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Practical English Course
Book Two

新编实用英语 综合教程

(第二册)

主编 卢炳群 任莉枫 夏洁



国防工业出版社

National Defense Industry Press

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·北京·

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内 容 简 介

《新编实用英语综合教程》是一套专门为高职高专院校非英语专业学生设计编写的英语教材。由一、二两册组成。每册各有十个单元。教材从学生实际出发,选材精当,编排新颖,内容丰富。既强调语言知识的学习和语言技能的提高,又注重学生英语学习兴趣和跨文化交际能力的培养,帮助学生在英语听、说、读、写、译诸方面打下坚实的基础。

图书在版编目(CIP)数据

新编实用英语综合教程. 第2册 / 卢炳群,任莉枫,夏洁主编.
—北京:国防工业出版社,2014.8
ISBN 978-7-118-09530-2

I. ①新... II. ①卢... ②任... ③夏... III. ①英语 - 高等职业教育 - 教材 IV. ①H31

中国版本图书馆 CIP 数据核字(2014)第 143373 号

※

国防工业出版社 出版发行

(北京市海淀区紫竹院南路 23 号 邮政编码 100048)

天利华印刷装订有限公司印刷

新华书店经售

*

开本 787×1092 1/16 印张 10 $\frac{3}{4}$ 字数 243 千字
2014 年 8 月第 1 版第 1 次印刷 印数 1—6500 册 定价 32.00 元

(本书如有印装错误,我社负责调换)

国防书店:(010)88540777

发行邮购:(010)88540776

发行传真:(010)88540755

发行业务:(010)88540717

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《新编实用英语综合教程》是一套为高职高专英语教学编写的教材。

本书遵循教育部颁布的《高职高专英语课程教学基本要求》，紧扣《高等学校英语应用能力考试大纲》，在多年的教学经验和教学资料积累的基础上，以全面提高学生综合素质为宗旨，注重以人为本；同时，全套教材本着“实用为主，够用为度”的原则，以全面提高学生的应用能力为目标，针对高职高专学生英语学习的特点，将课堂学习与课外练习结合起来，使学生不断加深对所学知识和技能的掌握与提高，为今后进一步学习英语打下坚实的基础。

根据高职高专英语课程设置的要求和特点，本教材共由两册组成，注重基础语言知识的学习和基本技能的训练。通过第一册的学习，学生应达到《基本要求》中规定的 B 级水平；通过第二册的学习，学生应达到《基本要求》中规定的 A 级水平，为学生后续学习职场英语奠定基础。整套教材由浅入深，循序渐进，最终在听说、读、写、译各个方面达到高职高专英语课程教学的基本要求。

本册为《新编实用英语综合教程》第二册的学生用书，共 10 个单元，供高职院校非英语专业学生一年级第二学期使用。每个单元均设如下五个部分：

1. Lead In

导入部分。形式多样，丰富多彩，听说训练始终贯穿其中，使学生对即将所学的内容产生浓厚的兴趣。

2. Practical Reading

综合阅读部分。文章主题贴近学生生活，反映时代热点。每单元包括两篇课文以及相应的词汇、课内练习和课外练习。编者在设置练习时，认真分析了历年全国高等学校英语应用能力考试 B 级的实考试题，充分体现了学习、应用、备考三位一体的备考原则，能够很好地帮助高职高专学生通过高等学校英语应用能力考试。

3. Grammar

语法部分。语法项目都是在归纳近年英语应用能力考试 B 级的实考试题的基础上选择的，所选实例大多是学生易错、易混淆的。语法编排适度考虑系统性，突出实用性和指导性。

VI

4. Practical Writing

写作部分。写作内容的选择以英语应用能力考试 B 级的考点作为蓝本,一方面可以训练学生遣词造句的基本功,另一方面也可以培养学生阅读和模拟套写《基本要求》规定的常用应用文的能力。

