

English for
Practical Communication

英语口语实训教程

初级
Elementary

主 编 谷柏玲 常丽坤 郭丽莉
主 审 李建荣



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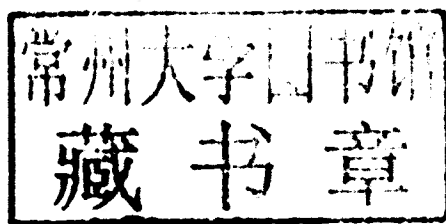
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前 言

本教材的编写旨在配合英语实践教学改革,充分利用和开发语音实验室及英语实践中心的功能,贯彻“听说领先”的教学原则,为学生提供真实、宽松、持久的文化背景和语言环境,在自主环境下培养学生听说能力,切实提高学生的语言交际能力,为学生将来走向社会、提高社会竞争力打下坚实的基础。

本教程采用让学生从知识和情感两方面深入参与的教学策略,与口语训练紧密结合,激发学生的学习兴趣 and 参与热情。话题经充分调研筛选而成,贴近学生生活,对学生进行逐级的英语口语技能训练。在全面训练英语口语技能的基础上提高学生的英语交际能力。

为满足实践教学的要求,本教程在编写上突出以下特点:

1. 贴近学生生活,引发学生兴趣

本教程选取的语言素材话题丰富广泛,反映了当代大学生多姿多彩的课内外生活,引入诸多学生感兴趣的讨论主题。结合大学生活不同阶段的特点设置情景,给予学生广泛的空间,发挥其自主学习的积极性,变被动学习为主动学习,使其养成良好的学习习惯。

2. 注重语言信息输入,丰富学生知识储备

本教程在培养听说能力方面,遵循语言输入先于语言输出的规律。为学生提供大量的语言材料,涵盖了语言知识、语言技能和文化扩展三个方面。在情景对话中展示实例对话,演练口语交流技巧;在经典短文中为学生提供相应主题的语料;在文化扩展中提供话题讨论的文化背景知识;在话题讨论环节提供与话题相关的内容进行讨论,以培养话题说话的能力与技巧;在核心词汇中则给出该单元话题所需的词汇及短语表达;在知识拓展中提供扩展素材,拓宽学生的知识面。丰富的单元模式为学生口语训练提供了充足的语言材料和文化信息。

3. 注重分层次教学,由浅入深

在话题选取方面,充分考虑不同年级学生的学习程度,选材上采取由浅入深、由易到难的原则。例如,初级教程针对一年级新生的话题涉及校园生活,侧重于培养标准的语音语调和发音技巧。做到能熟练地就课文中的话题进行简单的讨论;中级教程在初级的基础上,突出了话题的多样性,侧重于培养英语交际能力,能就日常生活中的话题进行交流;高级教程则针对高年级学生,谈及职业规划,商务谈判等话题,旨在提高学生自我表述能力,能清楚而连贯地讲述熟悉的题材,并发表个人观点和意见,从而实现口语表达能力的突破。

《英语口语实训教程》(初级)以训练学生的发音和培养朗读习惯为宗旨,着重培养学生的朗读能力和英语语感。全书分为语音和朗读技巧两部分。其中语音部分对中国学生发音容易出现问题的音标进行分组纠音和强化训练;朗读技巧部分则包括重音、连读、爆破音、强弱读、语调、节奏等现象的运用。全书的训练采取了丰富的语言形式,包括词汇、谚语、绕口令以及篇章朗读。在篇章朗读上,本书的18个章节分别精心选取了民谣、笑话、故事、小说、传记、说明文、议论文及演讲稿共8种不同的体例,保证了朗读内容的知识性和趣味性,为学生的模仿训练提供了鲜活的范例。

本书难免存在疏漏与不妥之处,敬请批评指正。

编者

2014年5月

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Unit 1 Health



Pronunciation: /i:/ /ɪ/ /ɜ:/ /ə/

Some Chinese mispronounce the sounds /i:/ and /ɪ/. /i:/ is made by raising the body of the tongue from its rest position and shifting it forward. The /ɪ/ sound is made by lowering the tongue slightly from the high-front position for /i:/. Besides, /i:/ is a much more tense sound than /ɪ/. And pay special attention to the distinction between the speech sounds /ɜ:/ and /ə/.

Practice

/i:/	/ɪ/	/i:/	/ɪ/	/i:/	/ɪ/	/i:/	/ɪ/
team	Tim	seen	sin	needing	knitting	delete	delicious
meeting	mitten	feature	figure	leasing	listen	read	rid
keen	kin	sheep	ship	peak	pick	breeding	bridging
sleeper	slipper	heat	hit	beat	bit	seizer	sister

/ɜ:/	/ə/	/i:/	/ɜ:/	/ɪ/	/ɜ:/	/ɪ/	/ə/
worker	letter	he	her	big	bird	milk	April
perfect	member	we	were	wit	work	pit	per
person	paper	sheep	sherd	city	third	split	splitter
her	ever	heat	hurt	hill	heard	sick	sister



Tongue Twister

- Bill was beating a big beast with his big fist and his big fist was badly bitten by the big beast.
(比尔正用大拳头击打一头巨兽,但这头巨兽狠狠地咬了他的拳头一口!)
- I slit a sheet. A sheet I slit. Upon the slit sheet, I sit!
(我撕了一张纸。一张纸被我撕了。我坐在被撕掉的纸上。)
- Rita repeated what Reardon recited when Reardon read the remarks.
(当里尔登读评论时,丽塔重复里尔登背诵的东西。)



Situational Conversation

Cathy: Hi, Lily. I need your advice.

