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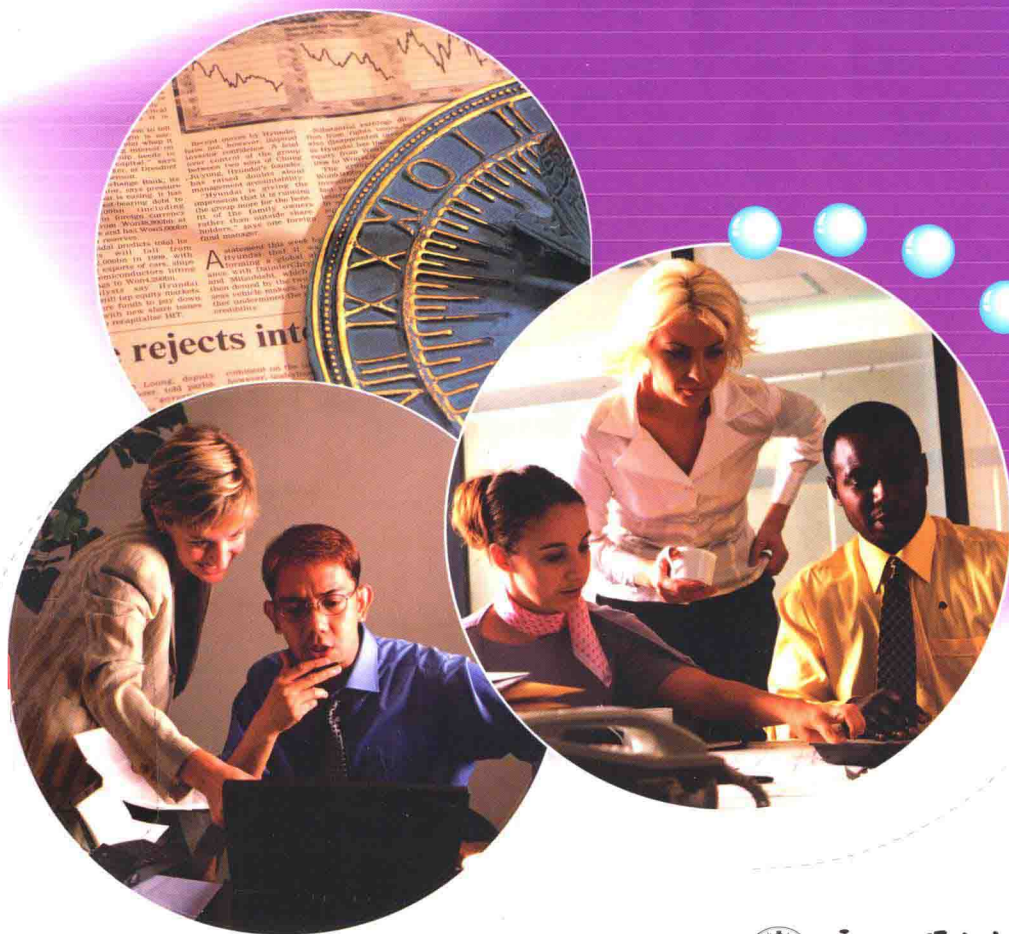
非英语专业用

大学基础英语教程

Essential English Course

3

主编 黄昆海



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《大学基础英语教程》系列教材

高职高专版

非英语专业用

大学基础英语教程 3

Essential English Course 3

(修订版)

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前 言

《大学基础英语教程》(高职高专版)系列教材是按照教育部高等教育司颁布的《高职高专教育英语课程教学基本要求》(试行)(以下简称《基本要求》),由厦门大学外文学院及部分高职高专院校具有丰富教学经验的教师编写的。本教材以高职高专近几年来学生入学和在学的实际英语水平为依据,注重培养学生听、说、读、写、译的综合能力,强调“循序渐进,由易而难”的原则。教材以当代英语常见的语体和文体为主,所选篇章来自英美新近的出版物,题材广泛,内容新颖,时代气息浓厚,且语言规范,融实用性、知识性和趣味性于一体。

本系列教材由主干教程《大学基础英语教程》1~3册、《英语综合进阶练习》1~3册以及《教师用书》1~3册组成。

《大学基础英语教程》共分三册,每册包含12个单元。采用每一单元设一主题的形式,每单元由两篇文章Text A和Text B组成。内容涉及当代生活的各个方面,学生可以将语言学习贯穿在了解和探讨现实生活各种问题的过程中,既能较扎实地掌握基本语言技能,提高语言应用能力,又可增进对中西文化的了解。

