



普通高等教育国家级重点教材  
2002年全国优秀教材二等奖

# 21世纪

附多媒体光盘

TWENTY-FIRST CENTURY COLLEGE ENGLISH

# 大学英语

## 视听说教程

(第三册)

主编单位 北京交通大学  
上海交通大学  
复旦大学  
上海大学



复旦大学出版社 高等教育出版社



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# 《21 世纪大学英语视听说教程》

## 第三册

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## 出版者的话

《21 世纪大学英语视听说教程》是一套全新的视听说教材。它根据教育部新颁布的《大学英语课程教学要求(试行)》编写而成。它集多媒体光盘、录音带、纸质教材和网络系统为一体,并充分发挥不同媒介在英语教和学中的优点和长处。

视——模拟各种真实场景,将日常交际中最常用的口语话题通过一个个幽默、风趣、生动的故事展现给学习者。

听——为学习者接触“真实的英语”,精心筛选各种类型的听力材料,例如: CNN, Documentary English, Movie Clips ...

说——为培养学生用英语表达自己思想的能力,每一部分说的话都配有 reference 以便学生模仿。

网络版英语为大学英语的教和学开辟了全新的教学模式和教学理念。该教程采用国外先进的网络学习系统,它最大的特点是学生可通过由该网络平台或多媒体光盘实施英语自主学习:跟读、模仿、扮演不同的角色以及录音等。学生还可以将录音保存下来供教师检测。教师通过网络教学平台可以编辑、增减或不断补充、刷新学习内容,并可与学生实行网上互动。网络教学平台为师生提供了无限的教和学的空间。该网络系统的另一个特点是它可以装载在 Windows 系统下的任何一台电脑上,既可用于局域网,也可用于广域网,使教师和学生可以不受时间、地点的限制进行教和学。

本套教材汇集了复旦大学、上海大学、北京交通大学、上海交通大学等国内多所院校和出版界的资深教授以及电脑专家的智慧,是英语专家和电脑专家有机结合的成果。

本教程可用于从高职高专到本科学生,乃至研究生的听说能力训练。学生可以根据自己的英语程度,选择适合自己的内容进行学习。同时为适应不同层面学生学习的需求,我们将光盘中的听力材料制成正常语速和慢速两个版本,供学生自由选用。教材中的听力部分另配 5 盒磁带,供学生反复操练自己的听说能力。纸质材料中的“Extensive Listening”供教师酌情灵活选用。



## 编者的话

《21 世纪大学英语》是普通高等教育国家级重点教材。该教程在教学实践中,备受师生青睐,为全国越来越多的高校广泛采用。最近教育部颁布了《大学英语课程教学要求(试行)》,对大学英语的教学提出了更高的要求。根据《要求》,我们编写了《21 世纪大学英语视听说教程》。该教程以功能意念训练贯穿始终,采用了视、听、说相结合的方法,充分利用现代化教学手段,旨在全面提高学生的听说能力。本教程内容丰富,题材广泛,形式多样,语言地道,由浅入深,环环相扣。

本教材共八个单元,每单元由四部分组成。

第一部分为“交际技能”(communication skills)。主要强调功能意念的训练以及视(video watching)、听(listening)和说(speaking)的统一,强调语言输入和输出的有机结合。本教程的一个显著特点是增加了“视”的内容,这无疑有助于提高学生的听说能力。

第二部分围绕贴近大学生生活的主题(theme)展开听说训练。除了传统的听说项目外,本部分还增加了 CNN 的内容,使学生了解、掌握“真实英语”(authentic English)。当然在选材时也充分考虑到其难易程度,以及与主题的相关性。

第三部分为“听力技巧”(listening strategy)。每一单元围绕某一技巧组织听力材料,通过实践使学生掌握听力技巧。在材料的取舍、练习的安排方面,充分顾及到学生的英语水平及语言材料的可操作性,从而体现以学生为中心的理念。

最后部分为“泛听”(extensive listening)。这部分加入了“影视欣赏”(movie watching),这也是本教程的“亮点”之一。它既可以提高学生的学习兴趣,又可检验学生的英语综合运用能力。教师可把这部分看作是前三部分的补充和加强,可视实际情况,灵活选用。

本套教程以国外先进的网络教学系统为教学平台,给师生提供最优的互动支持,既解决了目前师资紧缺的难题,又为学生开展自主学习提供了方便。

本教程设计时考虑到了各个不同层面学生学习的需要,涉及题材非常广泛,且采用主题式的方式展开,话题均是日常生活中离不开的内容,语言地道、规范,口语化强。故无论是高职高专的学生、本科生,还是研究生,均可以选择适合自己的口语话题,通过大量的看、听和跟读模仿,提高自己的听说能力。

