



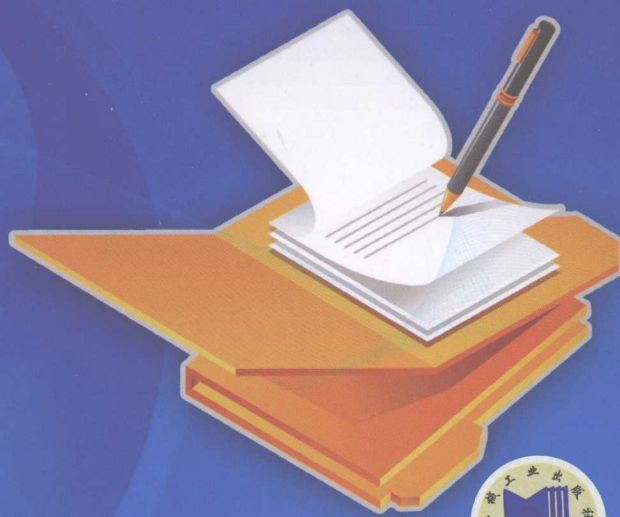
全国高职高专公共基础课教学改革规划教材

# 实用英语

(第一册)

*Practical English*

于洪福 ● 主编



机械工业出版社  
CHINA MACHINE PRESS



全国高职高专公共基础课教学改革规划教材

# Practical English

Book I

## 实用英语

第一册

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机械工业出版社

本书根据教育部颁发的《高职高专英语课程教学基本要求》编写而成。《实用英语》共三册，本书为第一册，主要内容包括：Self-introduction, Hobbies, Learning a Foreign Language, Customs, Communications, Sports, Diet, Science and Inventions, Holidays, Giving Gifts。每个单元分为 Focus, Dialogue, Passage, Writing, Phonetics/Grammar, Cultural Tips 几大模块。

本书可作为高职高专院校公共英语课教材，也可供相关层次人员参考。

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## 前言

本套教材是根据《高职高专英语课程教学基本要求》，立足高职高专学生入学时英语水平参差不齐的现状，经过充分的调研，在研究、对比和分析了几套同类教材的基础上编写而成的。

本套教材体现了高职高专英语课程教学的教学目的，在传授英语基础知识的同时注重开发和培养学生的英语应用能力，突出了“实用为主，够用为度”的原则。

本教材完全是由在高职英语教学一线的教师编写，他们更熟悉高职高专英语教学的实际情况，了解学生的英语水平和需求，尽最大努力缩小了高职英语教材与高职英语教学实际的差异。

本教材的主要特色为：

1. 本书每单元的各个模块内容紧贴日常生活，所设计的练习注重语言技能的培训。
  2. 教材内容选材新颖，富有趣味性。无论是课文学习还是练习，无论形式还是内容，编者都注重选择最新的语料，并努力使英语学习寓于趣味性、娱乐性之中，使得学生在课堂学习和课后自学时都不会觉得枯燥乏味。
  3. 注重基础训练。本教材特别注重基本知识和基本技能的训练，设计了适量的练习，这些练习是以学生为中心潜心设计的，练习的内容和形式符合 A、B 级考试的需要。
  4. 充分体现“以学生为主体，以教师为主导”的教学思想。突出课文的导入，力求最大程度地调动学生参与课堂活动的积极性。
  5. 课文的篇幅短小、实用，图文并茂，生动活泼。努力克服由于篇幅过长造成的课堂教学操作的困难。
  6. 在每单元的词汇部分标注了生词范围，即属于 A 级词汇、B 级词汇还是超纲词汇。让学生有的放矢地自主学习。
  7. 在提高英语能力的同时让学生尽量多了解西方文化习俗，扩大他们的知识面。
- 为了使本套教材不断完善，真诚希望广大师生在使用过程中提出宝贵意见。

编者

# 内 容 说 明

本书《实用英语》第一册共分10个单元，每个单元包括如下模块：

## 1. 开篇重点内容提示 (Focus)

列出本单元要学习的重点内容，提示学生掌握。

## 2. 简短对话 (Dialogue)

提供与本单元主题相关的对话和练习，锻炼学生开口说英语。

## 3. 课文 (Passage)

(1) 导入语部分 根据每单元不同的内容和主题使用不同的导入手段，包括利用文中插图，通过问答、讨论、连线的形式进行导入。其目的在于：直接吸引学生，引起学生的注意，激发学生学习的兴趣；使学生重塑自信，觉得英语课好学、易学；使课堂气氛变得轻松活泼，学生能主动参与教学过程，从而提高课堂效率。

