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教程 (第3册)





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大学英语

快速阅读教程

第3册

主 编 李京平 副主编 左映娟

北京交通大学出版社

内容简介

《大学英语快速阅读教程》是根据教育部颁发的《大学英语课程教学要求》对快速阅读的要求及大学英语四、六级考试最新题型编写的。题材以大学生的认知能力为基准,以他们的学习和生活为轴心,以i时代网络多元信息为资源,涉及教育、科学、社会、文化、科普、财经、体育、政治、经济等各领域的知识,融科学性、知识性和趣味性于一体、体现i时代大信息量、高速度、高效率、多媒体的特征。

教材侧重强化阅读的"效率意识",训练学生高效地进行有针对性、系统的快速阅读,既培养学生良好的阅读习惯,使他们能够在规定的时间内掌握基本阅读技能,提高阅读的准确性和阅读速度,也培养他们获取知识与信息的能力和新媒体的思辨能力,提高其新媒体教育素养。

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《大学英语快速阅读教程》

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前 言

《大学英语快速阅读教程》是以《大学英语课程教学要求》为指导,以相关现代教学理论为依据,参照全国四、六级考试新题型编写的,旨在拓展学生阅读量与知识面,提高学生快速阅读水平,培养学生语言应用能力,以满足大学英语教学和学生参加四、六级考试的需求。

快速阅读是高速度、高效率的阅读,是从文字符号中迅速吸收有用信息的一种读书方法。从心理学角度来看,快速阅读是训练读者能够集中注意力、专心致志地学习;从生理学角度来看,快速阅读是发挥人们"眼脑直映"的自然潜能;从读书效率来看,快速阅读是提高阅读速度和加强理解能力的一种方法。快速阅读能力的培养对人的终身学习,以及在工作和生活中快速获取所需资讯都十分重要。

大学英语快速阅读与仔细阅读在学生能力培养、教学方法和考试题型等方面均不同。比较当前大学英语教学及考试中出现的仔细阅读题型和快速阅读题型可以发现:仔细阅读题型文章短(通常300个词左右),难度大,题目复杂;快速阅读题型文章长(通常1200个词左右),难度低,题目直接。应当说在未来实际工作中,学生较少碰到仔细阅读理解题型中那样晦涩难懂的文章,多数情况是要求他们查阅大量的英文资料,在一定时间里从浩如烟海的资料中找到自己所需要的内容。完成这种任务是具有挑战性的,需要具备快速阅读能力及技巧,既要懂得如何浏览和略读,也要懂得如何查读和跳读。这种能力和技巧需要从学生时代开始培养,因此快速阅读训练是大学英语教学中必不可少的一种训练。为此,2006年全国大学英语四、六级考委会以培养学生语言实际应用能力、训练其具备未来工作所必备的语言技能为目标,开始实行新考试题型,首次增加快速阅读题型,并且是全部考试题型中唯一需要计时(15分钟)完成的部分。

本套教材共4册,每册8个单元,共计32个单元。教材的编写主要具有如下特点。

1. 长度难度循序渐进

根据《大学英语课程教学要求》,达到大学英语一般要求的快速阅读速度,在阅读生词不超过总数 3%的材料时,应为每分钟 100 个词。本套教材编写时考虑到大学英语一至四级学生语言能力的差别,每册在文章长度上有一个渐变的过程,使学生对每册的各篇文章阅读加答题均能在 15 分钟左右完成。这样做既统一了编写体例,也符合四级考试中快速阅读题型的要求。文章长度具体为:第一册 800 ~1 000 个词;第二册 900 ~1 100 个词;第三册 1 000 ~1 200 个词;第四册 1 100 ~1 300 个词。除此之外,各册在选材时难度也做到由易到难,循序渐进。

2. 题材体裁各册迥异

本套教材每册题材按大类划分,每个单元题材按主题划分。第一册围绕校园生活展开,每个单元的主题都是学生们熟悉的、要亲身经历的生活,包括新生人学、大学生活、校园活动、学习策略

等。第二册讲述情感生活和生活方式,是学生们将来在生活中会遇到的内容,包括恋爱婚姻、家庭生活、职业事业、海外经历等。第三册涉及社会生活,多为学生喜欢的话题,包括旅游、音乐、艺术、时尚等。第四册探讨较为深层次的社会问题,包括全球化、环境保护、低碳生活、自然灾害等。各册除了题材不同,体裁也有所区别。这种区别照顾到文章的题材和难易度。第一册和第三册文章文体多为记人叙事的记叙文,第二册和第四册文章文体多为科普类的说明文和议论文。

