



# ENGLISH LISTENING

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张学忠 高鹏○主编

# 每天半小时 练透英语听力

200篇听力素材 | 100天的学习计划

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突破英语听力是你的梦想，  
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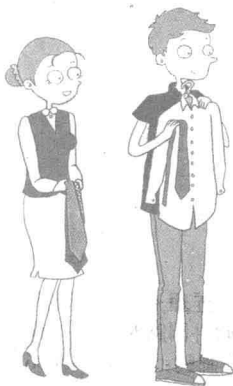


大连理工大学出版社  
DALIAN UNIVERSITY OF TECHNOLOGY PRESS



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30-MINUTE DAILY PRACTICE

# 每天半小时 练透英语听力



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# 前 言

听力训练需要一个日积月累的过程，贵在持之以恒。本书的设计目的是：通过科学合理的计划，引导读者每天拿出半小时的时间用于听力训练，经过100天的努力最终在听力水平上获得大幅度的提高。

本书为读者安排了100天的听力训练，每天听一篇对话，一篇短文。这些对话和短文内容涉及大众媒体，读书时间，风土人情，风云人物，快乐购物，健康生活，交友时光，焦点话题，喜庆节日，金融理财，美味佳肴，商务英语，社会问题，社会艺术，时尚先锋，体育世界，甜蜜爱情，网络世界，我爱我家，现代通讯，校园生活，业余爱好等。每一天的内容我们都希望读者能在一天内完成。每一天的内容由3个板块展开，这3个板块分别是：早晨10分钟——大声读单词，午间10分钟——迎战对话，晚间10分钟——挑战短文。

我们真诚地希望读者朋友能够坚持、坚持、再坚持，通过量的积累达到质的飞跃。

由于编者水平有限，疏漏之处在所难免，敬请广大读者指正。

编者  
2011年9月

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## 听力训练

### 第1天 大众媒体的负面影响

#### 早晨 10 分钟——大声读单词

attentive <i>a.</i> 注意的	affair <i>n.</i> 绯闻	dwell on 详述	celebrity <i>n.</i> 名人
gossip <i>n.</i> 闲话, 绯闻	privacy <i>n.</i> 隐私	public figure 公众人物	dominant <i>a.</i> 占优势的
sword <i>n.</i> 剑	blade <i>n.</i> 刀刃	acknowledge <i>v.</i> 承认	schedule <i>v.</i> 安排
babysitter <i>n.</i> 临时保姆	TV series 电视连续剧	survive <i>v.</i> 生存	

#### 午间 10 分钟——迎战对话

Directions: Fill in the missing information.

1. A great deal of attention is paid to the personal lives of celebrities, in almost every form of media, such as \_\_\_\_\_.
2. The practice of dwelling on \_\_\_\_\_ leads people to pay more attention to these matters than they otherwise would.
3. They may have chosen to be \_\_\_\_\_, but that does not give the public the right to know everything about them.
4. They are only gossip reported to \_\_\_\_\_ and other media.
5. I believe that the media should pay more attention to matters other than \_\_\_\_\_.

#### 晚间 10 分钟——挑战短文

Directions: Answer the following questions.

1. When do children watch TV most?  
\_\_\_\_\_
2. How do people schedule their lives around TV?  
\_\_\_\_\_
3. How does television separate family members?  
\_\_\_\_\_
4. What kind of family problems will surely arise?  
\_\_\_\_\_

#### 策略小锦囊

前后文也可以帮助我们理解文章, 比如本日练习的 passage 中出现了“family outings”, 如果不能立刻会意, 可以根据下文中出现的“going out for a trip”来判断词义。



### 参考答案

午间 10 分钟

1. television, newspapers and magazines

3. in the public eye

5. the private lives of public figures

2. the private lives of celebrities

4. increase sales of magazines

晚间 10 分钟

1. In holidays.

2. Children rush home from school to watch TV while they do their homework. Adults watch their favorite programs while cooking meals. The family may even eat meals in front of the television.

