a helmet, though clearly, as she says herself, a helmet protects your head but not your feet. She says that working at Copenhagen’s Center for Rehabilitation of Brain Injury, as she does, makes you crazy about helmets. “There is no way I would not have a helmet on.” She says.
- [H] So, how do we make our cities better for cyclists? Safe-cycling cities, policies and legislation already exist, and can inspire others. In Oregon, Portland’s “vulnerable user law,” for example, is made according to a European safety concept, says Portland attorney Ray Thomas, a partner at Swanson, Thomas, Coon and Newton, who specializes in cycling law. In Copenhagen, in one of many unplanned interviews with cyclists on city streets, I came across a young American student—Mike Milan, from Greenville, South Carolina—who was studying architecture there. “As I’ve learned in my urban design class here, Copenhagen has tried to slow down the city to a human pace, and a human scale,” he said. His thoughts conceptually make the city’s transport philosophy clear, and are equally applicable to Amsterdam.
- [I] “Making people feel safer on bikes should not mean equipping them with reflective helmets,” says Jack Harris, owner of London’s Tally Ho! Cycle Tours. “We need infrastructure that allows more people to get onto bikes.” The places that are serious about encouraging cycling as a safe, accessible and pleasant mode of transport have some tough decisions to make about vulnerable users, including cyclists, in the allocation of urban space.

- ____ 1. Researchers found that cycling reduced the overall burden of disease in cyclists.
- ____ 2. It’s striking that there are various kinds of people cycling in Copenhagen.
- ____ 3. Infrastructure that allows more people to get onto bikes is needed to make people feel safer on bikes.

- ___ 4. It is common for Danes to cycle 5 km per day, but they don't classify cycling as exercise.
- ___ 5. A part of the road, where a 20-year-old woman on her bike was struck and killed by a tourist bus several weeks earlier, is decorated with fresh flowers and candle jars.
- ___ 6. Researchers found that people who did not riding a bicycle to work had a higher death rate than those who did.
- ___ 7. Researchers in Copenhagen found that cycling made people live longer.
- ___ 8. Less than seven cyclists were killed each year from 1998 to 2012 in Copenhagen.
- ___ 9. More and more cyclists in Copenhagen are using cycling helmets.
- ___ 10. There are already safe-cycling cities, policies and legislation, which can inspire others.

● Section C Reading in Depth ●

Read the following two passages carefully and then do the exercises below.

PASSAGE 1

It's long been thought that wisdom comes with age. But scientists now claim that having more life experience doesn't necessarily make you more knowledgeable about life. In particular, old age doesn't seem to help people get an intuitive knack for grasping how others think and behave, researchers claim. In a new study, the elderly performed no better than the young in a test of how well they understood human characteristics.

The researchers at Yale University have now created their own interactive test that allows you to find out how much wisdom you have. Yale psychologists used more than 1,000 volunteers to look at how different factors affected how the average person thinks, feels, and acts in various social contexts. As part of the study, the team of scientists found that older people did no better than younger people at understanding the small differences of human behavior. Anton Gollwitzer, a graduate student at Yale University said, "The lack of a relationship does suggest that the number of experiences one has had in the world does not seem to heighten one's ability to infer how most people think and behave in social contexts."

If the oldest people are not the wisest, the researchers set out to determine which group of people are the best natural psychologists. The researchers developed a forty-question test to assess a person's skill at reading between the lines and understanding the dynamics of a social situation. It can be taken here or online via the Yale website for people to see how intuitive and wise they are. The authors then analyzed the highest scoring participants in more detail to see what they had in common. By doing this, the researchers unearthed the characteristics of the type of people who are best at understanding others.

They found that people of the kind of famed author Harper Lee are the most adept at understanding social clues. This means introverts prone to melancholy seem to be more skillful at understanding how we behave in groups than their sociable peers, the researchers found.

They also found intelligence and wanting to engage with complex problems was a key predictor of wisdom. “It seems to be a case of sadder but wiser,” said Gollwitzer, “They don’t view the world through rose-colored glasses as cheerful and extroverted people do. It could be that the *melancholic* (忧郁的), introverted people are spending more time observing human nature than those who are busy interacting with others. Take, for instance, the novelist Ernest Hemingway, or the founder of modern psychology, William James. Without empirical backing, these individuals were able to accurately capture and communicate deep social human truths.”

1. People usually believe that _____.
 - A. younger people are more knowledgeable than older people
 - B. older people are more knowledgeable than younger people
 - C. younger people are as knowledgeable as older people
 - D. wisdom does not grow with age
2. According to the findings of the researchers at Yale University, _____.
 - A. the older you are, the more wisdom you have
 - B. the younger you are, the more wisdom you have
 - C. there is no relationship between wisdom and age
 - D. older people are not good at understanding human behavior
3. Where can people take the forty-question test to see how intuitive and wise they are?
 - A. At Yale University.
 - B. In Harper Lee’ books.
 - C. Online via the Yale website.
 - D. Both A and C.
4. What kind of people are best at understanding others?
 - A. Introverted people.
 - B. Extroverted people.
 - C. Sociable people.
 - D. Cheerful people.
5. Which is the best title for the passage?
 - A. Wisdom Comes with Age
 - B. An Interactive Test Created by Yale University
 - C. Why Introverts Are Best at Understanding Others
 - D. Getting Older Does Not Make Wiser

PASSAGE 2

Parents are being told to turn to iPads and Kindles to get boys interested in reading amid fears large numbers of children are *shunning* (避开) books at a young age.

