



STEP-BY-STEP PRACTICE
FOR CET4

新起点大学英语四级考试

阶梯训练教程

潘宏伟 ◇ 主编



ZHEJIANG UNIVERSITY PRESS
浙江大学出版社

新起点大学英语四级考试

阶梯训练教程

Step-by-step Practice for CET4

主编 潘宏伟

编写 赵爱萍 葛方霞 吕 政 李建红
于金梅 朱冬碧 王 柯 丁 宁



ZHEJIANG UNIVERSITY PRESS
浙江大学出版社

图书在版编目(CIP)数据

新起点大学英语四级考试阶梯训练教程 / 潘宏伟主编.
杭州: 浙江大学出版社, 2009.7

ISBN 978-7-308-06887-1

I. 新… II. 潘… III. 英语—高等学校—水平考试—习题 IV. H319.6

中国版本图书馆 CIP 数据核字(2009)第 112939 号

新起点大学英语四级考试阶梯训练教程

Step-by-step Practice for CET4

潘宏伟 主编

责任编辑 张颖琪

封面设计 刘依群

出版发行 浙江大学出版社

(杭州天目山路 148 号 邮政编码 310028)

(网址: <http://www.zjupress.com>)

排 版 杭州中大图文设计有限公司

印 刷 德清县第二印刷厂

开 本 787mm×1092mm 1/16

印 张 16

字 数 532 千

版 印 次 2009 年 8 月第 1 版 2009 年 8 月第 1 次印刷

印 数 0001—3000

书 号 ISBN 978-7-308-06887-1

定 价 26.00 元(含光盘)

版权所有 翻印必究 印装差错 负责调换

浙江大学出版社发行部邮购电话 (0571)88925591

在当今经济全球一体化、大学生就业竞争越来越激烈的背景下,大学英语四、六级考试凭借其在社会上的巨大影响力,不仅受到本科院校大学生的高度重视,而且受到高职高专院校学生的大力追捧。为了提高自身的素质和就业竞争力,他们对大学英语四、六级考试的热情日益高涨,考生人数逐年增加。然而,由于高职高专学生的英语基础普遍较弱,高职高专英语教学大纲与本科英语教学大纲存在较大差异,通过了高等学校英语应用能力考试 A 级或大学英语三级考试的学生,在准备大学英语四级考试的过程中,往往会遇到一个难题:虽然市场上大学英语四、六级考试的辅导书多如牛毛,但很难找到适合高职高专学生备考的辅导用书,主要原因在于起点太高,资料难度缺乏循序渐进的特点,不少学生的积极性受到打击。

浙江水利水电专科学校在实施高职高专英语课程多样化的教学改革中,开设了大学英语四级专项课程,一线教师在教学改革中不断探索研究,在总结大学英语四级专项课程教学和高职高专学生参加英语大学四级考试的经验教训的基础上,由资深教师带队编写了这本《新起点大学英语四级考试阶梯训练教程》。该教程具有以下特点:

1. 训练的渐进性。本教程遵循培训教学规律,重点进行大学英语四级考试各种题型的专项训练,完成后进行模拟训练。最后,进行真题训练(2008 年 12 月、2009 年 6 月最新真题)。

2. 难度的阶梯性。本教程考虑到高职高专学生的英语水平和心理现状,从保护学习积极性和鼓励上进心的角度出发,选材编排有一定的难度阶梯,以高等学校英语应用能力考试 A 级或大学英语三级考试为起点,逐渐过渡到大学英语四级考试的难度。

3. 解答的简洁性。本教程在专项训练部分只提供了一个解题津要,为学生作简要引导。另外只提供简要的参考答案,不作详解。一方面便于教师发挥能动性,同时节省篇幅以增加题量。

本书听力部分(除真题外)的录音由美国语言教学专家 John Meny (Ph.D.)和 Carol 朗读,他们提出了不少修改建议。真题完全保留了原有音频,便于学生实战演练。

