

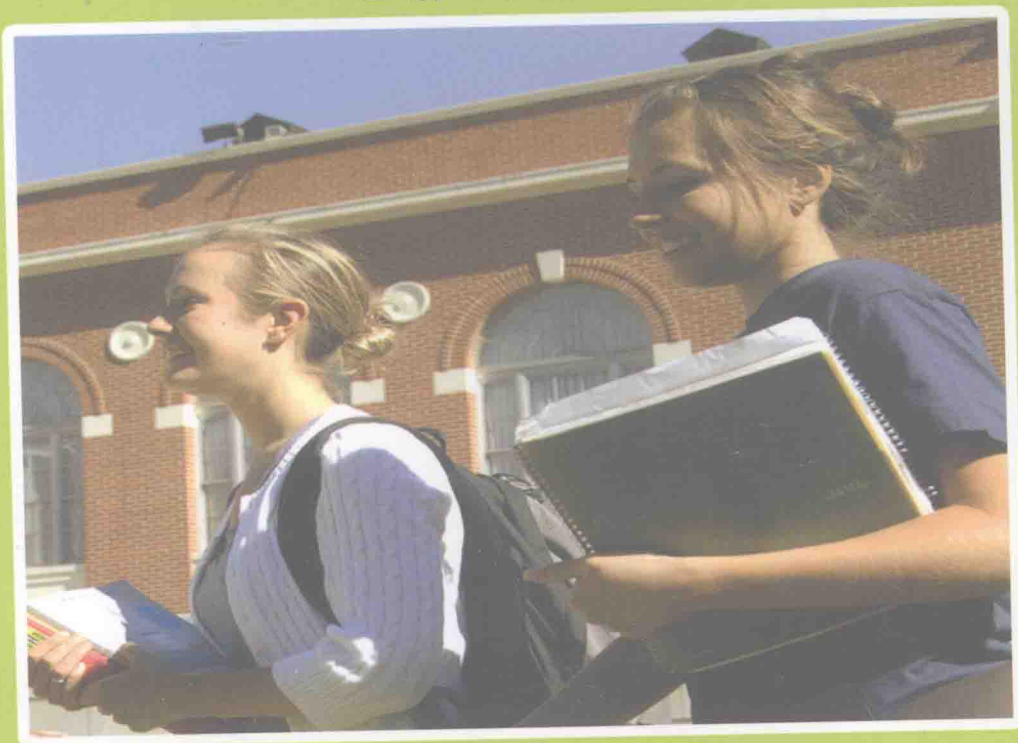
普通高等教育“十二五”规划教材  
· 公共基础课系列 ·

Comprehensive Course  
for College English

# 大学英语 综合教程

2

主编◎李英波



辽宁大学出版社

普通高等教育“十二五”规划教材

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# 大学英语综合教程(二)

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# 前 言

《大学英语综合教程》根据学生英语学习中的薄弱环节而设计。在大学英语教学中,学生经常在口语环节、词汇环节、阅读环节、翻译环节和写作环节等实用能力水平上遇到困难,导致学生学习成绩不理想。针对此种情况,本书紧扣《大学英语教学大纲》要求,重视语言质量,旨在帮助学生打好语言基础。本书符合中国英语教学的特点和需求,具有很强的信息性、趣味性、可思考性和实用性,为课堂教学提供了丰富的素材,更为教师提供了充分的发挥余地。选文题材丰富,富有时代气息,编排上有许多创新之处。

《大学英语综合教程》共分为四册。第一册由刘晓光主编,宋颖、柳炳礼任副主编;第二册由李英波主编,张云玲、李汲任副主编;第三册由高岩主编,季晓丽、崔颖任副主编;第四册由赵聪主编,刘贺、张宇斐任副主编。

