

在职攻读

硕士学位研究生 实用英语教程

孙立新 编著

简明



实用

创新

ENGLISH FOR ON-JOB
GRADUATE STUDY



中国海洋大学出版社
CHINA OCEAN UNIVERSITY PRESS

在职攻读硕士学位研究生 实用英语教程

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• 青岛 •

图书在版编目(CIP)数据

在职攻读硕士学位研究生实用英语教程/孙立新编
著. —青岛:中国海洋大学出版社, 2011. 4
ISBN 978-7-81125-614-7

I. ①在… II. ①孙… III. ①英语—研究生—教材
IV. ①H31

中国版本图书馆 CIP 数据核字(2011)第 056973 号

出版发行 中国海洋大学出版社
社 址 青岛市香港东路 23 号
出 版 人 杨立敏
网 址 <http://www.ouc-press.com>
电子信箱 yyf2829@msn.cn
订购电话 0532—82032573(传真)
责任编辑 杨亦飞
印 制 青岛双星华信印刷有限公司
版 次 2011 年 4 月第 1 版
印 次 2011 年 4 月第 1 次印刷
成品尺寸 170 mm×230 mm
印 张 6.75
字 数 150 千字
定 价 23.80 元

邮政编码 266071

电 话 0532—85902533

前 言

《在职攻读硕士学位研究生实用英语教程》是专门给在职攻读硕士研究生的学员量身定做的一套教材。本书编者从事在职研究生英语教材多年,深切地感到在职人员大都离校多年,对英语已比较生疏,特别是有些理工科的学员本来英语基础就比较薄弱,再加之多年的遗忘,这就使得常规的英语教学颇显困难,而传统的英语教材在使用中也使得大部分同学感到吃力。本教材在此种情形下应运而生。在中国海洋大学研究生教育中心专业学位办公室的建议下,本着以下的几个原则,编者编写了本书。

1. 简明:本教材整体的设计简洁、明朗、清晰,能有效地帮助在职攻读硕士学位研究生的学员在较短的时间内恢复、巩固其已有的英语基础知识,摆脱由于多年的遗忘而对英语产生的恐惧感,使其树立学好英语的信心。

2. 实用:对广大在职攻读硕士学位研究生的学员来说,最重要的是语言运用技能和沟通能力的培养。本教材设计了大量的口语、会话练习,在汉语的提示下(成人的外语学习需要母语的干预),能够很好地帮助学员达到张口说、积极练的目的。

3. 创新:课文的选材以中国的风土人情为主线,更适合在职的学员理解;摒弃了传统英语教材中大量的语法讲解,同时弱化生词的“障碍”;所设计的练习活泼精悍,针对性强,形式多样,能最大限度地调动学员们学习英语的兴趣。

本教材共分八个单元,分别涉及饮食、文化、教育、经济、社会,环保等 21 世纪社会生活的各个层面。每单元包括三大部分:Ⅰ. Lead-in Activities(导入部分),主要通过相应的口语会话练习来激发学生对各单元主题的兴趣,并训练学员的口语表达能力。Ⅱ. Passage(课

文部分),内容有课文和练习,并配有相应的图片以帮助学生更好地理解课文。本部分并不只注重对知识的灌输,更注重拓展学员对一般词汇的学习和应用能力。Ⅲ. Question & Answer(问与答部分),主要围绕生活、商务,学习等各方面的话题,以问答的形式展开大家感兴趣的话题,提高学生解决问题的能力,此部分还设计了 what's (幽默集锦),旨在使学生深刻理解英语语言的魅力,达到进一步热爱英语的目的。整套教材使得后续的英语提高与拓展教学相对顺利一些,这也是我们所有从事在职研究生教育的老师所期盼的。

本教材的编写得到了中国海洋大学研究生教育中心的大力支持和热心指导,在此表示诚挚的感谢!

