

“挑战710”系列丛书

# 挑战 710

## 全新大学英语 四级考试 阅读辅导教程

王定全 李 鹏 主编



复旦大学

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# 全新大学英语 四级考试 阅读辅导教程

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# 序 言

本书是“挑战 710”系列丛书中的阅读辅导教程分册,是根据《大学英语课程教学要求》和教育部大学英语四级考试改革精神,由一批长期在大学英语教学一线的从事教育工作的老师编写而成的,旨在帮助学生在相对较短的时间内迅速提高英语阅读水平,取得较好成绩。

本书共分 14 个单元,每个单元由精读和快速阅读两部分组成。精读有 3 篇短文,每篇短文约 300—350 个单词,均配有 5 道阅读理解题;快速阅读有 4 篇或以上的短文,供配有 10 道阅读理解题,总词量控制在 1 000 个单词左右。所配题目均有参考答案和详尽讲解,以利于学生更好地理解短文。

本书具有以下特点:

1. 知识性。该书所选题材广泛,涉及科技、经济、文化、风俗、历史、家庭、日常生活等各个层面。体裁也各不相同,有叙述文、议论文、说明文等。快速阅读部分还有实用性文体,如广告、说明书、成绩表、电话簿、规章制度等。内容十分丰富,并融知识性、趣味性于一体。

2. 时新性。教育部颁布了《大学英语课程教学要求》,对考生英语阅读能力提出了更高的要求;教育部也对大学英语四六级考试提出了改革意见。考试增加了快速阅读理解题目。本书积极响应,组编了快速阅读文章和题目,具有较高的针对性和时新性。

3. 全面性。本书编写人员经过认真推敲历年大学英语四级考试阅读理解题,力争将考试中出现过的题型全面涵盖,如:主旨题、细节题、推理题等。

本书从一些阅读书中选用了部分材料和题目。在此向这些作品的作者表示由衷的感谢。由于编者水平有限,时间仓促,疏漏与错误在所难免,望广大读者及同行、专家不吝赐教。

编 者  
2005 年 9 月

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# 导 读

## 一、精读(Careful Reading)

**阅读基本要求:**掌握基本阅读技能,能顺利阅读并准确理解语言难度中等的一般题材文章和科普、科技读物,阅读速度达到每分钟 50 词。阅读难度略低,生词不超过总词数的 3% 的材料时,速度达到每分钟 80 词,阅读理解的准确率为 70% 为合格。

**较高要求:**掌握较高阅读技能,能顺利阅读并准确理解语言难度中等的一般题材文章和科普、科技读物,阅读速度达到每分钟 70 词。阅读难度略低,生词不超过总词数的 3% 的材料时,速度达到每分钟 120 词,阅读理解的准确率为 70% 为合格。

大学英语考试的试卷构成中,阅读部分占时 35 分钟。根据上述阅读速度的要求,大学英语四级考试的阅读材料篇幅约为 1 000 词。大学英语考试中的阅读理解部分主要测试下述能力:

1. 掌握所读材料的主旨和大意;
2. 了解说明主旨和大意的事实和细节;
3. 既理解字面意思,也能根据所读材料进行一定的判断和推论;
4. 既理解个别句子的意义,也理解上下文的逻辑关系。

在四级和六级考试中,阅读理解占总分的 40%。因此,加强阅读训练是十分必要的。

### (一) 主旨概括

阅读理解中非常重要的一个技巧就是在阅读中迅速地抓住文章或段落的主旨大意,也就是中心思想。文章或段落的中心思想犹如一支蜡烛的芯。这根芯看似无关紧要,但是如果没有它,那么这支蜡烛就不能再称为蜡烛,而是一堆蜡。所以,一篇文章通常是围绕一个中心思想展开的。要领悟文章的主旨大意,这就需要考生具备归纳和概括等方面的能力,而这种归纳和概括能力又常常是考试中被考查的重点。

从全真试题中,我们可以总结出,对于文章或段落的主旨大意设问的形式一般是:

1. The main idea of the passage/text is \_\_\_\_\_.
2. The text /passage is mainly about \_\_\_\_\_.
3. What does the passage mainly discuss/deal with?
4. Which of the following sentences best expresses the main idea?
5. The main point of the passage is \_\_\_\_\_.
6. The best headline for this newspaper article would be \_\_\_\_\_.
7. Which of the following is the best title to be given to the article?
8. What is the topic of the text?
9. The main purpose of the story is to tell us \_\_\_\_\_.