我们希望本书能够使教师们教起来更方便、更实用,使同学们学起来更轻松、更愉快。同时由于时间仓促和编者水平有限,本书不足之处希望广大使用者不吝指正。

编 者  
2013年1月

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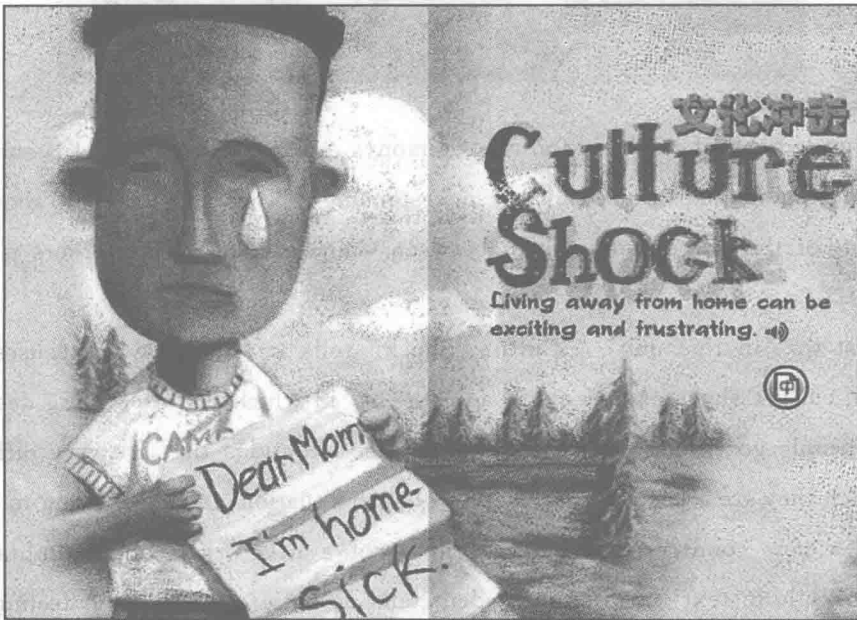
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## Unit 1 Culture Shock

**Lead-in:**

**Look at the picture and discuss with your partner the following questions.**



1. Do you know what is culture shock?

2. Have you ever encountered any culture shock in your life?

3. What are the cures of culture shock?

### Preview

Since different countries have different histories and cultures, there are a lot of



differences in the habit of conducts and the ceremony, especially between China and the West. The jokes and the mistakes caused by misunderstanding are not unusual. This shows that the understanding of the different etiquettes between Chinese and the Westerners is absolutely necessary.

The first text in this unit, "Culture Shock" tells us what are the causes and main symptoms of culture shock and stages of adjustment, in which Kalvero Oberg describes four stages that people go through when they experience situations that are very different from those to which they are accustomed. Examples of such situations include moving to a new city, traveling to a new country, and becoming part of a new organization, military unit or corporation. While in text B a foreign student tells us his experiences and feelings when he came to China for the first time.

### Text A Culture Shock

*Kalvero Oberg*

1 Culture shock might be called an occupational disease of people who have been suddenly transplanted abroad. Like most diseases, it has its own symptoms.

2 Culture shock is caused by the anxiety that results from losing all our familiar signs and symbols of social intercourse. Those signs or cues include the thousand and one ways with which we are familiar in the situation of daily life; when to shake hands and what to say when we meet people, when and how to give tips, how to go shopping, when to accept and when to



refuse invitations, when to take statements seriously and when not. These cues, which may be words, gestures, facial expressions, customs, or norms, are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs we accept. All of us depend for our peace of mind and our efficiency on hundreds of these cues, often with our conscious awareness.

3 Now when a person enters a strange culture, all or most of these familiar cues are removed, he or she is like a fish out of water. No matter how broad-minded or full of goodwill you may be, a series of props have knocked from under you, followed by a feeling of frustration and anxiety. People react to the frustration in much the same way. First they reject the environment which causes the discomfort. "The ways of the host country are bad because they made us feel bad." When foreigners in a strange land get together to grumble about the host country and its people, you can be sure they are suffering from culture shock. Another symptom of culture shock is regression. To the foreigner everything becomes irrationally glorified. All the difficulties and problems are forgotten and only the good things back home are remembered. It usually takes a trip home to bring one back to reality.

4 Some of the symptoms of culture shock are; excessive washing of the hands; excessive concern over drinking water, food dishes, and bedding; fear of physical contact with attendants; the absent-minded stare; a feeling of helplessness and a desire for dependence on long-term residents of one's own nationality; fits of anger over minor frustrations; great concern over minor pains and eruptions of the skin; and finally, that terrible longing to be back home.

5 Individual differ greatly in the degree in which culture shock affects them. Although not common, there are individual who cannot live in foreign countries. However, those who have seen people go through culture shock and on to a satisfactory adjustment can see steps in the process.

