“湖南省普通高等教育面向21世纪教学内容和课程体系改革计划”重点资助项目

■ 丛书主编　林汝昌

CENTURY ENGLISH
READING BASIC COURSE

世纪英语阅读基础教程

■ 主编　周　勤

1

■ 中南大学出版社

“湖南省普通高等教育面向21世纪教学内容和课程体系改革计划”重点资助项目

■ 丛书主编　林汝昌

CENTURY ENGLISH
READING BASIC COURSE

世纪英语阅读基础教程

■ 主编　周　勤

1

■ 中南大学出版社

世纪英语阅读基础教程①

主编 周 勤

□责任编辑 陈雪萍

□出版发行 中南大学出版社

社址:长沙市麓山南路 邮编:410083

发行科电话:0731-8876770 传真:0731-8710482

电子邮件:csucbs @ public. cs. hn. cn

□经 销 湖南省新华书店经销

□印 装 中南大学印刷厂

□开 本 787×1092 1/16 □印张 12 □字数 293 千字

□版 次 2003 年 2 月第 1 版 2003 年 9 月第 2 次印刷

□书 号 ISBN 7-81061-599-8/H · 089

□定 价 15.00 元

图书出现印装问题,请与经销商调换

编 者 的 话

1 编写的思路

随着社会的发展，国力的增强，我国与国外的交流日益增多，再加上电讯网络事业的迅猛发展，外语的使用在更大的范围内得到普及。在各级学校里外语已成为一门必修课，受到极大的重视。由于对外语学习的认识与了解因经济的发展、社会的需求以及各学科之间的交叉发展而不断深化，外语教学理论与流派也随之不断涌现。但到目前为止，由于我国地域辽阔，地区经济发展不平衡，各校师资力量参差不齐，要求各异，因而在我国很难说哪种教学法（包括目前较流行的交际法）能满足英语教学的需要，哪种教材能满足目前广大英语学习者的需求。

为了跟上时代的步伐和在一定范围内满足英语学习者的需求，本套教材——《世纪英语阅读基础教程》（1～2）作为“湖南省普通高等教育面向21世纪教学内容和课程体系改革计划”重点资助项目，在编写过程中得到省内各高等院校的大力支持，参编的同志充分参考了现在各高校使用的教材，如由复旦大学主编的《大学英语》，外语教学与研究出版社出版的《新编大学英语》，上海交通大学与复旦大学合编的《21世纪英语》，与此同时还参考了由国外出版社出版的多种新教材。在编写中，我们除继承一般教材编写原则（如编写的“四性”原则：针对性、实践性、科学性和趣味性）和组织原则（如线性排列“linear gradation”与螺旋式排列“spiral gradation”）外，还吸取了现代语言学的新成果——图式理论的基本原则以及20世纪80年代兴起于我国对外汉语教学的文化导入理论，促进人脑知识网络的发展，同时通过词汇文化内涵的介绍，加深同学们对词汇的理解，体现语言与文化的深层关系。

这一套教程毕竟是一套供英语学习者使用的教材而不是研究语言规律的专著。我们有选择地引入上述两项理论旨在弥补当前我国一些教材对词汇的文化内涵解释不够的不足：比如“breakfast”就是“早餐”，“individualism”就是“个人主义”或“个体主义”，而没有从文化的角度对该词作进一步的解释，如指出早餐的内容、时间及伴随早餐的一些习俗在不同文化背景国家里的差别。更何况“个人主义”一词在不同文化体系的国家里的解释是截然不同的。我们在这里只想说明在中国这一现实环境里，我们的学习者要学好英语，除学好英语的语言知识外，还要通过英语语言形式的学习，了解体现这些形式的文化成因。而现实的第一步就是通过学习英语词汇去了解蕴含在词汇里面的文化因素。因为这些文化因素最能触及西方文化中有关行为文化（behavior culture）的一些现象，而行为文化是“活”的文化，是文化中最为敏感的部分。学习者如能培养出这种文化意识（cultural awareness）就会对英语有更深的了解和体会，这就是为什么我们在每篇课文的练习设计里，在 Words and Expressions 后加上 Cultural Hints（文化提示）这一栏目的目的。

图式理论发展于德国的格式塔（Gestalt）心理学派。1932年心理学家 Bartlett 将“图式”定义为人们过去的经历在大脑中的动态组织。1963年著名教育家、心理学家 Ausubel 用图式概念去解释学习过程，认为有意义的学习是将新的知识和大脑原有的知识联系起来扩充原有的