(2) 短文与综合练习 课文选材标准包括趣味性、知识性和可模仿性等，题材广泛。篇幅力求短小精悍，避免长篇课文带来的沉重感，帮助英语基础薄弱的学生克服畏惧心理，让他们多一分成就感和自信心。文章尽量限制在100~200词之间。生词的数量努力控制在课文总词量的6%左右。综合练习包括课文理解练习、词汇和句型练习、翻译练习和听说练习。可巩固学生在本单元所学习的知识，培养学生的英语应用能力。

(3) 知识拓展 提供一些与本单元内容和主题相关的词汇、短语、句型和信息，以使学生在练习口语和写作时有更多的素材和内容。

## 4. 写作 (Writing)

按不同的层次对学生进行写作训练，培养学生阅读和模拟套写常用应用文的能力。

## 5. 语音和语法 (Phonetics/Grammar)

语音包括音标以及朗读技巧。前5个单元主要是语音和朗读技巧训练，后5个单元是语法巩固，让学生对所学过的英语语法进行一定程度上的加深和系统化。

## 6. 文化点滴 (Cultural Tips)

根据每一单元的具体内容，提供一些国外文化背景信息，开拓学生视野。

本书将课文中出现的A级词汇和超出《高职高专英语课程教学基本要求》所规定的词汇分别加以“★”和“▲”号，以便于学生查找和把握。

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## Unit 1 Self-introduction

### Focus

**Dialogue:** Meeting on Campus

**Passage:** Self-introduction in the First English Class

**Writing:** Self-introduction

**Phonetics:** 12 Vowels

|      |     |      |     |      |     |
|------|-----|------|-----|------|-----|
| [i:] | [i] | [e]  | [æ] | [ɔ:] | [ɒ] |
| [u:] | [u] | [a:] | [ʌ] | [ɛ:] | [ɛ] |

**Cultural Tips:** Words about University Students

## Dialogue

(Two students meet on **campus**. One is a **freshman**, the other is a **sophomore**.)

**Li Gang**: Excuse me? Are you Wu Wei from Shandong?

**Wu Wei**: Yes, I am. May I know your name, please?

**Li Gang**: Yeah. My name's Li Gang. I come from Shandong **Province**, too.

**Wu Wei**: Oh. Nice to meet you!

**Li Gang**: Nice to meet you, too. It is said that a student from my hometown will come to our college and I've been looking forward to seeing you. Welcome to our college!

**Wu Wei**: Thank you very much. Are you a freshman, too?

**Li Gang**: No, I'm a sophomore here. But we're in the same **department**.

**Wu Wei**: Great!

**Li Gang**: I'm here to see whether you need any help.

**Wu Wei**: That's very kind of you, Li Gang. Could you please show me around our campus?

**Li Gang**: Sure! This way, please!



## New Words

|            |               |                  |
|------------|---------------|------------------|
| campus     | [ˈkæmpəs]     | n. 校园, 学校场地      |
| freshman   | [ˈfrefsmən]   | n. 大学一年级学生       |
| ▲sophomore | [ˈsɒfəməʊ]    | n. 大学二年级学生       |
| province   | [ˈprɒvɪns]    | n. 省             |
| department | [diˈpɑːtmənt] | n. 部, 司, 局, 处, 系 |

## Phrases and Expressions

|                          |                   |
|--------------------------|-------------------|
| on campus                | 在校园里              |
| It is said that...       | 据说……              |
| look forward to...       | 盼望……              |
| show sb. around          | 带某人参观             |
| one... , the other...    | (两者中) 一个……, 另一个…… |
| Welcome to...            | 欢迎到……             |
| That's very kind of you! | 您真好!              |

## Useful Language

May I introduce myself: Donald Erwin.

请允许我自我介绍: 唐纳德·欧文。

Allow me to introduce myself: Jenny Heywood, an engineer from Cambex.