6 Generally speaking, there are four stages that people go through when they experience situations that are very different from those which they are accustomed to. Examples of such situations include moving to a new city, traveling to a new country, and becoming part of a new organization, military unit or corporation.

7 Stage one is a honeymoon phase, during which the new experience is perceived to be interesting, picturesque, entertaining, and charming. You may notice several superficial





differences such as music, food and clothing, and the fresh appeal of the new experience keeps you feeling interested and positive. If you are a real tourist, you probably do not stay long enough for this phase to wear off but go on to the next new location or experience. There are people who frequently change jobs, majors, romantic partners, travel plans, clothing styles, foods, diets, or cars so that they never get very far away from the honeymoon stage of culture shock. It is very pleasant to travel and to try out and explore whatever is new.

8 When you stay in a new environment for a while, you move to stage two—the crisis stage—in which the shine wears off and the day-to-day realities sink in. In a relationship, you notice annoying habits; in a new country, you find barriers to establishing connections or to learning the language beyond a few polite phrases. Suddenly, your new major includes a class or a professor you dislike. The difficulties and unpleasantness of realities replace the charming and picturesque “honeymoon”. However, if you stick with the experience and try to deal with it realistically, you will probably move to the third phase of culture shock: recovery.

9 In recovery, you learn the systems, procedures, language, or nonverbal behaviors of the new environment so that you can cope with it on the basis of some mastery, competence, and comfort. After about two weeks in London, I began to feel familiar with traveling by tube, shopping nearly every day for groceries, paying in the correct currency, buying a newspaper, and using some phrases that are unique to English people. I had the advantage of speaking the same basic language and of sharing a great deal with the English in some broad, cultural aspects. In a country that was very different from my own, it would probably have taken me longer to move into the recovery phase.

10 Finally, the fourth, or adjustment, phase occurs when you feel that you function well and almost automatically in the new culture. You no longer need to make mental conversions of the country's money; you know where services are located and how to use them; you understand some of the customs that accompany ordinary life, and it is relatively easy for you to adjust to them. A greater enjoyment of the new experience is now possible, and you may regain some of the initial positive regard you had in the honeymoon stage. If you stay long enough on a visit from a big city to a small town, or, the other way round, you may become so well adapted to the new environment that when you return to your original home, you will again experience culture shock. For some people, it may take several days to readjust, depending on the length of time they were away. Usually, however, since you are in your



home culture, your shock wears off faster than the shock that you experienced in the new culture.

## New Words

**transplant** [træns'plɑ:nt] v. transfer from one place or period to another 迁移; 移(民); 移植; 移种

e. g. The doctors will transplant a human heart into the patient. 医生们将把一颗人的心脏移植到这个病人身上。

Poppies do not transplant well. 罂粟经不起移植。

**occupational** [ˌɔ:kju'peɪʃənəl] a. of or relating to the activity or business for which you are trained 职业的; 占领的

**symptom** ['sɪmptəm] n. 1. (medicine) any sensation or change in bodily function that is experienced by a patient and is associated with a particular disease [医学、植物病理学] 症状

e. g. What is the symptom of hepatitis? 肝炎的症状是什么?

2. anything that accompanies X and is regarded as an indication of X's existence 征兆, 征兆

e. g. The rapid expansion of private sector credit is only one symptom. 私人部门信贷的迅速扩张只是征兆之一。

**shock** [ʃɒk] n. 1. the feeling of distress and disbelief that you have when something bad happens accidentally 冲击, 撞击, 震动, 打击

e. g. The shock was so great that she blacked out. 打击如此之大以至使她暂时失去了记忆。

2. an unpleasant or disappointing surprise 震惊

e. g. She was immobilized by shock. 她由于震惊而目瞪口呆。

v. surprise greatly; knock someone's socks off 使震惊; 使震动

### 同义词辨析

shock: 指强烈冲击在肉体上或思想感情上所产生的效果。

impact: 正式用词, 侧重指物体相撞的结果或接触点。

collision: 指物体相撞, 其结果不是受损就是严重受阻。

clash: 通常指两个或多个物体, 特别是金属物发出刺耳声音或破裂声的撞击, 也可引



申指意见、利益等的冲突。

**frustration** [frʌ'streɪʃən] n. the feeling that accompanies an experience of being thwarted in attaining your goals 挫败;挫折;受挫;失意;泄气

e. g. Anna was almost crying with frustration. 安娜沮丧得几乎要哭了。

He had to fight back tears of frustration. 他不得不强忍住失意的泪水。

**intercourse** ['ɪntəkoʊs] n. 1. communication between individuals 交往;交际;往来

e. g. The magazine becomes a cultural medium of intercourse between the two peoples. 该杂志成为两民族间文化交流的媒介。

