

教育部“中小学英语学习成绩提升策略”项目研究成果
普通高中课程标准实验教科书延伸与拓展

Advance with English

高中英语读本

(模块6·高二上学期)

译林出版社



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Pursuit of high-quality life 追求品质生活

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前言

亲爱的同学们:

大家好!感谢你们阅读《高中英语读本》,阅读是国民素质建设的重要路径。正如笛卡尔所言之“我思故我在”,其实“我读故我在”也是非常正确的。我们读什么,就会成长为什么。因此,我们期待大家不仅仅阅读能提高语言能力的文本,更阅读可以塑造灵魂和素养的文本。

这一套《高中英语读本》,我们按照大阅读理论进行设计,旨在帮助你们实现语言学习、阅读技能培养、语感培养、图式建构、文化传播与传承、情感态度价值观养成、方法与过程养成、批判性思维能力建构等学习目标。

或许你觉得实现这些目标并非易事,的确如此,但只要你坚持阅读,这些目标就有可能实现。

为帮助大家阅读,我们在这一套书中设计了三种不同的活动。

一是读前活动。这主要为三种活动:为你提供未知背景知识,给你提出问题让你关注图式或关键内容,引起你的阅读兴趣。

在开展读前活动时,依据我们的设计,你会时而潜入知识的海洋采撷珍珠,时而展开想象的翅膀翱翔苍穹,时而聚焦人文社会话题指点江山。

二是读中活动。我们专门设计了读中思考的简短问题,更编加了大量边注,帮助你顺利阅读。这些边注有词汇词义注释、复杂语句解释、背景知识补充、文化知识补充、值得模仿语句摘录(用蓝色下划线标注)。

在开展读中活动时,你可以先阅读正文,再猜测词义,最后再查看注释。如果你能同时积极思考,并在留白处写下感悟或疑惑,那你离“我读故我在”又近了一步。

三是读后活动。这个部分主要有阅读理解活动或者学习写作活动,讨论发展活动(引导你们批判性地分析、讨论问题)。其中“小贴士”提供了很好的知识铺垫。

这些读后活动很有特点,是促进一些重要的阅读目标实现的活动,能很好地启迪思维、提高能力、建构素养。

部分文章后面还有名家名句摘录或英文小笑话,帮助你们领略英语语言之美和写作之需。

《高中英语读本》共有11册,可配合高中英语教材1—11模块阅读,也可单独阅读。

大家在阅读中有什么想法、遇到什么问题,可随时与我们联系。我们为这一套书专门开设了博客“英语大阅读”(http://blog.sina.com.cn/macreading),期待大家前来交流思想、发表观点、热议天下,共同促进我们的阅读,从而促进我国的国民素质建设!

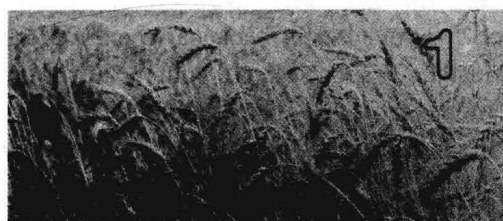
你们的朋友:鲁子问

Module 6 Pursuit of high-quality life

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Owning a small business

开一家小公司

做点小生意, 挣点小钱, 还能挣回健康哦!

Pre-reading 海阔天空

1. Have you ever dreamed of owning a small business? If possible, what kind of small business would you like to own? List your reasons.
2. Do you agree that people will surely be healthier if they are wealthy?



While-reading 字里行间

Read the passage and underline the reasons why owning a small business can possibly make you healthy.

As a small business consultant^①, I keep getting questions about all kinds of things. But one thing that I thought was very interesting was about how owning a small business could help with your health.

I thought about it and spoke to other small business owners and this is what we came up with and it does make a lot of sense, if you really think about it. Then I looked at myself on how I am keeping myself



Notes

① consultant: 顾问



Notes

② sole: 唯一的

③ breadwinner: 挣钱养家的人

④ go under: (公司)破产

⑤ call in sick: 打电话请病假

⑥ in the long run: 从长远来看

⑦ in vain: 徒劳, 白费

⑧ contractor: 承包商

⑨ let those people down: 让那些人失望

strong for my company.

