Reading Comprehension of Chinese Culture

高中英语阅读拓展训练

中华优秀传统文化精选



陈 俊 王雪峰/主编



文化性 / 精选中华传统文化内容+地道英语表达

必要性 /新版课标要求+考试趋势导向+时代责任担当

方法性 /十二大类别科学编排+五大模块高效提分

实用性 / 有练习有积累有详解,学解题学表达学文化

答好英语试题 讲好中国故事 做好文化青年

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坚定文化自信要从青少年抓起

——写在《英语阅读拓展训练:中华优秀传统 文化精选》从书出版之际

中华民族几千年的灿烂文化,是我们的宝贵财富。蕴藏独特力量的 传统经典,在每一代中国人的心里种下信念的种子,像烛火一般指引着 后人前进。

当下,青少年对中华优秀传统文化的认同感逐渐下降,中国面临着文化断层的危险。鉴于此,国家将传承和弘扬中华优秀传统文化写入政府工作报告;教育部明确要求加强对青少年的中华优秀传统文化的教育;作为国家电视台的央视相继推出了《中国诗词大会》《中国成语大会》《经典咏流传》等一系列弘扬中华传统文化的精品节目,受到了广大电视观众的热烈欢迎,在社会上掀起了学习传统文化的热潮。

坚定文化自信,要从青少年抓起。少年强则国强,青少年是国家未来发展的顶梁柱。中华优秀传统文化教育应该覆盖青少年整个学习阶段,让青少年"吃水不忘挖井人,乘凉不忘种树人",让他们从优秀传统文化中汲取营养、找到动力,发现中华文化之美,将文化自信植根于心,潜移默化,身体力行,凝聚起建设伟大中国梦的强大力量。掌握中华优秀传统文化,同时有利于讲好中国故事,传播好中国声音。

《英语课程标准》指出,学生在学习和综合运用英语基础知识和基本技能,发展语言能力的同时,形成良好的文化意识和思维品质,学会学习,加深对多元世界的认识,形成开放、包容的态度,深刻体会祖国文化的博大精深,增强爱国情怀,树立正确的人生观和价值观。为加强对广大青少年的中华优秀传统文化的教育,教育部明确要求在中高考

试题中扩大对传统文化知识的考查范围,分值有逐年上升的趋势。近年来,中高考英语试题的选材体现了国际视野和中国情怀,既借鉴了英语国家文化、科技中积极励志的元素,又兼顾了中华优秀传统文化中具有特色的元素,这给今后的外语教学一个非常明确的导向。多角度开发课程,引导学生深度了解西方文化与中华文化差异,逐步形成跨文化沟通能力,在培养学生国际视野的同时,也能更多了解中华优秀传统文化,促进他们在学习中养成国家情怀,培育和践行社会主义核心价值观,增强文化自觉和文化自信,对民族文化和国家发展保有信心。

中华优秀传统文化是中华五千年历史传承发展的智慧结晶,是中华民族的精神根源和支柱,也是中国人信仰力量的坚实基础。对民族文化认知的缺失就是对自我认知的缺失,会使人在现实生活中迷失方向,造成精神空虚、道德丧失、民族认同感下降、国家观念淡薄。文化是一个很广博的概念,包括思想、艺术、礼仪、饮食、服饰、工艺、建筑、习俗等方面。为了使青少年对中华传统文化感兴趣,同时增强跨文化沟通、传播中华文化的能力,我们策划编写了《英语阅读拓展训练:中华优秀传统文化精选》。

这套丛书以中华优秀传统文化的英文语篇为载体,提高学生英语 阅读能力的同时,帮助学习中华优秀传统文化,提升跨文化交流与传播的能力。本册高中版所选内容主要包括科学技术、古代建筑、节日节气、成语诗词、艺术与工艺、文化传承、文化交流、历史名人、风景名胜、礼仪民俗、饮食文化、服饰文化及其他等。学生通过阅读能对中华优秀传统文化有初步的感知,牢记传统文化的精髓,促进学生对传统文化的认同,拓宽其相关领域的知识面,体会中华优秀传统文化的博大精深,并从中汲取知识、智慧和力量,培养语言能力、文化意识、思维品质和学习能力,为现在的考试及将来的跨文化沟通、传播中华文化添力。



