



高等教育“十一五”规划教材

高职高专公共基础课教材系列



高职实用英语 (下册)

GAOZHI SHIYONG YINGYU (XIACE)

陈芳 覃国庆 主编



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内 容 简 介

本书是按照《高职高专教育英语课程教学基本要求》编写的高职英语教材,根据语言交际中听、说、读、写能力的要求,每课分别按听说模块、阅读模块和写作模块编排。书后另设2个模块,分别为语法模块和高等学校应用能力考试B级模块,供学生查阅、学习和训练。

本书适合高职高专非英语专业学生使用,也可作为其他职业培训的参考教材。

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PREFACE

高职教育是我国高等教育的新类型，充满活力，具有创新力。十多年来，高职教育规模快速发展，形成了高职教育体系框架，为社会发展培养了大批高素质技能型专门人才。为了顺应当前形势的发展，并基于对高职院校学生目前英语基础以及使用教材的深度和广度的考虑，我们编写了《高职实用英语》教材。本教材遵循三个原则：一、实用性原则；二、模块制原则；三、以学生为主体原则。

本教材严格按照《高职高专教育英语课程教学基本要求》编写，力求为高职高专培养技能型、实用型人才，坚持“以应用为目的，实用为主，够用为度”的原则。突出场景英语，体现交际功能，强化职场素质教育理念，彻底改变传统教材结构，开创了一种实用价值较高的高职英语教材编写的新模式。本教材主要特色有：一、模块化。按语言交际中听、说、读、写能力的顺序，采取模块分工的方式，以学生为本，少而精，学生即学即用。二、结构新。采用任务教学和情景教学编排，体现工作流程。三、生活化。设置学院中的真实生活场景，让学生感到英语与自己的密切联系。四、考证式。教材知识与高等学校应用能力考试相结合，突出应用的多样性。五、素质型。贴近各种职业，贴近学生专业，结合专业素质，结合职业核心能力，为职业素质培养服务。

由于作者水平有限，书中难免出现疏漏，我们诚恳期待各位读者不吝赐教。

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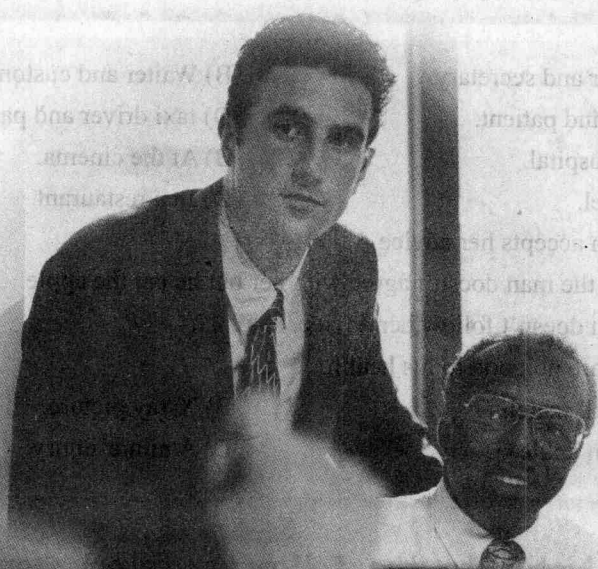
CONTENTS

Preface	i
Unit 1 Health	1
Part I Listening and Speaking	2
Section I Listening	2
Section II Speaking	3
Part II Reading	6
Text A A Balanced Diet	6
Text B Reading Practice	10
Reading More Business Letters (商业函电 电子邮件)	11
Part III Writing	13
Writing Item (1) : Notice (通知)	13
Writing Item (2) : Poster (海报)	16
Unit 2 Shopping	21
Part I Listening and Speaking	22
Section I Listening	22
Section II Speaking	23
Part II Reading	27
Text Shopping Online	27
Reading More Signs (英语商标)	30
Part III Writing Item	31
Letters Writing1 (信函1)	31

Unit 3 Travel.....	39
Part I Listening and Speaking.....	40
Section I Listening.....	40
Section II Speaking.....	41
Part II Reading.....	45
Text Travelling Plan.....	45
Reading More Menu (菜单)	49
Part III Writing Item	51
Letters Writing2 (信函2)	51
Unit 4 Career.....	57
Part I Listening and Speaking	58
Section I Listening.....	58
Section II Speaking.....	59
Part II Reading.....	62
Text A Body Language in Business	62
Text B Reading Practice	64
Reading More Advertisements (广告)	66
Part III Writing Item	68
Letters of Applying for a Position (求职信)	68
Unit 5 Supplementary	71
Supplementary I.....	72
Supplementary II.....	93
Rferences	138

Unit 1

Health



Part I Listening and speaking

Section I Listening

Part A Listen to the following four conversations, and choose the best answer to each of the questions you hear. The conversations and questions will be read twice.

