

英语专项强势培训系列丛书 总主编 陈 德



英语阅读教程

本册主编 张 萍 马晓宇

英语专项培训用书

高中、高职、高专学生
广大英语自学人员
从事英语教学的教师
英语专项培训机构

初级

含 MP3 光盘一张



西安交通大学出版社
XI'AN JIAOTONG UNIVERSITY PRESS

English Reading

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英语阅读教程

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内 容 提 要

《新思维英语阅读教程》(初级)适合高中3中学生或大专生及具有初级以上英语水平的自学者。本册由10个单元组成,每个单元包括3个阅读部分:仔细阅读、速读和开心一读。文章内容涉及当今热点话题,作业练习贴近考试内容,10套完整的考试阅读仿真试题、10篇供欣赏的精彩文章发挥出各自的功能,别具一格的学习路线图、开胃小品文、点睛之笔、自我评估等栏目巧妙地安排在各个单元的学习环节中,恰到好处地营造了轻松愉快的学习氛围。

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致读者

当今,图书市场英语阅读教材种类不胜枚举,令英语学习者在选购教材上大伤脑筋,因此选择到适合自己学习使用的教材必定在学习上会助您一臂之力。

由此看来,教材的重要性不言而喻,编著者自然责任重大。新的教材要想占有一席之地,得到读者的喜爱,必须有“新意”。所谓的“新意”就是要学会换位思考,设身处地的为教学者或自学者着想,体会他们在阅读过程中的心情、难点及困惑,了解他们都需要哪些方面的帮助,解决哪些方面的问题,用已故文学大师巴金先生的话说“把心交给读者”。

编著思路

《新思维英语阅读教程》系列教材就是在这样的思考下,孕育而生。细看它的风格,不难发现它是《新思维英语听说教程》(2003年由西安交通大学出版社出版)理念的推进,是“人性化”的教学中的进一步张扬,它力求把“枯燥”的教材注入生命的活力。确切地说,就是要让书中的每一个单元、每一个语言学习环节都赋予“亲和力”,使学生融入其中,充分享受学习中的乐趣,忘记因学习英语所留下的痛苦记忆,做到切实、有效地领引着学习者在苦与乐的平衡点上,扎扎实实、有滋有味地提高英语阅读水平。

如何使用

基于上述信念,《新思维英语阅读教程》为老师和同学们提供了一套既有扎实全面的阅读训练、又有实际考试应战和汲取各类信息的轻松活泼、令人耳目一新的英语阅读辅助性系列教材。《新思维英语阅读教程》由3册组成,即:初级、中级和高级。每册的课文内容涵盖生活中的主要方面,反映当前的热点话题,突出实效性和可读性。每册书既是系列丛书的一个部分,也可以独立使用,学生可根据自己的实际情况系统地学习或

以其中一册为起点自主学习。初、中级均由 10 个单元组成,高级由 8 个单元组成,每个单元分为 3 个部分,分别承载着不同的作用,细致有序地引导学习者同过阅读综合训练、阅读应试训练和阅读兴趣培养 3 部分,学习程度由浅入深,层层展开。为了方便教学或自学,每册均为教师和学习者提供了骨干课文译文和练习答案

第 1 部分为“仔细阅读”,它是每一个单元的核心部分,是提高英语阅读水平的关键,该部分突出语言技能的综合性和基础性训练。为了使学习者便于掌握所学的内容,我们设计的大部分习题均取自课文中的自然段落,从而在结构上形成了课文与练习的有机结合,浑然一体的学习风格,通过做围绕课文的练习题,达到对课文的理解、词汇的贯通和语法要点的领悟。各种练习环节将语言基本功如“细雨润物”般地渗透到学习者实际英语能力中。逐渐,学习者也在潜意识中领悟英语提高的真谛。

同时,我们设计了阅读理解练习题、词汇列表、高声朗读、词汇练习和语法温习等学习板块,学生可以通过多角度、多层次、举一反三地进行语言训练,巩固和积累已学得的知识,在不知不觉中熟谙课文,并通过模仿、熟读、记忆这些语言学习的必要过程,有效提高阅读水平。为了达到这一目标,该部分的课文、词汇表和朗读训练均配有优美纯正的美籍教师录音材料,学习者通过反复模仿录音材料,可加深对语言的驾驭能力,根治“聋哑”英语这一中国学习者的通病。

第 2 部分为“速读”,它是完成第 1 部分学习后的最直接、最真实的练习阶段。通过真题或模拟题的训练,学习者可以将第 1 部分学习到的语言综合知识及时地得到巩固和提高,同时也可以充分熟知考试题型、培养快速阅读习惯,提高应试能力,树立考试信心。