本套教程由翟象俊教授担任总主编,本册书由蒋学清担任主编,李京平担任副主编,参加编写的有李京平、李莉、胡志先、邹枚、邵葆红、邵钦瑜、包兰宇、蒋学清。复旦大学出版社的倪琴芬、高等教育出版社的周俊华等有关同志对本书的编写和出版给予了很多的指点、很大的关心和支持,在此表示感谢。

由于时间仓促,水平有限,谬误难免,敬请各位同仁和学生不吝匡正。

编者

2005 年 7 月

## 多媒体光盘使用注意事项：

每一本学生用书均附两张光盘：A 盘和 B 盘。这两个盘内均有大量的视频文件。特别是 A 盘，不光有大量的视频内容供学生观看，还设计了很多供学生进行口语训练的功能，例：Follow Me, Role Play, Recording 等。为了能使学生在计算机上顺利进行学习，计算机必须具备下列条件：

1. 必须有支持播放音频文件和视频文件的声卡和视频卡。
2. 学习 Follow Me 部分必须安装 Flash Player 7, 若你电脑上没有, 可以免费从以下网址下载:  
[http://www.macromedia.com/shockwave/download/download.cgi?P1\\_Prod\\_Version=ShockwaveFlash](http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash)
3. 你需要安装 Media Player 9 用于视频文件, Media Player 9 可以免费从以下网址下载:  
<http://www.microsoft.com/downloads/search.aspx?displaylang=en&categoryid=4>
4. 若你的电脑没有麦克风, 做录音部分的练习还必须有一幅带麦克风的耳机。
5. 你的电脑最好是 Window 2000 以上的, 这样播放视频的效果会更好。

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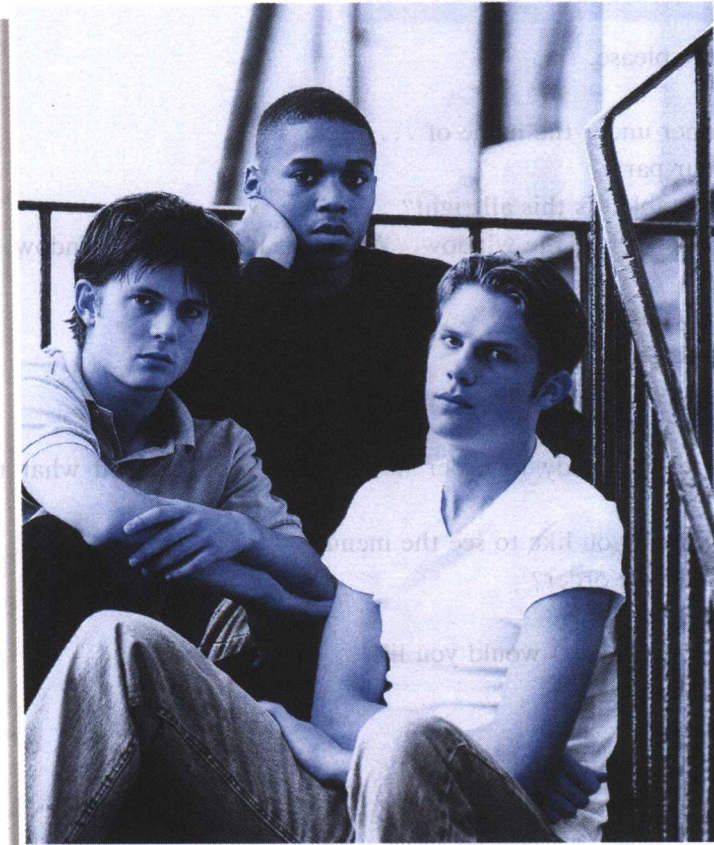
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Communication Skills

Writing and Thinking



# Growing Pains

- **Part One**  
Communication Skills
- **Part Two**  
Theme-related  
Activities
- **Part Three**  
Listening Strategy
- **Part Four**  
Extensive Listening

## Unit 1



# Part One

## Communication Skills

### Wining and Dining

#### Useful Expressions

##### Reserving Tables

1. I'd like to reserve a table for four, please.
2. We have two tables reserved.
3. We've made a reservation for dinner under the name of ...
4. How many people are there in your party?
5. Please come this way. Here's your table. Is this all right?
6. Well, is that table free? We'd like one near the window. / We'd like to sit by the window.
7. I'm sorry. That table is occupied.
8. Then we'll take that one near the window.
9. We'd prefer to sit in the non-smoking section.