3. It separates family because of the lack of contact. Since more and more families can afford more than one TV set under one roof, it is often the case that family members watch TV in separate rooms.

4. Family members may quarrel and marriages may be broken.

### 听力原文

午间 10 分钟

Lily: What are you reading, Tom? You look so attentive.

Tom: I am reading the Entertainment Section of the newspaper. Oh, do you believe that nearly half of the section is taken up by some stars' affairs. I wasted money to buy such rubbish news.

Lily: In almost every form of media, including television, newspapers and magazines, a great deal of attention is paid to the personal lives of celebrities. It seems that the public cannot get enough of this kind of news.

Tom: The practice of dwelling on the private lives of celebrities leads people to pay more attention to these matters than they otherwise would.

Lily: The media should respect the privacy of every individual, including public figures. They may have chosen to be in the public eye, but that does not give the public the right to know everything about them.

Tom: Yes, you are right. And many stories about celebrities are untrue. They are only gossip reported to increase sales of magazines and other media.

Lily: They are unfair to the famous and mislead the public.

Tom: I believe that the media should pay more attention to matters other than the private lives of public figures.

Lily: In this way, they can appeal to a wider audience and encourage people to develop other interests.

Tom: I completely agree with you.





## 晚间 10 分钟

Perhaps nothing is more important and dominant in the modern Chinese family than television. According to a national investigation, Chinese adults watch an average of 4 hours of television daily. Children watch even more, especially when they are having holidays. They spend more hours a week in front of the TV screen than in the classroom. Some even regard TV as their only faithful friends against loneliness. It is true that television can entertain and educate us. However, every sword has two blades. We must acknowledge its great effect on our families.

To the majority of Chinese families, TV becomes closely related to life so that many of them schedule their lives around it. Children rush home from school to watch TV while they do their homework. Adults watch their favorite programs while cooking meals. The family may even eat meals in front of the television. It is even considered as a babysitter to keep children quiet; and a means of reward or punishment. “No TV for you, if you don’t do your homework right now!” This is the very word you can hear in most Chinese families.

Television not only dominates family activities but also separates family because of the lack of contacts. As more and more families can afford more than one television set under one roof, it is often found that Mother will be in the bedroom watching a TV series, Dad in the living room watching sport events, and the child in his or her own room watching cartoons. Even if a whole family gather together in front of the same TV set, it can hardly bring them “together”. Different tastes of TV program leave the family fewer chances to communicate and share opinions. For example, family outings—going out for a trip—are often limited by TV because one of the members doesn’t want to miss his favorite program. As the time is devoted to TV, family ties grow weaker and weaker. Many of family problems will surely arise, from small quarrels to broken marriages.

It is no use and foolish to blame on the television, and it is more foolish to break it down. But it is essential that our TV viewing time will be organized more wisely, so the parents are able to spend more and more time with their children playing games, talking heart by heart. It must be realized that without such communication, a family can hardly survive.



## 听力训练

### 第2天 广告与体形

#### 早晨 10 分钟——大声读单词

Gulf War 海湾战争	Yugoslavia 南斯拉夫	military maneuver 军事演习	abundant a. 丰富的
persona n. 伪装的外表	glossy n. 服装杂志	hunky a. 健壮的	cologne n. 隆香水
detriment n. 损害	anorexia n. 厌食症	grooming n. 修饰	implication n. 暗示
gorgeous a. 华丽的	resort to 求助于	portray v. 描写	



午间 10 分钟——迎战对话

Directions: Answer the following questions.

1. What is the boy's favorite TV program?  
\_\_\_\_\_
2. Why does the boy like the program?  
\_\_\_\_\_
3. Can you list the international affairs the boy got to know from the program?  
\_\_\_\_\_
4. Besides its abundant and latest news, what else factors cause the boy's interest in the program?  
\_\_\_\_\_

晚间 10 分钟——挑战短文

Directions: True or False.