5. Fun Time

课后欣赏部分。课后欣赏的内容十分广泛,有诗歌、谚语等。学生可以从中得到放松,并提高英语学习的兴趣和鉴赏能力。

《新编实用英语综合教程》由钟山职业技术学院基础教育学院卢炳群教授、任莉枫、夏洁老师担任主编。卢炳群教授负责全书的总体设计、编排和书稿的审定。

本册在原《新阶进实用英语教程》(2008 年 7 月第一版)第二册基础上修订而成。原书主要编者卢炳群、夏洁、刘媛媛参与并完成了修订工作。

此外,我们还在书后附录了各单元中出现的生词和词组,供学生复习时参考。

本书遵循崭新的编写思路,虽然经过广泛征求意见,深入讨论,但囿于编者学识,疏漏之处在所难免,恳请广大读者及同仁批评指正。

编者

2014 年 7 月于南京

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Unit 1

Health 话说健康

I. Lead In

- ➡ 1. The following is a sample of nutrition information on the label of a kind of health food. Learn some related words and expressions.

Nutrition Facts			
Serving Size 1 tbsp (20g)			
Servings Per Container 8			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 11g	4%		
Dietary Fiber 0g	0%		
Sugars 11g			
Protein 0g			
Vitamin A 0%	• Vitamin C 2%		
Calcium 0%	• Iron 0%		
<small>* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories	2000	2500
Total Fat	Less Than 65g	80g	
Saturated Fat	Less Than 20g	25g	
Cholesterol	Less Than 300mg	300mg	
Sodium	Less Than 2400mg	2400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4





2. Discuss the important factors or tips of being in good health. One person from each group presents the result of the discussion to the class.

II. Practical Reading



Text A

Health and Fitness of Americans

Picture¹ this: two very fat men enter an ice-cream shop. They sit down and order giant **sundaes**². After enjoying their rich **desserts**³, they go to a health club and have a good **workout**⁴. They're trying to work off all those **calories**⁵ they ate. Who would be so silly? Some Americans would. When it comes to health and fitness, Americans have mixed **emotions**⁶. On the one hand, they are concerned about their health. On the other hand, they have some very unhealthy habits.



Americans know the benefits of having a healthy diet. In school, children learn to eat a variety of healthy foods. People grow up **aware**⁷ of the value of counting calories. They hear about the health dangers of chemicals added to packaged food. They realized they shouldn't eat too many sweets or fats. Many American consumers read **labels**⁸ carefully for **nutrition**⁹ information. That way they can compare products and eat the best foods.

Keeping fit—or maybe getting in shape—is often high on the list of New Year's resolutions for Americans. In the past two decades, fitness has become a **fad**¹⁰. Many Americans have joined health clubs to work out with professional equipment. Sports stores sell athletic shoes and clothing for every possible exercise situation. People can even buy weight - losing equipment and set up their own exercise center at home.

But despite this **seeming**¹¹ **emphasis**¹² on health, a large number of Americans don't practice what the experts **preach**¹³. All-American eating habits tend to be less **wholesome**¹⁴. Due to the fast pace of life, fast food restaurants have become quite popular. When people are in a hurry, food doesn't have to be healthy, just fast. Even in grocery stores, junk food items commonly fill shopping carts. At parties and holidays people eat foods that are fun, but not always good for them. Modern technology has also added to the problem. Due to computers and other **devices**¹⁵ that make life easier, many Americans are not very active. Television has turned many people into couch potatoes.

Statistics¹⁶ give health experts good reason to be disappointed. Americans exercise less than they used to. The number of people taking part in fitness activities dropped from 41.7 million in 2003 to only 32 million in 2005. Among high school students only 37 percent exercise three times per week. However, 70 percent of teenagers watch at least an hour of TV every day, and 38 percent watch over three hours. As a result, the **average**¹⁷ American gained eight pounds during the

1990's. At least, one-third of Americans weigh 20 percent more than their ideal weight.

Still, by many standards, Americans enjoy good health. The US government requires strict food inspections¹⁸ to ensure¹⁹ that food is of the highest quality. Food producers must label products accurately²⁰. Many resources²¹, such as magazines, TV programs and even the Internet, allow people to find out how to improve their health. Americans know how to make themselves more healthy. They just need it.

