



普通高等教育“十一五”国家级规划教材

总主编 翟象俊 余建中 陈永捷



复旦卓越·英语系列

21世纪大学实用英语

本册主编 ■ 余建中·姜荷梅

全新版

综合练习

WORKBOOK

1

21st Century Practical English



复旦大学出版社



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内 容 提 要

《21 世纪大学实用英语》(全新版) 系列教材根据教育部颁发的最新《高职高专教育英语课程教学基本要求》以及我国高职高专人才培养特点和教学改革的最新成果编写而成, 突出教学内容的实用性和针对性, 将语言基础能力的培养与实际涉外交际能力的训练有机地结合起来, 以满足 21 世纪全球化社会经济发展对高职高专人才的要求。

本系列核心教材包括《综合教程》、《综合练习》、《教学参考书》(每一种分为 1-3 册) 及配套的 MP3 光盘、音带、多媒体课件、电子教案、网络课程等。本套教材供高职高专院校普通英语教学使用。

本书为《综合练习》第 1 册, 共 8 个单元, 供与《综合教程》(第 1 册) 配套使用, 起到补充和增强的作用, 同时也为学生今后参加高等学校英语应用能力考试打下基础。每一单元均包括视频练习 (Video Exercise) 课文练习 (Text Exercises) 和高等学校英语应用能力考试练习 (Exercises for PRETCO) 三部分。本书还配有一份期中练习卷和两份期末练习卷, 供学生检测自己的学习情况, 了解自己的应考能力。

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前言

复旦大学出版社于2006年推出的普通高等教育“十一五”国家级规划教材《21世纪大学实用英语》,经过几百所高等院校实际使用后,得到了广泛的认可。该教材还获得了上海普通高校优秀教材一等奖。

然而随着时间的推移,许多学校期待我们根据国内高职高专英语教学的发展情况,编写一套满足国内师生最新要求的大学英语教材。因此,我们原《21世纪大学实用英语》的主要编写人员和一些高校的大学英语教材编写新秀组成了一支更富经验、更加务实的编写队伍,根据教育部颁布的最新《高职高专教育英语课程教学基本要求》以及我国高职高专人才培养特点和教学改革的最新成果,并结合自己的教学理念和经验,全力以赴,精心编写了这套全新版的《21世纪大学实用英语》。

我们认为,一般而言,编写大学英语教材应当遵循以下原则。

首先,教材应该对使用者具有吸引力。教材的框架设计、选材、版面等应该让使用者耳目一新,乐于接受。其次,一套好教材应该具有“四性”,即有效性、适用性、实用性和灵活性。有效性意味着教材内容及训练方法必须满足教学要求并且实现编者预定的各级教学目标。跟有效性紧密相关的是教材的适用性。由于学生的英语基础存在差异,学习习惯也各有不同,教材编写者应该充分考虑中国学生的特点,吸收国内外英语教材的优点,着眼于特定群体的总体需求,编写出适合他们使用的教材。在确保有效性和适用性的前提下,高职高专英语教材必须讲究实用性,学以致用。在教材编写的过程中,编写者必须考虑教材内容是否对学生真正有用,对他们今后的工作和生活有多大帮助。教材的灵活性则是指整套教材给使用者留出灵活处理各项内容的余地。另外,一套完整的好教材还必须给予教师切实的教学帮助。

在本教材的编写过程中,我们除了遵循上述编写原则外,还在以下各方面作了特别的努力。

1. 选材。本教材的主要编写人员一贯认为,选材是一套教材成功与否的关键。因此,我们坚持以实用性、趣味性、信息性、可思性和前瞻性为标准,从英美国家的报刊和教学文库中精心挑选难易适中的素材作为本教材的课文和其他内容。

2. 教材结构。《21世纪大学实用英语》(全新版)核心教材包括《综合教程》、《综合练习》和《教学参考书》(1—3册),另外还有“21世纪大学实用行业英语”和“21世纪大学实用实训英语”两个子系列。

