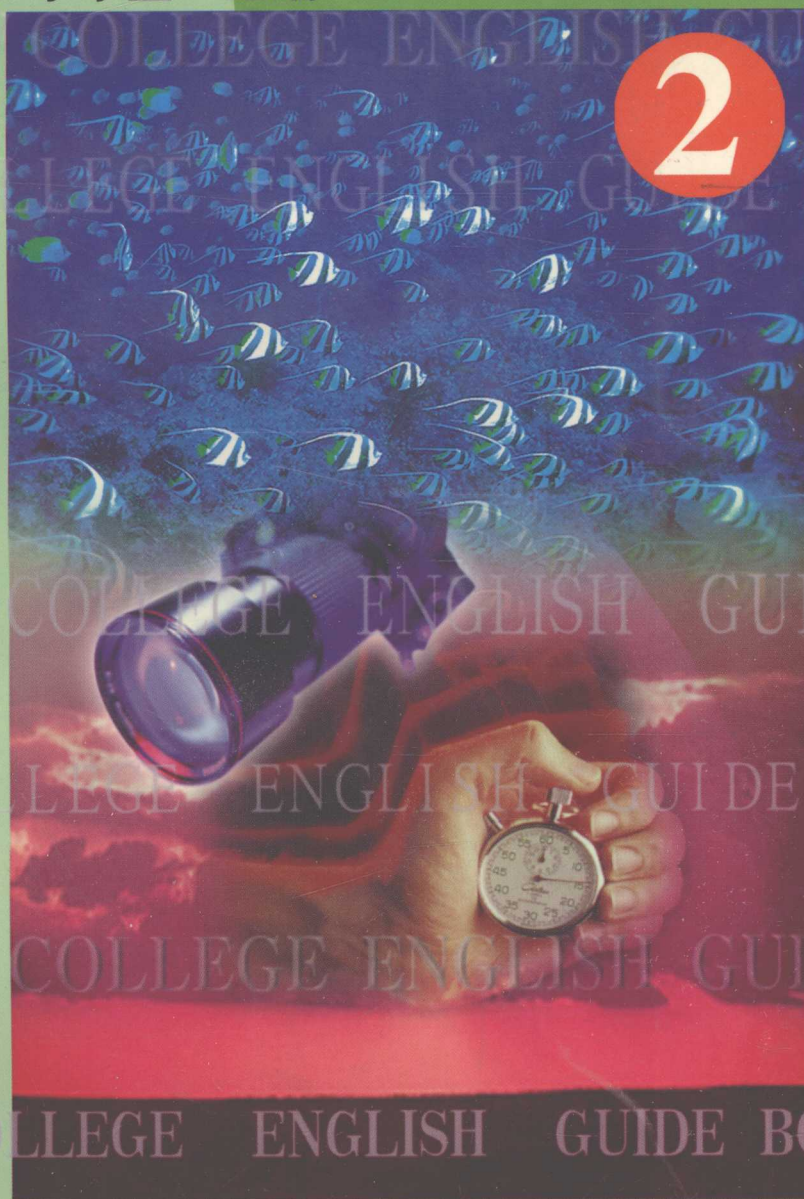


NEW COLLEGE ENGLISH GUIDE BOOK

# 《新编大学英语》 学习参考书

左年念 李孝奎 主编



中国地质大学出版社

# 《新编大学英语》学习参考书

## 第 二 册

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中国地质大学出版社

第四版

## 内 容 提 要

本书是浙江大学编写、外语教学与研究出版社出版的《新编大学英语》教程第二册的学习参考用书。本书每单元(Unit)有三个部分。第一部分是课文难句难点的英汉注释以及课文中四级词汇的用法举例。第二部分是每单元所有课后阅读材料(Passage)的汉语译文;第三部分是教程中全部练习(课堂听力除外)的参考答案和范文。在给出答案和范文的同时,还为学习者提供了答题依据、答题思路、词语和句子解释以及答题技巧等等。由于教程思路较新,本书也力图突破传统学习指导用书的框框,大量采用英语进行解释,更多地注重启发学生,使他们在课堂活动中能更自信、更有把握地参与进去,从而全面提高英语能力。为了便于学习者对照检查,本书还在第六和第十二单元之后提供了两套模拟试题。本书可供大学英语学习者或同等程度的英语爱好者学习、参考,也可供使用《新编大学英语》教程的教员参考。

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在新世纪到来之际,我国的大学英语教学与改革精彩纷呈。随着新的教学大纲出台,各校都在不断地尝试着新的教学方法,大学英语的四、六级考试也在不断地推出新的题型。另外还有一点值得注意的是,新编和改编的大学英语教材不断地涌现出来,给广大的教员以充分的选择余地。