A report from the National Literacy Trust found that children aged three to five often read for longer and had a better grasp of vocabulary when accessing touch-screen technology. The study found that *tablet computers* (平板电脑) had a particular impact on groups that are traditionally most resistant to reading—particularly boys and infants from poor families.

Researchers found that boys were more likely than girls to use technology for educational activities and to read for a relatively prolonged period. The study also found that more three- to five-year-old children now had access to e-readers in the home and the number of nurseries and *childminders* (照看孩子者) using the devices had almost doubled in the last 12 months from 22 to 41 percent. Touch-screen technology “could be a vital new weapon to combat low literacy in key target groups”, the study said.

But the recommendations are likely to renew concerns that exposure to screen-based entertainment at a young age risks damaging children’s development. It came as an editorial published in the latest edition of the British Journal of General Practice warned that children were “more *susceptible* (易受影响的) to developing a long-term *problematic* (成问题的) dependency on technology”. The essay, by Aric Sigman, an independent lecturer in child health education, quoted research that found over-exposure to video games had a similar effect on the brain as *cocaine* (可卡因) and alcohol addiction, with extreme users showing signs of depression, anxiety and social *phobia* (恐惧症).

But Jonathan Douglas, the trust’s director, said it was crucial “that we recognise the opportunities that technology brings for engaging boys and poorer children in reading”. “Our research confirms that technology is playing a central role in young children’s vocabulary development,” he said. “Nearly all children have access to a touch-screen device at home and as technology advances and digital skills become increasingly important, we need to harness these developments to encourage children to become *avid* (热衷的) readers, whatever format they choose.”

The study jointly carried out with the publisher Pearson was based on a survey of more than 1,000 parents with young children combined with a poll of 567 early years workers. It also analysed the link between vocabulary and reading practices among 183 three- to five-year-olds. Researchers found that 6.3 percent of children only read “once or twice” a week and one percent did not read at all.

Traditional books were still the favoured reading method for all children to read but researchers suggested that boys and infants from poor homes were increasingly shifting to technology such as the iPad, Kindle, Samsung Galaxy and Microsoft Surface.

1. Researchers found that tablet computers would particularly _____.
 - A. get childminders interested in reading
 - B. get infants from poor families resistant to reading
 - C. get boys from poor families interested in reading
 - D. get childminders bored with reading
2. It can be implied that touch-screen technology has a stronger effect on _____ in terms of reading.
 - A. boys than girls

- B. boys than infants
 - C. girls than infants
 - D. girls than boys
3. Over-exposure to screen-based entertainment might cause _____.
A. low literacy in key target groups
B. technology advances
C. cocaine and alcohol addiction
D. depression, anxiety and social phobia
4. Researchers found that most children _____.
A. read more than twice a week
B. read every day
C. did not read at all
D. once or twice a week
5. More and more boys and infants from poor families were reading by means of _____.
A. touch-screen technology
B. newspapers
C. traditional books
D. TV sets

Part 3 Translation

Translate the following paragraph from Chinese into English.

中国在移动购物(mobile shopping)上已领先美国。而且,其发展速度也快于其他任何一个经济领域。哪怕增速有所减缓,中国仍然是世界上最大的智能手机市场,其份额约占全球智能手机市场的30%。据预测,2018年中国的智能手机用户将从现在的5.268亿跃升至6.4亿。此外,中国消费者正在用他们的手机购买各种各样的商品和服务。到2019年,中国的移动线上销售将占电子商务销售总量的71%。

Part 4 Guided Writing

For this part, you are allowed 30 minutes to write an essay commenting on the saying “**Health is not valued till sickness comes.**” You can cite examples to illustrate the importance of health. You should write at least 120 words, no more than 180 words.

Unit

2

Part 1 Reading Skill: Skimming for the Main Idea (2)

● Section A Exploratory Reading ●

Skim the following passage and decide whether the following statements are true or false according to the passage.

Advertising has become a very specialized activity in modern times. In the business world of today, supply is usually greater than demand. There is great competition between different manufacturers of the same kind of product to persuade customers to buy their own particular brand. They always have to remind the consumer of the name and the quality of their product. They do this by advertising.

The manufacturer advertises in the newspapers and on posters. He sometimes pays for songs about his product in commercial radio programs. He employs attractive sales girls to distribute samples of it. He organizes competitions with prizes for the winners. He often advertises on the screens of local cinemas. Most important of all, in countries that have television he has advertisements put into programs that will accept them.

Manufactures often spend large sums of money on advertisements. We buy a particular product because we think that it is the best. We usually think so because of the advertisements that say so. Some people never pause to ask themselves if the advertisements are telling the truth.

Statements

- ___ 1. Advertising in the newspapers, radio programs and TV programs are equally important.
- ___ 2. Manufacturers tend to exaggerate their products' merits on advertisements.
- ___ 3. Advertisers try hard every means to win customers' strong preference in their products.