



英语实用教程

跟我听和说

主 编 赵树人
副主编 方 宁
王维平

浙江大學出版社

1
(第 1 册)

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前 言

《英语实用教程》是一套供远程教育专升本、高升本以及高职高专学生使用的英语教材。本教材根据远程教育英语课程教学大纲、学士学位英语考试(大学英语三级考试)大纲以及高职高专英语课程教学基本要求,结合远程教育及高职高专学生的实际英语水平编写而成。在编写过程中,我们充分考虑了远程教育和高职高专的特点以及大学英语三级考试的要求,遵循以下编写原则:第一,针对自学为主的特点,突出重点,少而精;第二,针对成人和业余学习的特点,突出实际应用能力的训练;第三,针对网络教学的特点,充分利用多媒体教学手段;第四,针对大学英语三级考试的要求,对重点词汇、语法结构及翻译句型等内容有系统分步骤地在各单元中予以体现和阐述。教程共四册,供四个学期使用。第一册起点为1100词,到第四册时达到3500词左右,符合三级考试和高等学校英语应用能力考试的要求。

本书是本系列教材《跟我听和说》的第一册,由十八个单元组成,每单元包括三个部分:Section A Intensive Listening(精听),Section B Extensive Listening(泛听),Section C Speak After Me(跟我说)。

Intensive Listening 的重点是进行音标和单词的听力训练,打好语音基础。在此基础上培养单句的听力,要求学生能够听懂单句和听写单句。

Extensive Listening 的重点是在听懂单句的基础上培养语篇水平的听力,要求听懂简短的对话和短文,了解大意和主要细节。

Speak After Me 的主要目的是进行单句听说训练,要求学生跟着录音听和说,不断提高单句的听说能力。各单元所提供的单句都有很强的实用性,要求学生把这些句子听懂,说流利。

本书循序渐进,由浅入深。只要按自学周历表坚持听和说,持之以恒,就一定能够有所收获,有所提高。我们建议学习者按下列程序自学听和说:

1. 先看 Intensive Listening 各练习的要求和内容→听练习录音并做练习题→对答案并订正→再听一遍录音,特别注意做错的地方。

2. 然后看 Extensive Listening 的提示以及练习的要求和内容→听练习录音并做练习题→对答案并订正→再听一遍录音,特别注意做错的地方。

3. 最后看 Speak After Me 的要求,跟着录音说。要反复地听,反复地说,直到句子说流利为止。如果能这样坚持下去,持之以恒,每周学会说 8~10 句,一个学期至少学会说 150 句,那么四个学期坚持下来就会有 600 多句,你将具有一定的英语交际能力。

本书由赵树人主编,方宁和王维平副主编,王联晓、孔庆宇、周峰、林燕、李宏磊、杨爱英等参加编写。

本书由美国教师 Mantha Zenk 和 John Rosenwald 审阅并录音,谨表示感谢。

我们衷心欢迎专家和读者对本书提出建议和指正。

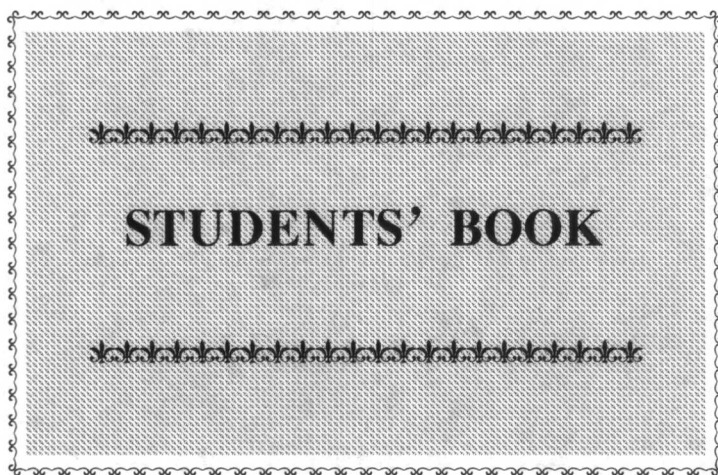
编 者

2003 年 6 月

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STUDENTS' BOOK



Unit 1

Section A Intensive Listening

I. Phonetics: [i:] [i] [e] [æ]

1. Directions: *You will hear some words. Listen carefully and read the words after me.*

[i:]	eat	read	teach	sheep	thief
[i]	hit	give	bill	quit	bid
[e]	send	many	help	bread	check
[æ]	fat	pack	flag	black	marry

2. Directions: *You will hear ten words. Listen and write down the words you hear.*

1) _____ 2) _____ 3) _____ 4) _____ 5) _____
6) _____ 7) _____ 8) _____ 9) _____ 10) _____

3. Directions: *You are going to hear ten sentences. Choose the word that you hear in the sentence.*

- | | |
|-------------|-----------|
| 1) A) bag | B) beg |
| 2) A) pen | B) pan |
| 3) A) seat | B) sit |
| 4) A) see | B) say |
| 5) A) paper | B) pepper |
| 6) A) read | B) red |
| 7) A) men | B) man |
| 8) A) head | B) hand |
| 9) A) bet | B) bat |
| 10) A) give | B) five |

II . Dictation

Directions: *You are going to hear five sentences. Repeat each sentence you hear. Then listen again and write the sentence down.*

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Section B Extensive Listening**Greetings and Introductions (I)****Dialogue 1****I . Learning Points****Key words and expressions**

How do you do? 你好!