由浙江大学一批勇于探索 and 创新的教授和老师编写,国内知名的外语教学与研究出版社出版的《新编大学英语》,是全国许多新编的大学英语教材中较早推出,影响较为突出的一种。该教材以学生为中心,理解和体现学生的知识、智力、情感和个性需求。它以新的教学思想,新的教学模式,新的教学方法为指导,注重学生自学能力的培养,充分调动学生学习英语的积极性。这一教学模式已经取得了较好的效果,被证明是符合教师教和学生学的规律的。

由于这套教材新近在全国试用,还有许多配套的教学参考材料有待开发。因此,为了配合广大教师的教课和学生的学习,我们编写了这一套学习指导用书。在编写本书时,力图突破传统学习指导用书的框架,大量用英语进行各方面的启发、解释和说明;改变过去注重语言点讲授的套路,旨在加强学生用英语交际的信心和能力。在书中每个单元的第一部分,我们提供了对课文内容的中英文解释,尤其是英文解释,以便学生直接用英语理解原文。对挑选出来进行解释的课内阅读的难句,在进行英文解释之后,又对整个句子作了汉语翻译。为了照顾部分学生,我们还对课文中出现的、教学大纲所要求掌握的词语全部按照大纲词汇表所给定的义项进行英汉双解,并举例予以说明,目的是便于学生准确掌握大纲所规定要掌握的词汇。在书中的第二部分,我们给课外阅读中的 Passage 都配上了参考译文,以满足既要弄懂课文的英语,又要弄懂其汉语意思的学生课下自学的需要。在第三部分,我们对教材中(除课堂听力之外)的全部练习都提供了参考答案以及这些答案的答题依据、词语解释、句子解释、答题思路、解题技巧等英语(用斜体字)或汉语说明,供使用者理解、参考、学习、提高。在每六个单元之后我们按照教材的模式和每一级的要求编写了一套模拟题,供学生检查自己的学习水平和进度。《新编大学英语》这套教材始终围绕着一个“活”字做文章,旨在调动学生的学习积极性,而不是让学生做大量有死答案的选择题。因此,我们在编写本书的过程中,十分注意在各种课堂活动中,向学生提供活动的准备材料和范例,以图帮助学生课前准备、勇于开口,敢于并且善于开口说、动笔写英语。编写这套学习用书的目的是帮助这套教材的使用者充分地学习语言,使用语言,并以此为基础,进而为英语学习者的听、说、读、写、译能力的全面提高做一个良好铺垫,充分发挥这套新教材的作用,使这套新教材的推广得以顺利进行。以此为我国的大学英语教学与改革尽微薄之力。

由于时间仓促,我们的书中难免有不当和错误,敬请各位同行及使用者批评指正。

在本书编写的过程中,我们参考了浙江大学编著,外研社出版的《新编大学英语——教师用书》的部分内容,在此,我们谨对他们表示感谢。

编者

1999年12月



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## 一 课文注释

## I. In-Class Reading: Food and Culture

## Paraphrase

- (L. 8) *Some people in Africa think African termites make a delicious meal!* To some people in Africa, the termites are so good and tasty that they like to eat them as a meal. 有些非洲人认为可用他们那儿的白蚁做成一顿美餐。
- (L. 22) *Anthropologists try to discover the hidden reasons for taboos.* Anthropologists want to go deep to find out more about why something is forbidden. 人类学家们试图发现禁忌后面隐藏的原因。
- (L. 37) *Apparently, the dog's place in society as a companion and as a protection against criminals makes the dog taboo as food.* American people regard dogs as their companions and protections against criminals, so dogs can not be eaten as food. 显然, 由于狗在社会中作为人的同伴及卫士, 而使吃狗肉成为禁忌。
- (L. 47) *Anthropologists believe that most food likes and dislikes are a result of the ways of life of different people.* Anthropologists think that people's way of life decides their food likes and dislikes. 人类学家们确信对食物的喜爱与否是不同人不同生活方式的结果。

## Words, Phrases and Structures

- disgusting**: extremely unpleasant and making sb. feel sick 令人厌恶的, 令人恶心的
  - \* The way his wife has treated him is really disgusting.
  - \* The food smells disgusting.
- regard**:
  - v.** to consider 考虑, 看待
    - \* Many American people regard dogs as their companions.
    - \* He seemed to regard it as a small triumph.
  - n.** respect 尊敬
    - \* I do this just for the sake of regard to him.
    - \* He shows little regard for others.
- appropriate**: correct or suitable 正确的, 合适的
  - \* His bright clothes were not appropriate for a funeral.
  - \* Plain, simple clothes are appropriate for students to wear.
- proper**<sup>①</sup>: right, suitable, correct 正确的, 恰当的
  - \* Mary needs proper medical attention at a hospital.
  - \* You must learn the proper way to behave.
- suitable**: right, convenient 合适的
  - \* Martin is quite suitable for the job.
  - \* Have you a suitable book for a young child?
- fit**: right and suitable 适宜的, 合适的
  - \* She is not fit to be the head of the school.
  - \* These shoes are not fit to wear.

