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Unit 1 Food

Part Three Reading-Centered Activities

I .Notes

1. **Many people would find it disgusting to eat rats, but there are forty-two different cultures whose people regard rats as appropriate food.**

许多人觉得吃老鼠肉是令人恶心的事,但是世界上有 42 种不同文化的人认为鼠肉是很恰当的食物。

[注释]这是一个并列复合句。在第一分句中,it 是形式宾语,disgusting 是现在分词,起形容词作用,作宾语补足语。不定式 to eat rats 是实际宾语。but 连接第二分句,其中 whose people regard rats as appropriate food 是定语从句,修饰先行词 culture, whose 是关系代词,在定语从句中作定语,修饰 people. as appropriate food 是宾语补足语。

2. **Some people in Africa think African termites make a delicious meal.**

有些非洲人认为非洲白蚁是美食。

[注释]句中的 make 相当于 constitute,意思是 has the right qualities or features to be that thing. 例如:

This pipe will make a good gift for his birthday. (这个烟斗

可以作为送给他的生日礼物。)

That short novel will make a good film. (那部短篇小说可以拍成一部好电影。)

3. **Many other people would probably be sick if they had to eat termites, but one hundred grams of termites contain more than twice as many calories and almost twice as much protein as one hundred grams of cooked hamburger.**

如果非得吃白蚁,许多其他人可能会呕吐,但是 100 克白蚁所含的热量是 100 克做熟的汉堡包所含热量的两倍,白蚁所含的蛋白质也几乎是汉堡包所含蛋白质的两倍。

[注释]这是一个并列复合句,第一分句中含有一个 if 引导的条件状语从句。but 连接第二分句,其中有 as one hundred grams of cooked hamburger 这一比较状语从句。twice as many...as 和 twice as much...as 都是“是……的两倍”,后接可数名词时,用 many;接不可数名词时,用 much。

4. **taboo** [tə'bu:, tæ'bu:]

n. 禁忌;禁止的东西: Among Hindus there is a taboo against killing cows.

(在印度教徒中有一条不准宰牛的禁忌。)

This tribe has many taboos about the kinds of food women may eat. (这个部落关于妇女的饮食有许多禁忌。)

- a. 禁止的: In our school bad language is taboo. (在我们学校粗鲁的语言是禁止的。)

Questions that were once taboo are now discussed openly.
(现在人们公开讨论以前视为禁忌的问题。)

5. First, cows are valuable because the farmers need them to help plow their fields.

首先,牛是很有价值的,因为农民需要它们帮着犁地。

[注释]这是个复合句, because 引导原因状语从句,从句中 to help plow their fields 是不定式短语作宾语补足语。plow 前省略不定式符号 to, 是 help 的宾语。

6. in some cases 有时,有些情况下:

In some cases, he got better grades than I did. (有时他的考试成绩比我好。)

In some cases, she even forgot to lock the door. (有时她甚至忘了锁门。)

7. in addition 此外,还:

In addition, many windows were broken. (此外,许多窗户都破了。)

The boss made him work twelve hours a day and often beat him in addition.

(老板让他每天工作 12 小时,还经常打他。)

8. Thieves will not usually enter a house where there is a dog because the dog will bark and possibly attack a stranger who is trying to get into a house.

盗贼一般不进有狗的住宅,因为狗会吠叫,并且会袭击试图进屋的陌生人。

[注释]这是一个主从复合句。where there is a dog 是定语从句,修饰 a house。because 引导原因状语从句,修饰主句的谓语动词。who is trying to get into a house 是定语从

句, 修饰 a stranger。

9. One explanation for the pig-eating taboo is that pork that is not cooked sufficiently may spread a disease called *trichinosis*. (对禁食猪肉的一种解释是没有煮透的猪肉可能会传播一种称作旋毛虫病的疾病。)

[注释] 这是个主从复合句。that pork... may spread a disease 是表语从句。that is not cooked sufficiently 是定语从句, 修饰 pork。called *trichinosis* 是过去分词短语, 作 a disease 的定语。

II. Reading Comprehension

1. Finding Food Taboos

Countries	Taboo	Reasons
India	<u>cow</u>	1) <u>Cows help plow the fields.</u> 2) <u>Cow manure can be used as fertilizer.</u> 3) <u>Cow manure can be dried and burned to make a cooking fire.</u>
United States	<u>dog</u>	1) <u>Dogs serve as companions for people.</u> 2) <u>Dogs serve as protection against thieves.</u>
Ancient Egypt & Israel	<u>pork</u>	1) <u>Pork cooked insufficiently may spread disease.</u> 2) <u>People did not want to stay in one place.</u>

2. Understanding the Details

- 1) nutrition, religion, the ways of life of different people.
- 2) butterflies, rats, termites.
- 3) calories, protein.
- 4) there is plenty of land for raising cattle and their meat can be shipped cheaply for long distances by railroads.
- 5) they go wherever they want to in the streets, they can eat anything from the supplies of the food sellers on the streets.