由于编者水平有限,本书不足之处在所难免,编者真诚地希望广大师生提出宝贵意见,以便更正,使其更加完善。最后,祝考生在考试中取得理想成绩。

编 者

2009 年 6 月

第一章 认识大学英语四级考试	1
第一节 大学英语四级考试概述	1
第二节 考试考核的语言技能及要求	3
第二章 专项阶梯训练	5
第一节 写作专项训练	5
第二节 快速阅读专项训练	7
第三节 听力专项训练	28
第一部分 Short Conversations	28
第二部分 Long Conversations	34
第三部分 Passages	39
第四部分 Compound Dictation	48
第四节 仔细阅读专项训练	53
Section A	53
Section B	60
第五节 完形填空专项训练	82
第六节 翻译专项训练	92
第三章 模拟试题	97
Model Test 1	97
Model Test 2	107
Model Test 3	117
Model Test 4	128
第四章 实考试题	138
2008年12月大学英语四级考试真题试卷	138
2009年6月大学英语四级考试真题试卷	149
附录 1 听力文稿	161
第一节 听力专项训练文稿	161

第一部分 Short Conversations·····	161
第二部分 Long Conversations·····	168
第三部分 Passages·····	179
第四部分 Compound Dictation·····	193
第二节 模拟试题听力文稿·····	197
Model Test 1·····	197
Model Test 2·····	201
Model Test 3·····	206
Model Test 4·····	210
第三节 实考试题听力文稿·····	215
2008年12月大学英语四级考试真题试卷·····	215
2009年6月大学英语四级考试真题试卷·····	220
附录2 参考答案·····	225
第一节 专项训练参考答案·····	225
第二节 模拟试题参考答案·····	233
第三节 实考试题参考答案·····	237
附录3 常用英语写作知识·····	239
附录4 常用英语不规则动词表·····	247

第一章 认识大学英语四级考试

第一节 大学英语四级考试概述

1. 试卷构成

大学英语四级考试通常由四个部分构成：1) 听力理解；2) 阅读理解；3) 完形填空；4) 写作和翻译。各部分测试内容、题型和所占分值比例如下表所示：

测试内容			测试题型	比例	
听力理解	听力对话	短对话	多项选择	15%	35%
		长对话	多项选择		
	听力短文		多项选择	20%	
			复合式听写		
阅读理解	仔细阅读理解		多项选择	25%	35%
			选词填空或简答题		
	快速阅读理解		多项选择/是非判断+句子填空	10%	
完形填空	完形填空		多项选择	10%	10%
写作和翻译	写作		短文写作	15%	20%
	翻译		汉译英	5%	

2. 考生答题顺序

试卷结构	试题内容	答题时间	答题卡
Part I	写作测试	30 分钟	答卷 1
Part II	快速阅读理解	15 分钟	
Part III	听力理解	35 分钟	答卷 2
Part IV	仔细阅读理解	25 分钟	
Part V	完形填空	15 分钟	
Part VI	翻译	5 分钟	

3. 题型分解

大学英语四级考试各部分所考核的内容、题型、答题方式如下。

(1) 听力理解

听力理解部分测试学生获取口头信息的能力。录音材料用标准的英式或美式英语朗读，语速约为每分钟 130 词。该部分分值比例为 35%，其中对话占 15%，短文占 20%。考试时间 35 分钟。

对话部分(Conversations)包括短对话和长对话，均采用多项选择题的形式进行考核。短对话约有 7—8 段，每段为一轮对话和一个问题；长对话有两段，每段为 5—8 轮对话和 3—4 个问题；对话部分共 15 题。每段对话均朗读一遍，每个问题后留有 15 秒的答题时间。

短文部分包括多项选择题型的短文理解(Passages)和复合式听写(Compound Dictation)。多项选择题型的短文有 3 篇, 每篇长度为 200—250 词, 朗读一遍, 每篇 3—4 题, 共 10 题, 每个问题后留有 15 秒的答题时间。复合式听写测试考生在不同层面上(从词汇到语篇层面)的听力理解能力。这部分测试采用一篇 200—250 词的短文, 删去七个单词和三个句子, 全文朗读三遍。要求考生根据听到的内容填写所缺信息, 所缺单词必须用原词填写, 所缺句子信息既可按原文填写, 也可用自己的语言表述。

