



教育部“十一·五”规划建设研究教材  
根据教育部最新调整大纲编写

总主编 束定芳 蒋秉章

# 走出牛津

## 大学实用英语综合教程

主审 上海交通大学 甘露光

主编 陈明娟

# BEYOND OXFORD

Practical College  
English Course

练习册  
WORKBOOK



学林出版社

# 1

# 大学实用英语综合教程

——走出牛津

第一册（练习册）

主 编：陈明娟

编 者：徐璐璐 李爱群 陈 诚 杨志霞

程 慧 周 琳 陈明娟 周凯猛

师 炜

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主 编: 陈明娟

特约编辑: 张建平 俞学忠 李 力

责任编辑: 吴耀根

封面设计: 石苏琴 姜明珏

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总 主 编：束定芳 蒋秉章

主 审：甘露光 Mustaq Missouri

执行主编：吴 云

编委会成员：邢 怡 施志渝 牟新华 毛 锋  
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程 慧 周 琳 张欲晓 蒋秉章  
束定芳 戴 萍 Mustaq Missouri  
甘露光 (排名不分先后)

## 序

关于外语教材，我曾经做过一些调查研究，也在很多场合表达过一些个人的看法，得到许多专家和老师的认可与支持。我认为，教材的外延应该扩大，应该向立体性的方向发展。学生学习外语不应该仅仅包括收录在书本中作为范本的文字材料，还应该从各种真实的语言交际过程和产品中学习语言。教师和学生使用教材，语言输入是一方面，更重要的是通过练习的安排，培养学习者对语言的敏感性，提高使用语言的技能以及自主学习的能力。因此，教材主要包括两部分，一是材料，二是练习。前者选择的标准包括趣味性、知识性和可模仿性等，而后者则最能体现编写者的教学理念，其目的是培养学生的学习能力，提高学习的效率。

学林出版社组织一批长期在高职高专英语教学一线教学的教师，依据现代外语教学的相关理念，编写了这套《走出牛津》系列教程，为高职院校的学生学习英语又提供了一套可供选择的新理念英语教材。

编者编写这套新教材的指导思想是：针对高职学生的语言学习特点和教学基本要求，突破传统的教材编写模式，强调使用日常生活中的场景英语和功能。练习采用任务型，通过教学互动来完成，体现快乐教学法，从而达到更有效地训练语言功能的目的。课文的篇幅短小明快，图文并茂，生动活泼，使学生产生学习英语的兴趣和成就感。

这些指导思想以及教材的体例、内容安排等是否符合我前面提到的对外语教材功能和作用的新的定位，是否能真正成为高职学生学习英语的好向导，老师的好帮手，这需要师生们在实践中去检验。但无论如何，有理念、有创新的教材肯定比没有理念、仅凭感觉编出来的教材要胜一筹。

上海外国语大学 束定芳（教授、博士生导师）

# 前 言

伴随着全国职业教育大会帷幕的徐徐降落，国务院和教育部将发展职业教育作为经济社会发展的重要基础和教育工作的战略要点，明确提出了职业教育“以服务为宗旨，以就业为导向”的办学方针。它吹响的号角声也越传越广、越传越远，职业教育的春风已渐显浓郁。

借此良机我们秉承贯有的“实用原则”理念，深入调研，广泛征求全国各大高职高专院校师生意见，依据欧洲文化教育委员会制定的 WT 教学大纲和我国高职高专英语课程教学基本要求，精心策划、组织编写了这套《走出牛津》大学实用英语综合教程。

《走出牛津》像一股清新飘逸的微微春风，伴着职业教育大会的节奏，抹去隆冬的厚重，意在带领莘莘学子“走出书斋和课堂，直面生活与工作”。它成功地摆脱了传统教材编写的窘境，开创了一种实用价值极高的高等学校英语教材编写的新模式，实现了理论与实用的相交相融。理论中渗透着实用，而实用中又不失幽默和轻松。《走出牛津》遵循语言学习的自然规律，把听、说、读、写、译等各种语言技能训练融为一体，以学生为本位，充分发挥教师和学生的双主体作用，在互动中学习英语，在学习中强调功能。体现即学即用、快乐学习法的教学理念。