核心教材着眼于循序渐进地培养学生的英语基本能力和实用技能。第一、二册在强调实用性的同时,更加注重提高学生的英语基本能力,第三册则更多地关注学生职场英语运用能力的培养。《综合教程》各单元由听、读、说、译和写以及轻松时刻等5个部分组成。《综合练习》则由视听练习、课文练习和高等学校英语应用能力考试(PRETCO)练习组成。在编写过程中,我们力图使《综合教程》和《综合练习》各有侧重,但相互间又紧密配合,形成一个有机的整体。

作为核心教材的拓展,“21 世纪大学实用行业英语”和“21 世纪大学实用实训英语”两个子系列旨在为学生提供更为直接和深入的训练,让学生根据自己的职业规划和未来工作岗位的实际需求,有的放矢地培养在各种职场中运用英语的能力,提高自己的竞争力,为未来的职业发展打下良好的基础。

3. 注解和练习用语。由于本系列核心教材的起点词汇量为 1 000 词,我们在编写过程中,通过计算机筛选,严格控制注解和练习用词,原则上在学生已学的词汇量内做文章。为了让注解和练习用词更加规范、贴切,并且围绕课文主题展开,我们对所有的注解和练习都字斟句酌,并经过外籍专家严格把关。

4. 以人为本。在教材编写的各个环节,我们都从使用者的角度来考虑问题。首先,学生是使用本教材的主体,我们的选材和练习都应以学生为中心来展开。比如,在选材过程中,决定材料取舍前先征求部分学生的意见,在确定练习形式前,尽量考虑学生的喜欢程度等。另外,为了给教师提供更加实用的帮助,本教材的《教学参考书》尽可能详尽地考虑了教学过程中的方方面面,并且按照《综合教程》的先后次序列出了教学要点。

总之,《21 世纪大学实用英语》(全新版)吸取了现行国内外同类教材的优点,以我国高职高专人才培养特点和教学改革成果为依据,将语言基础能力与实际涉外交际能力的培养有机地结合起来,以满足 21 世纪全球化社会经济发展对人才的要求。具体说来,本套教材具有下列特点。

1. 注重培养听说能力。本教材根据相关课程体系改革的要求,与时俱进,以“听、说”为重点,将听、说题材与课文主题保持一致,把听、说、读、写、译的技能训练有机地结合起来,使学生的听、说训练贯穿于课程教学的始终。

2. 强调培养职业技能和素质。根据高校毕业生求职及工作岗位上的实际需求,本教材通过核心加拓展的方式,提供了相关的实用训练,力求使学生通过切合实际的学习过程打下一定的基础,在今后的日常或涉外工作时能更加熟练地掌握和使用英语。

3. 将“教、学、练、考”融为一体。除了与课文内容相关的练习外,本教材还配有专门针对高等学校英语应用能力考试(PRETCO)的习题和题解,以期让学生在巩固所学内容的同时,能够适应各种英语能力考试。

4. 拓展教学时空,实现教材的立体化。本教材不仅选材广泛,注重“跨文化”知识的教学,还充分利用现代科技的力量,将纸质教材和音带、MP3 光盘、多媒体助学课件、电子教案及网络课程等相互配套,让使用者充分利用现代教学手段,立体、互动地引导学生开发各种学习潜能。

《21 世纪大学实用英语》(全新版)核心教材由复旦大学、上海交通大学的翟象俊、余建中、陈永捷、梁正溜教授等主编。上海和全国各地多所高等院校的资深专家共同参加了全套教材的编写工作。

编 者
2011 年 3 月

使用说明

本书为《21 世纪大学实用英语》(全新版)系列教材《综合练习》第 1 册。全书共 8 个单元,供与《综合教程》配套使用。本书对《综合教程》起到补充和增强的作用,同时,也为学生今后参加高等学校英语应用能力考试打下基础。

本书每一单元包括视频练习(Video Exercise)、课文练习(Text Exercises)和高等学校英语应用能力考试练习(Exercises for PRETCO)三部分。

视频练习一般由一段跟《综合教程》课文内容相关的视频和练习组成。视频的语速经过特殊处理,难易度在大学一年级学生可以接受的范围之内。为了帮助学生更好地理解视频内容,教师可以在播放视频之前,先让学生熟悉相关词表中的生词,然后让学生完整地看完视频。此后根据情况,可以让学生立即回答针对视频设计的问题,或让学生再看一两遍视频后做练习。

