



21世纪高等职业教育新视角规划教材·公共英语类

大学英语 综合实训教程 3

Comprehensive Training
Course for College English(III)

■ 主 编 禹海玲 王 昕



北京理工大学出版社

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前言

《大学英语综合教程》是一套供高职高专学校使用的英语教材。该套教材以《高职高专教育英语课程教学基本要求》为依据，由在教学一线奋斗多年、熟知高职高专英语教学规律的教师共同编写完成。

该套教材坚持以应用为目的，以“实用为主、够用为度”的原则，认真研究和总结了同类教材的优势和不足，摒弃了实用性不大、操作性不强的内容。在此基础上，又充分考虑到高职高专学生的英语基础、学习态度、学习习惯及接受能力等因素，形成了这套独具特色、科学实用的《大学英语综合教程》。

《大学英语综合教程》共3册，本书为第3册。本册共有10个单元。每单元包括：说（Open Your Mouth）、听（Cheer Up Your Ears）、读（Brighten Your Eyes）、写（Loose Your Hands）和趣味小板块（Relax Your Mind）5部分。

- Section One Open Your Mouth包括两个紧扣交际主题的对话范例，紧跟其后的是仿真交际练习。该部分生动的语言和生活化的情景让学生有话可说，交流的欲望和兴趣大大提高。

- Section Two Cheer Up Your Ears根据学生的实际水平设置了由易到难、循序渐进的听力练习内容，包括短对话、长对话、短文填空和短文听力理解。题型灵活实用，容量适中，精心挑选的听力内容紧扣单元交际话题，在训练听力的同时又可以增长知识，开阔视野。

- Section Three Brighten Your Eyes两篇短文是本教程的基本阅读材料。文章语言真实规范、题材新颖，内容涉及现代生活的方方面面，集知识性和趣味性于一体。习题部分包括了根据课文内容设置的阅读理解题、语法词汇题和英汉互译几个模块。其特点是紧扣短文设计练习题目，教师可根据实际课时安排课堂练习，亦可布置为课后作业。

- Section Four Loose Your Hands包括“语法”及“应用写作”两部分。语法以“够用”为原则，针对高职高专学生语法掌握薄弱这一具体情况，着重强化基本规律，再辅以特例进行教学，直击A、B级考点，文字表达深入浅出、通俗易懂。“应用写作”则省略了烦琐枯燥的语言表述，取而代之的是容易模仿、易于记忆的标准写作示例。其形式简洁明了，便于学生在短时间内掌握写作格式及惯用套语，也就是说，学生只要替换相关内容或信息点即可完成随后的写作练习。

- Section Five Relax Your Mind收录了趣味谜语、智力测验和脑筋急转弯题，旨在使学生既得到放松又训练阅读理解能力。

另外，本套教材还配有教师手册和实训教程，教师手册对课文中的重点、难点进行讲解，对各项练习进行作答，适合老师备课、教学使用。实训教程围绕教材的主题安排了相应的训练内容，旨在加强学生对教材内容的理解以更好地应对A、B级考试。

综上所述，本套教材有如下特点：

1. 各单元内容紧扣同一交际主题展开，强调对听、说、读、写、译技能的综合培养。
2. 注重课堂活动的目的性和可操作性，增强学生的语言应用能力。
3. 注重题材的真实性、科学性、时效性、多样性和趣味性，从深层次激发学生的学习热情和兴趣。
4. 各环节设计科学、实际，难度和内容密切结合A、B级考试。

本书由沈阳航空职业技术学院的禹海玲和王昕主编，沈阳航空职业技术学院的朱蕾、韩怡、沈宁，沈阳师范大学职业技术学院的张宇红、王洗薇，辽宁科技学院的王少杰，辽宁石化职业技术学院的任志鑫，辽宁工大职业技术学院的丁艳等人参加了编写。禹海玲对全书进行了统稿。

另外，沈阳航空职业技术学院的王青青、黄瑛、姜爽、范琳琳也根据具体任务分工参与了编写。

由于编者水平有限，加之时间紧张，疏漏在所难免，恳请广大使用者批评指正。

编 者

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Unit 1 Life

Section One Open Your Mouth

Read Out

Read the following passage and pay attention to your pronunciation and intonation.

