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# 跟美国学生 一起学英语

上人外语 编著

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**初级版**

附MP3

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# 跟美国学生 一起学英语

上人外语 编著



贵州师范学院内部使用

 中国纺织出版社有限公司



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# PREFACE 前言

英语学习一直以来在中国热度不减。然而,读者学习英语时多拘泥于英语语言本身,往往忽略了语言背后所蕴含的文化元素。与此同时,大多数英语读物都趋于选择经典的文学作品,而忽略了其他文体中语言的特色。本书正是致力于填补这几方面的空白。

本书涉及内容广泛,所有材料均选自美国现行小学课本,包括社会科学、自然科学和生活百科等多学科领域。就阅读材料本身而言,文学类文章的选择比较偏重于语言本身,在阅读中,读者可以尽情地领略和体味英语语言的魅力。自然科学类文章非常具有专业性,不仅为读者提供了大量的相关知识,而且涵盖了大量的专业阅读词汇。社会科学类文章除了作为阅读材料呈现之外,主要侧重于对美国社会一些基本常识的介绍。

本书每篇文章后都附有阅读所需的词汇和短语。值得一提的是,在“语句荟萃”部分,所有短语的例句都经过精挑细选。通过学习,读者可以熟练地掌握相关短语的用法。此外,每篇文章后附带的练习也帮助读者进一步巩固文章中的词汇和短语,同时还考查了读者对文章的理解程度。“参考译文”更是为读者全面了解文章内容提供了便利,同时,有兴趣翻译的读者也可以将“参考译文”作为检验自己翻译质量的范本。

本书的另一亮点就是与每篇文章内容相关的扩展板块,这些板块致力于扩充读者对相关话题的了解,尤其侧重于与现实生活的联系,期望读者在阅读之后能够开阔视野,了解不同国家的历史背景和人文文化,同时更为深刻地理解前面所阅读的文章。

由于本书学科跨度很大,因此适合兴趣广泛的英语学习者选读,这也打破了普通英语读物多限于文科材料的束缚。学科的侧重点和阅读难度不同,对读者来说感受也各异。因此,本书适合的读者群广泛,业余或专业学生两相宜。

祝大家阅读快乐!

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# Part 1

## Social Studies

### 社会科学

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LIFEPAC  
GOLD



HISTORY &  
GEOGRAPHY

# 1

# Continents

## 大洲

地球上有七个大洲。虽然我们从小就开始学习地理知识，但对于这些大洲，我们了解多少呢？对于我们生活的地球的几大板块，我们应该有清楚的了解。现在就随我一起进入环球之旅吧！

The seven largest pieces of land on earth are called *continents*. Two of them, North and South America, are in the Western Hemisphere. Four others: Europe, Africa, Asia, and Australia, are in the Eastern Hemisphere. The last continent, *Antarctica*<sup>1</sup>, is unusual because it is at the South Pole, and is in both the Eastern and Western *Hemispheres*<sup>2</sup>.

Europe, Asia and Africa are all connected together. Europe and Asia are divided by mountains and seas. The border between the two is an *imaginary*<sup>3</sup> line through the Ural Mountains, the Caspian Sea, the Caucasus Mountains, and the Black Sea. The land of these two continents is often called Eurasia to show how closely they are connected.

Africa is connected to Asia by the *Isthmus*<sup>4</sup> of Suez. This thin piece of land is crossed by the Suez *Canal*<sup>5</sup>. The canal was finished in 1869. The 118-mile-long (190 kilometers) man-made *strait*<sup>6</sup> connects the

Red Sea to the *Mediterranean*<sup>7</sup> Sea. It allows ships to sail between Europe and southern Asia without going all the way around Africa.

Asia is the largest continent on earth. It also has more people living on it than any other continents. Europe is much smaller than Asia.

Africa is the second largest continent.