第一册词汇起点为1,200个词。在学完第一册和第二册后,要求学生的英语水平达到《基本要求》规定的B级要求。学完第三册后,要求学生的英语水平达到《基本要求》规定的A级要求。

本系列教材配备的多媒体光盘包含每单元的听力、对话及主要课文的内容等。

《英语综合进阶练习》与主干教程相互呼应,相互补充,且又互不重复,目的在于使学生更进一步巩固和掌握主干教程中所学到的各种语言知识。本套练习形式多样,涵盖阅读理解、词汇、翻译、语法等综合训练,每单元的最后还配备两篇快速阅读课文,既便于教师在课堂上教学,又便于学生课后自学。

《教师用书》包括教学建议、难点注释、主干教程练习的参考答案以及两篇

课文的参考译文等,以方便教师教学和学生自学。

本系列教材由厦门大学外文学院黄昆海教授主编和审定。编写过程中得到福建省教育厅高教处的关心和指导,以及厦门大学出版社的大力支持和帮助,在此谨向他们表示衷心的感谢。

因本系列教材编写时间仓促,编写水平和经验有限,失误与疏漏之处在所难免。编者诚恳希望使用本教材的教师、学生和读者不吝赐教,指正谬误。

编 者

2008 年 1 月

Contents

Unit 1 Health

Listen and Speak	(3)
Listening Tasks	(3)
Speaking Tasks	(6)
Read and Practice	(7)
Text A How to Live to Be a Hundred	(8)
Text B Wake up Your Life by Walking	(17)
Practical Writing	
商品介绍(Product Introduction)	(25)

Unit 2 Psychology

Listen and Speak	(29)
Listening Tasks	(29)
Speaking Tasks	(32)
Read and Practice	(33)
Text A What a Woman Wants	(34)
Text B To Feel Better, You Need to Think Better	(45)
Practical Writing	
便函(Memorandum)	(53)

Unit 3 Pace of Life

Listen and Speak	(57)
Listening Tasks	(57)
Speaking Tasks	(59)
Read and Practice	(61)
Text A Pace of Life Allows No Room for Study	(61)
Text B Modernity or Bust	(71)
Practical Writing	
产品使用说明书	(78)

Unit 4 Value

Listen and Speak	(83)
Listening Tasks	(83)
Speaking Tasks	(86)
Read and Practice	(87)
Text A Profits of Praise	(88)
Text B The Green Banana	(98)
Practical Writing	
合同与协议 (Contracts and Agreements)	(106)

Unit 5 Art

Listen and Speak	(113)
Listening Tasks	(113)
Speaking Tasks	(115)
Read and Practice	(116)
Text A The Monster	(117)
Text B A Rebellious Singer of This Times	(127)
Guided Writing	(135)

Unit 6 Terrorism

Listen and Speak	(139)
Listening Tasks	(139)
Speaking Tasks	(141)
Read and Practice	(142)
Text A Mr. President, We Need to Talk	(143)
Text B The Best Weapon against Fear-Love Your Neighbor	(153)
Guided Writing	(161)

Unit 7 Addiction

Listen and Speak	(165)
Listening Tasks	(165)
Speaking Tasks	(167)
Read and Practice	(168)
Text A Confessions of an Online Dating Addict	(169)
Text B Workaholics	(181)
Guided Writing	(189)

Unit 8 Music

Listen and Speak	(193)
Listening Tasks	(193)
Speaking Tasks	(195)
Read and Practice	(196)
Text A The Secret to Being a Successful Musician	(197)
Text B Arts for All	(208)
Guided Writing	(214)

Unit 9 Medicine

Listen and Speak	(219)
Listening Tasks	(219)
Speaking Tasks	(221)
Read and Practice	(222)
Text A To Lie or Not to Lie—The Doctor's Dilemma	(223)
Text B Crash Course	(234)
Guided Writing	(243)

Unit 10 Famous People

Listen and Speak	(247)
Listening Tasks	(247)
Speaking Tasks	(249)
Read and Practice	(250)
Text A Hepburn Survived While Others Faded Away	(251)
Text B Oprah Winfrey	(261)
Guided Writing	(270)

Unit 11 New Generation

Listen and Speak	(275)
Listening Tasks	(275)
Speaking Tasks	(277)
Read and Practice	(279)
Text A Youth Today: Adult Perceptions May Be Misperceptions	(279)
Text B Generation Y in the United States	(290)
Guided Writing	(299)