3. 题型题量安排合理

教材每个单元包括 3 篇围绕单元主题的文章,每篇文章后有 2 个练习,题量适中,难易适度。 文章题型在设计上考虑了统一性和多样性。每篇文章后的第一个练习题型都与四级考试快速阅读题 型一致,目的在于训练学生适应四级考试题型,使他们对这种题型能够应付自如。第二个练习为拓 展性练习,设计的目的是为了加深学生对文章主题的理解,并且对文章细节有进一步的把握;此练 习形式丰富多样,既有考察学生全文理解的文章结构类题目、时间线索类题目和文章大意总结填空 类题目,也有考察学生细节理解的问答题、词语填空题和排序题,还有考察学生语言技能的句子翻 译题型。

4. 快读策略系统讲解

快速阅读考察学生迅速获取有效信息的能力,要求学生做到快速阅读、快速记忆和快速理解, 所以快速阅读技巧有别于普通阅读技巧。"工欲善其事,必先利其器",为了帮助学生全面了解快速 阅读原理,在实践中科学高效地运用其技巧,达到提高学习效能的目的,本套教材在第一册和第二 册的第二部分提供了系统、详细的"大学英语快速阅读学习策略指导",主要内容包括:快速阅读 知识、能力、习惯的自测,快速阅读的定义、目的、阅读原理,妨碍快速阅读的不良阅读方法和习 惯,快速阅读策略指导。

本套教材既适用于高等学校大学英语基础阶段的学生学习,也适用于各类英语爱好者作为学习材料或休闲读物。

教材的全体编写人员来自教育部首批大学英语教学改革示范点项目学校,大多是国家级《大学英语》精品课程、国家级《大学英语》教学团队的专家和骨干教师。在教材的设计和编写过程中,我们得到了国内外许多学者的悉心指导和大力帮助,特别是美籍教师 Don Taber 对每个单元都做了仔细的审读,在此向他们致以诚挚的谢意。

由于编写时间较仓促,编者能力有限,纰漏之处在所难免,请读者不吝赐教。

《大学英语快速阅读教程》编委会

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Unit 1

Holiday

Passage 1

Preparing for an Organized Holiday Season

For many of us, the holiday season is a time that is anticipated with both joy and anxiety. Sure, we love the celebrations, the family traditions, and we cherish the memories of holidays gone by, but along with them we add the stresses of preparation. Expectations also blend in with the process. Here are ten tips that I've found to be helpful in getting ready for an enjoyable, meaningful holiday season.



1. Change Your Clothes

Well, at least in your closet anyway! Last weekend I made the closet change and switched out my "super summery" items with my winter clothes. We live in Florida, so I do still have some shorts, short sleeved shirts, and **flip flops** (人字凉拖) hidden in there. I find that making the switch makes getting dressed easier and makes my closet cleaner!

2. Create Your Christmas Cards

If you haven't already done so, now is a great time to solidify your idea for this year's Christmas cards. If you are like us and enjoy sending out photo cards, go through your picture files and select a charming family photo.

3. Design and Decorate

Kevin and I made a decision to not give in to the temptation to buy all new holiday decorations with



every changing year and trend. I usually get to pick something new, whether it is an ornament or a new plate, etc. That way we are both happy. I love what we have for Christmas decorations and wouldn't want an entirely new "scheme". It is nice to add things here or there, though! I also make time to do some DIY handmade crafts.



4. Take Inventory (清单) and Stock Up

This year I plan on doing some holiday food shopping early, stocking up on items so that we can enjoy baking, cooking, and eating and don't have to run out to the store for last-minute items. I have actually started baking early. I mentioned this plan a few days ago when I came across a wonderful banana bread **recipe** (配方). I am cooking all **gluten** (麸质) free — I have to since I am **allergic** (过敏的) now — and I am giving my new holiday recipes a trial run before the holidays actually get here. That way I am not watching everyone else eat our traditional delicious desserts (full of gluten goodness) while I am eating a wanna-be delicious dessert (that has no gluten).

5. Figure Out What You Will Be Cooking

How on earth do you know what you will be cooking for the holidays? Well, just think about it. Will you be making your annual treat plates to take around to neighbors? Is Thanksgiving at your house this year? Have you wanted to have a homemade treats and **cocoa** (可可饮料) night for years but things always got too crazy, and in the end you could never pull it off? Make a list of what you will be making, with all the ingredients, and then put it in your wallet.

I also plan a meal schedule which makes it easier to do the grocery shopping. I make a detailed arrangement for the holiday meals and then set up a strategy for those nights of gift wrapping and late movie nights.