① Words, Phrases and Structures 中划线词为黑体词的同义词或易混词语, 它本身未在课文中出现。

## Unit One

4. **delicious**: pleasing to one of the body's senses, especially those of taste or smell (尤指味觉或嗅觉)使人愉快的, 美妙的, 可口的
- \* The dish she cooked was really delicious.
5. **relate**: to tell (a story) 讲述故事; see or show a connection between 使联系
- \* She related to me the story of her love affairs.
  - \* I can't relate what he does to what he says.
  - \* All things were related to all other things.
- connect**: to join, unite 连接, 接合; think of as related 有关联, 有联系
- \* Will the lamp light up if I connect the battery?
  - \* The man is connected with the governor's family.
- link**: to join or connect 连接, 联系
- \* The railway links all the industrial centres.
  - \* She was able to link up all the different pieces of information.
- associate**: to connect in one's mind 联想
- \* Her name is always associated with beauty and kindness.
6. **forbid**: to command not to do sth. 禁止
- \* She forbade her daughter to go out at night.
  - \* Smoking is forbidden on public occasion here.
- ban**: to forbid, especially by law (尤指法律上)禁止, 取缔
- \* Any form of gambling is banned in our country.
  - \* Fireworks are banned in the city.
- prohibit**: to forbid by law or rule 通过法律或规定加以禁止, 不准
- \* Spitting is prohibited in public places.
  - \* Picking flowers in the park is prohibited.
7. **result**:
- 1) *n.* what happens because of an action or event 结果, 效果
    - \* He was late as the result of a traffic jam.
    - \* The result of the competition will be announced tomorrow.  - 2) *v.* to happen as an effect or result 产生, (作为结果)发生
    - \* The accident resulted in the death of two passengers.
    - \* If we announce the news, a panic will result.
8. **afford**: to be able to do, spend, buy 花费得起, 买得起
- \* Since she has no job, she can't afford a car.
  - \* I can't afford so much money for a house.
9. **make**: to produce by work or action 制造; cause to be, to put into the stated condition 使得, 使成为; force or cause 迫使, 致使
- \* I am going to make a skirt out of this material.
  - \* He made himself heard across the room.
  - \* She was made to wait for over an hour.
- manufacture**: to make or produce by machinery, especially in large quantities (尤指大量地)制造, 生产
- \* The workers in that factory manufacture furniture.



- \* Many countries sell manufactured goods abroad.
- 10. **apparently**: it seems that, as it appears 似乎,表面上地,显然
  - \* Apparently he failed to reach that height.
  - \* Apparently Mary was in deep sorrow.
- 11. **raise**: to lift or move upwards 举起,提起; produce, cause to grow or increase, look after 抚养,栽培
  - \* She raised the window and let in the fresh air.
  - \* Shirley raises flowers in her spare time.

## II. After-Class Reading

### Passage I The Menu

#### Paraphrase

1. (L. 8) *Delmonico's restaurant in New York City is often given credit for introducing the first printed menu ...*: Delmonico's restaurant in New York City has been given a good reputation for using the printed menu ...
2. (L. 13) *Special occasions led to a call for unique designs ...*: Unique designs were required to meet the needs of special occasions ...
3. (L. 17) *The highly decorated late 19th century menus ... gave way to modern art in the 20th century*: The highly decorated late 19th century menus ... were replaced by modern art in the 20th century.
4. (L. 40) *During the Second World War food rationing often hurt the business of restaurants ...*: During the Second World War food rationing made the business of restaurants decline ...
5. (L. 52) *... taking a restaurant menu has been a way of preserving a memory or documenting a trip or a voyage: ... a restaurant menu has become a reminder and proof of a certain experience.*

#### Words, Phrases and Structures

##### 1. guide:

- 1) *n.* *sth.* or *sb.* that shows the way 导游,向导; *sth.* which influences or controls a person's actions or behavior 指南,指导原则

- \* You need a guide to show you around the city.
- \* It may not be a good thing to take your friend's experience as a guide.

- 2) *v.* to act as a guide 引导,当导游

- \* She guides people around the city.
- \* The government will guide the country through the difficulties ahead.

**direct**: to tell *sb.* the way to a place 指示方向;指点

- \* I'm lost. Can you direct me to the station?
- \* They directed me wrongly.

##### 2. list:

- 1) *n.* a set of names of things or persons written one after another 表,一览表

- \* She made a shopping list before going to the supermarket.
- \* She showed me a list of names which were suspected to be criminals.

- 2) *v.* to write in a list 列出清单

- \* He listed all the things he had to do.
- \* Mother listed the items she wanted to buy.

## Unit One

### 3. offer:

- 1) *v.* to hold out for acceptance or refusal 提供, 提出; **express willingness to do sth.** 表示愿意(做某事)
  - \* She offered me some coffee.
  - \* She offered to help, but I declined.
- 2) *n.* a statement offering to do sth. 提供, 提议
  - \* Thanks for your offer of help.
  - \* If you don't want the offer, just say "No".

