

普通高中课程标准实验教科书

英语

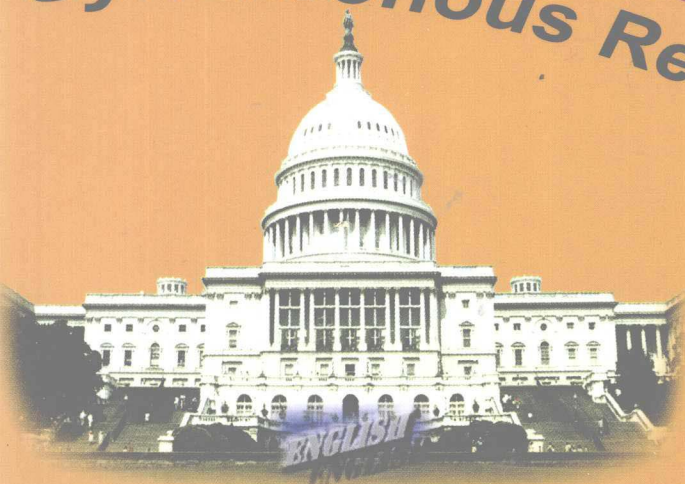
同步阅读训练

模块 6 7

配译林版

English

Synchronous Reading Training



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中国对外翻译出版公司

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英 语

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模块 6

模块 7

(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。

《阅读训练》编写组

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模块六 高二上学期

Unit 1 Laughter is good for you

Passage A

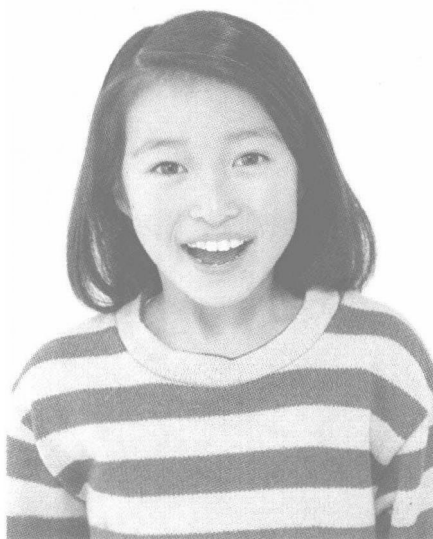
A sense of humor is just one of the many things shared by Alfred and Anthony Melillo, 64-year-old twin brothers from East Haven who made history in February 2002. On Christmas Eve, 1992, Anthony had a heart transplant from a 21-year-old donor. Two days before Valentine's Day in 2002, Alfred received a 19-year-old heart, marking the first time on record that twin adults each received heart transplants.

"I'm 15 minutes older than him, but now I'm younger because of my heart and I'm not going to respect him," Alfred said with a grin, pointing to his brother while talking to a roomful of reporters, who laughed frequently at their jokes.

While the twins knew that genetics might have played a role in their condition, they recognized that their eating habits might have also contributed to their heart problems. "We'd put half a pound of butter on a steak. I over did it on all the food that tasted good, so I guess I deserved what I got for not dieting properly."

The discussion moved to Anthony's recovery. In the five years since his heart transplant, he had been on an exercise program where he regularly rode a bicycle for five miles, swam each day, and walked a couple of miles. He was still on medication, but not nearly as much as Alfred, who was just in the early stage of his recovery.

"Right now I feel pretty young and I'm doing very well," Anthony said. "I feel like a new person." Alfred said his goal, of course, was to feel even better than his brother. But, he added, "I love my brother very much. We're very close



and I'm sure we'll do just fine. ”

1. This article is mainly about _____.
 - A. a sense of humor
 - B. the heart transplant
 - C. the twin brothers who received heart transplants
 - D. the effect of genetics on the heart
2. Why did Alfred say, “I'm 15 minutes older than him, but now I'm younger because of my heart. ”?
 - A. His new heart was younger than Anthony's.
 - B. He was joking.
 - C. His heart transplant surgery was faster than Anthony's.
 - D. He was younger than Anthony in fact.
3. From the third paragraph, we can know _____ caused their heart problems?
 - A. diet
 - B. surgery
 - C. exercise
 - D. walking
4. Which of the following is true?
 - A. The twins become the young men.
 - B. Alfred is older than Anthony Melillo now.
 - C. The twins both received the young people's hearts.
 - D. Alfred's heart transplant surgery was more successful than Anthony's.