##### Ordering Food and Drinks

1. May I take your order now? / Are you ready to order now? / Have you decided what to order?
2. Could you show me the menu? / Would you like to see the menu?
3. Take a look at the menu. What shall we order?
4. What would you recommend?
5. Which do you prefer? / What dishes (courses) would you like?
6. Do you prefer Chinese or Western food?
7. What about having Western food today?
8. How would you like that prepared / like that done?
9. What would you like to drink, tea or coffee?
10. I prefer noodles to rice.
11. I prefer to drink coffee without sugar.
12. What is your favorite dish / fruit?
13. You go ahead with the ordering, I'll have whatever you do.
14. What is today's specialty?
15. Please show me the wine list.
16. We'd like a bottle of red / white wine, please.
17. A bottle of champagne, please.
18. Please bring me another orange juice.

##### Eating Meals

1. Have another helping of beef.
2. It's appetizing and tasty.
3. This dish looks good and tastes great too.



4. It is truly delicious, but I can't eat any more.
5. No, I enjoyed it very much, but I just don't have room for any more.
6. Nothing for me, please.
7. I couldn't eat another bite.
8. I hope you'll leave room for dessert.
9. Please pass me the salt and pepper.
10. This food is a bit too heavy/salty for me.
11. Oh, that's too much for me to handle.
12. May I have just a little to taste? We don't have this in my country.
13. Sliced pork with tomato sauce is one of my favorite dishes.
14. Let's make/give a toast to .../I'd like to propose a toast to .../Let's toast to ...

### Paying the Bill

1. Waiter, may I have the check, please? /We'll take the bill now. /Can you bring us the check?
2. Can I pay by credit card?
3. Do you accept traveler's checks?
4. Let's go Dutch on this. /Let's split the bill.
5. It's my treat today. Let me pay. /It's my round today. /Let me settle the bill. /I'll pick up the check today. /Let me foot the bill. /Let me take care of the bill today. /Let me have the bill. /Please allow me to pay. /It's on me this time.
6. I think you made a mistake in this bill.



**Task 1** Watch the video and do the exercises as indicated.

### Clip 1 A Treat for Mom

### Word Bank

impeccable /ɪmˈpekəbl/	a.	free from fault or blame 无可挑剔的, 完美的
irritable /ˈɪrɪtəbl/	a.	easily annoyed 易怒的, 急躁的
gesture /ˈdʒestʃə/	n.	an action which is done to show one's feeling or intention 姿态
superb /sjuːˈpɜːb/	a.	excellent 极好的, 超级的
sumptuous /ˈsʌmptjuəs/	a.	expensive and grand 豪华的
crust /krʌst/	n.	the hard outer surface of baked bread 面包皮
toppings /ˈtɒpɪŋz/	n.	sth. put on top of food to make it look nicer and taste good (食物上的) 配品, 浇料
juicy /ˈdʒuːsi/	a.	containing a lot of juice 多汁的
rare /reə/	a.	lightly cooked 煮得嫩的



## Clip 2 Billing Error

## Word Bank

take-out	/ˈteɪkaut/	n.	a meal bought from a shop to be eaten somewhere else 外卖食品
option	/ˈɒpʃən/	n.	choice among several possibilities 选择
spaghetti	/spəˈɡetɪ/	n.	Italian pasta in the shape of long strings 意大利通心粉
meatball	/ˈmi:tbo:l/	n.	a small round ball of finely cut-up meat 肉丸
chef	/ʃef/	n.	a skilled cook 厨师
entree	/ˈɒntri:/	n.	a small dish, served before the main dish in a formal dinner (正式宴会上)正菜前的开胃菜
champagne	/ʃæmˈpeɪn/	n.	an expensive white wine containing a lot of bubbles 香槟酒

 **Task 2** Listen to the tape and do the following exercises.

## Healthy Eating for Kids

## Word Bank

nutrition	/njuːˈtrɪʃən/	n.	the process of getting the right kind of food for health and growth 营养
toddler	/ˈtɒdlə/	n.	a very young child who is just learning to walk 刚学步的孩子
ritual	/ˈrɪtʃuəl ˈrɪtʃuəl/	n.	a ceremony that is always performed in the same way 仪式
snack	/snæk/	n.	a small amount of food that is eaten between main meals 零食, 点心
turn up one's nose at			look down upon (sth.) 轻视
counsel	/ˈkaʊnsəl/	n.	advice; suggestions 劝告; 建议
insight	/ˈɪnsaɪt/	n.	the ability to understand or realize; deep understanding 洞察力; 深入了解
nutrient	/ˈnjuːtriənt/	n., a.	(substance) serving as or providing nourishment 营养的(物质)
role model			someone whose behavior people try to copy because they admire him 行为榜样



## I

Listen to the following passage twice and fill in the missing words and phrases.