知识。直到20世纪70年代后期,在人工智能专家的努力下,自成一体的图式理论才趋向成熟。近年来,心理语言学家将图式理论运用到外语教学这一领域,企图通过它来解释外语学习和阅读理解的心理过程,这一尝试取得了积极的成果。据此,我们在编写这一教程时,参考了由 Alan Maley 编著的 Cultural Awareness(《文化意识》)一书的一些练习设计,并加以改进,使这更贴近课文。关于这点,读者在做我们设计的 Vocabulary Map 这一练习时会有所体会。这一练习将通过一个关键词调动读者原已储存在脑子里的信息并通过课文学习增加新信息,使之成为一个较为完整的信息网络,永久地储存在读者的记忆里。

在编写过程中,我们对课文的练习设计也给予充分的考虑,我们保留了在各种考试中常用的一部分试题形式,但同时注意设计一些能启发同学们思考的练习题,从而尽量避免应试教育带来的小部分同学高分低能的倾向。

2 课文编写的框架结构

《世纪英语阅读教程》与现在编写的这套《世纪英语阅读基础教程》是配套教材。前者适用于本科生,后者适用于大学专科和本科低年级学生。《世纪英语阅读基础教程》共2册,每册12课,每册均附有参考译文及参考答案。

每单元课文均选自英、美等国原版读物,内容涉及英美社会生活的各个方面。课文思想内容力求客观、真实;语言力求规范、流畅。当然在个别文章中也许会出现不同价值取向、不同世界观的问题,但在开放改革的今天,笔者相信读者会运用马克思主义的观点,吸取精华,弃其糟粕,作出正确的判断。此外,对个别难度较大的单词,我们力求给出解释。正课文字数一般均控制在800~1000词之间。

每篇课文分三部分。Part One:A First Look;Part Two:Look Again;Part Three:Look Back。从标题可以看出,三部分是有机组合的,自成体系,后二部分的补充阅读材料与练习旨在加深对正课文的了解,并通过各种形式的练习巩固和开拓同学们所学的知识。

Part One:A First Look 的第一个题目是 Look and Say,目的是通过图片提供的内容及附设的问题,在老师的组织下,让同学们就问题用英语展开积极的讨论,从而一开始就使课堂的气氛活跃起来。

Part One:A First Look 的第二题为正文阅读(Reading the Passage)。笔者建议在正课文讲解之前,安排几分钟让同学们对正课文进行默读,使同学们了解课文的大意,这样既培养了同学们快速阅读的能力,又为接下来老师对正课文的讲解作好准备。

正文之后,除 Words and Expressions 外,还有 Cultural Hints(文化提示)一栏。这正是本教程的特点之一。要注意的是,Cultural Hints 的中文部分并不是英文部分的翻译,只是英文部分的归纳与说明。

Cultural Hints 之后是 Vocabulary Map 练习。如上文所述,这是本教程为开拓同学们思考能力和概括能力而设计的练习,其目的是为同学们提供更大的想象空间。我们深信这一练习将受到同学们的欢迎。

Part Two:Look Again 为同学们提供两篇其主题与正文大致相同的短文,目的是为学习者进一步提供与主题类似的文字信息,进而让学习者加深和巩固从正课文里所学的语言知识。

Part Three:Look Back,顾名思义,是对正课文学习的小结。

此为试读,需要完整PDF请访问: www.ertongbook.com

3 编写的分工说明

本教程为湖南省教育厅重点资助项目，由湖南大学林汝昌教授牵头组织编写，并任该套教程的主编。参加编写的学校有湖南商学院，负责编写《世纪英语阅读基础教程》（第一册），由周勤副教授主持并任该册的主编。湖南工程学院负责编写第二册，由王家勇副教授主持并任该册的主编。

本册是第一册，由周勤任主编，编写人员为：周秋琴（第一、四单元）、文兰芳（第二、三单元）、肖美清（第五、六单元）、石小辉（第七、八单元）、周勤（第九、十单元）、白臻贤（第十一、十二单元）。

本套教程在编写过程中得到各个方面的大力支持，首先是湖南省教育厅的大力支持，没有湖南省教育厅高教处与科研处的大力资助，这套教程的出版是不可能的。其次是得到省内各高校外语学院（系）的大力支持，他们为教材提供了不少新的资料并提出宝贵的改进意见，在此我们对曾给我们支持与帮助的同志们表示衷心的感谢和敬意。