Regular exercise and a healthy diet are crucial when it comes to controlling your weight. Many people wonder how they can maintain a healthy weight without starving themselves. It is important for everyone that would be dieters to understand that a healthy diet starts with exercise. Without a solid exercise plan, it will be almost impossible to maintain a weight-loss over the long term. That is because virtually any diet can help you lose weight over the short term. Simply cutting back on calories while maintaining your normal schedule will certainly allow you to lose weight, at least in the short term.

Role Play

Work in pairs: Read the following dialogue and act it out.

Alice: Why are there still so many people overweight despite the current fitness craze?

William: I don't know. But there are some factors that affect people's size.

Alice: What are they?

William: One study said that low-income groups have a higher percentage of over-weight people than higher income families.

Alice: Are there any other factors?

William: Yes, the study also said that the hotter the climate, the lower the percentage of obese people.

Alice: That makes sense. When it's hot, you don't feel like eating a lot.

William: And the diet has a lot fat and oil. We eat a lot of meat. And also we eat more sugar and junk food. But there is another reason why so many people are fat.

Alice: What's that?





William: Nobody exercises anymore—not even kids. The average American home has the TV on for six hours a day!

Alice: Wow! No wonder people are so fat. You don't get enough exercise. Say, William, aren't you getting a little bigger in the waist?

William: Yeah, I guess so.

Alice: You really need to watch what you eat and get some exercise.

William: Hey, I started a diet and lost 10 pounds.

Alice: So what happened?

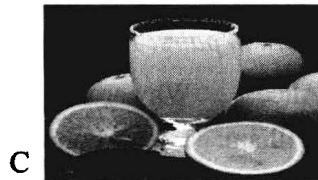
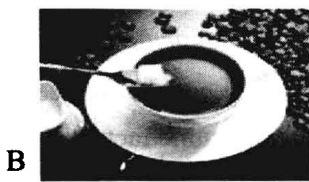
William: Well, I quit and gained it back plus 5 pounds.

Section Two Cheer Up Your Ears

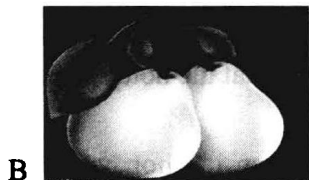
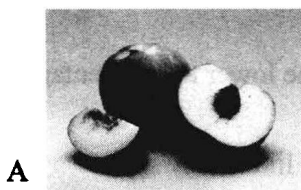
Picture-matching

Listen to the following recordings. At the end of each recording, a question will be asked about what was said. After each question, there will be a pause. During the pause, you must look at the three pictures marked A, B and C carefully, and decide which picture answers the question.

1. What does Robin drink after breakfast now?



2. Which kind of fruit does the speaker not mention?



3. How old is the daughter?

A **10**

B **14**

C **40**

4. How does Linda go to school today?



5. What is his son's pet animal?



Short Conversations

Listen to the following short conversations. At the end of each conversation, a question will be asked about what was said. You should decide which is the best answer from the 4 choices marked A), B), C) and D).

- | | |
|--|---|
| 1. A) Monday. | B) Wednesday. |
| C) Thursday. | D) Tuesday. |
| 2. A) Buy a ticket for the four o'clock plane. | B) Cash a larger check. |
| C) Go to the airport earlier. | D) Change to a different flight. |
| 3. A) The lecture was quite empty. | B) The lecture was warmly welcomed. |
| C) The lecture was rather long. | D) The lecture was uninteresting. |
| 4. A) The student took a math test that afternoon. | |
| B) The teacher postponed the conference. | |
| C) The students attended a meeting. | |
| D) There wasn't a test that afternoon. | |
| 5. A) Life is less expensive in the city. | B) Jobs are easier to find in the city. |
| C) Her job is in the city. | D) Living in the country is too lonely. |

Long Conversations

Listen to the following long conversations. At the end of each conversation, several questions will be asked about what was said. You should decide which is the best answer from the 4 choices



marked A), B), C) and D).

Conversation 1

1. A) She had a headache. B) She had a toothache.
C) She had a fever. D) She couldn't fall asleep.
2. A) Dr. Johnson can give a pain prescription over the phone.
B) Dr. Johnson can see her right now.
C) The man doesn't want to take the responsibility.
D) She insists that the man do so.