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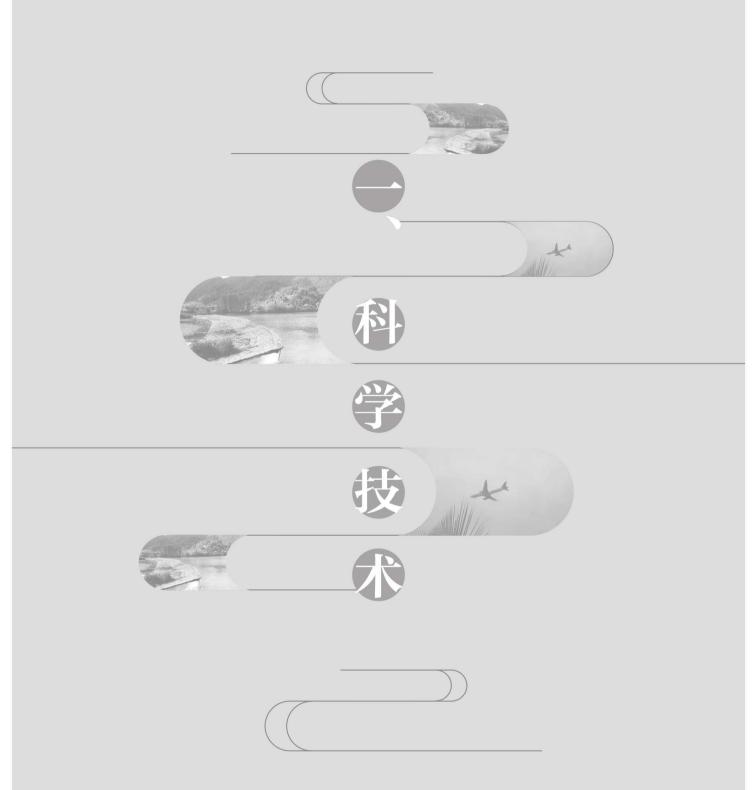
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Achievements of China's Space Exploration

中国太空探索成就



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本文是一篇说明文, 主要介绍了中国在太空探索方面取得的一系列成就。

On October 12, 2005, China launched its second manned spaceship, Shenzhou VI, sending two spacemen into space. It was the second time that our country had sent up manned spaceship after Shenzhou V. China has become the third country to send spacemen to space after the Soviet Union and the USA.

Shenzhou VI lifted off on a Long March 2F rocket from Jiuquan, Gansu Province. Two spacemen Fei Junlong and Nie Haisheng traveled around the earth 80 times in 115 hours and 32 minutes and landed safely in the Inner Mongolian grasslands on October 17, 2005.

The spaceship has three *modules*(飞船舱): the orbital module where scientific experiments like testing space foods and drinks are done, the re-entry capsule where the spacemen spent most of their time and the service module, which has fuel, air and other technical equipments in it.

Unlike Yang Liwei's space trip two years ago, Fei and Nie went up and down between the modules for scientific experiments. For the first time, they took off their space suits and moved around in the modules freely. From space, Fei and Nie could make long-distance calls to their families at the launch center. Nie's daughter even sang "Happy Birthday" to her Dad during the phone call.