10. The conclusion we can get from the story is \_\_\_\_\_.

文章(或段落)的构成有其内在的规律性,其中心思想往往是通过主题句来体现的。因此考生对以下四种结构应首先有所了解,然后通过一系列有意识的训练进而掌握它们。

### 1.1 主题句在篇(段)首的结构

这种结构通常用演绎法撰写,遵循从一般到个别(特殊)的步骤,即先概述,然后用细节加以说明。

### 1.2 主题句在末尾的结构

尾句是主题句的结构通常是用归纳法撰写的,其步骤是先表述细节或交代论据,最后做出概括性的结论,以总结性的句子收尾。这种写作方法的特点是从个别到一般,由特殊性到共性。

### 1.3 主题句在中间的结构

有些主题句既不在句首,也不在句尾,而是处于篇章(或段落)的中间。这样的结构往往先以一句或几句话为主题句的出现作铺垫,或交代细节或作为论据。在主题句出现后,仍有适当数量的句子陈述细节或继续给予例证。这类结构包括三个层次:引题—主题思想—解释或继续给予例证。从它的写作程序来看,也可分为三步:归纳—结论—演绎,即给出两个例证之后,做出概括性的总结,然后再给予例证来证实其论点。

### 1.4 没有主题句的结构

没有主题句的篇章(或段落),并不是没有主题思想,只是它们的主题思想不是由具体的某句话表示的,而是在文中含蓄地存在着,需要读者自己归纳总结。这种结构通常是叙述一件事的发展过程,或是陈述一系列同等重要的细节或事实。

总之,正确理解文章或段落的主题思想是阅读的首要目的。因此,提高识别文章结构并准确找出主题句的能力和准确归纳总结出无主题句文章的主题思想的能力,是提高阅读理解能力的重要环节。而从无主题句的文章中总结出主题思想的能力尤其是考试的重点,也是我们平常阅读训练时难度较大的一项,这就需要在阅读任何文章时都要下意识地归纳总结其主旨大意。

## (二) 细节理解

准确地抓住并理解文章或段落的主题思想是十分重要的,但是仅仅粗略地看懂大意,并不可能真正理解所有细节;只有准确理解全部细节,才能深刻而又全面地领悟主题思想。由于段落中的细节一般都是辅助论据,用以阐明主旨大意,因此属于细节类的理解题既可检测阅读者对文章主旨大意理解的深度,又可测定他们对每个细节准确领会的广度。

对于细节题甚至说任何阅读理解题,考生必须根据文章提供的信息进行答题,而不能根据自己的主观判断或者一般常识来答题,这一点必须切记。

细节理解题是变化最多的题型。由于针对不同的文章,不同的细枝末节,可以有不同的设问,这就让人觉得这种题型有点不可捉摸。其实,这种题型是阅读理解题中最简单的了。我们只要记住一点:万变不离其宗。这种题型无论有什么变化,你只要能看懂文章和题干,答案都能在原文中找到明显的线索。

归纳起来,提问技巧一般有隐含提问法、真伪证实法、间接提问法三种。

### 2.1 隐含提问法

出题者使用同义词语、参照词、代词等,使考生对阅读内容和问题产生模糊感。

### 2.2 真伪证实法

出题者要求考生确认文章中的事实,不让其问题直接与文章中的事实对号入座,而是提出似是而非,或完全错误的事实让考生去判断。对于这类题目,考生不要根据自己读文章的最初印象马上加以判断,而必须找到与问题相应的文章部分,再找出正确、肯定的事实。