New Words

1. **picture** ['pɪktʃə] . *v.* 想像, 描绘 ◆ imagine
2. **sundae** ['sʌndei; (US) 'sʌndi] *n.* 圣代冰淇淋 ◆ ice cream served with a topping
3. **dessert** [di'zɜ:t] *n.* 甜点, 甜品 ◆ a dish served as the last course of a meal
4. **workout** ['wɜ:kaut] *n.* 运动, 锻炼身体 ◆ the activity of exerting your muscles in various ways to keep fit
5. **emotion** [i'məʊʃən] *n.* 情感, 感情 ◆ any strong feeling
6. **aware** [ə'weə] *a.* 知道的, 意识到的 ◆ having or showing knowledge, understanding, realization or perception
7. **calorie** ['kæləri] *n.* 卡(热量单位)
8. **label** ['leɪbl] *n.* 标签 ◆ a brief description given for purposes of identification
v. 贴标签于 ◆ attach a tag or label to
9. **nutrition** [nju:'trɪʃən] *n.* 营养 ◆ a source of materials to nourish the body
10. **fad** [fæd] . *n.* 时尚, 狂热 ◆ an interest followed with exaggerated zeal
11. **seeming** ['si:mɪŋ] *a.* 表面上的 ◆ appearing as such but not necessarily so
12. **emphasis** ['emfəsis] *n.* 强调, 重点 ◆ special importance or significance
13. **preach** [pri:tʃ] *v.* 鼓吹, 劝告 ◆ speak, plead, or argue in favour of
14. **wholesome** ['həʊlsəm] *a.* 有益健康的, 健康的 ◆ conducive to or characteristic of physical or moral well-being
15. **device** [di'vaɪs] *n.* 装置, 设备, 器械 ◆ an instrumentality invented for a particular purpose
16. **statistics** [stə'tɪstɪks] *n.* 统计, 统计数字 ◆ a branch of applied mathematics concerned with the collection and interpretation of quantitative data and the use of probability theory to estimate population parameters
17. **average** ['ævərɪdʒ] *a.* 普通的, 通常的, 一般的 ◆ lacking special distinction, rank, or status
18. **inspection** [in'spekʃən] *n.* 检验, 检查 ◆ a formal or official examination
19. **ensure** [in'ʃʊə] . *v.* 保证 ◆ make certain of
20. **accurately** ['ækjʊrɪtli] *ad.* 正确地, 精确地 ◆ with few mistakes
21. **resource** [ri'sɔ:s] . *n.* 资源 ◆ a source of aid or support that may be drawn upon when needed

Phrases and Expressions

1. **work off** 渐渐地清除, 排除
2. **when it comes to** 当谈到, 当涉及到
3. **New Year's resolution** 新年计划表
4. **tend to do** 易于……, 倾向于
5. **due to** 因为, 由于
6. **couch potato** 终日懒散的人, 老泡在电视机前的人

Text-related Exercises

1. Decide whether the following statements are true or false according to the text.

- (1) After enjoying their rich desserts, those two fat men go to a club to have a good rest.
- (2) Many American people show little interest in getting shapes.
- (3) Many American consumers read labels on the food products carefully to find more nutritious ones.
- (4) Due to modern technology which makes life easier, many Americans have more free time and become more active in physical exercises.
- (5) Among high school students, 63% of them exercises less than three times per week.

2. Decide on the best choice for each of the following questions according to the text.

- (1) The author's attitude toward the two fat men at the beginning of the text can be best described as _____.
 - A. sympathetic
 - B. approving
 - C. critical
 - D. indifferent
- (2) As far as health and fitness are concerned, Americans _____.
 - A. usually have unhealthy habits
 - B. bear mixed emotions for them
 - C. care about their emotions for them
 - D. all of above
- (3) It can be inferred from paragraph 2 that _____.
 - A. Americans know little about the benefit of having a healthy diet.
 - B. Americans care much about their health.
 - C. Americans don't know the health dangers of chemicals added to packaged food.
 - D. They realized that eating sweet and fats do no great harm to their health.
- (4) What is the reason for the popularity of the fast food?
 - A. Fast food is cooked to American's taste.
 - B. Fast food is nutritious.
 - C. Pace of life is fast and fast food is convenient.
 - D. All of the above.
- (5) What does the passage mainly discuss?