Our country launched Shenzhou VII at 21:10 on September 25th, 2008. On 27th, the spaceman Zhai Zhigang finished China's first space walk. China has become the third country to walk in space. June 11, 2013 was another big day for Chinese space exploration. Shenzhou X, China's fifth manned spacecraft, was sent into space. Three astronauts, Nie Haisheng, 49, Zhang Xiaoguang, 47, and Wang Yaping, 33, stayed in space for 15 days. The Shenzhou XI manned spacecraft was launched at 7:30 from the Jiuquan Satellite Launch Center in Northwest China on October 17, 2016, carrying two astronauts—50-year-old Jing Haipeng and 38-year-old Chen Dong. China is planning to build its space station about in 2022.

- 1. Which countries have sent spacemen into space so far?
 - A. China, UK and USA.
 - B. China, the Soviet Union and UK.
 - C. China, USA and Japan.
 - D. China, the Soviet Union and USA.
- 2. How long did Fei Junlong and Nie Haisheng travel around the earth?
 - A. About 4 days.

B. About 5 days.

C. About 6 days.

D. About 7 days.

- 3. We can infer Fei and Nie had foods and drinks in in the spaceship.
 - A. the orbital module
 - B. the service module
 - C. the re-entry capsule
 - D. the launch center
- 4. Which statement is NOT RIGHT according to the passage?
 - A. Fei and Nie took off their space suits and moved around in Shenzhou VI freely.
 - B. Zhai Zhigang finished China's first space walk on September 27th, 2008.
 - C. Nie Haisheng spent his 41th birthday in the spaceship in 2005.
 - D. China has built its first space station and is planning to build the second one.



2005年10月12日,中国发射了第二艘载人飞船"神舟六号",将两名宇航员送入太空。这是继"神舟五号"之后我国第二次发射载人飞船。中国已成为继苏联和美国之后第三个将航天员送上太空的国家。

"神舟六号"是在甘肃酒泉用长征二号 F 型运载火箭发射的。2005 年 10 月 17 日,两名 宇航员费俊龙和聂海胜在绕地球飞行 80 次,飞行时间达 115 小时 32 分钟后,安全降落在内蒙古草原上。

宇宙飞船有三个飞船舱:轨道舱,用来进行科学实验,如测试太空食品和饮料;返回舱, 宇航员大部分时间都在那里度过;推进舱,里面有燃料、空气和其他技术设备。

与两年前杨利伟的太空之旅不同,费俊龙和聂海胜在飞船舱之间来回穿梭做科学实验。 这是他们第一次脱掉太空服,自由地在各舱内移动。费俊龙和聂海胜还可以从太空给在发射 中心的家人打长途电话。聂海胜的女儿甚至在电话中给她的爸爸唱了一首《生日快乐》歌。

我国于 2008 年 9 月 25 日 21 点 10 分发射了"神舟七号"。27 日,宇航员翟志刚完成了中国的第一次太空行走。中国已经成为第三个在太空行走的国家。2013 年 6 月 11 日是中国太空探索的又一个重要日子。中国第五艘载人飞船"神舟十号"被送入太空。三名宇航员分别是 49 岁的聂海胜、47 岁的张晓光和 33 岁的王亚平,他们在太空中待了 15 天。"神舟十一号"载人飞船于 2016 年 10 月 17 日 7 点 30 分在中国西北的酒泉卫星发射中心发射,共搭载两名宇航员,他们是 50 岁的景海鹏和 38 岁的陈冬。中国计划在 2022 年建造自己的太空站。



launch vt. 发射 manned adj. 载人的 grassland n. 草原

It was the second time that our country had sent up manned spaceship after Shenzhou V.

这是继"神舟五号"之后我国第二次发射载人飞船。

China has become the third country to walk in space.

中国已经成为第三个在太空行走的国家。

Dujiangyan

都江堰

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语篇解读

本文是一篇说明文,主要介绍了中国古代著名的水利工程——都江堰的特点和重要价值。

Dujiangyan is the oldest man-made water system in the world, and a wonder in the development of Chinese science. Built over 2,200 years ago in what is now Sichuan Province in Southwest China, this amazing engineering achievement is still used today to irrigate over 6,000 square kilometers of farmland, take away floodwater and provide water for 50 cities in the province.

