

零起点

大学英语基础阅读教程

COLLEGE ENGLISH

主 编 李桂兰

(修订版)

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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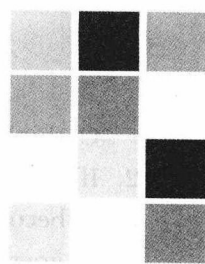
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基础篇

Passage 1

Sleep and Exercise

Early to bed and early to rise makes a man healthy, wealthy and wise. Have you heard of it before? It means that we must go to bed early and get up early in the morning. Then we shall be healthy. We shall also be rich (wealthy) and clever (wise).

This is true. The body must have enough sleep to be healthy. Young people should have ten hours' sleep every night. Children who do not have enough sleep can't do their work very well. They won't be wise and they may not become wealthy!

The body also needs exercise. Walking, running, swimming and playing games are all exercise. Exercise keeps the body strong.

Exercise also helps the blood move around inside the body. This is very important. Our blood takes food to all parts of our body. The head also has blood. Exercise helps us think better.

Reading Comprehension

❶ Write T for True or F for False according to the passage.

- _____ 1. The body needn't have enough sleep to be healthy.
- _____ 2. Young people should have eight hours' sleep every night.
- _____ 3. Enough sleep keeps the body strong.
- _____ 4. Exercise helps us think better.

❷ Choose the best answers according to the passage.

- 1. If we get up early and go to bed early, we'll _____.
A. have enough exercise B. be healthy

- C. think better D. have strong blood
2. If a child doesn't have ten hours' sleep, maybe he _____.
A. becomes rich B. won't do well in his work
C. goes to work in time D. has enough sleep
3. A person needs exercise because _____.
A. it makes him healthy B. he has a lot
C. he is strong enough D. he is healthy
4. Exercise makes the _____ move quickly and smoothly.
A. body B. blood C. children D. head
5. Which of the following is NOT true?
A. Exercise does good to a person's head.
B. A student should have ten hours' sleep.
C. It's good for you to get up early and go to bed early.
D. If you have enough blood, you'll be wise.

Passage 2

Emotions and Health

People believe only bad emotions are bad for the health. This is wrong. In fact, all our emotions have an effect on our health. There is a strong relationship between emotions and health. If we are ill, we may get some humorous books to read. They can make us laugh, forget our illness and even make some changes in us. So we may feel much better after we read these books. Another relation of emotions and health is the study of stress and its management or control.

In our life, emotions are with us all the time like shadows. Sometimes we are happy, sometimes we are sad. Besides, envy, revenge and vanity also exist in our life. To be happy, we should get rid of all these bad emotions. If we can do this, we'll be more healthy and live a longer life.

New Words and Phrases

emotion	<i>n.</i> 情绪	have an effect on	对……有影响
shadow	<i>n.</i> 影子	envy	<i>n.</i> 妒忌
revenge	<i>n.</i> 报复	vanity	<i>n.</i> 虚荣
exist in	存在于……	get rid of	摆脱掉……

Reading Comprehension

I Choose the best answers according to the passage.

1. To keep healthy, we should _____.
A. get rid of bad emotions and keep happy
B. read humorous books
C. see the doctor
2. Humorous books may help sick people because _____.
A. they can make people laugh
B. they make people forget their sickness
C. both A and B
3. People believe _____ are bad for the health.
A. good emotions B. bad emotions C. good books
4. In fact, all our emotions _____ on our health.
A. does not have an effect B. had a bad effect C. have an effect

II Translate the following sentences into Chinese.

1. In fact, all our emotions have an effect on our health.

2. In our life, emotions are with us all the time like shadows.

3. Besides, envy, revenge and vanity also exist in our life.

4. To be happy, we should get rid of all these bad emotions.

Passage 3

Sunshine in a Box

Victor is from Guatemala, but now he lives in New York City.

Victor likes New York in the summer, but he doesn't like New York in the winter. He feels terrible in the winter. He often gets headaches and stomachaches. He sleeps about 16 or 18 hours every day. He also eats too much. Sometimes he eats 20 candy bars in 15 minutes! And he is always sad.

Why does Victor feel terrible in the winter? It is because he needs sunshine.