Owning a small business is good for your health because when you are the sole^② breadwinner^③, you must be responsible. If your health fails, the business goes under^④. No money will be made for your company and because of that, people around you will not make any money either.

When you work for a major company, you have sick or vacation days that you can use when you need them and it takes care of the problem. But when you call in sick^⑤ in your own company, your company does not produce money for that day and it can hurt you in the long run^⑥.

So in order for your small business to keep going and continue being strong, you have to be strong yourself. In order for you to be healthy, you must improve your physical well-being and make sure that you're taking care of yourself.

Now, a lot of people can argue that you are already spending 10 to 12 hours every day running your company and you are already getting up early and staying up late to get everything done. But if you don't take care of yourself and your health, all your time spent would have been in vain^⑦.

Being a small business owner is good for your health because you must eat well, do some form of exercise, and learn to cope with stress. If you keep healthy, then your business keeps healthy too. You are almost forced to do this.

I looked back on when I started my business. I spent hundreds of hours getting it just right. I also noticed that I naturally started looking and feeling healthy. I did more walking, ate better, and kept as healthy as I could. I forced myself to do those things because if I did not make money, how was my business going to continue? Eventually contractors^⑧ started to depend on me for money and I did not want to let those people down^⑨. They had bills, food and other things to buy.

So I had to change my way of thinking about my health. I had to work hard to make sure I never got sick. If I got sick, I made sure it was brief. But in order for me not to get sick, I had to keep healthy.

No matter what you think about your health, make sure that you include a healthy lifestyle into your routine. Be sure that you add something in your life that will continue to make you healthy. Remember, if you get sick your company gets sick. If you are healthy and well, your company is healthy and well. You are in control of your company. It's all up to you.

Post-reading 集思广益

1. Comprehension

- ① According to the author, if you work for a big company, _____.
 A. you should care more about your health, because you will be fired if you are in poor health
 B. you need not be worried too much because you have sick days
 C. it is impossible to ask for sick leave
 D. you needn't worry about your health
- ② What is NOT mentioned in the passage to keep healthy?
 A. Eat well.
 B. Do physical exercise.
 C. Have enough sleep.
 D. Learn to relax.
- ③ The author thinks that if you own a small business, you will be _____.
 A. more tired
 B. happier
 C. weaker
 D. more responsible

2. Critical thinking

Think and list what should be prepared if you want to own a small business.

What should a boss do to guarantee that his or her employees are working in a healthy environment?

Love is better than a whip.

A penny saved is a penny earned.

Money is a good servant, but a bad master.

A small leak will sink a great ship.

小贴士:

做生意容易成功的10种人: 有效率的人, 不安于现状的人, 有财富目标的人, 抛弃“面子”的人, 勤奋创新的人, 自信的人, 善于冒险并总结的人, 能吃苦耐劳的人, 善于抓住机遇的人, 珍惜时间的人。

Key: 1-3 BCD

2 A healthy waist 健康的腰身

谁才是真正的小“腰”精？

Pre-reading 海阔天空

1. Are you satisfied with your shape? Decide which type you belong to according to the following picture.
2. Which type below, do you think, is the healthiest one? Which is unhealthy? Give your reasons.



While-reading 字里行间

Read the passage and underline the answers to the four questions in bold.

Is your body the shape of an apple or a pear? Are you carrying extra weight around your middle? What are the risks connected with extra belly fat? Are there any special exercises or diets to help reduce belly fat? Basically, research indicates that an apple shape or additional belly fat is a health risk. There's no magic solution to losing belly fat—you simply need to eat less or exercise more or both to achieve and maintain^① a healthy waist.

What's better—an apple shape or a pear shape?

Being the shape of a pear is better for your health than being an apple shape. Pear-shaped people, usually women, carry more of their extra weight around their hips and thighs^②. People who are apple-shaped typically carry extra weight around their middle and have large bellies.