(2) 阅读理解

阅读理解部分包括仔细阅读(Reading in Depth)和快速阅读(Skimming and Scanning), 测试学生通过阅读获取书面信息的能力。该部分分值比例为 35%, 其中仔细阅读部分 25%, 快速阅读部分 10%。考试时间 40 分钟。

仔细阅读部分要求考生阅读三篇短文。两篇为多项选择题型的短文理解测试, 每篇长度为 300—350 词。一篇为选词填空(Banked Cloze)或简答题(Short Answer Questions)。选词填空篇章长度为 200—250 词, 简答题篇章长度为 300—350 词。仔细阅读部分测试考生在不同层面上的阅读理解能力, 包括理解主旨大意和重要细节、综合分析、推理判断以及根据上下文推测词义等。多项选择题型的短文后有若干问题, 考生根据对文章的理解, 从每题的四个选项中选择最佳答案。选词填空测试考生对篇章语境中的词汇理解和运用能力。要求考生阅读一篇删去 10 个词汇的短文, 然后从所给的 15 个备选词中选择正确的词汇填空, 使短文复原。简答题的篇章后有若干问题, 要求考生根据对文章的理解用最简短的表述(少于 10 个词)回答问题或完成句子。

快速阅读部分采用 1—2 篇较长篇幅的文章或多篇短文, 总长度为 1000 词左右。要求考生运用略读和查读的技能从篇章中获取信息。略读考核学生通过快速阅读获取文章主旨大意或中心思想的能力, 阅读速度约每分钟 100 词。查读考核学生利用各种提示, 如数字、大写单词、段首或句首词等, 快速查找特定信息的能力。近几年快速阅读部分采用的题型有两种: 一种为是非判断与完成句子; 另一种为多项选择题型。

(3) 完形填空

完形填空(Cloze)测试学生各个层面上的语言理解能力及语言运用能力。短文长度为 220—250 词, 内容是学生熟悉的题材。这部分的分值比例为 10%。考试时间 15 分钟。

完形填空部分的短文有 20 个空白, 空白处所删去的词既有实词也有虚词, 每个空白为一题, 每题有四个选择项。要求考生选择一个最佳答案, 使短文的意思和结构恢复完整。

(4) 写作和翻译

写作(Writing)和翻译(Translation)部分测试学生用英语进行书面表达的能力, 所占分值比例为 20%, 其中写作 15%, 翻译 5%, 考试时间 35 分钟。

写作选用考生熟悉的题材。考生根据规定的题目和所提供的提纲、情景、图片或图表等, 写出一篇不少于 120 词的短文。写作要求是思想表达准确、意义连贯、无严重语法错误。考试时间 30 分钟。

翻译部分为汉译英, 共 5 个句子, 一句一题, 句长为 15—30 词, 句中的一部分已用英文给出, 要求考生根据全句意思将汉语部分译成英语。考试时间 5 分钟。翻译须符合英语的语法结构和表达习惯, 要求用词准确。

4. 选材原则

命题的语料均选自英文原版材料, 包括日常生活中的对话、讲座、广播电视节目、报纸、

杂志、书籍等。选材的原则是:

- 1) 题材广泛,包括人文科学、社会科学、自然科学等领域,但所涉及的背景知识已为学生所了解或已在文章中提供;
- 2) 体裁多样,包括叙述文、说明文、议论文等;
- 3) 仔细阅读篇章难度适中,快速阅读、听力和完形填空的篇章难度略低;
- 4) 词汇范围不超出《教学要求》中一般要求的词汇,超出该范围的关键词汇,影响理解时,则以汉语或英语释义。

