



全国翻译专业资格(水平)考试辅导丛书

英语口语综合能力

3级

总主编 黄源深

主编 徐钟

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(三级)

总主编 黄源深

主 编 徐 钟 肖福寿

编 者 马继光 乐金马 许 葵

阚怀未 张 强 黄文伟

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作者 徐 钟

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编者的话

《英语口语综合能力(三级)》是根据国家人事部《翻译专业资格(水平)考试暂行规定》的精神,依照《全国翻译专业资格(水平)考试英语口语三级考试大纲(试行)》的要求,配合《英语口语综合能力(三级)》及样题百编写的。

本书编写的宗旨是通过强化练习,帮助学员更加熟悉与口译综合能力(三级)题材有关的内容与翻译资格考试题型,提高听力理解能力。

全书共 16 个单元,每个单元紧扣口译综合能力(三级)的主题,由两套与考试类型完全一致的练习,即 20 个判断题、20 个填空题、15 个篇章理解题及 150 词左右的听力综述组成。书后还附有两套样题。

本书由上海大学徐钟、肖福寿主编,由(以姓氏笔画为序)马继光、乐金马、许葵、肖福寿、张强、徐钟、黄文伟、阚怀未等人编写。

2004 年 5 月

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1 Unit

Health Problems (A)



Part I

A. You will hear a passage about overweight and obese children in the United States. Listen to what the speaker says and decide whether the following statements are true or false. There are ten questions in this part of the test, 1 point for each question. You will hear the talk only once.

1. The number of overweight children in the U. S. today has increased more than twice as compared with the 1960s.
 True.
 False.
2. Lifestyle habits and genetic factors have much to do with obesity.
 True.
 False.
3. Today's kids spend more time exercising than playing with electronic devices.
 True.
 False.
4. The mindset of some young and old people seems to be quick and easy.
 True.
 False.
5. Being overweight or obese can affect a child's present and future health.
 True.
 False.
6. Any overweight kids will suffer from shortness of breath that makes exercise, sports, or any physical activity more difficult.
 True.
 False.

7. Rooted in childhood are some serious adult medical conditions like heart disease, heart failure, and certain cancers.
 True.
 False.
8. Overweight and obese adolescents may have up to an 80% chance of becoming overweight and obese adults.
 True.
 False.
9. Overcoming obesity in children involves adapting the way children and their family eat, exercise and spend time together.
 True.
 False.
10. Children and their parents should often meet to discuss how to lead a healthy lifestyle.
 True.
 False.

B. Listen to the following short statements and then choose one of the answers that best fits the meaning of each statement. There are ten questions in this part of the test, 1 point for each question. You will hear the statement only once.

1. Which of the following is true about penicillin?
 - a. It helps infect wounds.
 - b. It prevents wounds.
 - c. It helps heal wounds.
2. What does this old saying tell us?
 - a. An apple is a silly cure for illness.
 - b. Eating apples does a lot of good to our health.
 - c. Apples can take the place of doctors.
3. What kind of person is a “morning person”?
 - a. He usually bounces out of bed.
 - b. His body temperature rises fast.
 - c. He has a regular temperature cycle.
4. Which of the following is true about obligations and pressures?
 - a. They are either physical or mental.
 - b. They are not clearly explained.
 - c. We sometimes can't recognize them.

5. Why are new medicines and machines developed every day?
 - a. To make people live better.
 - b. To make people live longer.
 - c. To make people live more healthily.

6. What do we know from this sentence?
 - a. What is a major decision for one person is a minor decision for another.
 - b. Different people treat a life decision in different ways.
 - c. Many people want to change careers or buy houses.

7. What will help you feel better about yourself in the long run?
 - a. Having a good diet and exercising a lot.
 - b. A healthy diet and moderate exercising.
 - c. Healthy eating and exercising.

8. What is the popular belief about colds?
 - a. They are caused by exposure to severe weather.
 - b. They are not caused by exposure to severe weather.
 - c. They are a cause of severe weather.

9. Which of the following is true?
 - a. There exists no scientific evidence linking breakfast to better health or better performance.
 - b. Scientific evidence does not link breakfast to better health or better performance.
 - c. There is little scientific evidence linking breakfast to better health or better performance.

10. What is the percentage of women who suffer from some form of color blindness?
 - a. About 10% .
 - b. About 1% .
 - c. About 0.5% .



Part II

Parts of the following passage are missing. Listen and complete the passage by filling each blank space with an appropriate word. There are twenty words missing, each carrying 1 point. You will hear the passage only once.

West Nile virus is a mosquito-borne ____ (1) that can cause a range of symptoms of varying severity in ____ (2). It is related to viruses that ____ (3) St. Louis and Japanese encephalitis.

Most people with the virus either don't have symptoms or have only a ____ (4) illness. However, the illnesses caused by West Nile virus may be ____ (5) and may include encephalitis, inflammation of the ____ (6), or meningitis, inflammation of the membranes and fluid surrounding the brain and ____ (7) cord.

