

普通高中课程标准实验教科书

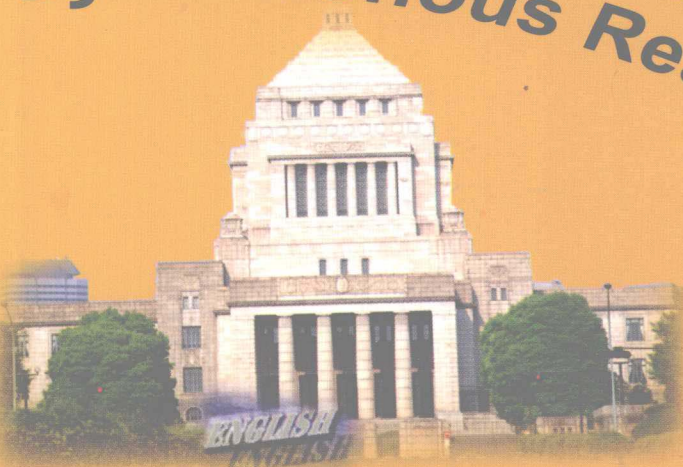
英语

同步阅读训练

选修 8

English

Synchronous Reading Training



CTPC 中国出版集团
中国对外翻译出版公司

普通高中课程标准实验教科书

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选修 8
(配人教版)

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前 言

阅读是理解和吸收语言文化信息的重要手段。对学生来讲,阅读又是语言文化信息最便捷的输入源,没有足够的语言理解能力,就不可能有高质量的语言表达能力。

学生要达到课程标准的要求,获得良好的学习成绩,单靠教科书是远远不够的,必须开展大量的阅读和训练。为此我们根据国家英语课程标准对阅读技能的要求,组织编写了本套读物,可供选择与各版本教材配套使用。

本套教材紧扣新课标学习原理和要求,具有针对性强、实用性强、趣味性强、自主性强的特点。每章节紧扣教材配有阅读。阅读习题形式多样,让学生课后即练,学以致用。本套读物将成为学习英语的一个宝典,让你从中受益匪浅。我们以后也会不断增加新的内容以飨读者,祝愿广大读者能在使用过程中提高对英语阅读的兴趣和能力,以达到课程标准的要求。

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Unit 1 A Land of Diversity

Reading (1)

Weddings in the United States

Weddings in the United States change as much as the people do. But many weddings, no matter where or how they are performed, include (包含) certain traditional (传统的) customs.

Before marriage, they get engaged (订婚). And then invitations are sent to those who live nearby, their close friends and their relatives who live far away. When everything is ready, then comes the most exciting moment.



The wedding itself usually lasts between 20 and 40 minutes. While the wedding march (结婚进行曲) is played, the bride (新娘) carrying a bouquet (花束) enters the church with her father who will “give her away”. The bridegroom (新郎) enters the church from a side door. Then the bride and bridegroom exchange vows (誓言). It is traditional to use the words “To have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish (珍爱), till death do us part.” Following the vows, the couple exchanges rings. Wearing the wedding ring on the fourth finger of the left hand is an old custom.

After the ceremony there is often a party, called a wedding reception (喜宴) which gives the wedding guests an opportunity (机会) to congratulate the newlyweds (新婚夫妇).

The car in which the couple leaves the church is decorated with balloons, streamers(彩色纸带) and other things. The words “Just Married” are painted on the trunk(行李箱) or the back window. The bride and bridegroom run to the car under a shower of rice thrown by the wedding guests. When the couple drives away from the church, friends often chase(追赶) them in cars. And then the couple goes for their honeymoon.

