

标准英语分级读物·学生卷·第1级

厨房里的花园 GROWING A KITCHEN GARDEN

原版美国阅读教程

内附全套教学指导及练习

用英文阅读，学百科知识

完美实现国家新课程标准要求

童趣出版有限公司编译 人民邮电出版社出版

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厨房里的花园

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最佳学习安排

训练正确阅读习惯，提高理解分析能力

- 第一步， 正式的学习开始之前，请先认真阅读封面封底，以了解本书的特点。
- 第二步， 在开始阅读某一本书时，首先阅读目录页，然后粗略翻阅全书各页，看一看照片和图表。根据以上粗读所获信息判断出本书的基本内容和主题。
- 第三步， 想一想你已经掌握了多少关于本书主题的知识。
- 第四步， 开始阅读。阅读的重点放在与主题相关的新知识上。哪些是你通过阅读本书获得的新知识，用简洁的方式做上标记。
- 第五步， 边读边标出你有切身体会的地方，你喜欢或支持的观点或做法。
- 第六步， 遇到当页注释中没有的生词，要尽量根据上下文猜出它的意思，而不要马上查词典，以免打断阅读。将这些生词标出来，读后查词典印证你的猜测。
- 第七步， 读完后，总结文章主要讲的是什么，并在文中找出具体内容支持你的判断。

写作

- 第八步， 完成阅读后，写出本书提要。
- 第九步， 分析本书文章的写作方法，按要求完成“教学指导与练习”中的写作练习。

口语讨论

- 第十步， 与同学们就本书主题展开讨论，并提出自己的观点和结论。

付诸行动

- 第十一步，行动起来，完成“教学指导与练习”中设计的全部活动，包括科学实验和社会活动！

重 要 提 示

利用词汇注释巩固和扩充词汇量

为扩充学生词汇量，超出高中课本范围的词汇在读本各页中做了注释，并汇总在书后词汇表和索引中，以方便学习和记忆。

利用音标学习单词发音

为规范本读物的音标标注方法，并更充分地体现美式发音的特点，本读物采用标准的Jones国际音标和K.K音标，Jones在前，K.K在后，同时标注同一个单词。此两种音标为目前使用最多的音标系统，而K.K音标又能充分体现美式发音的特点。音标查证以商务印书馆的《牛津高阶英汉双解词典》(第四版)为准。



Growing a Kitchen Garden

厨房里的花园

By Natalie Lunis

王金玉 注

目 录

1. What Is a Kitchen Garden?.....	2
2. Growing Carrot Tops	4
3. Planting Orange Seeds	8
4. Planting an Avocado Pit	12
5. Growing Garlic Greens.....	16
6. Growing Sweet Potatoes	20
7. Branching Out	22
Glossary	23
Index.....	24
指导与练习	25

