

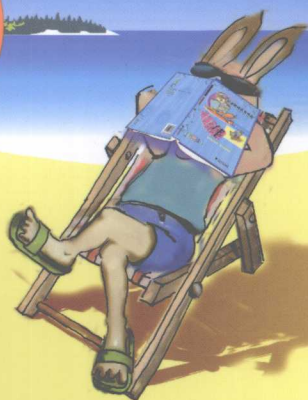
◆总主编 衍·霞 邹世仁

新课标培优专项通

本册主编 陈国清



英语随身读



(高一上)



ZHEJIANG UNIVERSITY PRESS
浙江大学出版社

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总 主 编 仿 霞 邹世仁

本册主编 陈国清

丛书策划 诸葛勤 (zhugeq@126.com)

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Preface

前 言

《新课标培优专项通·英语随身读》是面向中学生的一套阅读辅助教材。初中每年级一册，共三册；高中每学期一册，共六册。入选的文章体裁多样，有对话、记叙、论说、说明、书信、广告等；题材广泛，涵盖文化、教育、历史、地理、科技、经济、友情、亲情、校园生活等。文章具有趣味性、时代性、可思性，与学生的学习、生活密切相关。每篇阅读配有少量形式多样的练习，以增进英语的习得。既可提高学生英语素养，又能增强学生的应试能力。

本册是《新课标培优专项通·英语随身读》的第四册，主要面向高中一年级第一学期的学生。全书有十个单元，每一个单元由同一主题的四篇短文组成。短文后配备了是非题、填空题、连线题、选择题等形式多样的自测题，可以帮助学生检测自己对短文的阅读理解程度，同时也有助于学生在具体的语言环境中更好地掌握词汇和语法要点。本书所选材料短小精悍，引人入胜，是高一学生提高词汇量、扩展知识面、培养英语学习兴趣的好帮手。

总体而言，阅读理解能力包含以下几个方面：（1）理解文章的主旨和要义；（2）理解文章的具体信息；（3）根据上下文推断生词的词义；（4）依据文章做出简单的判断和推理；（5）理解文章的基本结构；（6）理解作者的意图、观点和态度。在做多项选择题时，要注意以上能力的运用。另外，必须注意的是：答题总是以文章为依据，这就是说，答案要在文章里找到根据。

《新课标培优专项通·英语随身读》的编委有（以姓氏笔画为序）：杜兴馨、陈国清、陈黎峰、张静燕、余霞、周建林、姜发兵、倪耀辉、曹雅娟。他们都是长期从事重点大学或重点中学英语教学的骨干教师，教学经验丰富，对

英语阅读与测试在理论和实践两方面都很有研究。书中的大部分习题在教学中使用过，有关语言问题由英语文教专家审阅把关，保证了本书的质量。

欢迎教师和学生在使用本套书过程中提出问题，不吝指教，以便于我们在重印或再版时修正提高。

编者

2009年10月



How to Read English Effectively

英语阅读技巧突破

阅读是语言运用中最频繁的一种活动。可以说，一个人在具备了基本的文化素质后，主要是通过阅读来汲取信息，陶冶文化情操的。大量的阅读还能促进其他语言技能的提高。譬如说，你要提高口语水平，就不能满足于简单的会话，你的谈吐要有深度，对问题有自己的见解，就必须有大量阅读的“输入”；只读不写也是远远不够的，而要写出地道的英文，得先从阅读入手。

如何进行成功的阅读呢？当然，这是一个日积月累的过程。从材料的角度来说，难度要适当，主要是控制生词量。国外对母语为英语的读者的研究表明：对一个学生来说，阅读材料的生词平均不宜超过总词数的1%~2%。而对把英语作为外语的中国学生来说，阅读材料的生词以不超过总词数的5%为宜。此外，成功的阅读必须保持一定的速度。一般来说，与母语读者比，外语学习者的词汇量及阅读量有限，但却有较强的语言意识。这个因素往往造成短时记忆中的认知负担过重而影响阅读处理速度，在这种情况下，生词过多将进一步影响阅读理解的效率。要提高阅读能力，应提倡广泛阅读难度适中，并能让读者保持一定速度的“浅英语”。

要进行卓有成效的阅读，首先应有一个明确的目的，也就是说要主动地读，你得问问自己：我为什么读这篇文章或这本书呢？在阅读中我想得到什么？显然，这两个问题与材料有关。如果是精读材料，那你不仅要理解全文的意义，还要弄清篇章结构、遣词造句、修辞手段等等。如果是报纸、百科全书、专业参考书等，那你就要根据上面的两个问题，通篇细读，而其他更多的则是通过略读(skimming)来有选择地读。略读又分为两类：跳读(surveying)和查读(scanning)。跳读是对一篇文章或一个章节，可以通过只读每一段落的第一句或文章的第一段和最后一段来把握全文的中心思想；查读则是利用材料的信息结