Exercises:

1. Which is not the wedding step?
 - A. The couple exchanges rings.
 - B. The bridegroom enters the church from the back door.
 - C. The bride carrying a bouquet with her father enters the church.
 - D. The bride and bridegroom exchange vows.
2. Which of the following statements about traditional customs in the United States is TRUE?
 - A. The most exciting moment is wedding.
 - B. Before marriage, they get engaged.
 - C. Invitations are sent to those who live nearby, their close friends and their relatives who live far away.
 - D. All of the above.
3. There is often a party after the ceremony in order to _____.
 - A. give the wedding guests rings
 - B. give the wedding guests a big meal
 - C. give the wedding guests an opportunity to congratulate the newly weds
 - D. give the wedding guests a dance party
4. Which is the same as Chinese wedding?
 - A. The car is decorated with balloons, streamers and other things.
 - B. Friends often chase the new couple in cars.
 - C. The words “Just Married” are painted on the trunk or the back window.
 - D. Wedding guests throw a shower of rice to the new couple’s car.
5. “Weddings in the United States change as much as the people do” means _____.
 - A. “As people in the United States change and weddings in the country

change, too.”

- B. “Weddings in the United States change, while people don’t.”
- C. “Neither do weddings in the United states change nor do people in the country.”
- D. “People in the United States change while weddings in the country don’t.”

Reading (2)

One of the most influential methods in American education currently is the ITP method(Instructional Theory into Practice). There’re seven steps.

1) Anticipatory Set. The teacher raises the interest of the class by starting with an idea that gets their attention. It might be the distance to the moon or an object the students eagerly learn its function or use. The idea is to have students become focused on the significance of the lesson.

2) Objective and Purpose. The students are told the reason for the lesson. It might be related to what was learned yesterday. The students are allowed to know why they’re learning certain information so their natural curiosity can be satisfied.

3) Input. Once the purpose is clear, the teacher puts new knowledge before the students. This might be taught in a variety of ways, including the use of lecture, demonstration, recordings, or computers. This new knowledge must build appropriately on the learned lessons. Thus the students’ minds will grow naturally.

4) Modeling. The teacher then demonstrates some aspect of the new information. As the students watch the teacher solve a problem or complete an experiment, they learn by watching their teacher model how to use the information successfully.

5) Check of Understanding. As the teacher presents the model, he will ask students to answer questions. It’s the teacher’s obligation to make sure the students are not confused by the lesson. Sometimes, a discussion with the teacher is used to make sure the students understand.

6) Guided Practice. Students are often asked to solve some problems. Usually the best students need no assistance, but the poor students will need guidance to truly grasp the new information.

7) Independent Practice. This means homework. Students are sent home to

work alone. If they have been taught well, they will know exactly what to do.

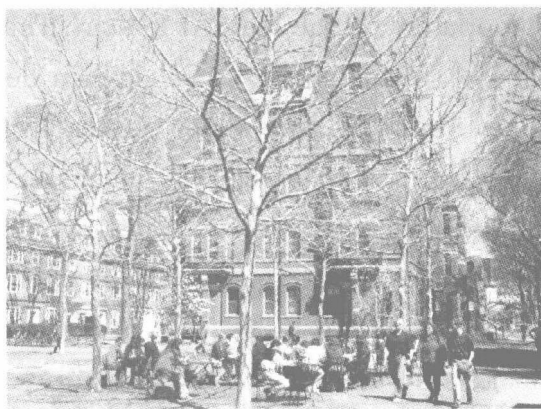
Exercises:

1. "Anticipatory Set" is listed first because it causes the students to be _____.
A. settled in their seats B. very active
C. prepared to take notes D. interested in the lesson
2. The major teaching task where new information is given to the students is called _____.
A. Modeling B. Input
C. Objective and Purpose D. Guided Practice
3. Rather than lecture for a full period, the teacher's first obligation is to _____.
A. motivate students' participation
B. use other teaching methods
C. organize discussion groups
D. ask if students understand
4. In _____ the teacher asks students questions or has a discussion.
A. Objective and Purpose B. Guided Practice
C. Check of Understanding D. Modeling

Reading (3)

When American students graduate from college, they must find jobs for themselves. But often they get help from their college and university. Every college has a career counseling office. The people who work there help students learn about different kinds of jobs and the chances for employment. Students can discuss during their first year of college. Some use the information a counselor gives them when deciding what subjects to study.

For example, a girl student wants to be an engineer, but she does not know what kind of engineer will be needed. The counselor can tell the girl that, when



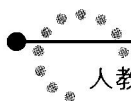
she graduates in four years, there will be more jobs for structural engineers than for chemical engineers. Therefore, the student may study structural engineering.