1. Glossy magazines would rather choose overweight women as models to attract readers. ( )
2. Imitating role models must cause the detriment of young ladies' health. ( )
3. Some people would like to dress like the singers they favor. ( )
4. If an average person uses the product, he too can look like the gorgeous model or the Adonis shown on the screen. ( )
5. Operations can make people look more beautiful. ( )

策略小锦囊

做判断题时要注意题目中出现的虚词,比如 passage 部分第二题中出现的“must”尤为关键,一般此类单词经常会被视为题眼。

参考答案

午间 10 分钟

1. That is “The World Today”.
2. This program is like a wonderful window, through which he can see the beautiful and exciting world.
3. From the Gulf War to the civil war in Yugoslavia, from the peace talks in the Middle East to the military maneuvers in America.
4. He likes this program not only because of its abundant and latest news, but also its analysis of our present world and prospects for the future.

晚间 10 分钟

- 1.F 2.F 3.T 4.F 5.T

**听力原文****午间 10 分钟**

John: Mark's speech about his favorite TV program is really nice, isn't it?

Maggie: Yeah. Very nice. How about you? What TV program do you like most?

John: That is "The World Today", which is shown on Saturday evenings.

Maggie: Why?

John: This program is like a wonderful window, through which I can see the beautiful and exciting world.

Maggie: That sounds reasonable.

John: It provides me with the latest development in affairs of the world. It also gives me a vivid picture of what have been going on and what have happened in the world.

Maggie: Such as...

John: From the Gulf War to the civil war in Yugoslavia, from the peace talks in the Middle East to the military maneuvers in America, you nearly can be an expert in international affairs with the information offered in this program.

Maggie: That's a wonderful program.

John: Yes. I like this program not only because of its abundant and latest news, but also its analysis of our present world and prospects for the future.

Maggie: I will try it. It seems that I can learn more about mankind from the program.

John: And it can also give you intelligence.

**晚间 10 分钟**

Body image in ordinary people is without doubt heavily influenced by media advertising, coupled with the persona of celebrities as presented on television, movies and glossy magazines.

When was the last time you saw an overweight woman on the cover of a glossy magazine or a less than hunky handsome man advertising the latest cologne? In the advertising world, image is everything.

Generally speaking, this link between advertising and body image is usually connected to young girls endeavoring to imitate their role models, sometimes to the detriment of their health.

How often do we hear of the anorexia in teenage girls blamed on pursuing the body shape of catwalk models who look almost anorexic themselves?

It is already an established fact that people in the public eye influence people in a variety of ways, from clothing styles, hair grooming and even their lifestyles. You can often tell what brand of music a person follows just by the way they dress.

The media will naturally lean toward "beautiful people" when seeking models to advertise their products. The implication is that if the average person uses the product, they too can look like the gorgeous model or the Adonis shown on the screen or in the glossy magazine. This sets a standard impossible to reach for many who desire to look the same.

The influence advertising exerts on people isn't necessarily a bad thing. If a person who is



overweight to the extent it affects his health, seeking to be more like the model in the media can have a positive effect.

The problem arises when some take it too far, when trying to be one of the “beautiful people” results in serious health problems like anorexia. Others will resort to risky surgery to find the ideal body image, opening themselves up to long term side effects.

Successfully altering their body image however, is not what ultimately makes a person beautiful.

Real beauty is an inner quality independent of a person’s physical appearance. The image portrayed in the media as the goal to reach is actually out of reach for many, but developing inner beauty is within everyone’s reach.



## 听力训练

### 第3天 迷宫中的奶酪

#### 早晨 10 分钟——大声读单词

characteristic <i>n.</i> 特性, 特征	spur <i>v.</i> 给予刺激	previous <i>a.</i> 先前的	feat <i>n.</i> 壮举
maze <i>n.</i> 迷宫	nourish <i>v.</i> 滋养	mice <i>n.</i> 老鼠	sniff <i>v.</i> 嗅
scurry <i>n.</i> 快跑	rodent <i>a.</i> 白齿类的	instinct <i>n.</i> 本能	nibble <i>v.</i> 慢慢啃
capital <i>n.</i> 大写字母	jogging <i>n.</i> 慢跑	labyrinth <i>n.</i> 迷宫	corridor <i>n.</i> 走廊
inefficient <i>a.</i> 无效率的	chamber <i>n.</i> 室	alley <i>n.</i> 巷	bump <i>v.</i> 碰撞

#### 午间 10 分钟——迎战对话

Directions: True or False.

