



普通高等教育“十一五”国家级规划教材

● 总主编 邹为诚

○ 应用型英语专业系列教材

Upstream

Viewing, Listening and Speaking

搏流英语

视听说教程

5

□ 主 编 林渭芳 曹仁霞
□ 副主编 张 琦 盛 盈



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□副主编 张 琦 盛 盈
□编 者 廖菁菁 励哲蔚

BOLIU YINGYU SHITINGSHUO JIAOCHENG



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《搏流英语视听说教程》是《搏流英语》系列教材中的一种，可以与《搏流英语综合教程》配合使用，也可以单独使用。《搏流英语视听说教程（第五册）》分主题编排，其选材符合《高等学校英语专业英语教学大纲》的要求，可以满足中高级英语学习者提高视听理解能力和口语表达能力的需求。

《搏流英语视听说教程（第五册）》延续了搏流系列教材寓教于乐的编写理念，让学习者在真实、互动、愉快而有意义的环境中进行视听说训练，使学习更加有效。本册教程具有以下特点：

1. 选材内容丰富，编排方式独特

《搏流英语视听说教程（第五册）》根据《搏流英语综合教程（第五册）》的单元主题来编排，主题包括英雄崇拜、生态环境、当今科技、职场人生、健康生活、终身学习、时尚风云、购物一族等热门话题，各单元围绕主题展开。全册配有约四个小时的视频材料，所配视频材料贴近现实生活，为学习者提供身临其境地接触英语国家社会和文化的机会。

2. 练习形式多样，培养多种技能

《搏流英语视听说教程（第五册）》包含图文匹配、信息排序、是非判断、视听填空、视听笔记、回答问题、复述故事、伙伴交流、小组讨论、班级辩论、校园访谈、团队专题研究等多种形式的练习。在每个单元中，编者结合课堂教学和课外学习的实际来组合各种形式的练习，使学习者在完成练习的过程中提高视听说多种技能。

3. 主题多维呈现，提高思维能力

《搏流英语视听说教程（第五册）》每一个单元的二十多个练习具有相同的主题，同时各个练习的话题各有侧重，互为补充，这样的编排方式既可以集中训练学习者对某个主题的熟悉程度，使训练更加系统化，又可以帮助学习者开展多维度的思考，发展思维能力。

《搏流英语视听说教程（第五册）》包括十个单元。每个单元包括视前练习（Before You Watch）、边看边做（While You Watch）、视后练习（After You Watch）、镜头回放（Watch Again）以及拓展性活动（Extended Activities）五个板块。

- ◆ 视前练习为学习者介绍本单元视频材料中将要出现的词汇和话题，以便学习者对后续练习有所准备，减少障碍；
- ◆ 边看边做要求学习者边观看视频边做练习，主要训练学习者的视听理解能力；
- ◆ 视后练习巩固学习者对视频中出现的重要词汇和句式等的掌握情况，同时通过一个同一主题的读写练习进一步拓宽话题；
- ◆ 镜头回放是从视频中的某些信息出发训练学习者的视听理解能力和口语表达能力；
- ◆ 拓展性活动引导学习者在前面四个板块学习的基础上，通过团队合作，开展课后自主学习和研究性学习。

另外，在这五个板块的练习之前，列有该单元的主要学习目标，在这五个板块的练习之后，安排了学习者自查学习目标的达到情况，在这五个板块的练习之中，又穿插了与练习相关的文化注解（Culture Note），语言功能（Language Function）和学习策略（Learning strategy）。

本册教程由宁波大学外语学院教师负责编写，林渭芳和曹红霞担任主编，张琦和盛盈担任副主编，参加本册教程编写的有林渭芳（第一、二、六、十单元）、励哲蔚（第三单元）、曹红霞（第四、五单元）、张琦（第七单元）、盛盈（第八单元）和廖菁菁（第九单元）。本册教程部分图片为视频截图，不甚清晰，特此说明。本册教程的编写得到了浙江省人文社科重点研究基地（外国语言文化）的支持，编者在此表示感谢。限于编者水平有限，教程中难免存在遗漏谬误之处，恳请专家学者和广大师生批评指正。