编　者

2002 年 8 月于岳麓山下

目　录
CONTENTS

Unit 1　Food in the 21st Century ..... (1)

Unit 2　Healthy Life ..... (13)

Unit 3　Sports ..... (27)

Unit 4　Cyberpromotion: Communicating with Customer Online ..... (41)

Unit 5　Woman ..... (53)

Unit 6　Old People ..... (67)

Unit 7　System of Government ..... (81)

Unit 8　American Stores ..... (95)

Unit 9　Taxes, Taxes and More Taxes ..... (107)

Unit 10　Insurance ..... (119)

Unit 11　Education ..... (133)

Unit 12　Stories of Life ..... (145)

Appendix : Chinese Translation of the Texts and Key to Exercises ..... (160)

Unit 1

Food in the 21st Century

An apple a day keeps doctors away

Part One A First Look

● Look and say

Directions: *Look at the picture carefully and then discuss the questions with your partner.*

Questions for discussion

1. What food do the consumers like better?
2. What do the consumers require about the food?
3. What would you like to choose for your daily food?

● Reading the Passage

Directions: *Read the following passage in 10 minutes and try to get the main idea through your first reading.*

Food in the 21st Century

1 Genetically-modified foodstuffs are here to stay. That's not to say conventional agriculture will disappear, but simply that food-buying patterns will polarize: there will be a niche market for conventional foodstuffs just as there is for organic food. It may even be that GM food will become the food of preference because consumers come to appreciate the health benefits or reduced pesticide use.

2 Currently there are some 20 000 chemicals in use, but the scientists only have detailed information on around 1 000 of them. To see the advantages of GM food you have only to consider the recent press revelation that the average lettuce receives eleven pesticide applications before it reaches the supermarket shelf. I'm sure that chemicals and their role in disease will become a big issue in the next century as the population of the developed world worries increasingly about its health.

3 The reason GM food will not go away is that we need a three-fold increase in food production by the year 2 050 to keep pace with the world's predicted population growth to ten or eleven billion. It's not just a question of more mouths to feed either. What is often forgotten is that all these extra people will take up space, reducing the overall land available for agriculture.

4 The world has 800 million hungry people. Until now, food supplies have been increased by improved varieties, pesticides and artificial fertilizers: the green revolution. Now we're on the edge of a new revolution: a genetic one.

5 It may well be that in the long term it is the developing world that benefits most from GM foods. It's true that for the next ten years or so GM crops may be too expensive. But the lesson of personal computers is applicable here—once the technology has been developed for money-spinning crops, like maize, soybean and cotton, it will filter down and become affordable for all. This doesn't mean, unfortunately, that famines will disappear, but severity and duration will be helped by an improved ability to produce and distribute food.

6 As we move into this new era of agriculture we're embarking on an experiment. But remember that the world has seen any number of experiments before. We have been refining species of wheat for several thousand years. Genetic engineers like me are not doing anything as dramatic as making a cabbage into a cauliflower—as has been done by plant breeders in the past. We're simply tapping into the whole gene pool, rather than concentrating on one species at a time.

7 There will be movement of genes between species that could not be crossed by conventional breeding methods, and there may be problems with some crops. There may be problems with some crops. There were mistakes during the Green Revolution, like DDT. No doubt there will be some mistakes with GM crops too. But then, mankind has always made mistakes. It shouldn't put us off progress.

(528 words)