Notes

① maintain: 维持

② hips and thighs: 臀部
和大腿

Being an apple shape is connected with an increased risk of heart disease, type 2 diabetes^③ and certain cancers. An even greater amount of belly fat can also be linked to high cholesterol, hypertension, gall bladder diseases and sleep apnea^④.

How can you tell if you have a healthy waist?

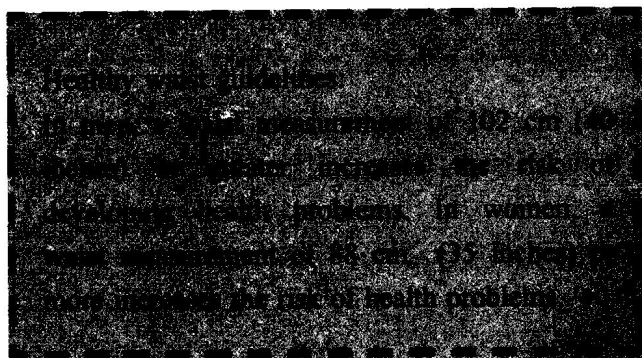
A good way to tell if your health is at risk is to measure your waist. Waist measurements are easy to do and may be a more accurate way of finding your possible health risks than the Body Mass Index (BMI)^⑤. That's because the BMI does not show where any extra weight is carried and does not show the difference between body fat and muscle. Extra weight on your waist is not likely to be muscle. Over time, your BMI may stay the same, but your waist measurements may change, indicating changes in your body composition (e.g. more or less muscle or fat) and the way your body carries body fat. In addition, the BMI is not as useful for individuals who are muscular, people who are naturally lean, and adults who are over 65 years of age.

How to measure your waist:

You can take your waist measurement yourself or ask someone to help you.

- Stand up straight. Remove clothing from around your waist.
- Wrap a tape measure^⑥ around your waist.
- Make sure the tape measure is level^⑦ all around and hold firmly but don't press into the skin.
- Take a deep breath, exhale^⑧ and measure.

Compare your results to the healthy waist guidelines.



Notes

③ type 2 diabetes: II型糖尿病

④ high cholesterol, hypertension, gall bladder disease and sleep apnea: 高胆固醇、高血压、胆囊病和呼吸暂停

⑤ BMI: 身高体重指数

⑥ tape measure: 卷尺, 皮尺

⑦ level: 水平的, 等高的

⑧ exhale: 呼气



Notes

⑨ 和人们的普遍观点恰相反

⑩ moderate intensity
activity: 中等强度的运动

⑪ beverage: 饮料

⑫ nutrient: 营养素

Are there any exercises you can do to achieve a healthy waist?

Contrary to popular belief ⑨, there are no specific exercises to “spot” reduce belly fat. Research shows that regular physical activity can help reduce belly fat, even without weight loss. You can monitor your progress as you become more active by keeping track of your waist measurement. To achieve a healthy waist measurement, aim for 30 to 60 minutes of moderate intensity activity ⑩ each day. Try speed walking, cycling, dancing and other weight bearing activities. You can also try adding some weights to your exercise plan twice a week. The easiest way to become more active is to work it into your regular routine. Walking more each day instead of taking the car is a great way to start.

Is there a special diet to help you lose belly fat?

To achieve a healthy waistline you need to keep active and eat well but there is no special diet. It's best to control how much you eat, and limit your intake of foods and beverages ⑪ that are low in nutrients ⑫ and high in calories, fat, and sugar. You may also need to stay away from some high fat snacks such as chips and eat more nutritious vegetables and fruit instead. You may also benefit from cutting back on sugary beverages and alcohol and start drinking more water.

The bottom line!

As you get older it is harder to maintain a healthy waistline unless you keep active. Your body also needs fewer calories as you get older. So eating more food than you really need contributes to weight gain and belly fat. You need to burn more calories by exercising more or eating less food. It's as simple as that!

Post-reading 集思广益

1. Comprehension

- ① According to the passage, the _____ is better for your health.
- A. pear shape
 - B. apple shape
 - C. round shape
 - D. circular shape

② In order to lose your belly fat, you should control the intake of _____.