课文练习主要由构词练习(Word Building),翻译(Translation),阅读理解(Reading Comprehension)等内容组成,目的是帮助学生巩固课堂所学并且适当增加阅读量。

构词练习通过介绍英语的主要构词方法,让学生在的实际应用中掌握这些构词方法。除了本书所给的例子外,使用本书的学生还可以举一反三,尽可能多地列出用相似方法构成的英语单词。

翻译含 Text A 的短语或词组汉译英和 Text B 的短语或词组英译汉练习。由于《综合教程》中已经有了句子练习,因此本练习主要让学生具体应用课文中出现的短语和词组,使他们进一步掌握它们。

阅读理解的两篇文章都跟《综合教程》中同一单元的主题相关。这样做的目的是为了提提高单词和词组的复现率,并使学生进一步熟悉课文结构和相关的各种表达方法。文章后的练习一般采用多项选择题。教师可以让学生在规定的时间内完成阅读,然后快速回答问题。如果学生的答对率较低,教师可以让学生延长阅读时间;反之,则应进一步压缩阅读时间。

高等学校英语应用能力考试练习包含正式考试中所有题型的模拟练习,每份练习卷中都编了跟真实考试一样多的习题,完全按照考试的要求编写。

本书在第四单元后有一份针对《综合教程》前 4 个单元的期中试卷,第八单元后有一份针对后 4 个单元的期末试卷。学生应当在规定的时间内完成试卷内容,以检查自己的学习情况。

全书最后有一份完整的高等学校英语应用能力考试模拟试卷,供学生了解自己的应考能力。

本书所有练习答案和听力练习的文字材料均单独装订。使用本书的学生应该在做完练习后再查对相关答案。

本书可由学生自主学习,也可由教师在课堂上择要讲解。如果使用本书的学校决定让学生自主学习本书,我们建议教师在学生初次使用本书时,给予学生一定的指导。

编 者
2011 年 3 月

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Unit 1

Part I Text Exercises

I. Video Exercises

Watch a video clip and answer the questions about it. Getting to know the words and expressions in the box below first may be helpful. (看一段视频并回答问题。先熟悉下列词和词组可能会有帮助。)

Word Bank

huge /hju:dʒ/ <i>a.</i> 大的	grocery /'grəʊsəri/ <i>n.</i> 食品杂货店
load /ləʊd/ <i>n.</i> 负荷	factor /'fæktə/ <i>n.</i> 因素
responsibility /rɪspɒnsə'bɪləti/ <i>n.</i> 责任	cope /kəʊp/ <i>vi.</i> 应对
waist /weɪst/ <i>n.</i> 腰	actually /'æktʃʊəli/ <i>ad.</i> 实际上
avoid /ə'vɔɪd/ <i>vt.</i> 避免	fantastic /fæn'tæstɪk/ <i>a.</i> 极好的
dreaded /'dredɪd/ <i>a.</i> 令人害怕的	pace /peɪs/ <i>n.</i> 速度
weight /weɪt/ <i>n.</i> 重量	stressful /'stresfʊl/ <i>a.</i> 引起压力的
gain /geɪn/ <i>n.</i> 增加	

- What are the speakers mainly talking about in the conversation?
A) New students' weight gain in college.
B) Huge classes in college.
C) Freshmen's responsibility in college.
D) Things that students need in college.
- What does number 15 most probably mean in the expression "freshman 15"?
A) 15 dollars. B) 15 college students.
C) 15 grocery stores. D) 15 pounds of weight.
- What is the first factor for freshmen's weight gain?
A) Poor choices of food. B) Lack(缺少) of exercise.
C) Eating too much at home. D) Watching TV while eating.
- What is the second factor for freshmen's weight gain?
A) Lack of help from their parents.
B) Grocery shopping.

- C) Stress.
 D) Too much free time.
5. Which of the following is NOT mentioned as one of the ways to deal with stress?
- A) Having exercise.
 B) Getting enough sleep.
 C) Leaving enough time for school work.
 D) Trying to get everything done at the last minute.

