



The Family Unit
Family Responsibility
Family Change



每日健康·Everyday Health

家庭生活

Family Living



每日健康 · EVERYDAY HEALTH

家庭生活

Family Living

Globe Fearon (美) 著

丛书主编：王小萍 杨阳 申蔷

本系列主编：杨阳

本册改编：杨阳

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

(京)新登字 155 号

京权图字 01-2003-1634

图书在版编目(CIP)数据

每日健康——家庭生活/(美)费伦(Fearon, G.)著;杨阳改编. - 北京:外语教学与研究出版社, 2002

ISBN 7-5600-3200-1

I. 每… II. ①费… ②杨… III. 英语课-中学-课外读物 IV. G634.413

中国版本图书馆 CIP 数据核字(2002)第 099456 号

China edition published by Pearson Education North Asia Ltd. and Foreign Language Teaching & Research Press. Copyright © 2003 by Pearson Education, Inc.

Authorized translation from the US edition, entitled "Everyday Health," Copyright © 1997 by Globe Fearon, an imprint of Pearson Learning Group. Used by permission of Pearson Education, Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electric or mechanical, including photocopying, recording or by any information storage retrieval system, without permission from Pearson Education Inc.

This edition is manufactured and authorized for sale only in the People's Republic of China (excluding the Special Administrative Region of Hong Kong and Macau).

由 Globe Fearon 有限公司授权翻译英文版《每日健康》, 培生教育出版有限公司允许使用。
版权所有, 未经培生教育出版有限公司许可, 本书任何部分不得以任何方式抄袭、节录或翻印。
英文/简体汉字版由培生教育出版北亚洲有限公司与外语教学与研究出版社联合出版。
本简体汉字版本只供在中华人民共和国内地销售(不包括香港特别行政区和澳门特别行政区)。

每日健康——家庭生活

Globe Fearon (美) 著

* * *

责任编辑: 黄江岩

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷: 北京师范大学印刷厂

开 本: 787×1092 1/16

印 张: 4.5

版 次: 2003 年 4 月第 1 版 2003 年 4 月第 1 次印刷

书 号: ISBN 7-5600-3200-1/G·1531

定 价: 5.90 元

* * *

如有印刷、装订质量问题出版社负责调换

制售盗版必究 举报查实奖励 (010)68917826

版权保护办公室举报电话: (010)68917519

在新世纪,学好英语的重要性毋庸置疑。但在倡导素质教育的今天,如何提高学习英语的效率,如何能够学以致用,无疑仍是同学们所面临的一大难题。虽说条条大路通罗马,但最好不要走弯路,更不要误入歧途。

国家《英语课程标准》要求初三毕业达到国家五级水平,高三毕业应达到七级水平。在五级的总体目标中有这样的要求:能就日常生活的各种话题与他人交换信息并陈述自己的意见;七级标准的要求就更进了一步,即能就较广泛的话题交流信息,提出问题并陈述自己的意见和建议。

由此可见,学习英语的重要目的是交流,而交流的内容应该丰富多彩,并与我们的生活紧密相关,学习英语是一个艰苦而快乐的过程。基于这种想法,几经筛选,我在培生教育出版社的出版物中发现了以下四个系列的图书,首先吸引我的是它们的系列书名:Active Learning, Life Skills, A Money Matters Guide 和 Everyday Health。通过仔细阅读,我惊喜地发现它们无论是语篇内容,还是涉及的知识领域以及语言难度,都非常适合广大中学生使用。

这套丛书很好地体现了学科融通的教育理念,语篇紧密结合实际生活,通过完成一个个活动,使同学们既丰富了相关的课外知识,又掌握了一定的实际技能。而当同样的场景在生活中再次呈现的时候,我们就会快速地从大脑中提取相应的信息来有效地应对。也就是说,通过学习这套丛书同学们可以达到学习语言和增强自身适应社会能力的双重目的。经过系统的学习,同学们的综合素质无疑会得到显著的提高,而这也正是我将本丛书命名为“素质英语”的初衷。

愿同学们能够从《素质英语——中学英语选修课丛书》中获取给养、增长学识、完善技能,逐步提高自身的综合素质,以充沛的勇气和信心面对21世纪的诸多挑战!