Australia is often called the “Island Continent”, because it is the smallest continent on earth. It is not connected to any other continent, and all of it is south of the *equator*<sup>10</sup>. There is one continent that is even further south—Antarctica. It is a continent at the South Pole covered with snow and ice. It is larger than Europe or Australia, but it is too cold for people to make their homes there.

North and South America are the continents you know best. They are connected by the Isthmus of Panama. There is a canal across this isthmus, also. The Panama Canal is 51 miles (82 kilometers) long from start



to finish. (It crosses a lake at one point.) The canal was built by the United States and opened in 1914. Ships sailing from New York to San Francisco traveled 7,800 fewer miles (12,630 kilometers) by using the canal instead of sailing around South America.

Many islands in the ocean are part of

whatever continent they are close to. For example, the big island of Greenland northeast of North America is part of that continent. The **archipelago**<sup>11</sup> of Japan (made up of thousands of islands) is part of Asia, the continent that is just to the west of it.



## Vocabulary 新鲜酷词

**1. Antarctica** [æn'ta:ktikə] *n.* 南极洲

**2. hemisphere** ['hemɪsfɪə] *n.* 半球

**3. imaginary** [ɪ'mædʒɪnəri] *adj.* 想象的，虚构的

**4. isthmus** ['ɪsməs] *n.* 地峡

**5. canal** [kə'næl] *n.* 运河

**6. strait** [streɪt] *n.* 海峡

**7. Mediterranean** [ˌmedɪtə'reɪnjən] *n.* 地中海  
*adj.* 地中海的

**8. resurrection** [ˌrezə'rekʃən] *n.* 复活；复兴；恢复，再流行

**9. equator** [ɪ'kweɪtə] *n.* 赤道

**10. archipelago** [ˌɑ:kɪ'pelɪɡəʊ] *n.* 群岛



## Sentence 语句荟萃

### 1. It's in Asia that...

“it”引导强调句型，强调主语、宾语或状语，其结构是：It + be + 被强调部分 + that + 句子其余部分。

注：本课选自美国四年级《历史与地理》课本。

1) 强调主语

e.g. It's the times that produce their heroes.

时势造英雄。

It's I who finally solved the problem.

最后解决问题的是我。

注意：that后面的动词要与被强调的名词或代词保持数的一致。

2) 强调宾语

e.g. It's English that I teach in the college.

我在大学里教的是英语。

It was a watch that I received as my 16th birthday gift.

我收到的16岁生日礼物是一块手表。

3) 强调状语

e.g. It was in Fuzhou that I finished my college education.

我是在福州上的大学。（强调地点介词短语用that）

It was in 1983 that my parents got married.

我父母亲是在1983结婚的。（强调时间介词短语用that）

It was yesterday that/when he bought a new bike.

他昨天买了辆新自行车。（强调时间副词可用that或when）

**2. start (all) over again** 重新开始

e.g. He tore up the letter and started over again.

他把信撕了重新写。

I hope you can forgive him and let him start all over again.

我希望你能够原谅他，让他重新开始。

**3. spread out** 铺开，展开；传播

e.g. The search team spread out in the forest.

搜救小组在森林里分散开来。

The beautiful valley now lay spread out before us.

美丽的山谷呈现在我们眼前。





## Exercise 牛刀小试

### Put the correct answer in the blank.

1. \_\_\_\_\_ is the largest continent with the most people.
2. There are (how many) \_\_\_\_\_ continents.
3. The continent that is furthest south is \_\_\_\_\_.
4. The first people to explore and map the entire earth came from \_\_\_\_\_.
5. North and South America are connected by the \_\_\_\_\_.
6. Egypt was an important nation of the continent of \_\_\_\_\_.
7. \_\_\_\_\_ and \_\_\_\_\_ are in the Western Hemisphere.
8. The land of Europe and Asia together is sometimes called \_\_\_\_\_.