请允许我自我介绍: 詹妮·海伍德, 坎培克斯公司的一名工程师。

First let me introduce myself: David Emory, director of the English Department.

先让我自我介绍: 大卫·埃默里, 英语系主任。

Hi! I'm Morris Keats.

你好! 我是莫里斯·济慈。

Excuse me. I don't believe we've met. I'm Edgar Snow.

对不起, 我相信我们还没有见过面。我是埃德加·斯诺。

How do you do? I'm John West.

你好。我是约翰·韦斯特。

Happy to know you.

很高兴认识你。

I have often heard about you.

久仰, 久仰。

## Read and Think

**Decide whether the following statements are true or false.**

- \_\_\_\_\_ 1. Not only Wu Wei but also Li Gang comes from Shandong Province.
- \_\_\_\_\_ 2. Both Wu Wei and Li Gang are freshmen.
- \_\_\_\_\_ 3. They are in the same class.
- \_\_\_\_\_ 4. They are in different departments.
- \_\_\_\_\_ 5. Wu Wei is showing Li Gang around the campus.

## Passage

### Lead-in Activity

**Guess the meaning of the underlined words.**

1. Tom is a senior and he'll graduate from university next month.

A. 大一新生      B. 大二学生      C. 大三学生      D. 大四学生

2. We are studying in the Department of Automatic Control.

A. 信息系      B. 工商系      C. 自控系      D. 机械系

3. I'm a college student and my major is Business English.

A. 爱好      B. 特长      C. 专业      D. 职业

### Pre-Reading Questions

1. Can you introduce yourself in English?
2. If you are asked to introduce yourself in English, what will you tell them?

## Self-introduction in the First English Class



### English Teacher:

Good morning, boys and girls! Welcome to Liaoning Mechanical & Electrical **Polytechnic**! I'm very happy to be your English teacher this **term**. My name is Zhang Hong and Jennifer is my English name. You can call me Ms. Zhang or just Jennifer if you like. Since this is our first English class, I hope you can **introduce** yourself to me.

### Student No. 1:

Hello, everybody! My Chinese name is Wang Li and My English name is Helen. I'm a girl of 20, quite **outgoing** and **frank**. I come from Dalian, Liaoning Province. It's a beautiful place. This is the first time I have been here, so everything is new to me. Now I'm studying in the **Automatic Control Department** of Liaoning Mechanical & Electrical Polytechnic and my **major** is **CNC**. I hope I'll get used to the life here soon with your help. And I'd like to get on well with my classmates and make friends with all of you. That's all. Thank you!

### New Words

|               |                |                         |
|---------------|----------------|-------------------------|
| ▲ polytechnic | [ˌpɒliˈteknɪk] | n. 技术学院, 技术学校           |
| term          | [tɜ:m]         | n. 学期                   |
| introduce     | [ˈɪntrəˈdju:s] | vt. 介绍                  |
| introduction  | [ɪntrəˈdʌkʃən] | n. 介绍; 引进; 引言           |
| ▲ outgoing    | [ˈaʊtɡəʊɪŋ]    | adj. 开朗的, 友善的; 好交际的     |
| frank         | [fræŋk]        | adj. 坦率的, 真诚的           |
| ★ automatic   | [ˌɔ:təˈmætɪk]  | adj. 自动的                |
| control       | [kənˈtrəʊl]    | vt. & n. 控制, 支配; 克制, 抑制 |

### Phrases and Expressions

|                                   |            |
|-----------------------------------|------------|
| self-introduction                 | 自我介绍       |
| introduce... to...                | 把……介绍给……   |
| a girl of 20 = a 20-year-old girl | 一个 20 岁的女孩 |
| get used to...                    | 习惯于……      |
| with one's help                   | 在某人的帮助下    |
| get on well with sb.              | 与某人相处融洽    |
| make friends with sb.             | 与某人交朋友     |

### Proper Names

|                                              |            |
|----------------------------------------------|------------|
| Liaoning Mechanical & Electrical Polytechnic | 辽宁机电职业技术学院 |
| Automatic Control Department                 | 自控系        |
| CNC ( Computerized Numerical Control)        | 数控         |

## Exercises



## Comprehension

## I. Answer the following questions according to the passage you have read.

1. What's Wang Li's English name?
2. How old is Wang Li?
3. Where does Wang Li come from?
4. What's her major?
5. What's Wang Li like?