第 3 部分为“开心一读”,学习者可以在这个部分放下各种思想负担,轻松、自由、随心所欲地阅读,如同在家中看新闻,在街上看小报那样,阅读是因为兴趣,是为了放松自己,也可以说犒劳自己在前两部分所付出的辛勤劳动。为了轻松推进阅读过程,对文中的一些难词后面直接加以中文注释,读者可以一路顺畅地阅读,体会真正阅读所带来的快感。

闪亮之处

为了使学习者顺利完成每个单元的学习任务,我们创造性地开辟了有利于提高学习兴趣、加深阅读理解和增强记忆的特色栏目:

1. 学习路线图:每个单元的开篇之处,您会发现指引您学习方向的路线图,它清晰地指明本单元所要学习的主要内容和阶段,起到提纲挈领的作用。

2. 开胃导读:顾名思义,它的用意就是帮助读者在阅读正文前,激起阅读下文的渴望,缓解因为阅读英语文章带来的紧张情绪。通过优美、激扬、夸张和诙谐的中英文叙述,为您在阅读前搭建起想象的空间。

3. 文化注脚:为学习者提供与文章有关的文化背景知识,扫除文章中因地名、人名和机构组织而影响阅读理解的障碍,减轻读者自己查阅资料的负担。

4. 难点评述:将文章的疑难句挑选出来,从语法角度对其进行分析,找出句中难以理解的关键词,并以此触类旁通,提高语言敏感度,学会遇到长句、难句从何下手。

5. 点睛之笔:中文与英文在表达方式上存在很大差异,有些词语不能对等翻译和理解,只能“只可意会,不可言传”,但是它们又同时承载着一种无法替代的语言神韵。本栏目有选择地将阅读文章中的经典词句进行简述,以馈赠读者。

6. 教学提示:为了配合实际教学,我们根据本书的特点和通常的语言教学规律,给出了教学建议,以供使用本书的教师参考,并提供相关的网站资源,便于进一步扩展知识面。

7. 自我评估:学生通过自我评估栏目的测试结果,了解自我掌握情况,及时发现问题,调整学习进度,做到学习上有有的放矢。

读者对象

《新思维英语阅读教程》初级是为具有初级以上英语水平的学习者编写,具体地说尤其适用于将要考大学的高3学生或大中专在校生。本册文章的词汇量为2000左右的常见单词。通过学习,学生可以掌握日常生活中的基本词汇、短语、基本语法概念,养成良好的阅读习惯,从而顺利通

过英语高考、职称英语考试或专升本英语考试。

《新思维英语阅读教程》中级是为具有中级英语水平和在校的大一或大二英语学习者编写,文章内容多为实用文或说明文,具有较强的实用性,词汇量在3000至4000之间。通过学习本册,学习者可以较为顺利地通过英语四级阅读考试,并为今后英语水平的进一步提高打下基础。

《新思维英语阅读教程》高级是为具有中高级英语水平的学习者编写,文章内容源自美国报刊、杂志。题材以论说文为主,词汇量5000至6000。本册所选文章内容都具有相当深度。通过学习,学习者在可以扩大知识视野的同时,也会发现平时令人头疼的六级英语中的阅读文章或非英语专业研究生英语入学考试中得阅读文章不再那么可怕,因为本册中的文章主题和内容尽量接近实际应试中的文章。

编著人员

《新思维英语阅读教程》的编著人员均是从事大学英语教学数年的英语老师,有丰富的教学经验和教学特长,熟知当今英语学习的关键点,了解学生在阅读中存在的主要问题。特别要说明的是:第1册(初级)1至5单元由张萍负责编著,6至10单元由马晓宇编著;第2册(中级)1至5单元由张云凤编著,6至10单元由侯静编著;第3册(高级)1至4单元由艾格平编著,5至8单元由陈蓉编著;第1册1至10单元至第2册1至5单元由马友翻译、编排习题答案;第2册6至10单元至第3册1至8单元由王晓燕翻译编排习题答案,特此说明。

另外,我们在编写过程中,参考了一些国内外的图书、报刊、杂志和网站文章,在此表示感谢。

最后,我们还要感谢西安交通大学出版社一直以来给予的大力支持,还要感谢西安交通大学出版社英语策划编辑王晓芬为此书的出版给予的策划思想和在出版过程中的辛勤工作和指导。

主编 陈德

2006年6月于古城西安

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UNIT 1

Hero

真心英雄

Learning Roadmap
学习路线图

- Reading Comprehension
- Vocabulary Building
- Reading Practice
- Eye-catching
- Reading Strategy
- Self-evaluation

I. Pre-reading Questions 先导提问

1. What do you know about the Olympic Games?
2. Can you name some exciting events at Olympics? What are they?
3. Have you heard about marathon? Do you have any knowledge about it?
4. Who is Abebe Bikila? What is special about him?