第二节 考试考核的语言技能及要求

1. 听力理解

听力理解部分考核学生获取口头信息的能力,包括理解主旨大意、重要事实和细节、隐含意义,包括话语的交际功能、说话人的观点、态度等。听力理解部分考核的技能是:

(1) 理解中心思想和重要细节

- 1) 理解中心思想;
- 2) 听懂重要的或特定的细节;
- 3) 判断说话人的观点、态度等;

(2) 理解隐含的意思

- 4) 推论隐含的意义;
- 5) 判断话语的交际能力;

(3) 借助语言特征理解听力材料

- 6) 辨别语音特征,如从连续的话语中辨别语音、理解重音和语音语调等判断话语的交际能力;
- 7) 理解句间关系,如比较、原因、结果、程度、目的等。

大学英语四级考试听力理解部分要求考生达到《教学要求》中的一般要求,即“能听懂英语授课,能听懂日常英语谈话和一般性题材讲座,能基本听懂慢速英语节目,语速为每分钟 130 词左右,能掌握其中心大意,抓住要点。能运用基本的听力技巧帮助理解。”

2. 阅读理解

阅读理解部分考核学生通过阅读获取书面信息的能力,包括理解主旨大意、重要事实和细节、隐含意义,判断作者的观点、态度等。阅读部分考核的技能是:

(1) 辨别和理解中心思想和重要细节

- 1) 理解明确表达的概念或细节;
- 2) 理解隐含表达的概念或细节,如总结、判断、推论等,通过判断句子的交际功能,如请求、拒绝、命令等,来理解文章意思;
- 3) 理解文章的中心思想,如找出能概括全文的要点等;

- 4) 理解作者的观点和态度;

(2) 运用语言技能理解文章

- 5) 理解词语,如根据上下文猜测词和短语的意思;
- 6) 理解句间关系,如原因、结果、目的、比较等;
- 7) 理解篇章,如运用词汇及语法承接手段来理解篇章各部分之间的关系;

(3) 运用专门的阅读技能

- 8) 略读文章, 获取文章大意;
- 9) 查读文章, 获取特定信息。

大学英语四级考试阅读理解部分要求考生达到《教学要求》中的一般要求, 即“能基本读懂一般性题材的英文文章, 阅读速度达到每分钟 70 词。在快速阅读篇幅较长、难度略低材料时, 阅读速度达到每分钟 100 词。能基本读懂国内外英文报刊, 掌握中心意思, 理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法”。

3. 写作和翻译

写作和翻译部分考核学生用英语进行书面表达的能力。

写作部分要求考生用英语进行短文写作, 思路表达准确, 意义连贯, 无重大语法错误; 写作部分考核的技能是:

(1) 思想表达

- 1) 表达中心思想;
- 2) 表达重要或特定信息;
- 3) 表达观点、态度等;

(2) 篇章组织

- 4) 围绕所给题目叙述、议论或描述, 突出重点;
- 5) 连贯地组句成段, 组段成篇;

(3) 语言运用

- 6) 运用恰当的词汇;
- 7) 运用正确的语法;
- 8) 运用合适的句子结构;
- 9) 使用正确的标点符号;
- 10) 运用衔接手段表达句间关系, 如对比、原因、结果、程度、目的等;

(4) 写作格式

- 11) 运用正确的符合英语表达习惯的写作格式。

大学英语四级考试写作部分要求考生达到《教学要求》中的一般要求, 即“能完成一般性写作任务, 能描述个人经历、观感、情感和发生的事件等, 能写常见的应用文, 能就一般性话题或提纲在半小时内写出至少 120 词的短文, 内容基本完整, 用词恰当, 语意连贯。能掌握基本的写作技能”。

翻译部分要求考生用正确的语法结构和符合英语习惯的表达, 将单句中的汉语部分译成英语。因此翻译部分的考核未涉及到翻译技能, 主要考核学生运用正确的词汇和语法结构并按英语习惯表达思想的能力。考查重点是词和句。所谓词就是考查词汇、短语表达的正确性; 句就是根据前后已经给出的英语, 在时态、语态、语气都符合原句的基础上, 使句子按照语法规则将词结合得恰到好处。