### 4. design:

- 1) *v.* to make a drawing or pattern of, or to draw the plans for 设计, 绘制; **develop for a certain purpose or use** 计划, 谋划
  - \* He has designed all the scenes and costumes.
  - \* The book is mainly designed for senior high school students.
- 2) *n.* a plan 计划; a drawing or pattern showing how sth. is to be made 设计图, 图样
  - \* The greedy man had designs on her fortune.
  - \* How about this floral design with blue and yellow birds?

### 5. feature: to show a particular person or thing 将...特写, 给...以显著地位

- \* The show featured dogs of every description.
- \* Work features largely in her life.

## Passage II The Nutrients in Food

### Paraphrase

1. (L. 55) ... people who do not have enough iron do not get enough oxygen for their normal activities:  
...if people do not have enough iron in their blood, they can't get enough oxygen for their daily life.
2. (L. 85) There is no one food that is essential, but there are nutrients that are necessary for good health: Not any food alone is essential to people, but nutrients in any food are necessary for good health.

### Words, Phrases and Structures

#### 1. process:

- 1) *n.* any continued set of natural actions 作用, 活动; **course, time during which sth. is still being done** 过程, 进程
  - \* Coal was formed out of dead forests by chemical processes.
  - \* Unloading the cargo was a slow process.
- 2) *v.* to treat 加工, 处理
  - \* Grocery stores sell many foods that have been processed.
  - \* We will process your order at once.

#### 2. average:

- 1) *n.* a level or standard regarded as usual or ordinary 平均标准, 一般水平
  - \* He is about average in his lessons.
  - \* This year's rainfall came close to the average.
- 2) *a.* usual, ordinary 一般的, 平均的

- \* What is the average rainfall for July?
- \* She reacts just like the average housewife.
- 3) *v.* to do, get or come to an average 平均为
- \* My mail averages 20 letters a day.
- \* The cost of our lunches averaged one dollar a week.
3. *diet*: the sort of food and drink usually taken 饮食, 食物
- \* Proper diet and exercise are both important for health.
- \* They lived on a balanced diet.
4. *source*: a place from which *sth.* comes or where a stream of water starts 来源, 出处, 水源
- \* Do you have any other source of income apart from your job?
- \* The source of the river has been found.
- root*: the part of a plant that grows down into the soil 根茎; the origin, cause, central part or base 根源, 原因
- \* Pull the plant up by its root.
- \* Let's get to the root of this matter.
- \* The love of money is the root of all evil.
- origin*: a starting point 起源, 开端, 由来
- \* Please note the origin of the word.
- \* Her mother is French by origin.
5. *absorb*: to take or suck in 吸收; take up all the attention of 吸引...的注意, 使全神贯注
- \* The roof of the house absorbs heat during the day, so it is hot inside during the night.
- \* He was so absorbed in the book that he almost forgot meals and sleeps.

## 二 参考译文

### I. 课后阅读第一篇

#### 菜单

追溯饮食业的历史,我们得知在早期的餐馆里,口头报菜名越来越成为一桩费时又费事的差事,因此,以文字出现的菜单便逐渐取而代之来引导食客们点菜了。这种菜单通常手写在黑板上或木板上,顾客们能够一目了然。随着印刷业的发展,菜单形式的变化也随之而至。尤其是较大型餐馆的规范化设计使得单纯一个手写菜单的形式变得不合时宜,于是印制好的菜单便应运而生。

位于纽约市区的德尔莫尼柯餐馆是1834年率先在全美国使用印制的菜单的餐馆,它因此而享有盛名。它的那个菜单和当时其他的菜单一样在设计上都非常简洁,然而内容特殊。在特殊场合人们需要有一种别致的款式设计,于是最终出现了装饰考究的菜单。

在大多数情况下,菜单的装饰是紧随时代艺术潮流变化而变化的。深受维多利亚时代艺术风格影响的19世纪末期的菜单,其装饰相当华丽,然而进入20世纪后它又让位于具有现代艺术风格的装饰形式了。制图和印刷技术的发展又使得菜单封面设计成为一种别具特色的艺术了。

到了20世纪30年代,人们已经把菜单的设计看成是餐馆经营规划的一部分了,其目标在于使顾客们一吃难忘。菜单可激起人的食欲,其中还有一些插科打诨之类的笑话以及食物说明。菜单可给人创造一份心情并告知该餐馆既往的趣闻轶事。当然,菜单最终的目的即是推销食品。餐饮业的行业出版物常勉励各餐馆把菜单的使用作为自己经营策略的一部分。全国餐饮业协会在全国年度最佳菜单比赛中大力提倡使用菜单绘图。比赛的评判标准包括:(1)具独创性;(2)清晰易读;(3)轻便;(4)促销效果好。《餐饮业管理办法》杂志

