



附：英语阅读（二）自学考试大纲

# 英语阅读

(二)

[2005年版]

组编 / 全国高等教育自学考试指导委员会  
主编 / 白永权

全国高等教育自学考试指定教材  
英语专业  
(基础阶段)

高等教育出版社

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全国高等教育自学考试指导委员会 组编

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# 组编前言

人类已经迈进了 21 世纪。这是一个变幻莫测的世纪,这是一个催人奋进的时代。科学技术飞速发展,知识更替日新月异。希望、困惑、机遇、挑战,随时随地都有可能出现在每一个社会成员的生活之中。抓住机遇,寻求发展,迎接挑战,适应变化的制胜法宝就是学习——依靠自己学习、终身学习。

作为我国高等教育组成部分的自学考试,其职责就是在高等教育这个水平上倡导自学、鼓励自学、帮助自学、推动自学,为每一个自学者铺就成才之路。组织编写供读者学习的教材就是履行这个职责的重要环节。毫无疑问,这种教材应当适合自学,应当有利于学习者掌握和了解新知识、新信息,有利于学习者增强创新意识、培养实践能力、形成自学能力,也有利于学习者学以致用、解决实际工作中所遇到的问题。具有如此特点的书,我们虽然沿用了“教材”这个概念,但它与那种仅供教师讲、学生听,教师不讲、学生不懂,以“教”为中心的教科书相比,已经在内容安排、形式体例、行文风格等方面都大不相同了。希望读者对此有所了解,以便从一开始就树立起依靠自己学习的坚定信念,不断探索适合自己的学习方法,充分利用已有的知识基础和实际工作经验,最大限度地发挥自己的潜能,达到学习的目标。

欢迎读者提出意见和建议。

祝每一位读者自学成功。

全国高等教育自学考试指导委员会

2005 年 9 月

# 编写与使用说明

受全国高等教育自学考试指导委员会的委托,我们对《英语阅读(二)》进行了修订。

《英语阅读(二)》是英语专业自学考试课程之一。本课程是旨在使学习者通过大量阅读不同题材的英语文章来培养和提高其阅读和理解能力的一门实践课程。教材的内容以新闻、时事、政治、经济、贸易、法律和科普等方面的文章为主。通过大量阅读以上方面内容的文章,扩充学生的词汇量和知识面,复习和巩固已学过的词汇及语法,逐步提高阅读速度、阅读技能和理解能力,最终达到可读懂社会科学(非文史)类文章。

《英语阅读(二)》第一版1998年出版以来,很受广大学生的欢迎。由于《英语阅读(二)》的自身特点,以及科学技术的快速发展,需要对该书进行修订,以便使该教材的内容和体例体现出当今时代的特征。因此在对全书修订时,特别是在课文的选材上,除了注重课文的文字优美、语言丰富特点和加强可读性外,同时要求所选的课文专业知识不宜太深。在编写练习时,通过主观题型突出考核了对课文的理解。

全书共12个单元,每个单元3课,总共36课。可供每周6个学时,16周共96个学时的教学使用。每个单元3篇阅读文章都是同一个主题。3篇文章的难度略有梯度,第一篇较容易,第二和第三篇比第一篇略难。每单元3篇课文的练习也不同,各有重点。第一篇课文的练习突出对课文的理解,练习以客观题型为主。第二和第三篇课文的练习以主观性练习题型为主,紧扣阅读和读后理解。

在该教材的编写过程中,许多担任过英语专业自学考试教学的老师为本书的修改提出了许多好的意见,没有这些宝贵意见,第二版教材的编写很难继承和发扬第一版教材的优点并克服其缺点。在此我们对这些老师和教学管理人员表示衷心地感谢。

编者

2005年12月

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# Unit 1 Health

## Reading Skills

### Looking for the Topic Sentence

More often than not, one sentence in a paragraph tells the reader exactly what the subject of the paragraph is and thus gives the main idea. This main idea sentence is called a topic sentence or a topic statement. The topic sentence states briefly an idea whose full meaning and significance are developed by the supporting details. It may appear at the beginning, in the middle, or at the end of a paragraph.

While topic sentences are usually placed at the beginning, in the middle or at the end of a paragraph, sometimes they may also be placed both at the beginning and at the end of a paragraph or simply implied.

#### Sample 1: At the beginning

London's weather is very strange. It can rain several times a day; each time the rain may come suddenly after the sun is shining brightly. The air is damp and chill right through July. On one March afternoon on Hampton Heath last year it rained three times, there was one hail storm, and the sun shone brilliantly — all this within two hours' time. It is not unusual to see men and women rushing down the street on a sunny morning with umbrellas on their arms. No one knows what the next few moments will bring.