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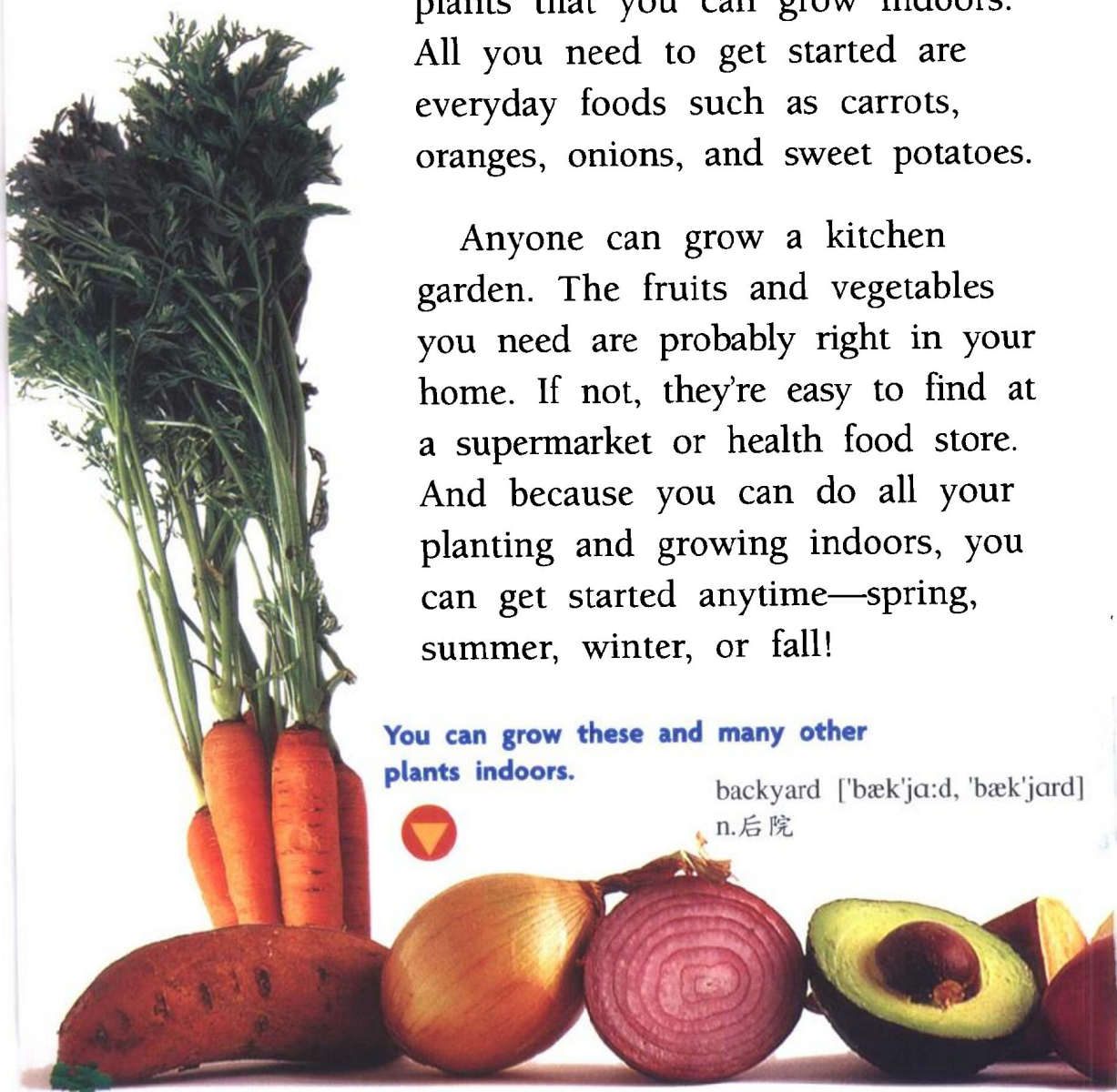
What Is a Kitchen Garden?

If you think you need a backyard to have a garden, think again! A **kitchen garden** is a collection of plants that you can grow indoors. All you need to get started are everyday foods such as carrots, oranges, onions, and sweet potatoes.

Anyone can grow a kitchen garden. The fruits and vegetables you need are probably right in your home. If not, they're easy to find at a supermarket or health food store. And because you can do all your planting and growing indoors, you can get started anytime—spring, summer, winter, or fall!

You can grow these and many other plants indoors.

backyard ['bæk'ja:d, 'bæk'jɑ:d]
n. 后院



Planting a kitchen garden is fun—and you'll learn a lot, too. As you try out the different projects in this book, you'll make many interesting discoveries, not only about the foods you eat but also about the wonderful world of plants. For example, you'll find out the answers to these questions:

- What part of a plant is an orange?
A sweet potato? An onion?
- Are carrots really good for your eyes?
- What do seeds need to grow?
- What is the difference between a fruit and a vegetable?

Remember, everything you need is easy to find. Just turn the page to get started.



Growing Carrot Tops

Carrot tops like these are easy to grow.