## Unit One

1935年11月的一期上载文说,当时大部分的餐饮业业主们远远低估了菜单外表的重要性。该杂志还说到菜单真正有两个重要功能,即(1)推销食品,(2)重申该餐馆所独有的氛围。

尽管本世纪30年代出现了经济大萧条,但餐饮业依旧兴旺,菜单设计变得尤为重要。许多不同类型的餐馆在那十年中纷纷涌现,包括自助餐馆、免费汽车餐馆以及商店里的小卖部等,还有一些传统的、更正规的饭店。许多餐馆在食品的主题以及店堂装饰、菜单风格款式上不断开发创新。

印刷,摄影,尤其是彩色摄影技术的发展进步,给餐饮业在创意上带来了新的机遇。在二战期间,食品的限量供应政策使得餐饮业在经营上受到一定挫折,但二战胜利一经取得之后,出外就餐又成为一种时尚。

尽管兴起了享用便餐和上快餐店的风潮,但20世纪中期仍旧给具有创意性的菜单设计提供了许多新的机会。到60年代末,不断兴起的咖啡店和以制作某种食品,比如萨饼、牛排、薄煎饼等为其特色的餐馆纷纷使用了新的菜单绘图。70年代外出就餐热情一度降温,但到了80年代,尤其是在那些孩子的双亲都在上班的家庭,对于多种类型餐馆的需求又急剧增长了。从那时开始,菜单设计给美国公众的就餐经历奏响了一首美好的序曲。

一些知名历史学家正把菜单的发展作为美国人喜爱外出就餐的一种特殊佐证来加以研究。对于一代又一代的食客们来说,拥有一份某餐馆的菜单可引起一种极其珍贵的记忆,或者可作为某次旅行或航行的见证。许多餐馆都向顾客奉送其餐馆的菜单作为纪念。餐馆老板认为这是一种不错的广告方式。因此现在的菜单又起着一个全新的但又是极其重要的作用了。

## II. 课后阅读第二篇

### 食物中的营养

营养是食物中对人的生命和健康至关重要的部分。营养之所以重要有以下三个原因:第一,某些营养物质提供人体所需的燃料和能量;第二,某些营养物质可建立和修复身体的各种组织;第三,某些营养物质有助于控制身体的各种活动过程,如矿物质的吸收以及血液的凝固等。科学家们认为营养物质有40至50种,大致可分为五类:碳水化合物、脂肪、蛋白质、矿物质和维生素。

第一类营养物质是碳水化合物。碳水化合物有两种:淀粉和糖。面包、土豆、大米属于淀粉类食品。此类食物中碳水化合物含量高。糖果、软饮料、果冻以及其他含糖食品也含有碳水化合物。碳水化合物之所以重要是因为它可提供人体以能量。比如糖就是百分之百的能量,它没有其他的食用价值,糖不能建造身体组织或控制身体活动。如果体内碳水化合物过多,就储存起来成为了脂肪,身体储存脂肪可备消耗。

脂肪有两种:动物脂肪和植物脂肪。黄油、奶油以及熏猪肉中的脂肪都属于动物脂肪。橄榄油、谷物油和花生油都属于植物油。身体脂肪储存在皮下及某些器官内部。成年人体内平均脂肪量为10到11千克。如果成人过量食用碳水化合物及脂肪,其体重可增加45千克。脂肪是身体额外的燃料。当身体需要能量时,就能把脂肪转化为碳水化合物,碳水化合物提供能量。脂肪也用于保持体温。

第三类营养物质是蛋白质。“Protein”这个词来自希腊语,意思是“最重要的”。蛋白质之所以最重要是因为它是生命存在不可缺少的,它是由氨基酸构成的。氨基酸具有建造和修复肌体组织的能力。它们也是肌肉、器官、皮肤和毛发生长所必需的重要成分。身体内有22种不同的氨基酸。营养学家把其中的8种称为必需的氨基酸,这是因为肌体不能制造这些氨基酸。

蛋白质有两种:完全蛋白质和不完全蛋白质。完全蛋白质是肌体生长所必需的,它含有全部必需的氨基酸。肉、鱼、家禽肉、蛋、牛奶以及奶酪都含有完全蛋白质。肌体每天都需要完全蛋白质。不完全蛋白质只含部分氨基酸。比如蔬菜和谷物中的蛋白质即是不完全蛋白质。由不完全蛋白质合成完全蛋白质有两种途径:(1)适当地将蔬菜和谷物混合在一起,(2)在大量的谷物中加入少量的肉或牛奶。这样肌体就能从混合物中摄取完全蛋白质了。

体内多余的蛋白质能转变成脂肪然后储存起来形成身体内的脂肪。蛋白质也可以变成碳水化合物作为能量使用。如果人摄取的作为能量消耗所需的碳水化合物不够的话,他们的身体就动用蛋白质来作为能量消耗,于是体内就没有用来建立和修复肌体组织所需的蛋白质了。因此营养的饮食应包括作为能量的碳水化合物和脂肪,以及用于生长发育的蛋白质。