### 参考译文

地球上最大的七块陆地称为“大洲”，其中的两块大洲，即北美洲和南美洲，位于西半球。另外四块即欧洲、非洲、亚洲和澳洲位于东半球。最后一个大洲——南极洲，它的特别之处在于它地处南极，并且跨越东西两个半球。

欧洲、亚洲和非洲互相连接。欧洲和亚洲之间隔着山川和海洋，它们的分界线实际上是一条贯穿乌拉尔山、里海、大高加索山脉和土耳其海峡的假想线。人们通常把这两个大洲合称为“欧亚大洲”，以此来体现它们的紧密联系。

非洲与亚洲通过苏伊士地峡连接在一起。苏伊士运河从这块狭长的土地上穿过。苏伊士运河于1869年开通，全长118英里（190公里），是一条连接红海与地中海的人工海峡。有了苏伊士运河，往返于欧洲和南亚的轮船不必绕道非洲就可

以直接到达目的地。

亚洲是地球上最大、居住人口最多的一块大洲。比起亚洲，欧洲要小得多了。

非洲是世界第二大洲。

澳大利亚经常被称为“岛洲”，因为它是地球上最小的一个大洲。它与其他大洲毫无联系，完全位于赤道以南。更南边还有一个大洲——南极洲。它位于南极，冰雪覆盖。南极洲面积比欧洲、澳洲都大，但由于气候寒冷而不适合人类居住。

北美洲和南美洲是你们最了解的两个大洲。它们通过巴拿马地峡相连。这地峡上也有一条运河。巴拿马运河全长51英里（82公里），（中途经过一个湖泊）。该运河由美国开凿，于1914年投入使用。这样一来，从纽约驶往旧金山的轮船

就无须绕行南美，可省7800英里（12630公里）的航程。

海洋中的岛屿划归与其相距最近的大洲。例

如，北美洲东北方向的格陵兰岛划归北美洲，日本群岛（包含上千个岛屿）则划归位于群岛西侧的亚洲。

## “美”事一桩

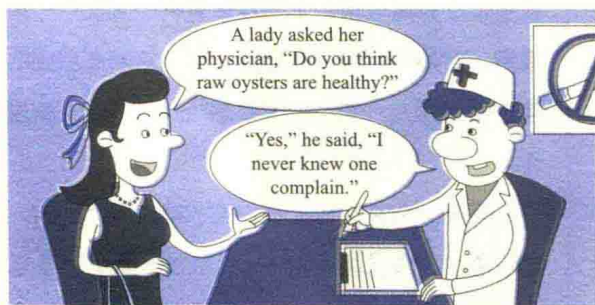
### 美国社会科课程的特点

美国的中小学课程有一门社会科(Social Studies)，本章的课文正是以这一学科为依据挑选整理出来的，选用的课本主要是《历史与地理》(History & Geography)。有些读者可能会产生疑问：地理到底属于自然科学还是社会科学？

其实，美国学校的社会科也是一门综合性的课程。美国社会科协会提出十大主题轴作为该门学科的课程标准：文化，时间，人、地与环境，个人发展与认同，个人、团体与制度，权力、权威与管理，生产、分配与消费，科学、技术与社会，全球联系，公民意识与实践。这十大主题轴始终在社会学科（包括某些自然学科）间进行综合。

这门课程不是历史和地理学科知识的简单拼凑，而是诸社会学科相关领域的综合；不仅是知识层面的综合，更是方法和视角的整合；不仅是社会科学和自然科学领域的知识，还包括了学生的生活经验和社会实践的知识。它冲破了学科间的界限，大大拓展了课程的空间和开放性，促使学生更好地接触社会、认识社会、了解社会、融入社会。

## A Humor 休闲时刻



一个女士问医生，“生牡蛎卫生吗？”

“当然，”医生说，“没听过它们说不舒服。”

