

普通高等教育“十二五”大学英语规划教材

# 精进大学英语

## 综合教程

(一)

*Essential Advanced College English*

Book One

主编◎管 锐      副主编◎黄 进 张 羽



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## 序

高等教育中的本科三本院校学生和成人教育学生在经济飞速发展的社会中是一支不可忽视的人才队伍。在本科三本院校和成人教育的各个课程中,英语是必修课,也是学生备感困难的课程。因此,一个不容忽视的课题是:如何根据这部分学生的特点,让他们在有限条件下掌握一定的英语基础知识和技能,适应未来的发展和职业的需要,提高竞争能力。值得高兴的是,《精进大学英语综合教程》的编写人员均是有多年本科三本和成人英语教学经验的大学一线教师,他们了解这部分学生的英语学习状况和需求,对本科三本和成教英语教学的特殊性有深入的分析。整套教材本着以本科三本学生和成教学生为本的原则,围绕其英语教学目标,将外语教学的规律与本科三本学生和成教学生自身的特点相结合。

该教材有几个明显的特征:(1)难易适中,量度适中。教材的起点和难度比较适合中等英语程度的本科三本学生和成教学生,课文的长度相对较短,有效减缓了学生的压力和负担。

(2)充分考虑本科三本学生和成教学生学习的自主性和主体性。英语学习被看成是一种学习能力提高的过程和在英语阅读中成长的过程。教材编写中,编者注重学生阅读活动的设计,精心安排阅读篇章中的难点和重点,创造学习空间,激发学生的探求和思考,为学生提供展示自己的平台,让学生在读中学,练中学,培养学生自主学习精神,提高学生的学习兴趣。

(3)课文选材新颖、实用、有趣味。课文的内容贴近时代,既兼顾语言基础知识训练,又突出通过阅读达到语言知识的扩展和深化。(4)充分考虑(一)、(二)册之间难度的递进和知识的系统性,帮助学生循序渐进地提高英语阅读能力和应用能力。

我深信,这套教材会提高大学本科三本教育和成人教育的英语教学效率,为大学本科三本、成人教育做出贡献。在此,我向这套教材的问世以及为编写这套教材付出辛勤汗水的编者们表示祝贺,并郑重推荐使用这套教材!

夏维善

全国大学英语四六级考委会专家  
西南交通大学英语教学名师









## 前言

## Preface

随着我国对外开放政策的不断深化以及社会的飞速发展,国民的外语素质和能力已作为一个体现我国综合国力的重要指标被提到了战略高度。全面提高国民的外语素质和能力是提高我国软实力的重要途径之一。英语作为全球通用语,在全球经济和社会交往中占有重要的地位和作用。大学英语课程是高校一门重要的基础科目,直接关系到高校人才培养的质量。近年来,高等教育飞速发展,本科三本院校蓬勃发展,还有越来越多的学生选择到各级各类高校成人教育学院接受继续教育,包括成教、自考和在职培训等。这部分学生大多英文基础较薄弱,很可能出现跟不上学习进度、学不懂现有本科教材的情况,最终产生厌学情绪,提不起学习兴趣,直至放弃学习。为了进一步提高本科三本学生和成人教育英语的教学效率和教学质量,特编写本套教材以贴近这部分学生的实际情况和学习需求,让他们能够产生对英语学习的兴趣和积极性,掌握一些基本的英语知识,产生对英语学习的持久动力。学有余力的同学能够在学完本套教材后参加成人教育本科申请学士学位英语统考、全国高等教育自学英语考试或全国大学英语四六级统考。

在编写本套教材时,参考了《大学英语课程教学要求》以及成教和自考的大学英语考试大纲。考试大纲规定,大学英语的教学目标是“使学习者能比较熟练地掌握英语基础知识和语言技能,做到具有较好的阅读能力、一定的英译汉能力和初步的听、说、写以及汉译英的能力,为获取专业所需要的信息及进一步提高英语水平打下较扎实的基础”。本着上述指导思想和原则并结合本科三本学生和成教自考学生的实际情况,在编写教材时注意了以下几个方面:

难度适当低于目前普通高等学校公共英语课使用的教材。

所选阅读材料大部分为近年各种报刊杂志上的文章,时代感强,生动有趣。

阅读材料均为社会热点问题,贴近学生生活,启发思维,引导学生深入思考社会热点问题,增强学生的英语应用能力。

注重阅读材料词汇和语法难度的梯度,尽量做到循序渐进。

重视语法在本科三本和成人英语学习中的作用和重要性,系统讲解基础语法知识并配以精要的

# Preface

练习。

提供一定的阅读量，但也避免阅读量过大，适当减轻学习负担，让学生产生学习成就感，提高对英语学习的兴趣。

本套教材具有以下特点：

体现本科三本学生教育和成人教育特点，贴近学生学习实际和教学实际。

版式生动活泼，选材新颖有趣，时代感强。

展现社会热点，启迪学生思维，引导学生深入思考。

结合本科三本学生和成人教育学生可能面临的各种英语考试，帮助学生轻松通关。

夯实英语读写能力，全面提高英语素质。

本套教材分（一）、（二）两册，每册共10个单元。每单元由两篇文章组成，围绕同一个主题。A篇作为精读材料，而B篇作为泛读材料。两篇文章的学习要求不同。各单元安排有语法知识的讲解和练习。一般建议一学期学习5个单元。内容难度由浅入深。各教学单位也可根据实际教学情况灵活选用教材内容。本教材既可作为本科三本教育和各级各类成人教育（包括电大、夜大等）大学英语的教材，也可作为普通高等学校大学英语课程的补充读物或外语培训机构的基础英语培训教材，帮助学生夯实英语基本功。

本套教材主编为管锐，教材（一）副主编为黄进和张羽，教材（二）副主编为尹思婧和李欣颖。本套教材承蒙西南交通大学外国语学院唐跃勤教授、魏俊轩教授以及外籍专家Dominic审阅。对他们提出的宝贵修改意见，表示衷心的感谢！西南交通大学外国语学院的付华权老师和孙念红老师也参与了教材的校对工作。对他们的辛苦校对表示感谢！本教材在编写过程中还得到了西南交通大学力学与工程学院培训中心负责人王玉成主任以及西南交通大学出版社张雪总编的大力支持，在此表示感谢！对本套教材所选用阅读篇章和图片的作者和出版者在此致以深切的谢意！

由于编者水平有限，加之编写时间仓促，书中难免存在疏漏和错误，敬请读者批评指正。

编者

2014年1月







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# Unit One English Learning

## *Part One Warm-up Questions*

1. Do you like learning English?
2. What do you find difficult in learning English?
3. Since English is such an important communicating tool, how can you improve your English?





## Part Two Reading Focus

### Tips for English Learning—Reading, Speaking and Listening

#### How to improve your reading?

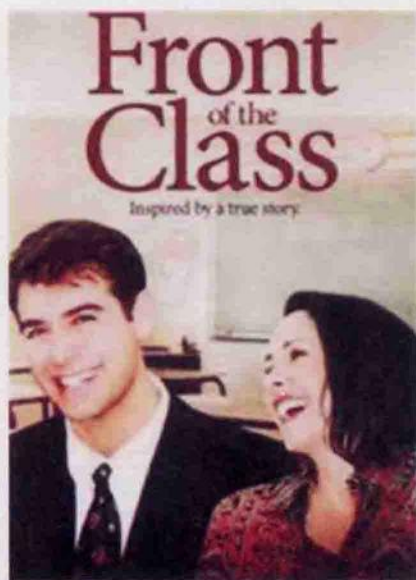
First, look at the title of the passage, if there is one. You can get the general idea of the passage. Then, pay attention to the first and last sentence of every paragraph in the passage. From this, you can get the main idea of the paragraph. Thirdly, through the context, you can guess the meaning of the new words that you come across. Finally, note the style and tone of the passage so that you can get the writer's implications and meaning.

#### How to improve your speaking?

You can improve your speaking through practice. Firstly, try not to think too much about the grammar when you speak. Focus on speaking the key words if you cannot speak the whole sentence, but you must speak out the key words clearly and correctly. Secondly, pay attention to the different rhythms between English and Chinese. We Chinese tend to stress all the words equally, whilst the English tend to stress words in the sentence quite differently. In English, it is only the words which contain important information that are normally stressed. Lastly, try to use gestures and facial expressions to go with your verbal communication.

#### How to improve your listening?

You can only improve your listening by doing a great deal of listening and there is no shortcut. First, you should listen to a good quality English speaker so that you can get the right pronunciation of the words in your mind, so you can learn to pronounce them correctly. Then, you must try to catch the meaning of the whole sentence and not the individual meanings of the words, that is, do not concentrate on the words too much but rather on the meaning of the sentence as a whole. Third, pay attention to the liaison, loss of explosion and assimilation of the words. Lastly,



pay attention to the stressed words and try to guess their meaning through the intonation used.

