



“十一·五” 高职高专公共基础课规划教材

简明实用英语

读写教程(第3册)

■ 崔秀敏 项新宇 主编

English

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附赠光盘

“十一五” 高职高专公共基础课规划教材

简明实用英语—— 读写教程（第3册）

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简明实用英语系列教材是根据教育部颁发的《高职高专教育英语课程教学基本要求》编写的,包括《简明实用英语——读写教程》、《简明实用英语——听说教程》和《简明实用英语——教师用书》(每一种分为3册)。本书为《简明实用英语——读写教程(第3册)》。本书共有10个单元,每个单元由Section I. Intensive Reading(精读课文)、Section II. Grammar(语法精讲)、Section III. Applied Writing(实用文体写作)和Section IV. Reading Practice(泛读与快速阅读)四部分组成。

本书可作为高职高专三年制或两年制公共英语教学教材,也可作为其他高等院校学生的参考读物。

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前 言

《简明实用英语》系列教材是根据教育部颁发的《高职高专教育英语课程教学基本要求》（以下简称《基本要求》）编写的，包括《简明实用英语——读写教程》、《简明实用英语——听说教程》和《简明实用英语——教师用书》（每一种分为3册）。本教材供高职高专三年制或两年制英语教学使用。《简明实用英语——读写教程（第1册）》的起点单词为1000词。英语基础较弱的学生可以从第1册学起，而英语基础较强的学生则可以从第2册学起。完成本教程第1、2册的学习，即可达到《基本要求》的B级水平；完成第2、3册即可达到《基本要求》的A级水平。

一、教材框架

《简明实用英语——读写教程》每册共有10个单元，每个单元由四部分组成：Section I. Intensive Reading（精读课文）、Section II. Grammar（语法精讲）、Section III. Applied Writing（实用文体写作）和Section IV. Reading Practice（阅读训练）。

Section I. Intensive Reading 包括：

精读课文导读、精读选文和阅读课后练习。精读课文导读设置在每篇精读课文的开始，或概括精读课文内容，或围绕相关主题进行概述，旨在启发、引导学生进入课文学习；精读选文精选反映当代现实生活、西方文化传统、现代科技、体育娱乐、语言教学、学生校园文化等专题；阅读课后练习尽量紧贴《高等学校英语实用能力测试大纲》的题型。另外，在精读选文的右侧还同时设计了读中问题，目的是提醒学生带着问题阅读。

Section II. Grammar 包括：

语法条目的复习和精讲，旨在全面系统地对语法知识进行梳理



和归纳。帮助学生复习、巩固和扩展语法知识。

Section III. Applied Writing 包括：

实用英语应用文写作，教材中不仅给出了范文，而且教师用书中详细解释了每一项写作内容的格式、常用功能句型及同步写作练习答案。

Section IV. Reading Practice 包括：

泛读选文 Passage 1 和快速阅读 Passage 2，目的是为了学生的阅读技能、扩大他们的词汇量。

二、词汇的处理

1. 本教材选文中的 New Words，以《基本要求》为依据，凡《基本要求》所要求的 A、B 级词汇，均作为纲内生词处理，分别用 ■ 代表二级词汇、★ 代表三级词汇、▲ 代表四级词汇、⊙ 代表超纲词汇、* 代表专有词汇。第 1 册生词表中凡是没有标注任何符号的词汇均属于 1000 起点单词和一级词汇；第 2 册二级词汇作为生词列出，但不再标注符号标志，三级词汇、四级词汇、超纲词汇、专有词汇标注符号标志；第 3 册三级词汇作为生词列出，但不再标注符号标志，四级词汇、超纲词汇、专有词汇标注符号标志。

2. 完成本教程第 1、2 册词汇学习，词汇量可以达到 B 级教学要求（2500 个词汇）；完成本教程第 2、3 册词汇学习，词汇量可以达到 A 级教学要求（3400 个词汇）。

3. 所有生词表中的生词均列出了汉语注释，释义的标准以在本单元的用法为首选，并列举出一两个常用的重要含义。本教程第 1 册仅给出了汉语注释，希望学生顺利过渡；第 2、3 册除了给出汉语释义外，均列出了英文解释，原因是查阅英文释义也是学习英语的重要途径之一。

4. Proper Names 标注了课文中出现的专有人名、地点、事件等。

5. 课后练习 Vocabulary & Structure 重点针对本单元精读选文中出现的重点单词、句型结构等。目的是结合所学课文，加强词汇的使用和练习，以达到帮助学生掌握词汇（词汇变形）的目的。题型包括选择题、词汇变形填空题、替换生词、改写句子等。这些均是考试大纲所列出的有关词汇的样题。



