



大学英语课堂内外

Step up to English *—Listening Lessons*

田翠芸 主编

大学英语

听力课堂



机械工业出版社
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Step up to English—Listening Lessons

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机械工业出版社

本书以全面培养高等院校学生在英语听说方面的实际运用能力为宗旨,以听带动说,使学生不仅能听懂英语,而且能就某一话题有话可说。全书按话题分为 28 个单元,每个单元包括听力微技能、单句及段落听辨、实战考场、趣味听力等训练版块,前 12 个单元还设置了语音训练以帮助学生正确听音。每个单元的练习设计由易到难,循序渐进,以逐步培养学生学习兴趣并使之持之以恒。书中引入 IELTS、TOEFL、PETS、大学英语四六级等常见考试的听力测试,学生可同时熟悉和体验各种考试题型及难度。

本书既适合听力课堂教学或作为补充材料,又适合学生及欲提高英语听力水平的社会人士自学。

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前 言

本书以多种日常话题为主线安排设计,以全面培养高等院校学生在英语听说方面的实际运用能力为宗旨,以听带动说,使学生不仅能听懂英语,而且能就某一话题有话可说。全书共分为28个单元,每个单元包括听力微技能、单句听辨、段落听辨、实战考场等版块,前12个单元还设置了语音训练,以帮助学生正确发音,为提高听力奠定扎实的基础。为方便学生对照自学,书中附有答案及听力原文。

兴趣是学习最好的老师。本书最大特点是努力达到教学目标的同时不忽视对学习者的正确学习态度的培养及兴趣的引导:

1. 教学和应试紧密结合。书中引入 IELTS、TOEFL、PETS、大学英语四六级等常见考试的听力测试,使学生在提高听力的同时可熟悉和体验各种考试题型及难度。

2. 话题广泛。既包括传统的衣食住行及媒体、时事、政治、网络等热门话题,又包括同类书较少涉及的感情、智慧、个性、动物、音乐等专题论述。

3. 每个单元的练习设计由易到难,循序渐进。“微技能”中的单词听写在提高学生成就感以鼓励其持之以恒学习的同时,将常用词汇归类以方便学生记忆和运用;“段落听辨”所选取材料内容较新,密切联系国内外社会生活实际,以贴近西方真实文化,凡大纲教学要求中较难或常见的词汇均在听前给予提示;并有“趣味听力”寓乐于学。

4. 模拟现场。聘请语音纯正的欧美语言教育专家模仿或以稍稍夸大的各种人物的语气朗读,并根据需要模拟现场的各种声音以增强身临其境感。

本书既适合听力课堂教学或作为补充材料,又适合学生及希望提高英语听力水平的社会人士自学。

本书广泛参考了国内外的资料,特此说明,并向所有相关机构和人士表示衷心感谢。不妥之处,欢迎读者批评指正。

编 者

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Unit One Post Office

Part A: Sound Discrimination [i:] [i]

New words and expressions

flick v. 轻快地移动

swish n. 嗖嗖声

nibble v. 轻咬

midge n. 蠓, 蚋

as fit as a fiddle 神采奕奕; 非常健康

Listen and repeat

1. seat, sit

2. cheap, chip

3. feet, fit

4. lead, lid

5. sheep, ship

6. feel, fill

7. bead, bid

8. read, rid

9. steel, still

10. beat, bit

Practice 1 Listen carefully to the recording, then choose which word best completes the sentence.

(a) The rain _____ against the windows. (beat, bit)

(b) You can't expect to lose weight if you keep _____ yourself with chocolate. (feeling, filling)

(c) There wasn't a _____ in sight. (sheep, ship)

(d) He runs to keep _____. (feet, fit)

(e) How lovely the _____ is! (meal, mill)

Practice 2 Listen to the tongue twisters (绕口令), then fill in the missing words.

(a) Peter Lee sleeps on a _____.

(b) Dick gives his sister a _____ dress.

(c) The fish in the _____ swiftly _____ and _____ through the _____ with a silver gleam, until they _____ their fins and rise with a _____ to nibble the midges that _____ the _____.

(d) She agrees to _____ the beach at _____.

(e) His six-year-old _____ is as _____ as a fiddle.