### New Words and Expressions

attention [ə'tenʃn]

*n.* 注意力; 注意

implication [ˌimpli'keɪʃn] *n.* 暗示

improve [im'pru:v] *v.* 提高

rhythm ['rɪðəm] *n.* 节奏

equally ['i:kwəli]

*adv.* 相等地; 平等地

gesture ['dʒestʃə] *n.* 手势

verbal ['və:bl] *adv.* 口头的

shortcut ['ʃɔ:tkʌt] *n.* 捷径

pronounce [prə'naʊns] *v.* 发音

(pronunciation [prəˌnʌnsi'eɪʃn]  
为其名词形式)

separate ['sepəreɪt] *v.* 使……分开

liaison [li'eɪzn] *n.* (语音) 连读

explosion [ɪk'spləʊzn]

*n.* (语音) 爆破

assimilation [ə'simə'leɪʃn]

*n.* (语音) 同化

intonation [ˌɪntə'neɪʃn]

*n.* (语音) 语调; 声调

concentrate on (精力) 集中于……

pay attention to 注意

### Comprehension of Text

1. What's the first step to improve your reading?
2. What needs your special attention when you read a passage?
3. Why should you pay attention to the style and tone of the author of a passage?
4. What should you do to improve your speaking ability?
5. What's the difference in word stress between English and Chinese?
6. What should you do when you want to express important messages verbally?
7. Is there a shortcut to improving your listening?
8. What should you first do to help you listen correctly?
9. Which is more important in listening, individual words or the meaning of the whole sentence?
10. What is liaison and how does it work?



### Vocabulary Exercises

Fill in the blanks by choosing words or phrases from the word list without changing the word form.

separate pronounce equal pay attention to rhythm  
gesture implication improve pronounce

1. One ought to \_\_\_\_\_ his or her teacher in class or one may make mistakes in one's homework.
2. Most of the speakers would resort to \_\_\_\_\_, that is to say speaking with hands, to better communicate their ideas when making a speech, the greatest being Winston Churchill.
3. My mum didn't express herself clearly. What she said must have contained some \_\_\_\_\_ which I did not understand.
4. Everyone should be treated \_\_\_\_\_ with the same human rights, rich or poor, male or female, normal or disabled.
5. Practice makes perfect which means: try to \_\_\_\_\_ ourselves through practice.
6. It's not advisable to \_\_\_\_\_ boys and girls in school for both genders have many similarities.
7. Many English learners \_\_\_\_\_ "China" as ['tʃaɪnə:] which is actually wrong. The correct way is ['tʃaɪnə] without rolling tongue in "a" sound.
8. Speaking is like singing. We should speak with \_\_\_\_\_ to convey meanings clearly.

### Structure Exercises

there be 有 (存在)

e.g. There is a book, two pictures and one computer in the study.

1. 中国有五十六个民族，我们就像兄弟姐妹，团结一致。
2. 学英语的方法很多，但归根结底需要多读、多背、多听、多说。

3. 有志者事竟成。

4. 世界上还存在贫穷，还有很多人正在饿肚子。

5. 改错（此句话有1处错误，请把正确的句子写在横线上）：

There are one man, two women in the room talking about their plan for tomorrow's picnic.



I have been looking for some tips on how to learn English. There are so many tips. I have highlighted some of them, and I hope that you will like them.

Make friends with American or British people.

Don't read subtitles in your language whilst you watch TV.

Find a native individual who not only speaks English, but can teach it. Learn grammar and vocabulary by using visual, auditory and speaking methods.

Children might enjoy learning in a kitchen when they drink their milk after school.

Live for a year in an English speaking country. This is much less expensive if you do are able to do a house exchange-accept someone in your house as a trade for living in theirs.

Learn English by reading, listening, studying, and asking questions; practice what you learn by speaking and writing.

Dictation is an excellent way to improve your listening and spelling skills. Have a friend read a few paragraphs from a book or a newspaper. Write down what you hear. Compare what you have written with the actual text.



If you can dream in English, this means that you have succeeded in becoming a fluent English speaker, but not that your English is perfect.

This is not the end and I still have a lot more tips. You can't imagine how many there are. Next time I will try to bring you another bunch. If you want to take a look at my precious tips, try to contact me.

### New Words and Expressions

tip [tip] *n.* 忠告

subtitle ['sʌbtaitl] *n.* 字幕

individual [,indi'vidʒuəl] *n.* 个人

method ['meθəd] *n.* 方法

accept [ək'sept] *v.* (主动) 接受

trade [treid] *n.* 贸易

dictation [dik'teɪʃn] *n.* 听写

excellent ['eksələnt] *adj.* 优秀的

paragraph ['pærəgrɑ:f] *n.* 段落

fluent ['flu:ənt] *adj.* 流利的

precious ['preʃəs] *adj.* 珍贵的

contact ['kən'trækt] *v.* 联系

compare... with... 与……比较

### Comprehension of Text

1. How many tips does the author offer to English learners?
2. How should you watch an English movie according to the tip?
3. What can be learned by using visual, auditory and speaking methods?
4. Which country would you choose to live if you wanted to improve your English?
5. Which method is best to improve your listening and spelling skills?
6. If someone dreams in English, this means he or she is perfect in English.  
Is it right?
7. According to the passage, what is the most effective way to learn English well?
8. Why should we make friends with English-speaking persons?
9. How do we do dictation?
10. What can make life in foreign country less expensive?