《走出牛津》系列教材避免了传统教材单元少、主题面窄的缺点。它按照“实用为主，够用为度”的原则，不再就某主题纵深地挖掘相关内容，长篇累牍，强调所谓的厚重的文化底蕴的灌输。为了进一步拓展主题，增加信息含量，丰富教材的内容，巩固教学效果，系列教材还配备了一套练习册。练习册的题型基本上按照高等学校英语应用能力考试题型设计，相对增加了阅读含量。通过场景的复现与逼真的演练，既是对主题的扩展和延伸，又是对知识点的强化和巩固，可作为应用能力考试考前热身之用。练习册的选材仍然取自日常生活与实际工作场景，语料时尚、新鲜有趣、富有时代气息。

《走出牛津》系列练习册，基本按照《高职高专教育英语课程教学基本要求》的词汇表裁剪语料，生词量和超纲词均得到了有效的把握和控制。

练习册配备有录音磁带，基本上是按考试环境设置。

由于编者水平有限，疏漏和不妥之处在所难免，恳请专家和读者不吝指正。

2006 年 6 月编委会

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## Unit 1 X-sports

### Part I Listening Comprehension

#### Section A

**Directions:** *Listen to the short dialogues twice and choose the correct answers to the questions you've heard.*

1. A) She wants to exercise before she runs.  
B) It's too hot to go running.  
C) Her jogging suit isn't warm enough.  
D) She already went jogging.
2. A) They were very tired.  
B) They were badly dressed.  
C) They were terrified.  
D) They were in rags.
3. A) He is sorry he can't join them.  
B) He is happy he can join them.  
C) He has decided to join them.  
D) He wants to watch the game.
4. A) Join the man.  
B) Stay indoors.  
C) Think of a good idea.  
D) Work.
5. A) He doesn't know why the coach wants to see him.  
B) No one knows why the coach resigned.  
C) The coach is trying to solve the mystery.  
D) He missed the coach's retirement party.

#### Section B

**Directions:** *Listen to a long conversation twice and complete the following sentences.*

1. The girl likes \_\_\_\_\_ best, because it is \_\_\_\_\_. She also likes \_\_\_\_\_ and \_\_\_\_\_ with her friends.
2. The boy likes \_\_\_\_\_ because it is \_\_\_\_\_. Like the girl, he also likes \_\_\_\_\_.
3. This weekend the man is going to go \_\_\_\_\_.

### Part II Vocabulary & Structure

#### Section A

**Directions:** *Complete each statement by choosing the appropriate answer from the 4 choices.*

1. We plan to go camping this weekend. Would you like to \_\_\_\_\_ us?  
A) attend                      B) join                      C) take part in                      D) participate
2. Nowadays many young people \_\_\_\_\_ X-sports.  
A) go in for                      B) are fond for                      C) favor about                      D) are interested on
3. The sport might be \_\_\_\_\_, but I feel a little \_\_\_\_\_ with it.  
A) exciting, boring                      B) relaxed, boring                      C) relaxing, bored                      D) excited, interested



4. I'd like to try bungee jumping \_\_\_\_\_.  
A) some time      B) some times      C) sometime      D) sometimes
5. This sport form is \_\_\_\_\_ accepted by people.  
A) slow      B) increasingly      C) increasing      D) increased
6. This kind of food is favored \_\_\_\_\_ the country.  
A) over      B) whole      C) through      D) throughout
7. John is talking about his \_\_\_\_\_ in the forest.  
A) experience      B) experiences      C) happenings      D) live
8. All the \_\_\_\_\_ in the school will get a rise this year.  
A) women teachers      B) woman teachers      C) teachers of women      D) women-teachers
9. Mary suggested \_\_\_\_\_ this weekend.  
A) go camping      B) to go camping      C) going camping      D) of going camping
10. I forgot \_\_\_\_\_ the light when I left for work this morning, and it was on the whole day.  
A) to turn off      B) turning off      C) to turn down      D) turning down