The career counseling office also communicates with local and national companies. Company officials often visit the university to talk to students who want to work for them. The career counseling offices arrange these meetings for the companies and the students. They also have classes for students. They teach the students how to find a job such as what to say to company officials and how to write letters telling about themselves.

Experts say that American students who are employed when they finish college usually find jobs in their own field of study. Those who must search for months after graduation usually take lower paid jobs, and their jobs are not connected to what they studied in college. The experts foretell that in coming years there will be more jobs for healthy workers, financial experts, teachers and computer scientists.

Exercises:

1. According to this passage, a career counselor _____.
 - A. provides students with information about various opportunities
 - B. helps students easily pass the examinations
 - C. helps students find full-time jobs
 - D. helps students find well-paid jobs
2. A career counseling office does all the following jobs except _____.
 - A. teaching students special skills
 - B. providing jobs information for college graduates
 - C. arranging meetings between companies and universities
 - D. communicating with local and national companies
3. Those who spend months hunting jobs after graduation usually _____.
 - A. can find well-paid jobs
 - B. find lower-paid jobs in the fields not connected to their own majors
 - C. have to take part-time jobs
 - D. can find jobs of their own fields of study
4. What's the best title for this passage?
 - A. Well-paid Jobs for University Graduates
 - B. Future Jobs



C. American University Graduates

D. Finding Jobs after Graduation

Reading (4)

Many visitors to the United States find that the fast pace at which people move is very troubling. One's first impression(印象) is likely to be that everyone is in a rush. City people always seem to be hurrying to get where they are going. And they are very impatient if they are delayed even for a brief moment.

At first this may seem unfriendly to you. But drivers will rush you; storekeepers will be in a hurry as they serve you; people will push past you as they walk along the street. You will miss smiles and brief conversations with people when you shop or dine in a restaurant. Do not think it is because Americans are in such a hurry that they are unfriendly. Life is often much slower outside the big cities, which is true in other countries as well.

Americans who live in cities such as New York, Chicago, or Los Angeles, often think that everyone is equally in a hurry to get things done. But when they discover that you are a stranger, most Americans become quite kindly and will take great care to help you. Many of them first came to the city as strangers and they remember how frightening a new city can be. If you need help or want to ask a question, choose a friendly looking person and say, "I am a stranger here. Can you help me?" Most people will stop, smile at you, and help you find your way or answer your questions. But you must let them know that you need help. Otherwise they are likely to pass you by, not noticing that you are new to the city and in need of help. Occasionally(偶尔), you may find someone too busy or perhaps too rushed to give you aid. If this happens, do not be discouraged; just ask someone else.

Exercises:

1. In American big cities, people rarely _____.
A. smile to each other B. move at a fast pace
C. chat with each other in a shop D. dine away from home
2. According to this passage, American people are _____.
A. unfriendly only when they are shopping



- B. actually friendly to foreign visitors
 - C. in no hurry when walking in the street
 - D. indeed cold to foreign visitors
3. Which of the following statements is TRUE according to this passage?
- A. Life pace is different inside and outside big cities.
 - B. Life pace is similar in American cities, big or small.
 - C. Life pace is the same in different parts of the world.
 - D. Life pace is quite slow in other parts of the world.
4. It seems that Americans are cold to you because they think _____.
- A. you know their way of life
 - B. you're a stranger there
 - C. you're as busy as they are
 - D. you're a foreigner

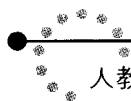
Reading (5)

Seattle has been named the fittest city in the United States in the February issue of *Men's Fitness* magazine, leaping past the fierce competition from Honolulu, Colorado Springs, San Francisco and Denver.

Exercising faithfully and avoiding fast food pushed Seattle to the top from No. 6 last year, *Men's Fitness* Editor in Chief Neal Boulton said. "Eighty-five percent of Seattle residents get some exercise every month, and that's a really significant thing," Boulton said. The city's love affair with espresso (浓咖啡) might fuel some of that activity, he noted, "There's not only a lot of it, it's pretty strong."