Passage B

One day, I saw Kyle, a kid from my class walking home from school. It looked as if he was carrying all of his books. I thought to myself, “Why would anyone bring home all his books on Friday? He must be boring.” I shrugged(耸) my shoulder and went on.

As I was walking I saw a group of kids running toward him. They knocked his books out of his arms and tripped(绊倒)him. As he fell, his glasses went flying, landing in the grass.

He looked up, and I saw terrible sadness in his eyes. My heart went out and I went over to him. As he crawled around looking for his glasses, I saw tears in his eyes.

When I handed him his glasses, he looked at me and said, “Hey, thanks!”

There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books. So we walked all the way home, and I carried his books. We hung together all the weekend and became best friends.

With graduation day coming, we had to prepare a speech for graduation. When it was time for Kyle to give his speech, he started, "Graduation is a time to thank those who helped you make through those tough years. Your parents, your teachers, ...but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give him. I am going to tell you a story." I looked at my friend in disbelief as he told the story of the first day we meet. He planned to kill himself over the weekend. He talked of how had cleaned out his locker and carried his stuff home so his mother wouldn't have to do it later. Not until then did I realize what had happened.

So, never underestimate (低估) the power of your action. With one small gesture you can change a person's life.

1. What does the sentence "...so I shrugged my shoulder and went on." suggest?
 - A. The writer was indifferent.
 - B. He didn't plan to do anything with him of first.
 - C. It was common for students to bring all their books home on Friday.
 - D. The writer's shoulder had something wrong.
2. Why did the writer help the boy last?
 - A. Because they were classmates.
 - B. Because the boy asked him to help.
 - C. Because the sadness in the boy's eyes arouse his kindness.
 - D. Because he wanted a friend.
3. What does the sentence "We hung together..." mean?
 - A. We killed ourselves.
 - B. We played together.
 - C. We were tied together.
 - D. We killed that group of had kids.
4. We can infer from the passage _____.
 - A. Kyle had planned to kill himself, but the writer changed him.
 - B. Kyle was always leaving from classes.
 - C. Kyle wanted to kill the writer.
 - D. Kyle helped the writer to graduate.

Passage C

WASHINGTON-A screaming intruder (入侵者) made it onto the front lawn of the White House Sunday while President Bush was at home before being caught by Secret Service officers.

Secret Service spokesman Eric Zahrem recognized the man as 40-year-old Brian Lee Patterson, whose last known address was in Albuquerque, N. M. Patterson has been caught trying to get onto the White House grounds at least three times before, Zahrem said.

The bearded man, wearing blue jeans and a white T-shirt that said “God Bless America”, jumped the fence outside the White House and ran across the north lawn while repeatedly crying, “I am victim of terrorism!”

Members of the Secret Service emergency response team, including one holding a barking dog, ran after Patterson with their guns drawn and surrounded him near the row of cameras set up for television stand-ups.

“I have intelligence information for the president,” he said, waving his arms in the air. “I’m not afraid of you,” Patterson screamed at the officers who were ordering him to the ground with guns drawn.

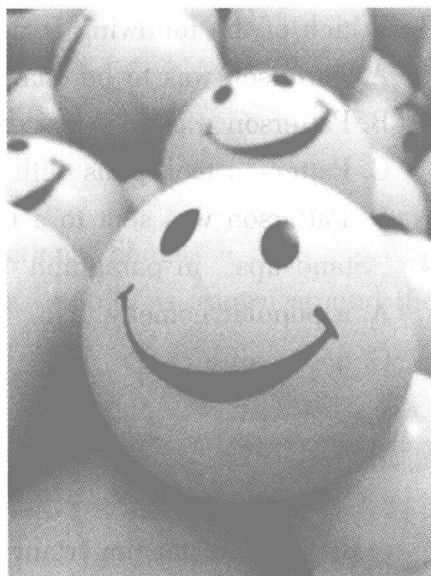
Patterson finally knelt on the ground and was taken into custody shortly before 4 P. M. . He cut his hand jumping the fence and was taken to George Washington University hospital for treatment and was to appear in court Monday, Zahrem said.