- A. The way of Americans' life.
- B. The American people's attitude toward health.
- C. The American people's health conditions and the affecting factors.
- D. The importance of keeping fit.

3. Choose the word or phrase that is closest in meaning to the underlined word or phrase in each sentence.

- (1) They sit down and order giant sundaes.
A. delicious B. big C. nice
- (2) When it comes to health and fitness, Americans have mixed emotions.
A. feelings B. love C. sense
- (3) In school, children learn to eat a variety of healthy foods.
A. all kinds of B. a great deal of C. a large amount of
- (4) Maybe getting in shape is often high on the list of New Year's resolutions for Americans.
A. becoming fit B. getting in form C. getting in figure
- (5) Many Americans have joined health club to work out with professional equipment.
A. figure out B. turn out C. do physical exercises
- (6) Due to the fast pace of life, fast food restaurants have become quite popular.
A. In spite of B. Because of C. As a result of
- (7) Even in grocery stores, junk food items commonly fill shopping carts.
A. cheap B. useless or worthless C. stale
- (8) Statistics give health experts good reasons to be disappointed.
A. Data B. Information C. Evidence
- (9) The US government requires strict food inspections to ensure that the food is of the highest quality.
A. ask B. make sure C. promise
- (10) In the past two decades, fitness has become a fad.
A. fan B. famous C. fashion



Text B

Living a Long Life

In the Caucasus region, nearly 50 out of every 100,000 people live to **celebrate**¹ their 100th birthday, and many don't stop at 100! By **comparison**², in America only 3 people in 100,000 reach 100. But the Caucasian old people aren't alone. The Parkistani Hunzas who live high in the Himalaya Mountains, and the Vilcabambans of the Andes Mountains in Ecuador seem to share the secret of long life too.

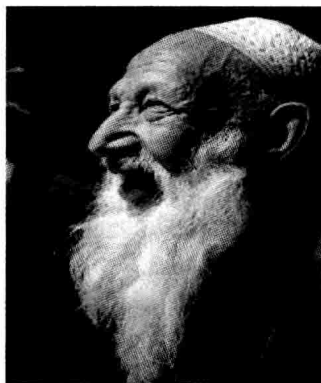
These people remain healthy in body and spirit despite the passage of time. While many

older persons in industrial societies become weak and ill in their 60s and 70s, some Georgians, aged 110 to 140, work in the fields beside their great-great-grandchildren. Even the idea of aging³ is foreign to them. When asked, "At what age does youth end?" most of these old people have no answer. Several replied, "Well, perhaps at age 80." The very youngest estimate⁴ was age 60.

What accounts for this ability to survive⁵ to such old age, and to survive so well? First of all, hard physical work is a way of life for all of these long-lived people. They begin their long days of physical labor as children and never seem to stop.

All these people get healthful rewards⁶ from the environment in which they work. They all come from mountainous regions. They live and work at elevations⁷ of 5,000 to 12,000 feet (1,600 to 4,000 meters) above the sea level. The air has less oxygen⁸ and is pollution-free⁹. This reduced oxygen environment makes the heart and blood vessel¹⁰ system stronger.

Another factor that may contribute to the good health of these people is their isolation¹¹. To a great extent they are separated from the pressures and worries of industrial society.



Inherited¹² factors also play some role. Most of the longest-lived people had parents and grandparents who also reached very old age. Good family genes¹³ may, therefore, be one factor in living longer.

Finally, although these three groups don't eat exactly the same food, their diets are similar. They eat little animal meat. Their diets are full of fresh fruits, vegetables, nuts, grains, cheese, and milk. They never eat more food than their bodies need.

