

迪士尼青少年  
英汉双语读

Disney · PIXAR  
**INSIDE  
OUT**

美  
绘  
版



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美国迪士尼公司 / 著 沈勇 / 编

# 头脑特工队

迪士尼经典故事学英文

- 1 原版电影故事
- 2 语法讲座测试
- 3 全真剧照典藏

华东理工大学出版社  
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

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## 本书特色及使用说明

《迪士尼青少年英汉双语读物》精选迪士尼官方授权的原版电影故事，语言纯正，表达地道，让青少年感受并学习原汁原味的英语。

有趣、有品、有效是本套书的特色：有趣的故事 + 有趣的设计，激发青少年的英文阅读兴趣；高品质的制作 + 迪士尼电影故事所传递的“品格”力量，让青少年在有效学习语言的同时，更好地理解世界、认知自我并更好地热爱生活。



Joy and Sadness continued through Long Term Memory until they met up with a familiar creature. It was Bing Bong, Riley's old *imaginary* friend! He was part cat, part elephant, and part dolphin, and he was made of cotton candy. He and Riley had had many *adventures* in his song-powered *wagon* rocket when she was three.

Bing Bong suggested they take the Train of Thought to Headquarters. He even knew a shortcut to the nearest station.

Bing Bong led them to a strange building called *Abstract Thought*. "The station is right through here," he said.

"I read about this place in the manual. We shouldn't go in there," said Sadness. But Joy didn't want to waste any more time. "I'm not missing that train," she said, hurrying after Bing Bong.

*Conflicted*, Sadness followed.

imaginary n. 想象中的    adventure n. 冒险    wagon n. 铁路货车



abstract n. 抽象的    conflicted a. 冲突的, 矛盾的

01



### 01 单词词组注释

每面标注出重点、难点单词或词组，扫除阅读障碍，便于阅读和学习。

### 02 全真剧照典藏

本书全彩印刷，海量剧照精美呈现，再现电影场景，带来无限想象，丰富阅读体验。





7. At Jangles' \_\_\_\_\_, the soundstage, Bing Bong, Sadness, and Joy ran to the Train of Thought and hopped on.  
8. Bing Bong, Sadness, and Joy entered a soundstage door and saw a set that looked like Riley's classroom. They ducked behind a costume rack and \_\_\_\_\_ a plan.

### Grammar

过去进行时的构成与用法

04

- 过去进行时 (Past continuous tense)  
表示过去某一时段或某一动作正在发生或正在进行的状态。  
过去进行时的构成与用法  
**was/were + doing**  
• Riley said good-bye to her parents, and then she was off to her new school. So far, the day was going great.  
• At dinnertime, Riley's parents noticed she wasn't acting like herself.
- 被动语态 (Passive voice)  
英语中常用被动语态。被动语态由“be + 动词的过去分词”构成。被动语态的构成与用法  
**was/were + done**  
• But the fun came to an end when Dad was called away for work.  
• The islands were connected to Headquarters by lightlines.

Choice.

- Bing Bong \_\_\_\_\_ (was making; was made) of cotton candy.
- Anything that was potentially gross \_\_\_\_\_ (was handling; was handled) by Disgust.
- Inside Headquarters, Anger, Disgust, and Fear tried to run things like Joy. But they \_\_\_\_\_ (were failing; were failed) miserably.
- Dad's Emotions helped him "put the foot down," and Riley \_\_\_\_\_ (was sending; was sent) to her room.
- At school that day, Riley ate lunch by herself. She \_\_\_\_\_ (was experiencing; was experienced) an abstract \_\_\_\_\_ (03) of her own: loneliness.
- Joy, Sadness, and Bing Bong raced to Dream Productions, where Riley's dreams \_\_\_\_\_ (were making; were made).
- Sadness's plan \_\_\_\_\_ (was working; was worked); they \_\_\_\_\_ (were scaring; were scared) Riley awake!
- Joy and Sadness managed to escape, but Bing Bong \_\_\_\_\_ (was taking; was taken) away!
- Meanwhile, Riley \_\_\_\_\_ (was getting; was gotten) ready to run away from home.
- Bing Bong noticed he \_\_\_\_\_ (was starting; was started) to fade.
- The guards dragged Bing Bong down to the Subconscious, where all of Riley's darkest fears \_\_\_\_\_ (were keeping; were kept) behind locked doors.
- In Headquarters, Anger, Fear, and Disgust \_\_\_\_\_ (were regretting; were regretted) the plan.
- Riley's parents \_\_\_\_\_ (were relieving; were relieved) when she walked through the front door.

