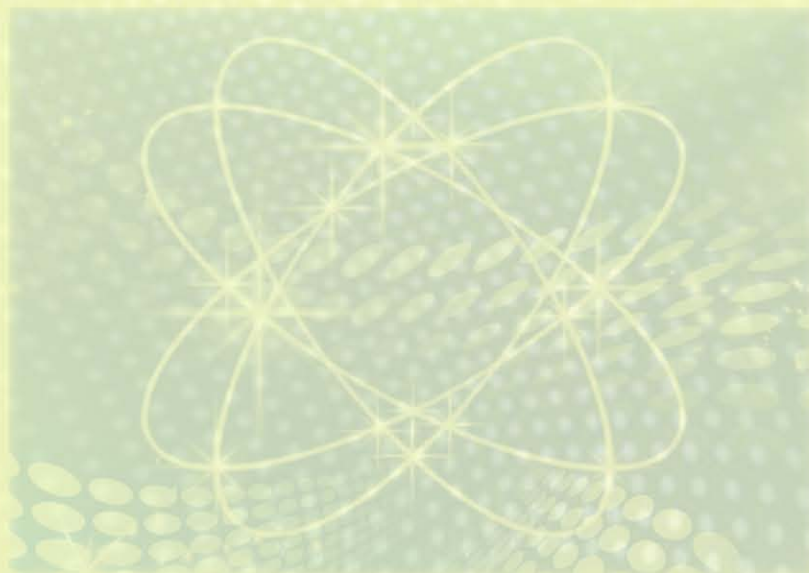


英语 1 - 2

同步阅读

蔡兴建 主编



重庆大学出版社

内 容 提 要

本书为经教育部全国中小学教材审定委员会初审通过的重庆大学版高中英语课标教材的配套辅导用书。本书紧扣《普通高中英语课程标准》(实验)中对高一阶段阅读训练的目标要求,根据高中学生的认知发展水平,本着“Learn by doing”的主要原则,将精读与泛读相结合,通过精心设计的少而精的练习题,训练学生的各种阅读策略,力求全面提高学生的阅读技能。

本书供高中一年级学生第一学期使用。

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前言

国家基础教育课程改革启动至今已有九年,新的教育理念正被越来越多的教育工作者和社会人士所接受。我国基础教育事业正经历着一次深刻的变革,这一变革的核心,对于教师来说,就是转换角色定位;对于学生来说,就是改变学习方式。

为帮助学生掌握英语基础知识和英语学习方法、提高英语学习能力,以适应中学全面实施素质教育,提高教育质量,根据《普通高中课程标准》(实验稿)的基本要求,经过认真研讨,精心设计,我们编写了这套独具特色的、体现高中英语新课标理念的《高中英语同步阅读》。

《高中英语同步阅读》是经教育部审定通过的重庆大学版《高中英语》教材的重要组成部分,与教材相配套。书中提供了紧密围绕教材中心话题的阅读题材,紧扣课程标准要求,将精读与泛读相结合,通过精心设计的少而精的练习题,训练学生的各种阅读策略,力求全面提高学生的阅读技能。

编写原则:

1. 初高中自然衔接
2. 练习内容与教材同步
3. 知识不断复现、活用
4. 活动设计体现层次性
5. 注重综合语言能力培养
6. 应试与素质培养相结合

体系结构:

以学生用书每个单位的四个板块为参照,所有练习题和活动内容完全与教材内容同步:

1. **Looking Ahead** 为每一个单位的内容提要部分,使学生对每一单元训练的主要技能有总体了解。

2. **Careful Reading** 为每一单位的精读部分,通过 Pre-reading, Reading 和 Post-reading 三个组成部分,注重学生的整个阅读过程,在阅读中穿插介绍阅读技能,布置相应的写作任务,读写结合,锻炼学生的语言活用能力。