第四类营养物质就是矿物质。人体内有二十多种不同的矿物质,其中最重要的三种是钙、磷、铁。钙和磷



一起发挥作用。肌体内99%的钙分布于骨骼和牙齿。如果人体内的钙和磷都充足的话,其骨骼和牙齿就会强壮、坚固。此外,他们的肌肉、神经以及心脏也会正常工作。牛奶和固体奶酪是钙质的最好来源。人在19岁后每天需要400至500毫克的钙。每天没有喝3杯牛奶的人可吃50个汉堡包或56个苹果来获取他们所需的钙质。

铁是使血看起来是红色的矿物质。所有的瘦肉都含有铁,肝脏是铁质的优良来源。玉蜀黍、坚果、某些蔬菜以及干果也都含有铁。如果人们的饮食中缺铁,就会患贫血症。贫血症在全世界都可见。患贫血的人其体内血液中缺铁。由于铁质携带氧,因此缺铁的人在日常活动中就会缺氧。他们的心跳速度加快后身体才能获得较多的氧气。患有贫血病的人很容易疲劳,他们的皮肤时常显得苍白,看起来不红而且呈病态。

营养学家认为人需要13种维生素。维生素之所以重要是因为它们能抵御疾病且有助于控制生理活动。维生素A对于健康的肌肤和眼睛很重要。缺乏维生素A的人易患夜盲症。夜间某些车祸的发生就是由于缺乏维生素A的人在看了明亮的汽车前灯之后看不清路面而引起的。饮食中的维生素A来源于深黄色的水果和蔬菜,深绿色的蔬菜叶子以及全脂牛奶。

当人们摄入了足够的维生素B时,他们的食欲旺盛,精神稳定。维生素B来源于肉类、蔬菜、牛奶、农家乳酪以及玉蜀黍。当谷物被加工后,维生素就会损失。例如在糙米和精米中就有很大差异。当大米被加工后,谷黄色的外壳就被去掉了。大米的谷黄色外壳富含维生素B而精白大米却没有。总之,糙米内维生素B的含量超过了精制的大米。

维生素C促使身体内细胞聚集。它有助于皮肤组织创伤和烫伤的愈合。饮食中的维生素C来源于西红柿、柑橘类水果如柠檬和橘子以及蔬菜类如卷心菜和青椒等。

维生素D被称为“阳光”维生素。当人们坐在户外,来自太阳的紫外线就会把皮下的一种脂肪转化为维生素D。维生素D也存在于鱼肝油及蛋黄中。牛奶中有时也添加了维生素D。维生素D有助于体内钙的吸收,它能使骨骼坚固,使儿童不患佝偻病。当幼儿患有此类疾病时,其身体骨骼由于不够坚固而易弯曲。佝偻病在日照充足的热带国家少见,而多发于冬季时间长,日照缺乏的国家以及由于污染引起的阳光能见度低的城市,以及群山环绕阳光微弱的小镇。

没有单独哪一种食物是最必需的,但是营养是健康的身体所必需的。如果人们想生活得健康和充满活力的话,那么就必须摄取全面的营养。健康的身体需要碳水化合物、脂肪、蛋白质、矿物质以及维生素。

### 三 参考答案和范文

#### Part One Preparation

##### 1. Check Your Vocabulary

*Food is what we need every day. But not many people eat according to the nutrients in their food. Knowledge about food nutrition is necessary in modern life. For example, fast food is not good for health. So, it is suggested that we not eat too much of it.*

*The Chinese meanings of the difficult words are given in the following.*

Vegetable (蔬菜): cabbage(白菜), beet(甜菜), carrot(胡萝卜), lettuce(莴苣), eggplant(茄子), onion(洋葱), garlic(大蒜), pepper(青椒), spinach(菠菜), cucumber(黄瓜), pea(豌豆), tomato, potato, turnip(萝卜), celery(芹菜), mushroom(蘑菇), cauliflower(花菜), pumpkin(南瓜)

Fruit (水果): apple, pear, fig(无花果), peach(桃), grape, pineapple(菠萝), apricot(杏), banana, plum(李), mango(芒果), orange, watermelon(西瓜), lemon, cherry(樱桃), strawberry(草莓), lychee(荔枝), coconut(椰子)

Meat (肉食): pork(猪肉), beef, lamb(小羊肉), chicken, mutton(羊肉), bacon(咸肉), turkey

Cereal (谷物): rice, oat(燕麦), wheat, maize, corn, millet(小米), barley(大麦)

Drink (饮料): tea, coffee, Coke, pepsi, wine, whisky, brandy, milk, juice, soda water(汽水), lemonade(柠檬汁), mineral water(矿泉水)

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Others (其他): egg, cake, cookie, biscuit, cracker, nut(坚果), fish, shrimp(虾), oyster(牡蛎), crab(螃蟹)

### 2. How Much Do You Know about Food?

*This is an open exercise. You can say whatever you eat. The following answer is for your reference.*

1) A 2) B 3) C 4) C 5) B 6) A 7) C 8) B 9) C 10) A

### 3. Comparing Diets

#### STEP ONE

*Read the diet in the textbook carefully and compare it with what a Chinese boy usually eats every day.*

This is a healthy diet, for it has included all the necessary nutrients for a growing child.