### 2.3 间接提问法

这又是一种设障提问技巧,问题不是直接提出的,而是绕着弯子给出。比如,涉及时间、距离及数据等时,你必须经过复杂的测算才能确定答案,有时,选择项给你的数据与文章中的数据不符,只是一个近似数值,而其他选择项则完全错误。还有一种情况是提问者只给你一部分事实,让读者续出相应的事实使某事实更加完整正确,这种提问方式又叫做省略提问法。

## (三) 推理分析

要进行正确的推理,首先应对文章的写作特点有所了解。推理是揭示事态的原因或结果,这类文章通常是以三种方式展开的。

第一种是从结果到原因,重点在原因。其推理方式往往是首先提出一个问题或叙述一个事实,然后给予答案或说明原因。

第二种推理方式是从原因到结果,重点在结果。其推理方式是首先提出问题,然后指出或列举这个问题可能引起或已经引起的后果。

第三种推理方式是因果连锁反应,即前一个矛盾统一体中的结果又为后一个矛盾统一体中的原因。

掌握文章的推理方式,在进行推理时是大有帮助的。其次是要看清题意和题型要求,还要在阅读时注意收集各种线索,捕捉与之有关的信息。另外,在选择答案时,因为选项往往大同小异,模棱两可,所以应根据题意要求,选择最切合原文内容的一个。但值得注意的是,实考中很多文章往往并不严格依照这三种模式来展开,所以,做题时考生必须保持清醒的头脑,从文章给出的事实和逻辑两个方面去进行判断推理。

当考生遇到问及作者的态度、观点的考题时,首先要通读全文,对文章的写作风格有所了解,尤其要仔细领会文章的主题思想,因为它通常能规定作者的写作笔调。其次,要注意作者在描述事物、表达观点时的遣词造句,因为在表达个人看法时,作者往往用一些带有个人感情色彩或褒贬分明的词汇,阅读时对这些方面多加注意就能作出正确的判断。

### 3.1 对整篇文章的逻辑推理分析

这类题目的常见命题方式有:

The writer implies but not directly states that \_\_\_\_\_.

It can be inferred from the passage that \_\_\_\_\_.

The author strongly suggests that \_\_\_\_\_.

It can be concluded from the passage that \_\_\_\_\_.

The writer indicates that \_\_\_\_\_.

The passage is intended to \_\_\_\_\_.



做这类题时要注意文中的特殊标点符号(如破折号,括号,冒号,引号等)后的内容,转折处(however, but, yet, in fact)与强对比处(unlike, until, not so much... as)也是常考对象。

### 3.2 对作者的写作意图和态度的判断

这类题主要要求考生判断作者或文中提及人物对文章中某一问题的态度(attitude)或全文的基调(tone)。

一般来说,态度与基调同篇章的体裁有关。说明文的基调一般比较客观;而在议论文中,作者的观点则显得有些多样化。

考生应熟悉一些有关态度的单词,如:optimistic(乐观的), pessimistic(悲观的), cautious(审慎的), enthusiastic(热情的), objective(客观的), subjective(主观的), arbitrary(武断的), neutral(中立的), positive(肯定的), critical(批评的), compromising(折中的), indifferent(漠不关心的), ironic(讽刺的), cynical(玩世不恭的)等。

这类题目的几种常见提问方式有:

How does the author feel about... ?

In the author's opinion, ... ?

What's the author's attitude towards ... ?

The author seems to be in favor of \_\_\_\_\_.

The author seems to be against \_\_\_\_\_.

The author seems sorry about \_\_\_\_\_.

Which of the following can best describe the author's attitude towards... ?

The tone of the author is \_\_\_\_\_.