## Section B

**Directions:** Fill in each blank with the proper form of the word given in the brackets.

1. I'm making some \_\_\_\_\_ (prepare) for tomorrow's camping trip.
2. The \_\_\_\_\_ (participate) in this sports were very excited.
3. I'd like to hear about your \_\_\_\_\_ (advise).
4. Bungee jumping is one of my \_\_\_\_\_ (favor) sports.
5. It would be sheer \_\_\_\_\_ (mad) to attempt to cross the desert on your own.
6. This looks \_\_\_\_\_ (extreme) dangerous.
7. I followed his \_\_\_\_\_ (suggest) that I lose weight.
8. The \_\_\_\_\_ (competition) are ready for the match.
9. He is a keen \_\_\_\_\_ (cycle). He goes cycling every day.
10. Diving in the sky is really \_\_\_\_\_ (fantasy).

## Part III Reading Comprehension

### Task 1

**Directions:** Read the passage and choose the most appropriate answers to the questions.

Women are more involved in sports than they used to be, and they are frequently beating their male counterparts in events like marathon running and long distance swimming.

What gives women endurance? The answer seems to lie in female physiology. Endurance depends not on muscle but on fat. Although a man usually has more muscles than a woman, the woman has relatively (相对的) more fat.

The difference gives women at least two advantages in endurance contests. Because fat is much lighter than muscle, a woman has far less weight to carry around than a man of the same age and height. The second advantage, however, is more important. Muscles need fuel (燃料) to

function. After the body uses its ready supply of fuel it must turn to fat. With their greater proportion (比例) of fat women simply have more fuel available. Their bodies are also more accustomed to fat and can do it more efficiently.

1. In which of the following events do women do better than men?
  - A) Long-distance running.
  - B) Swimming.
  - C) Ball games.
  - D) Weight lifting.
2. According to the passage what is the basic difference between male and female physiology?
  - A) Women have a higher percentage of fat.
  - B) Men have less muscle tissues.
  - C) Men are taller and heavier.
  - D) Fat is important than muscle.
3. Why are women better in events requiring endurance?
  - A) Their diet contains more protein.
  - B) They have less weight to carry.
  - C) They have more fuel to provide energy.
  - D) Both B and C.
4. In the speaker's opinion what is the source of an athlete's endurance?
  - A) Fat.
  - B) Muscle.
  - C) Protein.
  - D) Vitamin.

## Task 2

**Directions:** Read the passage carefully and complete the information by filling in the blanks in no more than 3 words in the table below.

Think of surfing and you probably think of Hawaii, California and Australia. How high would Japan be up your list? Well, you might be surprised to hear that right under your nose there are epic(辉煌的) waves going off, just waiting to be ridden. With its long, varied Pacific coastline and summer typhoon season, Japan has plenty of opportunities to get out of the city and get wet. Almost the entire coastline has breaks, from the tropical reef breaks of Okinawa (冲绳) up to the frozen beaches of Hokkaido(北海道); and with a bunch of local surf forecasting websites, there's no excuse for missing these enjoyments.

Never surfed before? Well, why not start now? Just over an hour from Tokyo there are mellow beach breaks perfect for beginners, with plenty of surf shops offering rental equipment. During the summer all you need is your swimsuit!

1. People's favorite countries to go surfing: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
2. The advantages to go surfing in Japan: its coastline is \_\_\_\_\_ and \_\_\_\_\_; the entire coastline has many \_\_\_\_\_.
3. The location of the closest surf beach to Tokyo: \_\_\_\_\_ from Tokyo.
4. The necessary things to take if go surfing in Japan: only \_\_\_\_\_, because surfing equipment can be \_\_\_\_\_.

### Task 3

**Directions:** Read the following list of terms of sport and find the items equivalent to (与……等同) those given in Chinese in the table below.