III. Vocabulary

- | | | |
|------------------|----------------|---------------|
| 1. 1) common | 2) appropriate | 3) forbidden |
| 4) supplies | 5) related | 6) protection |
| 7) requires | 8) raise | 9) spread |
| 10) sufficiently | | |
| 2. 1) disgusting | 2) habit | 3) insects |
| 4) reasonable | 5) relatively | 6) animals |
| 7) harvested | 8) grow | 9) nearly |
| 10) other | 11) altogether | 12) consumed |
| 13) avoided | 14) popular | 15) offers |
| 16) served | 17) would | 18) enjoyed |
| 19) considered | 20) reject | |

IV. Translation

1. We regard him as one of the best players in this game.
2. The scientist picked up the small stones and put them care-

fully into a box.

3. The population of China is almost five times as large as that of the United States.
4. The reason why grass is green was once a mystery to the little boy.
5. She was standing by the window, apparently quite calm and relaxed.
6. Profits have declined as a result of the recent drop in sales.
7. She put on sun glasses as a protection against the strong light.
8. He could no longer be trusted after that event.

V. Translation of the Passage

对于什么样的食物好吃,我们都有自己的看法。同样,对于什么样的食物不好吃,我们也有自己的看法。因此,一种文化的人常常会认为另一种文化的人所吃的食物是让人厌恶的或令人作呕的。例如,著名的拳击手穆罕默德·阿里在非洲访问时,他团里的一名成员看到一个人抓住一只蝴蝶把它吃下肚去时,他恶心得想吐。许多人会觉得吃老鼠肉是恶心的,可是,世界上有 42 种文化的人把鼠肉当作正常的食物。

有些非洲人认为非洲白蚁是美味佳肴。对于许多其他人来说,如果非要吃白蚁不可,他们很可能会呕吐。然而,100 克白蚁所含的热量是 100 克做熟的汉堡包所含热量的两倍,白蚁所含的蛋白质也几乎是汉堡包所含蛋白质的两倍。

但是,对食物的好恶似乎并不总是与营养有关的。例如,

花椰菜在营养最丰富的常见蔬菜排行榜上名列第一,可它在美国人最喜欢的蔬菜排行榜上却排在第 21 位。西红柿在营养最丰富的蔬菜中排在第 16 位,但它在美国人最喜欢的蔬菜排行榜上却名列榜首。

可是,不喜欢并不是某种文化的人不吃某种食物的唯一原因。在有些文化中,有些食物是禁忌。“Taboo”一词来源于斐济群岛的语言,用来指不准做的事。有些食物在某些宗教中是禁忌,也有一些是与宗教无关的食物禁忌。我们通常不会去考虑为什么在我们的文化中有些东西会成为禁忌。我们甚至不知道它们为什么会成为禁忌。人类学家们试图发现禁忌背后的真正原因。例如,人们都知道印度的神牛。牛可以在印度的大街上随意走动;街道两边食品摊主卖的东西,它想吃什么就可以吃什么。结果,牛成了难题。即使这样,没有一个印度人会宰杀它们或吃它们的肉。宰牛或吃牛肉是被禁止的。其他人会觉得这种习俗很奇怪,可人类学家们相信这种禁忌是有原因的。首先,牛是极其有价值的,因为农民需要它们帮助犁地。其次,牛粪可当作地里的肥料。在印度,许多农民买不起肥料。再则,可以把牛粪晒干,用作做饭用的燃料。所以宰牛吃其肉的农民很快就发现他们没法耕地,没法给地里施肥,也没法做饭。

另一个例子是美国人不吃狗肉,尽管其他一些文化的人把狗肉当作佳肴。在美国,狗是宠物,对人们来讲非常重要。它们通常被当作家庭的一部分,有时候它们被当作孩子看待。此外,狗还有保护主人不受罪犯骚扰的价值。盗贼一般不进养狗的住宅,因为狗会吠叫,还会袭击企图进入住宅的陌生

人。很显然,狗在社会中可以作人的伙伴,并且能起防范罪犯的作用,这使得吃狗肉成为禁忌。

不止一种文化有忌食猪肉的习惯。有证据表明古埃及人不吃猪肉。古代以色列人也把猪肉当作禁忌。对禁食猪肉的一种解释是没有烧熟的猪肉会传播一种叫旋毛虫病的疾病。但是大多数人现在认为这种解释是不充分的。另一种解释是以色列人原先是游牧民族——他们总是不断地迁移。而要养猪就必须在一个地方定居下来。以色列人不愿意在一个地方定居下来,因为他们不想改变他们的文化。于是,他们就不吃猪肉。