6. Set a Budget

Let's face it, the holidays can be really expensive. We all have the family members or friends that go a bit **overboard** (过火) for Christmas and end up paying for it the rest of the year. We have a very big family, including 3 nephews and 3 nieces, so we know all about the ever-growing list!

Make a list. Decide early on who you have to buy for and what you want to get everyone on your list. By taking the time to decide these things early on, your gifts will more likely look more thoughtful as well.



Shop smartly and early. Believe it or not, now is the time to shop, especially for children. Those after-Thanksgiving sales aren't as great as they used to be. Mostly they have become **bait** (诱饵) for the "fish" to get you out and into the store where they have "other sales".

7. Get the Christmas Movies and Music Ready

We usually pull out our Christmas movies to have them ready for our watching pleasure at any given moment. We usually watch them or listen to music while we decorate, wrap, and bake! We love Christmas movies so much that we have been known to pull them out in the summer.

8. That's a Wrap

Take inventory now of any seasonal gift wrap you already have so that you don't buy and overdo it! We are pretty organized and we keep any rolls that have enough wrap for the following year. I actually have a place to do it this year (in our office). Make sure you have a bin or basket with the necessary items for a good gift wrapping session in one place (scissors, ribbons, tags and tape).



9. Get Organized and Clean

I made a rule last year that we can't pull any Christmas decorations out unless our home is completely clean and tidy! I am a **clean freak** (有洁癖的人) and I do a small-scale "spring cleaning" before we can pull out any holiday trimmings. Sometimes holiday decorations can make your home feel "tighter" and I don't like or want any excess mess around occupying our space! I spent yesterday organizing drawers, cabinets, and closets and cleaning all the bathrooms and kitchen. Our entire home is sparkling clean and ready to decorate for Christmas. Although I will still continue with my weekly cleaning schedule, any mess that was **lingering** (停留) around has been organized and put in a better location.

10. Get Ready for Guests

We don't usually have overnight guests, but I like to help my parents get ready for theirs. We get the living and dining rooms set up with extra chairs, the bedrooms dressed with clean bedding and extra pillows, and the bathrooms equipped with extra **shampoo** (洗发水), soap, and clean towels.

(http://adesignstory.com/preparing-for-an-organized-holiday-season/)

(999 words)



Task 1

You will have 15 minutes to go over the passage quickly. For questions	1-7, choose the best answer
from the four choices marked $A),\;B),\;C)\;$ and $D).$ For questions 8	-10, complete the sentences
with the information given in the passage.	

- 1. The writer implies in the first tip that ______
 - A) holiday is the best time to change the clothes in your closet
 - B) most of the clothes for summer use should be put away
 - C) the temperature is likely to remain high where she lives
 - D) making the closet change helps you dress more properly
- 2. Which of the following words best shows the writer's principle concerning holiday decoration?
 - A) economical

B) generous

C) precautious

- D) careful
- 3. Why has the writer started baking early?
 - A) Because she wants to do holiday shopping as early as possible.
 - B) Because she has stocked up on too many holiday food items.
 - C) Because she does not want to do the baking the last minute.
 - D) Because she wants to try whether the new recipe is good enough.
- 4. According to the passage, what you will be cooking for the holidays depends on
 - A) how many neighbors you are going to invite
 - B) the treats and ingredients you can get
 - C) the activities you intend to organize at home
 - D) the specific budget you have made for it
- 5. The writer suggests setting a budget for the holidays so that
 - A) they can be less expensive
 - B) the family members will save money
 - C) you won't over-spend
 - D) you know the ever-growing expenses
- 6. What does the writer think of the sales after Thanksgiving?
 - A) They are as great as they used to be and therefore are reliable.
 - B) Few of them will attract customers although there are discounts.
 - C) They offer children many choices and remain quite popular.
 - D) Most of them are a trick to get customers to buy more items.
- 7. What does the writer suggest about gift wrapping?
 - A) Make a full list of all necessary items for gift wrapping.
 - B) Keep necessary items for gift wrapping in one place.
 - C) Wrap your gifts in your office for the sake of convenience.