- A. nutritious food
- B. vegetables
- C. fruit
- D. sugar

③ Waist measurements are better than the BMI because _____.

- A. they are more widely used
- B. they show your weight
- C. they are more complex
- D. they can tell muscle from fat

2. Critical thinking

Many people seem to have prejudice (偏见) against overweight individuals when they are hunting for an employee or spouse. What do you think about this prejudice?

An ant may well destroy an entire dam.

A man is judged by his deeds, not by his words.

Great minds think alike.

Care and diligence bring luck.

All men have a mind which cannot bear to see the sufferings of others.

Childhood shows the man, as morning shows the day.

All work and no play makes Jack a dull boy.

小贴士:

前不久,日本政府实施新法例,强制地方政府和企业定期给年龄在40至74岁之间的人士测量腰围,目标在7年内将肥胖人口减少25%。政府还为有关机构定下居民和雇员的减肥指标,无法达标的机构更会被罚款。

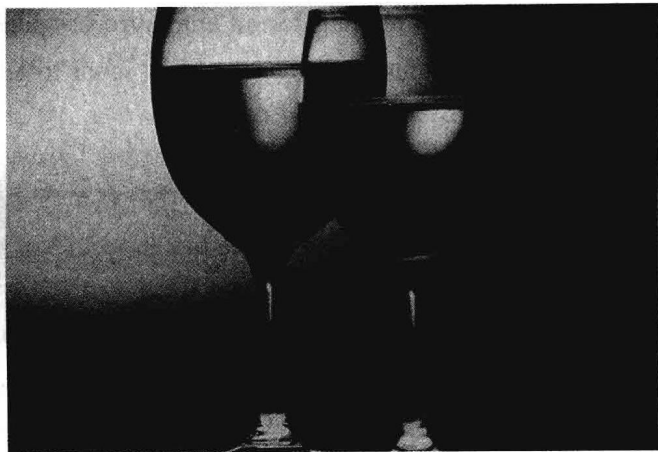
Key: 1-3 ADD

③ Is red wine good for you? 红酒对人有什么好处?

一醉真能解千愁吗?

Pre-reading 海阔天空

1. Think and list the drinks you know and decide which are suitable for teenagers.
2. Why is it dangerous to drive after you have drunk a little alcohol? Explain your idea.



While-reading 字里行间

Read the passage and underline those drinks that are good for your health.

Dear Dr. Dave and Dr. Dee,

Some co-workers have been talking about how everyone should drink wine for their health! Is it true that drinking wine is now good for you? How much is actually good for you?

Signed,
Non-drinker

Dear Non-drinker,

Drinking wine for better health seems to be getting all the press instead of healthier alternatives, probably because it's an intoxicating beverage.^①

However, there are studies supporting the intake of non-alcoholic beverages such as grape juice, cranberry^② juice, or tea with a lower rate of cancer, heart disease, and other diseases.

Support for the moderate consumption^③ of wine (1-2 glasses) and its decrease in heart disease first came to public attention through the "60 Minutes" report on the "French Paradox"^④ (CBS News, 2003). The French had a lower rate of heart disease despite their high fat diet. One possible reason given for the low rate of heart disease in France was the French habit of drinking wine with meals.

However, the University of Pennsylvania researchers found that the smaller food portions^⑤ may explain the "French Paradox" of rich cuisine^⑥ and slim population. The researchers noted that food portions are much smaller in French restaurants and supermarkets than their American counterparts.

Red wines have a higher level of resveratrol^⑦ than white wines.

For people who do not want to drink alcohol, there are alternatives. Some research has pointed out that cranberry juice, and red or purple grape juice work just as well, maybe better, than red wine. However, fresh grapes do not have as high a concentration of antioxidants as processed grape juice or wine.^⑧

Some health food stores sell resveratrol as a nutritional supplement^⑨, but more research needs to be done on this supplement to see if it has the same benefits as wine or grape juice.

In addition, other studies indicate that black or green tea may be more beneficial than wine in reducing heart disease as well as cancer and other diseases.