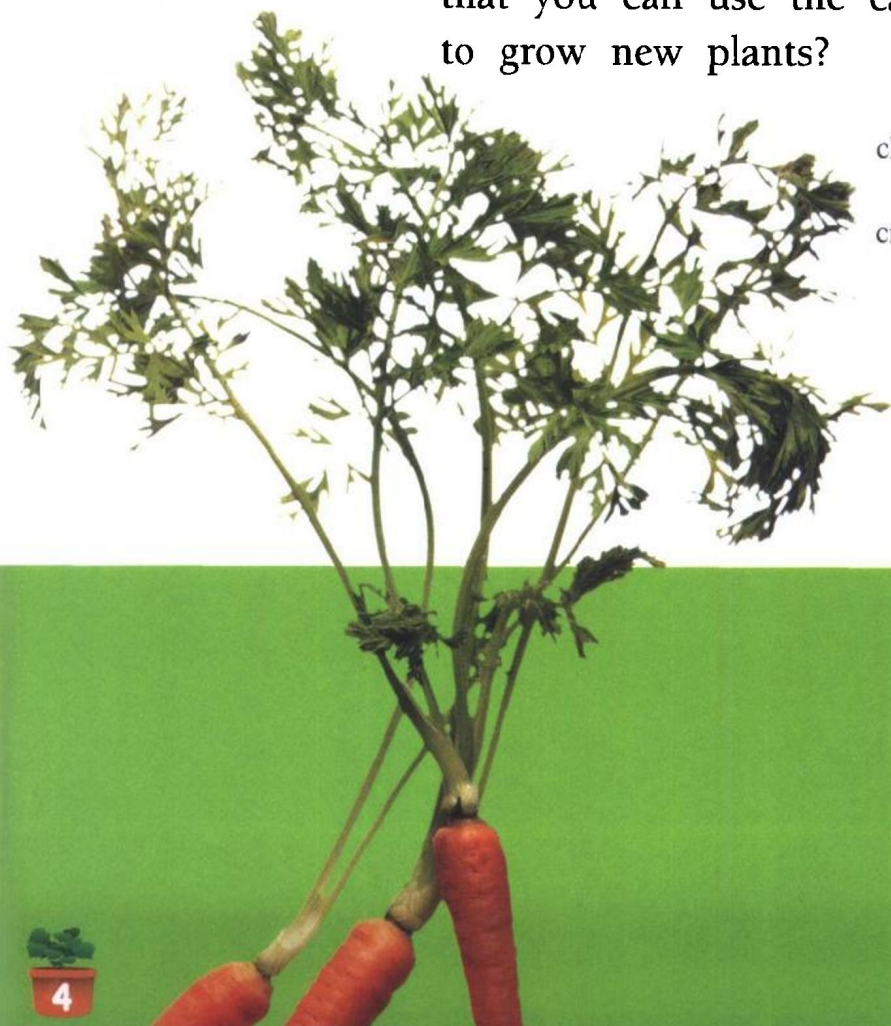
Have you ever seen a carrot before its leafy, green top was chopped off? Usually you eat or use just the crunchy orange root of the carrot and throw away these greens. But did you know that you can use the carrot tops to grow new plants?

chop [tʃɒp, tʃɑp]

v. 砍

crunchy ['krʌntʃɪ]

a. 发出咯吱声的



**Here are
the things
you will
need:**

- carrots with green tops
- knife
- shallow pan or dish
- sand
- water

1. Cut off the leafy green top of each carrot so that only about $\frac{1}{2}$ inch of the green stem remains. Then cut off about $\frac{1}{2}$ inch of the top of the orange root.

stem [stem, stɛm] n. 茎, 干

$\frac{1}{2}$ inch

$\frac{1}{2}$ inch



2. Fill the dish with sand. Add water until the sand is damp.



3. Press the carrot tops into the sand, orange side down.



4. Find a sunny spot to keep the carrot tops.

5. Over the next few days, keep adding water to the sand so that it stays damp. Soon you'll see lacy green leaves sprout from the carrot tops.



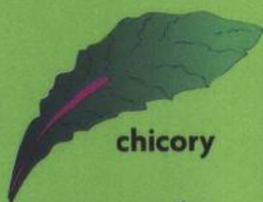
It's a FACT!

Have you ever heard people say that carrots are good for your eyesight? Well, they are! Carrots contain Vitamin A. Your body turns Vitamin A into a chemical that is important to vision.



Growing Tip

Try growing the tops of other root vegetables. Look in your refrigerator or the supermarket for some of the ones shown here. Then follow steps 1 through 5 again.



chicory



parsley



artichoke



dandelion

lacy ['leɪsɪ, 'lesɪ] a. 有花边的
sprout [spraut] v. 发芽
chicory ['tʃɪkəri] n. 菊苣

dandelion ['dændɪˌleɪn] n. 蒲公英
parsley ['pɑːslɪ, 'pɑːsli] n. 欧芹
artichoke ['ɑːtɪtʃəʊk, 'ɑːtɪˌtʃɒk] n. 洋蓟

Planting Orange Seeds

Most people like eating oranges and drinking orange juice. Every year Americans grow and eat more than 7 million tons of this sweet, juicy fruit.

Some types of oranges have seeds. Others do not. The next time you eat an orange with seeds, try planting the seeds instead of throwing them away.