(你好,莉莉。我需要你给我出主意。)

Lily: What's that?

(什么事?)

Cathy: The coach of the Aerobics Club came to ask me if I want to join them.

(健美操队的教练来问我是否想加入。)

Lily: Why not? If I were in your shoes, I certainly would. Our school's only famous for one thing: aerobics, you know.)

(为什么不加入呢? 假如我有你那样的条件。我一定会加入。你可知道,我们学校只有健美操出名。)

Cathy: I know, but I'm afraid it will take up much of my time.

(我知道,但我担心参加社团会耽误许多时间。)

Lily: As the saying goes, all work and no play makes Jack a dull boy. You should take more exercise. Do you know Susan from our department? She joined the club last term.

(俗话说,只工作不娱乐,聪明的孩子也会变笨的。你应该多锻炼一下,你知道我们系的苏珊吗? 她是上学期加入健美操队的。)

Cathy: Have the aerobics classes any effect on her?

(健美操班对她有什么效果吗?)

Lily: Sure, a big effect. Her weight has dropped from 150 pounds to 120 pounds. She has got a sharp figure now. Guys look at her when she goes by.

(有。效果很大。她的体重由 150 磅降到了 120 磅。你看她现在身材多好。她走路的时候男生都在看她。)

Cathy: Really? That plump girl? That's really something beyond my imagination.

(真的吗? 那个丰满的女孩吗? 可真出乎意料啊。)

Lily: But belonging to an Aerobics Club must be tough. Exercise sounds like something that is going to make me feel more tired.

(但参加健美操一定很辛苦,训练听起来让我感到很累。)

Cathy: That's a misconception. The funny thing is once you start a regular exercise program, you'll have more energy.

(那是一种误解,一旦你开始正规训练你会更加富有活力。)

Lily: OK. I'll take your advice.

(好的,我听你的。)

**Passage: Health****5 Ways to Avoid Getting Sick**

Nobody enjoys being sick but the best of us can fall prey to sickness. Changes in the environment, such as the quality of the air we breathe, can lead to development of allergies, asthma or pulmonary diseases. People develop certain illnesses—cancer, rheumatoid arthritis or systemic lupus erythematosus—when the body's own immune system works against it. We can try, however, to maintain good health by inculcating a few healthy habits.

1. Eating Healthy

First and foremost—stick to a healthy diet. Even if you eat less, it would help not to skip meals. Bread without butter/jam, an egg or two sausages and milk at breakfast, or cereals, fruits or fruit juice would be good for breakfast. Lunch can be light, perhaps vegetable/cheese/ham/salami sandwiches—chicken and mutton sausages and steaks are available for the non-pork eaters. Dinner ideally should consist of soup and vegetables or non-vegetarian fare. Indulge yourself in some cookies, even chocolates during the day or at tea-time.

2. Exercising's a must

Exercise is essential. You don't have to be a fitness freak. Performing some household chores or shopping or even climbing stairs instead of taking the lift helps to burn off calories. Exercises at the beginning of the day—touching your toes or a brisk walk for 10–15 minutes—will help more and tone up the body. The heavy-eaters have to exercise more, and vigorously.

3. Cigarette smoking's a "No-no"

It's been medically proved—cigarette smoking does cause cancer, but sadly people get addicted. The next time you want to reach out for that cigarette packet, think again. If people around you can suffer from secondary smoking, how much are you hurting yourself? Cigar-smoking is recommended for those who love to light up.

4. Cheers for the good news!

We all like the cup that cheers. Poets have written odes to alcohol, songsters are great fans and everyone raises a toast now and then, but too much of alcohol or wine is sure to burn up something inside you, which won't be calories but an integral organ of the body. If you love to drink, consult your physician and work out what and how much suits you best. There's always a case for some beer and wine.

5. Health and Relaxation—Yoga and Meditation

Increasingly people are turning to centuries-old practices of yoga and meditation for bodily health and relaxation. Once you've learnt these techniques from a trainer, you can practice daily according to your convenience. A leisurely stroll can also help you to relax as you soak in the sunshine—oxygen and vitamin D—while you shed off calories in a pleasurable manner.



Essential Words

Directions: These words provided in this section are to be used to enlarge the students' vocabulary.

acupuncture /'ækjʊpʌ(k)tə/	针灸
allergy /'ælədʒi/	过敏症
ambulance /'æmbjʊl(ə)ns/	救护车
balanced diet /'bælənst/ /'daɪət/	均衡饮食
check-up /'tʃekʌp/	体检
chills /tʃɪlz/	寒冷颤
condom /'kɒndəm/	避孕套
constipation /kɒnstɪ'peɪʃ(ə)n/	便秘
cough /kɒf/	咳嗽
cure /kjʊə/	整容手术
dehydrated /,di:'haɪdreɪtɪd/	脱水
diagnosis /,daɪəg'nəʊsɪs/	诊断
diarrhea /,daɪə'riə/	腹泻
diet /'daɪət/	饮食
dizzy /'dɪzi/	眩晕的