序 言

《每日健康》系列丛书旨在向广大中学生提供健康、安全、防病、保健等方面的知识，使同学们能拥有健康的体魄、和谐的家庭，能增强自我保护意识，能了解营养和保险方面的常识，在增长学识才干的同时身心健康地茁壮成长。作为高中英语泛读课、选修课教材，本系列丛书不仅能帮助同学们拓展知识面，了解异国文化，而且能激发阅读兴趣，提高语言素质。

本系列丛书由六本分册组成：《人身安全》、《体育锻炼》、《科学膳食》、《个人保健》、《家庭生活》和《保险常识》。

《人身安全》侧重于如何预防各种事故的发生，比如火灾、车祸、运动损伤、暴力袭击等。《体育锻炼》涉及如何保持一生健康：测评健康状况，提高身体素质，坚持体育锻炼，监控锻炼进展。《科学膳食》讲述营养与饮食的基本常识，教你如何改正不良饮食习惯，如何阅读食品成分说明，如何达到理想体重。《个人保健》阐明个人卫生对身体保养、疾病预防的作用以及传染病、性病的起因、症状和治疗。《家庭生活》分析家庭在当今社会的构成和作用，包括家庭类型、家庭关系和家庭职责等。《保险常识》列举个人与家庭进行健康保险的必要性，医疗保险的运作以及各种健康险种的范围、费用、要求等。

本系列丛书侧重文章的内容理解而非语法知识，因此，每课书的学习目标和练习都以内容为主，语言为辅。为了帮助同学们扫清词汇障碍，每课书还都配有单词及词组注释，包括音标、词性和中文释义。另外，各分册各课编排体例保持一致，主要包含中英文题目、导学、学习目标、文化背景、正文、语言难点、练习及其答案，脉络清晰，使用方便。

导学

家庭是以婚姻和血缘关系为基础的一种社会生活组织形式。理想的家庭应该是温馨的、和谐的，是我们倾心付出、精心营造、感受温暖、体味幸福的地方。为了拥有一个美好的家，我们每个人都应该懂得什么是家庭，我们应该为家庭做些什么。本书的目的就是为了帮助大家了解家庭的职能、性质、形式、观念以及每个人在家庭中的作用和职责。

不论同学们来自核心家庭还是单亲家庭，不管同学们的家庭是否富有，每个人都离不开家庭的熏陶，也都逃避不了家庭的责任。那么与你们同龄的西方国家的中学生接受的是什么样的家庭教育，又是如何处理家庭关系的呢？望同学们在阅读中比较，体会东西方家庭观、价值观与人生观的不同，并且对自己的家庭进行分析，看看能否把它建设得更美好。

本书共分三个单元，每个单元由三篇课文及单元复习组成。第一单元主要涉及家庭的构成，包括家庭类型、家庭角色、亲属关系。第二单元侧重家庭的职责，主要包括一家之规、家庭杂务以及家庭对社区应做的贡献。第三单元重点谈及诸如离婚、再婚、疾病、死亡等家庭变故并阐明家庭成员互相关心、互相帮助的重要性。

愿每个人经过自己的努力都能享受高质量的家庭生活，都能拥有美满幸福的家。

Family Living



This book will help you learn more about family living.

Which members of your family do you talk to every day? Does your family have rules at home? How might members of your family help one another? The lessons in this book discuss these questions, and many others as well.

When you have finished this book, you will be able to describe the different roles that family members have. You'll be able to explain how teens can help their families reach important goals. You'll also have a better understanding of how changes such as death or divorce affect family members.

Table of Contents

目录

ABOUT THIS BOOK

Unit 1 The Family Unit 家庭构成

Lesson 1 Types of Families 家庭类型	1
Lesson 2 Roles in the Family 家庭角色	5
Lesson 3 Other Family Relationships 亲属关系	11
Unit Review 单元复习	17

Unit 2 Family Responsibility 家庭职责

Lesson 4 Family Rules in the Home 一家之规	19
Lesson 5 Families and Work 家庭杂务	25
Lesson 6 The Family Role in the Community 家庭在社区中的作用	31
Unit Review 单元复习	35

Unit 3 Family Changes 家庭变化

Lesson 7 Divorce and Remarriage 离婚与再婚	37
Lesson 8 Coping with Death and Illness 死亡与疾病	43
Lesson 9 Family Members Help One Another 互帮互助	49
Unit Review 单元复习	53

Projects 综合活动

Project 1 My Family 我的家	55
Project 2 Household Rules 家规	56
Project 3 How Can I Help My Family? 如何尽责	57

Answer Key 参考答案

Lesson 1

Types of Families 家庭类型



Today, families come in different sizes. This family is made up of one parent and two children living together.