Two cups of tea have the same amount of antioxidants as two glasses of purple grape juice, one glass of red wine, twelve glasses of white wine, seven glasses of orange juice, twelve glasses of beer or twenty glasses of apple juice.

However, tea, grape juice or wine still doesn't take the place of a healthy lifestyle. This should include exercise, no smoking, low fat foods and lots of fruits, vegetables, grains, and water.

Yours,
Dave



Notes

① 与其他的健康选择相比,为健康而饮酒似乎是广受评论的,这可能是因为酒是使人兴奋的饮品。

② cranberry: 小红莓(美国特产的水果)

③ consumption: 饮用; 消耗

④ paradox: 矛盾

⑤ portion: 一份,一定数量

⑥ cuisine: 菜肴

⑦ resveratrol: 白藜芦醇

⑧ 但是,新鲜葡萄的抗氧化剂的浓度却没有经过加工的葡萄汁或葡萄酒高。

⑨ nutritional supplement: 营养添加剂

Post-reading 集思广益

1. Comprehension

- ① For the non-drinkers, the replacement of one glass of red wine could be _____.
A. four glasses of purple grape juice
B. seven glasses of orange juice
C. ten cups of pure water
D. fresh grapes
- ② The attitude of the author of the second letter towards drinking red wine is _____.
A. unconditional support
B. objection
C. support with conditions
D. not clearly stated

2. Critical thinking

Chinese tea is also helpful in preventing diseases. Think and list the benefits of different kinds of tea.

What are the differences between China and Western countries in drinking alcohol?

小贴士:

美国制定了与饮酒相关的法律。顾客要饮酒必须达到法定的年龄,一般规定在18至21岁以上。美国的酒大致可分为以下几种:啤酒(beer)、鸡尾酒(cocktail)、威士忌(whiskey)和葡萄酒(wine)。啤酒有淡啤酒和浓啤酒之分,包装采用瓶装、听装和壶装;鸡尾酒含有很浓的酒精成分和果汁,使用方式一般有加冰和不加冰两种,其配制方式各种各样;威士忌是用谷物酿成的烈酒;葡萄酒是用新鲜葡萄或葡萄汁经发酵酿成的酒精饮料。

Love me, love my dog.

All are brave when the enemy flies.

The wealth of the mind is the only true wealth.

A good dog deserves a good bone.

Who serves everybody gets thanks from nobody.

Key: 1-2 BC

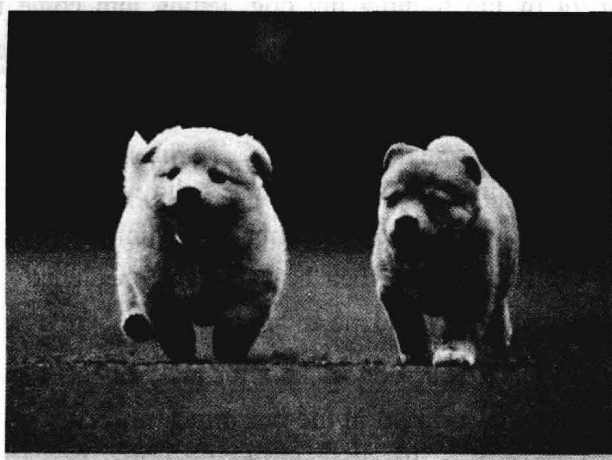
4 Having a dog

养只宠物狗

小动物的大作用

Pre-reading 海阔天空

With the development of electronic technology, many people have begun to raise electronic pets. Is it a more convenient choice than raising a real animal?



While-reading 字里行间

Read the passage and underline the advantages of keeping a dog.

Recently my sister-in-law, Corinne, had some heart problems: she had an irregular heart beat, so she went to her family doctor. As her husband had died half a year before, the doctor thought this was one of the reasons for the symptoms ①—stress and a great sadness!

In looking for solutions, the doctor also talked about having a pet. “It is scientifically proven,” he said, “that with a pet around, people have less stress and they feel less lonely. They seem to find comfort with the pet.”

Corinne always had wanted a dog but her husband did not, so she



Notes

① symptom: 症状