This is not a healthy diet. Firstly, he eats too much, which may overload the stomach. Secondly, he has too much sugar, which may change into fat and store in the body.

Diet of a 10-year-old Chinese boy on a typical day:

Breakfast: One steamed roll (or *baozi*), one egg, one cup of milk

Lunch: rice or noodles, fish or meat, vegetables, soup, etc.

Supper: rice or noodles, fish or meat, vegetables, soup, etc.

Snacks during the day: some fruit, some bread, candies, nuts, drinks, etc.

Differences between the British boy and a Chinese boy:

A. The British boy eats a wider variety of things.

B. The British boy eats more than a Chinese boy.

C. The British boy's in-take of milk and sugar is more than that of a Chinese boy.

#### STEP TWO

*Many students don't like to eat out because they are accustomed to eating what their parents prepare for them at home. However, they have to eat at college canteens whether they like it or not. A wise way is to eat scientifically, that is, they should include all the nutrients in their foods.*

#### Different Diets

##### At school

##### Student A:

Breakfast: two buns, some porridge, some preserved vegetables

Lunch: rice or noodles, fish or meat, one boiled egg, some vegetables

Supper: rice or noodles, fish or meat, some vegetables

Snacks during the day: some biscuits, some fruit, some drinks

##### Student B:

Breakfast: a cup of milk, one boiled egg, two steamed rolls

Lunch: rice, fish or meat, some vegetables, soup

Supper: rice, fish or meat, some vegetables, noodles or *jianbing*

##### At home (for both students)

A much wider variety of foods like seafood, more snacks such as nuts or preserved fruit, more fish or meat, more fruit.

#### Advice on the improvement of the diet:

1) Student A should drink some milk every day, since milk provides protein, certain minerals, vitamins, etc., which are necessary for a growing young student.

- 2) Student B should have some fruit every day, since vitamin C in fruit may protect people from illness.
- 3) Both students should enlarge their varieties in their diets, because different food contains different nutrients the body needs.

## Part Two Reading-Centered Activities

### I. Pre-Reading

Like all other habits, eating habit is hard to die. What do you generally eat? What are your favorite foods? Think of them and tell your classmates.

1. I like all kinds of vegetables, fresh fruits, pepper, fish, beef, seafood, etc. I don't like onion, garlic.
2. Just for taste. If the food tastes good, I will eat it. If not, I will not.
3. Yes. I learn that people in Vietnam eat ants and people in certain areas eat flies. I feel sick about that because those things are nauseating. Especially the flies, which have been known as the carriers of bacteria and diseases.

### II. Post-Reading

#### Reading Comprehension<sup>①</sup>

1.	Taboo	Reasons
India	cow	1) Cows help plow the fields. (See L. 11 ~ 12) 2) Cow manure can be used as fertilizer. (See L. 12, Para. 4) 3) Cow manure can be dried and burned to make a cooking fire. (See L. 13 ~ 14, Para. 4)
United States	dog	1) Dogs serve as companions for people. (See L. 6, Para. 5) 2) Dogs serve as protection against thieves. (See L. 7, Para. 5)
Ancient Egypt & Israel	pork	1) Pork cooked insufficiently may spread disease. (See L. 3 ~ 4, Para. 6) 2) People did not want to stay in one place. (See L. 6 ~ 7, Para. 6)

2. 1) nutrition (See Para. 3); religion (See L. 3 ~ 4, Para. 4); the ways of life of different people (See Para. 7)
- 2) butterflies; rats (See Para. 1); termites (See Para. 2)
- 3) calories; protein (See L. 3, Para. 2)
- 4) there is plenty of land for raising cattle and their meat can be shipped cheaply for long distance by railroads (See the last sentence of the passage)
- 5) they go wherever they want to in the streets (See L. 7 ~ 8, Para. 4); they can eat anything from the supplies of the foodsellers on the streets (See L. 8 ~ 9, Para. 4)
3. 1) I think food likes and dislikes are related to people's different tastes, the availability of foods in different places, and the culture or religion.

① 本书 Reading Comprehension 中白正体字为课文练习参考答案,其他字体为主题词或说明文字。

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2) I like fish, vegetables, fruit, seafood, and beef. I don't like onion or garlic. I think my food likes and dislikes are related only to my taste.

3) A. People in North China like noodles, dumplings, steamed rolls, buns, etc., while people in South China like rice.