We all want our children to be healthy. We want them to 1) \_\_\_\_\_. Good nutrition and a balanced diet will help them grow up healthily. Whether they are toddlers or teens, we can take steps to 2) \_\_\_\_\_. Here are some tips on how to get our kids to eat healthy foods.

1. Have regular family meals. Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who 3) \_\_\_\_\_ are also more likely to eat fruits, vegetables, and grains, less likely to snack on unhealthy foods and less likely to smoke or 4) \_\_\_\_\_. In addition, family meals offer the chance to introduce your child to new foods and find out which foods your child likes and which ones he or she doesn't. Teens may turn up their noses at the family meal — not surprising, because 5) \_\_\_\_\_. Yet studies find that teens still want their parents' advice and counsel, so use mealtime as a chance to reconnect.

2. Encourage teen children 6) \_\_\_\_\_ of meals. Involving children in shopping for food, in selecting the menu, and in the preparation of meals will give parents an insight into their 7) \_\_\_\_\_. These activities also present a good opportunity to teach them about nutrition. Involving them in the meal preparation process will give them a feeling of 8) \_\_\_\_\_ and more importantly, they will be more open to try healthy foods that they help prepare.

3. Always have healthy foods available and in a ready-to-eat form. Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to 9) \_\_\_\_\_ — the foods that parents serve for meals and have on hand for snacks. For example, we should always place 10) \_\_\_\_\_. We will be surprised at how readily our kids will grab an apple, banana or orange if they are easy to get. At the same time, limit fast food and other low-nutrient snacks, 11) \_\_\_\_\_. But don't completely ban favorite snacks from our homes. Instead, make them "once-in-a-while" foods, so that 12) \_\_\_\_\_.

4. Try our best to be role models for our children. Children are very observant and learn by example. If we have healthy eating habits, they are more likely to 13) \_\_\_\_\_ and develop proper eating habits.

### Decent Table Manners

#### Word Bank

decent	/ˈdiːsənt/	a.	proper, not causing shame or shock to others 得体的
stuff	/stʌf/	vt.	fill (sth.) tightly (with sth.) (用某物)塞满(某物)
choke	/tʃəʊk/	v.	have difficulty in breathing because of blocking to the breathing passages 噎住

buffet /'bu:feɪ, bu'fei/

n.

a meal that people serve for themselves 自助餐

gobble up

eat very quickly and sometimes noisily 狼吞虎咽

dab /dæb/

vt.

touch lightly or gently 轻擦

## II Listen to the following advice about decent table manners twice and fill in the missing words or phrases.

Children should be taught at an early age about decent table manners. Good table manners are more than about proper eating, they are about being kind and considerate of others. The possession or lack of proper table manners is one way by which people are judged. Whether in a restaurant or in a home, there are some basic table manners to teach kids:

1. Eat with \_\_\_\_\_ unless the food is meant to be eaten with fingers. Only babies eat with fingers.
2. Don't stuff your mouth full of food, it looks impolite and could lead to choking. \_\_\_\_\_ . Don't talk while your mouth is full.
3. Don't \_\_\_\_\_ about any food being served. It will hurt someone's feelings.
4. Always say "Thank you" when served something. It shows \_\_\_\_\_ .
5. If the meal is not buffet style, wait until everyone is served before eating. This shows \_\_\_\_\_ .
6. Eat slowly. Don't \_\_\_\_\_ the food. Someone took a long time to prepare the food, so enjoy it slowly.
7. Don't reach over someone's plate for something; instead, ask for the \_\_\_\_\_ to be passed to you.
8. Don't pick anything out of your teeth — it's a sign of bad manners. If it \_\_\_\_\_ you that much, excuse yourself and go to the restroom to clean your teeth.
9. Always use a \_\_\_\_\_ to dab your mouth, which should be on your lap when not in use. Remember, dab your mouth only. Don't \_\_\_\_\_ with a napkin; both are impolite. Excuse yourself from the table and go to the restroom to do those things.
10. When eating at someone's home or as a guest of someone at a restaurant, at the end always thank the hosts and tell them \_\_\_\_\_. Even if every dish wasn't your favorite, the gesture is important, for it recognizes the generosity of the invitation.