3. **Fast Reading** 为每一单位的泛读部分,通过控制阅读时间,根据不同阅读策略而设的练习题,侧重提高学生的阅读速度,训练学生的各项阅读技能。

4. Reading for Pleasure 为每一单元的趣味阅读部分,通过紧扣教材中心话题的、语言活泼且有一定深度的阅读题材,侧重让学生享受阅读的乐趣,激发学生的学习兴趣。

《高中英语同步阅读》由中学英语教研员、有丰富教学经验的重点中学的一线英语特级教师、英语高级教师以及高校教师编写而成。但由于成书时间仓促,加之我们水平有限,且本套书的编写体例又是一种全新的尝试,不妥之处,敬请读者在使用中提出宝贵意见和建议,以便再版时修订。

编 者

2014 年 5 月

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Book One

Unit 1



Learning Strategies and Habits



Looking Ahead

- ◇ **Reading topic:** Strategies and Habits
- ◇ **Reading skills:** Guessing the meaning of new words from context
- ◇ **Writing skill:** Completing a passage with given words



Section 1 Careful Reading

Pre-reading

Think about the following questions.

1. Do you think it's easy for you to learn English? How do you memorize English vocabulary?

2. What good habits should you have in learning English?

Reading

1. *Read the paragraphs quickly and choose the most suitable heading and write it on the line before the passage.*

- A. Make use of dead time
- B. Form goals

Unit 1

C. Know yourself

2. *Read the text and decide whether the following statements are true (T) or false (F).*

- () 1) You will be a successful businessman if you have a good habit.
- () 2) If you have a special gold, you will have a good habit.
- () 3) You can make use of every minute to study even if you are busy.
- () 4) Different people should try different ways to learn.

3. *Match the words on the left with their meanings on the right by guessing through the context.*

- | | |
|---------------------------------|----------------------------------------------------|
| 1) _____ practice (Para. 1) | a. an informal talk among a small group of people |
| 2) _____ specific (Para. 1) | b. an underground railway |
| 3) _____ conversation (Para. 1) | c. a way of doing sth. usually |
| 4) _____ routine (Para. 1) | d. detailed and exact |
| 5) _____ subway (Para. 2) | e. a boring way of life that doesn't change |
| 6) _____ rut (Para. 3) | f. the normal way in which you regularly do things |

Ways to Develop Good Habits in Language Learning

1) _____

Knowing what you want to achieve is important to develop successful, good habits. A common **practice** in business development is to set “SMART” goals. A SMART goal is: **Specific**, Measurable, Attainable (可达到的), Relevant, and Time-bound (有时间约束的). A better goal would be “Study basic greetings and vocabulary every morning at 10 a.m. for 30 minutes until I can have an everyday **conversation** with native speakers.” Once you have such

a specific goal, developing habits and getting into a **routine** will be much easier and might even come naturally.

2) _____

There may be days when you just don't have 30 minutes to study. To continue your habit, look for periods of “dead time” in your day and take advantage of them. Last year, while living in Korea, I spent about 25 minutes going to and from work. Instead of staring into the air, I got into the habit of listening to Korean podcasts (播客). Throughout my time in Korea, there were periods of a few weeks or months when I just did not feel like studying. Fortunately, by that time my habit of listening to podcasts on the **subway** was formed and required no effort, which helped me improve my language skills.

3) _____

We all learn differently. Get to know your learning style by trying different ways to language learning. Books, grammar, online programs, movies, music, language exchange partners, the list is



endless. Find out what works for you and what doesn't. Get into the habit of trying different ways, especially at different stages of your learning journey, and you'll most likely save yourself a lot of trouble and avoid getting stuck in a rut.

Post-reading

1. *Discuss with your partner: How are you going to develop good habits in learning at school?*

2. *Complete the passage with the given words below, using the correct form.*

disappoint last achieve aware change

All learning, however, is a process which settles into certain steps. Students with learning problems, however, may still have generally inefficient study habits and skills. Becoming 1) _____ of your learning style will help you to understand why you sometimes get 2) _____ with common study methods.

