

阅读技能综合训练

大学英语阅读阶梯教程

主编 汪 宏 栾海峰 主审 吴树敬

二 级

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Reading Practice

大学
英语

阅读阶梯教程

(二 级)

—— 阅读技能综合训练 ——

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序

在迎来了新世纪之际,我国的大学外语教学面临着新的挑战。如何全面提高在校大学生的外语综合运用能力是摆在全国外语教学界同行面前的首要任务。随着我国加入WTO,成为“世界经济联合国”的一个成员,这一任务显得尤为重要。

为了使学生们能在听、说、读、写诸方面有均衡的进步,进而在毕业后能够比较自如地运用外语来完成各方面的工作,我们一定要在教学大纲的基础上更上一层楼,根据实际情况有所突破,培养出社会需要的真正合格人才。要做到这一点,教材在教学中起着举足轻重的作用,它对贯彻教学大纲、系统体现教学要求、规范学科内容都是十分重要的。

《大学英语阅读阶梯教程——阅读技能综合训练》以2000年新修订的《大学英语教学大纲》为依据,整套教材具有连续性,内容由浅入深、循序渐进,语言材料的难度有别于精读教材,各级材料的难度级差明显。这套教材在选材的文体标准、语言标准和词汇标准以及练习设计等各方面紧扣《大纲》,充分体现了《大纲》中大学英语各级对教学对象在语言运用能力方面的界定:

1)选材的文体标准和语言标准。语言规范地道,体裁新颖,题材广泛,主题积极向上,知识性和趣味性兼顾,便于学生接触到丰富多彩的语言现象,领略到各国尤其是英语国家的文化风情、历史政经、教育科技等方方面面。

2)选材的词汇标准。选材时严格控制词汇,对《大纲》所规定的词汇覆盖面广、复现率高,超纲词不多,共核词突出,词汇分级标注。编者保留了文章中部分超纲词汇甚至对个别超纲词不加注释,旨在锻炼学生从篇章层次上对语义的阅读推理能力,并使学生学会排除或减少非重要词汇对篇章总体理解的干扰。

3)练习设计。练习数量充足,有利于强化学生语言基本功训练,题型多样,其中培养学生语言运用能力的主观题占有适当的比例。

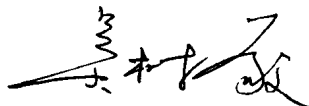
这套教材在编写模式上对传统的大学英语速读、泛读教材有所突破。为了全面培养学生的英语阅读技能,编者结合篇章特点,有针对性地编排练习,使读、译、写多项技能训练有机结合,让学生在以篇章为载体获取信息的同时,及时理解、反复操练、有效掌握相应的词汇和结构,并培养其翻译技能和书面简短表述信息的能力,从而提高学生的英语阅读综合技能。

符合教学规律,便于因“材”施教是这套教材的又一特色。这里的“材”兼指教材和教学对象两方面。一方面,其选材特点有利于教师结合不同版本的精读和视、听、说教材在

题材上灵活取舍;另一方面,练习题型丰富、难度层次分明,便于教师因材施教。因此,这套教材在施教方法和深度的选择上给教师 and 自修者留有最大限度的自由度和灵活性。

这套教材已在北京理工大学大学英语的教学过程中(尤其是实验班的教学)反复实践,是在总结分析各方面意见之后,认真修订而成的,也是教师们数年乃至数十年教学经验的积淀。

总之,《大学英语阅读阶梯教程——阅读技能综合训练》能够贯彻《大纲》的要求,通过篇章的阅读为以汉语为母语的中国大学生提供语言环境,满足分层次教学、因材施教和培养新世纪高素质人才的需求,是提高学生英语阅读综合技能必备的一套教材,也是帮助考生阅读技能全面升级的益友。



二〇〇三年初春于北京阳春光华

编写说明

随着我国改革开放步伐的加快,特别是在我国加入世贸组织的大好形势下,社会各方面对大学生的英语水平,尤其是对他们语言应用能力提出了更高的要求,要求他们不仅要具有较强的阅读能力和一定的翻译和写作能力,而且还要了解与英语语言相关的西方政治、经济、文化、科技等诸方面的背景知识。