Zahrem said Patterson was charged with unlawful entry for the last time he jumped the fence, in February. He faces the same charge for Sunday’s incident and also a contempt of court charge for disobeying judge’s orders to stay away from the White House.

1. The passage may be _____.

A. a news report

B. a speech



- C. a science report D. a health report

Passage D

Music plays an important part in our lives. Music is for dancing, drinking, eating, loving and thinking. Some songs remind us of our childhood or youth. Others remind us of the people we love. Many important occasions, like weddings and funerals, have special music. Every nation has a national song like the American The Star-Spangled Banner.

In the US, high schools and colleges have school songs too. Music is a part of the history of America. It expresses the problems and feelings of its people.

As the years go on, the music grows and changes. Modern science has also changed music. Inventions such as records, radios, movies, electric instruments, tape recorders and videos have changed the way we play and listen to music. They have helped to make music an important form of international communication.

American music, from the earliest folk songs to modern “pop”, is known around the world. Music is one of America’s most important exports. It represents a living history of America. And it brings the people of the world together. Even when people don’t understand the same language, they can share in the same music.

Many people learn and practise English by singing songs. Understanding

American music can help you understand American people, their history and culture. So, as the song says, "Put a dime in the juke-box, baby." Let's listen to the music!

1. The passage is mainly about _____.
 - A. the function of music
 - B. the development of music
 - C. American music
 - D. music
2. According to the passage, which of the following is NOT true?
 - A. Some music can make us think back to the childhood.
 - B. Modern science has also changed music.
 - C. The Star-Spangled Banner is the American national Song.
 - D. Music, from the earliest folk songs to modern "pop", is known around the world.
3. We can infer that _____.
 - A. if we want to understand American people, their history, and culture, we'd better understand American music
 - B. music is the whole of the American
 - C. the most important export of the American is the music
 - D. music can make you changing into the youth
4. The underlined word "juke-box" means _____.
 - A. a container containing money
 - B. a box used to hold times
 - C. a record-player operated by coins
 - D. a tape recorder

Passage E

Since we are social beings, the quality of our lives depends in large measure on our interpersonal relationships. One strength of the human condition is our possibility to give and receive support from one another under stressful(有压力的) conditions. Social support makes up of the exchange of resources among people based on their interpersonal ties. Those of us with strong support systems appear better able to deal with major life changes and daily problems. People with strong

social ties live longer and have better health than those without such ties. Studies over types of illnesses, from depression to heart disease, show that the presence of social support helps people defend themselves against illness, and the absence of such support makes poor health more likely.

Social support cushions stress (紧张) in number of ways. First, friends, relatives and co-workers may let us know that they value us. Our self-respect is strengthened when we feel accepted by others in spite of our faults and difficulties. Second, other people often provide us with informational support. They help us to define and



understand our problems and find solutions to them. Third, we typically find social companionship supportive. Taking part in freetime activities with others helps us to meet our social needs while at the same time distracting (转移注意力) us from our worries and troubles. Finally, other people may give us instrumental support—money aid, material resources, and needed services that reduces stress by helping us resolve and deal with problems.

1. Interpersonal relationships are important because they can _____.
 A. make people live more easily
 B. smooth away daily problems
 C. deal with life changes
 D. cure types of illnesses
2. Which of the following is closest in meaning to the underlined word “cushions”?
 A. takes place of
 B. makes up of
 C. reduces the effect of
 D. gets rid of
3. In this passage the author tells us _____.
 A. people's health has much to do with the amount of support they get from others
 B. the less contacting with others, the less troubles
 C. people's health is related to their courage for dealing with major life changes
 D. people's health depends on their ability to deal with daily worries and troubles

4. The passage is mainly talking about _____.

- A. interpersonal relationships
- B. kinds of social support
- C. ways to deal with stress
- D. effects of stressful condition

Passage F

It is reported that in the Caucasus Mountains, nearly 50 out of every 100,000 people live to celebrate their 100th birthday, and many don't stop at 100! In America only 3 people in 100,000 reach 100. But these old people aren't alone. The people who live high in the Himalaya Mountains and the Andes Mountains seem to share(分享)the secret of the long life, too.