Good habits are important for all students to protect investments of time and money and to 3) _____ educational goals. After that experience your study habits are permanently 4) _____, this will help your own preparation as you start teaching and 5) _____ a lifetime. The main advantages are class attendance, time management, and great studying habits are necessary workings for success.



Section 2 Fast Reading

Ab

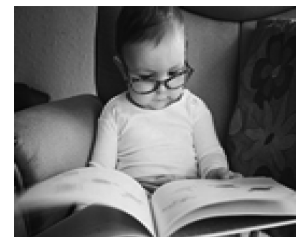
Words: 275

Suggested time: 5 min.

Your time: _____

Accuracy rate: _____

Reading is the key to school success and, like any skill, it takes practice. A child learns to walk by practicing until he no longer has to think about how to put one foot in front of the other. An excellent sportsman practices until he can play quickly, correctly and without thinking. Educators call it "automaticity (自动性)".



A child learns to read by sounding out the letters and finding the meaning of the words. With practice, he stumbles less and less, reading by the phrases. With automaticity, he doesn't have to think

Unit 1

about the meaning of words, so he can give all his attention to the meaning of the text.

It can begin as early as the first grade. In a recent study of children in Illinois schools, Alan Rossman of Northwestern University found that automatic readers in the first grade not only read almost three times as fast as the others, but also got better results in exams.

According to Rossman, the key to automaticity is the amount (数量) of time a child spends reading, not his IQ. Any child who spends at least 3.5 to 4 hours a week reading books, magazines or newspapers will probably reach automaticity. It can happen if a child turns off TV just one night for reading at home.

You can test yourself by reading something new which is suitable for your level. If you read aloud with expression, with a sense of the meaning of the sentences, you probably are an automatic reader. If you read brokenly, one word at a time, without expression or meaning, you need more practice.

Choose the best answers to the questions below.

1) "Reading is the key to school success" in Paragraph 1 means that reading _____.

- | | |
|--------------------------------------|-------------------------------------------|
| A. helps school develop faster | B. is a key to a successful school |
| C. helps students go to a key school | D. can improve students' learning results |

2) The underlined word "**stumble**" in Paragraph 2 means "_____" in Chinese.

- | | |
|-----------|-----------|
| A. 结结巴巴地读 | B. 全神贯注地读 |
| C. 心不在焉地读 | D. 声情并茂地读 |

3) What is the best title for the passage?

- | | |
|--------------------------------------|-----------------------------------------|
| A. IQ Is the Key to the Automaticity | B. TV Is Bad for Children's Reading |
| C. Automaticity Depends on Practice | D. Automatic Reading Will Be Successful |

B

Words: 283

Suggested time: 5 min.

Your time: _____

Accuracy rate: _____



It is true that people with better education are usually able to get better paying jobs. In other words, they have more chances to choose a good job while people with little or no education don't. It seems that the purpose of education is to make people get jobs. But this isn't accepted by all people.

Some people may think that a person should spend the best years of his life to get education only for a way of living. This was probably one of the earliest reasons of education. In fact, if education is just a way of making a living, people don't need to spend so much time in school. People can get education for a living in a short time. Subjects like history and geography need not be taught to everyone. Even language

and mathematics need not be taught in detail (详细地), either. Here it is clear that education is much more than teaching a man to get a way of living.

Education is well-rounded (全面的) and it is mainly for improving a man. It is not only to teach him to speak, read and write, but also to develop his creative thinking and other abilities. After that, it is to make him a wise man and thankfully enjoy the achievements of human. Education is to make a man lead a better life. Educated people are expected to be able to listen to good music, read good books, watch plays and most of all take an interest in the world.

I would agree that making a good living is an important reason for education, but certainly not the most important or the main reason.

Choose the best answers to the questions below.