三、语法处理

教材框架中 Section II. Grammar 部分是根据“语法结构表”，针对学生在语法学习方面存在的问题而专门设定的，旨在全面系统地对英语语法知识进行梳理和归纳，帮助学生复习、巩固和扩展语法知识，编写中注意做到全面系统、重点突出、简明扼要、解说文字简洁明了、讲练结合。本教程第1、2册主要讲解基础语法知识，第3册结合实用能力测试，重点列举考点。

四、语言应用能力

本教材根据《基本要求》中“语言技能表”的要求，提供了以提高学生语言技能为目标的阅读、翻译、写作等习题，习题的设计以考试大纲和样题为依据，一方面为达到巩固所学内容的目的，另一方面帮助学生适应A、B级考试题型。另外，从第2册开始，每单元增加了 Practical Reading (实用文体阅读)，其阅读内容涉及传真、观光旅行、询价信、商务广告、求职广告等内容，目的也是为了提高学生的英语阅读能力，并为学生参加《高等学校英语应用能力测试》做准备。

五、格言、幽默

每单元开篇增加了格言或小幽默故事，目的是培养学生学习英语的兴趣，陶冶情操。

本教程由承德石油高等专科学校崔秀敏担任总主编，负责全书的框架的总体设计、编写和书稿的审订工作。

本册主编为崔秀敏、项新宇；副主编为崔秀香、耿淑英、高洋、郭向辉、胡智勇；参加本书编写的有高小姣、李俊芬、赵婧、霍莉平、祝胜凯。

本书在编写过程中参考了国内外的论著、词典、教材和期刊。由于篇幅所限，不能一一注明出处，在此深表歉意，并向作者表示谢意。

由于编者水平有限，书中难免有不妥和疏漏之处，望广大师生批评指正。

编者
2006年5月



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Unit One

Food and Health

*Towering genius disdains a
beaten path. It seeks regions
hitherto unexplored.*

——Abraham Lincoln

卓越的天才不屑走旁人走过的
路，他寻找迄今未开垦的
地区。 ——林肯

Section I. Intensive Reading

Preview

In Chinese cuisine culture, dining alone is usually thought to be a misery. People prefer to dine together because communal dining has many advantages. It is not only a means, a channel or a process, it is society itself.

Text

On Communal Dining

In Chinese culture, dining alone is usually thought to be a misery if not a severe punishment. Chinese phrases describing such a phenomenon are exceptionally few. “I just grabbed a quick, casual bite” is the most typical answer a man would provide to dismiss a polite inquiry with, after he has finished eating alone. In Chinese society, people love to communicate over food and drink, so much so that they seem unable to develop a sense of fellowship otherwise. For them, communal dining is not only a means, a channel or a process, it is society itself.

*Question 1: How much do
people love communal dining in
Chinese society?*

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The tragic effect of eating a Chinese meal alone is largely determined by the types

*Question 2: Why do Chinese
people embrace the idea of*

15



of its ingredients and the manner of cooking and serving it, and to a lesser degree by such less important factors as the shape and size of the dining table. The structure of the main food, too, reinforces the collectivist nature of Chinese cuisine. Our kitchen appliances, whether used over an open fire or a secret fire, are designed essentially to produce a meal for a group rather than an individual. Even nowadays, when the Chinese dining habit is beginning to be reformed, the focus is, after all, on the advocacy for having the Chinese meal in a Western fashion—eating from one's own plate rather than everyone picking food from the same plate—mainly for hygienic reasons based on an idea of “Chinese substance dressed in Western form”.

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Despite the vastness of Chinese territory and the diversity of Chinese cuisine, Chinese people, be they from the farthest north or the extreme south of the country, all embrace the idea of gathering around the same hot pot with a dozen pairs of chopsticks thrust into it all at once to pick up whatever there is beneath the boiling bubbles. This, I believe, is proof enough that they do prefer to dine together.

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A standard meal must consist of rice, dishes and soup. Besides, a sufficient number of diners are absolutely essential for enhancing the fun. Many Chinese return from the US with dramatically increased waistlines as compared with how they looked when they were about to leave China. Probably not because the alleged rounder moon in the American sky has made their bellies rounder, too.

gathering around the same hot pot to dine, no matter where you are from?

Question 3: According to the author, what can be called real “eating”?

45



An American meal is all set on a very large plate; one has to eat from that same plate all the way through. In such cases, the Chinese stomach has without a doubt been filled, whereas the Chinese sentiment remains hungry. How indeed can this be called "eating"! Far from being contented, the poor misfit has but to go back to his place and eat some more stuff he himself cooks according to his own preference.

In addition to the social function, group dining brings many other benefits as well. For example, it allows one to avoid wasteful consumption while savoring a large variety of delicacies. It also prevents one from eating so quickly as to harm his health and well-being.