欢迎各位老师和广大学员对本书提出宝贵意见。

编 者

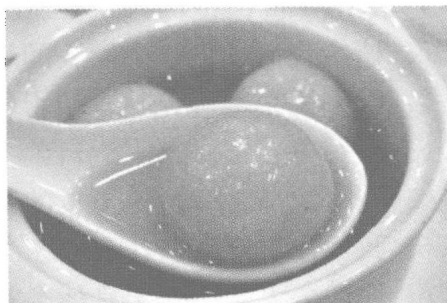
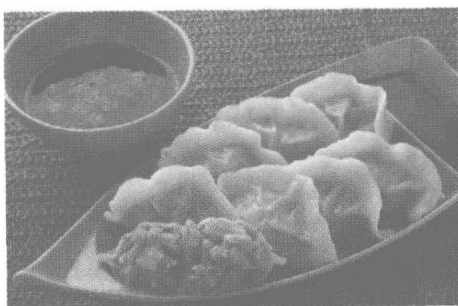
2010. 12

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Module One Food and Tradition



Part 1 Lead-in Activities

I . Read and Speak

A. Basic Patterns

1. Could you recommend a nice restaurant near here?
2. I was trying to decide what to order.
3. I'd like a restaurant with cheerful atmosphere.
4. What's your specialty today?
5. This soup is incredible! Have you tried it yet?
6. I've never had fried chicken this good before.
7. Is there a Chinese restaurant around here?
8. My doctor tells me I have to avoid food containing fat (salt/sugar).
9. We'd like a table for two with a view of the sea, please.
10. Do you know of any restaurants open now?

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11. Are there any inexpensive restaurants near here?
12. Would you like a smoking or non-smoking table?
13. Do you have any vegetarian dishes?
14. My compliments to the chef.
15. Can I have some fruit instead of the dessert?

B. Practice the patterns above with the help of the following Chinese.

1. 请给我们预订一个两人的可以看海的桌位。
2. 医生说我得避免吃含油脂(盐分/糖分)的食物。
3. 是否可介绍一家附近口碑不错的餐厅?
4. 这附近是否有价位不贵的餐厅?
5. 我正在想该点些什么菜。
6. 你们今天的招牌菜是什么?
7. 餐厅是否供应素食餐?
8. 我以前从来没吃过这么好的炸鸡。
9. 能告诉我最近的中国餐厅在哪里吗?
10. 你知道现在哪里还有餐厅是营业的吗?
11. 这汤真是不错! 你尝过吗?
12. 可不可以不要甜点改要水果?
13. 厨师手艺真不错,赞一个。
14. 我想去一家气氛欢乐、活泼的餐厅。
15. 您要吸烟区的还是禁烟区的桌子?

C. Read this dialogue and practice with your partner.

Waiter: Hello, can I help you?

Kim: Yes, I'd like to have some lunch.

Waiter: Would you like a starter?

Kim: Yes, I'd like a bowl of chicken soup, please.

Waiter: And what would you like for a main course?

Kim: I'd like a grilled cheese sandwich.

Waiter: Would you like anything to drink?

Kim: Yes, I'd like a glass of Coke, please.

Waiter (*after Kim has her lunch*): Can I bring you anything else?

Kim: No, thank you. Just the bill.

Waiter: Certainly.

Kim: I don't have my glasses. How much is the lunch?

Waiter: That's \$6.75 altogether.

Kim: Here you are. Thank you very much.

Waiter: You're welcome. Have a good day.

Kim: Thank you, the same to you.

II. Read the following official translations of some Chinese dishes, which version do you like better, the Chinese or the English?

- | | |
|-----------|---|
| 1. 红烧狮子头 | Braised Meatballs |
| 2. 全家福 | Stewed Assorted Delicacies |
| 3. 烧双冬 | Fried Bamboo Shoots with Mushrooms |
| 4. 木须肉 | Sautéed Meat with Egg and Fungus |
| 5. 梅菜扣肉 | Sliced Pork with Preserved Pickle Cabbage |
| 6. 白斩鸡 | Sliced Cold Chicken |
| 7. 夫妻肺片 | Pork Lungs in Chili Sauce |
| 8. 清蒸童子鸡 | Steamed Spring Chicken |
| 9. 蚂蚁上树 | Sautéed Vermicelli with Spicy Minced Pork |
| 10. 上汤乌冬面 | Japanese Noodles with Shredded Pork |

Match the following Western dishes with their corresponding Chinese translations.