May I know your name? 我能问你的名字吗?

My name is / I'm... 我叫……

Nice to meet you. 很高兴认识你。

II . Exercises

1. Directions: *Listen to the dialogue and choose the right answer to each of the following questions.*

1) What might be the man's name?

A) Lily.

B) Paul.

C) Henry.

2) Where is the man from?

- A) Scotland.
B) New York.
C) Australia.
- 3) What nationality is Lily?
A) German.
B) British.
C) French.
- 4) Where does this dialogue possibly take place?
A) At the airport.
B) At Lily's.
C) In the hospital.
- 5) Which of the following cannot be learned from the conversation?
A) Paul is Australian.
B) This is the first time they meet each other.
C) Lily is going to New York.

2. Directions: *Listen to the dialogue again and write "T"(true) or "F"(false) in the brackets for each of the following statements.*

- 1) Lily comes from Scotland. ()
2) Lily lives in New York. ()
3) Paul is American. ()
4) Lily and Paul are old friends. ()
5) This is the first time Lily meets Paul. ()

Dialogue 2

I. Learning Points

Key words and expressions

May I ask where you're from? 请问你从哪里来?

I'm from... 我来自……

Glad to meet you. 很高兴认识你。

Scotland 苏格兰

Australia 澳大利亚

New York 纽约

American 美国人

II. Exercise

Directions: *Find out suitable answers according to the dialogue.*

1) The first time you meet somebody, you may say: _____

2) How to ask about somebody's name in a polite way? _____

3) How to introduce yourself? _____

Section C Speak After Me

Directions: *Listen to the following dialogues and speak after me.*

Dialogue 1**Dialogue 2**

Unit 2



I. Phonetics: [u:] [u] [ɔ:] [ɒ] [ɑ:]

1. Directions: *You will hear some words. Listen carefully and read the words after me.*

[u:]	roof	blue	move	crew	fruit
[u]	put	book	good	foot	should
[ɔ:]	talk	short	dwarf	course	thought
[ɒ]	what	stop	block	soft	watch
[ɑ:]	calm	park	hard	heart	guard

2. Directions: *You will hear ten words. Listen and write down the words you hear.*

1) _____ 2) _____ 3) _____ 4) _____ 5) _____
6) _____ 7) _____ 8) _____ 9) _____ 10) _____

3. Directions: *You are going to hear ten sentences. Choose the word that you hear in the sentence.*

- | | |
|---------------|------------|
| 1) A) room | B) Rome |
| 2) A) lock | B) look |
| 3) A) talk | B) tank |
| 4) A) pass | B) past |
| 5) A) pool | B) Paul |
| 6) A) half | B) have |
| 7) A) cock | B) clock |
| 8) A) cooking | B) looking |
| 9) A) move | B) leave |

10) A) boss

B) books

II. Dictation

Directions: *You are going to hear five sentences. Repeat each sentence you hear. Then listen again and write the sentence down.*

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Greetings and Introductions (II)

Dialogue 1

I. Learning Points

Key words and expressions

How are you? 你好吗?

We've got to run. 我们得跑了。

Mary 玛丽

Tom 汤姆

Mr. Smith 史密斯先生

Miss Green 格林小姐

II. Exercises

1. Directions: *Listen to the dialogue and fill in the blanks with the words you hear.*

- 1) _____ are you, Mr. Smith?
- 2) _____, Tom?
- 3) I'm _____ to _____ you.
- 4) Yes, but I'm in _____ class.

5) We've got to _____. Class is about to _____.

2. Directions: *Listen to the dialogue again and write "T"(true) or "F"(false) in the brackets for each of the following statements.*

- 1) Mr. Smith is a history teacher. ()
- 2) Mary and Tom are friends. ()
- 3) Miss Green is Mary's math teacher. ()
- 4) Mary and Tom are in the same class. ()
- 5) They are going to class. ()

Dialogue 2

I. Learning Points

Key words and expressions

Haven't seen you for a long time. 很久不见了。

How are you doing? 你好吗?

I'm doing fine. 我很好。

Have a nice day. 再见。

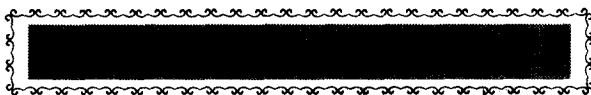
supermarket 超市

II. Exercise

Directions: *Listen to the dialogue and choose the right answer to each of the following statements.*

- 1) David and Alice are _____.
 - A) brother and sister
 - B) friends
 - C) a couple
- 2) David works in a _____.
 - A) company
 - B) hospital
 - C) restaurant
- 3) Alice is going to _____.
 - A) the dancing class

- B) the supermarket
C) the office
- 4) The conversation probably takes place _____.
A) in a supermarket
B) at David's home
C) on the street
- 5) You may say " _____ " when you say goodbye to others in the daytime.
A) Pleasant dreams
B) Have a nice day
C) Good night



Directions: *Listen to the following dialogues and speak after me.*

Dialogue 1

Dialogue 2