Lead-in 导读

当今社会的家庭构成已不再是单一模式。随着社会的多元化，家庭构成也不尽相同：核心家庭、单亲家庭、大家庭、监护人家庭等等。但不管家庭是何种形式，只要付出努力，都一样可以非常幸福美满。

Learning Objectives 学习目标

You will be able to:

- ▶ Describe different types of family structures.
- ▶ Recognize and accept diversity in family arrangements.
- ▶ Notice the difference between Simple Present tense and Simple Past tense.

Culture Notes 文化背景

将中国与美国的各类家庭加以比较，我们不难发现两国的家庭构成形式有许多相同之处。但作为世界人口最多的国家，中国实行的计划生育政策使得中国与美国核心家庭的组成有了很大区别。

Montiel and his sister Jenny were watching television. They were laughing at an old program¹ about family life in the 1950s.

"Do you think all families were ever really like that?" asked Montiel. "Did every family have a mom and dad?"

"I think they did," answered Jenny. "Things are sure different now."

"You can say that again," said Montiel. "I think Dad does a great job as a parent."

"He sure does," said Jenny. "But, have you ever wondered what it would be like to have a full-time mom?"

"I'm sure things would change," said Montiel. "But, I like our family just the way it is."

You Are Part of a Family → 你是家庭的一份子

During the 1950s, there were many TV programs about American families. A family is a group of people living together who are related by³ blood, marriage, or other legal action⁴. Many of the families seen on TV in the 1950s had a mother whose work was to care for⁵ home and children. The father left the home to go to work every day. This kind of family still exists⁶. But, it is not as common today as it used to be⁷.

In most cases, members of a family live together in the same home. Sometimes, however, one parent lives in a different home. This home might be in the same town or city. In some cases, the home is in a different part of the state or country. Sometimes children live away from home. They may live away at school. They may live with a different family member, maybe a grandparent⁸ or aunt⁹ or uncle¹⁰. But, they are still part of the family.

Think about It → 思考题

1. What is a family?

Different kinds of families → 家成类型

Many families have two parents—a mother and a father. Most families also have one or more children. This kind of family is a nuclear family¹¹. A nuclear family has two parents and one or more children. Sometimes a family has only one parent, either a mother or a father, and one or more children. This kind of family is a single-parent family¹². Montiel, his sister Jenny, and their father are a single-parent family. They live together in the same home.

Language Notes | 语言难点

1. program /'prəʊɡrəm/ *n.* 节目; 项目
2. a full-time mom 全职母亲
3. be related by 有(亲戚)关系的; 有联系的
4. legal action 诉讼
5. care for 关怀; 照顾
6. exist /ɪɡ'zɪst/ *v.* 存在

7. as...as it used to be 像过去那样……
8. grandparent /'grænd,peərənt/ *n.* (外)祖父/母
9. aunt /ɑ:nt/ *n.* 姨; 姑; 舅妈; 婶婶
10. uncle /'ʌŋkl/ *n.* 伯伯; 叔叔; 舅舅
11. nuclear family 核心家庭
12. single parent family 单亲家庭

Today, families come in all different sizes. Some married adults don't have any children. But, they are still a family—a family of two. Some families have only one child. Other families have two, three, or four children. Still other families are very large. They have six or more children.

Most families also have other members. You may have one or more grandparents. You also probably have aunts and uncles. You might even have cousins¹. These people are part of your extended family². Sometimes all the members of an extended family live together. But usually, grandparents and aunts and uncles live in their own homes.

Sometimes children do not live with their parents. Instead, they may live with a guardian³. A guardian is an adult who is responsible for⁴ raising and taking care of a child.

Children live with a guardian for many reasons. Sometimes the child's parents are not getting along⁵. The court decides the best place for the child to live is with a guardian. Sometimes a child's parents have died. The child then lives with a guardian. Sometimes the child's parents break the law and have to go to jail. In this case, the court may decide that the best place for a child to live is with a guardian. Sometimes parents think they cannot take care of their children properly. They ask a guardian, maybe an aunt, uncle, or grandparent, to take care of the children.