## II. Fill in the blanks with words or phrases from Wang Li's self-introduction. Don't refer back to it until you have finished.

Wang Li is a girl 1 20. She's very 2 and frank. Her English name is 3. She comes from Dalian, Liaoning 4. This is the first time she 5 here, so everything is new to her. Now she's studying in the Department of 6 of Liaoning Mechanical & Electric Polytechnic and her 7 is CNC. She will 8 living here soon 9 our kind help. And she wants to get on well 10 her classmates and make friends 11 all of us.

## Vocabulary

## I. Complete the following form.

| 单词拼写           | 中文意思 | 单词拼写 | 中文意思    |
|----------------|------|------|---------|
| 1. campus      |      | 6.   | 介绍 n.   |
| 2. freshman    |      | 7.   | 省       |
| 3. outgoing    |      | 8.   | 坦率的     |
| 4. major       |      | 9.   | 控制      |
| 5. polytechnic |      | 10.  | 系, 部, 处 |

## II. Fill in the blanks with the words given below. Change the form where necessary.

major say introduce control campus

1. His home is on the university \_\_\_\_\_.
2. Mechanical engineering is a very practical \_\_\_\_\_.
3. Ken is \_\_\_\_\_ to be very good at operating computers.
4. He made the \_\_\_\_\_ at the party.
5. You should learn to \_\_\_\_\_ yourself in front of your students.

## Translation

## I. Translate the following into English.

1. 欢迎到中国来! (welcome)

2. 我期盼能收到你的来信。(look forward to)
3. 让我来带你参观一下我们的校园。(show)
4. 她哥哥不习惯于乡村生活。(be used to)
5. 据说他姐姐正在北京大学英语系学习。(say)

## II. Translate the following sentences into Chinese.

1. How are you getting on with your classmates?
2. All the Chinese people are looking forward to the Olympic Games.
3. I major in computer science.
4. I'd like to introduce an old friend of mine to you.
5. I'm sure I can learn English very well with your help.

## Listening



### I. Read the following and try to guess the answers.

Lu Ming is a boy of 1. He comes from 2, 3 Province. Now He's studying in the 4 Department of 5 University and his major is 6. He has a lot of friends because he is not only honest but also 7. Lu Ming's best friend in Shanghai is 8. He was born in 9 and he usually shows Lu Ming around the 10 in his spare time. Lu Ming is very 11 now because this is the 12 time he has been here.

### II. Listen and check your answers.

## Speaking

### 1. Work in pairs.

Introduce yourself to your deskmate. Your self-introduction should include your **name**, **age**, **personality**, **hometown**, **Department**, **University / college**, and **your major**.

### 2. Work in groups.

Introduce your deskmate to others.



## For Your Reference

Some Departments and Majors at Vocational Colleges

(职业技术学院的部分系部和专业)

### Departments

- |                                                   |          |
|---------------------------------------------------|----------|
| 1. Department of Mechanical Engineering           | 机械工程系    |
| 2. Department of Electronic Engineering           | 电子工程系    |
| 3. Department of Computer Information Engineering | 计算机信息工程系 |
| 4. Department of Business Management              | 工商管理系    |
| 5. Electromechanical Engineering Department       | 机电工程系    |
| 6. Fundamental Education Department               | 基础部      |
| 7. Practicing and Training Department             | 实训部      |
| 8. Further Education and Training Department      | 继续教育和培训部 |

### Majors

- |                                                    |           |
|----------------------------------------------------|-----------|
| 1. non-destructive testing                         | 无损检测      |
| 2. machine building & automation                   | 机械制造与自动化  |
| 3. mould design and making                         | 模具设计与制造   |
| 4. automobile check & maintenance                  | 汽车检测与维修   |
| 5. e-commerce                                      | 电子商务      |
| 6. logistic management                             | 物流管理      |
| 7. industrial & commercial business administration | 工商企业管理    |
| 8. computer network technology                     | 计算机网络技术   |
| 9. applied computer technology                     | 计算机应用技术   |
| 10. electric automation technology                 | 电子自动化技术   |
| 11. manufacturing process automation               | 生产过程自动化技术 |
| 12. electronic measurement & instrument            | 电子测量与仪器   |

## Writing



### Self-introduction

#### 1. Read and understand the sample.

Hello, everyone! Please allow me to introduce myself to you.