1. Sizzling Sirloin Steak
2. Beef Stew

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3. Grilled Tuna Filet
4. Deep-Fried Squid Rings
5. Braised Chicken with Red Wine
6. Roast Stuffed Turkey
7. Cheese Lasagna
8. Grilled King Prawns with Garlic, Herb and Butter
9. Italian Tiramis
10. Mango Mousse Cake

- a. 意大利奶酪千层饼
- b. 铁板西冷牛扒
- c. 扒金枪鱼
- d. 香炸鱿鱼圈
- e. 红酒烩鸡
- f. 蒜茸大虾
- g. 红烩牛肉
- h. 芒果慕司蛋糕
- i. 意大利提拉米苏
- j. 烤瓢火鸡

III. Study the italicized words carefully.

- A. The *ingredients* of onion soup are onions, butter, water, salt and pepper.
- B. *Minerals* like iron and calcium are important for your bones.
- C. *Additives* are used to change the color or flavor of a food.
- D. Children's *RDA* for protein is about 40 grams.
- E. *Vitamins* A and E are good for your skin.
- F. This bread contains *preservatives* so it stays fresh for a longer time.

Match the definitions with the italicized words above.

1. Metals that your body needs _____.
2. Chemicals that your body needs _____.
3. The amount your body needs every day _____.
4. Other things that are added to a food _____.
5. Chemicals to keep food fresh _____.
6. What a food is made of _____.

IV. Discuss the following questions with a partner.

1. Do you know what “junk food” is? What are the differences between junk food and non-junk food?
2. What is “genetically modified” (GM) food? What are the benefits and risks of GM food?
3. Do you know anyone who is a vegetarian? Do you think his/her diet is healthy or unhealthy?
4. Do you know of any beliefs people have about food?

Part 2

Passage

The Meaning Behind the Feast

One of the meals I really look forward to preparing each year is the reunion dinner my family shares on the eve of Chinese New Year. Also referred to as the Lunar New Year or Spring Festival, Chinese New Year begins on the first day of the first moon of the lunar calendar. The festival marks the coming of spring and is believed to have origins in age-old celebrations that historically marked the end of harvest time in China. It was the time of year when Chinese families

gave thanks for the end of winter and bountiful harvest, and prayed for a good crop in the year ahead.

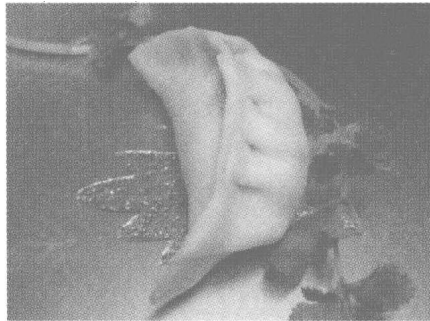
Over the centuries, the historical significance of the festival has waned. However, the Lunar New Year remains one of the most important festivals celebrated by the Chinese not only in China but the world over. Like Thanksgiving or Christmas, it has become a celebration that revolves around the gathering of friends and family. The many rituals associated with it thus evolved towards ensuring that the new year brings happiness, health and good fortune.

Food plays a prominent role in Chinese New Year traditions. After all, the Chinese culture has ranked amongst the most fanatically food-oriented in the world since antiquity. The famous Dongpo Pork (braised pork belly) dish from Hangzhou, for example, is named after a Song dynasty poet and statesman, Su Dongpo (1037-1101), whose millennium-old writing is filled with references to the pleasures of food.

Through the ages, Chinese scholars, philosophers and painters have devoted much of their energies to contemplating food and its significance in Chinese political, social and cultural life. To the Chinese, the selection, preparation and consumption of food are markers of civilization. Historically, too, gastronomy (the understanding of food) was proposed to cultivate both good health and moral well-being. This explains, in part, the significance of the many dishes traditionally eaten on the eve of Chinese New Year and the 15 days that follow.

First of all, the meal served on the eve of the New Year, often referred to as reunion dinner, is probably considered the most impor-

tant meal in a Chinese family's social calendar. It is the one meal that every family member is expected to attend. Enjoying the meal as a family symbolically reaffirms the solidarity and strength of kinship. An overabundance of food is a prerequisite—the Chinese believe that if you have more than enough food at your reunion dinner, the family will enjoy good fortune and wealth in the New Year. Each dish on the menu also tends to have a symbolic significance. For example, whole fish is essential even if it isn't eaten, because the Chinese word for fish, *yu* and the word for plenty are pronounced in the same way. The rationale is that by having more than enough fish, the family will not want for anything in the New Year.



In northern China, jiaozi (meat-filled dumplings) are eaten midnight to ensure good fortune in the year ahead. The crescent-shaped dumplings resemble ancient Chinese currency. A coin is sometimes inserted into one of the dumplings. The fortunate family member who finds it will supposedly be blessed with bountiful wealth.

As each new generation of Chinese continues the tradition of marking the Lunar New Year with auspicious food and dishes, the preparation of the dishes will inevitably change. But at the heart of all this feasting is a desire to fortify family ties and ensure that each member of the family enjoys happiness in the New Year.