It is clear that isolation from urban¹⁴ pressures and pollution, clean mountain air, daily hard work, moderate¹⁵ diets, good genes, and a youthful approach¹⁶ to life all contribute to the health and remarkable¹⁷ long life of all these people.

New Words

1. **celebrate** ['selibreit] *v.* 庆祝, 祝贺 ◆ show that an event or occasion is important by doing something special or enjoyable
2. **comparison** [kəm'pærisn] *n.* 比较 ◆ examining resemblances or differences
3. **aging** ['eidʒɪŋ] *n.* 衰老, 老化 ◆ the organic process of growing older and showing the effects of increasing age
4. **estimate** ['estimeit] *n.* 估计, 估价, 评价 ◆ an approximate calculation of quantity or degree or worth
5. **survive** [sə'vaiv] *v.* 幸存, 幸免于 ◆ continue to live
6. **reward** [ri'wɔ:d] *n.* 酬谢, 酬劳, 报答 ◆ a recompense for worthy acts or retribution for wrongdoing

7. **elevation** [eli'veiʃən] *n.* 高地, 高度, 海拔 ◆ the highest level or degree attainable
8. **oxygen** ['ɒksɪdʒən] *n.* 氧气
9. **pollution-free** *a.* 无污染的
10. **vessel** ['vesl] *n.* 血管
11. **isolation** [aisəu'leɪʃən] *n.* 隔离, 隔绝 ◆ a state of separation between persons or groups
12. **inherit** [in'herɪt] *v.* 继承, 遗传而得 ◆ obtain from someone after their death
13. **gene** [dʒi:n] *n.* 基因
14. **urban** ['ɜ:bən] *a.* 城市的 ◆ relating to or concerned with a city or densely populated area
15. **moderate** ['mɒdərɪt] *a.* 适度的, 合理的 ◆ being within reasonable or average limits
16. **approach** [ə'prəʊtʃ] *n.* 方法 ◆ ideas or actions intended to deal with a problem or situation
17. **remarkable** [ri'mɑ:kəbl] *a.* 不平常的, 非凡的 ◆ unusual or striking

Phrases and Expressions

1. **account for** 解释某事物的原因, 是……的原因
2. **to a great extent** 在很大程度上

Proper Names

1. **Caucasus** 高加索
2. **Pakistani** 巴基斯坦(人)
3. **Georgians** 格鲁吉亚人
4. **the Himalaya Mountains** 喜马拉雅山脉
5. **the Andes Mountains** 安第斯山脉
6. **Ecuador** 厄瓜多尔

Text-related Exercises

1. Answer the following questions according to the text.

- (1) What groups of people are mentioned in the passage as the long-lived people?

- (2) Why can the environment in highmountains help people get healthier?

- (3) What are the factors contributing to a long, healthy life?

(4) What does the writer think of "isolation" from the industrial cities?

(5) What is the main idea of this article?

2. Fill in the blanks according to the text.

These people remain _____ in body and spirit _____ the passage of time. _____ many older persons in industrial societies become weak and ill in their 60s and 70s, some Georgians, aged 110, work in the fields beside their great-great-grandchildren. Even the idea of aging is _____ to them. When _____, "At what age does youth end?" most of these old people had no answer. Several _____, "Well, perhaps at age 80". The very youngest estimate was _____ 60.

3. Translate the following sentences into Chinese.

(1) Even the idea of aging is foreign to them.

(2) Hard physical work is a way of life for all of these long-lived peoples.

(3) All of these people get healthful rewards from the environment in which they work.

(4) To a great extent, they are separated from the pressures and worries of industrial society.

(5) Good family genes may, therefore, be one factor in living longer.

Additional Exercises

1. Fill in each blank with the proper form of the word given in the brackets.

(1) The _____ (major) of voters voted for the President.

(2) How will the tax _____ (effect) people on low income?

(3) My parents thought it was _____ (normal) for a boy to be interested in ballet.

(4) Its unusual nesting habits _____ (differential) this bird from others.