In New York, there is only a little sunshine in the winter.

So, Victor buys a Sun box. A Sun box is a big light. In the winter, Victor sits under the Sun box for two or three hours every day. Then he feels fine. He doesn't sleep too much or eat too much. He is not sad.

Many people in the north have Victor's problem. They feel terrible in the winter because they need sunshine. So, they buy Sun boxes. They say, "The Sun box is sunshine in a box." But Victor says, "My Sun box is Guatemala in a box!"

New Words and Phrases

Guatemala

危地马拉 (拉丁美洲国家)

candy bar

棒棒糖

Reading Comprehension

1 Choose the best answers according to the passage.

1. Victor doesn't like New York in the winter because _____.
 - A. he can't find job
 - B. he feels terrible
 - C. he has no time to play
2. Victor feels terrible in the winter because _____.
 - A. his family is in Guatemala
 - B. he needs sunshine
 - C. he doesn't like his job
3. Victor sits under the Sun box because _____.
 - A. the Sun box shows picture of Guatemala
 - B. he likes to read every day
 - C. the Sun box gives Victor light
4. Under the Sun box he feels fine because _____.
 - A. he doesn't have headaches or stomachaches
 - B. he doesn't sleep too much or eat too much
 - C. both A and B
5. Many people in the north buy Sun boxes because they also _____.
 - A. need sunshine
 - B. have headaches
 - C. like Guatemala

II Choose the correct sentences that have the same meanings as the sentences in the passage.

1. He feels terrible in the winter.
A. He feels fine in the winter.
B. He feels bad in the winter.
2. He often gets headaches.
A. He has a pain in his head.
B. He has an idea in his head.
3. Sometimes he eats 20 candy bars in 15 minutes!
A. Sometimes he eats 20 pieces of candy in 15 minutes!
B. Sometimes he eats 20 pieces of bread in 15 minutes!
4. There is only a little sunshine in the winter in New York.
A. There is much sunshine in the winter in New York.
B. There is not much sunshine in the winter in New York.
5. A Sun box is a big light.
A. A Sun box is a big lamp.
B. A Sun box is a big box.

Passage 4

An Unexpected Help

Lucy got up early last Saturday morning. She wanted to go skating in the Green Park with some of her friends. She was very happy about it.

As soon as she was ready, she got on her bike and left for the park. It was on the other side of the town. Suddenly, as she was riding fast, she heard the sirens. The sound of the sirens was getting closer and closer. So Lucy looked behind to see what was happening. As a result, she fell off her bike and lay in the middle of the road. Luckily, Lucy wasn't hurt, but a car hit her bike. After the car stopped, two men got out and started running. Just then a police car stopped and three policemen got out and started running after the two men. One of the policemen shouted, "Stop the thieves! Stop them!"

At the same time a policeman came to see Lucy. He thanked her because, in a way, she had helped them catch the thieves.

New Words and Phrases

siren *n.* 警报

as a result of 作为 (……的) 结果

hurt *v.* 使受伤; 伤着

hit *v.* 碰撞; 打

in a way 从某种意义上

Reading Comprehension

I Write T for True or F for False according to the passage.

- _____ 1. Lucy got up early last Saturday morning to go skating.
- _____ 2. Lucy went to the park by bus.
- _____ 3. Suddenly Lucy heard the sirens. The sound of the sirens was getting farther and farther.
- _____ 4. Lucy was injured by a car.
- _____ 5. The police thanked Lucy because she had caught the thieves by herself.

II Choose the best answers according to the passage.

- 1. Lucy was happy about going _____ in the Green Park with her friends.
A. skating B. for a picnic C. for a walk
- 2. The Green Park was _____ the town.
A. outside B. in the center of C. on the other side of
- 3. When Lucy heard the sirens, she looked _____ to see what was happening.
A. ahead B. back C. both right and left
- 4. _____ hit Lucy's bike.
A. The thieves' car B. The police car C. A minibus
- 5. A policeman thanked Lucy because she _____.
A. stopped the thieves' car B. stopped the thieves C. was injured

Passage 5

Snow

Have you ever seen snow? A lot of people in the world have not. A lot of countries never have snow or they have it only on the top of very high mountains.