4. 关于词汇和语法结构

大学英语四级考试中, 词汇和语法知识被融入各部分试题中, 不再单独列项考核。要达到大学英语四级考试的各项技能要求, 考生掌握的词汇量应达到 4500 个单词和 700 个词组。

第二章 专项阶梯训练

第一节 写作专项训练

一、解题点津

1. 解题步骤

第一步：审题，根据不同体裁确定写作方法；

第二步：确定主题句，归纳出你要写的文章的几个要点；

第三步：注意句子的连贯与衔接；

第四步：检查修改，检查有无拼写和语法方面的错误，同时修改过多的重复。

2. 解题技巧

1) 认真审题，列出提纲和要点(或翻译题目所给汉语主题句)，确保主题鲜明，避免跑题。

2) 注意句与句间、段与段间的连贯与衔接，确保结构完整，详略得当，逻辑性强。

3) 在用词上不能停留在高中阶段所学的简单词汇。但这并不等于一定要使用生僻词，考生应用一些恰当准确的、在大纲范围内的词汇，包括固定搭配、惯用法等。

4) 在句型设计上，要尽量多使用自己有把握的句型，同时在准确的基础上要求有变化，适当采用长句，不要通篇只用一个句型。

5) 卷面整洁，字数达到规定要求，避免犯一些基础性的语言错误，确保文章的可读性。

3. 相关知识

写作是一门实践性很强的课程，它是一个日积月累的过程。考生要在平时多下苦功，打好牢固的基础。灵活运用词汇、成语、句型，做到用词准确，行文流畅。

二、专项训练

Exercise 1

Directions: For this part, you are allowed 30 minutes to write a short essay on the topic of *Students' Rating of Their Teachers*. You should write at least 120 words following the outline given below:

Students' Rating of Their Teachers

1. 学生给老师打分已经普遍；
2. 人们对其持不同态度；
3. 我的看法。

Exercise 2

请描述你刚进入高校那一天/一段时间的所见、所闻、所感。

Exercise 3

Write a Letter of Apology:

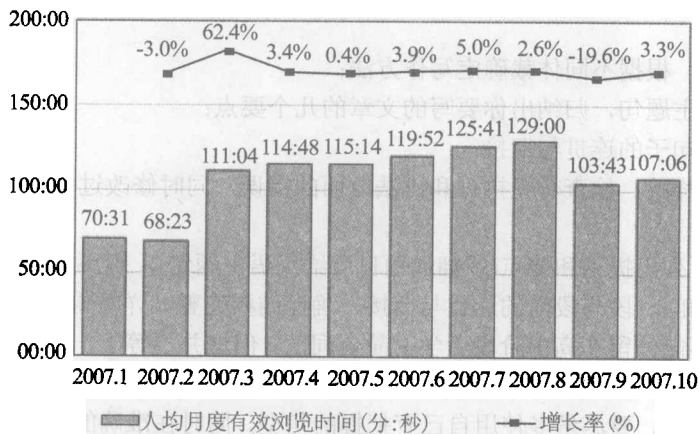
1. 表达自己对晚交论文一事的歉意;
2. 说明未能按时交论文的原因;
3. 表示自己将尽快把论文补交上, 并表示以后将按时交作业。

Exercise 4

Blog

下图是2007年1—10月中国博客服务人均月度有效浏览时间及增长率, 描述变化, 说明原因。

iUserTracker-2007年1—10月中国博客服务人均月度有效浏览时间及增长率



Source: iUserTracker 2007.10, 基于对5万多名样本的长期网络行为监测, 代表1.2亿中国家庭及工作单位(不含网吧等公共上网地点)网民的整体上网属性数据。

Exercise 5

Should Cars Be Allowed into College Campus?

1. 现在某些高校校园禁止车辆驶入;
2. 这种规定的考虑;
3. 谈谈你的看法。

Exercise 6

How to Arrange Your Time at College?