编者

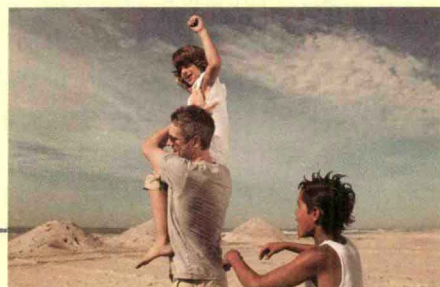
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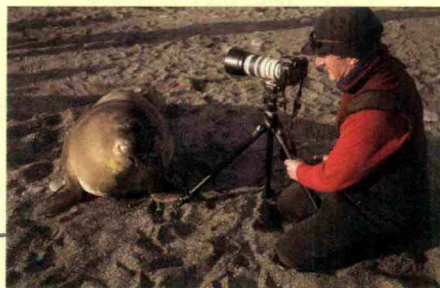
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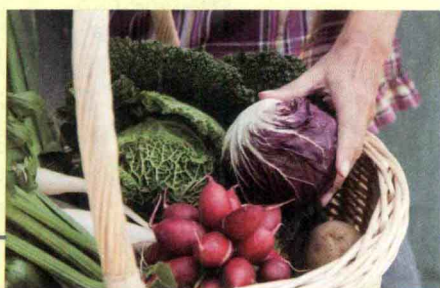




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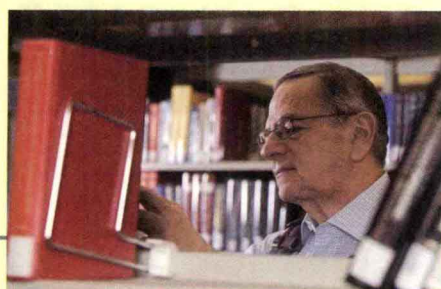
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Heroes in My Heart

In this unit, you will be able to

- Talk about the meaning of hero and heroism.
- Build up your vocabulary related to hero and heroism.
- Talk about the qualities of heroes.
- Recognize specific details in a video clip.
- Learn about heroic deeds of people around the world.
- Tell a story of one of your heroes.
- Research a heroic figure and make a short presentation.

Before You Watch

1 Work in pairs and discuss:

- The meaning of the quotations
- Whether you agree with them
- Which two you like best

Heroism is endurance for one moment more.

— George F. Kennan

Show me a hero and I will write you a tragedy.

— F. Scott Fitzgerald

I was in uniform for four years, and I know that heroism doesn't occur from taking orders, but rather from people who through their own willpower and strength are willing to sacrifice their lives for an idea.

— Thor Heyerdahl

A boy doesn't have to go to war to be a hero; he can say he doesn't like pie when he sees there isn't enough to go around.

— Edgar Watson Howe

Unhappy the land that is in need of heroes.

— Bertolt Brecht

A hero cannot be a hero unless in a heroic world.

— Nathaniel Hawthorne

We are the hero of our own story.

— Mary McCarthy

The world's battlefields have been in the heart chiefly; more heroism has been displayed in the household and the closet, than on the most memorable battlefields of history.

— Henry Ward Beecher

2 Ask your partner the following questions concerning hero and heroism. Take brief notes of his or her answers.

- (1) Can you recall anyone who seemed heroic to you while you were growing up?
- (2) What had your hero done that evoked your admiration?
- (3) What character traits do you associate with heroism?
- (4) What are the similarities and differences between heroes and ordinary people?
- (5) Have you sometimes been called on to be heroic?
- (6) How can we encourage everyday heroism in our community?
- (7) What effect does hero worship have on those who worship others, and on those who receive the praise of others?

3 In small groups, report what your partner has told you. Use one or two of the following sentence starters in your report.

- The hero in my partner's childhood is ...
- It seemed to him / her a heroic deed to ...
- In his / her views, heroism is ...
- The differences between heroes and ordinary people are ...
- The similarities between heroes and ordinary people are ...
- To encourage everyday heroism in our community, we ...
- Hero worship has a positive effect on ...

4 In small groups, list as many words and expressions as you can that are related to hero and heroism.

Types of heroes: _____

What heroes do: _____

Why we need heroes: _____

While You Watch

5 Watch the video "How to Change the World". Write down the four steps mentioned and make notes of the details of these steps. Then use the notes to explain to your partner about these steps.