## (四) 猜测词义

在阅读中,我们往往会遇到一些不认识的单词或短语,或者认识的单词在文章中有了新的意义。如果这些单词或短语不影响对文章主要内容的理解,我们便可以将它们略过,继续阅读。但如果这些单词或短语的意思对正确理解文意很重要,这时我们就必须根据上下文,对它们的意义进行猜测,使之不影响对整篇文章的理解。需要注意的是,一个单词通常有好几个意思,我们要知道的是这些单词在文中所表达的意思。因此,绝不可脱离上下文而只根据自己以前了解的词义来确定其意义。通常,猜测词义可采用以下几种方法。

### 4.1 根据构词法猜测词义

常见的构词法有:

4.1.1 前缀与后缀,如: correct — incorrect; fail — failure; dark — darken.

例如: I'm illiterate about such things.

词根 literate 意为“有文化修养的,通晓的”,前缀 il 表示否定,因此 illiterate 指“一窍不通,不知道的”。

又如: Then the vapor may change into droplets.

后缀 let 表示“小的”,词根 drop 指“滴,滴状物”。将两个意思结合起来,便可推断出 droplet 词义“小滴,微滴”。

4.1.2 复合词,如: machine — readable; well — educated.

4.1.3 词性转化,词形不变,如: They needed men to man this new ship. 他们需要给这艘新

船配备人员。

4.1.4 缩略词,如: ad; math。

4.1.5 首字母缩略词,如: WTO。

## 4.2 信号词

4.2.1 定义信号词,如: be, mean, be called, be named, refer to, be defined as, be described 等。

4.2.2 列举信号词,如: for example, for instance, such, such as, like, especially, consist of, including 等。

4.2.3 重复信号词,如: similarly, that is, equally, in other words, namely, like, to put it more simply, it would be better to say, that is to say, to put it another way 等。

4.2.4 利用文中的反义词猜测词义表示对比的词有 but, while, however, otherwise 等。

4.2.5 同义词, 近义词或词组

例如: Doctors believe that smoking cigarettes is detrimental to your health. They also regard drinking as harmful.

句中 detrimental 是个生词,但根据句意可以推断出 harmful 为 detrimental 的同义词,因此不难推断出 detrimental 意为“不利的,有害的”。

又如: Although he often had the opportunity, Mr. Tritt was never able to steal money from a customer. This would have endangered his position at the bank, and he did not want to jeopardize his future.

作者为避免重复使用 endanger 一词,用其同义词 jeopardize 来替代它,由此推知其词义为“使……陷入危险,危及,危害”。

## 4.3 上下文

4.3.1 利用文章中用不同的话对同一概念的解释猜测词义。

4.3.2 利用文中说明词义的同位语或定语猜测词义。

例如: In slang the term “jam” constitutes a state of being in which a person finds himself or herself in a difficult situation.

利用文章中对词的定义或定语从句猜测词义,从上下文的定义可知 jam 一词在俚语中的意思是“困境”。

又如: Today young couples who are just starting their households often spend lots of their money on appliances for instance, washing machines, refrigerators and color televisions.

利用文章中对词的举例及解释猜测词义,从文中的举例“washing-machines(洗衣机), refrigerator(冰箱), televisions(电视机)”可以猜出 appliances 的意思为“家用电器”。

4.3.3 根据对比关系猜测词义。常见标志词有 although, but, however, by contrast, on the contrary, in fact, actually, unlike, instead, but, yet, however, otherwise, nevertheless 等。

4.3.4 通过因果关系猜测词义。常见标志词有 because, since, as, for, so, as a result, therefore, so/such... that, so that 等。

4.3.5 根据上下文暗示猜测词义。

4.3.6 综合法。以上几种猜测词义的方法不是互不联系的,有时可以同时采用几种方法猜测词义。

## 二、快速阅读(Fast Reading)

快速阅读,英语叫做 speed reading 或 fast reading,它是指以较快的速度在有限的时间内有目的、有方法、有效果地读完一定量的文字材料,并从中获得所需要的信息,回答根据文章内容提出的各种问题。这种阅读方法着眼于速度和对要点的理解。