- 1) People with little education usually _____.
A. spend a long time in school
B. have a good chance to get a job
C. spend the best years to choose jobs
D. have fewer chances to get a good job
- 2) The earliest education was probably to _____.
A. make a man lead a better life
B. teach a man to write and think
C. make people get a way of living
D. teach people to read good books
- 3) It is expected that educated people will be able to _____.
A. accept education as a way of living
B. take an interest in the whole world
C. develop their abilities to make plays
D. learn subjects like language and math
- 4) The passage mainly tells us that _____.
A. education should make a man improve
B. people can get education in a short time
C. people should be able to get better paying jobs
D. all subjects are so important for a way of living



Section 3 Reading for Pleasure

San Francisco has long been a favorite place for travelers who are ready to learn languages. The mild (温和的) year-round climate, shops and restaurants, bars and night-life, and some of the most beautiful scenes in the US attract many visitors to this relaxing and welcoming city. Students are sure to find the San Francisco Bay Area an interesting, safe and friendly place in which they can live and study. This is the most important.

English School in San Francisco is located in the heart of the city. It is one of the best San Francisco English language schools. You can see views of the



Unit 1

city from your classroom! Many buses stop less than a five-minute walk from the school, which is also just a two-minute walk from the famous Union Square, San Francisco Shopping Centre, the Financial District, Yerba Buena gardens and the Museum of Modern Art.

San Francisco is a great place to study English and learn about American culture, offering excellent opportunities in sports, entertainment and arts. The city borders (比邻) excellent beaches, and you can sail or surf all year round. San Francisco has more restaurants than any other city in the US, and is the home of many theaters, music and dance companies, as well as museums. Just walking through the many areas of San Francisco, you are certain to find something wonderful.

Unit 2



Being a Good Language Learner



Looking Ahead

- ◇ **Reading topic:** A Language Learner
- ◇ **Reading skills:** Skimming for the main idea;
Connecting the text to your background knowledge
- ◇ **Writing skill:** Writing a short article



Section 1 Careful Reading

Pre-reading

Think about the following questions.

1. Is it easier for a child to learn a language than an adult? Why or why not?

2. Please list some of the qualities successful language learners have in common. For example, a successful language learner should show great interest in it.

Reading

1. *Read the text through and choose the best answers to the questions below.*

1) Hundreds of hours of study and practice can _____.

- A. make all adult language learners successful
- B. make it more difficult to learn a foreign language
- C. help an adult to achieve success
- D. be necessary in learning a language

2) Language teachers suggest that learners should _____.

- A. read every day

- B. go abroad to live with the native speakers
- C. try to think in the new language instead of translating
- D. learn from a child

3) The passage mainly tells us _____.

- A. what successful language learners have in common
- B. a successful language learner doesn't need any teacher
- C. a successful language learner has never made any mistake
- D. interest is the only thing that a successful language learner needs

2. *Match the words on the left with their meanings on the right by guessing through the context.*

- | | |
|---------------------------------|----------------------------------------|
| 1) _____ statement (Para. 2) | a. to promise sth. |
| 2) _____ guarantee (Para. 2) | b. something that has been decided |
| 3) _____ independent (Para. 5) | c. a way things are arranged or happen |
| 4) _____ pattern (Para. 5) | d. confident and free to do things |
| 5) _____ conclusion (Para. 5) | e. something that you say or write |

“Learning a language is easy. Even a child can do it!”

Most adults would disagree with this **statement**. For them, learning a language is a very difficult task. They need hundreds of hours of study and practice, and even this will not **guarantee** success for every adult language learner.



Language teachers often offer advice to language learners: “Read as much as you can in the new language.” “Practice speaking the language every day.” “Live with people who speak the language.” “Don’t translate—try to think in the new language.” “Learn as a child would learn; play with the language.”

But what does a successful language learner do? Language learning research shows that successful language learners are similar in many ways.