1. An author’s previous achievement is not the most important factor for the future success. ( )
2. Reviewers make strict criteria to judge one book. ( )
3. Bestsellers always get good comments. ( )
4. Some authors regard fan base more important than reviews. ( )
5. Authors should grasp the right time to publish books. ( )

#### 晚间 10 分钟——挑战短文

Directions: Fill in the blanks with the exact words you hear.

There are 1 characters in this story. Two were 2 “Sniff” and “Scurry” and two were little 3 “Hem” and “Haw”. Every day they spent time in the 4 looking for their own special 5. “Sniff” and “Scurry” had good 6, while “Hem” and “Haw” used their 7. Sniff would 8 out the general direction and Scurry would 9 ahead. They often 10 into walls. Hem and Haw relied on their 11 to think and learn from their past 12, although, they would sometimes



get 13 by their 14 and 15.

#### 策略小锦囊

听音时思想要集中，但情绪不可过度紧张。在听音中要利用预测时得到的潜在信息把握听音的重点，也可利用符号、图示等方法迅速记录要点以促进有效记忆。

#### 参考答案

午间 **10** 分钟

1.F 2.F 3.F 4.T 5.T

晚间 **10** 分钟

1.four	2.mice	3.people beings	4.maze	5.cheese
6.instincts	7.brains	8.smell	9.race	10.bumped
11.ability	12.experiences	13.confused	14.beliefs	15.emotions

#### 听力原文

午间 **10** 分钟

John: Any fresh news?

Tessy: It is reported that the business of books is big business with 172,000 new titles released and sales in the United States of about \$40 billion.

John: Nowadays, writers are millionaires. But what makes a book successful? Are there any common characteristics that can spur on sales?

Tessy: An author's previous bestselling book is the key factor in determining future success.

John: I think great writing wins out.

Tessy: However, there are no hard and fast criteria about what constitutes great writing. It comes down to subjective judgments made by individuals.

John: Yes. Sometimes book reviewers may argue that a successful book by the very virtue of its sale's success cannot be considered great writing.

Tessy: As an author becomes more successful, he has built a fan base and has had previous bestsellers, reviews decline in importance.

John: Since book production takes from 6 to 12 months, it's an amazing feat to get a book on a hot topic out to the market at just the right time.

Tessy: That means opportunities.

John: Readers telling other readers about a fabulous book they've just read has a tremendous impact on success.

Tessy: So readers are the most effective advertising method.



### 晚间 10 分钟

Once, long ago in a land far away, there lived four little characters who ran through a maze looking for cheese to nourish them and make them happy.

Two were mice, named “Sniff” and “Scurry” and two were little people beings who were as small as mice but who looked and acted a lot like people today. Their names were “Hem” and “Haw”.

Due to their small size, it would be easy not to notice what the four of them were doing. But if you looked closely enough, you could discover the most amazing things!

Every day the mice and the little people spent time in the maze looking for their own special cheese. The mice, Sniff and Scurry, possessing only simple rodent brains, but good instincts, searched for the hard nibbling cheese they liked, as mice often do.

The two little people, Hem and Haw, used their brains, filled with many beliefs and emotions, to search for a very different kind of cheese “with a capital C” which they believed would make them feel happy and successful.

As different as the mice and the little people were, they shared something in common: every morning, they each put on their jogging suits and running shoes, left their little homes, and raced out into the maze looking for their favorite cheese.