### (一) 阅读过程

阅读过程是由物理过程和心理过程两部分组成的。物理过程指的是眼睛从左到右对印刷的字母进行扫描,并且一行一行扫下去的这一过程。但眼睛对文字进行扫描时并非均衡、不断地进行的,而是跳跃式地不断把成组的信息传达到大脑进行处理。此时双眼并没有进行阅读,即理解,因为阅读或理解过程是由大脑完成的。人的大脑对由眼睛传来的信息进行分类和识别,并将之组成连贯的句子和思想,这便是我们所说的阅读。但眼睛的移动速度决定着你的阅读速度和阅读效率:眼睛扫视的速度越快,你的阅读速度也就越快。这就清楚地告诉我们,如果在阅读的时候能够扩大视野范围,以意群或句子进行阅读,我们的阅读速度就会成倍地提高。

所谓意群就是有意义的语法结构或词组。如下用“/”将意群分开:

An elderly man/ on the beach /found a magic lamp. /He picked it up/ and a genie appeared. “/ Because you have freed me, /I will grant you a wish.” /“My brother and I/ had a fight 30 years ago,/ he hasn't spoken to me since, /And I wish /he'll forgive me.”

意群视读要求扩大视幅。一般人的视幅大约为4—6厘米,一眼可以阅读约5个单词。意群视读要求尽量扩大视幅。在阅读中,尽量将每行文字的首尾收入视幅,将眼球的直觉范围控制在每行文字的中间,视线左右移动。例如:

Most of us can find 15 minutes or half an hour each day for some specific regular activity.

只要我们盯着“of”,不移动视线则可以同时看到 most 和 us,眼睛稍动两下即可扫完全句。

### (二) 快速阅读方法

#### 2.1 略读(skimming)

要求“全景式”地浏览全文,即很快地略过细节、例子和不重要的事实,从而抓住文章主旨大意。其目的是检查对文章大意的理解程度,重点应放在从整体上把握作者的思维轨迹。略读可以帮助我们解答以下几方面的问题:

1. 文章的中心思想(the main idea);
2. 作者的观点(the author's point of view);
3. 文章的风格(the style);
4. 文章的口吻(the tone);
5. 文章的体裁(the method of treatment)。

以上便是我们平常讨论的主旨题所涉及的方面。对于文章主旨大意的设问形式一般有:

1. What does the passage mainly discuss?

2. What is the best title for the passage?
3. What is the main idea expressed in the passage?
4. Which of the following is the most appropriate for the passage?
5. The writer is concerning about \_\_\_\_\_.
6. The passage is mainly about \_\_\_\_\_.
7. The main purpose of the passage is to \_\_\_\_\_.
8. The author mainly discuss \_\_\_\_\_.
9. The main topic of the passage is \_\_\_\_\_.
10. This is a letter of \_\_\_\_\_. (complaint, advice, application, request...)

如果考生遇到主旨题,就可以采用略读法。首先,如果文章有作者和标题,应先浏览作者和标题,预测文章可能涉及的内容,属于什么样的体裁和风格。然后,以最快的速度通读一遍文章,可重点读首段和末段,寻找主题句。当读到带有总结或结论性质的句子时,要放慢速度,仔细阅读,有可能这些句子中就隐藏着文章的主旨大意了。

在略读时,很多考生由于长期受到精读阅读习惯的干扰,总怕遗漏任何一点信息。其实,我们大可不必为放过了某些细节、事实或数字而不安,因为它们只不过是来说明、支持和发展一个主要的思想的,而且往往不是考查的重点。

例如:

*First read the following questions.*

1. The main aim of the writer is \_\_\_\_\_.  
 A) to explain the derivation of the word "tip"  
 B) to illustrate why difficult customers give bad tips  
 C) to put forward reasons for a salary increase  
 D) to indicate how one can get better service
2. The general tone of the passage is one of \_\_\_\_\_.  
 A) annoyance      B) explanation      C) deduction      D) complaint

*Now read the passage quickly and select your answers.*

### **Tipping**

A lot of people don't like to give waiters extra money — a tip, but maybe those people don't understand about waitresses and waiters. You see, we get very low wages, most of the time less than the minimum wage. We count on the tips as part of our salary. If waiter and waitresses didn't get tips, they wouldn't get enough money to live.