人类学家相信,对食物的好恶,是不同人不同生活方式的结果。有些人生活的地区既有大型动物,又有许多昆虫。对他们来说杀死大型动物是很困难的,需要付出很大的力气。对他们来说,以昆虫为食比较容易,因为捕捉昆虫既不困难,也不需要花很大力气。到处流动的游牧部落不愿意养猪吃猪肉。人们不愿意吃狗这样的宠物。美国人吃大量牛肉,因为美国的许多土地可以用来养牛,并且牛肉可以通过铁路以低廉的价格进行长途运输。

VI. After-Class Reading

Passage 1

一、Notes

1. Developments in printing finally led to a change and the

larger restaurants' floor plans made a single handwritten menu impractical, so printed menus were introduced.

(Line 5)印刷业的发展最后带来了变化,由于餐馆的扩大使一张张手写的菜单变得不符合实用,于是,印刷的菜单就被采用了。

[注释]这是个主从复合句,so 引导一个结果状语从句,前面是由 and 连接的两个分句。句中的 led to 是“导致,引起;通向”的意思。如:

His carelessness led to a serious accident. (他的粗心大意造成了严重事故。)

This path leads to the ancient castle. (这条小路通向古城堡。)

2. give credit for (Line 9) 因……而受到赞扬;把……归功于;承认(某人的优点)

I must give credit to my daughter for the decorations. (这装修全靠我女儿。)

He was given credit for his contribution to the project's success. (他由于作出贡献使工程胜利完成而受到表扬。)

3. for the most part (Line 16) 在极大程度上;就绝大部分而言;多半

This orange drink is for the most part water. (这种桔子水绝大部分是水。)

He is for the most part a well-behaved boy. (在大多数情况下,他是个守规矩的孩子。)

4. gave way to (Line 20) 让位于;转为

Steam trains gave way to electric trains soon after the war.

(战后不久蒸汽火车就让位于电气火车。)

Her fear gave way to anger. (她的害怕变为愤怒。)

5. in spite of (Line 34) 尽管; 不顾

They were playing football in spite of the rain. (尽管下雨, 他们还在踢足球。)

In spite of the loud noise, I slept heavily. (尽管很吵, 我还是睡得很好。)

6. open up (Line 39) 打开; 开拓, 开辟; 展现

After we had opened up the package, we found that there was nothing in it. (打开小包后, 我们发现里面什么东西也没有。)

The company has decided to open up this area for housing. (该公司已决定开发这一地区用于建房。)

His theories opened up a new area for study. (他的理论开拓了一个新的研究领域。)

7. eat out (Line 42) 在外头吃饭, 下馆子

It's a long time since we last ate out. (我们已好久没在外面吃饭了。)

It's said that Americans are fond of eating out. (据说美国人喜欢到餐馆吃饭。)

二、Comprehension and Vocabulary

1. 1) written menu 2) listed on a board easily seen

3) 1830s 4) highly decorated 5) the 20th century

• 10 •

2.1) A. to develop an appetite

B. to tell a joke

C. to explain a food item

D. to create a mood

E. to tell something of the history of the restaurant

F. to sell food

G. to emphasize the unique atmosphere of the restaurant

2) A. the 1930s

B. from the end of World War II to the end of the 1960s

C. the 1980s onward

3) A. during the Second World War

B. the 1970s

3.1) C

[注释]原句中的 developed 是“开发,发展”。C)中的 developing 与原句中的 developed 意思相同。A)中的 developing 是“改进”;B)中的 develop 是“冲洗(胶卷)”。

2) B

[注释]原句中的 credit 是“赞扬,表扬”。B)中的 credit 与其同义。A)中的 credit 是“赊欠”;C)中的 credit 是“学分”。

3) B

[注释]原句中的 call 是“要求,需求”。B)中的 call 与其同义。A)中的 call 是“电话”;C)中的 call 是“访问”。

4) A

[注释]原句的 followed 是“模仿,仿效”。A)中的 follow 与其同义。B)中的 followed 是“随后,随之而来”;C)中的 fol-

low 是“听懂”。

5) B

[注释]原句中的 promoted 是“改进,促进”。B)中的 promote 与其同义。A)中的 promoted 是“提升”;C)中的 promoted 是“升级”。

6) C

[注释]原句中的 casual 是“偶然的,偶尔的”。C)中的 casual 与其同义。A)中的 casual 是“临时的”;B)中的 casual 是“漫不经心的,随便的”。

7) B

[注释]原句中的 featured 是“以……为特色”。B)中的 feature 与其同义。A)中的 feature 是“起主要作用,占显著地位”;C)中的 featuring 是“以……作为号召物;推出”。