- | | |
|--|-------------------------------|
| 1. A) Manager and secretary. | B) Waiter and customer. |
| C) Doctor and patient. | D) taxi driver and passenger. |
| 2. A) In the hospital. | B) At the cinema. |
| C) In a hotel. | D) In a restaurant. |
| 3. A) The man accepts her advice. | |
| B) Though the man doesn't agree with her but he eat the apple. | |
| C) The man doesn't follow her advice. | |
| D) Apples are no good to his health. | |
| 4. A) A football match. | B) X-ray picture. |
| C) A broken ankle. | D) A minor injury. |

Part B Listen to the following dialogue on the tape and choose the best answer to each question. The dialogue and questions will be read twice.

- | | | | |
|---------------------------|---------------------------|-----------------------|----------------------|
| 1. A) David. | B) Anna. | C) A friend of David. | D) A friend of Anna. |
| 2. A) A cough. | B) Lung cancer. | C) Flu. | D) Heart attack. |
| 3. A) In the early stage. | B) In the middle stage. | | |
| C) In the early stage. | D) Not easily identified. | | |

4. A) One.
C) Two or three packs.
5. A) Visiting David's friend
C) Having a rest.
- B) One or two packs.
D) Three or four packs.
B) Taking care of David's friend.
D) Stop smoking.

Part C You'll hear a short passage. Listen carefully and fill in the blanks with the information you hear. The passage will be read three times.

A culture in which people extensively use parks and public spaces has benefits for all 1 of society, but especially the elderly. Many of the activities that people participate in, 2 dance and martial arts (武术), are fun ways to 3 , which has extremely important benefits. Exercise decreases the risk of heart attacks, lowers blood pressure and cholesterol (胆固醇), enhances the immune system (免疫系统), decreases stress, and 4 brain chemicals that improve mood and alertness. Exercise also improves strength and flexibility, which decreases the risk of broken bones and other injuries that are extremely hard to 5 at an old age.

Section II Speaking

Part A Learn to Say

Dialogue 1

Wendy has had a hard time sleeping recently because she worries about her grades. Her friend Mike gives her some suggestion to relax.

- Mike: You look tired today --- you have really dark circles under your eyes. Did you not sleep last night?
- Wendy: Yeah. Actually I've been having a hard time sleeping lately.
- Mike: As far as I know, insomnia is usually caused by stress. Are you stressed at all?
- Wendy: Well, I'm really worried about my grades. I didn't think this course would be so stressful.
- Mike: You're a good student. I'm sure you can do well. What you need to do is to relax.
- Wendy: You're probably right. I just wish it were that simple. How can I stop feeling so anxious all the time?

Mike: Climbing mountain, listening to music or learning some relaxation techniques can help you cope with your stress.

Wendy: I don't really have time to learn anything new. I need to spend my time studying!

Mike: You need to take some breaks throughout the day. Studying all day isn't very usually effective.

Wendy: You're right. I'll try to climb mountain in the afternoon everyday, or chat online with my friends to relax myself.

Notes:

insomnia / ɪn'sɒmniə / n. 失眠症

relaxation / ˌrɪ'læks'eɪʃn / n. 放松

Dialogue 2

Wendy doesn't feel well, so she goes to see a doctor.

Wendy: I'm not feeling well, doctor.

Doctor: What's the matter?

Wendy: I've got a sore throat and a runny nose.

Doctor: How long has this been going on?

Wendy: Three or four days by now.

Doctor: Have you been coughing?

Wendy: Yes. I've been coughing a lot.

Doctor: Well, let me take your temperature first. (*a few seconds later*) Now, let me check your chest. Well, I think you've got the flu.

Wendy: What do you advise?

Doctor: Take the medicine I prescribe, drink lots of water and stay in bed and rest.

Part B Language bank

You look pale.

你脸色不好。

I don't feel well.

我觉得不舒服。

I feel sick.

我感觉恶心。

I don't have any appetite.

我没有胃口。

I've got a bad cold.

我得了重感冒。

I've got a stuffy/running nose.