2. the act of sexual procreation between a man and a woman; the man's penis is inserted into the woman's vagina and excited until orgasm and ejaculation occur 性交

**tip** [tɪp] n. 1. the extreme end of something; especially something pointed 尖端

2. a relatively small amount of money given for services rendered 小费

v. 1. give a tip or gratuity to in return for a service, beyond the compensation agreed on 给小费

e. g. Don't tip freely. 不要乱给小费。

2. cause to topple or tumble by pushing 翻倒;倾覆

e. g. The wind nearly tipped over the car. 大风几乎把汽车掀翻了。

3. tip off 告密,事先给警告(暗示)

e. g. Tom tipped off the police about the robbery. 汤姆事先向警方报告了有人要抢劫的消息。

**cue** [kju:] n. 1. an actor's line that immediately precedes and serves as a reminder for some action or speech 提词

2. evidence that helps to solve a problem 暗示,信号

e. g. When she coughs, it's my cue to come onto the stage. 她一咳嗽,就是给我暗号出场。

v. assist (somebody acting or reciting) by suggesting the next words of something forgotten or imperfectly learned 给……暗示

e. g. The studio manager will cue you in when it's your turn to sing. 轮到你唱的时候,演播室经理会向你发出暗示的。

**norm** [nɔ:m] n. a standard or model or pattern regarded as typical 规范;基准

e. g. These events were aberrations from the norm. 这些事件不合常规。



**prop** [prɒp] a support placed beneath or against something to keep it from shaking or falling  
支柱;支持物;撑材

**eruption** [i'rʌpʃən] n. 1. the sudden occurrence of a violent discharge of steam and volcanic material 爆发,喷发

2. symptom consisting of a breaking out and becoming visible 出疹

**efficiency** [i'fi:ənsi] n. 1. the ratio of the output to the input of any system 效率

2. skillfulness in avoiding wasted time and effort 效能,效力;功效

**regression** [ri'grɛʃən] n. 1. an abnormal state in which development has stopped prematurely  
倒退,退步

2. returning to a former state 回归;复归

regression line 回归线

e. g. Such countries are not “developing” at all, but regressing. 这些国家根本不是在“发展中”,而是在倒退。

**phase** [feɪz] n. any distinct time period in a sequence of events (发展的)阶段;时期

e. g. What phase are you in? 你现在正处于什么阶段?

v. arrange in phases or stages 分阶段进行

e. g. The government will phase out an advertising campaign. 政府将分阶段开展广告宣传。

**initial** [i'niʃəl] n. the first letter of a word (especially a person's name) 首字母;声母;大写字母

v. mark with one's initials 用姓名的首字母签名

e. g. The agreement was initialled in June. 这份协议是6月份草签的。

a. occurring at the beginning 最初的;开始的;首字母的

e. g. After she'd overcome her initial shyness, she became very friendly. 她克服了起初的羞怯之后,变得十分友善。

## Phrases and Expressions

**grow up** 长大,成熟,成长

e. g. All plants like to grow up toward the sunlight. 所有的植物都喜欢朝着阳光向上长。

e. g. “Stop acting like a child with your bad temper! Do grow up!” “别耍孩子气了!”



该像个成人样了!”

**suffer from** 患(某种病),受(某种病痛)折磨;因……而受罚(苦,损)

e. g. I often suffer from unaccountable headaches. 我常常莫名其妙地头疼。

e. g. Your son suffers from your excessive shielding. 你的过分袒护,反而害了你的儿子。

**be accustomed to** 习惯于

e. g. The staff in the company can help new members be accustomed to the life there.