The maze was a labyrinth of corridors and chambers, some containing delicious cheese. But there were also dark corners and blind alleys leading nowhere. It was an easy place for anyone to get lost.

However, for those who found their way, the maze held secrets that let them enjoy a better life.

The mice, Sniff and Scurry, used the simple, but inefficient, trial and error method of finding cheese. They ran down one corridor and if it proved empty, they turned and ran down another.

Sniff would smell out the general direction of the cheese, using his great nose, and Scurry would race ahead. They got lost, as you might expect, went off in the wrong direction and often bumped into walls.

However, the two little people, Hem and Haw, used a different method that relied on their ability to think and learn from their past experiences, although, they would sometimes get confused by their beliefs and emotions.

Eventually in their own way, they all discovered what they were looking for—they each found their own kind of cheese one day at the end of one of the corridors in Cheese Station C.



## 听力训练

### 第 4 天 读者最爱的主题



### 早晨 10 分钟——大声读单词

renowned <i>a.</i> 有名的	tribulation <i>n.</i> 苦难	Buddhism <i>n.</i> 佛教	sutra <i>n.</i> 佛经
mingle <i>v.</i> 混合	Taoist <i>n.</i> 道教信徒	fascinate <i>v.</i> 使着迷	superstition <i>n.</i> 迷信
prowess <i>n.</i> 英勇	protagonist <i>n.</i> 主角	embody <i>v.</i> 包含	convey <i>v.</i> 传达
rebellious <i>a.</i> 反抗的	feudal <i>a.</i> 封建的	sneak <i>v.</i> 潜行	somersault <i>n.</i> 跟斗
defiance <i>n.</i> 蔑视	subterranean <i>a.</i> 地下的	treason <i>n.</i> 叛逆	relentless <i>a.</i> 无情的
scourge <i>n.</i> 惩罚	Buddha <i>n.</i> 佛陀		

### 午间 10 分钟——迎战对话

Directions: Answer the following questions.

1. What subjects do American readers like most nowadays?

\_\_\_\_\_

2. What do the lists of bestsellers show?

\_\_\_\_\_

3. What kind of books on the best-seller lists might help readers forget their own troubles?

\_\_\_\_\_

4. What is Frank's bitterness?

\_\_\_\_\_

5. What is "The Da Vinci Code" about?

\_\_\_\_\_

### 晚间 10 分钟——挑战短文

Directions: Fill in the blanks with the exact words you hear.

"*Monkey King*" is one of the renowned 1 Chinese novels dating back to some four hundred years ago. It was based on a 2 story of a famous Chinese monk, Xuan Zang (602-664). What the author tried to convey to his readers is a rebellious 3 against the then untouchable feudal rulers. *Monkey King* is in fact not a(n) 4 being. He was born out of a rock, fertilized by the grace of 5. Being extremely 6 and 7, he learned all the magic tricks and gongfu from a master Taoist. Now he can transform himself into seventy-two different 8. The monkey had fought into the seas and grabbed the crown 9: a huge iron bar. That became the monkey's favorite 10 in his later feats.

#### 策略小锦囊

在听力过程中，必须眼耳并用，也就是一边用耳听，一边用眼睛浏览选择项并进行分析和归纳，做到听与浏览相结合、听与思考及记忆相结合。这一过程必须在短暂的时间内完成。



### 参考答案

午间 10 分钟

1. Health and love, crime, secrets from the past are some of the subjects that readers in the United States currently like most.
2. Americans are worried about their health, especially the risks of being too fat.
3. The books which tell of romantic love and mysterious events from the past that return to threaten the heroes of the stories.
4. He is bitter that he has not lived a more meaningful life.
5. This story tells what happens to an American professor when a museum director in Paris asks to meet with him.