II. Appetizer for Reading 开胃导读

Winning a gold medal at Olympics is the lifelong dream of many athletes, while winning a marathon is one of the hardest things an athlete can do. But can you imagine running barefoot during a marathon? It would be an impossible task to many, but not to an African athlete, a true hero in history.

许多运动员梦寐以求赢得一枚宝贵的奥运会金牌,可想而知,要夺得马拉松桂冠是多么的艰难。赤脚跑完马拉松并获得金牌,或许对大多数人来说是不可思议的事情,但是,一位来自非洲的运动员——一个真心英雄却做到了。想认识他吗?请跟我来!

Section A Careful Reading 细读

(Suggested time: 8 minutes each time)

Hero of the Marathon

- Para. 1 Winning a **marathon** is one of the hardest things an athlete can do. A marathon is 42.2 kilometers of running without a stop. No one can run that distance well without courage and **determination**.
- Para. 2 The most extraordinary of marathon runners was the son of an **Ethiopian shepherd**. Abebe Bikila spent many hours running in the mountains near his home. Later, when he became one of the emperor's palace guards, he kept on running **regularly**. He enjoyed it.
- Para. 3 Not many people heard of Bikila when he entered the 1960 summer Olympics in Rome, Italy. But two hours and fifteen minutes after the marathon began, he **breasted the tape** and became a famous track star.
- Para. 4 Abebe Bikila started the race in a new pair of running shoes. They soon began to hurt his feet. After only a few kilometers *he pulled them off*. He was used to running barefoot, and that was the way he ran the rest of the race! As he entered the **stadium** two hours later, Bikila was 25 seconds ahead of the next runner. The crowd *rose to its feet* cheering. *No one they had ever heard of could run such a race barefoot*, and Bikila had just run it faster than anyone else in history.
- Para. 5 Four years later Abebe Bikila hoped to win a second Olympic marathon. No one had ever won two. A month before the race he had to have an operation. People said that there was no hope that he could win, but Bikila did not believe them. This time he ran along the streets of Tokyo. When he entered the stadium at the end of the race, he was four minutes ahead of the next runner. He had run the race in two hours, twelve minutes and eleven seconds. He had beaten his time of four years earlier, and once again no one had ever run a faster Olympic marathon.

Para. 6 Another four years later Abebe Bikila hoped to win a third Olympic marathon, this time in Mexico City. Bikila was used to running at high **altitudes**, for his home in Addis Ababa, like Mexico City, is far above sea level. The thinner air (with less **oxygen**) would not be a problem to him as it would to most of the other runners, and in poor health, no one else seemed able to imagine that he would win a third marathon.

Para. 7 Leaving the stadium this time, Bikila quickly got to the front of the other runners. He was in the lead for the first third of the race, *but his easy stride was gone*. It was replaced by one that showed his pain. Before the halfway point, Bikila dropped out of the race, suffering from stomach **cramps** and a heavy cold.

Para. 8 After Mexico City, people were sure that Bikila's days as a marathon runner were over. A year later he was almost killed in a car accident. He was badly injured, and he could not move his legs. He would be in a **wheelchair** for the rest of his life. But Bikila was a true sportsman. He loved sports and decided that he would still be an athlete, even if he could never run again. In 1971 he won a medal in **archery** at the **Paraplegic Olympics**¹ in London.

Para. 9 In 1972, two years before his death, Abebe Bikila went to the Olympics in Munich², West Germany. This time he went to watch as an official guest of the German government. Athletes from around the world came to greet him in the Olympic Village. They came to show respect for a true hero.