注释：“healthy”既可指本身健康，也可指对人有利益。

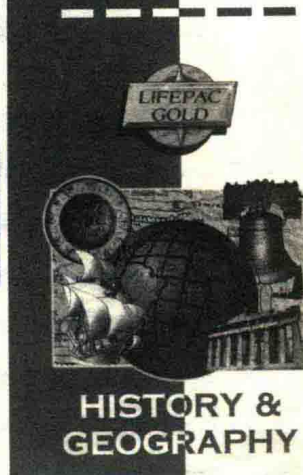
### Answer

1. Asia 2. seven 3. Antarctica 4. Europe 5. Isthmus of Panama 6. Africa 7. North America, South America 8. Eurasia



# The United States (Part One)

## 2



## 美国地理概况（上）

作为世界上最发达的资本主义国家，很多人对美国充满了好奇与向往。对于美国的概况，我们都有兴趣也有必要去了解。那就从美国的基本概况入手吧！

The United States of America is in the center section of North America. It's one of the richest and certainly the most powerful nation on earth. The forty-eight states in the center of the continent are called the **contiguous**<sup>1</sup> states. Two other states, Alaska (northwest of Canada) and Hawaii (in the middle of the Pacific Ocean), are also a part of this nation.

The people of the United States (also called America) came mostly from Europe, seeking both freedom and better lives. They were the type of people who were willing to **take a chance on** the unknown. They were **bold**<sup>2</sup> risk-takers. They made the country a "melting pot," where many cultures of Europe were melted together to create a new culture. These adventurous Americans also worked hard to turn a rich wilderness into farms, cities,

and prosperous businesses.

Today America is an English-speaking nation. Most of the people there have ancestors from many different countries. The culture of the country honors hard work and independence.

You will study the history and the people of the United States another time. In this LIFEPAC you will learn the states, their capitals, and a little about the geography of the country. You will learn the states in six sections: Northeast, Southern, Central, **Prairie**<sup>3</sup>, Mountain, and Pacific States.

### NORTHEAST STATES

The Northeast is where the second American **colony**<sup>4</sup> founded by the British began. The settlers came to Plymouth, Massachusetts in 1620. They were Christians

who were escaping **persecution**<sup>5</sup> in England by the state church. We call them the Pilgrims.

The colonists naturally named the land “New England” after their home. That name is still used for the states of Maine, Vermont, New Hampshire, Massachusetts, Connecticut, and Rhode Island. It became a land of small farms and close-knit towns. The deep religious faith of the people created a stable, hard-working group.

The land of New England is mostly mountains, the Appalachian Mountains. The Green, White, and Blue Mountains are the best-known **ranges**<sup>6</sup> in the area. The thin **strip**<sup>7</sup> of the Coastal Plains is the best land. The soil is usually thin and rocky. But, there is plenty of water and with hard work, the farmers grew enough to survive.

The Northeast is a beautiful section of the country. The mountains and hills are covered with forests. They **glimmer**<sup>8</sup> with a white blanket of snow in winter and a deep green covering in summer. In the fall the hills are covered with bright trees dancing in their changing colors. The mountains, forests, and streams are a delight to people who love the outdoors.

Eventually, the fast moving streams that **tumbled**<sup>9</sup> down out of the mountains **were put to** practical **use**<sub>2</sub>. They were used to power machines to **spin**<sup>10</sup> thread, **weave**<sup>11</sup> cloth, and make other goods. America's first factories

began in the Northeast in the 1700—1800's. For many years it was the main manufacturing center of the country. Gradually, however, other places have replaced it. Today much of the Northeast's industry is too old and has been shut down.

The Northeast, **along with**<sub>3</sub> Virginia from the South, was the heartland of the country when the United States was formed in 1776. Virginia was the first and largest colony. New York City and Philadelphia, Pennsylvania were the largest cities. Much of the Revolutionary War, which won freedom from Britain, was fought in these states.