Conversation 2

3. A) The developing plans of the company.
B) The figures of sales and profits of the company.
C) The development of the markets of the company.
D) The new trading partners of the company.
4. A) They established a new company in Singapore.
B) They successfully enlarged their market.
C) They found a new client in Singapore.
D) They hired more people.
5. A) The sales increased but the overall profits decreased last year.
B) The sales increased sharply but the overall profits increased slowly last year.
C) The company successfully established business relations with some companies in Singapore.
D) The company employed more people from Singapore.

Spot Dictation

Listen to the passage and fill in the blanks with the words you hear.

Once you are hired as a company 1, you will probably have business cards. A business card is printed with your name, title, company, address and phone number. 2 a business card can provide information and help to make a favorable business impression. For example, when you arrive for a business 3, give the secretary your card, pronounce your name clearly, and explain your business purpose. Sit 4 until the person you want to see arrives or you are told what to do. When you leave, 5 that you thank the secretary for any help she has given you.

Passage Comprehension

Listen to the passage carefully. After that you will hear five questions. Answer each of the questions by filling in the blanks (in no more than 3 words).

1. What kind of job did the speaker do last year?

She was a _____ to the general manager of a large company.

2. What happened to her one day?

She was told that she _____.

3. Why did she feel confident that she could find a new job soon?

She was experienced and _____.

4. Why couldn't she find the same kind of job?

Because she was _____.

5. How does the speaker feel about her present job?

She is _____ with it.

Section Three Brighten Your Eyes

Task 1

Directions: *After reading the following passage, you should make the correct choice for the following 5 questions or unfinished statements.*

About 70 million Americans are trying to lose weight. That is almost 1 out of every 3 people in the United States. Some people go on diets. This means they eat less of certain foods, especially fats and sugars. Other people exercise with special equipment, take diet pills, or even *surgery* (外科手术). Losing weight is hard work, and it can also cost a lot of money. So why do so many people in the United States want to lose weight?

Many people in the United States worry about not looking young and attractive. For many people, looking good also means being thin. Other people worry about their health. Many doctors say being overweight is not healthy.

Most people want to find a fast and easy way to take off fat. Bookstores sell lots of diet books. These books tell readers how to lose weight. Each year, dozens of new books like these are written.

Some people diet alone. They say dieting should be private. Some people join weight-control clubs. One club is called Weight Watchers International. The group uses *psychology* (心理学) and special diet plans to help its members lose weight. In return, members pay Weight Watchers



International a fee.

1. What does "go on diets" (Para. 1) mean?
 - A) Eating less of some unhealthy foods.
 - B) Eating the same food every day.
 - C) Only eating fats and sugars.
 - D) Eating less and less.
2. People use the following methods to lose weight except _____.
 - A) going on diets
 - B) working hard
 - C) doing exercises
 - D) having surgery
3. What's the purpose for American people to lose weight? _____.
 - A) To save money.
 - B) To avoid doing hard work.
 - C) To look young and attractive.
 - D) To eat more special food.
4. Why are many new diet books written each year? Because _____.
 - A) the methods of losing weight in these books are effective
 - B) writing these books is the easiest way to lose weight
 - C) reading these books is the fastest way to lose weight
 - D) they are very popular among American people
5. What does Weight Watchers International do?
 - A) It helps people to take off fat.
 - B) It helps people to make work plans.
 - C) It collects money from its members.
 - D) It helps people solve problems on psychology.



Task 2

Directions: This task is the same as Task 1. The 5 questions or unfinished statements are numbered 1 through 5.

People in different parts of the world have very different ideas about what is good to eat. Even when people in different countries eat the same food, they often prepare it very differently. If you were in Germany, you would find soup that is thick and heavy. If you were in China, you would find soup that is thin and clear. On holidays most of us eat special foods. Year after year, even if many other things change, the food is always the same. Sometimes housewives begin weeks in advance to prepare the special foods that are traditionally served on certain holidays.

People in different parts of the world also have different ideas about what is good to drink. Among the most popular hot drinks are coffee and tea. Coffee is very popular in northern Europe and in the Middle East. Some people put cream and sugar in their coffee. But in the United States,

many people drink their coffee “black” —that is, without cream or sugar. Tea is the national drink in China, Japan, and other *Oriental* (东方的) countries. In the Orient, people drink tea without sugar. But in England, where it is also a national drink, many people use both sugar and hot or cold milk in their tea.