构来迅速查找某一具体事实或特定信息的技能。篇章的编排结构各不相同，例如：词典、百科全书一般按照字母顺序编排；电视节目表、体育赛事一般按照时间顺序编排；议论文有论点、论据、论证；故事、传记则有五个带 w 词的要害点——何事(what)、何因(why)、何地(when)、何时(when)、如何(how)。在很多情况下，利用篇章结构，根据你的阅读目的，查读就可以达到你的阅读目的。

阅读过程中遇到生词是读者常感头痛的事，这时一般不应停下来查词典。我们必须懂得：认识一篇文章的所有单词并不等于能理解这篇文章，而透彻理解一篇文章并不一定要认识文章的所有单词。英语单词是可以分析的，所以我们可以用构词法来猜测、确定词义。除此之外，我们还可以根据生词所处的句子或段落从上下文来推断该词的含义。请看以下例子，你能推断出画线词的含义吗？

(1)同义：

When the officer surrendered, the others gave up too.

(2)对照：

At the beach, some parts are deep, and others are shallow.

(3)比喻：

Rhythmic speech or writing is like waves of the sea, moving onward with alternating rise and fall.

(4)定义：

Linguistics is the study of the way in which language works.

(5)重述：

Professor Wilson's approach to research is eclectic. He learns all the currently relevant theories and then tries to combine the best features of each theory.

(6)逻辑推理：

I gripped the wheel as hard as I could with both hands and began to turn it.

逻辑连接词也能帮助我们推断词义。请看例证，你能确定画线词的含义吗？

(1)重述关系。这类连接词主要有 similarly, that is, in other words, for example, likewise 等。

They seemed to have problem with directionality. In other words, they got lost.

(2)对照关系。这类连接词主要有 but, in spite of, on the contrary, whereas 等。

The questions were civil enough in form, but Ms Taylor thought she could detect a hidden malice.

(3)因果关系。这类连接词主要有 so, therefore, hence 等。



Ian had not cleaned his car for over two months so it was filthy.

有时，标点符号也起着解释词义的作用。请看下例：

The disease is not contagious: you can't catch it by touching somebody.

冒号后的分句注释画线词的含义：接触传染性的。

以上主要谈了阅读技能之一，即生词意思的推断问题，但这并不意味着掌握词汇不重要。恰恰相反，词汇量是中国学生提高阅读能力的“瓶颈”，尤其是在阅读的初、中级阶段。所以，中学生或同等水平的英语学习者应通过大量阅读或其他手段尽可能地扩大词汇量。

要真正学好英语，一是不要局限于学“课本英语”。只学课本，学不好英语。由于教学上的需要，“课本英语”多是一种“理想化”的语言材料，它与现实生活中以交流为目的的真实语言材料有一定的距离。二是不要学“考试英语”，大量做各类考题也许能帮助你在考试中提高分数，但这绝对不是提高英语水平的明智之举！大量的阅读是学好英语的一个主要途径，而阅读本身也是学习外语的目的之一。



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UNIT 1

friendship 友 谊

With clothes the new are best; with friends the old are best.

衣不如新，人不如故。

Text 1 ☆

Friendship Quiz

友谊测试

You don't actually have to take the quiz. Just read straight through, and you'll get the point. quiz *n.* 问答，测验

Now, take this quiz:

Name the five wealthiest people in the world.

Name the top five news stories five years ago.

Name ten presidents or leaders of the biggest countries in the world.

Name ten people who won the Nobel Prize.

Nobel Prize 诺贝尔奖

Name the last half dozen Oscar Academy Award winners for best actor or actress.

Oscar Academy Award

奥斯卡 (电影艺术与科学) 学院奖 (俗称奥斯卡金像奖)

How did you do in this part?

The point is, none of us remember those in

yesterday's headlines. These people are the best in their fields. But the cheer dies. Awards tarnish. And certificates are buried with their owners.

tarnish v. 失去光泽

certificate n. 证书

Here's another quiz. See how you do on this one:

List a few teachers who aided your journey through school.

Name three friends who have helped you through a difficult time.

Name five people who have taught you something worthwhile.

Think of a few people who have made you feel appreciated and special.

appreciate v. 理解并

欣赏

Think of five people you enjoy spending time with.

Name half a dozen heroes whose stories have inspired you.

inspire v. 激励

Do you feel it easier to make this list?

The people who make a difference in your life are not the most powerful ones, nor have the most money or awards. They are the ones that care.

(222 words)

Test Yourself 自我测评

1. Complete the sentences with the correct form of the words in brackets.

(1) There were at least two _____ (dozen) people in the restaurant at the time of shooting.

(2) We need to translate these _____ (worth) principles into workable rules.

(3) The qualities which make a good nurse are patience, honesty and, above all, _____ (cheer).

2. Choose the best answer to each question based on your understanding of



the text.