STEP 1

STEP 2

STEP 3

STEP 4

6 Watch the videos "My Heroes" and "Meeting Einstein" and find the character traits the speakers pay attention to. Tick the right boxes.


☐
☐

CHARACTER TRAITS

Being Oneself
 Charm


☐
☐

☐
☐
☐
☐
☐
☐

Commitment
 Competitiveness
 Courteousness
 Generosity
 Gentleness
 Unworldliness

☐
☐
☐
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7 Watch the video "CNN Heroes for 2010" and fill in the gaps.

Guadalupe Arizpe De La Vega from El Paso, TX. She is a grandmother who worked for 1) _____ to provide 2) _____ in one of the dangerous cities on the planet, Juarez, 3) _____.



Susan Burton from 1) _____. Her own troubled past inspired 2) _____ that helped more than 3) _____ get back on their feet.

Linda Fondren of Vicksburg, MS. From the state with the most 1) _____ in America, Linda has brought her community together to 2) _____ head-on, shed 3) _____.



Anuradha Koirala from 1) _____. Facing great danger, she's rescued and rehabilitated more than 2) _____ Napoleon girls from 3) _____.

Narayanan Krishnan from Madurai, India. A star chef gave up 1) _____ to cook and serve more than 2) _____ to India's 3) _____ by hand.



From Argyll, 1) _____. Magnus MacFarlane-Barrow turned a night at the pub into 2) _____ for more than 3) _____ in 15 countries across the globe.

From 1) _____, Harmon Parker. Harmon built bridges over 2) _____, connecting tens of thousands of Kenyans with 3) _____.





Aki Ra from Siem Reap, Cambodia. He was once 1) _____ of the Khmer Rouge, forced to plant 2) _____, now he finds and 3) _____ many of these weapons, nearly 50,000 so far.

Evans Wadongo of 1) _____. Evans makes 2) _____, giving them to rural Kenyans for free so kids can access them in school and families can 3) _____.



From 1) _____, Dan Wallrath. Dan turned his retirement into service, building 2) _____ mortgage free for 3) _____.

8 Watch the video "CNN Heroes for 2010" and mark the following statements T (True) or F (False). Then correct the false statements.

- _____ (1) CNN Heroes are everyday people who are changing the world.
- _____ (2) The top ten CNN Heroes for 2010 have been chosen from 10,000 nominations.
- _____ (3) The top ten CNN Heroes for 2010 have been selected by CNN audience from more than 100 countries.
- _____ (4) Each of the top ten CNN Heroes for 2010 is going to receive \$100,000.
- _____ (5) Information about the ten honorees can be found at CNNHeroes.com.
- _____ (6) CNN host Anderson Cooper calls on the audience to vote online for the CNN Hero of the Year.
- _____ (7) The top ten CNN Heroes for 2010 will be honored on Thanksgiving night.
- _____ (8) One of the CNN Thanksgiving night traditions is to inspire people.

9 Watch the video "A Story of Heroism in the Cockpit" and circle the best answer.

- (1) Why was a Delta flight forced to make an emergency landing?
 - a. The weather condition was bad.
 - b. The landing gear got stuck.
 - c. A passenger was seriously ill.
- (2) Who captured the final moments before touchdown on his cell phone?
 - a. A passenger.
 - b. A flight attendant.
 - c. A firefighter.

- (3) What did the pilot say to warn the passengers?
- Heads down. Stay down.
 - Assume the crash position.
 - Brace for impact.
- (4) What did the pilot do to land smoothly?
- He touched down by tipping the plane to the right and dragging its wings.
 - He did the landing by the book and did it skillfully.
 - He stuck with it all the way down.
- (5) The passengers were _____ in that touch situation?
- scared
 - emotional
 - stressed out
- (6) The pilot was a retired navy flyer _____.
- from a traditional family
 - with nerves of steel
 - in anonymity

10 Watch the video “Actress in a Leading Role” and number in chronological order the things Sandra Bullock did.

- _____ Sandra Bullock started to deliver her good-humored and endearing acceptance speech.
- _____ Sandra Bullock thanked the mothers that take care of the babies and the children.
- _____ Sandra Bullock thanked everyone who had shown her kindness.
- _____ Sandra Bullock declared her love for the other nominees in her category.
- _____ Sandra Bullock broke down as her thanks led her inevitably on to her own mother.
- _____ Sandra Bullock acknowledged the talented field she found herself in.
- _____ Sandra Bullock accepted the Oscar from the presenter Sean Penn.
- _____ Sandra Bullock expressed her thanks for the family that allowed her to play them.

