

普通高中课程标准实验教科书

英语

同步阅读训练

模块 5

配译林版

English

Synchronous Reading Training



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模块 5
(配译林版)

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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 Getting along with others

★ 专项训练 (Exercises)

Passage 1

(健康的人际交往)

Healthy relationships are fun and make you feel good about yourself. The relationships that you make in your teenage years will be a special part of your life. They will teach you some of the most important lessons about who you are. This may help you understand different kinds of relationships, what makes each relationship special, and how to communicate in a positive way.

What makes a relationship healthy?

_____ : The most important part of any healthy relationship between two people is being able to talk and listen to each other. You and the other person can find out what your common interests are. You can share your feelings with the other person and trust that he or she will be there to listen to you and support you. In healthy relationships, people don't lie. Communication is based on honesty and trust. By listening carefully and sharing your thoughts and feelings with other people, you show them that they play an important part in your life.

Respect and Trust: In healthy relationships, you should learn to respect and trust important people in your life. Disagreements may still happen, but you learn to stay calm and talk about how you feel. Talking calmly helps you to understand the real reason for not getting along. It makes it much easier to find out how to fix



it. In healthy relationships, working through disagreements often makes the relationship stronger. In healthy relationships, people respect each other for who they are. This includes respecting and listening to yourself and your feelings so you can set boundaries and feel comfortable. You will find that you learn to understand experiences and feelings of others as well as having them understand your experiences and feelings.

Exercises:

1. This passage about the relationships due to help you understand that _____.
 A. how to communicate in a positive way
 B. what makes each relationship special
 C. different kinds of relationships
 D. both A, B and C
2. Which of the following might be filled in the blank of the third paragraph?
 A. Honesty and Trust
 B. Support Your Friends
 C. Communicate and Sharing
 D. Don't lie
3. _____ will make relationship stronger in healthy relationship.
 A. Working through disagreements
 B. Sharing your feeling with the other person
 C. Talking and listening to each other
 D. People don't lie
4. According to the text, what should you do when you find your friend has lied to you?
 A. Express your anger by shouting at him.
 B. Talk calmly to him about how you feel.
 C. Keep the secret to yourself.
 D. Fight back by doing the same thing.
5. To have a healthy relationship with your teenage friends, you should _____.
 A. turn to adults for help
 B. take no notice of your disagreements
 C. respect and trust them
 D. keep your own interests

Passage 2

(珍惜友谊)

Growing up together across the street in Twin Falls, Idaho, Lisa Fry and Paula Turner never doubted their friendship would last forever. But after Fry married, moved to New York City and had a baby, her letters to Turner suddenly went unanswered. “Do you think I’ve somehow offended her?” Fry asked her husband.

Turner, meanwhile, had made herself believe she was no longer important to Fry. “She’s got a family now,” she told herself. “We’re just too different to be close like before.”

Finally, Fry picked up the courage to call her old friend. At first, the conversation, was awkward, yet soon they both admitted that they missed each other. A month later, they got together and quickly fell into their old habit of laughing and sharing confidences.

“Thank goodness I finally took action.” Fry says. “We both realized we were as important to each other as ever.”

There are good reasons to cherish our friendships. Some years ago a public-opinion research agency, Roper Starch Worldwide, asked 2,007 people to identify one or two things that said the most about themselves. Friends are put in a higher place than homes, jobs, clothes and cars.

“A well-established friendship carries a long history of experience and interaction that defines who we are and keeps us connected,” says Donahl Pannen, a researcher. “It is a heritage we should protect.”

Brant R. Burleson, professor of communication at Purdue University in West Lafayette, Ind, says, “The better friends you are, the more probable it’ll be for you to face conflicts.” And the result can be what you don’t want—an end to the relationship.

The good news is that most troubled friendships can be mended.

Word Bank

① offend *v.* 冒犯, 犯罪

② pick up *v.* 拾起, 捡起

③ cherish *v.* 珍惜

④ heritage *n.* 传统

⑤ mend *v.* 修改, 改进

⑥ conflict *v.* 冲突, 争执

Exercises:

1. According to this passage, the author tried to talk about the topic of _____.
 A. What are Good Friend? B. A Broken Friendship
 C. Cherish Friendship D. How to Make Friendship Last long?
2. What had happened to Fry and Turner when they grew up?
 A. Turner didn't reply to Fry's letters because she was too busy.
 B. Fry and Turner believed their friendship wouldn't last forever.
 C. All people think friends are far more important than homes, jobs, clothes.
 D. Lisa Fry and Paula Turner misunderstood each other at first.
3. What does the underlined word "awkward" probably mean in Para. 3?
 A. feeling nervous and uncomfortable
 B. feeling easy and convenient
 C. seeming calm and comfortable
 D. seeming not to care
4. In your opinion, what will be talked about as follows?
 A. Some more examples of good friends
 B. How to mend the troubled friendships
 C. Functions of Friendship
 D. How to cherish friendship

Passage 3

(与人交谈的艺术)

Certain people make you feel comfortable when they are around. You spend an hour with them and feel as if you've known them half your life. These people have something in common. And once we know what it is, we can try to do it ourselves.