(5) She likes men who are tall and _____ (muscle).

(6) Storing customer details on computer makes them easily _____ (access).

(7) The _____ (realize) of happiness is based on your hard work.

(8) _____ (follow) Tom, they started to climb.

(9) She waved her hand _____ (subconscious), but nobody noticed it.

(10) In the _____ (twenty) century computer has become more and more impor-

tant in our daily life.

2. Choose the best answer to complete each of the following sentences.

- (1) _____ is none of your business.
 A. She spends her time
 B. Where does she spend her time
 C. Where she spends her time
 D. It is where she spends her time
- (2) "He is a very brave man."
 "Yes. I wish I _____ his courage."
 A. have
 B. had
 C. will have
 D. would have
- (3) The orange _____ nice.
 A. are tasted
 B. is tasted
 C. taste
 D. tastes
- (4) I _____ for three years by the time I took my examination.
 A. had been studying English
 B. will have been studying English
 C. studied English
 D. studies English
- (5) The train hasn't arrived yet, so we _____.
 A. needed not to hurry
 B. needn't have hurried
 C. didn't need to hurry
 D. need haven't hurried

3. Choose the word or phrase that best fills in the blank.

(1) award/reward

- ① He was _____ a medal for his outstanding contribution.
 ② Our labor has been _____ with good fruits.
 ③ The school principal _____ a prize in history to the best student.
 ④ I will _____ to the person who returns my lost dog.

(2) be in/dress/put on/wear

- ① She _____ her overcoat and went with him.
 ② Please _____ the baby, Mary.
 ③ He _____ light blue.
 ④ He had joined the navy; that is why he _____ the new uniform.

4. Translate the following two paragraphs into Chinese.

- (1) Passengers having reserved seats shall board the plane by their tickets in accord with the reserved seats. Passengers traveling on the domestic services can reserve their seats in advance at airline booking offices or their sales agents according to the relevant regulations. Passengers who have already reserved their seats should purchase their tickets within the time limit established by the airlines concerned, otherwise the reservation they have made would be canceled accordingly.
- _____
- _____
- _____

- (2) This is to advise you that because of force-majeure (不可抗力) circumstances

(heavy storm) Port Ningpo is temporarily closed and we shall not be able to place your vessel for unloading. We shall appreciate it if you suspend shipment of equipment till we notify you about the end of force-majeure circumstances. We hope this short delay will not affect the schedule of deliveries.

III. Grammar

非谓语动词 (一)

在英语中,不能单独用作句子谓语但可担任其他语法功能的动词形式叫作非谓语动词,也称作动词的非限定形式。

非谓语动词有三种形式:不定式(the Infinitive),分词(the Participle)和动名词(the Gerund)。

不定式

1. 构成与形式

不定式由不定式符号“to”+动词原形构成(有时不带to)。前面可以加某些疑问代词,如 what、who、which,或疑问副词,如 when、where、how、why 等,构成特殊的不定式短语,如 what to do next, how to get there 等。

2. 用法

不定式不能单独作谓语,没有人称和数的变化,具有名词、形容词和副词的特征,同时还保留着动词的某些特征,如可以有状语修饰,及物动词还可以带宾语,从而构成不定式短语。不定式或不定式短语在句中可以作主语、宾语、表语、定语、状语、主语补足语和宾语补足语。

(1) 作主语。

不定式作主语时,谓语句用单数。往往用 it 作形式主语,把不定式放在谓语后面。如:

It took us two hours to finish the job.

It is impossible for us to get there on time.

It is very kind of you to help us.

(2) 作宾语。

① 动词+不定式。如:

He managed to escape from the fire.

I find it hard to get along with him. (it 作形式宾语)

注:下列动词通常用不定式作宾语:want, try, hope, wish, need, forget, know, promise, refuse, help, decide, begin, start, learn, agree, choose, get 等。

② 动词+疑问词+to,“疑问词+不定式”相当于名词,作宾语。如:

I don't know what to do next/ how to do it next.