## Vocabulary Exercises

Fill in the blanks by choosing words or phrases from the word list without changing the word form. A word or phrase can be used only once.

accept subtitle precious tip paragraph method contact  
trade compare...with... individual

1. One most effective \_\_\_\_\_ for learning English is doing everything in English.
2. China boasts it has pandas. Chinese people regard pandas as \_\_\_\_\_ animals.
3. English is like a bridge through which one can \_\_\_\_\_ the world.
4. Success can be achieved via various \_\_\_\_\_ s: some have it by working hard and some by grasping proper opportunities.
5. Referring to the \_\_\_\_\_ can help you understand what is being said when you are watching a foreign film.
6. \_\_\_\_\_ China \_\_\_\_\_ America, and we will find that we have to face the fact that China is economically less developed and technologically less advanced.
7. The Western world focuses more on \_\_\_\_\_ whilst our nation fixes on collectivism.
8. Every country in the world has to \_\_\_\_\_ laws and regulations made by the UN.
9. The first \_\_\_\_\_ of a passage often serves as a door to the whole passage.
10. With E-commerce being more and more popular globally, \_\_\_\_\_ now is always done via internet.

## Part Four Grammar

### 名词 (NOUN)

名词是表示人、事物、抽象概念等名称的词。  
根据其词汇意义，名词可分为专有名词和普通名词。

#### 一. 概述

##### 1. 专有名词

专有名词指表示人、地方、机构、组织等的专有名称。具体说来，它包括人名、地



名、月份、星期、节日、书名、电影名以及某些抽象名词等。如：

Jim 吉姆	China 中国	Mr. Smith 史密斯先生
July 七月	Friday 星期五	the Yellow River 黄河
Christmas 圣诞节	English 英语	<i>A Tale of Two Cities</i> 《双城记》

注：专有名词的首字母通常要大写。若是专有名词词组，则其中每个单词的首字母要大写；若是缩略词，则通常每个字母都大写；称呼家人的 mum, dad, father, mother 等有时也可小写。

## 2. 普通名词

普通名词指表示一类人或东西或抽象概念的名词。具体来说，它可分为个体名词、集合名词、物质名词和抽象名词。其中个体名词表示某类人或东西中的个体，如 girl(女孩)等；集合名词表示若干个体组成的集合体，如 audience(观众，听众)等；物质名词表示无法分为个体的实物，如 water(水)等；抽象名词表示动作、状态、品质、感情等抽象概念，如 work(工作)，happiness(幸福)等。

## 二. 名词的单复数变化形式

### 1. 名词复数的规则变化

1) 一般情况加词尾 -s，如 book / books, desk / desks 等。

其读音规则是在清辅音后读[s]，在元音和浊辅音后读[z]。

2) 以 s, x, z, sh, ch 等结尾的名词，通常加词尾 -es: bus / buses, box / boxes, dish / dishes 等。

3) 以 y 结尾的名词，其复数构成要分两种情况：以“辅音字母+y”结尾的名词，将 y 改为 ies；以“元音字母+y”结尾的名词，直接加词尾 -s: city / cities, toy / toys, holiday / holidays 等。

### 2. 复数规则变化的几点说明

1) 以 ch 结尾的名词变复数时加词尾 -es，指的是 ch 读音为[tʃ]时；若 ch 的读音为[k]，则其复数应加词尾 -s，如 stomach[stʌmək]是 stomachs，而不是 stomaches。

2) 以 y 结尾的专有名词，直接加词尾 s 变复数。如：

There are two Marys in our class.

我们班有两个玛丽。

3) 以 o 结尾的名词，有的加词尾 -s，有的加 -es，但在中学英语范围内，以 o 结尾的名词变复数加词尾 -es 的主要有以下 4 个：tomato(西红柿)，potato(土豆)，hero(英雄)，Negro(黑人)。

注：有些以 o 结尾的名词在变复数时加 -s 或 -es 均可，如 zero/zero(es)(零)等。

4) 以 f 或 fe 结尾的名词，也有两种可能：即有的直接加词尾 -s，有的则把 f/fe 改为 ves：如 roof/roofs(屋顶)，knife/knives(小刀)等。但在中学英语范围内，要改 f/fe 为 ves 的只有以下 10 个词(均为日常生活中的常用词)：wife(妻子)，life(生命)，knife(小刀)，leaf(树叶)，thief(贼)，half(一半)，self(自己)，shelf(架子)，loaf(面包)，wolf(狼)。