● Words and Expressions

genetically[dʒi'netikli] *adj.* of or relating to genes 基因的
foodstuff[fu:dstʌf] *n.* material used as food 食料,粮食
polarize['pəuləraiz] *vt.* to(cause to)divided into sharply opposing factions or groups 两极分化
niche[nitʃ] *n.* suitable place or fitting position 适当的位置,恰当的场所
organic[ɔ:'gænik] *a.* having bodily organs 有机的
pesticide['pestəˌsaid] *n.* a chemical preparations for destroying plant or animal pests 杀虫剂
lettuce['letis] *n.* garden plant with green leaves used in salads 莴苣
application [ˌæpli'keiʃən] *n.* bringing to bear on a case; using 应用,运用
available[ə'veiləbl] *adj.* capable of being used,that may be obtained 可用的;有效的
overall['əuvərɔ:l] *adj.* including everything ;containing all 包含一切的,全部的
artificial[ɑ:ti'fiʃəl] *adj.* made by human skill,not nature 非天然的,人造的
affordable[ə'fɔ:dəbl] *adj.* that can be supplied or given 可得到的
embark[im'bɑ:k] *vt.* to start or participate in an enterprise 从事,开始
refine[ri'fain] *vt.* to bring(sth.) to a finer state or form by purifying,polishing,changing or making it more precise 改良
dramatic[drə'mætik] *adj.* sudden or exciting,like an event in a stage play 戏剧性的
breeder [bri:də] *n.* person who breeds animals 养殖者
cauliflower['kɔliflauə] *n.* large,white flower-head,used as a vegetable 花椰菜
tap[tæp] *vt.* extract or obtain (sth. from sb or sth.)获取,引出

● Phrases

keep pace with	go forward at the same rate with(sb.)与……保持同一步伐,并驾齐驱
to embrace on	to start or participate in an enterprise 开始从事;着手做
take up	occupy 占(时间、空间)
engage (the attention)	lift up,raise 惹起(注意);拿起,举起
put off	postpone 延期

● Culture Hints

genetically-modified food GM food is produced from plants or animals which have had their genes changed in the laboratory by scientists. All living organisms have genes written in their DNA. They are the chemical instructions for building and maintaining life. By modifying the genes, scientists can alter the characteristics of an organism.

We might,for example,want to boost yields,increase muscle bulk and make our crops and farm animals resistant to disease. Genetic engineering holds out these possibilities. However,the technology is in its infancy. Very few food crops have been gene-altered using the new techniques,and there are no foodstuff on sale in the UK made from GM animals. And none of the GM crops currently being commercially grown around the world contain genes transferred from animals or humans. Some will

此为试读,需要完整PDF请访问: www.ertongbook.com

argue that this new technology is"unnatural". Others will point to the species—from bugs and worms to monkeys and humans:we already share many of the same genes.

转基因食品 是科学家在试验室里改变动植物的基因结构而产生的一种食品。所有的有生命的生物体内都有它自己的 DNA。它们就是构成和维持生命的化学成分。通过改变基因,科学家们能够改变有机体的特性。

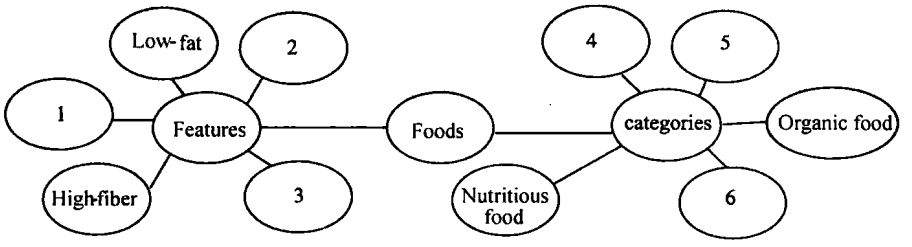
比如说,我们想要提高作物的产量,增加瘦肉的比例,使农作物和牲畜家禽具有抗病能力,转基因工程使这些成为可能。然而这一技术还处于初级阶段。很少作物采用这一新技术进行基因转换,而且在英国没有转基因动物肉食品销售。在世界各地普遍以盈利为目的而种植的转基因作物中没有一种作物含有从人或动物身上转变过来的基因。有人认为这种新技术是"非自然的",还有人会指着这些物种——从臭虫到寄生虫,从猴子到人,说:我们已经拥有许多相似的基因。

green food They are those unpolluted,safe,of high quality and nutritious food.

绿色食品 是指那些没有污染的安全、优质、营养的食品。

● Vocabulary Map

① **Directions**: *The following Vocabulary map may help you form a schema on the main idea of the passage. Fill in the map with what you think suitable according to the passage.*



② **Directions**: *State the main idea of the text on the basis of the vocabulary map. You may begin with the sentence given.*

With the development of science and biotechnology there are more varieties of food for consumers to choose from. There are basically such food as _____

_____

_____.

With consumers' concern about health,consumers prefer to choose labeled food to ensure their securities _____

_____

_____.

● Reading Comprehension

Directions: *Read the passage again and choose the best answer for each of the following items.*