In ancient times, the region in which Dujiangyan now stands suffered from regular floods caused by overflow from the Minjiang River. To help the victims of the flooding, Li Bing, the region governor, together with his son, decided to find a solution. They studied the problem and discovered that the river most often overflowed when winter snow at the top of the nearby Mount Yulei began to melt as the weather warmed.

The simplest fix was to build a dam, but this would have ruined the Minjiang River. So instead Li designed a series of channels built at different levels along Mount Yulei that would take away the floodwater while leaving the river flowing naturally. Better still, the extra water could be directed to the dry Chengdu Plain, making it suitable for farming.

Cutting the channels through the hard rock of Mount Yulei was a remarkable accomplishment as it was done long before the invention of gunpowder and explosives. Li Bing found another solution. He used a combination of fire and water to heat and cool the rocks until they cracked and could be removed. After eight years of work, the 20-meter-wide canals had been carved through the mountain.

Once the system was finished, no more floods occurred and the people were able to live peacefully and happily. Today, Dujiangyan is admired by scientists from around the world because of one feature. Unlike modern dams where the water is blocked with a huge wall, Dujiangyan still lets water flow through the Minjiang River naturally, enabling ecosystems and fish populations to exist in harmony.

- 1. What are the benefits of Dujiangyan according to the first paragraph?
 - A. Reducing flooding and watering farmland.
 - B. Protecting the mountain and reducing flooding.
 - C. Watering farmland and improving water quality.
 - D. Drying the river and supplying cities with water.

- 2. What was the main cause of the Minjiang River's flooding?
 - A. Heavy rain.

B. Melting snow.

C. Low river banks.

- D. Steep mountains.
- 3. How was Li Bing able to break through the rocks of Mount Yulei?
 - A. By using gunpowder.
 - B. By flooding the rocks with water.
 - C. By applying a heating and cooling technique.
 - D. By breaking the rocks with hammers and spades.
- 4. Why is Dujiangyan greatly admired by scientists today?
 - A. It preserves much of the natural river life.
 - B. It took very little time to complete the project.
 - C. The building techniques used were very modern.
 - D. It has raised the living standards of the local people.



都江堰是世界上最古老的人工水利系统,也是中国科学发展的一个奇迹。这座令人惊叹的伟大工程建于2200多年前,位于现在中国西南部的四川省,如今仍用于灌溉超过6000平方千米的农田,在泄洪的同时为全省50座城市供水。

在古代,都江堰现在所处的地区经常遭受岷江泛滥的洪水。为了帮助洪灾的受害者, 地方长官李冰和他的儿子决定寻求解决办法。他们研究了这个问题后发现,当天气变暖,附 近的玉垒山山顶上的冬雪开始融化时,河水经常泛滥。

最简单的解决办法是建一座大坝,但这会毁了岷江。因此,李冰设计了一系列建在玉 垒山不同高度处的渠道,它们在泄洪的同时能够使河流自然流淌。更甚者,多余的水可以直 接送到干旱的成都平原,使之适合种植。

在玉垒山的坚硬岩石上开凿渠道是一项了不起的成就,因为那时还没有火药和炸药。 李冰找到了另一个解决办法。他结合使用火、水技术来加热和冷却岩石,直到它们裂开,可以移动。经过八年的奋战,20米宽的沟渠在山上凿成了。

这个水利系统一完工,就再也没有洪灾发生,人民由此能够安居乐业。如今,都江堰受到了来自世界各地科学家的赞赏,因为它有一个特点:不像现代的水坝,水会被一堵巨大的墙堵住,都江堰仍然允许水自然流经岷江,使生态系统和鱼类种群和谐共存。

词句积累

wonder	amazing	irrigate	victim	occur
n. 奇迹, 奇观	adj. 令人惊讶的	ν. 灌溉	n. 受害者,罹难者	vi. 发生

Dujiangyan is the oldest man-made water system in the world, and a wonder in the development of Chinese science.