	D) Remember to buy new items for gift wrapping each year.	
8.	The writer won't pull out any holiday trimmings before she does a	
9.	The writer organized and cleaned yesterday so as to get ready to	
10.). The writer usually helps her parents get ready for their	

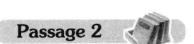
Words	Time	WPM	Comprehension Rate
999			

C Task 2

Please read the passage and complete the statements with the words and expressions from the box. Use their proper forms.

	set up a strategy	at any given momen	t switch out		
	with all the ingredients	look more thoughtful	weekly cleanir	ng schedule	
	go through	give in to the tempta	tion		
1.	I made the closet change and	my	"super summery" items wit	h my winter clothes.	
2.	If you are like us and enjoy see	nding out photo cards,	your pic	ture files and select a	
	charming family photo.				
3.	Kevin and I made a decision t	o not	_ to buy all new holiday de	ecorations with every	
	changing year and trend.				
4.	. Make a list of what you will be making,, and then put it in your wallet.				
5. I make a detailed arrangement for the holiday meals and then for those night				_ for those nights of	
	gift wrapping and late movie r	nights.			
6.	By taking the time to decide	these things early on,	your gifts will more likely		
	as well.				
7.	We usually pull out our	Christmas movies to	have them ready for our	r watching pleasure	
	· ·				
8.	Although I will still continue	with my	, any mess that was	lingering around has	
	been organized and put in a be	etter location.			





Best Ecotourism (生态旅游) Destinations in the United States

With everybody becoming aware and alert about environmental issues, travel and tourism has greatly revolutionized over the past decade or so. A new concept has now been introduced in the world of travel and tourism called ecotourism. Ecotourism is defined as travel to such places that are rich in **ecological** (生态学的) wealth and are full of biodiversity, but with responsibility and with the minimum possible amount of impact on the place. Ecotourism is undertaken more by students and scholars who are interested in studying the biodiversity of the world rather than by professionals involved in the travel and tourism business. Ecotourism is not just traveling for fun or traveling for traveling's sake. Individuals who participate in eco-tours often volunteer to work for the environment and its protection, especially in the area they plan to visit. Many groups are now coming forward and establishing themselves as eco-tour groups. Look close enough, and you will find some of the most stunning destinations in your own country! Here is an account of some such ecotourism destinations.

Alaska

One of the first states to come to my mind when I think of ecotourism is Alaska. It is the largest of all the states that belong to the United States. But most importantly, Alaska is home to many places whose scenic beauty completely takes your breath away. But apart from that, the wildlife you get to see in Alaska is truly



remarkable. The Denali National Park attracts many naturalists and nature enthusiasts every year. It is especially known for the birds that are found there. However, authorities keep the place under strict control and observation. Feeding any animals you encounter in the park is strictly prohibited. Tongass National Forest — spreading over a vast expanse of 17 million acres, and with a total of 19 wilderness (旷野) areas — is the largest national forest in the whole of the United States. The Glacier Bay Basin is another area that hosts a lot of interesting **flora and fauna** (动植物). The Katmia National Park and Reserve, where the famous Valley of Ten Thousand Smokes is located, is also in Alaska.



Hawaii

Hawaii is a tropical **paradise** (乐园) and should top your list if you are keen on learning about ocean life. The flora and fauna you encounter on an eco-tour to the Hawaiian Islands is like none other you have or ever will see. This is mainly because the islands originated from undersea volcanic activity. Geographically they are located far away from the American



continent. Life forms here have thus suffered from the least amount of human impact, making them truly unique. The main attraction of Hawaii with respect to ecotourism is the Hawaii Volcanoes National Park. You will find yourself facing all kinds of extremes on a visit to this place, from tropical forests to **barren lands** (荒地), from being at sea-level to being on top of the world's largest volcano. Hawaii will give you the chance to witness some remarkable sea life-forms, such as **humpback whales** (驼背鲸), and much more.

Colorado

The state gets its name from the Colorado River, actually (one would think it was the other way round!). The Rocky Mountain Range has been tediously studied and classified by naturalists, geologists, environmentalists, and zoologists into a number of regions. Each of these regions is marked with its own peculiar flora and fauna. The Rocky Mountain National Park, established almost a century ago, offers a lot of opportunities to go camping and hiking on nature trails. Among the different trails undertaken by various campers and camping organizations, the Ute Trail is the most popular one. The Never Summer Mountains, Milner's Pass, and Longs Peak are some of the most visited destinations within the park. Finally, another remarkable destination in Colorado is Garden of the Gods State Park, situated in El Paso County. The rock formations that you get to see here are sure to leave you in awe.



Arizona

Being home to one of the biggest attractions in all of the United States, the Grand Canyon, Arizona presents eco-tourists with a number of beautiful destinations to journey to. Arizona has a collection of 6 national forests, 4 different deserts, and 3 magnificent canyons. The Grand Canyon is one of the Seven Wonders of the World. There are many ways to explore it, the

7



Grand Canyon Skywalk Tour, the Grand Canyon Railway Excursion, etc. The most spectacular of the Arizona deserts would be the Sonora Desert, the last place left in the entire world where you can find wild **saguaro cactus** (仙人掌). Red Rock Canyon and Antelope Canyon present other opportunities to explore the great desert landscape of Arizona. Finally, Monument Valley Navajo Tribal Park also attracts many tourists every year.