Unit 12 Advertising

Listen and Speak	(303)
Listening Tasks	(303)
Speaking Tasks	(305)
Read and Practice	(307)
Text A Kodak, Action: New Ads a Hit	(307)
Text B Insights into Advertising	(319)
Guided Writing	(328)
 词汇表	 (329)

UNIT 1

Health



Listen and Speak <<<<

Listening Tasks

Part I Conversations

You will hear 10 short conversations. After each conversation you will hear a question. The conversations and the questions will be read once. Listen carefully and choose the best answer from the four choices given.

1. A. He is doing well in the class.
B. The book is confusing.
C. The lecture is not very clear.
D. The lectures are from the book.
2. A. About three hours.
B. Twenty or thirty minutes.
C. Less than an hour and a half.
D. Just two hours.
3. A. The term paper was finished.
B. The woman received the best score.
C. He was sure his term paper was good.
D. His score was better than the woman's.
4. A. The woman insists on going out.
B. The woman doesn't like watching TV.
C. The man promised her a gift on her birthday.
D. The man is too tired to go out.
5. A. The man and his parents were with his uncle on Christmas.
B. The woman had an experience of spending Christmas in summer.
C. The man has been to Australia several times.
D. The woman called the man in Australia but didn't get him.
6. A. Find a larger room.
B. Buy two bookshelves.
C. Rearrange some furniture.
D. Sell the old table.
7. A. Throw the black ones away.
B. Try on the black pair.
C. Change another pair.

- D. Get the red ones.
8. A. He does not have enough time to spend with his girlfriend.
B. He will leave his girlfriend sooner or later.
C. He is crazy about his girlfriend.
D. He cares about his girlfriend.
9. A. The next few days are supposed to be warm.
B. The rain is not expected to last much longer.
C. It can't get much better than it already is.
D. Clouds and cool temperatures are expected.
10. A. John wasn't at home when she called.
B. She didn't get John's phone number right.
C. John's telephone wasn't working.
D. The number she called was no longer in service.

Part II Dialogue

Listen to the dialogue twice and complete the sentences below.

1. The woman wants to go to _____ by _____.
2. The woman asks the man whether he can change a ten yuan note because she wants to _____.
3. The man is very _____ according to the dialogue.
4. The man helps the woman because he thinks that _____.

Part III Passage

Look up the following new words in your dictionary before you go on with your listening.

stay alive continuous sleeplessness

Exercise 1: Listening for general understanding

Listen to the tape once and choose the right answer to each question you hear.

1. A. To tell about an old man who never slept all through his life.
B. To tell about an old man who needed only a short rest every day.
C. To tell about some doctors who were curious about sleep.
D. To tell about the fact about man's sleeping.
2. A. Only a few people don't need to sleep.
B. Everyone needs some sleep or he will die.

- C. Everyone gets some sleep of some kind.
 - D. Sleep helps one to keep alert.
3. A. Al Herpin was too old to sleep.
B. Al Herpin had never slept.
C. Al Herpin slept only for a very short time every day.
D. Al Herpin slept in a chair covered with newspaper.

Exercise 2: Listening for details

Listen again and then write down the answers to the following questions or complete the form according to the information you get from the tape.

1. What did the doctors do when they came to see Al Herpin and how long did they stay with him?
_____.
2. The real reason that might explain Herpin's condition was
_____.
3. How old was Al Herpin when the doctors came to see him?
_____.

Part IV Gap Filling

Listen to the following passage and try to fill the missing words in the blanks.

When I was coming down with my latest cold, I didn't know what was happening to me. I felt a lot of subtle(微妙的) changes going on in my body, but none of them made me think of ____ (1) _____. Rather, I felt a certain dreaminess.

Faces around me were in focus but also distorted(扭曲变形了的), as if I were looking through a fisheye ____ (2) _____ lens. I felt inhabited(占据) by someone I didn't know. Toward evening, I started sneezing(打喷嚏). I was relieved—so it was just a ____ (3) _____ cold!

I decide to stay at home instead of keeping my plan to go to a dinner party. My ____ (4) _____ was growing pleasantly warm. I lay under a thick quilt with two pillows ____ (5) _____ my head and the television on. That night I ____ (6) _____ very deeply, and in the morning I didn't want to get up.