How is it done? Here are several skills that good talkers have. If you follow the skills, they'll help you put people at their ease, and make friends with them quickly.

First of all, good talkers have asked questions. Almost anyone, no matter

how shy he is, will answer a question. One well-known business woman says, "At business lunches, I always ask people what they did that morning. It's a common question, but it will get things going." From there you can move on to other matters-sometimes to really personal questions. And how he answers will let you know how far you can go.

Second, once good talkers have asked questions, they listen for the answers. This point seems clear, but it isn't. Your questions should have a point and help to tell what sort of person you are talking to.

And to find out, you really have to listen, carefully and attentively.

Real listening at least means some things. First it means not to change the subject of conversation. If someone sticks to one topic, you can take it as a fact that he's really interested in it. Real listening also means not just listening to words, but to tones of voice. If the voice sounds dull, then, it's time for you to change the subject.

Finally, good talkers know well how to deal with the occasion (场合) of parting. If you're saying good-bye, you may give him a firm handshake and say, "I've really enjoyed meeting you," If you want to see that person again, don't keep it a secret. Let people know what you feel, and they may walk away feeling as if they've known you half their lives.

Word Bank

① stick *v.* 粘贴, 坚持

② tones *n.* 语气

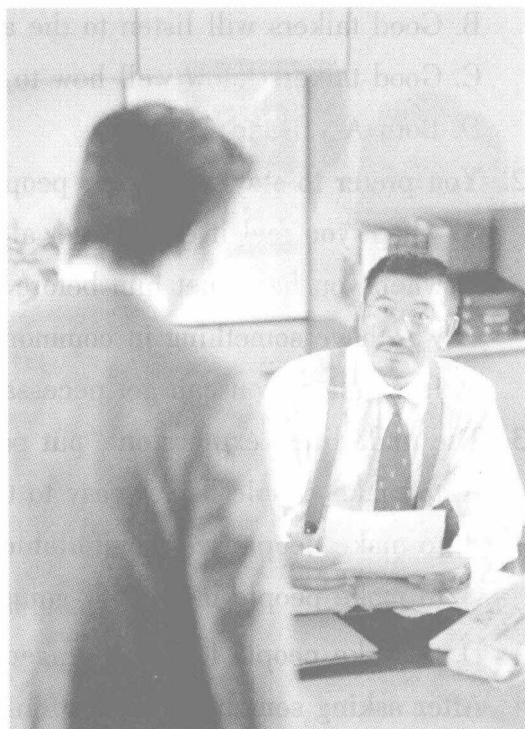
③ dull *adj.* 迟钝的, 无趣的

④ occasion *n.* 场合

Exercises:

1. Which skill might belong to the good talkers in the following answers?

A. Good talkers have asked questions.



- B. Good talkers will listen to the answers carefully.
 C. Good talkers know well how to deal with the occasion of parting.
 D. Both A, B and C.
2. You prefer to stay with some people _____.
 A. whom you feel it easy to get along well
 B. when you have met him before
 C. who have something in common with you
 D. from whom you can get necessary and timely help
3. The underlined expression “put people at their ease” means _____.
 A. to make people feel it easy to talk to you
 B. to make people feel comfortable
 C. to make people more easy-going
 D. to make people feel encouraged
4. After asking somebody a question, you should _____.
 A. wait quietly for his answers
 B. make it clear what is fit to ask next
 C. change the subject to another one
 D. go on to ask him more questions
5. How can you make the others feel they’ve known you half of their lives?
 A. By letting them know you enjoy meeting them.
 B. By giving them a firm handshake when parting.
 C. By saying you want to meet them again.
 D. By keeping talking to them in the conversation.

Passage 4

(学会与父母沟通)

It is natural that young people are often uncomfortable when they are with their parents. They say that their parents don’t understand them. They often think that their parents are out of touch with modern ways, that they are too serious — too strict with their children and that they seldom give their children a free hand. It is true that parents often find it difficult to win their children’s trust and they tend to

forget how they themselves felt when young.

For example, young people like to act on the spot without much thinking. It is one of their ways to show that they have grown up and they can face any difficult situation. Older people worry more easily. Most of them plan things ahead, at least in the back of their minds, and do not like their plans to be upset by something unexpected.

When you want your parents to let you do something, you will have better success if you ask before you really start doing it.