- A ----- parachuting
- B ----- skate boots
- C ----- skate scooters
- D ----- mountaineer
- E ----- kite-surfing
- F ----- adventure
- G ----- rafting
- H ----- rock-climbing
- I ----- bicycle motocross
- J ----- raceboard
- K ----- skate park
- L ----- skate coach
- M ----- mountain hiking
- N ----- wind-surfing
- O ----- surfboard

**Examples:** (G) 皮划艇

(I) 自行车越野运动

- |             |          |
|-------------|----------|
| 1. ( ) 溜冰鞋  | ( ) 速滑板  |
| 2. ( ) 帆板冲浪 | ( ) 冲浪板  |
| 3. ( ) 跳伞   | ( ) 攀岩   |
| 4. ( ) 登山者  | ( ) 溜冰教练 |
| 5. ( ) 滑板车  | ( ) 滑冰场  |

### Task 4

**Directions:** Read the advertisement and write down the answers that follow the questions briefly.

#### **Snowboarding Holidays & Snowboard Vacations Worldwide**

Welcome to our World Guide to Snowboarding holidays. We have a list of all the Snowboarding holidays and snowboard vacations offered throughout the world.

For each of these holiday packages we have full-detailed descriptions, including pictures, itineraries, and all other related information.

If you are looking for holiday packages, please use our World Sky & Snowboard Resort Guide.

If you have any questions, please don't hesitate to contact us: 617-555-2381.

We are at your service 24 hours a day.

1. What sport is this ad about?  
\_\_\_\_\_.
2. What kind of description can you get about the holiday packages?  
Pictures, itineraries and \_\_\_\_\_.
3. When can you use their World Sky & Snowboard Resort Guide?  
When you are looking for \_\_\_\_\_.
4. What is their way of contact?  
\_\_\_\_\_.
5. At what time can you contact them?  
\_\_\_\_\_ during the day.

## Part IV Translation—English to Chinese

**Directions:** Choose the best translation for the sentences numbered 1 to 4 and write your translation of number 5 in the corresponding space.

1. Skydiving is really a breathtaking sport.  
 A) 跳伞真的是让人窒息的运动。  
 B) 跳伞真的是让人激动的运动。  
 C) 跳伞真的是让人呼吸的运动。  
 D) 跳伞的确是需耗费体力的运动。
2. Bungee jumping is something I always want to have a try sometime.  
 A) 蹦极是我一直想去尝试一下的运动。  
 B) 蹦极是某个东西，我总是想在某个时候去试一下。  
 C) 我一直想什么时候去尝试一下蹦极运动。  
 D) 蹦极是我总是想努力实现的运动。
3. I once took part in an outdoor training course, which was very worthwhile.  
 A) 我立即参加了室外训练课程。它非常值得。  
 B) 我曾经加入一个野外训练课程。它非常有价值。  
 C) 我曾经参加过一个野外训练课程，这个课程非常有价值。  
 D) 我有一次加入一个室外训练课程。它非常有价值。
4. I usually go skateboarding when I am free.  
 A) 当我有空的时候，经常去玩滑板。  
 B) 当我自由的时候，通常去滑板。  
 C) 在我有空的时候，通常去玩滑板。  
 D) 在我自由的时候，经常去滑板。
5. Sports are very popular in China now. More and more people are willing to take part in sports of different kinds, such as table tennis, football, volleyball, and even exciting X-sports. Every year there are many matches played on the city, provincial or national level. Sports are no longer limited to a few professional players.

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## Part V Writing

**Directions:** *This part is to test your ability to do practical writing. You are required to make a dialogue in English according to the information given in Chinese.*

按照下面的要求编写一个对话：

假如你的朋友邀请你周末去玩滑板运动，而你从来没有尝试过这样的极限运动。约定时间、地点。

## Unit 2 Brandstore

### Part I Listening Comprehension

#### Section A

**Directions:** *Listen to the short dialogues twice and choose the correct answers to the questions you've heard.*

1. A) Because it is smaller.  
C) Because its color is different.
2. A) She doesn't like it.  
C) The sweater doesn't fit her.
3. A) \$ 30.  
C) \$ 22.5.
4. A) A book.  
C) A tie.
5. A) Young people should like clothes of famous brands.  
B) Young people shouldn't be crazy about famous brands.  
C) The fashion shouldn't change so fast.  
D) Clothes of famous brands change too fast.
- B) Because its style is out of date.  
D) Because it is made of different materials.  
B) It's too expensive.  
D) Her friend gave it to her as a birthday present.  
B) \$ 24.  
D) \$ 20.  
B) A case.  
D) A watch.