1. 对大学生的时间安排有两种不同的看法: 有人认为大学生就该整天读书, 有人认为参加体育锻炼是大学生生活的一部分;
2. 你的看法;
3. 总结全文。

Exercise 7

从2007年10月1日起, 北京出租车全面禁烟。现在请你根据下面的提示写一篇英语短文宣传这一活动。活动意义: 创办“无烟奥运”, 提高人民健康水平; 活动措施:

1. 车内张贴告示: 禁止吸烟;

2. 严禁司机在车内吸烟，否则罚款；
3. 司机有义务劝说乘客不要在车内吸烟。
4. 你的倡议：……

Exercise 8

1. 大学校园里，迟到、早退、旷课是常见的现象；
2. 保证学生出勤率对大学教育的重要性；
3. 作为学生应该怎样做。

Exercise 9

1. 校学生会将组织一次暑假志愿者活动，现招募志愿者；
2. 本次志愿者活动的目的、活动安排等；
3. 报名条件及联系方式。

Exercise 10

你一个正读大学的好朋友给你来信说他想放弃四级考试，请你给他写一封信，劝说他不要放弃。

第二节 快速阅读专项训练

一、解题点津

1. 解题步骤：

第一步：看标题，细读第一段，抓住中心思想；

第二步：浏览小标题或各段落的主题句，抓住文章发展思路；

第三步：边看题目边查读。

2. 解题技巧

- 1) 除了中心思想题，其余的判断题或选择题一般都按文章段落顺序排列。
- 2) 充分利用题目中的关键词在原文中找到相关句子，再查对相关信息。
- 3) 注意题目中的概念混淆/替换、部分代替总体、数字计算、词缀增减等现象。
- 4) 注意填空题的词数限制。

3. 相关知识

平时训练要学会按“意群”读，即按英语段落或句子中有意义的词块来看读，不要逐词出声读，这样才能逐渐提高阅读速度，甚至达到一目几行的水平。

二、专项训练

Exercise 1

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1. For questions 1—7, mark:

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8—10, complete the sentences with the information given in the passage.

Mystery of the White Gardenia

Every year on my birthday, from the time I turned 12 years old, a white gardenia was sent to my house. No card or note came with it. Calls to the florist(花商) were always in vain—it was bought in cash and no one knew who sent it. After a while I stopped trying to find out the sender's identity and just delighted in the beauty and pleasant perfume of that one magical, perfect white flower nestled in soft pink tissue paper.

But I never stopped imagining who the unknown giver might be. Some of my happiest moments were spent daydreaming about someone wonderful and exciting but too shy or odd to make known his or her identity.

My mother contributed to these imaginings. She asked me if there was someone for whom I had done a special kindness who might be showing his or her thanks. Perhaps the neighbor I had helped when she was unloading a car out of groceries. Or maybe it was the old man across the street whose mail I collect during the winter so he wouldn't have to walk down his icy steps. As a teenager, though, I had more fun supposing that it might be a boy I had a secret interest in or one who had noticed me even though I didn't know him.

When I was 17, a boy broke my heart. The night he called, for the last time, I cried myself to sleep. When I awoke in the morning, there was a message written on my mirror in red lipstick: "Heartily know, when half-gods go, the gods arrive." I thought about that quotation from Emerson for a long time, and until my heart healed, I left it where my mother had written it. When I finally went to get the glass cleaned, my mother knew everything was all right again.

I don't remember ever slamming my door in anger at her and shouting, "You just don't understand!" because she did understand.

One month before my high-school graduation, my father died of a heart attack. My feelings ranged from grief to overwhelming anger that my dad missed some of the most important events in my life. I became completely uninterested in my upcoming graduation, the senior-class play and the prom(舞会). But my mother, in the midst of her own grief, would not hear my skipping any of those things.

The day before my father died, my mother and I had gone shopping for a prom dress. We had found a charming one, with yards and yards of dotted velvet(天鹅绒) in red, white and blue. It made me feel like Scarlett O'Hara(郝思嘉,《飘》的女主人公), but it was the wrong size.