My English name is Gary. I'm a boy of 21 and I come from Shenyang, Liaoning Province. Now

I'm studying in the Mechanical Engineering Department of Liaoning Vocational College. My major is mould design. I like sports very much and football is my favorite. I hope I can get on well with my classmates and make friends with all of you.

That's all. Thank you!

## 2. Make a self-introduction according to the following.

**Name:** Emma  
**Sex:** female  
**Age:** 22  
**Hometown:** Anshan  
**College:** Anshan Vocational College  
**Department:** Automatic Control  
**Major:** non-destructive testing

## 3. Make a self-introduction in written form.



# Phonetics

## 12 Vowels

英语中共有 48 个音素 (48 phonemes), 由国际音标表示。

其中元音 20 个, 辅音 28 个。(20 vowels + 28 consonants)

20 个元音包括: 单元音 12 个, 双元音 8 个。

### 12 个单元音 (12 Vowels):

#### 1. 前元音 (Front Vowels): [i:] [i] [e] [æ]

舌尖抵住下齿, 舌前部用力, 4 个前元音牙床开得一个比一个大。

#### 2. 后元音 (Back Vowels): [ɔ:] [ɒ] [u:] [u] [a:]

舌身后缩, 舌后部向软腭抬起。其中, 发 [ɔ:] 和 [ɒ] 要圆唇, 发 [u:] [u] 时嘴唇要圆且要向前突出, 发 [a:] 要做到大口形。

#### 3. 中元音 (Central Vowels): [ʌ] [ə:] [ə]

舌中部隆起, 舌尖略微离开牙龈根。

## Exercises

### I. Write down the pronunciation of the underlined letter or letters.

- |                |              |               |              |               |     |
|----------------|--------------|---------------|--------------|---------------|-----|
| 1. <u>beef</u> | <u>sheep</u> | <u>street</u> | <u>peach</u> | <u>cheap</u>  | [ ] |
| 2. <u>gas</u>  | <u>flash</u> | <u>chat</u>   | <u>flat</u>  | <u>stamp</u>  | [ ] |
| 3. <u>pet</u>  | <u>test</u>  | <u>net</u>    | <u>best</u>  | <u>fresh</u>  | [ ] |
| 4. <u>fox</u>  | <u>clock</u> | <u>cross</u>  | <u>pop</u>   | <u>smog</u>   | [ ] |
| 5. <u>bird</u> | <u>shirt</u> | <u>term</u>   | <u>turn</u>  | <u>church</u> | [ ] |

**II. Try to read the following words with the help of the phonetic symbols.**

|        |         |    |         |           |      |
|--------|---------|----|---------|-----------|------|
| see    | [si:]   | 看见 | believe | [bi'li:v] | 相信   |
| better | ['betə] | 更好 | never   | ['nevə]   | 从来没有 |
| need   | [ni:d]  | 需要 | indeed  | [in'di:d] | 真正地  |
| friend | [frend] | 朋友 | than    | [ðæn]     | 比    |

**III. Try to read the following proverbs.**

1. Seeing is believing. 眼见为实。
2. Better late than never. 亡羊补牢犹未晚。
3. A friend in need is a friend indeed. 患难朋友才是真正的朋友。

## Cultural Tips



### Words about University Students

一至四年级的大学生英语分别用 freshman, sophomore, junior, senior 来表示。其中，大学一年级学生无论男女都用 freshman 表示，其复数为 freshmen。此外，英语中还有 undergraduate 指的是“大学在读生”，graduate 指的是“毕业生”或“研究生（美国）”，在英国，“研究生”用 postgraduate 来表示。

II. Try to read the following words with the help of the phonetic symbols.



## Unit 2 Hobbies

### Focus

**Dialogue: Talking about Hobbies**

**Passage: Hobbies Make Our Life Colorful**

**Writing: My Favorite Sport**

**Phonetics: 8 Diphthongs**

[ei] [ai] [ɔi] [əu] [au] [iə] [eə] [uə]

**Cultural Tips: Words about Color**