In its nonscientific Seventh Annual Fattest and Fittest Cities Report, the magazine compares 50 cities by weighing 14 factors, including fast food restaurants per capital, TV watching, air quality, and parks. In Seattle, for example, sporting





goods stores and gyms outnumber(数目胜过)fast food joints—a key statistic.

Houston was named the fattest city for the fourth time in five years, followed by Philadelphia, Detroit, Memphis and Chicago.

Seattle Mayor Greg Nickels praised the city's many walking trails and called the fitness of his fellow residents “inspirational”. Nickels said he made a New Year's resolution to get in better shape by walking with his wife and working out at a gym near City Hall. “It's pretty hard to go more than a few blocks without seeing a gym,” Nickels said.

Seattle's claim(声称)to the fitness crown makes sense to Doug Sherry and his Wheaten Terrier(一种小狗), Bing, who walk the three-mile path around Seattle's Green Lake every day, rain or shine, “Everyone I know does something,” explained Sherry, 35, who also hits the gym several times a week. “There's lots of good terrain(地带)to walk and bike and hike. You're close to the water. you're close to the mountains.”

His advice for those seeking to copy Seattle's healthy ways? “Enjoy the outdoors,” Sherry said. “And get a dog.”

Exercises:

1. All of the following have competed for the America's fittest city EXCEPT _____.
A. Seattle B. Houston C. Honolulu D. Denver
2. Which of the following statement is TRUE?
A. *Men's Fitness* magazine compares 14 cities by weighing 50 factors.
B. Last year Seattle ranked first as the fittest city in the USA.
C. Residents in Seattle have a special love for sports.
D. Houston was the fittest city for the fourth time.
3. The secret of the residents' fitness in Seattle mainly lies in _____.
A. their love for dogs B. exercising regularly
C. avoiding espresso D. watching TV
4. According to the passage what can we know about Greg Nickles?
A. His New Year's resolution was to work hard with his wife.
B. Gyms are not so important for him.
C. He's the secretary of Seattle Mayor.
D. He thinks highly of Seattle residents.

**Reading (6)**

Most Chinese people don't understand why some westerners don't eat meat. In China, to eat meat is a sign of wealth. If a westerner doesn't take a bite of their Peking Duck, there is something wrong.

But many people in Europe and America choose not to eat meat or fish—they are known as vegetarians. In the US alone there are 12 million vegetarians and 19, 000 more people stop eating meat every week.

People often become vegetarians in order to lose weight or eat more healthily. A lot of research has shown that vegetarian diets are healthier than the average western diet. Fried chicken may be delicious to eat, but all that extra fat can damage your heart.

There are many other reasons for “turning veggie”. It could be that you cannot afford to buy meat. Or maybe you just don't like the taste of it.

A large number of vegetarians choose to give up meat because they believe it is cruel to kill animals for food. They believe many animals are not allowed to live in comfort and, when they are killed, it is carried out in a very painful way.

While some vegetarians are happy not to eat animals, others take it one step further and refuse to eat any animal product. They are known as vegans and will not eat cheese, yoghurt and eggs, or drink milk. Neither will they wear clothes or shoes made from animal skin, such as leather. They say that if it is wrong to kill an animal for food, it is worse to kill it for clothing.

But there are some groups that go even further. Fruitarians believe it is wrong to kill any living plant or animal. Besides refusing to eat meat, they will only eat fruit and vegetables that have not been killed when harvested. This means they cannot take an apple from a tree; they must wait until the apple falls to the ground. Only then can it be considered dead.