First of all, hard physical(体力) work is a way of life for all of these long-lived people. They begin their long days of physical work as children and never seem to stop. For example, Mr. Rustam is 142 years of age. He has experienced several wars. His wife is 116 years old. They have been married for 90 years. Mr. Rustam doesn't want to work as a farmer. "Why? What else would I do?" he asks. Oh, he has slowed down a bit. Now he might work for 6 hours in the field instead of 10.



Another factor(因素)that may contribute to the good health of these people is their isolation. Most of them are kept of the modern world.

Inherited(遗传的) factors also help. Most of the longest-lived people had parents and grandparents who also reached very old ages. So good family genes(基因)may be one factor in living longer.

Finally, although these three groups don't eat exactly the same food, they eat little animal meat. Their diets are full of fresh fruits, vegetables, nuts, grains, cheese and milk. They never eat more food than body need.

1. How many factors are mentioned that may contribute to the good health of these long-lived people?
A. Two B. Three C. Four D. Five
2. What does the word “isolation” mean in Chinese?
A. 自我封闭 B. 与世隔绝 C. 独立 D. 冷漠
3. Which of the following is NOT true?
A. In America only 3 people reach 100.
B. The people who live high seem to share the secret of the long life.
C. Hard physical work is good for health.
D. Long-lived people eat little animal meat and more fresh fruits.
4. The best title would be _____.
A. Good Health
B. Long-lived People
C. The Old People in the Mountains
D. The Secret of Long Life

Passage G

Most of us lead unhealthy lives; we spend far too much sitting down. In addition we are careless about our diets, our bodies soon become loose and fatty and our systems slow moving. There are some aspects(方面) of our unhealthy lives that we cannot avoid. I am thinking of such features of modern city life as pollution, noise, rushed meals and stress. But keeping fit is a way to reduce the effects of these evils. The usual suggestion to a person who is looking for a way to keep fit is to take up some sport or other. While it is true that every weekend you will find people playing football and hockey in the local park, they are outnumbered a hundred to one by the people who are simply watching them.

For those who do not particularly enjoy competitive sports – and it is especially difficult to do so if you are not good at them – there are such separate activities as cycling, walking, jogging and swimming. What often happens though is that you do them in such a leisurely way, so slowly, that it is doubtful if you are doing yourself much good, except for the fact that you have at least managed to get up out of your armchair.

Even after you have found a way for keeping in shape, through sport or gymnastics, you are still only half way to good health, because, according to the experts, you must also master the art of complete mental and physical relaxation

(放松). It has to do with deep breathing, emptying your mind of all thoughts, meditation, and so on. Yoga, as practiced in the West, is the most widely known and popular of the systems for achieving the necessary state of relaxation. It seems ironical(讽刺性的), though, that as our lives have improved in a material sense we have found it increasingly necessary to go back to forms of activity physical effort on the one hand and relaxation on the other – which were the natural way of life of our forefathers.

- Which of the following is not bad for our health?
 - A. pollution
 - B. noise
 - C. music
 - D. rushed meals
- To be healthy we must _____.
 - A. keep fit and enjoy competitive sports
 - B. keep fit and learn to relax
 - C. be active and practise Yoga
 - D. be active and do separate activities
- Our forefathers were healthy because _____.
 - A. their way of life closely connected with both exercise and relaxation
 - B. their environment was not polluted
 - C. they spent most of time to exercise
 - D. they enjoyed competitive sports
- The best title is _____.
 - A. The healthy life
 - B. To avoid the pollution
 - C. To enjoy life
 - D. To relax

Passage H

There is an English saying, "Laughter is best medicine." Until recently, few people took the saying seriously. Now, however, doctors have begun to look into laughter and the effects it has on the human body. They have found that laughter really can improve people's health.

Tests were carried out to study the effects of laughter on the body. People watched funny films while doctors checked their hearts, blood pressure, breathing and muscles. It was found that laughter has similar effects to physical exercise. It increases blood pressure, the heart beating and breathing; it also works several

the reason why laughter can
and of chemical in the brain

the United States now hold
their patients' condition by
if their patients do not really
to produce beneficial effects

- the longest time.