II. Word Building

A. In English, the suffix *-ful* can be added to nouns to form adjectives, meaning "full of, having the quality of something, or causing something." (在英语中,后缀 *-ful* 可以加在名词之后构成形容词,意为“充满…的”、“有…特性的”、“引起…的”。)

e.g.

success + *-ful* → *successful*

help + *-ful* → *helpful*

Write out the adjectives derived from the following nouns and fill in the blanks in the sentences below with them. (写出由下列名词派生出的形容词,并用它们填入句中空格。)

Nouns

Adjectives

beauty

care

color

help

pain

thank

use

wonder

- A good knife is one of the most _____ things you can have in a kitchen.
- I know a _____ restaurant where we can have lunch next week.
- Beijing is one of the most _____ cities in the world.
- At the party, many people wore _____ clothes and danced until midnight.
- She is _____ to her doctor for saving her life.
- Frank is _____ that he will be in better health when the weather becomes warmer.
- Be _____ to look both ways when you cross the road.
- It's still _____ for him to talk about his failure in the exams.

B. Some adjectives can become an adverb after it takes the suffix *-ly*. (部分形容词加上后缀 *-ly*, 可变为副词。)

e.g.

usual + *-ly* → *usually*
serious + *-ly* → *seriously*

Write out the adverbs derived from the following adjectives and fill in the blanks in the sentences below with them. (写出由下列形容词派生出的副词, 并用它们填入句中空格。)

Adjectives

careful

certain

final

neat

real

safe

successful

sudden

Adverbs

- The teacher asked the children to write the sentences _____ and _____.
- Last week we travelled abroad and had a _____ good time together.
- "Do you remember much about the accident(事故)?" "No, it all happened so _____."
- To make this soup, you need to add sugar, salt, and _____ milk.
- Most people find it easy to drive a car, but driving _____ is not easy.
- "Do you think more money should be given to education?" "_____!"
- In class, the teacher asked the students to listen _____.
- This program has been running _____ for six months now. Everything is all right.

III. Fill in the blanks with words translated from the Chinese given in brackets.
 (将括号中的汉语译成英语并填空。)(for Text A)

- I _____ (带一些功课回家) and tried to get it finished in the evening.
- He worked hard day and night, not for success, but _____ (为了生存).
- The Internet has become _____ (非常有用的资源) in schools.
- Where do children learn faster, at home or _____ (在普通的教室里)?
- My father believes that people learn most about themselves when they _____ (面对失败).
- Teachers should work with parents to help children _____ (对付压力) that they experience in school.
- Let's talk to Professor Smith first and _____ (然后) we'll go to the library.

8. Don't worry about our work today. We can do it _____ (在接下来的几个星期里).
9. My parents always believed that they would have a happy life if they worked hard and _____ (善待别人).
10. As some of our team members were ill, I asked for _____ (额外的两周时间) to finish the work.
11. Smoking is not allowed in _____ (公共场所) in our city.
12. Students need to learn _____ (如何使工作有条理) if they want to achieve great success in school.
13. It has been raining for a week and so we have to _____ (推迟旅程) to the Great Wall.
14. If you miss too many classes, you have to work hard to _____ (赶上班里的其他人).
15. I _____ (利用这所学校的图书馆) and finished my paper on Shakespeare there.

IV. Match the English phrases and expressions in the left column with the Chinese ones in the right column. (把左栏的英语短语与右栏的汉语短语相配。)(for Text B)

- | | |
|--|---------------|
| 1. feel comfortable () | A. 打理我旅行需要的行装 |
| 2. realize the importance of education () | B. 意识到教育的重要性 |
| 3. as if nothing has happened () | C. 与某人保持联系 |
| 4. learn to be independent () | D. 学会独立自主 |
| 5. used to enjoy playing basketball () | E. 过去不常晨练 |
| 6. keep in touch with sb. () | F. 感到舒适 |
| 7. pack everything I need for the trip () | G. 过去喜欢打篮球 |
| 8. for instance () | H. 例如 |
| 9. did not use / used not to morning exercises () | I. 照看孩子们 |
| 10. care for the children () | J. 好像什么事都没发生过 |

V. Read the following passages and choose the best answer for each of the questions. (阅读下列短文,选择每一问题的最佳答案。)

Passage 1

Want to improve your grades? Or have more fun on the campus? Here are seven tips for getting the new school year started on the right foot!