Exercises:

1. A lot of _____ choose to give up meat because they believe it is cruel to kill animals for food.

- A. vegans B. vegetarians C. fruitarians D. researchers

2. According to this passage, “vegetarians” refer to people who _____.
 A. choose not to eat meat or fish
 B. choose to eat meat or fish
 C. choose not to eat protein
 D. choose to eat vegetables
3. What’s the main idea of this passage?
 A. Meat is harmful to health.
 B. Vegetarians’ diets are popular.
 C. Food and health.
 D. Meat and health.
4. There are many reasons for “turning veggie”, and “veggie” refers to _____.
 A. vegetable B. vegan C. vegetarian D. fruitarian

Reading (7)

Believe it or not, America’s favorite snack food is the potato chips. There is a story behind how it was first made. One might think that something genius thought up the first potato chips, but it didn’t happen that way. The Moon Lake Restaurant was a well-known restaurant in New York in 1853. Its menu included French-fried potatoes, a popular food recipe brought back from France by Thomas Jefferson. These were thickly cut potatoes, fried until golden brown and crisp in the outside. One evening a guest in the dining hall felt that his potatoes were too thick and sent them back to the kitchen. The cook sliced some potatoes thinner than before and prepared them for the complaining guest. He was still not satisfied and sent them back again! By this time the cook was angry and decided to do exactly what the dinner guest wanted: slice the potatoes as thin as possible. Then they would be so crisp that the diner wouldn’t be able to use his fork to eat them. When the paper thin browned potatoes arrived at the dinner he was pleased. He was so happy with them and other guests started ordering the new potatoes. The cook’s plan to stop the dinner guest from complaining did not turn out as he had planned. Soon Saratoga Chips appeared on the menu and became so popular that people wanted to take some home. The restaurant started selling small packages of the potato chips. A few

years later they were selling all over the United States. But because the potatoes had to be peeled by hand, it was a time-consuming chore and potato ships were often out of stock. In the 1920s a mechanical potato peeler was invented and soon there were potato chips in abundance. They gradually spread all over the world, and have remained popular ever since.

Exercises:

1. According to this passage, the cook of the Moon Lake Restaurant _____.
 - A. enjoyed making potato chips very much
 - B. wanted to silence a guest's complaining
 - C. like playing jokes on guests
 - D. was pleased that other guests liked the chips
2. The restaurant started to sell potato chips because _____.
 - A. potato chips were liked by people
 - B. the dinner guest asked for them
 - C. it was not difficult to cook them
 - D. they were pleased with their potato chips
3. According to this passage, mass production of potato chips was made possible when _____.
 - A. potatoes could be peeled by machines
 - B. potatoes were peeled by a large number of cooks
 - C. there was a growing demand for them
 - D. they first appeared in a restaurant
4. Potato chips have been popular in the US _____.
 - A. for more then 200 years
 - B. ever since 1920s
 - C. for less than 100 years
 - D. since the 19th century

Reading (8)

This year some twenty-three hundred teenagers (young people aged from 13 ~ 19) from all over the world will spend about ten months in U. S. homes. They will

attend U. S. schools, meet U. S. teenagers, and form impressions of the real America. At the same time, about thirteen hundred American teenagers will go to other countries to learn new languages and gain a new understanding of the rest of the world.

Here is a two-way student exchange(交换) in action. Fred, nineteen, spent last year in Germany with George's family. In turn, George's son Mike spent a year in Fred's home in America.

Fred, a lively young man, knew little German when he arrived, but after two months' study, the language began to come to him. School was completely different from what he had expected—much harder. Students rose respectfully when the teacher entered the room. They took fourteen subjects instead of the six that are usual in the United States. There were almost no outside activities(活动).

Family life was different, too. The father's word was law, and all activities were around the family rather than individual(个人). Fred found the food too simple at first. Also, he missed having a car.

“Back home, you pick up some friends in a car and go out and have a good time. In Germany, you walk, but you soon learn to like it.”

At the same time, in America, a friendly German boy, was also forming his idea. “I suppose I should criticize(批评) American schools,” he says, “it is far too easy by our level. But I have to say that I like it very much. In Germany we do nothing but study. Here we take part in many outside activities. I think that maybe your schools are better in training for citizens(公民). There ought to be some middle ground between the two.”

Exercises:

1. The whole exchange programme is mainly to _____.
 A. help teenagers in other countries know the real America
 B. send students in America to travel in Germany
 C. let students learn something about other countries
 D. have teenagers learn new languages
2. Fred and Mike agreed that _____.
 A. American food tasted better than German food.
 B. German schools were harder than American schools.