

What is the main idea of the following passage?

# College English

What will happen with a friendship in the passage?  
The word "friend" covers a wide range of meanings. It can be a nodding acquaintance, a comrade, a confidant, a partner, a playmate, an intimate colleague, etc. Everyone needs friends. No one can sail the ocean of life smoothly. We need help from others. We also give help to others. Some people attach more importance to material things than to the friendship between people.

help us out of difficulties. Our friends often help us in various situations. We can only live better with their help. Without their help, we cannot live. I have friends in my life. Some are old friends and some are new friends. I have many friends. I like to read and write, content with a simple life. We all care for each other and help each other. We feel we are not alone. We can exchange ideas with one another. With my friends, I know what to treasure, what to tolerate and what to share. I will never forget my old friends, and I'll keep making new friends. I will not be cold and indifferent to my poor friends, and I will show concern for them even if it is only a comforting word.

全新

## 大学英语 阅读教程

4

主 编◎王 勇

副主编◎李 坤 纪小凌



上海交通大学出版社  
SHANGHAI JIAO TONG UNIVERSITY PRESS

*College English*

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## 内 容 提 要

本书共 10 个单元,每单元由两部分组成:第一部分 Text 为主体部分,全部课文选用原版语料,旨在为学习者提供题材广泛、流畅自然的“活英语”。通过本套教程的学习,学习者既能学到相关的语言技能,又能在阅读过程中体验到目的语的社会文化。第二部分 Exercise 包含仔细阅读和快速阅读两个题型,题目设置及命题思路均与大学英语四、六级考试保持一致。既考查对篇章的中心思想和段落大意的掌握,也考查对主要事实和相关细节的理解。

本教程每单元可用于约 2 学时的课堂教学,教师使用时,可根据实际教学情况和学生水平灵活掌握。书后附有练习的参考答案,以便学生课外自学之需。

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# 前 言

教育部颁布的《大学英语课程教学要求》中对于大学生的英语阅读能力作了如下规定：“能基本读懂一般性题材的英文文章和工作、生活中常见的应用文体的材料。能对阅读材料进行略读和寻读。能借助词典阅读本专业的英语教材和题材熟悉的英文报刊文章，掌握中心大意，理解主要事实和有关细节。”本教程旨在通过语言的强化输入，加快培养学生的英语阅读能力，同时增强其自主学习能力和分析问题的能力，提高综合文化素养，以适应我国社会发展和国际交流的需要。

## 1. 编写理念

本教程编写理念着眼于顺应大学英语教学改革的新趋势，密切结合《大学英语课程教学要求》的内涵和英语课堂教学的实践，为英语学习者营造语言阅读环境，力求体现交际法语言教学(CLT)的要求。通过大量真实而实用的语言输入(input)，使学生真正成为教学活动的主体，使教师的角色由阅读材料的讲授者转化为阅读学习过程中的辅助者和促进者。

## 2. 教材特色

为体现交际法语言教学(CLT)的要求，对提高语言学习者的阅读理解能力和阅读速度起到积极的促进作用，编著者力求使本教程具有如下特点：

(1)选材的广泛性。文章题材涉及日常生活、社会习俗、体育、教育、文化、艺术、经济、科技等方方面面。通过本套教程的学习，学习者能够有充分的机会接触到大量体裁广泛的阅读材料，在提高英语阅读能力的同时，了解西方的社会和文化。

(2)语料的真实性(authenticity)。选文多选自近年来出版的英美报刊书籍，内容丰富。编著者编选过程中，为确保语料的“真实性”，对原文不作随意改动，以期学习者在学习时能体验到材料的“原汁原味”。这些语料有利于学习者了解英语国家的风土人情、生活习俗和社会文化等各方面的知识，提高他们英语学习的兴趣和跨文化交际的能力。

(3)本教程的学习内容与目前国家大学英语四、六级考试有关的阅读题型和大学英语四、六级考试紧密结合。为适应大学英语测试改革的需要，该教程每单元的练习题型、测试难度均与大学英语四、六级考试阅读题型保持一致，以帮助学生进行针对性训练，提高英语学习成绩，同时为参加考试做好充分的准备。