### Task 3 Work in groups/pairs

I First study the following names of food and useful expressions. Then, in situational oral practice, act them out together with your partners.

Names of Food		Useful Expressions	
北京烤鸭	roast Beijing duck	美味的	delicious
涮羊肉	instant boiled (sliced) mutton	[口] 非常好的	awful
酱爆鸡丁	stir-fried chicken cubes in brown sauce	馋人的	mouth-watering
糖醋排骨	sweet and sour spare-ribs	对胃口的	agreeable



Names of Food		Useful Expressions	
红烧甲鱼	stewed soft-shelled turtle	新鲜的	fresh
醋鱼	sour fish	不新鲜的	stale
焖肉	braised pork	变质发酸的	sour
鱼香肉丝	shredded pork in hot sauce	坏的, 腐烂的	rotten
麻婆豆腐	stir-fried bean curd in hot sauce	嫩的	tender/rare
干烧明虾	braised prawns in chili sauce	中嫩的	medium rare
香酥鸡	spiced chicken	半生熟的	medium
芙蓉蟹	crab in egg-white sauce	八分熟的	medium well
蚝油牛肉	sauté sliced beef in oyster sauce	老的	tough
清炒虾仁	plain sauté shrimps	多汁的	juicy
回锅肉	sauté meat in hot sauce	油腻的	greasy
鲜肉包	steamed fresh meat bun	有奶油味的	creamy
叉烧包	stuffed bun with roast pork	腥味的	fishy
水煎包	lightly fried Chinese bun	辛辣的	spicy, pungent
小笼包	steamed small meat bun in basket	松脆的	crunchy
馄饨	dumpling soup/hun-tun	咸的	salty

## Situation:

1. On your birthday, your roommates present you some presents and invite you to dine out.
2. At the restaurant, you order the dishes you like.
3. During the meal, you propose a toast to someone, and ask somebody to pass something. You talk about the taste of the dishes, etc.
4. After dinner, pay for the meal.



## II

Read the following short passage first. Then work with a partner to share your thoughts on "Western Table Manners".

## Western Table Manners

Do you ever eat out? The answer is definitely "Yes". Have you ever eaten out in Western countries? There are different rules about dining between Western culture and ours. If you don't know the do's and don'ts of dining, you will be embarrassed. Let's learn something about Western table manners. Then, you will enjoy eating out in Western countries even more.

- Don't pick up the soup bowl and drink from it.
- Don't reach across the table for any food. Please ask someone to pass the dish to you.
- Don't put bones on the table. Just leave them on your plate.



- Don't talk and laugh with food in your mouth.
- Don't use your napkin to clean your face. Just leave it on your lap, unless you want to clean your mouth.

## Part Two Theme-related Activities

### Warm-up Questions

1. What kind of role do parents play in children's growth?
2. Should teenagers obey or disobey their parents? What's your opinion?
3. Due to the one-child policy, the child nowadays in China is the center of the family. Are you the center of your family? What do you think of this situation?
4. How do you understand the saying "Not every teacher is a parent, but every parent is a teacher"?

 **Task 1** Listen to the following tape and do the exercises below.

### Should Children Come First?

#### Word Bank

abstract /'æbstrækt/	a. existing as a quality or concept rather than as sth. real or solid 抽象的
permissive /pə(:)'mɪsɪv/	a. allowing people a great deal of freedom 容许的, 纵容的
democratic /'demə'krætɪk/	a. of or favoring democracy 民主的
usher /'ʌʃə/	v. bring forward, out, or in esp. by showing the way 引导
obsessed /'ɒb'sest/	a. completely filled in mind so that no attention is given to other matters. 着迷的
prominence /'prɒmɪnəns/	n. the fact or quality of being prominent or noticeable, important 突出
addict /'ædɪkt/	n. a person who is unable to free him/herself from a harmful habit 上瘾者
infantile /'ɪnfəntaɪl/	a. like or typical of a small child 幼稚的
self-esteem /'selfɪ'sti:m/	n. one's good opinion of one's own worth 自尊
unwind /'ʌn'waɪnd/	v. stop being nervous; relax after a period of great effort and pressure 放松
disobedient /'dɪsə'bi:djənt/	a. failing or refusing to obey 不听话的

**I** Listen to the following passage and decide whether the statements below are true or false.

1. When Mom was home, she often took me out to play. ( )
2. Whenever I wanted Mom to do something for me, she always did it. ( )