

张冠林 编

**A Handbook  
of  
English Pronunciation  
Exercises for First-Year  
College Students**

**大学一年级  
英语语音  
练习手册**

外语教学与研究出版社

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## 内容简介

本书由北京外国语大学英语系副教授张冠林编写,目的在于帮助大学一年级英语专业学生提高英语语音水平,使其发音更准确,更规范。

本书总结了多年来的教学经验,针对学生在学习英语语音中的两大问题(即音素和语调),编写了丰富的练习材料,尤其是音素方面的材料,包括单词,词组,短句,小诗和儿歌等。语调方面的练习材料也选编了一些日常生活用语。针对大学生喜欢唱歌,唱歌也有助于学习英语语音并能提高学习兴趣,活跃气氛等特点,特在本书附录中选了一些北京外国语大学英语系一年级学生学过并喜爱的歌曲,供学唱。

本书的各种练习均有录音磁带,分英国音和美国音两种,读者可根据自己的爱好选学。

本书对非英语专业的学生及自学者也是一本有用的参考书。

## FOREWORD

The aim of this handbook is to provide a wide range of phonetic exercises for students at institutes and faculties of foreign languages. Although it is chiefly meant for those (especially first-year students) specializing in the English language, it may also be helpful to teachers of English and to all who desire to acquire a better English pronunciation.

The exercises given here are what I think Chinese students ought to work hard at. They are, therefore, by no means comprehensive. Yet, they may seem too many to some teachers. In that case, just choose whatever you consider to be useful or necessary.

The exercises may be roughly divided into two parts: Part One on Sounds (vowels and consonants); Part Two on Intonation.

In the section on vowels and consonants, each exercise consists of single-syllable words and later, words of more than one syllable containing the vowels and consonants under study. Then come, when appropriate, word-contrasts such as “ship” and “sheep”, “nut” and “not” etc. Finally, there are some reading materials (phrases, sentences, poems etc.) in which the particular vowel or consonant occurs frequently.

In the section on intonation, plenty of exercises are given to acquaint the students with the two most common yet most important tunes in the English intonation — the Falling Tune and the Rising Tune used in unemphatic speech. The other tunes (Falling-Rising, Rising-Falling etc.) which may be too advanced for students at the present stage are being left until later when students have mastered the two principal tunes.

English phonetics is being unduly neglected or ignored in many schools. An English phonetic class is usually left to chance or given no place in our teaching. The author would feel extremely happy if the publication of this handbook (together with a "Teacher's Book") could be something to help change our present erroneous attitude.

The Compiler

May 1987

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# I. List of Phonetic Symbols

## 1. English Vowels

- |                   |                             |
|-------------------|-----------------------------|
| 1) /i:/ as in See | 7) /ɔ:/ as in Horse         |
| 2) /i/ as in Him  | 8) /u/ as in Good           |
| 3) /e/ as in Let  | 9) /u:/ as in Soon          |
| 4) /æ/ as in Back | 10) /ʌ/ as in Cut           |
| 5) /ɑ:/ as in Far | 11) /ə:/ as in First        |
| 6) /ɒ/ as in Box  | 12) /ə/ as in Again/ Doctor |

## English Diphthongs

- |                     |                     |
|---------------------|---------------------|
| 13) /ei/ as in Day  | 17) /ɔi/ as in Boy  |
| 14) /əu/ as in Boat | 18) /iə/ as in Here |
| 15) /ai/ as in Fine | 19) /eə/ as in Pair |
| 16) /au/ as in Now  | 20) /uə/ as in Poor |

## 2. English Consonants

- |                        |                         |
|------------------------|-------------------------|
| 1) /p/ as in Pen       | 15) /r/ as in Run       |
| 2) /b/ as in Back      | 16) /h/ as in He        |
| 3) /t/ as in Time      | 17) /tʃ/ as in Chair    |
| 4) /d/ as in Do        | 18) /dʒ/ as in Job      |
| 5) /k/ as in Come      | 19) /tr/ as in Try      |
| 6) /g/ as in Get       | 20) /dr/ as in Dry      |
| 7) /f/ as in Fat       | 21) /ts/ as in Cats     |
| 8) /v/ as in Voice     | 22) /dz/ as in Beds     |
| 9) /θ/ as in Think     | 23) /m/ as in Mouth     |
| 10) /ð/ as in That     | 24) /n/ as in Name      |
| 11) /s/ as in Say      | 25) /ŋ/ as in Song      |
| 12) /z/ as in Zero     | 26) /l/ as in Like/Tell |
| 13) /ʃ/ as in Show     | 27) /w/ as in We        |
| 14) /ʒ/ as in Pleasure | 28) /j/ as in Yes       |

## II. Simple Classification of English Vowels and Consonants

### 1. Classification of English Vowels

- 1) Front Vowels: /i:, i, e, æ/
- 2) Back Vowels: /ɑ:, ɔ, ɔ:, u, u:/
- 3) Central Vowels: /ʌ, ə:, ə/

Note: These vowels are classified according to the position of the tongue. In producing a front vowel, the bulk of the tongue is moved to the front part of the mouth and, in the same way, the bulk of the tongue is moved to the back or the centre of the tongue while forming the position of a back or central vowel.