1. _____ is a new products of the foods.
   A. GM food　　B. Fast food
   C. Chinese food　　D. West food
2. More and more people will prefer GM food because they appreciate the _____.
   A. health benefits of reduced pesticide
   B. reduced pesticide use
   C. safety food
   D. increased production
3. The _____ countries will benefit most from GM foods in the long term.
   A. developed　　B. developing
   C. development　　D. advanced
4. Population of the developed world worries increasingly about their health as they have realized _____.
   A. the damage of chemicals　　B. the chemicals nick
   C. the chemicals'role in disease　　D. the threat of the GM food
5. There will be _____ between species that could not be crossed by convention breeding methods.
   A. a new revolution　　B. a genetic revolution
   C. a green revolution　　D. movement of genes

● Vocabulary and structure

① **Direction**: *Complete the table with missing members of the word-families.*

Verb	Adjective	Noun
	organic	
		application
	available	
	simple	
	dramatic	

② **Directions**: *Fill in the following blanks with the proper form of the words listed below.*

issue	artificial	avail
health	refine	simply
concentrate		distribute
advantage		person

1. It was indifferent to his _____appearance.
2. The _____of the language in their book is not an easy task.
3. A _____person is one who is very polite.
4. There's nothing more _____than a brisk walk every day.
5. The authorities _____food to the flood victims.
6. They could not agree about the _____ of the profits.
7. The successful solution of the problem required patience and _____.
8. This may prove _____to you.
9. She welcomed me with an _____smile.
10. Is there a doctor _____?

③ **Direction**: *Complete the following sentences by using the given phrases.*

1. I could scarcely _____(跟不上生物方面的新的发现). (keep pace with)
2. You mustn't _____(占用他上班的时间). (take up)
3. _____ (与其让蔬菜烂掉) he sold them at half price. (rather than)
4. We are not going to allow a little difficulty like that _____(来阻止我们). (put off)
5. In the short term we expect to lose money on this book but _____(从长远来看我们希望发大财). (in the long term)

Part Two Look Again

● Timed Reading (1)

Direction: *Try to finish reading the following passage in 8 minutes and do the exercises.*

Consumer Groups Worry about Health

Worries about genetically-modified foods (转基因食品) will endure until the products are proved to be safe and scientists can convince people they offer some benefit, British geneticist (基因学专家) Brian Johnson said on Sunday. He was speaking at a conference in Alexandria entitled "Biotechnology and sustainable development: Voices of the south and north" which ended on Tuesday.

"We will not go forward at all simply by reassuring consumers from a scientific viewpoint (观点)," said Johnson, head of the Biotechnology Advisory Unit of the British Government's nature conservation agency. "Consumers perceive that they are the people taking any risks that might be there and they can see no real benefit in eating GM foods," said Johnson. Johnson advises British authorities on the release of genetically modified organisms (GMOs) into the environment. "They are thoroughly convinced that all the benefits are there for the biotech (生物技术) companies and the risks are for them," he said.

Consumer groups in Europe and Japan have protested vigorously against what some popular

media termed "Frankenstein foods". They fear health and environmental risks from genetically modified crops.

Environmental activists have uprooted GM crops and disrupted shipments of GM grain and oilseed cargoes from the United States, which backs foods derived from biotechnology.

Advocates of biotechnology say GM crops can boost yields and farmers' incomes, reduce prices and help combat hunger and disease in the developing world.

Johnson said the key to taking GM crops forward would be the development of products that are clearly more advantageous to the environment or consumers. "Until those products come along, I think it's going to be very difficult to convince consumers in Europe and other parts of the world that eating GM foods is safe and wholesome," he said.

Johnson downplays current safety concerns. "The health risks are extremely small by the time the food has actually been through the regulatory system," he said. "The human digestive tract(消化道) is remarkably good at dealing with a huge range of substances that are produced by genes," he added.

Johnson said GM foods could only be linked to allergies(过敏症) in the same way as conventional foods. Pollen from commercially grown conventional oilseed rape, for example, could trigger allergies, he said.

"We put up with the risks of allergies simply because we can see the benefits of growing oils to replace the fats that we have traditionally eaten in our food which are so bad for us," he said.