A housewife knows all too well that preparing a meal for several persons is much more economical than only for one or two. When she urges an unexpected visitor to stay for dinner by saying, "just an extra pair of chopsticks and everything will be OK", she is by no means just putting on a false show of hospitality!

In present-day China, the traditional extended family is giving way to new, more liberal styles of life. More and more people marry late, stay single or simply live alone. Even the so-called civilian society under reconstruction now is hardly the same as it used to be. At least, one will not need to treat the webmaster to a delicious meal when he applies for membership of some website. Although the majority of Chinese citizens have become increasingly used to eating in isolation, the sorrow thus caused still plagues them like a

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Question 4: Is a housewife only putting on a false show of hospitality by saying "just an extra pair of chopsticks and everything will be OK"?

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Question 5: Have Chinese people really become used to eating in isolation? Why?

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gloomy shadow. In view of the current discussion raging everywhere as to the plights of modernization (or globalization), I wonder whether eating alone may count as one of them.

New Words

◎communal /'kɒmjʊnl/ *adj.*

for the use of all; shared 全体共用的; 分享的

phenomenon /fi'nɒmɪnən/ *n.*

fact or occurrence, esp. in nature or society, that can be perceived by the senses 现象

exceptional /ik'sepʃənl/ *adj.*

very unusually; outstanding 例外的; 特殊的; 格外的; 稀有的

casual /'kæʒjuəl/ *adj.*

made or done without much care or thought 不经意的; 随便的

dismiss /dis'mɪs/ *vt.*

1. to remove sb. (esp. an employee) from a position 解雇; 开除
2. to consider sb. /sth. not worth thinking or talking about 不理睬

▲tragic /'trædʒɪk/ *adj.*

causing great sadness, esp. because extremely unfortunate or having terrible consequences 悲惨的; 悲剧的

▲ingredient /in'ɡri:diənt/ *n.*

1. any of the food that are combined to make a particular dish 烹调用材料; 原料
2. any of the qualities of a cake 成分; 因素

◎reinforce /,ri:ɪn'fɔ:s/ *v.*

to give more support to (sth.); emphasize 给 (某事物) 更多的支持; 加强

◎collectivist /kə'lektɪvɪst/ *n.*, *adj.*

集体主义者 (的)

◎cuisine /kwi(:)'zi:n/ *n.*

(style of) cooking 烹饪; 烹调风格

appliance /ə'plaɪəns/ *n.*

instrument or device for a specific purpose 用具; 器具



▲ advocacy /'ædvəkəsi/ *n.*

giving of support (to a cause, etc.) 拥护;
提倡; 主张

◎ hygienic /hai'dʒi:nik/ *adj.*

free from germs that cause disease; clean
卫生学的; 卫生的

substance /'sʌbstəns/ *n.*

particular type of matter; essential meaning;
most important or essential part of sth. 特
质; 实质; 主旨

territory /'teritəri/ *n.*

(area) land under the control of a ruler,
country, city, etc. 领土; 版图; 地域

diverse /dai'və:s/ *adj.*

of different kinds; varied 不同的; 多种多样的

diversity /dai'və:siti/ *n.*

state of being varied; variety 多种多样; 多
样性

▲ embrace /im'breis/ *vt.*

to take (a person, etc.) into one's arms as
a sign of affection 拥抱; 包含; 信奉
n. act of embracing 拥抱

▲ bubble /'bʌbl/ *n.*

floating ball formed of liquid and containing
air or gas 泡沫; 幻想的计划
vi. (of a liquid) to rise in or form bubbles; to
boil 起泡; 潺潺的流

sufficient /sə'fɪʃənt/ *adj.*

enough 充分的; 足够的

absolutely /'æbsəlu:tli/ *adv.*

completely 完全地; 绝对地

enhance /in'hɑ:ns/ *v.*

to increase (the good qualities of sb./sth.); to
make (sb./sth.) look better 提高; 增强

dramatically /drə'mætɪkəli/

in a dramatic manner 戏剧地, 引人注目地

adv.