(4)注重发挥语言测试的反拨作用(backwash effect)。大学英语四、六级考委会主任金艳教授曾指出：“由于大学英语四、六级考试是大学英语教学的一种检测手段，同时也是大学英语教学的一个环节，因此改进其对教学的后效，即考试的反拨作用，是考试改革的重点”。本教程既是一套英语课堂教学的阅读教程，也是一套有积极效果的 CET 辅导用书，我们期待其能成为引发 CET 测试具有积极后效的载体，以实现促进阅读教学的根本目的。

(5)本教程学习者适用面广，它主要是供非英语专业大学生使用，但也适合非英语专业研究生、英语专业低年级学生、英语自考生以及其他各类英语自学者使用。

## 3. 框架结构与使用说明

全套教材共分四册，每册 10 个单元，每单元由两部分组成：第一部分 Text 为主体部分，全部课文选用原版语料，旨在为学习者提供题材广泛、流畅自然的“活英语”。通过本套教程的学习，学习者既能学到相关的语言技能，又能在阅读过程中体验到目的语的社会文化，真正做到侧重意义的传达。第二部分 Exercise 包含仔细阅读和快速阅读两个题

型,题目设置及命题思路均与大学英语四、六级考试保持一致,既考查对篇章的中心思想和段落大意的掌握,也考查对主要事实和相关细节的理解。

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莘莘学子,负笈苦读,不舍昼夜。编者虽诚惶诚恐,竭尽所能,然囿于水平,必有遗漏与不周之处,敬请使用者不吝赐教。

编著者  
2014年6月

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# Unit 1

## Eat Better to Keep Fit



### Eat Better to Keep Fit

Lose weight, eat less junk food — they top many lists of New Year's resolutions. But sticking with those good intentions is just not easy.

The problem: "Most people have unrealistic expectations."

"They decide this is the year and they're going to completely change everything about their diet," she tells WebMD. "That's just too hard to do."

Willpower isn't the issue, says Sass. "Willpower is about depriving yourself, and nobody gets excited about that. Besides, depriving yourself is depressing and leads to bingeing (饮酒作乐). Focus on the positives — you feel better, have more energy, when you eat healthy."

When making dietary changes, "start small," says Cynthia Sass, a nutritionist (营养学家) with the University of South Florida in Tampa and a spokeswoman for the American Dietetic Association. "Set a few realistic goals. In the long run, you'll have better self-esteem and more self-confidence because you'll actually stick with them."

Here are a few tips for a healthier diet and lifestyle:

Don't skip breakfast, says Heidi Reichenberger, another ADA spokeswoman based in Boston. "Skipping breakfast gives you the munchies (戒不掉的零食) later on and slows your metabolism (新陈代谢) down." She advises starting the day with yogurt and fruit or whole-grain cereal with low-fat milk.

Don't skip any meals or snacks, says Sass. "Try not to let more than five hours go by without eating. Waiting too long can zap (击溃) energy, and can lead to overeating later. Eat a (healthy) snack between lunch and dinner, maybe right before leaving work, so you will be less likely to grab snack foods once you get home."

Include a total of 30 minutes of activity every day. "It doesn't have to be all at once," Reichenberger tells WebMD. If it takes 10 minutes to walk from the bus stop, get off at the next furthest stop so you get a few more minutes walking. And walk it briskly — you can lose some weight, improve your cardiovascular (心脏血管的)



system, and sleep better.

Drink fewer sodas and other sweetened drinks, like iced tea. A big bottle of a juice-based drink can contain 300 calories — and those calories add up. Drink water instead. Or mix juice and water, so you're not drinking something so heavily loaded with sugar.

Aim to eat five servings of fruits and vegetables every day. Buy pre-cut fruits and vegetables, so you can grab them when you're hungry.

Keep frozen vegetables in the fridge. They are easy, quick, and rich in nutrients. Take them to work for a quick lunch you can heat in the microwave. Season with black pepper, herbs, lemon juice, or a red wine-and-balsamic vinegar dressing.