*The main idea in this paragraph is London's weather is very*

*strange. All the other sentences illustrate the idea with supporting details.*

Sample 2: In the middle

Just as I settle down to read or watch television, he demands that I play with him. If I get a telephone call, he screams in the background or knocks something over. I always have to hang up to find out what's wrong with him. *Baby-sitting with my little brother is no fun.* He refuses to let me eat a snack in peace. Usually he wants half of whatever I have to eat. Then, when he finally grows tired, it takes about an hour for him to fall asleep.

*All the details are cited in this paragraph to support the main idea: Baby-sitting with my little brother is no fun.*

Sample 3: At the end

Doctors are of the opinion that most people cannot live beyond 100 years, but a growing number of scientists believe that the aging process can be controlled. There are more than 12,000 Americans over 100 years old, and their numbers are increasing each year. Dr. James Langley of Chicago claims that, theoretically and under ideal conditions, animals, including man, can live six times longer than their normal period of growth. A person's period of growth lasts about 25 years. If Dr. Langley's theory is accurate, *future generations can expect a life span of 150 years.*

## Text 1

## Do We Need Extra Vitamins?

Pre-reading Activities

1. Read the title and guess what is mainly talked about in this passage.
2. Many people believe that taking vitamin supplements is the best safeguard against the dangers of an incomplete diet. What do you think?

Text

1. Many people believe that taking vitamin supplements is the best safeguard against the dangers of an incomplete diet, but this should be a last resort<sup>(1)</sup> rather than a way out of a problem. Even if there is a genuine need for extra vitamins, then sooner or later the question arises “which ones do I need, how much of them, and how often?” There is really no simple answer to this question. The Food Standards Committee (guardians<sup>(2)</sup> of our laws on food purity, labeling and advertising) suggest in their recent report to the government that we do not need any extra vitamins. They say that they are “not necessary for a healthy individual eating a normal diet”. Whilst few of us would challenge their authority on the subject of

1. a last resort 最后手段

2. guardian ['gɑ:dʒən]  
n. 保护者

nutrition, it is, perhaps, pertinent to ask the question “how many of us are healthy, and what is a normal diet?” There is an element of doubt in many minds about these two aspects and though few people are familiar with the wording of the Food Standards Report they do wonder instinctively if they are eating the right things. The blame for faulty eating habits is often placed at the door of the ubiquitous<sup>(3)</sup> junk and convenience foods. As we have seen, some of these are not the criminals they are made out to be. White bread is only slightly less nutritious than brown bread and frozen vegetables can be almost as “fresh” as fresh food. There are very few foods which can really be described as pure rubbish. Many pre-packed foods contain too much sugar and we would all benefit by avoiding these, but most tinned, processed and dried foods contain useful amounts of fat, protein, carbohydrate<sup>(4)</sup>, vitamins and minerals. The addition of a small amount of fruit or a side salad to convenience foods such as pizzas or hamburgers can turn a snack into a well-balanced meal.

2. “Junk” food is difficult to define. White sugar is probably the nearest contender<sup>(5)</sup> for the title. It contains plenty of calories for energy but not much else, and is often described as an “empty calorie” food. Alcohol is also high in calories, but beer and wine contain some of the

3. ubiquitous

[ju:'bikwi:təs] *a.* being everywhere, esp. at the same time 普遍存在的

4. carbohydrate

['kɑ:bəu'haidreit] *n.* 碳水化合物

5. contender [kən'tendə]

*n.* rival, competitor  
竞争者, 对手

B vitamins and wine is a what is a good source of iron, so even a teetotaler<sup>(6)</sup> could not describe all alcohol as useless, nutritionally speaking. Calories measure the energy we derive from the food we eat, and sugar and alcohol are sometimes described as having a high energy density. There is a limit to the amount of energy we need each day (2,000-2,200 calories is the average for women and 2,500-3,000 for men) and if we eat too much sugar and alcohol there is no appetite left for the vitamin-rich foods we need—fish, meat, fruit and vegetables. Buying vitamins can be predicted by psychological as well as nutritional motives and it is prudent to investigate why we think we need them and what benefits we expect from them before we rush off to the health shop to make our purchases.