First of all, successful language learners are **independent** learners. They do not depend on the book or the teacher; they discover their own way to learn the language. Instead of waiting for the teacher to explain, they try to find the **patterns** and the rules for themselves. They are good guessers who look for clues and form their own **conclusions**. When they guess wrong, they guess again. They try to learn from their mistakes.

Successful language learning is active learning. Therefore, successful learners do not wait for a chance to use the language; they look for such a chance. They find people who speak the language and they ask these people to correct them when they make a mistake. They will try anything to communicate. They are not afraid to repeat what they hear; they are willing to make mistakes and try again. When

communication is difficult, they can accept information that is inexact or incomplete.

Finally, successful language learners are learners with a purpose. They want to learn the language because they are interested in the language and the people who speak it.

Post-reading

1. *Work in groups of four. Suppose you are a successful language learner, share with your group members what you've done in learning the language.*

2. *Write an article on "Being a Successful Language Learner Can Make Life Colorful" in 100 words.*



Section 2 Fast Reading

At

Words: 288

Suggested time: 5 min.

Your time: _____

Accuracy rate: _____

Is learning a foreign language ever easy? Yes. If you are five and move to another country, you will quickly pick up the language. But what about for the rest of us who are no longer five, and need to be polite when traveling for business or for pleasure? I think that answer is also yes. Language learning can be easy if you don't want or need to learn too much.



The key to successful language learning in my mind is not to set the goal too high. It is rather like running. Even if you run twice a week, you don't necessarily want to be able to run a marathon. You might just want to maintain a level of fitness. I think the same can be true for language learning.

Let's get back to the goal. If you decide to learn ten words in a foreign language before visiting the country, you know that you will manage to do this. However, if you decide to attain conversational fluency, unless you are an exceptionally talented individual, you will probably fail and give up in disgust (厌恶).

Unit 2

It is also far easier to start learning a foreign language than to finish. In other words, the better you are, the slower it can be to improve, because you will get stuck with grammar, making sentences, learning less common words, etc. If you are only trying to learn a few foreign words and phrases, you will enjoy faster progress, have more fun, and won't have to spend too much time.

The idea of learning only a few hundred words in a language, and then stopping, isn't the usual approach to language learning, but it can be a very rewarding and entertaining activity.

Choose the best answers to the questions below.

- 1) In the writer's opinion, it is easy for adults to learn English if _____.
 - A. they are especially talented individuals
 - B. they don't want or need to learn too much
 - C. they have to spend a lot of time on it
 - D. they have a chance to go abroad
- 2) The writer intends to express that learning only a few hundred words in a language, and then stopping, _____.
 - A. is the usual method of learning a language
 - B. is of no use for learning a language
 - C. may cause a lot of mistakes while traveling
 - D. can be rewarding and entertaining
- 3) The writer believes that if you want to be good at a foreign language, you will probably _____.
 - A. forget your own goals
 - B. become a gifted language learner
 - C. get tired of learning it
 - D. reach your learning goal in advance
- 4) The best title of this passage would be _____.
 - A. Easy Language Learning
 - B. Hard Language Learning
 - C. Fluency in a Foreign Language
 - D. A Method of Language Learning



Words: 306

Suggested time: 5 min.

Your time: _____

Accuracy rate: _____

The average person learns most of the 30,000—40,000 words whose meanings he or she recognizes by hearing them or getting familiar with them in the context or simply absorbing them without conscious (意识到的) effort. The best way to build a good vocabulary, therefore, is to read a great deal and to take part in a lot of good talks. There are relatively few words that we learn permanently (永久的) by



woman to hold out her hand first.

In the west, pointing with one finger at a person while talking usually means that the person who is speaking is criticizing the person who is pointed at. Besides this, men in English-speaking countries touch men much less than men touch men in China. But men and women touch each other publicly more often than men and women touch each other publicly in China. Boyfriends and girlfriends often hold hands, embrace (拥抱) or kiss in public.

Good friends often greet one another with a kiss on the cheek, if they are women or of opposite sexes.