Bring snacks to work — such as pretzels(一种脆饼干), fruit, and yogurt — so you won't find yourself at the vending machine every afternoon.

When fixing a salad, sprinkle rolled oats(燕麦) or crunchy whole-grain cereal for added fiber, so you'll feel full.

Fix pasta(面食) dishes with vegetables and lean protein (like canned tiny shrimp, or precooked chicken breast). Adding protein and vegetables to pasta allows you to cut back on the amount of pasta (which is high in carbohydrates) while still feeling full.

Also, hand-select a variety of fruits instead of buying one large bag of the same fruit. "After the third or fourth day of apples, you'll likely be sick of them," says Sass. "Mixing up a few different types of apples, one pear, one banana will keep you from getting bored."

## Language Points

### 1. resolution *n.*

#### ① 决心, 果断

He is a man of great resolution.

他是一个极其果断的人。

He made a resolution to read something profitable for one hour every day.

他下决心每天要读一小时有益读物。

#### ② 决议(案)

He moved a resolution in the meeting.

他在会议上提出了一个决议。

### 2. intention *n.* 意图, 意向, 目的

Have you heard of her intention to resign?

你听到她打算辞职的传闻了吗?

They have no intention of getting married at present.



他们目前没有结婚的打算。

### 3. diet *n.*

#### ① 日常饮食

A balanced diet is a healthy diet.

均衡的饮食是有益于健康的饮食。

You should eat more high-protein diet.

你应该多吃些高蛋白食物。

#### ② 瘦身饮食

He is on a diet to reduce some weight.

他正在节食以减轻体重。

I used to take diet pills and eat diet food.

我过去吃过减肥药丸,吃过减肥食品。

\* **dietary** *adj.* 饮食的, 规定食物的

Will there be any special dietary requirements?

有什么特殊的饮食方面的要求吗?

### 4. deprive *v.* 剥夺, 使丧失

If you do not drive carefully, I shall be obliged to deprive you of your license.

如果您不谨慎驾驶, 我将不得不没收您的执照。

The trees outside the windows deprive the house of light.

窗外的树木把房子遮挡得黯然无光。

### 5. depress *v.* 使……沮丧, 压低

He was depressed by his defeat.

失败让他沮丧。

The threat of war has depressed business activity.

战争的威胁使经济萧条。

### 6. realistic *adj.* 现实的, 现实主义的

Stop daydreaming and be realistic.

别空想了, 还是从实际出发吧。

His realistic novel was criticized by some people.

他的现实主义小说遭到了一些人的批判。

### 7. self-esteem *n.* 自重, 自尊

People with high self-esteem are usually very confident.

自尊心强的人一般都很有自信。

Low self-esteem is a powerful and dangerous cause of violence.

不自重是暴力产生的强大和危险来源。

### 8. cereal

*n.* 谷类食物

I have a bowl of cereal every morning.

我每天早晨吃一碗麦片粥。

*adj.* 谷类(的), 谷物(的)

Cereal products are good for our health.

谷物产品对我们的身体有益。

**9. grab** *v.* 抓取, 抢去

He grabbed my collar and pulled me towards him.

他抓住我的领子把我拉到他面前。

When I gave him the chance, he grabbed it at once.

我给他这一机会,他立刻抓住不放。

**10. add up** 加起来, 合计

Add up all the money I owe you.

把我应付你的钱都加在一起。

The time I spend in commuting every day adds up to three hours.

我每天上下班乘车花费的时间加起来有 3 个小时。

**11. vinegar**

*n.* 醋

Vinegar has an acid taste.

醋有酸味。

He put some vinegar in the noodles.

他在面条里放了些醋。

*adj.* 尖酸刻薄(常作表语用)

His retort was delivered with a strong note of vinegar.

他的反驳带着酸溜溜的语气。

**12. protein** *n.* 蛋白质

You need more protein to build you up.

你需要增加蛋白质以增强体质。

Try to balance your diet by eating more fruit and less protein.

多吃些水果, 少摄入些蛋白质, 使饮食均衡合理。

**13. cut back**

① 修剪

Rose bushes shoot again after being cut back.