1. Get on a good sleep schedule. Go to bed at the same time each night, and wake up at the same time each morning. College students need about eight hours of sleep a night.

2. Eat breakfast. The first meal of the day will keep you going through the morning. A recent study showed that students who eat breakfast are more likely to stay at a healthy weight.

3. Take part in activities that are really important, but don't join too many clubs. Nobody can do everything, and doing too much will take your time away from schoolwork.

4. Once you get a feel for your classes, set a goal for each one. One example is what final grade you want to receive. This will tell you what to do and how to do it well. Be realistic(现实的) with your goals.

5. Organize your work. Some classes will be harder than others. Schedule extra time to do the work for your more difficult classes. Do the work for these classes first.

6. If there's a major project(项目) coming up, don't wait until the night before it's due(到预订时间的) to start working on it. If you spread the work out over a few days or weeks, you'll have time to deal with problems that arise.

7. Make studying comfortable. Never force yourself to work for hours at a time without stopping. Take short breaks to have a cup of tea, check your email, or just walk around. Your brain will thank you.

1. This passage is written for _____.

A) teachers

B) college students

C) parents

D) high school students

2. In the first paragraph, the expression "start on the right foot" means "_____."

A) begin successfully

B) walk quickly

C) wear comfortable shoes

D) get in at the right time

3. According to the second tip, those students who don't eat breakfast may _____.

A) miss their classes

B) sleep too much

C) have health problems

D) save a lot of money

4. Tips 5 and 6 are given _____.

A) to make the students know themselves better

B) to tell the students how to use their time

C) to show the students the difficulties they are faced with in college

D) to tell the students how to help each other

5. Which of the following is NOT a form of rest according to Tip 7?

A) Having a cup of tea.

B) Checking email.

C) Walking around.

D) Discussing a problem with other people.

Passage 2

There were only a few days left in my senior(最高年级的) year and I still hadn't made up my mind: Should I go to college? No one in my family ever had. Would I be the first?

I wasn't worried about my grades. I was always a good student. We had a strict rule in our house: No TV, no dinner, nothing until every homework assignment(作业) was finished.

I was already accepted to Kutztown University in Pennsylvania. But my family needed me at home. We didn't have a lot of money. Mom worked a backbreaking(非常辛苦的) factory job. I had three jobs in high school, but we could barely pay our bills(账单). I have two younger brothers and a younger sister. How could I go to college and leave them behind?

My family has been through a lot. My father died when I was seven. By the time I reached middle school, two of my friends were dead from drugs(毒品). And now I was the man of the house. It was almost too much to take. On my first day of school, a teacher found me crying. It was like my life came crashing(坠落) down on top of me. And I was just twelve.

How did I turn my life around? I had a lot of help. One of my teachers took me under his wing(翅膀). He showed me how to strive(努力) to be successful. And my mom was always there for me. She'd come home from work exhausted(筋疲力尽), but still find time to help me study. But when it was time to decide about college, I didn't know what to do.

Then I thought about my mother's dreams for us — and how her own college dreams never came true. And I thought about setting a good example for my brothers and sister. In the end, there really was no alternative(选择). Last August, I packed up everything and left for college. I could see my mom waving goodbye until I walked out of sight.

1. From the passage, we know that the writer wrote it _____.
 - A) before he finished high school
 - B) when he entered high school
 - C) after he became a college student
 - D) when he had three jobs near his home
2. What was the writer worried about when he almost finished his high school education?
 - A) He had poor grades in high school.
 - B) His family had no TV.
 - C) His brothers and sister often go hungry.
 - D) His family was in need of his support.
3. Why did the writer cry when he first went to middle school?
 - A) Someone beat him.
 - B) His house crashed down.
 - C) He was faced with too many difficulties.
 - D) He had a low grade.
4. In Para. 5, the expression "took me under his wing" means "_____."
 - A) took me somewhere to see birds fly