

21 世纪高职高专规划教材辅导丛书/杨应鹏主编

# 《实用英语综合教程》同步学习指导

(第一册)

本册主编 古萍英 贾少宁  
编 委 (以姓氏笔划为序)  
古萍英 刘子毅 吴 寒  
杨应鹏 何 雨 周 刃  
罗 强 贾少宁

中山大学出版社

·广州·

版权所有 翻印必究

图书在版编目(CIP)数据

《实用英语综合教程》同步学习指导·第一册/古萍英,贾少宁主编. —广州:中山大学出版社,2002.4

ISBN 7-306-01919-8

(21世纪高职高专规划教材辅导丛书/杨应鹏主编)

I. 实… II. ①古… ②贾… III. 英语-高等学校:技术学校-自学参考资料 IV. H31

中国版本图书馆 CIP 数据核字(2002)第 008880 号

中山大学出版社出版发行

(地址:广州市新港西路 135 号 邮编:510275)

电话:020-84111998,84037215)

广东新华发行集团发行

广州市番禺区市桥印刷厂印刷

(地址:广州市番禺区市桥环城西路 201 号 邮编:511400)

850 毫米×1168 毫米 32 开本 12.5 印张 336 千字

2002 年 4 月第 1 版 2002 年 4 月第 1 次印刷

印数:1-5 000 册 定价:18.80 元

如发现因印装质量问题影响阅读,请与承印厂联系调换

# 前 言

《实用英语》是以教育部 1993 年颁发的《普通高等专科英语课程教学基本要求》(以下称《要求》)为依据所编写的一套供高等专科学校使用的英语教材。《实用英语综合教程》第一册、第二册是其中的两册。这两册书重视语言共核教学,注意培养学生的基本语言技能。配合这两册书,我们编写了《实用英语综合教程同步学习指导》第一册、第二册,旨在帮助学生打好语言基础,逐步培养学生的语言应用能力。

本书与《实用英语综合教程》第一册配套使用。每个单元包括五大部分:

## 1. 词汇短语学习 (Word and phrase study):

词汇短语是语言的基础,应为学习的重中之重。词汇短语词项和义项的选择以《要求》为准,讲解以够用为度,适可而止;英汉双解,例句充足。少数有多个搭配用法的,以方框形式列出,以期一目了然,方便学生集中记忆。

## 2. 语言点讲解 (Language points):

这部分对 Text A 和 Text B 中出现的难点(教参中已出现的尽可能少涉及)进行讲解,作为教师授课的补充。

## 3. 课文翻译 (Translation of the text):

参考译文分别出现在 Text A 和 Text B 后,以方便学生查阅。

## 4. 补充练习 (Supplementary exercises):

这是针对课文中出现的重点词汇用法、词形变化、句法结构和语法设计的练习,作为对课后练习的补充。

## 5. 练习参考答案 (Keys to exercises):

答案包含两部分,补充练习答案和课文所有练习答案(不含听

力答案)。

本书在编写过程中，得到了广东轻工职业技术学院各级领导的关心和支持，在此谨致谢忱。

囿于水平，错误疏漏之处，敬请同仁及广大读者批评斧正。

编 者

2002 年 2 月

# 目 录

## Unit 1

<b>Text A: College—A New Experience</b> .....	( 1 )
I Word and phrase study .....	( 1 )
II Language points .....	( 8 )
III Translation of the text .....	(15)
<b>Text B: How to Study Read</b> .....	(16)
I Word and phrase study .....	(16)
II Language points .....	(30)
III Translation of the text .....	(37)
<b>Supplementary Exercises and Keys</b> .....	(39)
I Supplementary exercises .....	(39)
II Keys to the supplementary exercises .....	(41)
III Keys to the exercises of the texts .....	(41)

## Unit 2

<b>Text A: Rock and Roll</b> .....	(47)
I Word and phrase study .....	(47)
II Language points .....	(58)
III Translation of the text .....	(65)
<b>Text B: The First American Music</b> .....	(66)
I Word and phrase study .....	(66)
II Language points .....	(75)
III Translation of the text .....	(78)
<b>Supplementary Exercises and Keys</b> .....	(80)

I	Supplementary exercises	(80)
II	Keys to the supplementary exercises	(82)
III	Keys to the exercises of the texts	(83)

### Unit 3

<b>Text A: Why Nations Trade</b>	(89)
I Word and phrase study	(89)
II Language points	(98)
III Translation of the text	(101)
<b>Text B: Stocks and Shares</b>	(102)
I Word and phrase study	(102)
II Language points	(109)
III Translation of the text	(112)
<b>Supplementary Exercises and Keys</b>	(114)
I Supplementary exercises	(114)
II Keys to the supplementary exercises	(116)
III Keys to the exercises of the texts	(117)