Young people often make their parents angry with their choices in clothes, in entertainment and in music. But they do not mean to cause any trouble, it is just that they feel cut off from the older people's world, into which they have not yet been accepted. That's why young people want to make a new culture of their own. And if their parents do not like their music or entertainment or clothes or their ways of speech, this will make the young people extremely happy.

Sometimes you are so proud of yourself that you do not want your parents to say "yes" to what you do. All you want is to be left alone and do what you like. It is natural enough, after being a child for so many years, when you were completely under your parents' control.

If you plan to control your life, you'd better win your parents over and try to get them to understand you. If your parents see that you have a high sense of responsibility, they will certainly give you the right to do what you want to do.

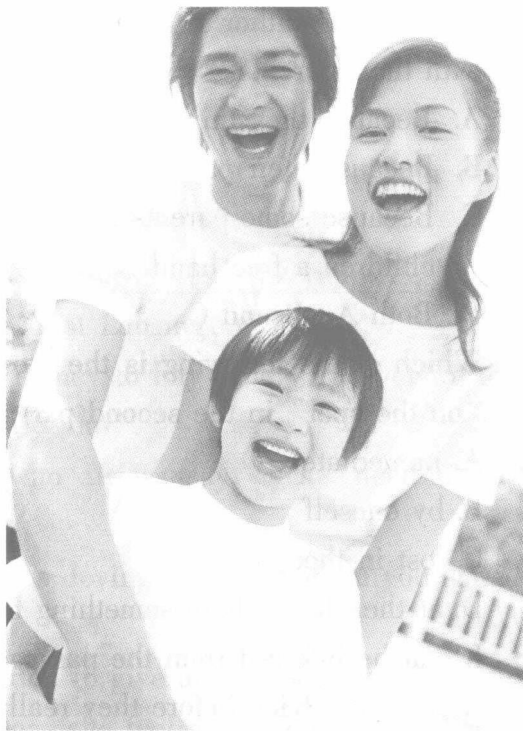
Word Bank

① spot *n.* 点, 斑点

② entertainment *n.* 娱乐

③ responsibility *n.* 责任

④ be out of touch 与……脱节



Exercises :

1. Why do the author say that young people are often uncomfortable when they are with their parents?
 - A. Because they think their parents don't understand them.
 - B. Because their parents are out of touch with modern ways, in their opinion.
 - C. Because some parents are too strict with their children and seldom give their children a free hand.
 - D. Both A, B and C.
2. Which of the following is the closest in meaning to the underlined expression "on the spot" in the second paragraph?
 - A. immediately
 - B. by oneself
 - C. lost in thought
 - D. at the place where something happened
3. It can be inferred from the passage that young people tend to _____.
 - A. ask for advice before they really start to do something
 - B. do things without thinking carefully ahead
 - C. be very strict with themselves
 - D. think in the same way as their parents do
4. Why do young people like to have clothes, entertainment and music in their own way?
 - A. Because they want to make their parents angry.
 - B. Because they try to get their parents into trouble.
 - C. Because they want to try on something new and look different from the older people.
 - D. Because they know they are cleverer than the older people.
5. From the passage we can learn the text is particularly written for _____.

A. parent	B. both parents and their children
C. young people	D. teachers

Passage 5

(学会说不)

Listen carefully, working people. We would like to introduce you something

that could save your precious time and money! Best of all, it is free!

It's "no".

What do you ask? We'll say it again "no".

Sweet and simple "no".

Say "no" at your office and see how quickly that pile of work on your desk disappears.

"Saying 'no' to others means you are saying 'yes' to yourself," said C. Leslie Charles, a professional speaker from East Lansing, Michigan.

"Time is precious. People are spending money to buy time. And yet we are willing to give up our time because we can't say 'no'."

Charles, a famous writer, said people who always say "yes" need to say "no" without guilt or fear of punishment.

"I would rather have someone give me a loving 'no' than an obligated 'yes'," she said.

Susie Watson says she feels "no" obligation to give an explanation when she says "no" either socially or professionally. Does she feel guilty about it? "Not at all," said Watson, who is director of advertising and public relations at Timex Corp in Middlebury, Connecticut. "Most people are afraid of saying 'no'. My advice is to say 'yes' only if you don't mean 'no'."

Watson said "no" is the most effective weapon against wasting time. "Every year there are more demands on your time. Other people are happy to use up your time," Watson said. Time saving appears to be "no" 's greatest friend.

"No" can be your new friend, a powerful tool to take back your life. "No" may even take you further in the business world than "yes".

"No" is power and strength. "No" now seems completely correct. "Saying 'no' isn't easy." But finally it's greatly liberating," Charles said. And, he added, "a 'no' project needs to be worked every day because it is hard to change long-term habit."

But, he also warns: "Don't go to extremes. Don't find yourself saying 'no' to everything. In return you should learn to hear 'no'."