晚间 10 分钟

- |              |            |           |             |            |
|--------------|------------|-----------|-------------|------------|
| 1. classical | 2. true    | 3. spirit | 4. ordinary | 5. Heaven  |
| 6. smart     | 7. capable | 8. images | 9. treasure | 10. weapon |

### 听力原文

午间 10 分钟

- A: Health and love, crime, secrets from the past — these are some of the subjects that readers in the United States currently like best. I am Mary.
- B: And I'm Martin. Welcome to *This Is America*. This week, we tell about some of the books that people in the United States are reading right now.
- A: Newspapers and magazines tell us what books people are buying. What the lists of bestsellers clearly show is that Americans are worried about their health, especially the risks of being too fat.
- B: Several books of advice about how to lose weight are among America's top selling books.
- A: In "*The South Beach Diet*", the author suggests ways that people can get thinner while still eating foods they like best.
- A: The author is a mental health specialist.
- B: Other books on the bestseller lists might help readers forget their own troubles. These books tell of romantic love and mysterious events from the past that return to threaten the heroes of the stories.
- A: Among novels, romance writer Rosa has a bestseller with "*Answered Prayers*". It tells about two people who were friends as children. They meet again years later and fall in love.
- B: Rosa has now written fifty-six bestsellers. Robert is another popular romance writer. "*Lawless*" about love in the American Old West, is a bestseller.
- A: Jeff has written a bestselling novel about an old man named Frank. Frank repairs rides in an amusement park. He is bitter that he has not lived a more meaningful life. Then, on his eighty-third birthday, Frank dies. He loses his own life as he tries to save the life of a little





girl.

- B: After the man dies, five people who played a part in his life explain to Frank his existence on Earth. The book is called “ *The Five People You Meet in Heaven* ” .
- A: People who like mysteries have made several books into best sellers. One is “ *The Da Vinci Code* ” by Dan Brown.
- B: This story tells what happens to an American professor when a museum director in Paris asks to meet with him.
- A: Clues linked to works of art by Leonardo da Vinci lead to ancient secrets.
- B: Our program was written by Bill. Bob was our producer. I’m Martin.
- A: And I’m Mary. Join us again for more about life in the United States.

### 晚间 10 分钟

“ *Monkey King* ” , or known to the Chinese as “ *Journey to West* ” , is one of the renowned classical Chinese novels dating back to some four hundred years ago, the other three being “ *The Water Margins* ” , “ *Dream of the Red Mansion* ” and “ *Romance of Three Kingdoms* ” .

“ *Monkey King* ” was based on a true story of a famous Chinese monk, Xuan Zang (602–664). After years of trials and tribulations, he traveled on foot to what is today India, the birthplace of Buddhism, to seek for the Sutra, the Buddhist holy book. When he returned to China, or the Great Tang as was called that time, he started to translate the Sutras into Chinese, thus making a great contribution to the development of Buddhism in China.

“ *Monkey King* ” is mingled with Chinese fables, fairy tales, legends, superstitions, popular beliefs, monster stories as well as whatever the author could find in the Taoist and Buddhist religions.

While average readers are fascinated with the prowess and wisdom of the Monkey King, many critics agree that the protagonist embodies what the author tried to convey to his readers: a rebellious spirit against the untouchable feudal rulers of that time.

Monkey King is indeed rebellious, being in fact not an ordinary being. He was born out of a rock, fertilized by the grace of Heaven, according to the story. Being extremely smart and capable, he learned all the magic tricks and gongfu from a master Taoist. Now he can transform himself into seventy-two different images such as a tree, a bird, a beast or a bug as small as a mosquito so as to sneak into an enemy’s belly to fight him or her inside out. Using clouds as a vehicle he can travel 108000 miles a single somersault.

He claims to be king in defiance of the only authority over heaven, the seas, the earth and the subterranean world— Yu Huang Da Di, or the “ Great Emperor of Jade ” in Chinese. That act of high treason, coupled with complaints from the masters of the four seas and the hell, invites the relentless scourge of the Heavenly army. In fact, the monkey had fought into the seas and grabbed the crown treasure: a huge iron bar. That became the monkey’s favorite weapon in his later feats.

At last, the emperor asked Buddha for help. The Buddha moved a great mountain known