都江堰是世界上最古老的人工水利系统, 也是中国科学发展的一个奇迹。

Once the system was finished, no more floods occurred and the people were able to live peacefully A

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这个水利系统一完工,就再也没有洪灾发生,人民由此能够安居乐业。

Paper Money

纸币

语篇解读)

本文是一篇说明文,主要介绍了货币的发展过程:由实物交换到贝壳货币再到金属圆 硬币。中国最后发明了纸币,成为世界上第一个制造纸币的国家。

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多 余选项。

China has been the birthplace of many of the world's greatest inventions. It was, for example, the first country to produce paper money. Before the invention of paper money and coins, people used many different kinds of things for buying and selling. 1 This exchange of goods and services for other goods and services is called bartering(物物交换).

In 1200 BC, people in China began to use shells(贝壳) as money. Usually the shells used as money were very small. This made it easier for people to carry money over long distances, and allowed for trade to develop between different parts of the country.

In the years which followed this invention, many other countries around the world began to do the same. 3

The next development was in 1000 BC, when China started making bronze and copper shells. It wasn't long before the Chinese made round coins out of metal. 4 By 500 BC, metal coins had begun to appear in countries like Persia and Greece, and later in the Roman Empire.

About 1,000 years later, leather was used as money in China, and in 806 AD, the first paper banknotes were produced by the Chinese people. 5

- A. As time went by, trade between countries increased.
- B. People also began collecting foreign coins as souvenirs.
- C. They also used tiny shells as money for buying and selling.
- D. It was still many years before paper currency appeared in Europe.
- E. However, as economies developed, such exchanges became impractical.
- F. During that time, for example, buying a chicken might cost several potatoes.
- G. The very first coins often had holes in them so that people could string them together.



中国是世界上许多伟大发明的诞生地。例如,它是第一个制造纸币的国家。在纸币和硬币发明之前,人们使用许多不同种类的东西来买卖。例如,在那段时间里,买一只鸡可能要花费几个土豆。这种商品和服务与其他商品和服务的交换被称为"物物交换"。

然而,随着经济的发展,这种交换变得不实用。公元前1200年,中国人开始使用贝壳作为货币。充当货币的贝壳通常非常小,这使得人们能够更容易地长途携带货币,并使得该国不同地区之间的贸易得以发展。

在这项发明之后的几年里,世界上的其他许多国家也开始这样做。他们也用小贝壳作为买卖货币。

公元前 1000 年,货币得到了进一步的发展。当时中国开始用青铜和铜仿制贝壳。不久之后,中国人就用金属制出了圆形硬币。最早的硬币上经常有孔,以便人们把它们串在一起。到公元前 500 年,金属硬币开始出现在波斯和希腊等国家,后来出现在了罗马帝国。

大约 1000 年后,皮革在中国被当作货币。公元 806 年,中国人制造出了世界上第一张纸币。直到许多年后,欧洲才出现纸币。

词句积累

birthplace n. 诞生地, 出生地

exchange n. 交换

produce vt. 生产, 制造

This made it easier for people to carry money over long distances.

这使得人们能够更容易地长途携带货币。

It wasn't long before the Chinese made round coins out of metal.

不久之后,中国人就用金属制出了圆形硬币。

Abacus

算盘



本文是一篇说明文,主要介绍了中国古代一项伟大的发明——算盘。

The abacus was invented on the basis that Chinese used the *counting-rod*(算筹) for a long period. In ancient times, people used small sticks to count. Later, with the development of productivity, the amount requiring calculation was greater, and calculation with counting-rods limited the calculation. Thus, people invented a more advanced counter—the abacus.

The abacus is rectangular with wooden frame on the four sides and small rods fixed inside strung with wooden *beads*(珠子); a *girder*(横梁) across the middle separates the abacus into two parts: each rod has two beads on its upper part, each representing five, and five beads on the lower