People ask me, "What's a good tip?" I like to get 15% of the bill. So if a customer has to pay \$20.00 for her dinner, I like to get about \$3.00 for a tip. Sometimes I expect 20% if I did a lot of work for the customer. For example, if I got her a special kind of food or recipe from the chef. But do you know something? Very often it's the person you work the most for who gives you the smallest tips.

But to tell the truth, I do pretty well with tips. I'm a friendly person, so people like me. They talk to me during their meal and leave me a good tip. Of course some people prefer a quiet waitress and every once in a while I get some pretty small tip or no tip at all.

Once I looked up “tipping” in a dictionary. It said that the letters in the word “tip” stand for “To Insure Promptness”. In other words, to make sure that we do things right away. The dictionary said that no one knows if that is the real meaning of “tip”, but it makes sense to me. If we know a regular customer is a good tipper, then we make sure he gets good service. But if someone gives small tips, we aren't in a hurry to bring him food or get his drinks. So remember, be nice to your waitress and she'll be nice to you.

解析

1. 答案选 D。

解题思路:当我们看到题目的设问方式就明白该题是主旨题,应该采用略读法。本文的标题为“Tipping”,我们可以预测文章应该与小费有关。关于 tip 一词的来源,文中只在第四段第二句中提到,而且提及的目的是为了说明付小费能为顾客带来好处。因此,本文的主旨不是 tip 一词的来源,故不选 A。文章并没有就刁蛮的顾客进行论述,故不选 B。本文是讲小费,写作的对象是顾客。员工不可能向顾客要求涨薪水,因此不选 C。本文的最后一段及前面多处提到,作者通过各种方式来暗示要想获得良好的服务,顾客最好是多付小费,故应该选 D。

2. 答案选 B。

解题思路:本题的设问在于文章的口吻,属于主旨题范畴,应采用略读法阅读。本文中有作者的各种情绪,如:annoyance(烦恼)(第一段第二句)、complaint(抱怨)(第二段最后一句)、deduction(推理)(第四段第二三句),但该文的主要语气还是 explanation(解释)。通观全文,第一段解释侍者为何需要小费,第二段回答合理的小费是多少,第四段解释小费意味着什么。由此可见应选 B。

## 2.2 寻读(scanning)

即搜寻式阅读。寻读旨在寻找各种特定的具体信息,如数字、年代、年份、日期、人名和地名等,不要求了解全文大意。寻读适用的阅读材料如下:

1. 英语词典,百科全书,年鉴
2. 广告
3. 说明书
4. 图表
5. 旅游见闻
6. 信件
7. 火车、飞机、轮船、游览车的时刻表
8. 索引
9. 数据
10. 菜单
11. 报刊,杂志
12. 论文、备忘录、报告、讲座等的摘选篇章

寻读主要针对细节问题,细节题的设问方式多种多样。例如:

1. When did scientists discover that... ?
2. Where did Jane spend most of her childhood?

3. Which of the following is most clearly an example of...?
4. According to the passage, which of the following statements is NOT true?
5. According to the passage, what is being damaged?
6. Whose works will NOT be played at the concert?
7. If you \_\_\_\_\_, which flight would you take?
8. You can phone Hilton Hotels in the following cities toll-free EXCEPT \_\_\_\_\_.
9. When is the deadline for...?
10. The six lucky winners will \_\_\_\_\_.