Birds are the main ____ (8) of the virus. When a mosquito bites an ____ (9) bird, the mosquito can spread the virus by ____ (10) another bird or another animal, such as a human.

West Nile virus is relatively new to the United States, making its first known ____ (11) in August 1999 during an ____ (12) in New York City. Since then, it has spread ____ (13) to more than 40 states, infecting birds, humans and ____ (14). In 2002, the Centers for Disease Control and Prevention (CDC) reported more than ____ (15) human infections in the United States, compared with less than 150 for the previous three years ____ (16). The virus caused 284 human deaths in ____ (17) in the United States.

Most people who become infected with West Nile virus don't become seriously ill and recover ____ (18). You can reduce your risk of ____ (19) West Nile virus by avoiding ____ (20) to mosquitoes.



Part III

Listen to the following passages and then choose the best answers to the questions. You may need to take some notes while you're listening. There are three passages in this part of the test, each with 5 questions and each question carrying 2 points.

Passage One

1. What attitude do most people adopt toward the word "mental"?
 - a. Enthusiastic.
 - b. Disapproving.
 - c. Indifferent.
 - d. Appreciative.

2. Which of the following is true about mental health and physical health?
 - a. Mental health is better than physical health.
 - b. Neither is of great significance.
 - c. Both are equally important.
 - d. Physical health counts more than mental health.

3. Which of the following is NOT true about people with good mental health?
 - a. They are emotionally, spiritually, intellectually and creatively developed.

- b. They are confident, assertive, and people-aware.
 - c. They enjoy mutually satisfying personal relationships.
 - d. They choose companionship over solitude.
4. Approximately how many of us will experience a mental health problem each year?
- a. 50% .
 - b. 25% .
 - c. 70% .
 - d. 30% .
5. Which of the following is NOT true about many people who experience mental health problems?
- a. They can get over them or learn to live with them.
 - b. They don't receive the right kind of help.
 - c. They are kept away from their families and friends.
 - d. They receive unfair treatment from the professionals who should care for them.

Passage Two

6. Why are many people on restricted or reduced diets?
- a. Because they are concerned about their weight.
 - b. Because they are allergic to milk products.
 - c. Because they have a lot of health problems.
 - d. Because they frequently complain about their food.
7. Which of the following is NOT true about body shape?
- a. There exists no perfect body shape in reality.
 - b. It is relatively easy to find out the right body shape for you.
 - c. Body shape differs a lot from person to person.
 - d. People with broader body shapes look heavier than those with smaller bones.
8. What do those who are concerned about body shape tend to do?
- a. They are harder on others than on themselves.
 - b. They usually focus on the bad things about themselves.
 - c. They often direct their attention to the good things about themselves.
 - d. They try to have great smiles and healthy legs.
9. What do we know about the models on TV or in magazines?
- a. They are the very persons you are supposed to look like.

- b. They are often on very strict but healthy diets.
 - c. They stay thin because they exercise a lot.
 - d. They are rarely found in real life.
10. What may help you feel better about your body?
- a. Observing other healthy people around you.
 - b. Looking around at the models you see every day.
 - c. Exercising every day to improve your body shape.
 - d. Talking to your parent or even your doctor.

Passage Three

11. What can exercise do to your heart?
- a. It can keep your heart from ageing.
 - b. It can make your heart cool.
 - c. It can make your heart healthy.
 - d. It can keep your heart cheerful.
12. Which of the following is NOT true about your heart?
- a. It is as busy as a bee every day.
 - b. It is a very strong muscle in your body.
 - c. It depends on aerobic exercise to get stronger.
 - d. It can lift weights to get stronger.
13. What is the aim of aerobic exercise?
- a. To bring oxygen to your muscles.
 - b. To keep your muscles fresh.
 - c. To increase the number of blood vessels in your body.
 - d. To keep your heart working all the time.
14. How often are you advised to do some kind of aerobic exercise a week?
- a. Once a day.
 - b. Almost every day.
 - c. About every two days.
 - d. Twice a day.
15. Which of the following is NOT mentioned as an aerobic activity?
- a. Dancing.
 - b. Soccer.

Health Problems (B)



Part I

A. You will hear a passage about how the world governments should react to smoking. Listen to what the speaker says and decide whether the following statements are true or false. There are ten questions in this part of the test, 1 point for each question. You will hear the talk only once.

1. The governments of most countries disapprove of smoking.
 True.
 False.
2. There is no cigarette advertising on TV in Britain.
 True.
 False.
3. The world governments react strongly to medical findings about smoking.
 True.
 False.
4. Unlike our daily bread, tobacco is a wonderful commodity to tax.
 True.
 False.
5. In Britain, enough tax revenue is collected to pay for its entire educational facilities.
 True.
 False.
6. It is wise of the authorities not to conduct aggressive anti-smoking campaigns.
 True.
 False.
7. Much money is spent on cancer research and on efforts to cure cancer patients.
 True.
 False.
8. Few people would be better off if smoking were banned altogether.
 True.