公司的工作人员会帮助新进成员习惯那里的生活。

It will not take you very long to be accustomed to the way we do it. 你不必花很长的时间就能习惯我们做事的方法。

**wear off** v. 1. 磨去,磨掉,擦去;(使)损耗

e. g. The nap of the carpet is worn off. 毯子上的绒毛都磨光了。

2. 逐渐减弱,逐渐消失

e. g. The effects of the drug naturally wear off within a few hours. 这药的效力几个小时后会自动消失。

**adjust to** 适应,调整,校正;调准

e. g. The body adjusts itself to changes of temperature. 身体能自行调节以适应气温变化。

**sink in** v. 1. 完全被理解

e. g. The implication took a while to sink in. 这个含意过了一会儿才被领会。

My explanation took a long time to sink in. 我的解释很久才被人理解。

2. 渗入,陷入

**cope with** (成功地)对付,处理

e. g. Maybe they need to be delegated, or you need better equipment in order to cope with them. 也许他们需要委托给别人,或者你需要更好地装备自己使你能够应付他们。

**go through** 1. 通过,完成;通读

e. g. How long will it take to go through the book? 读完这本书要多少时间?

2. 经历

e. g. He was going through a very difficult time. 他正处于非常艰难的时期。



## Notes

**Culture Shock:** a condition of disorientation affecting someone who is suddenly exposed to an unfamiliar culture or way of life or set of attitudes 文化冲击(突然处于一个与以前大不相同的社会和文化环境中,因而感到困惑、忧虑、烦恼的心情)。二战后,随着人口的大量流动,产生了大批的移民,他们从一个国家移居到一个新的国家,从一种文化背景移居到新的文化背景,等待他们的是诸多跨文化的社会心理问题,文化冲击这个词就应运而生了。

e. g. When greeting Asians for the first time, do not shake hands. Physical contact may be embarrassing. Many Asians, particularly Japanese, have learned to accept handshakes when dealing with Westerners.

People in the Middle East, particularly Muslims, avoid body contact with the opposite sex, but persons of the same sex commonly hug when greeting each other. When shaking hands, men should be careful not to pull their hand away too quickly. Also, people from France, Spain, Italy and Portugal greet friends by kissing each other on both cheeks.

Smiling is the universal gesture of friendliness. In America, smiling is a happy or friendly thing to do. In some Latin cultures, for example, smile may be used to mean "Excuse me" or "Please".

In many cultures, avoiding eye contact is a sign of respect, but such behavior can also lead to misunderstandings. For example, some Asian students have been regarded as lacking respect for their American teachers because they do not look at the teacher while he or she is speaking.

例如:第一次和亚洲人见面,不要轻易握手,因为类似的身体接触可能会令人不自在。然而许多亚洲人,尤其是日本人已经学着和西方人打交道时握手。

中东地区的人们,尤其是穆斯林,同性见面打招呼时经常拥抱,但异性一般会避免身体的接触,而且握手时人们不会太快把手抽回来。而法国人、西班牙人、意大利人和葡萄牙人打招呼时会亲吻对方的双颊。

微笑通常是友好的姿态。在美国,微笑是快乐和友好的,而在拉丁文化中微笑却意味着“对不起”或“请”。

在许多文化中,避免眼神接触代表着尊敬,但有时也会导致误解。例如,一些亚裔学生常因说话时不看老师的眼睛而被认为对美国老师不敬。



## Exercises

### Reading Aloud

I. Read the following paragraphs until you have learned them by heart. Then, translate them into Chinese.

Culture shock might be called an occupational disease of people who have been suddenly transplanted abroad. Like most diseases, it has its own symptoms.

Culture shock is caused by the anxiety that results from losing all our familiar signs and symbols of social intercourse. Those signs or cues include the thousand and one ways with which we are familiar in the situation of daily life: when to shake hands and what to say when we meet people, when and how to give tips, how to go shopping, when to accept and when to refuse invitations, when to take statements seriously and when not. These cues, which may be words, gestures, facial expressions, customs, or norms, are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs we accept. All of us depend for our peace of mind and our efficiency on hundreds of these cues, often with our conscious awareness.

### Comprehension of the Text

II. Decide whether each of the statements below is true or false according to the text. Write the letter T or F before each statement.