在寻读时精神要高度集中,目光扫视,以最快的速度找到所需要的某项细节。视线应迅速地由上而下扫视文章,跳过与你所寻找的信息无关的内容,而去捕捉你所需要的具体事实或信息。找到所需的部分时,可稍微放慢速度,仔细阅读所查找的内容,以求准确答题。

例如:

*First read the following questions.*

1. Which country has the highest number of illiterate people?  
A) Burkina Faso.      B) Morocco.      C) Kenya.      D) Tanzania.
2. Which two countries have the fewer number of people employed in agriculture?  
A) Burkina Faso and Tanzania.      B) Egypt and Malaysia.  
C) The UK and the USA.      D) Italy and Japan.

*Now read the chart quickly and select your answers.*

Country	A	B	C	D	E
1. Burkina Faso	\$160	1.8	83	11	35
2. Tanzania	\$210	3.4	83	14	66
3. India	\$260	2.3	74	25	36
4. Kenya	\$310	4.0	79	18	40
5. Zambia	\$470	3.2	68	48	39
6. Indonesia	\$540	2.3	60	25	62
7. Morocco	\$670	2.4	53	43	28
8. Egypt	\$720	2.6	51	23	44
9. Brazil	\$1,720	2.3	41	72	76
10. Malaysia	\$1,980	2.4	50	31	60
11. Mexico	\$2,040	2.9	39	69	76
12. Venezuela	\$3,410	3.3	20	85	82
13. Italy	\$6,240	0.3	13	71	98
14. UK	\$8,570	0.6	2	92	99
15. Japan	\$10,630	0.9	13	76	98
16. Germany	\$11,130	-0.1	4	86	98
17. USA	\$15,390	1.0	2	74	98

A = GNP (Gross National Product) per head (US dollars)

B = Population growth rate (%)

C = Labor force in agriculture (%)

D = Urban population (%)

E = Adult literacy rate (%)

解析

1. 答案选 B。

解题思路:从题目的设问和题干可以判断出该题为细节题,应采用寻读法。本题涉及文盲率,所以应迅速找到表中 E 项为成人非文盲率。从 A、B、C、D 四个选项所代表国家的成人非文盲来看, B 项 Morocco 最低,仅为 28%,反推则它的文盲率最高,达 72%。故选 B。

2. 答案选 B。

解题思路:该题为细节题,应采用寻读法。本题涉及农业,表中 C 项为用于农业的劳动力。从表中看出,英美两国的农业劳动力所占比例最低,为 2%,故选项 C 正确。

### (三) 猜测词义方法

快速阅读时,由于时间有限,考生遇到生词难词时,要学会利用一些技巧来猜测词义。可参见精读部分猜测词义的一些方法。

### (四) 快速阅读应注意避免的问题

#### 4.1 有声阅读(vocalization)

有声阅读是影响阅读速度的一大恶习,往往表现为嘴唇运动,有时表现为舌头和声带运动。

#### 4.2 回视(regression)

回视也叫重复阅读(rereading),即读者在阅读过程中不断地将目光回转,重读刚刚读过的文字。

#### 4.3 过分依赖词典(over-dependence on the dictionary)

有的人一遇到生词就查阅词典,这种做法不仅没有必要,而且十分影响阅读速度与兴趣。

#### 4.4 指读(finger-pointing)

有些人在阅读过程中往往习惯用手指或笔等挨个词语指着读。这会严重影响阅读速度。

### (五) 结束语

快速阅读有其自身的特点和要求,所以我们在阅读的时候就要充分地分析其特点,熟练地运用以上提到的技巧,努力做到速度与效果并举,成绩与时间双收。

# Unit 1 Food

## Careful Reading

### Passage 1

Increasingly, over the past ten years, people — especially young people — have become aware of the need to change their eating habits, because much of the food they eat, particularly processed food, is not good for the health. Consequently, there has been a growing interest in natural foods which do not contain chemical additives(添加剂;添加物) and which have not been affected by chemical fertilizers, widely used in farming today.