3. Most of us buy vitamins for one of three reasons. Either we believe that they are prophylactic<sup>(7)</sup>, that is they will ward off advancing ill, or they are therapeutic<sup>(8)</sup> and will deal with the ills we have already, or finally we may believe they are wonder drugs and will lift us into a state of super health, with all its attendant<sup>(9)</sup> delights. We are protected from some of these wild imaginings by the laws which control advertising but even without false promises we still believe that vitamins will “do us good”. Belief is a very potent state of mind and the

6. teetotaler [ti:'təutələ]  
n. a person who never drinks alcohol 滴酒不沾的人

7. prophylactic  
[ˌprɒfi'læktɪk] a. 预防性的
8. therapeutic  
[θə're'pjʊ:tɪk] a. 治疗的
9. attendant [ə'tendənt]  
a. connected with 伴随的, 有联系的

power of the placebo<sup>(10)</sup> pill is never underestimated in clinical trials used to test new drugs. A placebo is a harmless substance given to one group of patients in the trial and it is similar in taste and appearance to a new drug which is given to a second group of patients. Theoretically the drug should cure or relieve any symptoms and the placebo should have no effect. Often these trials produce surprising results and the placebo group recovers as well as the group taking the new drug. This has been explained in the light of modern psychology because many of us react favorably to any kind of interest taken in our problems and derive as much benefit from that as we would from a medical drug. It is a "mind over matter" philosophy and for some of us it works. Vitamin pills can sometimes fall into this category.

4. Vitamins B and C cannot be retained<sup>(11)</sup> in the body, so if we take more than we need of these, they are soon excreted<sup>(12)</sup> in the urine. The possible exception here is the theory about the increased body "pool" of vitamin C, but even this is limited and is still largely unproven. Taking too much of the fat soluble vitamins can be dangerous and vitamins A and D should never be taken indiscriminately. Vitamin E has not been found to have any toxic<sup>(13)</sup> effect in large doses but neither do there seem to be any noticeable benefits. This is an unexplored area in

10. placebo [plə'si:bəu]  
n. 安慰剂

11. retain [ri'tein] v.  
avoid losing 保留

12. excrete [eks'kri:t]  
v. get rid of waste  
from the body 排泄

13. toxic [təksik] a.  
poisonous 有毒的

vitamin research and the only known advantages of vitamin E are confined to specialized medical cases.



## Understanding the Text

*Choose the best answer for the following questions according to the text.*

1. "Many people believe that taking vitamin supplements is the best safeguard against the dangers of an incomplete diet, but this should be a last resort rather than a way out of a problem." This statement \_\_\_\_\_.
  - A. tells us that many people are suffering an unbalanced diet
  - B. suggests that many people have a wrong idea about vitamin supplements
  - C. shows that many people are taking vitamin supplements to keep a well-balanced diet
  - D. suggests that people turn to vitamin supplements when they have health problems
2. From Para. 1 we can infer that \_\_\_\_\_.
  - A. "junk" food should be blamed for unbalanced diet
  - B. few people have normal diet
  - C. many people are sure that they are healthy
  - D. pizzas or hamburgers are a well-balanced meal
3. The blame for faulty eating habits is often laid on \_\_\_\_\_.
  - A. pizzas and hamburgers
  - B. the fresh vegetables and dried foods
  - C. white bread and brown bread
  - D. ubiquitous junk and convenience foods
4. The best information Para. 2 gives us is that \_\_\_\_\_.
  - A. we should not buy vitamins blindly

- B. alcohol is not all useless
  - C. vegetables are rich in vitamins
  - D. there is no limit to the energy we need each day
5. Which is true in Para. 2?
- A. Brown sugar has the highest energy density.
  - B. One needs at least 4, 000 calories in two days.
  - C. Beer is rich in vitamin A and iron.
  - D. Fruit is a good source of iron.
6. The fact that some patients recover from illness after taking placebo pills proves that \_\_\_\_\_.
- A. belief is very powerful
  - B. little is better than nothing
  - C. placebo pills are wonder drugs
  - D. they help to ward off severe illness
7. "This (the placebo effect) has been explained in the light of modern psychology because many of us react favorably to any kind of interest taken in our problems and derive as much benefit from that as we would from a medical drug." In this statement, the author wants to emphasize that \_\_\_\_\_.
- A. interest is more important than a medical drug
  - B. interest is less important than a medical drug
  - C. interest may be as important as a medical drug
  - D. interest is not at all important
8. From the information given in Para. 3, decide which statement is NOT true.
- A. Placebo pills are harmless and sometimes have wonderful effect.
  - B. A placebo should have no effect on the patients, but sometimes it does work for some patients.
  - C. The patients who have taken drugs can always recover more quickly than those who have taken placebo pills.



- D. Vitamin pills, just like placebo pills, can sometimes have unexpected effect.
9. From Para. 4 we can deduce that \_\_\_\_\_.
- A. the theory that vitamins B and C can not be retained in the body proves true
  - B. there are unknown benefits from vitamins
  - C. vitamin E in large doses is found to have noticeable benefits
  - D. vitamin E has been found to have toxic effect in large doses
10. The information which cannot be inferred from the article is that \_\_\_\_\_.
- A. those who can recover from illness after taking vitamin supplements must believe that vitamins will do them good
  - B. most tinned foods have lower sugar density than pre-packed foods
  - C. many people don't really believe what the Food Standards Committee say
  - D. "junk food" is difficult to define