玫瑰丛修剪后还能再长出新枝。

② 削减

If we don't sell more goods, we'll have to cut back (on) production.

我们若不能增加货物的销售量, 就必须降低产量。

③ 急转方向

The manager cut back to his company for the meeting to be held.

经理为参加即将举行的会议而匆匆赶回公司。

# Exercises

## Section A

**Directions:** In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

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 \_\_\_\_ 1 \_\_\_\_ foods, is not good for the health. \_\_\_\_ 2 \_\_\_\_, 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.

Natural foods, for example, are vegetables, fruit and grain which have been grown in soil that is \_\_\_\_ 3 \_\_\_\_ in organic matter. In simple \_\_\_\_ 4 \_\_\_\_, this means that the soil has been nourished by unused vegetable matter, which provides it with \_\_\_\_ 5 \_\_\_\_ vitamins and minerals. This in itself is a natural process compared with the use of chemicals and fertilizers, the main purpose of \_\_\_\_ 6 \_\_\_\_ is to increase the amount but not the quality of goods grown in commercial farming areas.

Natural foods also \_\_\_\_ 7 \_\_\_\_ animals which have been allowed to feed and move freely in a healthy environment. Compare this with what happens in the \_\_\_\_ 8 \_\_\_\_ production of poultry: there are mechanized farms, for example, where thousands of chickens live crowded together in one building and are fed on food which is \_\_\_\_ 9 \_\_\_\_ better than rubbish. Chickens kept in this way are not only \_\_\_\_ 10 \_\_\_\_ as food they also produce eggs which lack important vitamins.

- |                 |                 |
|-----------------|-----------------|
| A) much         | D) consequently |
| B) include      | J) terms        |
| C) mass         | K) tasteless    |
| D) it           | L) rich         |
| E) processed    | M) which        |
| F) little       | N) tasty        |
| G) essential    | O) processing   |
| H) nevertheless |                 |

## Section B

**Directions:** *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

### GMO (genetically-modified) Food Safety

- A) Japan and South Korea canceled purchases of US wheat after the discovery of the experimental wheat developed by Monsanto Co. The furor erupted just days after a May 25 protest in cities around the world targeting Monsanto, the leading developer of crops with transgenic(转基因的)DNA.
- B) At the crux of the concerns is the question of safety. While crop developers and US regulators say that biotech crops on the market are safe, there are widespread fears that gene-altered crops, carrying DNA from other species, are harmful to humans and animals that consume them.
- C) Both sides of the debate say scientific studies buttress their points. "I think there is a strong international consensus that the current crops grown in the US are safe to eat," said Greg Jaffe, director of biotechnology at Center for Science in the Public Interest, a health and food safety advocacy group. Not so says Dave Schubert, who heads the cellular neurobiology laboratory at the Salk Institute for Biological Studies in San Diego, California. "There is no evidence that any GM plant is safe to eat and there are solid data showing that necessary components of the GM technology, like herbicides, are toxic(有毒性的) and carcinogenic(致癌的)," Schubert said. "Almost daily there are more problems coming to light."
- D) It has been 17 years since Monsanto and rivals including DuPont and Dow Chemical rolled out genetically altered crops, and they say their tests show no safety concerns. Also, the chief US authority for food safety, the Food and Drug Administration, says there is no need for either mandatory safety testing or labeling of foods made with GMOs. FDA officials also say no credible independent research has found harm from GMOs, and many independent studies show genetically altered crops are as safe as conventional ones.
- E) There are many studies to back them up. A group of seven scientists from Europe

reviewing 24 animal-feeding studies in 2011 found that none of the studies showed evidence of health hazards, according to their article in the peer-reviewed *Food and Chemical Toxicology* journal. An older 2003 Society of Toxicology position paper said potential adverse health impacts from biotech foods appeared no different from other foods.