正是顺应了这种形势,《大学英语阅读阶梯教程——阅读技能综合训练》系列教材(1~6级)具有对非英语专业的大学生和自学者进行阅读技能综合训练和语用能力培养的双重作用。本套教材体系完整,一至四册(1~4级)注重体现2000年《大纲》对大学英语基础阶段在词汇、阅读、翻译等方面的基本要求,第五册(五、六级)也提供了大量的具有针对性的阅读技能综合训练,能够帮助学习者实现英语阅读能力从四级到六级甚至到研究生入学统考水平的全面提高。

为了适应新时期创新教育和素质教育的要求,本系列丛书在编写时,对传统的英语速读和泛读教材的编写模式有所突破,集能力提高和水平应试于一体,旨在通过强化阅读训练,全面提高学生的英语水平,改变学生高分低能的状况。本套教材的第一稿已在北京理工大学的部分班级中进行了试用,师生反映较好,本书(2级)在此基础上修改而成。书中共设13个单元,每个单元分别备有A、B、C三篇读物,并在每篇文章后设有分级标注的词汇(□为四级,■为六级,◆为六级后,Ⓟ为专有名词)、阅读理解题、词汇练习题、翻译练习题以及相应参考答案;书后附有一套模拟自测题及答案。教师可根据教学目的和进度以及学生的水平灵活安排取舍教学内容。由于种种原因,我们未能与书中所选文章及插图的原作者一一取得联系,希望原作者见到本书后,能主动与我们联系,以便按《中华人民共和国著作权法》支付相关报酬。

本书由徐漫、杜耀梅、刘小亦、邓继红老师编写,特邀北京理工大学人文学院副院长吴树敬教授(兼任北京市大学英语教学检查专家组组长、北京市大学英语研究会副理事长)担任主审。北京理工大学出版社对本套教材的出版给予了热情的支持和大量的帮助,在此表示诚挚的谢意。

由于编者水平有限,书中难免出现疏漏与错误,敬请同行和读者批评指正。

编 者

2003年1月于北京

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Unit

One

Passage A

Food and Culture

We all have ideas about what kinds of foods are good to eat. We also have ideas about what kinds of foods are bad to eat. As a result, people from one culture often think the foods that people from another culture eat are *nauseating*. When the famous boxer Muhammad Ali visited Africa, for example, one member of his group became quite sick when he saw someone pick up a butterfly and eat it. Many people would find it disgusting to eat rats, but there are forty-two different cultures whose people regard rats as appropriate food.

2 Food likes and dislikes do not always seem related to nutrition. For example, broccoli is first on a list of the most nutritious common vegetables, but it is twenty-first on a list of vegetables that Americans like most to eat. Tomatoes are sixteenth on the list of most nutritious vegetables, but they are first on the list of vegetables that Ameri-

cans like most to eat.

3 But dislike is not the only reason why some cultures will not eat a certain food. In some cultures, certain foods are *taboo*. Taboo is a word from the language of the Fiji Islands that is used to describe something that is forbidden. Some foods are taboo in certain religions, but there are also other food taboos that are not connected to a religion. We do not usually think about why certain things are taboo in our culture. We may not even know why they are taboo. Anthropologists try to discover the hidden reasons for taboos.

4 Anthropologists believe that most food likes and dislikes are a result of the ways of life of different people. Some people live in areas where there are both large animals and many insects. It is difficult for these people to kill large animals, and it requires a lot of energy. It is easier for them to use insects for food because it is not difficult to catch insects and it does not require a lot of energy. Nomadic people who move around will not want to keep pigs for food. People will not eat pets such as dogs. Americans eat a lot of beef because there is plenty of land for raising cattle and the meat can be shipped cheaply for long distances by railroads.