Family Living in Action → 活学活用

Fill in the blanks in the following statements with the correct word or phrase. 选词填空。

2. A family made up of two parents and one or more children is a(n) _____ family.
3. A family made up of parents, children, grandparents, aunts, uncles, and/or cousins is a(n) _____ family.
4. A(n) _____ is an adult who is responsible for raising and taking care of a child.

Lesson Review → 课文回顾

Answer the following questions on the lines provided. 回答下列问题。

5. What is a single-parent family?

Language Notes | 语言难点

1. cousin /'kʌzn/ n. 表 / 堂兄弟 / 姐妹

2. extended family (包括非直系亲属的) 大家庭

3. guardian /'gɑ:dʒən/ n. 监护人

4. be responsible for 对……负责

5. get along 相处地好

6. Who are the people in your family?

7. What is an extended family?

8. Who are the people in your extended family?

9. What are two reasons a child might live with a guardian instead of with his or her parents?

Vocabulary Matching → 词义匹配

Column 1

10. extended family

11. family

12. guardian

13. nuclear family

14. single-parent family

Column 2

a) an adult who is responsible for raising and taking care of a child

b) a family made up of one parent and one or more children

c) a family made up of a nuclear family and other relatives such as grandparents, aunts, uncles and/or cousins

d) a family made up of two parents and one or more children

e) a group of people that live together who are related by blood, marriage, or other legal action

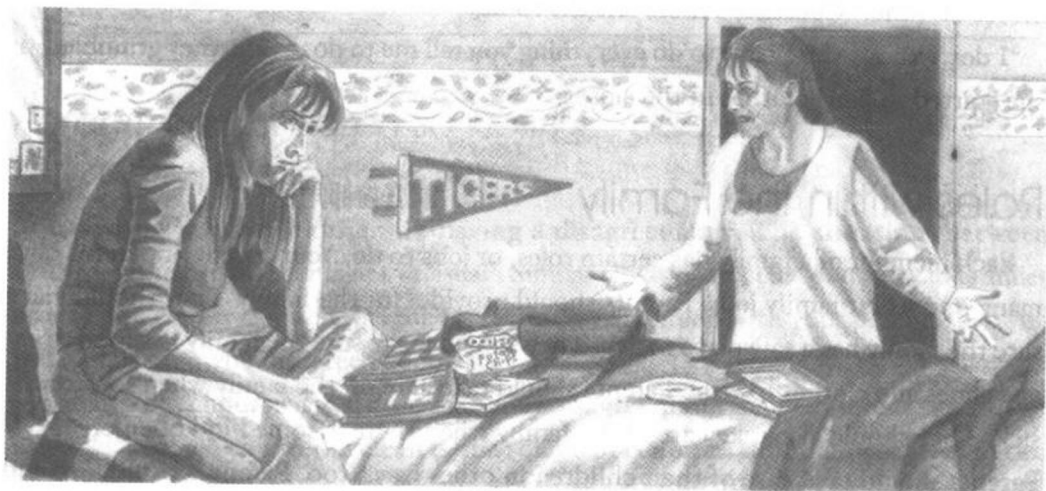
Portfolio → 实践积累

What Would You Say 说说看

15. Work with a partner. Imagine your partner lives with a guardian instead of with his or her parents. Imagine your friend's parents died in an accident. What would you say to your friend to let him or her know that he or she is a member of a family.

Lesson 2

Roles in the Family 家庭角色



Most teens have jobs to do at home. One job may be to keep a room clean. Parents and teens sometimes disagree about things, such as cleaning a room. By talking together, parents and teens can usually work out their disagreements.

Lead-in 导读

对于每一个家庭来说,父母的作用至关重要。父母要负责全家的衣食住行,要关心、照顾孩子,保证子女身心健康;要教育、影响孩子,帮助子女茁壮成长……那么子女在家庭中应承担什么职责呢?子女如果和父母有了分歧又应如何解决呢?

Learning Objectives 学习目标

You will be able to :

- ▶ Describe some roles of parents and children in a family.
- ▶ Recognize that both conflict and cooperation between parents and children are normal.
- ▶ Use the phrases like "should do / must do / need to do / have to do + something".

Culture Notes 文化背景

较之中国传统家庭而言,大部分美国孩子生活在更宽松、更自由的氛围中。美国的家庭教育模式是:鼓励父母与子女之间关系平等,鼓励以协商的方式而非压制的手段解决两代人之间的分歧。

Courtney and her mom were having an argument.