The Catskill and Adirondack Ranges are part of the Appalachians in New York. The mountains run through most of the Northeast States, but the Coastal Plains get wider south of New England, providing more good farmland. Also, the Hudson and Mohawk Rivers cut through the mountains in New York. This creates a fertile valley, **as well as**<sub>4</sub> a way to cross the highlands. In 1825, the Erie **Canal**<sup>12</sup> connected the Mohawk River with Lake Erie. That meant that goods could be shipped from the Great Lakes through the canal and rivers to New York City on the Atlantic Ocean.

The Northeast port cities of Boston, Philadelphia, Baltimore, and New York grew huge on the trade between America and the world. They also grew bigger as industries were built all over the Northeast in the 1800's.



Today these are **megalopolises**<sup>13</sup> that spread out for miles along the coast.

There are many important **features**<sup>14</sup> in these states. Niagara Falls is on the river between Lake Erie and Ontario in New York. The St. Lawrence River forms part of the **border**<sup>15</sup> between New York and Canada. Also off the coast of New York is Long Island, the largest island in the contiguous states. The Atlantic coastline is dotted with sand beaches and has many barrier islands. The Allegheny and Monongahela Rivers, on the western side of the mountains, meet at Pittsburgh, Pennsylvania. They join to create the Ohio River, which drains west into the great Mississippi River.

## SOUTHERN STATES

The Southern States begin south of Pennsylvania at the Mason-Dixon Line. The Mason-Dixon Line began as the border between Maryland and Pennsylvania. It is named after the two men who surveyed and set it in the 1760's. Over many years people began to think of it as the line which separated the North from the South in American history. It included not only the border of Maryland, but the northern border of the states that allowed blacks to be kept as slaves in the mid-1800's. The Mason-Dixon Line, therefore, also ran along the Ohio River, the northern border of both West Virginia and Kentucky.

It was the Southern States that formed most of the **Confederate**<sup>16</sup> States of America in 1860 at the start of the Civil War. Those states wanted to keep slaves to grow their crops, while the Northern States wanted to end slavery. The Southern States tried to **rebel**<sup>17</sup> and form their own country. After five years of terrible war, they were forced to stay in the United States and free their slaves.

West Virginia had just been part of Virginia before that time, but the people of that area separated from Virginia and created their own state. They did not want to join the Confederacy. Because the capital of the United States, Washington D.C., is in Maryland, U.S. soldiers came into the state and would not let it join the Confederacy.

The capital of the United States is built on land taken from Maryland and Virginia in 1790. The 10-mile-square piece of land was named the District of Columbia (after Columbus). The capital city built there was named Washington after the first president. Eventually the city got so big it filled the whole District. Today, the capital is called Washington, District of Columbia, or Washington, D.C. for short.

The Coastal Plains that run along the Atlantic and Gulf coast are the biggest land feature of the Southern States. The good farmland and many rivers to transport crops attracted the settlers. The Appalachian Mountains run mainly through West Virginia,

Kentucky, and Tennessee. Between the mountains and the plains, however, is another important feature, the Piedmont Plateau.

The Piedmont Plateau is a gently rolling plateau between the Coastal Plains and the Appalachian Mountains in the South. It is a part of the Appalachian Highlands. The plateau runs between the plains and the Appalachians all the way<sup>6</sup> from New Jersey to Alabama. The soil is not as good as in the plains, but it is better than in the mountains, and many crops are grown there. The drop from the plateau to the plains can be very steep<sup>18</sup>, and rivers usually form waterfalls there. Many cities have been built on this “fall line” to take advantage of the power from the waterfalls.

There is one other area of highland you need to know in this section. That is the Ozark Mountains. The Ozarks are located where Arkansas, Missouri, and Oklahoma touch. Those three states are in three different sections, so we will mention the Ozarks here. It is one of two important highland areas between the Appalachians and the Cordillera in the United States.