B. People in North China eat a lot of Chinese cabbage, garlic, while people in South China eat a lot of other vegetables. A case in point is that people in Hunan eat a lot of peppers.

C. People in East China eat a lot of seafood, because they are close to the sea, while people in West China eat a lot of beef and lamb because their main agriculture is animal husbandry.

I think the differences are related to people's taste, the availability of foods, weather conditions, soil and geographical conditions.

4) When I see people eat things I don't like, my first reaction is disgust. I just can't understand why they like them.

### Vocabulary

1. 1) common 温暖的天气下苍蝇很多见。
- 2) appropriate 她的评论很细致周到且恰如其分。
- 3) forbidden 在某些文化里,禁止女婿和岳母说话,而且女婿还不能朝岳母看。
- 4) supplies 人们登山的时候,应该带上全部的生活用品。
- 5) related 小型汽车耗油量少于大型汽车。汽车的耗油量与其车型大小有关。
- 6) protection 很多人认为这种饮食可防止一些癌症的发生。
- 7) requires 你没有驾驶执照就不能开车,法律要求你拥有驾驶执照。
- 8) raise 一些人由于不愿在城里抚养小孩,因此他们迁移到郊外。
- 9) spread 我给植物浇水过多,水顺着花盆滴下流满了桌子。
- 10) sufficiently 由于浇水不够,我的植物死了。
2. 1) disgusting 根据上下文,这里需要表示贬义的形容词。
- 2) habit 饮食是一种习惯。
- 3) insects 这个词与前面的“ants”并列。
- 4) reasonable 根据上下文,这一句说其他人的饮食习惯似乎不太合理。
- 5) relatively 这里用一个副词,修饰形容词“small”。
- 6) animals 与前面的“plants”并列。
- 7) harvested 该词在这里说明种植有作物的土地。
- 8) grow 这里需要一个表示生长意义的动词。
- 9) nearly 副词,修饰“half”。
- 10) other 所列举的其他填饱肚子的食物。
- 11) altogether 副词,修饰“refuse”,表示完全不吃肉类。
- 12) consumed 这里说明吃掉的猪肉。
- 13) avoided 根据上下文,此处应表示不吃某物。
- 14) popular 此处表示在西方受欢迎的牛肉。
- 15) offers 此处动词作谓语,说明能提供富含蛋白质的马肉。
- 16) served 这里需要一个过去分词短语作定语,表示提供的马肉食品。
- 17) would 这里需要一个助动词。
- 18) enjoyed 这个动词说明一些地方喜欢吃狗肉。



- 19) considered 该空后有双宾语,意思是“认为...怎么样”。  
 20) reject 与上一空不同,西方人不喜欢吃狗肉,故需选一个表示否定意义的动词。

### Translation

- We regard him as one of the best players in the game.  
“认为”*can also be put into “look at... as”, “consider... as” or “think of... as”*.
- The scientist picked up those little pieces of rock and carefully put them into a box.  
“小心翼翼地”*can be translated into “carefully”*.
- The population of China is almost five times as large as that of the United States.  
“中国的人口”*should be translated into “the population of China”*.
- The reason why grass is green was at one time a mystery to the little boy.  
“曾经”*can also be put into “once”*. Pay attention to the use of “was” in the sentence.
- She was standing by the window, apparently quite calm and relaxed.  
“站在窗口”*can also be put into “stands close to the window”*; “显然”*can also be expressed as “obviously”*.
- Profits have declined as a result of the recent drop in sales.  
“由于”*can be translated into “because of” or “due to”*; “滑坡”*can be put into “go down”*.
- She put on dark glasses as a protection against the strong light.  
“戴上”*can also be put into “wore”*; “保护...不受” is also “to protect... from”.
- He could no longer be trusted after that event.  
“相信”*can also be “believe”*; “再不” is also “not... any more”.

### Part Three Further Development

#### 1. Jokes and Riddles about Food

This exercise wants you to find the solutions to the following two riddles (谜语). Do you know any other riddles of this kind? Share them with your friends.

##### Task One

- Pear (“Pear” sounds the same as “pair”.)
- Mushroom (Mushroom is a plant that can be eaten.)

##### Task Two

Read the riddles and jokes about food in the textbook and try to remember them.

#### 2. Food Proverbs

Besides food riddles and jokes, proverbs deriving from food are interesting and instructive. Again, remember them and think about their meanings.

- D: Half a loaf is better than none. 有总胜于无。  
Meaning: A little is better than none.
- E: The proof of the pudding is in the eating. 布丁好坏,一尝便知。  
Meaning: Only after it has been tried or used can something new be judged to be good or bad.
- B: Too many cooks spoil the broth. 厨师多了烧坏汤。  
Meaning: If many people try to do the same thing at the same time they can not do it well.
- F: One man's meat is another man's poison. 甲之所爱,乙之所害。  
Meaning: Something that one person likes may not be liked by someone else.