"Clean up this room right now!" said Courtney's mom. "You're not going to the movie with Tina until everything is put away."

"I don't understand why you're so upset," said Courtney. "No one ever comes in here except me. It's my room and I should be able to keep it the way I want."

"You heard me," said Courtney's mom. "You better get busy if you want to get to the movie on time." Courtney's mom left the room.

"I don't know why I have to do everything you tell me to do," Courtney grumbled¹ as she started to hang clothes in the closet.

Roles within the Family → 家庭内部角色

Each member of a family has certain roles, or jobs to do. Your parent or parents have many important family jobs. Parents should provide² for the family. They should make sure the family has a safe place to live. They should make sure the family has food to eat and shoes and clothes to wear. Parents should take care of³ the family when someone is sick. They should also take care of the family when there is some kind of emergency⁴. Parents should take care of their children in other ways, too. Parents should love and support their children. Parents should accept and love their children for who and what they are.

Parents' roles also include teaching their children values⁵. Values are beliefs about what behavior⁶ is right and what is wrong. Values help you know right from wrong. Your values help you make decisions about the things you do in your daily life. Values help you interact with⁷ people.

Most parents teach their children to be kind and polite to others. Parents should teach children to care about and respect⁸ others. Parents should teach their children to be good members of society. Parents should teach children to obey laws and to be honest. The beliefs you learn from your parents are your values.

Children in a family also have roles. Many children have jobs to do around the house. One of Courtney's jobs, for example, is to keep her room clean. What kinds of jobs do you have to do around the house?

Children should respect their parents. You show respect when you do what your parents ask you to do. Parents are older and have more real life experience⁹ than children. Parents have often "learned the hard way" by trying and doing things themselves. Children can learn from their parents' experiences.

Language Notes | 语言难点

1. grumble /'grʌmbəl/ *v.* 抱怨; 嘟囔
2. provide /prə'vaɪd/ *v.* (for) 赡养; 提供生计
3. take care of 照顾; 照料
4. emergency /ɪ'mɜ:dʒənsi/ *n.* 紧急情况; 突发事件
5. value /'væljuː/ *n.* [复] 价值观; 社会准则

6. behavior /bi'heɪvjə(r)/ *n.* 行为
7. interact with 与……互相作用/影响
8. respect /rɪs'pekt/ *n. & v.* 尊重; 尊敬
9. experience /ɪk'spiəriəns/ *n.* 经历

Family Living in Action → 活学活用

1. What are three roles of the parent or parents in a family?

2. What are two roles of the children in a family?

Parents and children sometimes disagree

→ 父母与子女间的分歧

Courtney and her mother are having a disagreement¹. The situation² between Courtney and her mother is not unusual³. Similar situations occur⁴ every day in families around the country. When was the last time you disagreed with your parents? Do you remember what you disagreed about?

Parents and children often disagree. They disagree about many different things. For example, keeping your room clean is one source of conflict⁵. Conflict occurs when two people don't agree about the best way to do something. Parents and children might disagree about how long and when the child should do homework. Sometimes they disagree about what the child does in his or her spare time. Parents sometimes don't approve of⁶ your friends. Parents might not like the clothes you wear or the style of your hair. Many teenagers and parents disagree about what time a teen should be home in the evening. What are some of the things about which you and your parents disagree? Disagreement and conflict between parents and children is normal⁷. Parents try to do what they think is best for their children. Children, especially teenagers, want to do what they think is best for themselves. Children often have ideas about what is best for them. Often, these ideas don't agree with their parents' ideas.

What happens when you don't agree with your parents? Do you talk about the situation? Many parents today talk to their children. They want to avoid conflicts and disagreements before they happen. Parents and children can solve almost all disagreements through cooperation⁸. Cooperation is working together to solve a problem. The best kind of cooperation is talking with each other.

Although some people take parenting classes, most parents have no formal⁹ training to raise children. They have not had any special training to find out how to be a good parent. Most parents learn by observing¹⁰.