Part B: Micro-listening

New words and expressions

postal district 邮区

sub-post office 邮政支局

letterhead n. 笺头, 信头

pigeonhole n. 分类架

consignee n. 收信人

payee n. 收款人

postcode n. 邮编

dawk n. 邮政, 驿站马车

general delivery 邮件的存局候领

bipartisan adj. 两党的

affiliation n. 同盟

postage (franking) n. 邮资

sorting office 信件分拣室

addressee n. 收件人

postmaster n. 邮政局长

Postmaster General [美] 邮政署署长

letter-scales 信件磅

cash on arrival 货到付款

tenure n. 任期

stipulation n. 规定

Practice 1 Listen to the recording and write down what you have heard.

1. General terms

- | | | | |
|-----------|-----------|-----------|-----------|
| (a) _____ | (b) _____ | (c) _____ | (d) _____ |
| (e) _____ | (f) _____ | (g) _____ | (h) _____ |
| (i) _____ | (j) _____ | | |

2. Persons concerned

- | | | | |
|-----------|-----------|-----------|-----------|
| (a) _____ | (b) _____ | (c) _____ | (d) _____ |
| (e) _____ | (f) _____ | (g) _____ | (h) _____ |
| (i) _____ | (j) _____ | | |

3. Letters

- | | | | |
|-----------|-----------|-----------|-----------|
| (a) _____ | (b) _____ | (c) _____ | (d) _____ |
| (e) _____ | (f) _____ | (g) _____ | (h) _____ |
| (i) _____ | (j) _____ | | |

Practice 2 An introduction to Postal Service in the United States.

1. Listen to the recording and then complete the four classifications of postal matter in America.

Class	Business scope
(a) _____	_____ _____ _____ _____
(b) second-class mail	_____ _____ _____ _____
(c) _____	_____ _____ _____ _____

(d) fourth-class mail

2. Listen to the passage about the administration of the Postal Service and then fill in the blanks.

- (a) The Postal Service is _____ by an 11-member _____ of governors, 9 of whom are appointed by the president.
- (b) The appointment is on a bipartisan basis with the _____ and _____ of the U. S. Senate.
- (c) The nine governors appoint a tenth to be _____.
- (d) The _____ Postal Rate Commission has five members, appointed by the president.
- (e) The Postal Service is _____ to borrow up to \$ 10 billion from the general public.
- (f) It can _____ to the Postal Rate Commission changes in _____ or classification of mail.

Part C: Passage Listening

Listen to a passage about "History of Postal Service in the United States", and then choose the best answer to complete each of the following statements.

- The first American postal service was established in the colony of _____ in 1639.
A. Maine B. Massachusetts C. New York D. Washington
- In _____ the Continental Congress resolved to have a postal system of its own.
A. 1639 B. 1707 C. 1775 D. 1789
- The system of _____ letters was first adopted in 1855.
A. local B. special delivery C. registering D. airmail
- The _____ free delivery service was established in 1896.
A. national B. urban C. rural D. international
- The _____ makes postal agreements with foreign governments, awards and executes contracts, and directs the foreign mail service.
A. President B. Postmaster General C. Secretary of State D. Cabinet

Part D: College English Test Band Four

This is listening practice that resembles the CET-4 Listening Test. The test consists of two

sections. In this unit, you will just do the first section.

Directions: In this section, you will hear 10 short conversations. At the end of each conversation, a third voice will ask a question about what was said. The conversation and question will be spoken only once. After each question there will be a pause. During the pause, you must read the four suggested answers marked A, B, C and D, and decide which is the best answer. Then mark the corresponding letter on the Answer Sheet with a single line through the center.

1. A. Because his sister visited him.
B. Because he went to run with his niece.
C. Because he was running a fever.
D. Because he went to buy some medicine for his niece.
2. A. He can't win today.
B. He won't be able to take part in today's match.
C. He dislikes playing football any more.
D. He did not like his uncle.
3. A. They can't really afford to buy a house.
B. They should buy a new house.
C. They should buy an old house.
D. They should cut down their other expenses.
4. A. The man should go to the movie tonight.
B. The man should work on his paper instead of going to the movie.
C. The man should do something else.
D. The man should go out with the woman.
5. A. At a laundry.
B. At a carwash.
C. At a beauty shop.
D. At a garage.
6. A. Six weeks.
B. Five weeks.
C. Four weeks.
D. Three weeks.
7. A. Be at the theater by 8:30.
B. Meet the woman at the Sea Breeze Inn.
C. Have the car serviced.
D. Have dinner at a drive-in restaurant.
8. A. Go to the football match with the woman.
B. Ask the woman to help him write the term paper on history.
C. Finish the last two chapters of his history assignment.