我鼻子不通气/流鼻涕。

It's nothing serious.

不要紧，一点儿也不严重。

Let me take your temperature.

我给你量量体温吧。

Let me check your chest!

我给你检查一下胸部吧!

Take two pills three times a day after meals.

这种药每天服3次，每次服2片，餐后服用。

You must stay in bed and have a good rest.

你需要卧床静养，好好休息。

I hope you'll be well soon.

祝你早日恢复健康。

Part C Communication activities

1. Complete the following dialogue by filling in the blanks.

A: _____?

B: I'm not feeling well. I've got a _____ and I've been _____ for two days.

A: Let me take _____ first. You are running _____. Now, let me check you chest. Breathe _____. Hold your breath. Breathe _____. That's it. I think you've got the flu.

B: Are you going to give me an injection?

A: No, it's _____. I'll you some medicine. (*a few seconds later*) OK. Take one pill _____ after meals. Drink plenty of _____ and have some _____. You _____ soon.

B: Thank you, doctor.

2. Situational practice

Situation 1

You don't feel well and go to see a doctor. The doctor asks you some questions and then gives you a check-up. After knowing the result, you are relieved.

Situation 2

The PRETCO-B (英语应用能力B级考试) is coming. One of your classmates feels so stressed that he/she couldn't fall asleep for several nights. Try your best to help him/her.

Situation 3

One of your roommates is a heavy-smoker. You try your best to persuade him to give up smoking.

Part II Reading

Text A

A Balanced Diet

It's important to achieve a balance in one's diet. Nowadays we sometimes think too much about what we want to eat and not enough about what we should eat. While fried chicken, hamburgers, and ice cream may taste good, they can be high in fat and bad for you in general. It's best to try substituting healthier dishes with similar flavors, perhaps grilled chicken breast for the fried chicken and frozen yogurt for ice cream. These small substitutions can make a real difference. Nutrition experts recommend that you include lots of fresh fruits and vegetables in your diet. These foods are a good source of vitamins, minerals and fiber, but are not high in calories.

An increasing number of people are trying "crash diets": diets that are extreme in their restrictions but promise rapid results. Often these "crash diets" involve severely reducing or completely eliminating certain types of food from the diet. The goal of these diets is usually rapid weight loss; however, they are very unhealthy and rarely successful. If continued longer than a period of a few days or a week, "crash diets" can lead to malnutrition or more serious medical problems. However, to the great disappointment of the dieter, the moment one comes off a "crash diet", regaining all the weight you lost—and then some—is almost inevitable. In short, "crash diets" aren't worth the effort.

We are known to the Chinese saying: "At breakfast eat well; at lunch eat until full;

at dinner eat just a little". Eating right is an important part of good health. Rather than cutting out snacks altogether, just substitute healthy foods like vegetables, for unhealthy foods, like candy bars. Some people are naturally heavier than others; what's important is finding the body weight that is healthier for you. (299 words)

New words and phrases:

achieve / ə'tʃi:v / *vt.* 达到 (目的等), 赢得 (名声), 完成 (事情)

bar / bɑ: / *n.* 棒、条 (如金属、糖、巧克力等)

breast / 'brest / *n.* ① (人、动物的) 胸; 胸部; (衣服的) 胸部

② 乳房

diet / 'daɪət / *n.* (日常的) 饮食, 日常食物

vi., vt. (人) 进行饮食疗法, 使 (某人) 实施饮食疗法

eliminate / ɪ'lɪmɪneɪt / *vt.* (从……) 除去……, 消除

flavor / 'flɛvə / *n.* (独特的) 味道, 口味, (包括不同味道的) 风味

(favor / 'fɛvə / *n.* 亲切的行为; 善意; 赞同 *vt.* 表示善意; 支持……)

fry / fraɪ / *vt., vi.* 用油炸, 用油煎; 油炸

grill / grɪl / *vt., vi.* 烤

rather / 'rɑ:ðə / *adv.* 宁可, 而不, 比较起来说的话, 倒不如 (通常与 *than* 构成 *rather ...than ...* 或 *...rather than...*)

recommend / ,rekə'mend / *vt.* 推荐, 介绍; 劝告 (其宾语从句的谓语动词用 *(should) V*)

restriction / rɪ'strɪkʃn / *n.* 限制; 规则, 规定

severely / sɪ'vɪəli / *adv.* 剧烈地, 严重地

severe / sɪ'vɪə / *adv.* 剧烈的, 严重的

substitute / 'sʌbstɪtju:t / *vt., vi.* 代替

substitute A for B = substitute B with A 用A来代替B

substitution / ,sʌbstɪ'tju:ʃn / *n.* 代替

yogurt / 'jəʊɡət / *n.* 酸乳酪, 酸奶

Notes:

1. Nowadays we sometimes think too much about what we want to eat and not enough about what we should eat.

In this sentence the subject is “we”, the predicate is “think” and the object is the clause “too much about what we want to eat and not enough about what we should eat” omitting the conjunction “that”. At object clause “and” connects two prepositional phrases “too much about what we want to eat”, “not enough about what we should eat”.

2. It's best to try substituting healthier dishes with similar flavors, perhaps grilled chicken breast for the fried chicken and frozen yogurt for ice cream.

substitute (*sth./ sb.*) for 代替、替换

e.g. Teacher Wang substituted for the teacher who was in hospital. 王老师代替生病住院的那位老师。

3. ... the moment one comes off a “crash diet”, regaining all the weight you lost—and then some—is almost inevitable.

It is a compound sentence with an attributive clause modified moment: one comes off a “crash diet”, regaining all the weight you lost—and then some.

Activity 1

Guess the close meaning for the following underlined words or phrase.

1. It's best to try substituting healthier dishes with similar flavors, perhaps grilled chicken breast for the fried chicken and frozen yogurt for ice cream.

- A. tastes B. foods C. tools D. plates

2. Often these “crash diets” involve severely reducing or completely eliminating certain types of food from the diet.

- A. adding B. making C. removing D. heating

3. In short, “crash diets” aren't worth the effort.

- A. usually B. in general C. of course D. in a word

Activity 2

Complete the following paragraph with these words or phrases.

whole-wheat include encourage avoided balanced rich substitute

The American Heart Association 1 everyone to eat a healthy, 2 diet. Such a diet should 3 fresh fruit and vegetables, brown rice or 4 bread, and foods that are 5 in vitamins and minerals. Foods that are high in fat or sodium (钠) should be 6 and used sparingly. Remember, a crash diet is no 7 for regularly eating right! The greatest change come gradually.

Activity 3

Translate the following sentences into Chinese.

1. Nowadays we sometimes think too much about what we want to eat and not enough about what we should eat.
2. We are known to the Chinese saying: "At breakfast eat well, at lunch eat until full, at dinner eat just a little."
3. Eating right is an important part of good health.
4. Some people are naturally heavier than others, what's important is finding the body weight that is healthier for you.

Reading Skill: How to make detailed answers

如何做细节性的题目

细节性问题多是根据文章中的具体信息,如事实、例证、原因、特点、过程及论述等进行提问。这类问题的答案可以直接在文章中找到。解题的基本方法是:仔细阅读文章后的问题,根据问题中的关键词或词组,以此为线索,返回文章查找问题的相关句,用这个相关句来对照选项,意思一致的就是答案。



Text B

Reading Practice

Unlike Britain, the US does not have national health care services. The government does help pay for some medical care for people who are on low incomes and for old people, but most people buy insurance(保险) to help pay for medical care. The problems of those who cannot afford insurance are an important political subject.

In Britain, when people are ill, they usually go to a family doctor first. However, people in American sometimes go straight to an expert without seeing their family doctor first. Children are usually taken to a doctor who is an expert, in the treatment(治疗) of children. In Britain, if a patient needs to see a specialist doctor, their family doctor will usually recommend a specialist.

Doctors do not go to people's homes when they are ill. People always make appointments to see the doctor in the doctor's office. In a serious situation, people call for an ambulance(救护车). In America, hospitals must treat all serious patients, even if they do not have medical insurance. The government will then help pay for some of the cost of the medical care.

Choose the best answer for each of the following statements.

1. Some medical care is paid by the U. S. government for _____.
A) people living in the country B) non-government officials
C) people with insurance D) the poor and the old
2. Most people in the United States buy insurance _____.
A) to pay for their own medical care
B) to help to live on their low incomes
C) to improve the national health care service
D) to solve one of the important political problems
3. What do British people usually do when they are ill?
A) They go to see their family doctor first.
B) They go to see a specialist doctor first.
C) They call for a specialist doctor.
D) They call for a family doctor.
4. In America, seriously ill patients will _____.
A) be treated if they have an insurance
B) make an appointment with a specialist only
C) receive treatment even without insurance