- F) But other studies indicate potential dangers. Some see a risk of new toxins(毒素) or allergens (过敏源) stemming from new combinations of genes that would not occur naturally. Others say people or animals could be hurt by residues of the weed-killing chemicals that might linger in food made from biotech crops.
- G) A report published in April by a researcher at the Massachusetts Institute of Technology said health problems could be linked to herbicides(除草剂) lingering in food. A study last year by French scientist Gilles-Eric Seralini and seven other researchers showed organ damage and increased tumor rates on rats fed Roundup Ready corn with trace amounts of herbicide.
- H) Research published in 2008 by a group of Italian scientists found biotech corn appeared to harm the gut and immune systems of mice. Another mouse study in 2008 found liver problems after ingestion of GMO soy.
- I) A pair of Greek scientists in 2009 said they found enough evidence of harm from GMO foods to warrant extensive testing. "Since these GM foods are going to be consumed by every human being they should be tested even more thoroughly than drugs, and more experiments are required in order to study the possible toxicity and make any conclusions," said the 2009 paper by Artemis Dona of the University of Athens Medical School, and Ioannis Arvanitoyannis of the University of Thessaly School of Agricultural Sciences. "Results indicate that many GM food have some common toxic effects."
- J) The Biotechnology Industry Organization, which represents the interests of biotech developers, disagrees. "The safety of biotech-derived food products has been thoroughly addressed by the international scientific community," said Colleen Lerro, a spokeswoman for the industry lobby.
1. The US Food and Drug Administration believes there's no need to label GMO foods.

2. Monsanto is a world leading developer of GMO foods.
3. Some studies indicate risk of new toxins or allergens from GMO foods.
4. Some scientists believe that GMO foods should be tested more thoroughly than drugs.
5. Two studies published in 2008 find harm of GMO foods on gut, liver, and the immune system.
6. According to a review, none of the 24 studies of GMO foods in 2011 showed evidence of health risk.
7. The Biotechnology Industry Organization represents the interest of biotech developers.
8. Two studies conclude that herbicides left in food can cause health problem.
9. There is widespread fear about GMO foods are harmful to humans and animals.
10. GMO food was launched seventeen years ago, and developers say their tests show no safety concerns.

## Section C

**Directions:** *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice.*

### Passage One

I was 16 that hot June. My weight was 105 pounds, and my ruddy, broadest father wanted me to have a summer job. He talked to a friend of his, a building contractor, who hired me as a carpenter's helper for 75 cents an hour. I did not want to work. I wanted to drive around with my friends, or hang out with them in front of the department store. But I could not tell him I did not want a job. I was afraid of angering him, seeing his blue eyes and reddening face.

My father drove me to work the first day. In the car, I sat frightened, feeling

absolutely incompetent. I had the lunch my mother had put in a brown paper bag. I assumed I would spend my summer handing things to a carpenter. I had never done physical work except pushing a lawn mower and raking (耙拢) leaves. After we got to the working place, my father introduced me to the foreman and said, "Make a man of him." Then he left. I stood mutely, waiting for the foreman to assign me to some good-hearted carpenter. Instead he assigned me a pickax (丁字镐) and a shovel and told me to get into a trench, about three feet deep, that would be the building's foundation. In it were black men, swinging picks and shoveling. Two made a space for me, and I jumped between them. All I really knew in those first hours under the hot sun was raising the pickax and swinging it down again and again till the earth was loose, then plunging the shovel into dirt that I tossed out of the trench. I did not have the strength for this.

Nausea (恶心) came by the third or fourth hour. At noon a loud whistle blew and it was time to eat. I looked at my lunch bag. Then my stomach tightened and everything in it rose. I went around the corner, where no one could see me, and vomited. Then I went back to the shade and lay down. At one o'clock the whistle blew. We went back to the trench, and I was still dizzy and weak and hot. I worked 40 minutes or so, and then heard my father's voice. I looked up at him. I expected that he was there to take me home, to forgive my failure. But he said, "Let's go buy you a hat." I said nothing. In the car, in a voice softened with pride, he said, "The foreman called me. He said you threw up and didn't eat, and you didn't tell him." "That's right," I said, and shamefully watched the road, letting him believe I was brave. He bought me a soda for my stomach and told me to order a sandwich. Then he chose a pith helmet in a department store. I would happily wear one to hunt lions in Africa. I did not want to wear such a thing here. But I said nothing. Then I went back the trench and worked till five o'clock.