### Unit 4

<b>Text A: The First Four Minutes</b>	(123)
I Word and phrase study	(123)
II Language points	(131)
III Translation of the text	(133)
<b>Text B: Table Manners and Customs</b>	(135)
I Word and phrase study	(135)
II Language points	(139)
III Translation of the text	(141)
<b>Supplementary Exercises and Keys</b>	(142)
I Supplementary exercises	(142)

II Keys to the supplementary exercises .....	(145)
III Keys to the exercises of the texts .....	(145)

## Unit 5

<b>Text A: Community Service</b> .....	(150)
I Word and phrase study .....	(150)
II Language points .....	(158)
III Translation of the text .....	(163)
<b>Text B: People on the Move</b> .....	(165)
I Word and phrase study .....	(165)
II Language points .....	(171)
III Translation of the text .....	(173)
<b>Supplementary Exercises and Keys</b> .....	(175)
I Supplementary exercises .....	(175)
II Keys to the supplementary exercises .....	(178)
III Keys to the exercises of the texts .....	(178)

## Unit 6

<b>Text A: Working Hard or Hardly Working?</b> .....	(184)
I Word and phrase study .....	(184)
II Language points .....	(195)
III Translation of the text .....	(200)
<b>Text B: Stress</b> .....	(202)
I Word and phrase study .....	(202)
II Language points .....	(213)
III Translation of the text .....	(215)
<b>Supplementary Exercises and Keys</b> .....	(217)
I Supplementary exercises .....	(217)
II Keys to the supplementary exercises .....	(219)

III Keys to the exercises of the texts .....	(219)
--	-------

## Unit 7

<b>Text A: The Brain</b> .....	(226)
I Word and phrase study .....	(226)
II Language points .....	(235)
III Translation of the text .....	(242)
<b>Text B: How Your Memory Works</b> .....	(243)
I Word and phrase study .....	(243)
II Language points .....	(254)
III Translation of the text .....	(259)
<b>Supplementary Exercises and Keys</b> .....	(261)
I Supplementary exercises .....	(261)
II Keys to the supplementary exercises .....	(263)
III Keys to the exercises of the texts .....	(263)

## Unit 8

<b>Text A: Getting to the Airport</b> .....	(270)
I Word and phrase study .....	(270)
II Language points .....	(280)
III Translation of the text .....	(283)
<b>Text B: Coincidences or Miracles</b> .....	(285)
I Word and phrase study .....	(285)
II Language points .....	(292)
III Translation of the text .....	(296)
<b>Supplementary Exercises and Keys</b> .....	(297)
I Supplementary exercises .....	(297)
II Keys to the supplementary exercises .....	(299)
III Keys to the exercises of the texts .....	(300)



## Unit 9

<b>Text A: What's New</b> .....	(305)
I Word and phrase study .....	(305)
II Language points .....	(319)
III Translation of the text .....	(322)
<b>Text B: Searching for a Uniform Sign Language</b> .....	(323)
I Word and phrase study .....	(323)
II Language points .....	(333)
III Translation of the text .....	(337)
<b>Supplementary Exercises and Keys</b> .....	(338)
I Supplementary exercises .....	(338)
II Keys to the supplementary exercises .....	(341)
III Keys to the exercises of the texts .....	(342)

## Unit 10

<b>Text A: Surveys, Surveys and More Surveys</b> .....	(348)
I Word and phrase study .....	(348)
II Language points .....	(355)
III Translation of the text .....	(361)
<b>Text B: Advertising</b> .....	(362)
I Word and phrase study .....	(362)
II Language points .....	(370)
III Translation of the text .....	(376)
<b>Supplementary Exercises and Keys</b> .....	(377)
I Supplementary exercises .....	(377)
II Keys to the supplementary exercises .....	(380)
III Keys to the exercises of the texts .....	(380)

# Unit 1

## Text A College—A New Experience

### I. Word and phrase study

#### 1. adjust

*v.* 1) change slightly, esp. in order to make suitable for a particular job or new conditions 调整; 适应于