### 2. Classification of English Consonants

- 1) Plosive consonants: /p, b, t, d, k, g/
- 2) Fricative consonants: /f, v, θ, ð, s, z, ʃ, ʒ, r, h/
- 3) Affricate consonants: /tʃ, dʒ, tr, dr, ts, dz/
- 4) Nasal consonants: /m, n, ŋ/
- 5) Lateral consonant: /l/ (ɫ)
- 6) Semi-vowels: /w, j/

### III. Exercises for the English Vowels

#### 1. Exercises for the 4 Front Vowels

##### No. 1 /i:/

- 1 be me see we he she eat neat (整洁) beat deed feel  
meal free tree three clean grief (悲痛) please breeze  
(微风)
- 2 'even 'reason 'teacher 'feature (特点) 'feeble (虚弱,  
无力) 'people in'deed suc'ceed re'ceive be'lieF im'me-  
diate con'venient (方便)
- 3 a 'team 'leader/ a 'League 'meeting/ the Chi'nese  
'people/ the 'East Sea 'Fleet/ a 'real 'secret/ a 'piece  
of 'lean 'meat (瘦肉)
- 4 'Please 'read it./ 'Please 'keep it a secret. / 'Eve is  
'Peter's niece./ Do you 'see the 'green 'leaves of  
'each 'tree in the field?/ A 'friend in 'need is a friend  
indeed. (患难之交才是真正的朋友)
- 5 'See the 'breeze 'teasing the tree,

'Weaving the 'leaves or 'shaking them free,

'Tossing the 'fleece of sheep, that 'keep

On 'peacefully feeding, 'half asleep.

### New Words

breeze /bri:z/ n. 微风

tease /ti:z/ v. 逗弄

weave /wi:v/ v. 编织

toss /tɒs/ v. 使摇摆

fleece /fli:s/ n. 羊毛

feed /fi:d/ v. (此处指羊群在)吃草

asleep /ə'sli:p/ ad. 睡着, 入睡

### No. 2 /i/

1 it sit bit fit big pig kick pick give live kiss miss ill  
fill sink think rich which fish wish

2 'city 'pretty 'busy 'visit 'limit 'minute 'willing 'fill-  
ing be'gin be'long de'lay (耽误) de'sire re'main re'turn  
se'cure (安全, 可靠) pre'fer pre'sent (介绍, 赠送) e'lect  
(选举) e'vent ex'plain ex'treme (极端)

3 /iz/ 'horses 'races 'prices 'causes 'wishes 'pages  
'judges 'babies 'armies

4 /id/ 'parted 'waited 'needed 'guided 'carried 'worried

5 /ist/ 'forest 'earnest 'honest 'longest 'shortest

6 /i-i:/ 对比: sin (罪)-seen/ fill-feel/ hill-heel (脚跟)/  
sick-seek/ pitch (音调)-peach/lick (舔)-leak (漏)/rid  
(摆脱)-read/ itch (痒)-each/ slip (滑倒)-sleep/pip (果  
仁)-peep (窥视)/ grin (露齿而笑)-green/chick (小鸡)  
-cheek (面颊)

7 a 'big 'clinic/ a 'big 'dictionary/ a 'bit 'chilly/ a

'bit 'dizzy/ 'fix it/ 'finish it/ 'finish it 'quickly/  
'give him six/ 'bit by 'bit/ 'little by 'little/  
'pretty 'busy/ 'sixty 'women/

- 8 'Tim's as 'thin as a pin. (Tim 骨瘦如柴) /'Finish  
it quickly. It 'isn't difficult./ 'Why is 'Sister 'Lily  
'sitting there 'knitting in silence?/ 'This 'little 'inn  
is the 'best in the village. 'Let's put up in it. (我们  
就住在这里吧)

- 9 1) "Tick" the clock says, "tick, tick, tick!"

'What you 'have to do, do quick;

'Time is 'gliding 'fast away.

For 'motherland 'let us 'do our bit.

- 2) The 'fish in the 'river 'swiftly swim  
And 'slip through the 'weeds with a 'silver  
gleam

Till they 'flick their fins and 'rise with a swish

To 'nibble the 'midges that 'skim the stream.

### New Words

(1)

tick /tik/ v. (钟表的) 滴答声      glide /glaid/ v. 消逝



bit /bit/ *n.* 一点, 一些

(2)

swiftly /'swɪftli/ *ad.* 快, 迅速

slip /slɪp/ *v.* 滑过, 溜过

weeds /wi:dz/ *n.* 杂草, 水草

gleam /gli:m/ *n.* 光彩

flick /flik/ *v.* 轻打, 摆动

fin /fin/ *n.* 鱼翅

swish /swɪʃ/ *n.* 飕 (切水声)

nibble /'nɪbl/ *v.* 咬

midge /mɪdʒ/ *n.* 蚊, 蚋等小虫

skim /skim/ *v.* 浮动

stream /stri:m/ *n.* 小河

No. 3 /e/

1 get debt yet wet neck check bed dead egg beg pen ten  
tell fell best text next spend friend

2 'any 'many 'very 'ever 'never 'seven 'heaven (天堂)  
'metal (金属) 'gentle 'yellow 'fellow 'section (部分,  
段) 'question at'tend ac'cept for'get cor'rect col'lect  
(收集) con'nect (连接)

3 /e-i/ 对比: pet (爱畜)-pit (坑,穴)/ fell-fill/ set-sit/  
when- win/ hell (地狱)-hill/ dead-did/ tent-tint (色  
彩) /peg (木钉)-pig/ lest (免得)-list (名单)

4 'very 'well/ 'get 'ready/ 'ten 'desks/ 'twenty 'cents/  
the 'next 'sentence/ my 'best 'friend/ a 'tele,vision  
set (电视机)/ 'wet with 'sweat (浑身是汗)/ 'terrible  
'weather/ 'press the 'bell (按铃) / a 'red 'head-dress  
(红头巾) / 'fresh and ener'getic (精神气爽)

5 Well, 'let's get 'everything <sup>↗</sup>ready. /'Better 'late than  
<sup>↗</sup>never. (迟做总比不做好) / 'Every 'little <sup>↗</sup>helps. / 'Ben  
is 'wet with <sup>↗</sup>sweat. / Re'member to 'get me 'ten