(382 words)



Word Bank

[P] **Muhammad Ali** (拳王)穆罕默德·阿里

◆ **broccoli** ['brɒkəli] *n.* 嫩茎花椰菜

▲ **nutritious** [njuː'triʃəs] *adj.* 有营养的, 滋养的

◆ **anthropologist** [ˌænθrəˈpɒlədʒist] *n.* 人类学者

▲ **nomadic** [nəʊ'mædɪk] *adj.* 游牧(生活)的; 流浪的

Exercises

I. Reading comprehension

- The word "nauseating" (Line 3, Para. 1) probably means "_____".
A) nutritious
B) disgusting
C) delicious
D) forbidden
- According to the passage, which of the following statements is true about food likes and dislikes?
A) They are seldom related to nutrition.
B) They are mostly associated with people's taste.
C) They are mostly connected to life styles varying from people to people.
D) They are usually relevant to some cultures or religions.
- The words "taboo" (Line 3, Para. 3) refers to _____.
A) something undiscovered
B) certain religions
C) something prohibited
D) certain foods
- According to anthropologists, why not nomadic people keep pigs for food?
A) Because they have to move here and there and it's difficult to carry large animals.
B) Because it is difficult for them to kill pigs but it is easier to use insects for food.
C) Because they find it disgusting to eat pork.
D) Because both pig and pork are their taboos.
- Why do Americans prefer to eat beef?
A) Because beef provides a lot of energy people require.
B) Because beef is on the list of the most nutritious foods.
C) Because they have the ideal condition to keep and ship cattle.
D) Because cattle are large animals.

II. Vocabulary and structure

1. He _____ French while he was staying in Paris.
A) picked up B) picked out
C) picked at D) picked over
2. He is unable to go to work _____ the fall from his horse.
A) in effect B) as a result of

C) in consequence D) as a sequence of

3. It was required that the students in Harvard University _____ swimming.

A) had to learn B) learn
C) would learn D) learned

4. We want to _____ our children to be decent men and women.

A) grow up B) rise
C) bring up to D) raise

5. He spoke so rapidly that I didn't _____ the meaning of what he said.

A) catch B) hear
C) see D) understand

Key to Exercises

I. 1. B 2. C 3. C 4. A 5. C
II. 1. A 2. B 3. B 4. D 5. A

Passage B

Colourful Drinking Cultures in Scandinavia

The peoples of the Scandinavian countries share many *affinities* because of geographical reasons. But there are more of differences than similarities between them in all aspects, including their drinking cultures.

2 A superficial observer might think that no one in Norway drinks liquor or wine. Meals eaten in restaurants or at home are usually washed down with tea, coffee or milk. Occasionally however, pale or dark ale is drunk. It can be ordered only in restaurants, where it is served only with food.

3 In Demark, excellent quality beers are made in Jutland and consumption is high. After beer, brandy is the favorite drink. For a foreigner, the practice of surrounding toasts here can be embarrassing. If he accepts one toast then he is obliged to accept all others, and it is difficult to drink six or seven glasses of brandy unless one is used to it. Ladies are fortunately excluded from these rounds and they drink only a grape-juice with almost no alcoholic content.

4 It is milk instead of liquor that is the principal Finnish table drink. More milk is drunk by the Finnish people than in any other nation. It is made of curdled milk and a kind of yoghurt; the latter is especially popular in summer. In Finland the sale of alcohol is a state monopoly and a check is kept on consumption by recording purchases on special cards issued to all customers.

5 As there is a distinction between Swedish cooking in the south and that in the north because of the difference in soil and climate, their drinking



habits are also different. In the north alcoholic beverages are considered a necessity because they keep out the cold and, as the Swedish humorist, Alber Engstrom said, "because cheerfulness without alcohol is forced." The Swedes drink brown ale, lager, brandy, and potato spirit. While in the south people have milder drinks. But generally speaking, excessive drinking is rare in Sweden, partly because the legal penalties against drunkenness are severe, partly because alcohol is rationed. Sale of spirits is controlled, commerce in alcohol being a state monopoly. The Swedes drink much coffee and tea. Although all the large towns have coffee bars with modern machines, many people still prefer the old-fashioned coffee served in large cups and accompanied by buns and cakes. Tea is so popular in Sweden that it has been called the Swedish national drink.