(Approximately 600 words)

Vocabulary Building 词汇

1. marathon /'mæɪəθən/ *n.*

a long race of about 26 miles or 42 kilometers 马拉松赛跑, 一种长距离的比赛

2. determination /dɪtə'mɪneɪʃən/ *n.*

the quality of trying to do something even when it is difficult 决断力, 决心

3. Ethiopian /i:θi'əʊpjən/ *n.*

a country in northeast Africa 埃塞俄比亚



4. shepherd /'ʃepəd/ *n.* someone whose job is to take care of sheep 牧羊人
5. regularly /'regjuləli/ *adv.* at the same time each day, week, month etc., often 有规律地
6. breast /brest/ *vt.* (formal) to push against something with your chest 以胸对着
7. tape /teip/ *n.* the string stretched across the winning line in a race 终点线
8. stadium /'steidiəm/ *n.* a building for public events, sports and large rock music concerts, consisting of a playing field surrounded by rows of seats 露天大型运动场, 体育馆
9. altitude /'æltitju:d/ *n.* the height of an object or place above the sea (尤指海拔) 高度
10. oxygen /'ɒksidʒən/ *n.* A gas that is necessary for most living beings. It is a chemical element. 氧(气)
11. cramp /kræmp/ *n.* a severe pain in part of your body when a muscle becomes too tight 抽筋, 腹部绞痛
12. wheelchair /'wiltʃə/ *n.* a chair with wheels, used by people who cannot walk 轮椅
13. archery /'ɑ:tʃəri/ *n.* the sport of shooting arrows from a bow 箭术
14. paraplegic /pærə'pli:dʒik/ *n.* a person suffering from paralysis of the legs and part or all of the trunk 患截瘫或下身麻痹的人

Cultural Notes 文化注解

1. Paraplegic Olympics: 世界首届残疾人奥运会于1960年在罗马举行, 当时有来自23个国家的400名残疾人运动员参加了8个项目的比赛。在2004年的雅典残疾人奥运会上, 近4000多名运动员参加了多达19个比赛项目。残疾人参与体育运动大大提高了残疾人的地位和生活质量。

2. Munich: 慕尼黑, 德国南部的工业城市, 巴伐利亚自由州的首府。它有许多古老而又迷人的建筑。慕尼黑盛产啤酒, 有“啤酒之都”的美称, 每年 10 月都会举办“啤酒节”。1972 年, 慕尼黑主办了第二十届奥林匹克运动会。慕尼黑也是 2006 年德国世界杯的主办城市之一。

Comments on Difficult Points 难点评述

1. “pull off” 意为“脱掉”, 文中意思是因为脚太难受, 故他把鞋子脱了。
2. “rose to its feet”: 表示“站起来”。
3. “No one they had ever heard of could run such a race barefoot.”: No one 是该句中“could run such a race barefoot” 这一定语从句的主语, 放在句首起强调作用。译文: 他们从未听说过哪个运动员能赤脚参加这样的比赛。
4. “But his easy stride was gone.”: stride 指“跨过, 大步行走”。

Reading Comprehension 阅读理解

Multiple Choice Questions.

Directions: Put in the letter for the word, phrase or clause that best fits the blank of each of the following sentences.

1. A marathon is _____.
A. 40 kilometers of running
B. 42 kilometers of running
C. 42.2 kilometers of running
D. 42.2 kilometers of running without a stop
2. Abebe Bikila was _____.
A. an Ethiopian shepherd
B. the son of an Egyptian shepherd
C. the most extraordinary of marathon runners
D. a soldier of the Ethiopian army
3. In the 1960 summer Olympics in Rome, Italy, Bikila ran the marathon race in _____.

- A. two hours and fourteen minutes
 - B. two hours and fifteen minutes
 - C. two hours and twelve minutes
 - D. two hours, twelve minutes and 20 seconds
4. Bikila ran the race _____.
 A. in a new pair of running shoes
 B. in a new pair of boots
 C. without shoes or other coverings on his feet
 D. without boots
5. He won a second Olympic marathon in _____.
 A. Tokyo B. Addis Ababa
 C. Munich D. Mexico City
6. He did not succeed in winning a third marathon because _____.
 A. he had just had an operation
 B. he was not used to running at high altitudes
 C. he was old for an Olympic marathon runner and poor in health
 D. he suffered from stomach cramps and a heavy cold
7. A year after the Olympic marathon in Mexico City, Bikila was badly injured in a car accident and he could not move his _____.
 A. left leg B. right let
 C. legs D. hands
8. Abebe Bikila, a hero of the marathon, died in _____.
 A. 1970 B. 1974
 C. 1972 D. 1976

Reading Aloud 朗读训练

1. After listening to the recorded paragraph several times, read it aloud with correct pronunciation and stress until you can say them from memory.

Four years later / Abebe Bikila hoped to win a second Olympic marathon.
 / No one had ever won two. / A month before the race / he had to have an
 operation. / People said that / there was no hope that he could win, / but