- (1) Which of the following words best describes people in the second quiz? 友
 A. Famous and powerful.
 B. Rich and attractive. 谊
 C. Clever and skilful.
 D. Kind and helpful.
- (2) Why does the author give the quizzes in the text?
 A. To teach people to be friendly to each other.
 B. To explain what the word "friendship" means.
 C. To test people on their knowledge of the world.
 D. To call on people to learn from Nobel Prize winners.
- (3) What does the underlined word "headlines" refer to?
 A. Presidents of the world's big countries.
 B. The richest people in the world.
 C. Oscar Academy Award winners.
 D. Titles of the main news stories.

Text 2 ☆☆☆

A Gift from Wendy

温迪的礼物

It was on the beach that I first met the six-year-old girl. I drove there whenever I felt depressed. She was building a sandcastle or something and looked up, her eyes as blue as the sea.



depressed *adj.* 忧愁的, 沮丧的

"Hello," she said, "I'm building. I don't know

what it is. I just like the feel of sand.”

That sounds good, I thought and took off my shoes. A sandpiper glided by.

sandpiper *n.* 矶鹬

“That’s a joy,” the child giggled, “My mama says sandpipers come to bring us joy.”

giggle *v.* 咯咯笑

In spite of my gloom, I laughed and walked on. Her musical giggle followed me. I asked where she lived and she pointed toward a summer cottage. Strange, I thought, in winter. When asked where she went to school, she told me she was on vacation.

“Come again,” Wendy called. “We’ll have another happy day.”

Three weeks later, I rushed to my beach. I was in no mood to even greet Wendy. I told her I wanted to be alone. She seemed unusually pale and asked why.

in no mood (to do sth)
不想 (做某事)

I shouted, “Because my mother died!”

“Oh,” she said, “it’s a bad day. Did it hurt?”

“Of course it hurt!” I snapped.

snap *v.* 厉声说

One month later, I went to the beach but she wasn’t there. Feeling guilty and admitting I missed her, I went to the cottage and knocked at the door. A young woman opened it.

guilty *adj.* 羞愧的

“Hello,” I said. “I’m Robert Peterson. I missed your little girl.”

“Please come in. Wendy spoke of you so much... She died last week. She had leukemia. Maybe she didn’t tell you.”

Struck dumb, I searched for a chair to support myself.

dumb *adj.* 说不出话的

“She loved this beach. She seemed better here and had a lot of what she called happy days. But... She left something for you.”

She handed me an envelope with Mr. P printed



友

谊

in childish letters. Inside was a drawing—a yellow beach, a blue sea, and a brown bird. Underneath was carefully printed: A SANDPIPER TO BRING YOU JOY.

Tears welled up in my eyes. I took Wendy's mother in my arms and we wept together. well v. (液体) 涌溢

The precious little picture is now in my study. A gift from a child who taught me the gift of love and friendship. precious adj. 宝贵的

(373 words)

Test Yourself 自我测评

1. Circle the best explanation (A or B).

- (1) The girl's eyes are as blue as the sea.
 - A. She likes the blue sea and the beach.
 - B. Her eyes are blue like the sea.
- (2) The prices on the menu aren't nearly as expensive as I expected.
 - A. Prices are a little cheaper than I expected.
 - B. Prices are much cheaper than I expected.
- (3) As far as Daniel's job is concerned, things are about as bad as they can be.
 - A. Daniel's job could get worse.
 - B. Daniel's job couldn't be any worse than it is.

2. Answer the questions below.

- (1) Did Wendy go to school?

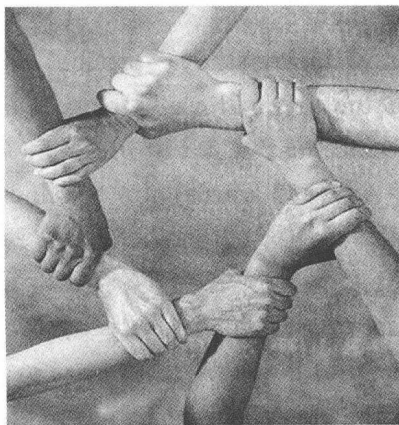
- (2) How did Robert feel when he heard of Wendy's death?

- (3) Why does Robert think that Wendy's picture is precious?

Text 3 ☆☆

Friendship, the Footprints in Your Heart

友谊，你心中的足迹



Life is nothing without friendship. And friendship is the most precious gift we can get. To have a friend whom we can share our innermost thoughts with is worth more than wealth or material objects. To have a friend that we can laugh and cry with, to have someone make us feel wanted and accepted for who we are... this is the reason for living.

innermost *adj.* 内心深处的

“Many people will walk in and out of your life. But only true friends will leave footprints in your heart,” said Eleanor Roosevelt. So we should be able to say that because of our association with one another, “I’m a better person having known you.”

association *n.* 联系，关系

Elizabeth Mauske told a story about an unusual and sweet friendship between her mother and an old native Indian woman from Central America. The Indian woman often visited them. With each visit, she would give her mother some eggs and berries as a gift. The lovely colorful clothing and coin necklaces