11 Fill in the gaps with the exact words or phrases from the video “Real Progress Comes from Grassroots”.

It is a great pleasure to be with all of you. Through the work that you do, you 1) _____ what I believe is 2) _____ in the 21st century: that strong, vibrant nations include strong, vibrant 3) _____.

This was also 4) _____ of the speech that I gave this morning at the New Economic School. We not only need a “reset” button between the American and Russian government, but we need a fresh start between our societies — more dialogue, more listening, more cooperation in

confronting 5) _____. For history teaches us that 6) _____ — whether it's economic or social or political — doesn't come from 7) _____, it typically comes from 8) _____. It comes from people, it comes from the grass roots — it comes from you. The best ideas and solutions come from ordinary citizens who 9) _____ in their communities and in their countries. And by mobilizing and organizing and changing people's hearts and minds, you then change 10) _____. And often times politicians 11) _____ changing laws, but in fact you've 12) _____ in which those new laws can occur.

12 Watch the video "Harry Warner" and answer the following questions.

- (1) To Harry Warner, what was important in film production?
- (2) According to the speaker, who founded Warner Bros.?
- (3) Were the Warner Brothers well-educated and courageous?
- (4) What did Harry Warner enjoy doing as a grandpa?
- (5) What might have led to Harry Warner's death?
- (6) Where did the speaker see Harry Warner for the last time?
- (7) How did Harry Warner and the speaker communicate with each other in their last meeting?

Culture Note

Harry Morris Warner (December 12, 1881–July 27, 1958) was an American studio executive and a major contributor to the development of the motion picture industry. Along with his three brothers (Albert, Sam and Jack) Warner played a crucial role in the film business and played a key role in establishing Warner Bros. Pictures, Inc. He served as the President of Warner Bros. until 1956.

After You Watch

13 Below are some words from the videos. Each word has been defined for you. Read the definitions. Then use the words to fill in the blanks in the sentences.

- articulate (verb): to express your ideas or feelings in words
- nomination (noun): the act of officially suggesting someone or something for a position, duty, or prize
- obesity (noun): increased body weight caused by excessive accumulation of fat
- destitute (adjective): having no money, no food, no home etc.
- treacherous (adjective): particularly dangerous because the dangers cannot be seen very easily
- ominous (adjective): making you feel that something bad is going to happen
- anonymity (noun): the quality or state of being unknown or unacknowledged
- mobilize (verb): to encourage people to support something in an active way

- magnitude (noun): the great size or importance of something
- entrust (verb): to make someone responsible for doing something important

- (1) One official, who spoke on condition of _____, said anyone who was not aware of the exemptions had not been paying attention.
- (2) Many people in Asia are unable to _____ the unhappiness they feel.
- (3) Asian countries that were _____ a generation ago now boast some of the highest living standards in the world.
- (4) She was still indecisive on whether to _____ her son's education to a private tutor.
- (5) The Executive Board didn't seem to appreciate the _____ of the problem.
- (6) Public health researchers say it is largely the result of increases in _____, smoking and high blood pressure.
- (7) Our system enables us to _____ the necessary resources for big undertakings.
- (8) Since his eventual _____ is already all but assured, what matters most is that each victory is followed by a victory speech.
- (9) Strong winds and loose rocks make mountain climbing _____.
- (10) The onset of dyspnea in heart disease usually signifies a(n) _____ prognosis.

14 Work in pairs and explain what the underlined words and expressions mean.

- (1) A generation from now people will look back at this moment to find out what you did. It's up to you to get the story right.
- (2) Martina Navratilova is a supreme example of just someone who is herself at all times. She brings herself to the party.
- (3) If this pilot doesn't do the landing by the book and do it skillfully, the consequences could be catastrophic.
- (4) No one on the flight was injured and all were happy to walk away with only their nerves frayed.
- (5) I would like to thank the Academy for allowing me in the last month to have the most incredible ride.
- (6) They are the artists I've worked with before and I hope to work with in the future, who inspire me and blaze trails for us.
- (7) They believed that, as long as they were told they couldn't do something, they knew they were on the right track.