In Scotland and in the north of England, there is quite a lot of snow every winter, but in the south of England, there is usually little snow.

When a student from a warm country comes to Britain in the autumn for the first time, he feels cold at first. There are often dark clouds, gray sky and cold rain in Britain in autumn and most students from warm countries do not like this kind of weather.

But snow is different. Though it is very cold, it is also very beautiful. Maybe after some dark mornings, the student wakes up and there is a lot of light in his room. He thinks it must be late. And he gets up quickly. But no, it is not late at all. He looks out of the window and there is the snow on the ground, on the trees, on the roofs of the houses and everywhere. The light in his room comes from that clean, beautiful and white snow.

Reading Comprehension

❶ Write T for True or F for False according to the passage.

- _____ 1. A lot of people in the world have seen snow.
- _____ 2. In the south of England, there is usually little snow.
- _____ 3. There is quite a lot of snow in England every winter.
- _____ 4. When a student from a warm country comes to Britain in the autumn for the first time, he feels cold at first.
- _____ 5. Snow is cold, but it is clean, beautiful and white.

❷ Find the opposite words of the following from the passage and write them down.

- | | |
|---------------------|--------------------|
| 1. dirty _____ | 2. go to bed _____ |
| 3. in the sky _____ | 4. dark _____ |
| 5. at last _____ | |

Passage 6

Yawning Is Contagious

Chen works at a restaurant in the daytime, in the evening he goes to an

adult school. He is learning English at the adult school.

This evening Chen's class is reading a story. The story is interesting, and Chen wants to read it. But Chen is tired; he can't read. He yawns loudly.

Sofia is sitting next to Chen. She sees Chen yawn. She yawns, too.

Ali is sitting behind Chen. Ali hears Chen yawn. Ali yawns, too.

Chen is yawning because he is tired. But Sofia and Ali aren't tired. Why are they yawning? Sofia and Ali are yawning because yawning is contagious. When one person yawns, other people yawn, too.

New Words

yawn *v.* 打哈欠

contagious *adj.* 传染的

adult *n.* 成人

Reading Comprehension

❶ Choose the best answers according to the passage.

1. Chen yawns because he is _____.
A. hungry B. angry C. tired
2. Sofia and Ali yawn because _____.
A. the story is not interesting B. Chen yawns C. they are tired
3. Yawning is contagious. When one person yawns, other people _____.
A. don't like it B. are afraid C. yawn, too

❷ Write T for True or F for False according to the passage.

- _____ 1. Chen works at a factory in the daytime.
- _____ 2. In the afternoon he goes to an adult school.
- _____ 3. He is learning English at the adult school.
- _____ 4. Chen is tired; he talks loudly.
- _____ 5. Sofia and Ali yawn because yawning is contagious.

Green Plants and Deserts

Scientists are trying to make the deserts into good land again. They want to bring water to the deserts, so people can live and grow crops. They are learning a lot about the deserts. But more and more of the earth is becoming desert all the time. Scientists may not be able to change the deserts in time.

Why is more and more land becoming desert? Scientists think it is the people who make more and more deserts. People do bad things to the earth.

There is little rain in some places of the world. But still these places don't become deserts. This is because some green plants are growing there. Small green plants are important to dry places. Plants don't let the hot sun make the earth even drier. Plants don't let the wind blow the dirt away. When a little of rain falls, the plants hold the water. Without the plants, the land will become a desert much more easily.

Reading Comprehension

I Write T for True or F for False according to the passage.

- _____ 1. Scientists are learning a lot about the deserts.
- _____ 2. Scientists think it is the hot sun that makes more and more deserts.
- _____ 3. Plants don't let the hot sun make the earth even drier.
- _____ 4. Plants don't let the wind blow the dirt away.
- _____ 5. Without the animals, the land will become a desert much more easily.

II Choose the best answers according to the passage.

- 1. There is _____ in the deserts.
A. little sunlight B. little rain C. too many plants
- 2. More and more land is becoming desert because _____.
A. people have done bad things to it
B. it has rained too much
C. there are no people living there
- 3. Scientists think that _____, crops can be planted there.
A. if there is enough water in the desert
B. as soon as farmers go to the desert