Language Notes | 语言难点

1. disagreement /disə'gri:mənt/ *n.* 分歧, 意见不同
2. situation /'sitʃu'eɪʃən/ *n.* 情况
3. unusual /ʌn'ju:ʒəl/ *adj.* 不寻常的
4. occur /ə'kɜ:(r)/ *v.* 出现, 发生
5. conflict /'kɒnflɪkt/ *n.* 冲突, 争论

6. approve /ə'pru:v/ *v.* (of) 赞同, 满意
7. normal /'nɔ:məl/ *adj.* 正常的
8. cooperation /kəʊ,ɒpə'reɪʃən/ *n.* 合作
9. formal /'fɔ:məl/ *adj.* 正规的, 正式的
10. observe /əb'zɜ:v/ *v.* 观察, 注意

They watch other parents they know and respect. They imitate¹ what their own parents did for them. Many parents make the same mistakes with their children that their parents made with them when they were younger. If your parents' parents didn't think it was important to show love by hugging², your parents may not hug you. If your mother or father had very strict parents, your parents might be strict with³ you. If your mother's mother made her be home by 10:00 p.m. on a school night, that's probably the same time you'll have to be home, too.

Think about It → 思考题

3. How do parents learn how to raise their children?

4. What are two reasons that parents and children sometimes disagree?

What to expect from your parents → 盼望父母给予什么

All children can expect certain things from their parents. These things are basic to a healthy life. Parents need to provide their children with a safe place to live, food to eat, and clothes to wear. But parents need to provide much more to their children.

Parents need to give their children love and affection⁴. They need to accept each child as an individual. Parents need to recognize⁵ and support each child's differences. Parents need to be involved in⁶ their children's education. They should help their children enjoy learning.

Parents should also teach their children to have a positive⁷ attitude. When a child feels good about himself or herself, he or she is happy. Most parents want their children to have a positive attitude about themselves.

Parents need to spend time with their children. If possible, this time should be spent doing something both the parent and children enjoy. Small children like to be read to by their parents. Older children like to play games and sports with their parents. Teenagers may enjoy going shopping with their parents. The time parents and children spend together is important. They get to know more about each other — how they think, what they like and dislike, and what makes them happy.

Language Notes | 语言难点

1. imitate /'ɪmɪteɪt/ *v.* 模仿

2. hug /hʌg/ *v. & n.* 紧紧拥抱

3. be strict /strikt/ with 对……严格的

4. affection /ə'fekʃən/ *n.* 慈爱, 感情

5. recognize /'rekəɡnaɪz/ *v.* 认识, 认出

6. be involved /ɪn'vɒlvɪd/ *in* 伊专注, 卷入

7. positive /'pɒzɪtɪv/ *adj.* 积极的

Parents need to teach their children many different things. Parents need to teach their children how to lead happy and healthy lives. By example, parents can teach their children to enjoy many different activities¹. These activities might include² reading, listening to music, growing plants, and making crafts³. Parents can teach their children to enjoy sports and activities such as woodworking⁴ and cooking. Children and parents can learn to do new things together. Maybe you and your mother both want to learn how to roller-skate⁵. Why not learn together?



Parents and teens can enjoy sports and other activities together. Teens can even teach a mother or father to do new things, such as roller-skating.

Parents need to teach their children about values. Parents should teach children how to be fair and kind to other people. Children need to learn how to behave in our society. Parents need to teach their children not to abuse⁶ alcohol⁷ and drugs. Parents need to keep their children safe from mistreatment.

Parents need to teach their children to take care of themselves. Children need to learn how to be safe at home, at school, and outdoors.

Finally, parents need to recognize that children have rights. Children need to choose their own friends. Children need to be able to learn from their own mistakes. Parents can offer⁸ only so much advice before children must learn for themselves. Children have the right to have their own feelings. Children must also learn to respect the feelings of others. Children also need to respect the decisions made by their parents. Even though children do not always agree with their parents, parents are trying to do what is best for their children.

Language Notes | 语言难点

1. activity /æk'tɪvɪti/ *n.* 活动

2. include /ɪn'kluːd/ *v.* 包括

3. craft /kraʊt/ *n.* 工艺; 手艺

4. woodworking /'wʊdwɜːkɪŋ/ *n.* 木工艺; 木工行业

5. roller-skate /'rəʊlə skeɪt/ *v.* 滑旱冰

6. abuse /ə'bjʊːz/ *v.* 滥用

7. alcohol /'ælkəhɒl/ *n.* 酒(精)

8. offer /'ɒfə(r)/ *v.* 提出; 提供