LISTENING AND SPEAKING COURSE
for Graduate Medical Students

医学院校研究生英语

听说教程 （一）

主　编　　姚　欣
副主编　　徐立群　龚修林

LISTENING AND SPEAKING COURSE
for Graduate Medical Students

医学院校研究生英语

听说教程 （一）

主　编　姚　欣
副主编　徐立群　龚修林
编　委　万静然　史云松　易　兵
　　　　罗海燕　钱敏娟

南京大学出版社

Contents

Unit One
Diet and Weight Loss

Section A
Pre-listening

·:· Task 1

Exercise

When a patient enters a hospital, the medical staff need to help him/her in the Reception or in the Emergency room. Work in groups of four or five and think of as many expressions as possible about what a doctor or nurse would say to a patient when the patient steps into a hospital.

⊙⊙ Task 2

Exercise

You are going to hear a conversation in which a nurse welcomes a patient to a hospital. Listen to the conversation and answer the following questions.

1. Where is the patient from?

_____

2. How does the patient know Doctor Keller?

_____

3. How long will the patient stay with his friends?

_____

4. What does the patient have to do before he can see the doctor?

_____

🔘 Task 3

Words and Expressions:
calories, cholesterol

Exercise

Some friends are talking about health problems. Listen to the conversation and answer the following questions.

1. What is the doctor's suggestion for Larry?

_____

2. What does the speaker mean when she says "I'm too young to dress all in black"?

_____

3. What is Emily's suggestion for her friends?

_____

✂️ Task 4

Exercise 1

What expressions are commonly used to give advice and suggestions?
Discuss these expressions in pairs and make a list of them in the
space provided below. Try to make sentences with these expressions.

_____

_____

_____

_____

_____

_____

Exercise 2 ▰▰▰▰▰▰▰

Role-playing: A patient is bothered by his/her weight and comes to consult a doctor. Work in pairs with one student as the patient and the other as the doctor, using the expressions you've learned above.

⊙⊙ Task 5

Exercise 1 ▰▰▰▰▰▰▰

You are going to hear a news report. Listen and write the main idea of the news in the space provided below.

_____

_____

Exercise 2 ▰▰▰▰▰▰▰

Listen again and complete the following script of the news report with one or more words in each blank.

The holidays are over and you've made all those great plans for a _____ (1) you. If you're trying to lose weight, you should ask yourself some simple questions. Doctor Francis Chesley of _____ (2) explains. . .

"Getting to a healthy weight is easier if you're more _____ (3) your behavior: 'Do I need to put all that food on my plate? Wouldn't it help me to eat more _____ (4)? And, what about _____ (5)—do I always need it? Can't I walk or do some simple exercise every day?' The longer you work at it, the more likely you'll be to lose weight. And, cutting back on your _____ (6) is definitely a successful beginning."

Doctor Chesley also says not to count on diet pills to help you lose weight. People who rely on _____ (7) alone lose at the most only _____ (8) a year.

Section B
Further Listening

◄•► Task 1

Exercise

Role-playing: Tell your partner that you're not feeling well. Answer your partner's questions using the cues below. Then change roles. Start like this:

Student A: I don't feel very well today.
Student B: Why? What's the matter?
Student A: . . .
Cues:

You can work out several conversations with your partner based on the pictures above. Choose the best one and roleplay this in class.

⊙⊙ Task 2

> **Words and Expressions:**
> Librium tablet: brand name of a sedative drug
> slow me to a halt: slow me down to a complete stop constipate

Exercise 1

You are going to hear a conversation between a doctor and a patient. Listen and match the doctor's questions with the patient's description by writing the letters in the blanks.

Doctor's Questions

> a. How often do you have them opened?
> b. What has actually been happening since the thyroid trouble?
> c. How is your appetite?
> d. What kind? Burning, stabbing?
> e. How does the indigestion affect you?

Doctor: _____(1)

Patient: All sorts of things. I've been feeling very depressed for a year.

Doctor: _____(2)

Patient: All the food stays up here in the chest.

Doctor: _____(3)

Patient: It feels like some wind there and I want to get rid of it.

Doctor: _____(4)

Patient: Very poor.

Doctor: _____(5)

Patient: Only when I take medicine.

Exercise 2

Listen to the conversation again. Take notes of the patient's description about her conditions in the space provided below. Use your

notes to tell your partner what you've heard. Compare your notes with your partner's.

_____

_____

_____

Task 3

Exercise

Fast food has been quite popular not only in western countries but also in China nowadays. Join a partner and discuss the influence of fast food on children based on the information conveyed in the picture on the left.

Task 4

Exercise

Mrs. Brown needs to have an operation to remove her gall stone, but her doctor says she can't have it now. Listen to the conversation and find out the answers to the following questions.
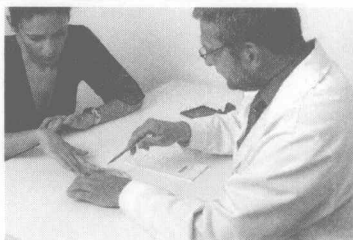
1. What discomfort does Mrs. Brown have?

_____

2. Why can't Mrs. Brown have the operation at this moment?

_____

3. How does Mrs. Brown think of her weight?

_____

4. What's the doctor's advice on losing weight?

5. How will the doctor deal with the patient's breathing problem?

Task 5

Exercise

Pair-work: Work with your partner and think about the advantages and disadvantages of different ways of weight-losing. Complete the table below with what you have discussed.

	Advantages	Disadvantages
diet		
sport		
medication		
surgery		
...		