- False.
- 9. World governments should conduct anti-smoking advertising campaigns of their own before banning all cigarette and tobacco advertising.
 - True.
 - False.
- 10. World governments have not acted honestly and bravely so far.
 - True.
 - False.

B. Listen to the following short statements and then choose one of the answers that best fits the meaning of each statement. There are ten questions in this part of the test, 1 point for each question. You will hear the statement only once.

1. Which of the following is true about the modes of transport?
 - a. All modes of transport send out health-threatening air pollutants.
 - b. Most modes of transport send out health-threatening air pollutants.
 - c. Few modes of transport send out health-threatening air pollutants.
2. What factors does the health of an individual depend on?
 - a. Personal habits, genetic make-up, and social customs.
 - b. Food, personal habits, and lifestyle.
 - c. Working style, nutrition, and genetic make-up.
3. Which of the following reflects a general perception?
 - a. Urban residents are more liable to suffer from air pollution than ever.
 - b. Air pollution has become increasingly serious in larger cities.
 - c. The effect of air pollution has been reduced in many big cities.
4. What happened to John?
 - a. He called Sarah in the hospital.
 - b. He called Sarah for he was in hospital.
 - c. He forgot to phone Sarah.
5. Which of the following is true about an outdoor pollutant?
 - a. It is as likely to reach the lungs as an indoor pollutant.
 - b. It is 1,000 times more likely to reach the lungs as an indoor pollutant.
 - c. It is 1,000 times less likely to reach the lungs as an indoor pollutant.
6. What truth are medical researchers discovering?

- a. There is no mixture in either alcohol or tobacco.
 - b. It is unwise to mix alcohol and tobacco.
 - c. Alcohol should be treated differently from tobacco.
7. What may happen to a person who smokes heavily?
- a. Much of his blood's oxygen-carrying capacity may be at risk.
 - b. His blood's oxygen-carrying capacity may suffer.
 - c. He may lose some 28 percent of his blood's oxygen-carrying capacity.
8. What contributes to the contraction of diseases?
- a. Indoor pollution.
 - b. Indoor and outdoor pollution.
 - c. Various factors.
9. Which of the following is true about Dr. Brown?
- a. He'll be busy writing a book tomorrow.
 - b. He has a full schedule for tomorrow.
 - c. He won't see any patients tomorrow.
10. Which of the following is true?
- a. A person who smokes heavily is probably malnourished.
 - b. A heavy smoker will no doubt use too much alcohol.
 - c. A heavy smoker and drinker may suffer from malnourishment.



Part II

Parts of the following passage are missing. Listen and complete the passage by filling each blank space with an appropriate word. There are twenty words missing, each carrying 1 point. You will hear the passage once.

High blood pressure, heart disease and ____ (1) problems are not the ____ (2) products of ____ (3) but problems that can be held at ____ (4) by being ____ (5) early in life, according to a new study. The ____ (6) came from a ____ (7) at 5, 115 men and women in four ____ (8) of the United States who were ____ (9) in a study between the ages of 18 and 30, tested for fitness on a ____ (10) and followed for 15 years. ____ (11) with ____ (12) fitness were three- to six-fold more likely to ____ (13) diabetes, hypertension, and the metabolic syndrome than participants with high fitness. Previous work has demonstrated that ____ (14) in a regular exercise program can improve fitness. If the ____ (15) between fitness and cardiovascular risk factor development is causal, and if all unfit young

adults had been ____ (16), there may have been 21 percent to 28 percent fewer cases of hypertension, diabetes, and metabolic syndrome. The key point is that the development of risk factors for heart disease and stroke isn't just the natural result of ____ (17). People should try to ____ (18) in at least 30 minutes of a moderate-intensity physical activity such as ____ (19) walking on most and, preferably, all days of the week. Being physically active will not only improve their fitness but also help them ____ (20) a healthy brisk, which in turn will protect their heart health.



Part III

Listen to the following passages and then choose the best answers to the questions. You may need to take some notes while you're listening. There are three passages in this part of the test, each with 5 questions and each question carrying 2 points.

Passage One

1. Why is it important for you to be more active?
 - a. Because it reminds you of your weight.
 - b. Because it can get rid of your worries.
 - c. Because it is a good way to test your weight.
 - d. Because it helps you control your weight.

2. What do doctors usually recommend for you?
 - a. Making wise food choices.
 - b. Continuing to eat more.
 - c. Choosing fatty and sweet foods.
 - d. Eating less than usual.

3. What is metabolism concerned about?
 - a. How adequately you eat your food.
 - b. How active you are in exercising.
 - c. How energy is produced in your body.
 - d. How fast you use energy from food.

4. Which of the following diet or activity is NOT advisable for you?
 - a. Drinking water.
 - b. Watching less television.
 - c. Eating no breakfast.
 - d. Eating more grains.