#### Section B

**Directions:** *Listen to a long conversation twice and complete the table below.*

	The first purse	The purse the woman bought
Color:	_____	_____
Original price:	_____	_____
Present price:	/	_____
The place where it is made:	_____	_____

### Part II Vocabulary & Structure

#### Section A

**Directions:** *Complete each statement by choosing the appropriate answer from the 4 choices.*

1. This color really \_\_\_\_\_ you very well.  
A) suits for  
C) suitable  
B) suits  
D) suitable for
2. How silly \_\_\_\_\_ was of Tom to ask the question.  
A) it  
C) that  
B) this  
D) he





## Part III Reading Comprehension

### Task 1

**Directions:** Read the advertisement and choose the most appropriate answers to the questions.

#### Buy One, Get One Free

Buy one shirt or tie at Daniel's Menswear, and get another shirt or tie of the same price free. Choose from any of our shirts and we will give you another one at no cost.

Hurry! Offer ends on November 14. Offer is limited to one per customer.

#### 10% off

Present this coupon (打折券) at the Book Store to get a 10% discount on any books you buy. We have lots of books to choose from, including children's books, novels, travel guides, and science works. You're sure to find something that you will enjoy. Shop now for Christmas; we have plenty of toys as gifts for you and avoid the rush.

Offer here until November 14.

1. What can you get if you buy one shirt at Daniel's Menswear?  
A) Another shirt free. B) Another shirt for half the price.  
C) A tie free. D) A tie for half the price.
2. How many offers of discount can one customer get at Daniel's Menswear?  
A) One. B) Two. C) Three. D) Four.
3. How can you get a discount at the Book Store?  
A) You can buy two ties at the same time.  
B) You can give them the coupon.  
C) You can choose a toy.  
D) You can buy some novels.
4. What can't you get at the Book Store?  
A) Children's books. B) Books about Science.  
C) Presents. D) Shirts.
5. Which of the following is NOT true?  
A) If you want to get the discount, you should go to the shops before November 14.  
B) There might be many customers shopping in the shops.  
C) Any customer can get a 10% discount if he shops at the Book Store.  
D) It'll be Christmas soon.

### Task 2

**Directions:** Read the passage carefully and complete the information by filling in the blanks in no more than 3 words in the table below.

Calvin Klein is an American brand name of clothing and accessories (附件), developed by the

American designer of the same name, who was born in New York City in 1942. He established Calvin Klein Ltd. (有限公司) in 1968 to produce clothes and accessories bearing his typical style of spare designs with simple, elegant lines and luxury materials. Calvin Klein jeans are particularly well-known.

Wrangler is a brand name of jeans, shorts and shirts produced by Blue Bell Company in America. The company started using Wrangler as its brand name in 1943 and in 1947 it introduced its authentic western jeans to the American consumers. Since then it has specialized in producing jeans, shirts, pants, and shorts, especially suitable for outdoor wear.

Today both brands are popular among those active young people.

	<b>Calvin Klein</b>	<b>Wrangler</b>
Designer of the brand:	_____	/
Starting time of the company:	_____	_____
Special features:	Lines are _____ and _____; Materials are _____.	It specializes in clothes for _____ wear.

### Task 3

**Directions:** Read the following list of terms of shopping and find the items equivalent to (与……等同) those given in Chinese in the table below.

- |   |       |                    |
|---|-------|--------------------|
| A | ----- | regular price      |
| B | ----- | purchase           |
| C | ----- | Christmas shopping |
| D | ----- | sale discount      |
| E | ----- | well-designed      |
| F | ----- | knock off          |
| G | ----- | blue jeans         |
| H | ----- | chain store        |
| I | ----- | New Year's sale    |
| J | ----- | blouse             |
| K | ----- | advertisement      |
| L | ----- | customer           |
| M | ----- | workmanship        |
| N | ----- | receipt            |
| O | ----- | brandstore         |

**Examples: (O) 专卖店**

### (I) 新年特卖

- |             |            |
|-------------|------------|
| 1. ( ) 女士衬衫 | ( ) 收据     |
| 2. ( ) 连锁店  | ( ) 销售折扣   |
| 3. ( ) 工艺   | ( ) 原价/正常价 |