Word Bank

① guilt *n.* 内疚

② obligated *v.* 强迫

③ professionally *adv.* 专业地

④ weapon *n.* 武器

⑤ extreme *n.* 极端

⑥ punishment *n.* 惩罚

Exercises:

- Which of the following statements is FALSE according to the passage?
 - People are always obligated to give up their time because they can't say "no".
 - Charles said she would rather have someone give her a loving "no" than a "yes".
 - Most people are afraid of saying "no".
 - "No" is the only effective weapon against wasting time.
- The underlined sentence "saying 'no' to others means you are saying 'yes' to yourself" can be replaced by _____.
 - sometimes you should be selfish
 - you can have more time to play with others
 - you can deal with your business as you have planned
 - you needn't always care about other's feeling
- According to Waton's ideas, people can save much time if _____.
 - they say "no" at a suitable time
 - they say "no" as much as possible
 - they are afraid of saying "no"
 - they make others angry at them
- What do you think the sentence "Saying 'no' isn't easy" stands for?
 - It is difficult to find a person to say "no".
 - It is difficult to refuse other's demands.
 - It is difficult to change one's language.
 - It is difficult to say "no" correctly.
- If a person say "no" to everything, the result may be that he or she _____.
 - will feel guilty
 - forgets to say "yes" in the end
 - faces more difficulty in life
 - enjoys a wonderful life

Passage 6

(交友要慎重)

Samuel de Champlain was one of the greatest French explorers of the New

World. Early in his exploration Champlain made a choice of allies that was to have huge influence on the course of history in North America.

Soon after landing on the North American coast, Champlain became friends with the Algonquin Indians. He and his men carried on their explorations of the wilderness in safety, accompanied by an Algonquin war party. Together they traveled hundreds of miles in large boats, throughout Canada and the northern United States. While exploring the area surrounding what was eventually called Lake Champlain, they run into members of the Iroquois tribe, who were the enemies of the Algonquin. The Iroquois had never seen white people. When they spotted Champlain coming towards them with their enemies, they stopped in astonishment. When Champlain and his men opened fire upon them, the Iroquois quickly retreated, causing the Algonquin to rejoice.

Although he didn't realize it, Champlain had started a bitter and bloody war that would last a hundred years. The Iroquois, a fierce and powerful people, never forgave the French for aiding the Algonquin. The Iroquois remained the most bitter enemies of France in the New World and later gladly helped the English drive the French from the Canadian shores.

Word Bank

- | | |
|--------------------------------|--------------------------|
| ① accompany <i>v.</i> 陪伴, 陪同 | ② spot <i>v.</i> 注意到, 发现 |
| ③ tribe <i>n.</i> 部落 | ④ carry on 继续 |
| ⑤ have influence on... 对...有影响 | |

Exercises:

- According to this passage, we can learn that _____.
 A. choices may have unforeseen (无法预料的) results
 B. Champlain wasn't very good at choosing his friends
 C. the Algonquin and the Iroquois had never been enemies before
 D. the Algonquin let the French down
- Which of the following is mentioned?
 A. The Algonquin were friends of the Iroquois.
 B. The Algonquin named Lake Champlain.
 C. The Algonquin were friends of the English.
 D. The Algonquin traveled with Champlain.

3. The method in which the passage is presented is primarily through _____.
A. argument B. analogy (类比) C. narrative D. questioning
4. The underlined word “rejoice” in the second paragraph probably means _____.
A. happiness B. worry C. exciting D. escape
5. Which of the following sentences can best summarise the passage?
A. Champlain became friends with the Algonquin tribe.
B. Without realizing what he was doing, Champlain made the Iroquois enemies of the French.
C. Samuel de Champlain was a great explorer.
D. The Iroquois were fierce and powerful.

Passage 7

(人与人不同)

Faces, like fingerprints, are unique. Did you ever wonder how it is possible for us to recognize people? Even a skilled writer probably could not describe all the features that make one face different from another. Yet a very young child or even an animal, such as a pigeon, can learn to recognize faces. We all take this ability for granted.

We also tell people apart by how they behave. When we talk about someone's personality, we mean the ways in which he or she acts, speaks, thinks and feels that make that individual different from others.

Like the human face, human personality is very complex. But describing someone's personality in words is somewhat easier than describing his face. If you were asked to describe a “nice person”, you might begin to think about someone who was kind, considerate, friendly, warm and so forth.

There are many nearly 18,000 English words characterizing differences in people's behavior. And many of us use this information as a basis for describing, or typing, his personality. People are described with such terms as bookworms, conservatives and military types.

People have always tried to “type” each other. Actors in early Greek drama (剧本) wore masks (面具) to show the audience whether they played the villain's (坏人) or the hero's role. In fact, the words “person” and “personality” come