2) put into order; put in place; set right 使有条理; 校正

*eg* ~ expenses to income 量入为出

~ the economy to a new pattern 调节经济使其适应新格局

He ~ed well to Washington. 他很能适应华盛顿的生活。

Taylor ~ed himself in his chair. 泰勒在椅子上挪动了一下身子, 坐得更舒服些。

I must ~ my watch, it's slow. 我得调整我的表, 它走慢了。

Your coat collar needs ~ing. 你外衣的衣领需要弄好。

You can ~ this desk to this height of any child. 这桌子可以配合小孩的高度任意调整。

I had the brakes of my bicycle ~ed. 我请人调整了自行车的车闸。

#### 2. responsibility

*n.* the condition or quality of being responsible 责任; 职责; 义务

*eg* a sense of ~ 责任感

I take full ~ for this action. 对这行动, 我完全负责。

He holds a position of great ~ in the Government. 他在政府里身居要职。

The father of a family has many responsibilities. 为人父需要

尽很多责任。

**responsible** *a.* 需负责任的；有责任感的；能尽责的

**responsibly** *ad.* 可靠地；可信赖地

**be responsible for** 对……负责

### 3. handle

*v.* 1) deal with; control 处理；对付；控制

2) treat 对待

*n.* a part of an object which is specially made for holding it or for opening it 柄；把手

*eg* the ~ of a cup 茶杯柄

a door ~ 门拉手

He ~d a difficult argument skillfully. 他巧妙地处理了一次棘手的争论。

I ~d him carefully, because he was so angry. 因为他很生气，我就小心应付他。

Handle children kindly, if you want them to trust you. 假如你要小孩子信任你，就要对他们和气。

### 4. account

*n.* 1) a sum of money kept in a bank which may be added to and taken from 账户

2) a record or statement of money received and paid out, as by a bank or business, esp. for a particular period or at a particular date 账目

3) a written or spoken report or story 报道；叙述

*eg* current ~ 活期存款账户

deposit ~ 定期存款账户

savings ~ 储蓄存款账户

My ~ is empty. 我账户上的钱都用光了。

The ~s show we have spent more than we received. 账目显示出我们支出多于收入。

Give us an ~ of what happened. 把事情发生经过告诉我们。

Today's paper carries an exciting ~ of the match. 今天的报纸刊载了这场比赛的精彩报道。

**account for** 1) (人) 说明 (理由等); (东西) 足以说明……

2) (数量) 占

**on account of** 因为; 由于

**take into account** 把……考虑进去

## 5. locate

*v.* 1) find or learn the position of 确定……的位置; 找出 (发现) ……的场所

2) fix or set in a certain place 在……设置 (建筑物等); 设立; 使……坐落于

*eg* We ~d the island on the map. 我们在地图上找出那个岛的位置。

The management decided to ~ their new European office in Brussels. 管理部门决定在布鲁塞尔设立新的欧洲办事处。

Our school is located in the center of the town. 我们学校位于市中心。

**location** *n.* 位置; 场所

## 6. continental

*a.* of or related to a very large mass of land 大陆的

*n.* a person who lives in Europe but not in the British Isles 住在欧洲大陆 (英伦三岛除外) 的人

*eg* ~ breakfast 欧洲大陆国家一般常吃的早餐 (包括面包、黄油、果酱、咖啡)

~ shelf 大陆架

The weather in Eastern Siberia is typically ~. 东西伯利亚的气候是典型的大陆性气候。

She met a charming ~ while on holiday. 她度假时遇到一位很可爱的(欧洲)大陆人。

**continent** *n.* 大陆; 洲

## 7. federal

*a.* of or formed into a political federation 联邦的; 联邦制的

*eg* the Federal Government of the U.S. 美国联邦政府  
the Federal Bureau of Investigation (FBI) 美国联邦调查局  
Switzerland is a ~ republic. 瑞士是联邦共和国。

## 8. aspect

*n.* 1) a particular side of a many-sided state of affairs; idea; plan;  
etc 观点; 方面

2) appearance, esp. an expression of the face 模样(尤指脸部)

*eg* You have only considered one ~ of the difficulty, but there are many. 你只考虑到困难的一方面, 可是有很多方面呢!

We became afraid of the angry ~ of the man. 我们害怕那人生气的样子。

## 9. confuse

*v.* 1) make less clear; make more difficult to understand 使混乱; 使迷惑

2) mix up; mislead; cause to be mistaken 混淆

*eg* The difficult question ~d him. 这个困难的问题使他困惑。

People were ~d by a lot of information. 人们被大量的信息搞糊涂了。

I ~d her with her sister because they are so alike. 因为她和她的妹妹长得很像, 所以我把她们两人认错了。

**confusion** *n.* 混乱; 混淆; 困惑

### 10. cope

*v.* deal successfully with something 应付; 妥善处理

**eg** Jean felt unable to ~ with (driving in) heavy traffic after her accident. 车祸之后, 琴觉得无法在交通繁忙的街道驾驶(应付不了繁忙交通)。

After her nervous illness, Janet lost the ability to ~. 珍娜得了神经系统的病之后, 已失去应付日常生活的能力。