1. People in different parts of the world _____.
 - A) cook the same food in different ways
 - B) like the same kinds of food
 - C) have the same ideas about foods
 - D) know how to prepare the same food
2. Special foods on holidays will _____.
 - A) change a lot year after year
 - B) have different tastes with the years passing by
 - C) remain the same for many years
 - D) be served before certain holidays
3. When drinking coffee, many Americans like to _____.
 - A) add tea to it
 - B) add milk to it
 - C) drink it with cream or sugar added
 - D) drink it with nothing added
4. In England, _____ is a popular national drink.
 - A) cold milk
 - B) tea
 - C) hot milk
 - D) black coffee
5. Which of the following is the best title for the passage?
 - A) We Should Eat Different Foods.
 - B) People in Western Countries Like Coffee Most.
 - C) Special Foods on Certain Holidays.
 - D) Different Ideas about Foods and Drinks.

Task 3

Directions: After reading the passage, you are required to complete the outline below it. You should write your answers in no more than 3 words.

Fried Chips

Ingredients (成分):

800g potatoes (peeled and cut into thick chips), oil for shallow or deep frying

Method:

Shallow fry thick, fat chips in hot oil until crisp. Dry on brown *paper* (牛皮纸), sprinkle with



sea salt and serve. A more traditional way to make chips is to deep fry them. Dry chips thoroughly and deep fry them in a frying basket, for 3 or 4 times, in hot oil until cooked through 4 to 5 minutes. Remove the basket and increase the temperature of the oil. Deep fry chips for a further 2 to 3 minutes, or until crisp.

Fried Chips

Ingredients:

Potatoes (peeled and cut into thick chips), oil

Method:

1. shallow fry: dry on 1
2. deep fry: dry chips 2 and deep fry in a 3 for 4 minutes
3. remove the basket and 5 the temperature and fry for 2 to 3 minutes.

Task 4

Directions: *The following is a list of Sign Language. After reading it, you are required to find the items equivalent to those given in Chinese in the table below. Then you should put the corresponding letters in the brackets numbered 1 through 5.*

- | | |
|--|---------------------------------------|
| A—No Turn | B—Handle with Care |
| C—Please Shut the Door After You | D—Protect Public Property |
| E—Replace the Newspapers After Reading | F—Round-the-clock Business |
| G—Seat by Number | H—See to the Fire |
| I—Shooting Prohibited | J—All Reserved |
| K—Ticket Good Only on the Day of Issue | L—Turn Off the Light Before You Leave |
| M—Wet Paint | N—No Parking |
| O—Line Up for Tickets | P—Photographs: Please Don't Bend |

Example: (K) 当日有效

(J) 全已预定

- | | |
|-------------|----------------|
| 1. () 小心轻放 | () 禁止停车 |
| 2. () 对号入座 | () 内有照片, 请勿折叠 |
| 3. () 昼夜营业 | () 不准转弯 |
| 4. () 排队购票 | () 请随手关门 |
| 5. () 油漆未干 | () 爱护公物 |

Task 5

Directions: After reading the passage, you are required to complete the statements that follow the questions in no more than 3 words.

How hard is it to get beautiful hair?

Beautiful hair cannot be taken for granted. Environmental factors, chemical treatments and the mechanical damage done by combs, brushes and blow dryers all have a bad effect on the hair in the long run. The hair parts into thin pieces, loses its brightness, becomes hard and easily broken and develops split ends.

Our Heated Scissors, a new approach to pretty hair, is a modern technological device available in most cities now.

No hairdresser needs to be told how crucial the quality of a pair of scissors is. But all the same, few have imagined a cutting tool as sharp as *razors* (剃须刀). What's more, the heating element is located in the interior of the edges, with the best possible heat transferred to the cutting edges. Heated cutting edges with individually adjustable temperatures seal the cuts instantly. The cut end of the hair is closed up smoothly and neatly.

Right from the very first cut, the hair takes on a new look with a brilliant shine.

1. What kind of product is advertised in the passage?

_____.

2. Where can you buy such a tool?

It is sold in _____.

3. Where is the heating element fixed in the scissors?

It is fixed in the _____ of the edges.

4. What is the special function of the new device?

It will _____ the cuts instantly.

5. How will the hair look after being cut with the new device?

It will have a look with _____.

Section Four Loose Your Hands

Grammar & Vocabulary

1. Choose the best answer for each statement.

1. He apologized to his wife for having _____ her.