(450 words)

● Reading Exercises

Directions: *The following statements are all based on the passage you've just read. Decide whether they are true or false, put* T *for true and* F *for false in the space provided.*

1. _____ People will worry about GM food until the products are proved to be safe.
2. _____ Consumers are the people taking any risks eating GM foods.
3. _____ Consumer groups in Europe and Japan have protested vigorously against the so-called "Frankenstein foods".
4. _____ Environmental activists have supported GM foods.
5. _____ There is no real benefit in food derived from biotechnology.
6. _____ It's not easy to convince consumers in Europe and other parts of the world that eating GM food is safe and wholesome.
7. _____ The health risks are small as we have a good digestive tract to deal with a huge range of substances that are produced by genes.
8. _____ There is no way to take GM crops forward.
9. _____ We can replace the fats that we have traditionally eaten in our food by growing oils.
10. _____ Different people have different viewpoint about GM food.

● Vocabulary Exercises

Directions: *Choose the one that best completes each sentences.*

1. She can't _____seeing animals cruelly treated
   A. endure B. suffer C. bear D. stand
2. We mustn't _____getting caught in a storm.
   A. risk B. take the risk C. run the risk in D. take the risk that
3. She felt _____after her teacher told her she would pass the examination.
   A. ensured B. insured C. reassured D. assured
4. Thousands of English words are _____Latin.
   A. from B. got from C. derived from D. originate
5. The fighters have a lot of _____ practical experience.
   A. battle B. fight C. war D. combat
6. Take every chance that you _____.
   A. come across B. come about C. come around D. come along
7. I don't know how to _____these bad children.
   A. settle B. deal with C. handle D. manage with
8. Fingerprints _____the suspect to the crime.
   A. connected B. linked C. attribute D. contribute
9. Her story provided the _____the mystery
   A. answer to B. explanation of C. key to D. key of
10. I can't _____a lot of noisy people when I am working
    A. put up with B. put up C. put forward D. bear

● Timed Reading (2)

Directions: *Read the following passage in 6 minutes and then do the exercises.*

Choose Healthy Way of Eating

In December, America's top medical official issued a first-ever report on overweight and obesity (过度肥胖的). Its conclusion that obesity leads to disease and death; that it's largely the result of eating too much and moving too little; and that commercial, social and civic (城市的,公民的) forces contribute to an unprecedented obesity epidemic that now kills nearly as many people in the US as tobacco does. All that creates a useful motivation for whatever personal health plan you intend to carry out in 2002.

The latest research suggests that achieving and maintaining a healthy weight usually has little to do with the popular diets that promise quick weight loss by emphasizing some food groups at the expense of others.

So what does the best research suggest for a healthy nutritional course in 2002?

Eat five servings a day of fruits and vegetables

The vitamins and minerals contained in fruit and vegetables continue to shine as protectors of health.

People who eat five servings of these foods daily have half as much risk of developing cancer as those who eat only one to two servings. Such a diet also improves blood pressure and cholesterol levels(胆固醇量).

Get used to the five-a-day standard now, because scientific debates suggest that 10-a-day will likely become the future recommendation. Recent major studies have shown that swallowing pills containing extracts of the same vitamins found in these foods doesn't work nearly as consuming them in their natural forms.

Eat a balanced diet

That means eating two to three servings dairy foods; two to three servings of meat, poultry, fish, beans, nuts or eggs; three to five servings of vegetables and two to four servings of bread, cereal rice and pasta(粗面食). In that last group seek whole grains.

Limit portion sizes especially when eating away from home waistlines(腰围) expand when more food is consumed that is burned.

Take a multivitamin daily

Multivitamins are especially important for: women who might become pregnant(怀孕); those who regularly consume one or two alcoholic drinks per day; the elderly vegans(素食主义) and vegetarians(吃素的人).

Use one of the popular antioxidant cocktails containing vitamins A, C and E.

Eat more fibre

Increasing evidence points to fibre(纤维), particularly oat, pectin(果胶) and stanols—as important for keeping blood cholesterol levels in check.

Fibre also fosters(促进,培养) a feeling of fullness, which helps to reduce overeating. The highest fibre sources are whole grain and unprocessed complex carbohydrates, including bread, pasta, crackers and cereal.

(448 words)

● Comprehension Exercises

Direction: *Choose the best answer from the four choices based on the passage you've just read.*

1. According to America's top medical official report, obesity leads to disease and death. It kills as many people in the US as _____.

   A. tobacco does　　B. crimes do

   C. terrors do　　D. robberies do

2. The latest research suggests that achieving and maintaining healthy weight usually.

此为试读,需要完整PDF请访问: www.ertongbook.com