Section C
Advanced Listening

UNIT
1

Task 1

Words and Expressions:
triglyceride, apnea, glucose, phenomenal, cardiovascular

Exercise 1

You are going to hear a passage about weight and health. Listen and decide whether the following statements are true or false.

True or False

(   ) 1. Overweight is associated with many diseases, including cancer.

(   ) 2. Lifestyle changes have shown phenomenal health benefits that can be more effective than medications.

(   ) 3. Author of the book *What to Eat* pays great attention to lifestyle change.

(   ) 4. No consistent patterns have been found in the weight loss studies.

(   ) 5. The only way to reverse or prevent diabetes is to lower body weight.

Exercise 2

Listen again and answer the following questions.

1. How many Americans are classified as overweight or obese?

2. What risks are associated with being overweight or obese?

3. What benefits can be brought by lowering body weight?

4. According to Katz, what diseases are preventable with healthier lifestyles and normal body weights?

Task 2

Exercise

Work in groups of four or five. Interview each other and find out your individual eating habits and make comments on them. Complete the table below with what you have discussed. Finally, decide on the one in the group whose eating habits is the healthiest.

Name	Eating habits	Advantages	Disadvantages
1.			
2.			
3.			
4.			
5.			

Task 3

Exercise

You are going to hear a passage about how to deal with post-natal weight. Listen to the passage and do the following exercise.

Multiple Choice

1. What is the effective way of losing weight after pregnancy?

   A) To have an operation.

   B) To go for a diet.

   C) To exercise regularly.

   D) To do exercise along with diet change.

2. According to the passage, what may be one factor that contributes to obesity among women?

   A) Working pressure given by the society.

   B) Lack of exercise.

   C) Various diseases related to childbearing.

   D) Retained body weight after childbirth.

3. What was the finding of the six different trials?

   A) Women who did exercise lose more weight than those who have a standard post-natal lifestyle.

   B) Women who have a standard lifestyle did not lose more weight than women who do exercise regularly.

   C) Women who did exercise did not lose more weight than women who have a standard post-natal lifestyle.

   D) Women with normal care did lose more weight than women who combined exercise and dieting.

4. Returning to pre-pregnancy weight is important, because women who regain their weight within six months _____.

   A) have a lower risk of being overweight ten years later

   B) have a lower risk of being overweight five years later

   C) have a lower risk of heart disease ten years later

   D) have a lower risk of heart disease five years later

5. Which of the following may be the best title for the passage?

   A) How to Deal with Pre-pregnancy Obesity

   B) How Lifestyle Changes Our Body

   C) The Best Ways to Lose Weight after Childbirth

   D) Why Losing Weight Is Important for Women

Task 4

Exercise

Read the following passage. Join a partner and have a discussion based on the questions that follow. Share your answers in the class.

For some time now, catwalk organizers from around the world have been wondering whether they should ban models deemed to be too thin from their shows.

Perhaps their minds will be more firmly made up after the death of Ana Carolina Reston, a 21-year old Brazilian fashion model who died from anorexia on November 14th, 2006.

At 1.72 m (5'8"), she weighed only 40 kilograms (88 lbs.) with a body mass index of 13.5 when she died, after having existed on a diet of apples and tomatoes and being hospitalized for kidney malfunction.
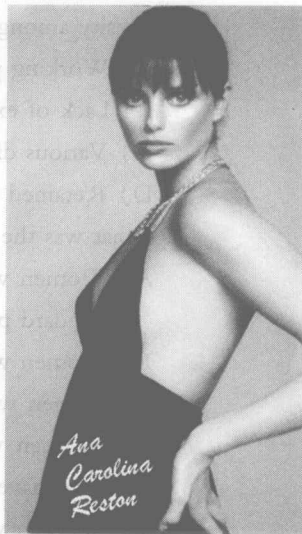
A body mass index (BMI) of 17.5 or less is one of the criteria for a diagnosis of anorexia according to the World Health Organization's classification system.

The Spanish Association of Fashion Designers took the decision to ban models with a BMI of less than 18 during its Madrid fashion week back in September.

Of course the desire to look like a model is not the only thing that leads to eating disorders. The portrayal of thin people in the public eye is just one of the contributory environmental variables.

Anorexia and bulimia are complicated diseases caused by many different interrelated environmental, personality and emotional factors, which vary across individuals.

Banning ultra thin models from catwalks is not going to eradicate eating disorders such as anorexia and bulimia among models or the general

public, but it will remove one of the triggers for these diseases.

One thing is for sure: The death of Ana Carolina Reston is bound to add to the controversy surrounding the use of very thin models on the World's catwalks.

Questions

1. Do you know how to calculate BMI? What is the World Health Organization's criterion for anorexia?

2. What leads to the death of Ana Carolina Reston?

3. How do you think of this phenomenon? What do you think we can do to prevent such tragedy from happening again?

4. "You can either hold yourself up to the unrealistic standards of others, or ignore them and concentrate on being happy with yourself as you are." Do you agree with this saying? Why or why not?

Task 5

Words and Expressions:
staple, buckwheat, starch

Exercise 1

You are going to hear a passage about the secrets in Japanese people's eating habit. Listen to the passage and do the following exercise.

True or False

(   ) 1. The Japanese diet is consumed based on the health benefits.

(   ) 2. Not only red meat, but also fish helps to lower the risk of heart attack.

(   ) 3. In Japan, fish skin is believed to improve people's complexion.

(   ) 4. Tofu and soy products are staples in the Japanese diet.