Part E: Enjoy Yourself in Listening and Learning

Enjoy yourself while listening to the following joke and choose the right words to fill in the blanks.

charge	grumbles	extraction	pulled	drill	procedure
local	plainly	costing	captive	special	relieved

Just Say Ahhhh!

A man goes into the dentist's office to get a bad tooth (a) _____. As he is opening his mouth and the dentist is about to (b) _____, he asks how long the (c) _____ will take. "Five minutes," the dentist proudly states. "You'll be out of here before you know it, and won't feel a thing—the (d) _____ will last 10 minutes." "And how much is this (e) _____ again?" the man asks. "\$ 190," the dentist states (f) _____. "Geesh," the man (g) _____, "it's a crime to be able to hold a man for five minutes and (h) _____ him \$ 190!" "Then for you, I'll give you a (i) _____!" the dentist says, and the man's face looks pleasantly (j) _____. "I'll take 15 minutes to do the (k) _____."

Keys to Unit One

Part A

Practice 1

(a) beat (b) filling (c) sheep (d) fit (e) mill

Practice 2

(a) clean sheet (b) pink silk (c) river, swim, slip, river, flick, swish, skim, stream (d) leave, three (e) sister, fit

Part B

Practice 1

- (a) postal district (b) local (c) sorting office (d) postcode (e) letter-scales
(f) money order (g) hawk (h) sub-post office (i) pigeonhole (j) general delivery
- (a) mailman (b) consignee (c) addressee (d) Postmaster General (e) postman

- (f) consignor (g) sender (h) payee (i) postmaster (j) payer
3. (a) postage (b) covering letter (c) airmail (d) delivery (e) postmark
(f) register (g) letterhead (h) franking (i) stamp (j) postcard

Practice 2

1. (a) first-class mail; letters, postcards, matter wholly or partly in writing, and matter sealed or closed against inspection (b) comprises newspapers and periodical publications (c) third-class mail; includes books, circulars, matter wholly in print, and proof sheets (d) covers merchandise and all matter not covered in the other three classes
2. (a) directed, board (b) advice, consent (c) postmaster general (d) independent (e) authorized (f) propose, rates

Part C

1—5 B C C C B

Part D

1—5 D B A B C 6—10 A C C D C 11—15 B D B B C

Part E

- (a) pulled (b) drill (c) procedure (d) local (e) costing (f) plainly (g) grumbles
(h) charge (i) special (j) relieved (k) extraction

Unit Two Diet

Part A: Sound Discrimination [æ] [e]

New words and expressions

shack n. 小陋屋

Listen and repeat

1. pat, pet 2. lag, letter 3. bad, bed 4. fat, feather
5. dad, debt 6. happen, help 7. gap, get 8. nap, nest
9. bag, better 10. rag, rest

Practice 1 Listen carefully to the recording, then choose which word best completes the sentence.

- (a) It is a _____ habit to lie on the _____ reading. (bed, bad)
(b) Poor Richard's _____ has been in _____ for many years. (dad, debt)
(c) You'd _____ buy a new _____, as the old one is out of fashion. (better, bag)
(d) "Look, mum, the newly-born sparrows are taking a _____ in the _____," the five-year-old daughter exclaimed at the pictures on TV. (nest, nap)
(e) The _____ pig is jealous of the peacock's beautiful _____. (fat, feathers)

Practice 2 Listen to the tongue twisters then fill in the missing words.

- (a) Helen hit the head of the nail with a _____.
(b) He is holding a _____ hat in his _____ hand.
(c) Sheep shouldn't sleep in a _____, but in a _____.
(d) Remember to ask _____ to tell Ted about the _____.
(e) Pat _____ a handsome young man and had a happy family and a _____ son.

Part B: Micro-listening

New words and expressions

entrée n. 主菜

corkscrew n. 开塞钻

ladle n. 杓子

dishwasher n. 洗碗机

toss v. 拌

toaster n. 烤箱

snack n. 快餐, 小吃

high tea 下午茶点

knead v. 和面

shred v. 切丝

Practice 1 Listen to the recording and write down what you have heard.