8) C

[注释]原句中的 preserving 是“保持,保留;维护”。C)中的 preserve 与其同义。A)中的 preserve 是“保护,保存”;B)中的 preserving 是“储存,储藏”。

Passage 2

一、Notes

1. provide (Line 10)

vi 提供;养活;防备(常与 for 连用)

She provided for her family by working in a textile mill. (她在纺织厂工作挣钱养家糊口。)

He worked hard to provide for his old age. (他努力工作挣钱防老。)

vt. 提供; 准备 (常用 provide sth. for sb. 和 provide sb. with sth. 的结构)

The Red Cross provides food and shelter for flood victims.
(红十字会向水灾灾民提供食物和住所。)

Her company provides her with a car. (她的公司给她提供了一辆车。)

2. in short (Line 71) 总之, 简而言之

The children could play as long as they liked, they had no work to do, and nobody scolded them; in short, they were happy. (孩子们可以想玩多久就玩多久, 他们不用干活, 没有人骂他们; 总之, 他们很快活。)

In short, I upset their plans, and wounded their self-esteem.
(简而言之, 我打乱了他们的计划, 伤了他们的自尊心。)

二、Comprehension and Vocabulary

1.1) heat and energy

- 2) starches
- 3) candy, soft drinks, jelly, etc.
- 4) extra fuel
- 5) warm
- 6) vegetable fats
- 7) butter, cream, bacon, etc.
- 8) body tissues

- 9) complete
 - 10) incomplete
 - 11) meat, fish, poultry, eggs, milk, cheese, etc.
 - 12) bones and teeth
 - 13) anemia
 - 14) calcium and phosphorus
 - 15) lean meats, liver, whole grains, etc.
 - 16) body processes
 - 17) deep yellow fruits and vegetables, dark green leafy vegetables, etc.
 - 18) meats and vegetables
 - 19) citrus fruits
 - 20) sunshine
-
- | | | |
|--------------|--------------|---------------|
| 2.1) build | 2) repair | 3) include |
| 4) Extra | 5) divided | 6) changed |
| 7) third | 8) regarded | 9) incomplete |
| 10) mixing | 11) minerals | 12) ensure |
| 13) blood | 14) control | 15) skin |
| 16) appetite | 17) cells | 18) bones |

Part Four Further Development

2. Food Proverbs

- D 1) Half a loaf is better than none. (有一点总比没有好。)
- E 2) The proof of the pudding is in the eating. (布丁好坏,

一尝便知。)

B 3) Too many cooks spoil the broth. (厨师多了做坏汤, 艄公多了弄翻船。)

F 4) One man's meat is another man's poison. (萝卜青菜各有所爱。)

G 5) You can't eat your cake and have it too. (两者不可兼得。)

C 6) Don't put all your eggs in one basket. (不要孤注一掷。)

A 7) It's no use crying over spilt milk. (已经做过的事后悔也没用。)

Part Five Quiz

1. Fruit

- | | | |
|----------|---------------|---------------|
| 1) grape | 2) orange | 3) pineapple |
| 4) apple | 5) watermelon | 6) strawberry |

Vegetables

- | | | |
|-----------|-------------|-------------|
| 1) tomato | 2) mushroom | 3) cabbage |
| 4) carrot | 5) spinach | 6) broccoli |
| 7) potato | 8) pepper | |

Meat

- | | | |
|------------|---------|----------|
| 1) chicken | 2) beef | 3) lamb |
| 4) turkey | 5) pork | 6) bacon |

2. 1) As required, we have booked you two double rooms **which**

overlook the park.

- 2) Here is our service list **that** gives details of the services available at the hotel.
 - 3) You can buy cigarettes and sweets at the hotel tobacconist, **which** is situated in the hotel lobby.
 - 4) Mr. Franks is one of the duty managers **who** deal with day-to-day problems.
 - 5) There are free shoe-cleaning machines available, **which** can be found on the 2nd and 5th floors.
 - 6) We have received a telephone booking from European Mines, **who** will confirm the booking by telex.
 - 7) The porter has gone to the chemist for the prescription, **which** the porter will bring to your room.
 - 8) The Cafe' Tour specialized in salmon dishes, **which** are served only in season.
 - 9) There is a car park adjoining the hotel, **where** only hotel guests may leave their cars.
 - 10) The hotel has a coffee shop on the ground floor, **where** beverages and snacks are served all day.
- 3.1) available 2) vegetables 3) increasing 4) way
5) lifestyles 6) single 7) responsible 8) ever
9) result 10) out 11) choice 12) popular
13) awareness 14) threat 15) meet 16) weight
17) physical 18) rich 19) however 20) nutrition