**cope with** (成功地) 应付; (妥善地) 处理

### 11. roommate

*n.* person not a member of one's family with whom one shares a lodging 室友; 同室者

**eg** Bill and I are ~s. 比尔跟我同房间住。

### 12. homesick

*a.* feeling a great wish to be at home, when away from it 思乡的; 思乡病的

**eg** Helen is ~ for America. 海伦思念着她的祖国——美国。

**homesickness** *n.* 怀乡病; 乡愁

### 13. adjust to

get used to 适应于

adjust (oneself) to + *n.* / doing

**eg** She soon adjusted (herself) to his way of life. 她很快地(使自己)适应了他的生活方式。

He adjusted (himself) very quickly to the heat of the country. 他很快便适应这个国家的酷热的天气。

### 14. on one's own

1) alone 独自

2) without help 无须帮忙的；靠自己

**eg** I can't carry it on my own; it's too heavy. 我无法独自携带，它太重了。

He runs a factory on his own. 他独立经营工厂。

We can't solve this problem all on our own. 没有别人的帮助，我们无法解决这一问题。

I may get lost on my own. 我单独一个人去可能会迷路。

### 15. have (some time) off

have a rest for a period of time; be away or free from regular work or duty 休假

**eg** have Monday off 星期一不上班

Can I have tomorrow morning off to see a doctor? 我明天早上能请假去看医生吗？

### 16. first of all

the first place (in time, order, etc.) 第一，首先

**eg** First of all let me say how glad I am to be here. 首先我要说的是我很高兴来到此地。

I'm interested in old coins but first of all I'm a stamp collector. 我对古币很有兴趣，不过我主要的兴趣是集邮。

### 17. now (that)

as a result of the fact that; since 既然；因为

**eg** Now (that) I've heard the music I understand why you like it. 我听了音乐后，才了解你为何喜欢它。

Now that I've seen how he lives, I know why he needs so much money. 看过了他的生活状况，我现在才知道他为什么需要那么多钱。

### 18. find out

1) learn or discover (a fact that was hidden) 找出；发现；查明

(真相等)

2) discover (someone) in a dishonest act 揭发 (恶行)

3) search for (someone) (AmE) (美) 寻找 (某人)

**eg** find out a secret 发现秘密

I won't tell you—you must find out for yourself. 我不告诉你——你必须自己查出!

I've found you out at last, you cheat! 我终于把你揭发了, 骗子!

He had stolen money from the company for years until they found him out. 他窃取公司款好多年才被人揭发。

find out one's relatives in the US 寻找某人在美国的亲戚

### 19. add to

1) join (numbers, amounts, etc.) so as to find the total 加起来 (求出总和)

2) increase 增加

**eg** If you add 5 to 3 you get 8. 五加三得八。

Will you add more sugar to your coffee? 你的咖啡要多加些糖吗?

Please add my name to the list. 请在名单上加上我的名字。

**add up to** 合计达

### 20. cope with

deal with successfully (成功地) 应付; (妥善地) 处理

**eg** cope with a new problem (situation) 应付新问题 (新局面)

There was more work than I could cope with. 工作多得我应付不过来。

### 21. in a row

1) side by side, not one behind the other 排成一排地

2) continuously; without interruption 接连不断地; 连续地



*eg* for many nights in a row 一连许多晚上

Children were standing hand in hand in a row. 小孩子们手牵  
手站成一排。

He has been absent for five days in a row. 他已经连续缺席  
五天了。

## 22. sleep in

1) sleep late in the morning 迟起; 睡懒觉

2) sleep at one's place of work 在工作处住宿

*eg* Come on, you've slept in this morning. 快起来, 你今天早  
上已经睡到很晚了。

We usually sleep in for a bit on Sundays. 我们通常在星期天  
早上稍晚起床。

The housekeeper doesn't sleep in. 管家不在东家睡。

## II . Language points

1. **I'm away from home, so I have many things to adjust to.** 我离开  
了家, 因此有许多情况有待适应。

1) **away**

*ad.* from this or that place; to or at another place 离开; 转向

*eg* He swam ~ from the ship. 他从船边游开。

I shall be ~ 3 weeks. 我将离开三个星期。

2) **to adjust to** 不定式作定语, 修饰 many things。下面是一些不  
定式作定语的例子:

*eg* Do you have anything more to say? 你还有什么话要说吗?

I want to get something to read during the vacation. 我想找点  
书假期看。

The teacher assigned us two exercises to do at home. 老师给  
我们留了两个练习在家做。

She was the first person to think of the idea. 她第一个想到这