1. \_\_\_\_\_ Culture shock is caused by the anxiety that results from losing all our familiar signs and symbols of social intercourse.
2. \_\_\_\_\_ When a person enters a strange culture, he or she is like a fish out of water.
3. \_\_\_\_\_ Symptoms of culture shock only include excessive washing of the hands; excessive concern over drinking water, food dishes, and bedding.
4. \_\_\_\_\_ Individual differ greatly in the degree in which culture shock affects them.
5. \_\_\_\_\_ According to the author, when you stay in a new environment for a while, you move to stage one—honey-moon phase.
6. \_\_\_\_\_ In crisis phase, you learn the systems, procedures, language, or nonverbal



behaviors of the new environment so that you can cope with it on the basis of some mastery, competence, and comfort.

7. \_\_\_\_\_ Finally, the fourth, or adjustment, phase occurs when you feel that you function well and almost automatically in the new culture.

8. \_\_\_\_\_ If you stay long enough on a visit from a big city to a small town, or, the other way round, you may become so well adapted to the new environment that when you return to your original home, you will not experience culture shock.

9. \_\_\_\_\_ For most people, it may take several years to adjust to culture shock.

10. \_\_\_\_\_ When you are in your home culture again, your shock wears off faster than the shock that you experienced in other new culture.

III. Answer the following questions.

1. What are the main causes of culture shock according to the article?
2. What does "our familiar signs and symbols" refer to ?
3. According to the author, what are the main symptoms of culture shock?
4. How many stages of adjustment are there according to the article? What are they?
5. Have you ever experienced any culture shock?

## Vocabulary

IV. Fill in the blanks with the words chosen from the box. Change the forms where necessary. Multiple answers are possible.

shock cue intercourse familiar efficiency adjustment approach regression  
initial tip eruption phase symptom phase

1. To many, that alone is a \_\_\_\_\_ of addiction.
2. The magazine becomes a cultural medium of \_\_\_\_\_ between the two peoples.
3. She fainted away with the \_\_\_\_\_ of the news.
4. The actor missed his \_\_\_\_\_ and came onto the stage late.
5. It seems that another could be right around the corner.
6. I \_\_\_\_\_ the taxi driver 50 pence.
7. Sometimes you have to sacrifice \_\_\_\_\_ for effectiveness.
8. This is a normal \_\_\_\_\_ that we all go through.
9. From this \_\_\_\_\_ screen, you can select which customer and supplier you want to





test.

10. I referred to relevant \_\_\_\_\_ tests.

V. Fill in the blanks with phrases chosen from the box. Change the forms where necessary. Multiple answers are possible.

such as cope with sink in wear off suffer from take off grow up be accustomed to go through be used to adjust to

1. "Stop acting like a child with your bad temper! Do \_\_\_\_\_!"
2. It took a long time for the bad news to \_\_\_\_\_.
3. The nap of the carpet is \_\_\_\_\_.
4. How long have you been \_\_\_\_\_ a headache?
5. They have to \_\_\_\_\_ a mountain of problems.
6. She was not \_\_\_\_\_ be away from home for so long.
7. South Africa was \_\_\_\_\_ a period of irreversible change.
8. So what can you do to \_\_\_\_\_ the daily realities of living with a stepparent?

VI. Complete each of the following sentences with the proper form of the given word.

1. efficiency It is a well and \_\_\_\_\_ exercise of medical aid.
2. eruption Why did he \_\_\_\_\_ angry words.
3. regression If you had followed my suggestions, many of the symptoms might have \_\_\_\_\_ or disappeared.
4. depend The integrated country will rend into several \_\_\_\_\_ regions sooner or later.
5. frustration Roberta felt \_\_\_\_\_ and angry.
6. adjustment Foreigners take some time to \_\_\_\_\_ to our way of life.
7. recovery What magic drug have you taken to \_\_\_\_\_ so quickly?
8. unpleasantness But for the rain we should have had a \_\_\_\_\_ journey.
9. location The head company decided to \_\_\_\_\_ in Qingdao.
10. regard \_\_\_\_\_ of danger, he climbed the pagoda.

VII. Translate the following into English.

1. 每个人所受文化震荡影响的程度极为不同。
2. 在这样一个世界,孩子们必须快速成长起来。
3. 该节目成为两民族间文化交流的媒介。
4. 我常常莫名其妙地头疼。