When my father died, I forgot about the dress. My mother didn't. The day before the prom, I found that dress—in the right size—draped brilliantly over the living-room sofa. It wasn't just delivered, still in the box. It was presented to me—beautifully, artistically, lovingly. I didn't care if I had a new dress or not; but my mother did.

She wanted her children to feel loved and lovable, creative and imaginative, filled with a sense that there was still magic and beauty existing in the world even in the face of misfortune. In fact, my mother wanted her children to see themselves much like the gardenia—lovely, strong and perfect—with

a perfume of magic and perhaps a bit of mystery.

My mother died ten days after I was married. I was 22. That was the year the gardenia stopped coming.

1. The passage tells a touching story of a loving mother.
2. The girl thought that it must be someone she had helped that sent her the gardenia.
3. The mother didn't like her daughter daydreaming about boys.
4. Her mother thought the boy that broke her heart wasn't her true love.
5. The girl cleaned the mirror, which means she disagreed with her mother.
6. The father's death made the girl disappointed with her mother.
7. Even in her grief, the mother didn't forget about her daughter's happiness.
8. The girl's father died of _____.
9. The girl didn't buy the dress because it was _____.
10. The girl had received together _____ gardenias until she got married.

Exercise 2

Keep Your Food Safe

Food that goes bad can make you sick. This is called food poisoning, or food-borne illness. Sometimes when people think they have the "flu" or a "stomach bug", they really have a food-borne illness. You can keep food safe. Here we will tell you how to buy safe food and keep it safe at home.

What makes food go bad? Germs: They get on food and grow. You cannot see germs on food. You cannot always smell or taste them, either. These are some of the foods germs like best: milk and other dairy products, eggs, meat, poultry, seafood, fruits and vegetables.

Foods that are likely to have germs that can make you sick include unpasteurized(未经高温消毒的) or untreated juices, such as apple cider, sprouts, raw eggs and foods that contain raw eggs, such as cookie dough and Caesar salad dressing.

Safe Food at the Store

Buy cans and jars that look perfect: Do the cans have dents(凹痕)? Are the jars cracked? Do they have lids that are not closed tight? If so, the food may have germs that can make you sick.

Check eggs, too. Open the carton and see if any eggs are broken or cracked. Only buy eggs that are refrigerated in the store.

Raw meat, poultry, and seafood sometimes drip. The juices that drip may have germs.

Keep these juices away from other food. Put raw meat, poultry, and seafood into plastic bags before they go into your cart.

Pick up milk and other cold food last. This will give them less time to warm up before you get home.

Save hot chicken and other hot food for last, too. This will give them less time to cool off before you get home.

Safe Food at Home

After shopping, get home as soon as you can. Then put food into the refrigerator or freezer right away. Eggs always go in the refrigerator, but not in the door of the refrigerator.

Make sure that you and your kitchen are clean.

Always wash your hands for at least 20 seconds before and after you touch food. Use warm water and soap.

Wash everything else before and after it touches food.

Wash your cutting board with hot soapy water before you go on to the next food.

For extra protection, you can clean the board with a kitchen sanitizer(消毒杀菌剂). When the cutting board becomes worn or hard to clean, throw it out and get a new one.

Fresh fruits and vegetables also need to be cleaned. Clean them under warm running water to wash dirt away. Use a produce(农产品) brush when appropriate.

Raw meat, raw poultry, raw seafood and raw eggs can spread germs in your kitchen. Keep these foods and their juices away from other food. If you use cutting boards, it's best to set one aside that is used only for raw meat, poultry, fish and eggs.

Did you wipe up the juices with a dish towel? Wash it before you use it again. Or, use paper towels and throw them away.

Meat, poultry and seafood need to stay cold while they thaw(解冻).

Thaw them in the refrigerator. Do it one or two days before you cook the food. Or use the "defrost" setting in the microwave. Then cook the food right away.