## 03 拓展拔高训练

本书练习丰富, 题型多样, 有结合各篇章重难点单词、词组的练习, 也有多层次多形式的阅读练习。

## 04 语法讲座测试

本书结合各篇章语言特色, 讲解重点、难点语法, 避免脱离语境的学习。同时设置练习, 考查对该语法点的掌握情况。

## 05 纯正美音朗读

■ 附赠纯正美音朗读 MP3 下载, 同时设置二维码, 便于随扫随听, 打开青少年的英文耳朵, 体验与众不同的听读盛宴。

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温馨提示: 建议在 Wi-Fi 环境下听读



扫一扫  
聆听纯正美音朗读音频

# Chapter 1



**O**n the day Riley was born, Joy appeared. Joy was an Emotion. She worked inside Headquarters, the main control center in Riley's mind. There, on the giant *screen*, Joy could see the world through Riley's eyes. She watched with wonder as Riley's parents looked at their daughter *for the first time*.



---

screen *n.* 屏幕 for the first time 初次, 第一次





Joy wanted Riley's life to burst with happiness. Her goal was to keep cheerful yellow memory *spheres* rolling through Headquarters. And since she was the only Emotion, Joy *figured* her job was going to be pretty easy!

But just thirty-three seconds after Riley was born, another Emotion appeared. It was Sadness. As the small blue Emotion took the controls in Headquarters, Riley began to cry. Joy quickly nudged Sadness *aside*.



---

sphere *n.* 球(体)    figure *v.* 认为, 推测    aside *adv.* 在旁边, 在一边

Headquarters soon became more crowded as new Emotions reported for duty.

Each one took his or her turn at the control *panel*—or *console*—and guided Riley through everyday tasks, *interactions*, and challenges. It seemed to Joy that most of the Emotions had an important purpose.

Fear kept Riley safe. If there was a treacherous *power cord* to cross, he was the Emotion to safely guide her to the other side.



panel *n.* 控制板 console *n.* 操纵台 interaction *n.* 互动 power cord 电源线



Anything that was potentially **gross** was handled by Disgust. She helped Riley decide whether to accept it . . . or spit it out!

And no one knew how to handle life's **injustices** better than Anger. He helped Riley stand up for herself and demand fairness.



---

gross *adj.* 恶心的    injustice *n.* 不公平



But Sadness . . . why did Riley need her? She always seemed to make Riley sad, which was the opposite of what Joy wanted. So Joy tried to keep Sadness off the console in Headquarters *as often as possible*.

Outside Headquarters in Riley's Mind World were Riley's five Islands of Personality: Family, Honesty, **Hockey**, Friendship, and **Goofball**.



as...as possible 尽可能 hockey *n.* 曲棍球 goofball *n.* 傻瓜, 怪人

The islands were connected to Headquarters by lightlines. Riley's core memories, the super-important memories that came from the biggest moments in her life, sent power through the lightlines to keep the islands running.

With Joy *in charge*, Riley had a great childhood. Every day, yellow memory spheres filled up Headquarters. Riley's first eleven years went just as Joy had planned . . . but then everything changed.

---

in charge 在……看管下





## Comprehension

Choose the best answer according to the chapter you have just read.

1. On the day Riley was born, Joy appeared and she was an \_\_\_\_\_.  
A. emotion                      B. enemy                      C. entertainment
2. Joy watched with wonder as Riley's \_\_\_\_\_ looked at their daughter for the first time.  
A. mother                      B. father                      C. parents
3. Joy's goal was to keep cheerful \_\_\_\_\_ memory spheres rolling through Headquarters.  
A. yellow                      B. green                      C. blue
4. Since she was the only Emotion, Joy figured her job was going to be \_\_\_\_\_.  
A. very interesting              B. quite busy              C. pretty easy
5. As the small blue Emotion took the controls in Headquarters, Riley began to \_\_\_\_\_.  
A. smile                      B. cry                      C. laugh
6. Headquarters soon became more crowded as new \_\_\_\_\_ reported for duty.  
A. friends                      B. emotions                      C. memories
7. It seemed to Joy that most of the Emotions had \_\_\_\_\_ purpose.  
A. an important              B. no important              C. an interesting
8. No one knew how to handle life's injustices better than \_\_\_\_\_.  
A. Sadness                      B. Joy                      C. Anger