That afternoon nausea did not come to me. At the summer's end, I could carry 80-pound bags of dry cement and my body was 20 pounds heavier. My father may have wanted to take me home that first day. But he knew he must not. I would have spent the summer at home, yearning to be someone I respected, yearning to be a man among men and that is where my father sent me with a helmet on my head.

1. The passage is mainly concerned with \_\_\_\_\_.
  - A) the author's father's work
  - B) the author's summer job
  - C) one of the author's interesting experiences
  - D) the author's summer holiday



2. Which of the following is Not the reason that the author did not want that job?
  - A) He was afraid of his father.
  - B) He wanted to play with his friends.
  - C) The job is dull and difficult.
  - D) He's afraid that he would not be competent.
3. That day the author vomited because \_\_\_\_\_.
  - A) he was weak
  - B) it was too hot
  - C) he was deadly tired
  - D) the above all
4. What physical work had the author done before he was hired as a carpenter's helper?
  - A) Swinging the pickax
  - B) Shoveling the soil
  - C) Pushing a lawn mower
  - D) Carrying bags of dry cement
5. The father did not take his son back that first day because \_\_\_\_\_.
  - A) the father wanted to make his son a man among men
  - B) the father did not think his son worked hard
  - C) the father was afraid that the foreman would get angry
  - D) the father would feel shameful

### Passage Two

#### My First Job

Three high achievers explain why it's not what you earn it's what you learn.

Compiled by Daniel Levine

#### The Bookseller

I was 15 when I walked into McCarley's Bookstore in Ashland, Oregon, and began scanning titles on the shelves. The man behind the counter, Mac McCarley, asked if I'd like a job. I needed to start saving for college, so I said yes. I worked after school and during summers for minimum wage, and the job helped pay for my freshman year of college. I would work many other jobs, but selling books was one of the most satisfying. One day a woman asked me for books on cancer. She seemed fearful. I showed her virtually everything we had in stock and found other books we could order. She left the store less apprehensive, and I've always remembered the

pride I felt in having helped her. At McCarley's Bookstore, I always sensed I was working for the customers, not the store. Today it's the same. NBC News pays my salary, but I feel as if I work for the viewers, helping them make sense of the world.

Ann Carry (News anchor of the NBC News "Today" show)

### **The Box Boy**

I was 16 when I found the first job. It was packing groceries. I thought everything was fine, until the end of the first day, when the manager told me not to return. I wasn't sacking fast enough. I was a painfully shy kid, and I surprised even myself when I blurted out, "Let me come back tomorrow and try one more time. I know I'll do better." Speaking up went against my very nature, but it worked. I got a second chance. If you want to accomplish anything in life, you can't just sit back and hope it will happen. You've got to make it happen. I was not a natural athlete when I began studying karate, but I trained harder than anyone else and was a world middleweight karate champion for six years. Later, when I decided to become an actor, I was 36 and had no experience. There were maybe 16,000 unemployed actors in Hollywood, and I'd be competing against guys who had already been in movies or on TV. If I had said, "I don't stand a chance," one thing is clear: I wouldn't have. People whine, "I haven't succeeded because I haven't had the breaks." You create your own breaks.

Chuck Norris (Famous actor who has starred in over 20 feature films)

### **The Paperboy**

About 200 people lived in Milton, North Dakota. I delivered the Grand Forks Herald (大福克斯市先驱报) to just about all of them. It was my first job, and I was ten. I didn't just throw the paper onto people's front lawns. Because everyone knew me and my family, I was careful not to make mistakes. If I did, I knew I would hear about it. So I knocked on doors, said hello and asked people how they were. Then I handed them their paper. Contact with customers, and good service, are what separate winners from losers. I believe that managers cannot serve customers effectively without meeting them. You've got to get out there. Not only do I visit supermarkets around the world but I receive and distribute a weekly report listing customer complaints (and compliments). Nothing is more important in business than listening to your customers. As my employees know, I am passionate about customer service. That passion was instilled in me back in Milton, N. D., delivering papers after school.

Dale R. Morrison (President and CEO of Campbell Soup Company)