Raw meat, raw poultry, raw seafood, and raw eggs can make you sick.

Cook Them Until They Are Done

Use a meat thermometer for poultry and meat, if possible.

Use a meat thermometer if possible when cooking hamburger. Cook hamburger to a temperature of 160 degrees F. If you don't have a meat thermometer, don't eat a hamburger if the meat is still pink.

Dig a fork into cooked fish. The fish should flake(剥落).

Cooked egg white and yolks are firm, not runny.

If the food is left out for two or more hours, germs can grow. So, put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster.

Did you put leftovers in the refrigerator? Eat them in the next few days, before they go bad.

Keep Your Food Safe

It is hard to tell if a food is safe. Food that goes bad may look, smell, and taste like safe food. So be safe, try to buy safe food and keep food safe at home. If you think a food might be bad, do not taste it. Remember this: When in doubt, throw it out!

1. The important step to prevent food-borne illness is to buy safe food in store and keep food safe at home.
2. Germs grow fast in such foods as milk, eggs, meat, rice, bread, fruits and vegetables.
3. Don't buy cans that have dents or jars that are cracked.
4. The door of the refrigerator is not a safe place to store eggs partly because the eggs will go bad quickly there, partly because they may fall to the ground easily.
5. It's better to have at least two cutting boards in the kitchen.
6. Put frozen meat, poultry or seafood out of the refrigerator for some time, it will naturally thaw and be ready for cooking.

7. You'd better cook an egg long enough until its white and yolk are firm.
8. It is _____ that make food go bad.
9. Use _____ and soap to wash your hands before and after you touch food.
10. Put the leftovers in _____ so that they can cool faster.

Exercise 3

Vote for Our Hero of the Year

Every month, *Reader's Digest* spotlights ordinary citizens who risk something big—their reputation, their money, sometimes even their lives—to help someone else. Here we profile seven of the most extraordinary Americans we know. Whose story inspired you the most? Cast your vote at www.rd.com/everyday.heroes. We'll update you on our winner in the April issue.

The Good Doctor

The tiny village of Bayou La Batre, Ala., had been without a doctor for several years when Regian Benjamin turned a shuttered pharmacy into a community clinic. And in there came patients with problems you didn't often see in a medical school: shrimp poisoning from the seafood plants, fishhooks in eyebrows, shark bites.

In 1998 Hurricane Georges roared through, smashing everything in its path. The clinic was destroyed. For two years, Benjamin made house calls in her battered pickup, working weekends as an ER physician and running up her credit cards while rebuilding her clinic.

In June 2002, Benjamin, at 45, became the first woman and the first African American to be named president of the Medical Association of the State of Alabama. But her passion remains her patients. Every once in a while a headhunter calls with a job offer. For Benjamin the answer is easy: "Not interested."

The Shadow

Driving up a residential street in the quiet suburb of Clarkston, Wash., Kim Heimgartner noticed a man pulling a girl of 11 or so into a white sedan. The girl struggled, but the man yanked her by the backpack, shoved her into the backseat and sped off.

"Maybe it was her dad," Heimgartner wondered. Possibly. But...

With her own six-year-old daughter in her Jeep, Heimgartner turned around and followed the sedan out of town. She dialed 911. I've witnessed a possible abduction, she explained, describing their remote location near a landfill.

Heimgartner's hunch(直觉) was right. After a three-hour standoff with police, the kidnapper surrendered. In his car were a gun, knives, cameras, duct tape and 90 rounds of ammunition. He is now serving a 13-year, 8-month prison term. And Heimgartner knows to trust her gut instinct.

The Brave Boy

"I went into the ditch and flipped(翻转) over twice," recalls Tammy Hill of the accident on Thanksgiving, 2002. "Luckily, the kids were all in car seats. I went through the driver's side window." Hill's seven-year-old son, Titus Adams, suddenly became the head of the family. He wrapped blankets around his two younger sisters, crawled through the broken window and wearing only his pajamas and socks, walked toward the lights of a dairy farm a third of mile away.