(396 words)

Word Bank

[P] **Scandinavia** [ˌskændiˈneivjə] *n.* 斯堪的纳维亚(北欧地区)

◆ **ale** [eɪl] *n.* (较一般啤酒含更多酒精的)麦(芽)酒

◆ **yoghurt** [ˈjɒɡət] *n.* 酸乳(酪), 酸奶

* **toast** [ˈtəʊst] *n.* 敬酒; 祝酒词

◆ **beverage** [ˈbevərɪdʒ] *n.* 饮料

▲ **monopoly** [məˈnɒpəli] *n.* 垄断; 专卖权; 专利权

◆ **ration** [ˈræʃn] *n.* 限定; 定量配给

Exercises

I. Reading comprehension

- Which of the following words in paragraph one may be used as a substitute for the word "affinities" (Line 1)?
A) Aspects. B) Differences. C) Cultures. D) Similarities.
- In summer, the Finnish people prefer to drink _____.
A) curdled milk B) yoghurt
C) curdled milk and yoghurt D) liquor
- People in north Sweden drink alcohol because _____.

- A) they need to resist the cold
 B) they want to enjoy cheerfulness
 C) they have the habit of drinking alcohol
 D) they haven't ideal climate to produce milder drinks
4. Which of the following statements can we infer from the passage?
 A) Brandy and milk are the Scandinavians' most favorite drinks.
 B) Commerce in alcohol is a state monopoly in Finland and Sweden.
 C) It is a Danish custom of men to accept all other toasts if he has accept one.
 D) The Swedes are so self-restricted that they rarely overdrink.
5. Which of the following statements is false according to the passage?
 A) If foreigners don't know the practice of toasts, they would be embarrassed.
 B) It's easy to get drunk if you drink several glasses of brandy.
 C) People in south Sweden have milder drinks because they are afraid of severe legal penalties.
 D) Drinking cultures vary from country to country.

II. Vocabulary and structure

1. He is too _____ to appreciate the deep feelings in the play.
 A) super B) supreme C) superficial D) superior
2. She and Reid _____ the same tastes and interests.
 A) shared with B) shared out C) shared in D) shared
3. I _____ get up at six o'clock in the morning when I stayed in London.
 A) used to B) was used to C) was accustomed to D) had been used to
4. The doctor _____ food poisoning as the cause of the illness.
 A) separated B) distinguish C) divide D) excluded
5. _____ that I couldn't keep up with him.
 A) So fast did he run B) So fast he run
 C) So fast would he run D) Such fast he run

Key to Exercises

- I. 1. D 2. B 3. A 4. C 5. C
 II. 1. C 2. D 3. A 4. D 5. A

Passage C

Healthy Diet

Increasingly, over the past ten years, people — especially young people — have become aware of the need to change their eating habits, because much of the food they eat, particularly processed foods, is not good for the health. Consequently, there has been a growing interest in natural foods: foods which do not contain chemical additives and which have not been affected by chemical fertilizers, widely used in farming today.

2 Natural foods, for example, are vegetables, fruit and grain which have been grown in soil that is rich in organic matter. Natural foods also include animals which have been allowed to feed and move freely in healthy pastures. Compare this with what happens in the mass production of poultry: there are battery farms, for example, where thousands of chickens live crowded together in one building and are fed on food which is little better than rubbish. Chickens kept in this way are not only tasteless as food; they also produce eggs which lack important vitamins.

3 There are other aspects of healthy eating which are now receiving increasing attention from experts on diet. Take, for example, *the question of sugar*. This is actually a non-essential food! Although a natural alternative, such as honey, can be used to sweeten food if this is necessary, we can in fact do without it. It is not that sugar is harmful in itself. But it does seem to be addictive: the quantity we use has grown steadily over the last two centuries and in Britain today each person consumes an average of 200 pounds a year! Yet all it does is provide us with energy, in the form of calories. There are no vitamins in it, no minerals, and no fibre.

4 It is significant that nowadays fibre is considered to be an important part of a healthy diet. In white bread, for example, the fibre has been removed. But it is present in unrefined flour and of course in vegetables. It is interesting to note that in countries where the national diet contains large quantities of unrefined flour and vegetables, certain diseases are comparatively rare. Hence the emphasis is placed on the eating