▲ waistline /'weɪstlaɪn/ *n.*

measurement of the body a round the waist
腰围; 腰身部分

compare /kəm'peə/ *vt.*

1. to be compared with or be worthy to be
compared with sb./sth. 比较; 对照
(with);

2. to show the likeness between sb./sth. and
sb./sth. else 把……比作; 比喻 (to)



⊙allege /ə'ledʒ/ *vt.*

to state (sth.) as a fact but without proof; to give as an argument or excuse 宣称; 断言

⊙sentiment /'sentimənt/ *n.*

tender feelings of pity, nostalgia, etc., which may be exaggerated or wrongly directed (contrasted esp. with reason) 情感; 感情

misfit /'mis'fit/ *n.*

person not well suited to his work or his surroundings 不适应工作或环境的人

stuff /stʌf/ *n.*

material of which sth. is made; unnamed things, belongings, activities 原料; 材料;
vt. to fill sth. tightly (with sth.) 塞满; 填满; 填充

preference /'prefərəns/ *n.*

1. liking for sth. (more than sth. else) 偏爱
2. favour shown to one person, group, etc. rather than another 优先权; 优惠

consumption /kən'sʌmpʃən/ *n.*

using up of food, energy, resources, etc. 消费(量); 消耗; 食用

⊙savor /'seivə/ *n.*

v.

(pleasure) taste or flavour 滋味; 味道;
to enjoy the taste or flavour of (sth.) esp. by eating or drinking it slowly 欣赏某物的味道 (尤指慢慢地品尝)

delicacy /'delikəsi/ *n.*

1. type of food thought to be delicious, esp. in a particular place 佳肴
2. delicate structure; fineness 精致; 优雅

economical /,i:kə'nɒmɪkəl/ *adj.*

careful in the spending of money, time, etc. and in the use of resources; not wasteful 节俭的; 经济的; 经济学的

⊙hospitality /,hɒspi'tæliti/ *n.*

friendly and generous reception and entertainment of guests or strangers, esp. in one's own home 好客; 盛情

extend /iks'tend/ *v.*

to lay or stretch out (the body or a limb) at full length 扩充; 延伸; 伸展



▲ liberal /'libərəl/ *adj.*

giving or given generously 慷慨的; 自由主义的

▲ civilian /si'viljən/ *n.*

person not serving in the armed force or the police force 平民; 百姓 (不在军队或警察部队中服役的人)

delicious /di'lifəs/ *adj.*

giving pleasure, esp. to the senses of taste and smell 美味的; 可口的

majority /mə'dʒɔ:riti/ *n.*

the greater number or part; most 多数; 大半

isolation /,aisə'leɪʃən/ *n.*

isolating or being isolated 隔绝; 孤立; 绝缘

○ plague /pleɪg/ *n.*

any deadly infectious disease that kills many people; cause of annoyance 瘟疫; 麻烦; 苦恼
to cause trouble or difficulty to (sb./sth.) 给 (某人/某事物造成麻烦或困难)

v.

○ plight /plaɪt/ *n.*

serious and difficult situation or condition 困境; 苦境

Phrases and Expressions

apply for

申请

by no means

决不

compare with

与……相比较

far from

一点也不; 不但做反而

rather than

不是; 更; 较多

so much so that

到这种程度以至于

to a degree

到某种程度

Reading Comprehension

I. Choose the best answer according to the passage you have read.

1. According to Chinese culture, what do people think of dining alone?

- A. If you dine alone, others usually think you are punished for doing something wrong.
- B. If you dine alone, you will probably be thought to be isolated from others.
- C. If you dine alone, you probably want to be quiet to think over something.
- D. Dining alone is usually thought to be in a miserable situation.



2. Which one of the following statements is not mentioned on Chinese preference for dining together?
 - A. Dining together helps you communicate with others.
 - B. Dining with others can reinforce the collectivist nature.
 - C. Dining with others can avoid wasteful consumption.
 - D. Dining with others stimulates your appetite.
3. What are the major factors determining the tragic effect of eating a Chinese meal alone?
 - A. The types of its ingredients and the manner of cooking.
 - B. The materials of cooking and the manner of serving dishes.
 - C. Various ingredients for cooking, a wide diversity of cooking and the different manners of eating.
 - D. The types of its ingredients, the manner of cooking and serving it and the surroundings of eating.
4. What does the author mean by saying “nowadays the Chinese dining habit is beginning to be reformed by having the Chinese meal in a Western fashion”?
 - A. Chinese substance dressed in Western form.
 - B. Western dining is much more civilized than Chinese dining.
 - C. Modern people prefer to western food rather than choosing Chinese meal.
 - D. Although Chinese begin to dine separately for hygienic reason, people still do prefer to dine together.
5. What is the author's attitude towards Chinese communal dining?
 - A. Supportive.
 - B. Sarcastic.
 - C. Indifferent.
 - D. Negative

Vocabulary & Structure

II. Fill in the blanks with the proper words given below, changing the form if necessary.

preference	economical	consumption	hospitality
exceptionally	dismiss	dramatically	diversity
advocacy	compare		

1. The _____ changes taking place in China draw the world's attention.
2. He has never liked tea, and has always had a _____ for coffee.
3. The country is in a bad _____ state, so we must be cautious of investing in a new business.