1. Types of meal

- (a) _____ (b) _____ (c) _____ (d) _____
(e) _____ (f) _____ (g) _____ (h) _____
(i) _____ (j) _____

2. Kitchen

- (a) _____ (b) _____ (c) _____ (d) _____
(e) _____ (f) _____ (g) _____ (h) _____
(i) _____ (j) _____

3. Cookery

- (a) _____ (b) _____ (c) _____ (d) _____
(e) _____ (f) _____ (g) _____ (h) _____
(i) _____ (j) _____

Practice 2 An introduction to cookery.

1. Complete the missing information about cookery.

- (a) Cookery is preparation of food for _____.
(b) It involves a variety of _____ techniques and _____ techniques.
(c) Cookery is divided into two _____, perhaps best defined by the _____.
(d) They distinguish between cuisine bourgeois (" _____ ") and haute cuisine—
cooking conceived as an aesthetic _____.
(e) In _____, the distinction is based on the differences between _____ cooking
skills and refined artistry.
(f) In practice, however, the distinction has always been _____ and has become in-
creasingly so in recent years.
(g) This is due to the fact that _____ cooks begin to emulate the work of _____
chefs.

2. Listen to the recording and complete the passage "Origins of Cookery".

- (a) Cookery _____ sometime between the _____ of fire making and the beginning of
the Neolithic period.
(b) The early humans ate their food _____.
(c) Before the development of pottery vessels some 7,000 to _____ years ago, food
was cooked by _____ it over or toasting it beside open fires.
(d) The development of pottery made possible such relatively _____ cooking methods
as boiling, stewing, braising, _____, and, perhaps, a primitive form of baking.



- (e) These techniques, in _____ with the domestication of animals for their _____ and milk and the cultivation of edible plants, opened the way to what ultimately became modern cookery.

Part C: Passage Listening

Listen to a passage about "Food in the New World", and then choose the best answer to complete each of the following statements.

1. In the western hemisphere cookery has evolved largely according to the _____ of the settlers.
A. tradition B. customs C. ethnic background D. history
2. It is _____ by their immediate requirements and the available produce in the regions they settled.
A. affected B. caused C. made possible D. modified
3. In Canada, native foodstuffs have been adapted to a need, in a _____ climate, for high caloric intake.
A. harsh B. cold C. hot D. mild
4. In Canada, they are cooked according to _____ and _____ tastes.
A. American, French B. American, Dutch
C. French, English D. English, German
5. In Latin America, native cookery has been influenced, in varying degrees, by the methods of Spain, Portugal, and _____.
A. Europe B. Asia C. Africa D. America

Part D: College English Test Band Four

This is listening practice that resembles the CET-4 Listening Test. The test consists of two sections. In this unit, you will just do the second section.

Directions: In this section you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, You must choose the best answer from the four choices marked A, B, C and D. Then mark the corresponding letter on the Answer Sheet with a single line through the center.

Passage One

Questions 1 to 3 are based on the passage you have just heard.

distinguished	extra	civilization	beneficial	store
potential	trading	beyond	opportunity	challenges

Clinton Addresses Fortune Global Forum Delegates

I am delighted to have the (a) _____ to join all of you today for the FORTUNE Global Forum in Shanghai. With nearly 500 CEOs from all around the world and many (b) _____ participants from China, this is truly an (c) _____ extraordinary gathering.

I was in Shanghai a little more than a year ago. I saw first-hand how the oldest (d) _____ on earth is becoming young again. It's impossible not to marvel at the extraordinary pace of change, or to see in Shanghai the tremendous (e) _____ for China's future.

The U. S. sees China's continued economic growth as (f) _____ to our nation and to the world. China's progress ensures the well-being of nearly a quarter of the world's population. Its growing openness to the world can bring better jobs, better pay, and greater prosperity to the American people as well. And it can contribute to the global (g) _____ of knowledge and prosperity. That's why I believe it is vital to make China a full and constructive member of the international (h) _____ system.

As I said to business leaders in Shanghai last July, and as all of you know well, China faces major challenges in advancing economic progress (i) _____ the present point—including more restructuring of state-owned enterprises, developing a transparent legal and regulatory system, preserving the environment as the economy grows, and providing greater openness and accountability of its government and freedom of expression to its people.

The United States is prepared to work with China in meeting all these (j) _____. The extraordinary group that is gathered for the FORTUNE Global Forum both reflects your confidence in China's future and will help assure this future will meet its great promise.

Thank you for your efforts and I wish you every success in your meeting.