Oregon

Crater Lake National Park is the home to the famous Crater Lake. It is one of the biggest attractions in Oregon, being the third deepest lake in the world. Mount Hood National Forest has several wilderness areas, including the most common one that surrounds Mount Hood. Human activity is greatly restricted in these wildernesses, making it evident that the people in the state are more than aware of the significance of their ecological wealth. Permits need to be acquired before you can visit the place. Another popular destination to attract eco-tourists to Oregon is Haystack Rock. Finally, Multnomah Falls are a site not to be missed under any circumstance, if you happen to travel to Oregon. It is a magnificent **two-tiered** (双层的) water fall that you can experience from a bridge built in between the two tiers.

Wyoming

The very first destination to come to mind when I think about Wyoming is Yellowstone National Park. The park is a biodiversity jewel. More than 1 500 species of trees and plants found all over the world are native to this park. The park is characterized by many **endemic species** (地方品种), most remarkable of all being the Yellowstone sand **verbena** (马鞭草). Grand



Teton National Park also contributes greatly to attracting eco-tourists to the state of Wyoming.

(http://www.buzzle.com/articles/best-ecotourism-destinations-in-the-united-states.html)

(1 017 words)



Task 1

You will have 15 minutes to go over the passage quickly. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D). For questions 8-10, complete the sentences with the information given in the passage.

- 1. According to the passage, what is the main purpose of ecotourism?
 - A) To have fun while studying the plants and animals in a certain place.
 - B) To visit a place for fun in a friendly way by joining an eco-tour group.
 - C) To appreciate the undamaged natural beauty of a certain destination.
 - D) To volunteer to work for the local environment and its protection.
- 2. Which of the following is NOT one of the advantages of Alaska as an eco-tourism destination?
 - A) It is the largest state in the U.S.
- B) It has a thriving tourism business.
- C) It has a lot of breathtaking scenery.
- D) It is home to many different animals.
- 3. Which can be inferred from the introduction of the Denali National Park?
 - A) A lot of naturalists and nature enthusiasts go there every month.
 - B) People are not encouraged to feed the animals they see in the park.
 - C) It is under strict control and observation of volunteer organizations.
 - D) The local government is well aware of environmental protection.
- 4. Why are the animals and plants on Hawaiian Islands unique?
 - A) Because life forms there haven't been affected by undersea volcanic activity.
 - B) Because life forms there haven't been impacted much by human activities.
 - C) Because life forms there haven't been damaged by the American continent.
 - D) Because life forms there haven't been influenced by those eco-tourists.
- 5. Where is the world's largest volcano located?
 - A) In Alaska.

B) In Hawaii.

C) In Colorado.

- D) In Arizona.
- 6. How is the Rocky Mountain Range divided into different regions?
 - A) According to the distribution of plants and animals.
 - B) On the basis of research conducted by some experts.
 - C) In the light of natural environment and geography.
 - D) In terms of the findings from careful observations.
- 7. According to the passage, the best place to learn about rock formations is _____.
 - A) the Rocky Mountain Range
- B) Rocky Mountain National Park
- C) the Never Summer Mountains
- D) Garden of the Gods State Park
- 8. If you want to visit the wildernesses in Mount Hood National Forest, first you need to get
- 9. For visitors to Oregon, under no circumstances are the Multnomah Falls a site ______.

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- 10	Water		
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10. Yellowstone National Park hosts more than 1 500 species of trees and plants, which is why the writer calls it ______.

Words	Time	WPM	Comprehension Rate
1 017			

Task 2

Please read the passage again and fill in the blanks with detailed information in the following table.

Destinations	Activities	Attractions
Alaska	enjoy scenic beautysee remarkable 1)	 Denali National Park Tongass 2) Glacier Bay Basin Katmia National Park and Reserve
Hawaii	learn about ocean life face 3) witness some remarkable 4)	Hawaii 5) National Park
Colorado	 go camping and hiking on 6) see rock formations 	 the Colorado River the Rocky 7) Rocky Mountain National Park Garden of the Gods State Park
Arizona	explore the Grand Canyon explore the great 8)	 the Grand Canyon the Sonora Desert 9) Canyon Antelope Canyon Monument Valley Navajo 10)