Natural foods, for example, are vegetables, fruit and grain which have been grown in soil that is rich in organic matter. In simple terms, this means that the soil has been nourished by unused vegetable matter, which provides it with essential vitamins and minerals. This in itself is a natural process compared with the use of chemicals and fertilizers, the main purpose of which is to increase the amount — but not the quality — of foods grown in commercial farming area.

Natural foods also include animals which have been allowed to feed and move freely in healthy pastures. Compare this with what happens in the mass production of poultry: there are battery(层架式鸡笼) farms, for example, where thousands of chickens live crowded together in one building and are fed on food which is little better than rubbish. Chickens kept in this way are not only tasteless as food; they also produce eggs which lack important vitamins.

There are other aspects of healthy eating which are now receiving increasing attention from experts on diet. Take, for example, the question of sugar. This is actually a nonessential food! Although a natural alternative, such as honey, can be used to sweeten food if this is necessary, we can in fact do without it. It is not that sugar is harmful in itself. But it does seem to be addictive: the quantity we use has grown steadily over the last two centuries and in Britain today each person consumes an average of 200 pounds a year! Yet all it does is provide us with energy, ch But it does seem to be ad-in the form of calories. There are no vitamins in it, no minerals, and no fibre.

It is significant that nowadays fibre is considered to be an important part of a healthy diet. In white bread, for example, the fibre has been removed. But it is present in unrefined flour and of course in vegetables. Hence the emphasis is placed on the eating of whole meal bread and more vegetables by modern experts on "healthy eating."

1. People have become more interested in natural foods because \_\_\_\_\_.

- A) they are more health. conscious
- B) they want to taste all kinds of foods



- C) natural foods are more delicious than processed foods
  - D) they want to return to nature
2. Soil that is rich in organic matter \_\_\_\_\_.
- A) has had chemicals and fertilizers added to it
  - B) contains vegetable matter that has not been consumed
  - C) has been nourished by fertilizers
  - D) already contains large quantities of vitamins and minerals
3. Chickens raised in poultry farms are all of the following EXCEPT that \_\_\_\_\_.
- A) they are fed on food which is little better than garbage
  - B) they live in very crowded condition
  - C) the eggs they produce lack vitamins
  - D) they are allowed to move about and eat freely
4. According to the passage, \_\_\_\_\_.
- A) people need sugar to give them energy
  - B) sugar is bad for health
  - C) the use of sugar is habit-forming
  - D) sugar only sweetens food, but provides us with nothing useful
5. The best title for this passage is “\_\_\_\_\_.”
- A) People's Growing Interest in Natural Foods
  - B) Natural Foods and a Healthy Diet
  - C) Harmful Effects of Sugar
  - D) The Importance of Fibre in Foods

## Passage 2

In the early days of sea travel, seamen on long voyages lived exclusively on salted meat and biscuits. Many of them died of scurvy(坏血病), a disease of the blood which causes swollen gums, livid white spots on the flesh and general exhaustion. On one occasion, in 1535, an English ship arrived in Newfoundland with its crew desperately ill. The men's lives were saved by Iroquois Indians who gave them vegetable leaves to eat. Gradually it came to be realized that scurvy was caused by some lack in the sailors' diet and Captain Cook, on his long voyages of discovery to Australia and New Zealand, established the fact that scurvy could be warded off by the provision of fresh fruit for the sailors.

Nowadays it is understood that a diet which contains nothing harmful may yet result in serious disease if certain important elements are missing. These elements are called “vitamins.” Quite a number of such substances are known and they are given letters to identify them, A, B, C, D, and so on. Different diseases are associated with deficiencies of particular vitamins. Even a slight lack of Vitamin C, for example, the vitamin most plentiful in fresh fruit and vegetables, is thought to increase significantly our susceptibility(敏感度) to colds and influenza.

The vitamins necessary for a healthy body are normally supplied by a good mixed diet, inclu-