The phone rang. The ____ (7) _____ was sympathetic when she heard my voice, which had become rich and strong and ____ (8) _____ to my ear. "Oh, I don't mind having a cold," I said, "I get one about once a year. I'm ____ (9) _____ this."

The next morning, my head was ____ (10) _____. I could feel faint

twitches(痉挛) in my legs that told me to go outside and ____ (11) ____ .
Before I knew it, I had reentered the world of noise and light cough. My own
good ____ (12) ____ expelled(开除) me from paradise(天堂).

Speaking Tasks

Part I Dialogue

Listen to the dialogue, practice it with your partner and then create your own dialogue according to the topic given after it.

Why Don't You Take a Break for a While?

A: Hi, Janice. How's it going?

B: Oh, hi, Tom. Not too well, I'm afraid.

A: Why? What's the matter?

B: Oh, I've got a splitting headache. That's all.

A: That's not fun. Why don't you take a break for a while?

B: I wish I could, but I have to finish this report by three.

A: Well then, maybe you should take a few aspirins.

B: I've taken some already and they didn't help.

A: Oh, I see. Well, after you finish, you should just pack up and go home. You really look exhausted.

B: Yes, that's a good idea. I think I will.

A: By the way, you may also need to work out in the gym regularly.

B: Oh, I have never tried that. Does it work?

A: Of course, I go to our university gym every other day. I feel very energetic.

B: Maybe I should try that.

A: You'd better. It's really terrific!

B: I'll go with you some day when I have the time.

A: Just call me and we can go together.

B: Sure.

Part II Communicative Practice

Topic: Maybe you should consider a job change

Situation: A man is talking to his doctor about his health problem.

Suggested words and expressions:

can't sleep	headache	work a lot lately	take a vacation
relax	less stressful job	slow down	

Read and Practice <<<<

Text A

Key Words and Expressions in Use

Read aloud the following sentences and figure out what each italicized word or expression means.

1. The behavior *patterns* of human beings have been changed a lot from generation to generation.
2. She is waiting for the final decision this afternoon that may *impact* her whole career.
3. At the age when most people *retire*, he is ready to face a new career.
4. A grammar school's success *was* usually *measured* in the past years *in terms of* the number of pupils who got into university.
5. He invited her to dine out, but she *declined*, which made him feel very disappointed.
6. The tourists *complained* that the service was too bad and hoped that the travel agency could find some ways to make up for their loss.
7. Have you been on a *diet*? You have lost a lot of weight.
8. Usually, a teacher often *favors* his students who work very hard and are well-educated.

Preview Questions

1. Do you want to live to be a hundred? Why or why not?
2. Look at the title of the text. Discuss with another student what you expect to find in the text.
3. Now think of ten or so words that you might expect to find in this text and write them down.

How to Live to Be a Hundred

1 Many people think they know what's good for them. Who wouldn't like to think that being rich, sleeping with supermodels and eating high-priced food every day would increase their length of life span. If you really want to live longer, then you can start with your attitude. Your way of thinking can not only impact the quality of your life, but also how long you actually live.

2 For adults who remain lively childlike in old age, there has to be a sustained enthusiasm for some aspect of life. People who want a long life with an alert old age should never retire. If they are forcibly retired they should immerse themselves in some new absorbing activity.

3 Some people are naturally more physically active than others, and are at a considerable advantage providing their activities are not the result of stress. Such activities as walking and gardening prolong life because they are "non-intensive" forms of all-over bodily movement. The more earnest aging exercisers display a conscious or unconscious anxiety about their health. If they take exercise too seriously it will work against them. Older individuals who take up intensive athletic activity are usually people who fear declining health. Yet it is crucial that physical exercise—as we grow past the young sportsman stage—should be extensive rather than intensive and, above all, *fun*.

4 A calm temperament favors long life. Those who are sharply aggressive, emotionally explosive or naggingly anxious are at a grave disadvantage. But it is important to make a distinction between calmly relaxed and passively lazy. Relaxation does not contradict the idea of passionate interest. Indeed, zest for living, eagerness to pursue chosen subjects are vital in long life.

5 Thinking about "the good old days", complaining about how the world is becoming worse and worse, criticizing the younger generations, are sure signs of an early funeral.

6 Being successful is a great life-stretcher. It can even be more important than such life-shorteners as obesity and fondness for drink. But, in gaining success, individuals should not overstress themselves. And success must always be measured in personal terms. A hill-shepherd may feel just as