You can use the directions that follow to plant the seeds of a tangerine, lemon, lime, or grapefruit, too. All these fruits belong to the same family. They are called **citrus fruits**. Citrus fruits grow on trees with shiny dark green leaves.

tangerine [tændʒ'ri:n, 'tændʒər'in] n. 红橘

lime [laɪm] n. 酸橙

citrus ['sɪtrəs] n. 柑橘属

shiny ['ʃaɪni] a. 发亮的



Here are the things you will need:

- flowerpot
- potting soil
- label
- pen
- 3 or 4 orange seeds
- plastic bag and twist-tie
- 3 small pots
- water

1. Fill the flowerpot with soil.



2. Use the label and pen to label the pot. Write the kinds of seeds you are planting. Write the date, too.

yogurt ['jɒgət, 'jɒgət] n. 酸奶酪

drain out 排出去

label ['leɪbl, 'leɪl] n. 标签, v. 标注

flowerpot ['flaʊəpɒt, 'flaʊəpɒt] n. 花盆



Growing Tip

If you don't have a flowerpot handy, use a large plastic yogurt or other food container. Punch a few holes in the bottom. The holes will let extra water drain out when you water your plant.



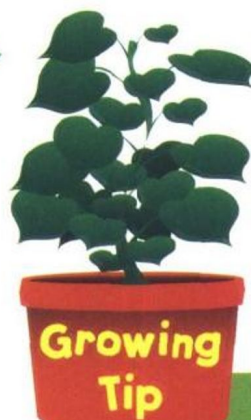


3. Gently press the seeds into the soil. Don't put them too close to one another. Then cover the seeds with about $\frac{1}{2}$ inch of soil.



4. Put the flowerpot into the plastic bag, and close the bag with the twist-tie. Set the pot down in a warm place.

moist [moɪst] a.潮湿的



You put a few seeds into the pot instead of just one because some of the seeds might not grow. You put the pot into a plastic bag to keep the soil warm and moist. Orange and other citrus seeds like warm weather!





5. Now be patient! After 3 or 4 weeks, you will see little green leaf shoots appear. You can take away the plastic bag when this happens.



6. Plant each seedling in one of the small pots. Handle the seedlings very carefully so that you don't hurt the roots that have formed under the soil.

7. Keep your orange seedlings in a place where they will get plenty of warmth and sunlight. Water them every few days to keep the soil moist. If all goes well, your seedlings will slowly grow into little trees.

patient ['peɪʃənt, 'peʃənt] a. 有耐心的

handle ['hændl] v. 拿

seedling ['si:dlɪŋ, 'sɪdlɪŋ] n. 幼苗

Planting an Avocado Pit

Avocados are large, heavy, dark green fruits that are usually shaped like pears. The more ripe they get, the softer they get. Inside the fruit is a very large **pit**, or seed, which you can use to grow a tall, beautiful avocado plant.

People eat avocados in salads and sandwiches. But probably the most popular way to use avocados is in **guacamole**, a delicious Mexican snack.

Easy Guacamole

Use ripe avocados to make some yummy guacamole. Then plant the pits!

You will need:

- 2 ripe avocados (almost black on the outside)
- 1 small onion, chopped into small pieces
- 1 tablespoon of lemon juice
- a dash of salt and pepper

Peel the avocados and remove the pits. Put the avocados into a large bowl and add everything else. Mash until you have a smooth mixture. Then enjoy it on tortilla chips or crackers.

avocado [ɑ:və'kɑ:dəu, ævə'kɑdo] n. 鳄梨 pit [pɪt] n. 果核
 yummy ['jʌmi] a. 美味的 snack [snæk] n. 小吃
 guacamole [gwɑ:kə'məʊli, gwəkə'moli] n. 鳄梨酱
 (墨西哥的一种小吃)

1. Rinse the avocado pit with cold water. Stick the four toothpicks around the middle of the pit.

Here are the things you will need:

- avocado pit
- four toothpicks
- plastic jar or large plastic cup
- warm water
- flowerpot
- cup
- potting soil



rinse [rɪns] v. 冲洗



2. Fill the jar almost to the top with water that is just slightly warm. Rest the toothpicks on the top of the jar. The more pointed end of the pit should be in the water while the flatter end should face upward.



3. Wait 3 or 4 weeks. During that time, be sure to add just enough water to replace the water that **evaporates**, or disappears into the air. The bottom of the pit should always be just below the water's surface. The thin brown skin that covers the pit will crack open. Roots will start growing out of the bottom of the pit. Leaves will start growing at the top.

flat [flæt, flæt] a. 平的

rest [rest, rest] v. 搁 (在)

evaporate [i'væpəreit, i'væpə,ret] v. 蒸发

crack [kræk] v. 破裂