The Ohio River begins at Pittsburgh, Pennsylvania and forms the northern border of this section of states. It joins the Mississippi River where Illinois, Kentucky, and Missouri meet. From there, the Mississippi goes south to the Gulf of Mexico. The greatest river in North America, the Mississippi has tributaries<sup>19</sup> that

come from both the Appalachian and Cordillera Mountains. It is an American river that has a drainage<sup>20</sup> basin that covers the entire center of the contiguous states.

## CENTRAL STATES

The Central States are in the Central Lowlands of North America. There is one small area of higher land in this section. It is called the Superior Uplands. It is the second important area of highlands between the Appalachians and the Cordillera (the other was the Ozarks). The Superior Uplands are located at the west (left, on the map) end of Lake Superior, the largest of the Great Lakes (also the largest lake in the world). It is a hilly, rocky area covered with beautiful lakes.

The Great Lakes form most of the border between the U.S. and Canada in this region. Lake Michigan is the only one of the Great Lakes that is completely in the United States. The other four lakes are half in the U.S. and half in Canada.

All of the Great Lakes are part of the St. Lawrence Seaway. The Seaway uses canals, rivers, and the Great Lakes to provide a way for ocean ships to reach cities far away from the ocean. The result is another coastline for America and Canada. Chicago, Illinois on Lake Michigan is about 700 miles from the Atlantic Ocean, but it is still a port city for ships that sail on the Atlantic!



The Central Lowlands have excellent farmland. The colder temperatures of the most northern states do limit the crops that can be grown there, but the rich, well-watered lands of Iowa, Missouri, Illinois, Indiana, and Ohio produce **abundant**<sup>21</sup> crops.

The Mississippi River runs through the center of this section. The source of the Mississippi itself is in the Superior Uplands. From its source in Minnesota it flows south to reach the Gulf of Mexico in Louisiana. The Mississippi is a border for many states as it

crosses the country. For example, the river forms the entire eastern border for the states of Iowa, Missouri, and Arkansas.

Another important tributary, the Missouri River, joins the Mississippi near St. Louis, Missouri. The source of the Missouri is in the Rocky Mountains of the Cordillera. These rivers and the Great Lakes allowed settlers to go deep into this land long before roads could be built. This land, on the far side of the Appalachians, was next to be settled after the east coast.

注：本课选自美国四年级《历史和地理》课本。



## Vocabulary 新鲜酷词

1. **contiguous** [kən'tɪgjʊəs] *adj.* 连接的, 邻近的
2. **bold** [bəʊld] *adj.* 大胆的, 勇敢的
3. **prairie** ['preəri] *n.* 大草原, 牧场
4. **colony** ['kɒləni] *n.* 殖民地
5. **persecution** [ˌpɜːsɪ'kjuːʃən] *n.* 迫害, 虐待
6. **range** [reɪndʒ] *n.* 列, 行; 山脉
7. **strip** [stri:p] *n.* 带, 条, 条板; 带状地
8. **glimmer** ['glɪmə] *vi.* 发微光, 闪光
9. **tumble** ['tʌmbəl] *vi.* 摔倒, 跌倒; 滚动
10. **spin** [spɪn] *v.* 纺; 转动
11. **weave** [wi:v] *vt.* 织, 编织

12. **canal** [kə'næl] *n.* 运河
13. **megapolis** [ˌmegə'ləpəlɪs] *n.* 特大都市
14. **feature** ['fi:tʃə] *n.* 面容, 特征 *vt.* 以……为特征
15. **border** ['bɔːdə] *n.* 边(界, 缘, 境); 界线
16. **confederate** [kən'fedəreɪt] *n.* 同盟者
17. **rebel** ['rebəl] *n.* 叛徒
18. **steep** [sti:p] *adj.* 险峻的, 陡峭的, 急剧升降的
19. **tributary** ['trɪbjʊtəri] *n.* 支流
20. **drainage** ['dreɪnɪdʒ] *n.* 排水, 水系
21. **abundant** [ə'bʌndənt] *adj.* 丰富的, 充足的