In fact, many Chinese families make time to prepare their Chinese New Year feast together. Among some families, jiaozi-making parties are relished as opportunities to reminisce and reconnect. Through both talk and action, the very essence of each family is conveyed from generation to generation. Each bite of a dumpling—from the pliant (soft) texture of the dumpling skin, to the juicy savouriness of the stuffing, the piquant (spicy) flavor of the dipping sauce and its mouth-watering aroma—can awaken memories of conversations, relatives and the very history of a family.

Given how time-consuming and elaborate preparing a new year feast can get, many contemporary Chinese families now opt to enjoy their reunion dinners at a restaurant. But nothing really quite nurtures the soul of a family as a lovingly prepared home-cooked meal, filled with the best intentions.

1. wane *v.* 衰减, 减弱
2. antiquity *n.* 古迹, 古物
3. rationale *n.* 原因, 原理
4. auspicious *adj.* 吉祥的, 吉利的
5. reminisce *v.* 怀旧
6. fortify *v.* 加强, 巩固

Exercises

I. Decide if the following statements about the reading are true (T) or false (F). Circle the correct answer.

1. Chinese New Year is also known as Lunar New Year or Spring

- Festival. T/F
2. Chinese New Year is only celebrated in China. T/F
3. Much culture is reflected in Chinese food. T/F
4. The reunion dinner is referred to the meal that families have on the first day of the Lunar New Year. T/F
5. It takes little time and trouble making jiaozi. T/F

II . For each group, circle the word that does not belong.

- | | | | |
|---------------|------------|------------|-------------|
| 1. remarkable | prominent | proficient | outstanding |
| 2. boost | wane | improve | increase |
| 3. feeling | emotion | diet | mood |
| 4. stress | highlight | reject | underline |
| 5. fortify | strengthen | nurture | enhance |

III . Match the verbs on the left to the definitions on the right.

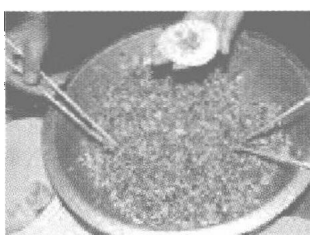
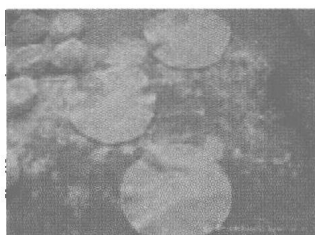
- | | |
|-------------|--|
| 1. to peel | a. to cook food in oil in a wide pan |
| 2. to slice | b. to cook food at a high temperature inside an oven |
| 3. to boil | c. to remove the skin of a fruit or vegetable with a knife |
| 4. to stir | d. to cut meat or vegetables into thin pieces |
| 5. to fry | e. to move food repeatedly in a circular motion |
| 6. to roast | f. to heat a liquid to 100 degrees |

Now complete the following sentences by filling in the gaps with the verbs above.

1. You need a sharp knife to _____ a potato.
2. On Sundays in the UK many people _____ chicken in the oven.
3. It is necessary to _____ an egg in water for three minutes to make it hard.

4. Another way to cook an egg is to _____ it in hot oil.
5. Don't forget to _____ the soup or it will burn at the bottom.
6. I'm going to _____ the pork into little pieces.

IV. Please look at the pictures below and discuss with a partner how to make jiaozi in English (reference attached).



1. Toss the chopped cabbage and salt in a bowl. Set aside for 30 minutes, then squeeze the cabbage to extract water.
2. Combine the cabbage, minced pork, chives, spring onions, ginger, garlic, soy sauce, Chinese cooking wine, sesame oil and chilli bean paste in a large bowl. Mix well and refrigerate for 30 minutes.
3. To wrap the jiaozi, have a small bowl of water handy. The frozen wrappers should be defrosted in the fridge and kept under a damp towel as you work. Place approximately one tablespoon of filling onto a wrapper. Place it slightly off-center. Dip a clean finger into the bowl of water and use it to moisten the rim of the wrapper. Fold it over so that you end up with a semicircle, crimping only the layer facing you as you press it down to seal. Six pleats are usually just about right. Place the completed dumplings on a tray dusted with flour. Repeat with the remaining filling and wrappers.
4. At this point, the jiaozi can be dusted with more flour and frozen.