15

 Complete "An Interview with Peter Garrett" with the following questions.

- A Who is your hero from the 20th Century?
- B What do you think their actions can teach us?
- C Do you consider Vincent Lingiari and Eddie Mabo to be modern day Australian heroes?
- D What qualities do you believe must a person have to "qualify" to be a hero?
- E What is the most satisfying thing you have done in your life that has in some way contributed to society?
- F Do you think the definition of hero changes over time?
- G What advice would you give to the next generation of aspiring heroes?

An Interview with Peter Garrett

Interviewer: Thank you, Peter, for giving us your time. Your answers will be very valuable to us. Well, let's get into it 1) _____.

Peter Garrett: A core set of values which include thinking about and doing things for others, self belief without boasting, the capacity to accept setbacks without giving in, and a sense of humility.

Interviewer: 2) _____.

Peter Garrett: Helping to raise people's awareness that the natural world is our only home to live in and take fair dinkum care of, would be one thing I hope we have achieved.

Interviewer: 3) _____ For example, in comparison to an ancient hero who was revered for his ability to kill lions (Hercules) to a modern hero who can play guitar well (Jimi Hendrix).

Peter Garrett: Most so-called heroes of today, film and music stars etc., haven't done anything heroic at all. So yes, the notion has changed. A real hero isn't looking for the camera or the applause.

Interviewer: 4) _____.

Peter Garrett: I don't have one particular hero, but admire lots of people who have worked for their community against the odds.

Interviewer: 5) _____.

Peter Garrett: Yes, Lingiari and Mabo were both outstanding people who challenged the powers of the day and tried to get justice for their people and could be considered heroes.

Interviewer: 6) _____.

Peter Garrett: You have to hang in despite the odds and believe that there is a better day ahead, and that it can be reached if you don't give in.

Interviewer: 7) _____.

Peter Garrett: Turn off the telly for a while and discover your inner voice, then listen to it.

Watch Again

16 Watch the video “How to Change the World” again. Form groups and list more actions you can take to change the world. Then tell your list of actions to a neighboring group.

- Always remember to switch off the lights when you are the last to leave a room.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Listing

Listing is a common way to organize ideas. It can be used to present a list of facts or opinions. You can sequence your list by importance. You can either begin with the most important items in your list or begin with the least important items in your list.

Some common transitional words and phrases used to list things are: firstly, secondly, thirdly, ..., lastly; one is..., another is ..., yet another is ...; for one thing, for another; and most important.

17 Watch the video “My Heroes” again and read the following statements. Put a tick in the blank if you agree and put a cross if you don’t. Compare your answer with your partner and state your reasons.

- _____ (1) All the people I admire are themselves people who admire others.
- _____ (2) I’m unafraid of worship of others, if it is not unconditional worship.
- _____ (3) My heroes are very common to people of my age and culture and generation.
- _____ (4) Winston Churchill and Oscar Wilde are hard to avoid as heroes.
- _____ (5) The human beings I admire are ones who are a hundred percent themselves all the time.
- _____ (6) The human beings I admire don’t have that self-conscious look about them where you think they know someone’s watching them.
- _____ (7) I always expect a hero to know how to deal with other people properly and be generous.
- _____ (8) A great artist should be a great man in his private life.

18 Watch the video “CNN Heroes for 2010” again. In small groups, vote for the CNN Hero of the Year and state your reasons.

Our CNN Hero of the Year is _____

Our reasons are _____

19 Watch the video “Harry Warner” about Harry Warner again and retell the story with the following cues. Then in pairs, tell a story about someone who has influenced you. The questions are for your reference.

- not the challenge of dollars, the challenge of ideals and ideas
- those production efforts
- three brothers, found and run Warner Bros.
- no education, a huge amount of chutzpah, on the right track
- just Grandpa, ride around on the tractor at his ranch
- pass away, the family business
- the last time, bedridden, his eyes, his smile, his hand, no words
- his grip, squeeze back, a promise
- the magnitude and meaning of that moment

Questions

- (1) What saying do you remember of that person?
- (2) What's that person's name?
- (3) What does that person do?
- (4) What personality traits of that person have impressed you the most?
- (5) In what way are you associated with that person?
- (6) What incident do you remember of that person?
- (7) What is the significance of that incident?