



大学英语

基础阅读教程

主编：李桂兰

零起点 →

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基础阅读教程

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本系列教材由精读、听力、语法、阅读四种教程组成。《大学英语基础阅读教程》自出版以来已在全国各大学、各学院、各系、各分校以及自学者使用。本系列教材由精读、听力、语法、阅读四种教程组成。《大学英语基础阅读教程》自出版以来已在全国各大学、各学院、各系、各分校以及自学者使用。本系列教材由精读、听力、语法、阅读四种教程组成。《大学英语基础阅读教程》自出版以来已在全国各大学、各学院、各系、各分校以及自学者使用。

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1. 题材新颖，题材广泛。本书所选文章题材广泛，人文、史地、风俗、文化等各方面的内容，题材多样。读者可以领略到不同的风格。
2. 练习形式多样。本书所选文章题材广泛，人文、史地、风俗、文化等各方面的内容，题材多样。读者可以领略到不同的风格。
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前言

《大学英语基础教程》系列教材是一套从零起点开始的英语基础教材,主要供全国各高校入学时未学过英语或英语基础薄弱的学生,特别是少数民族地区的学生使用,同时也适合各专科学校、各艺术类院校以及自学者使用,学完全套教程后相当于大学英语二级水平。本系列教材由精读、听说、语法、阅读四种教程组成,各教程相互呼应,构成有机整体。

《大学英语基础教程》自出版以来已在全国 20 多所大专院校中使用,我们对该套教材的科学性、实用性等做了大量的跟踪调查。为了满足读者的需求,使该套教材完整、配套,根据反馈的意见,以教育部最新颁布的《大学英语课程教学要求(试行)》为指导思想,我们又编写了此系列的配套教材《大学英语基础听说教程》、《大学英语基础语法教程》和《大学英语基础阅读教程》。

阅读是学习外语的主要途径之一。学习者只有通过阅读进行大量的语言输入,才能有效提高自己综合运用英语的能力。为了切实有效地帮助学生完成一定的语言输入量,扩大自己的知识面和自如运用所学知识,我们编写了《大学英语基础阅读教程》。本教程既可以作为配套教材使用,也可以供所有初级、中级学习者单独使用。

本教程具有以下特点:

1. 选材新颖、题材广泛。本书所选文章涵盖科技、人文、史地、风俗、文化等各方面的内容,题材多样,读者可以领略到不同的风格。

2. 练习形式多样。本书的练习不只局限于选择题。非选择题型有判断正误、填空、回答问题、完成句子等多种形式。不同类型的练习不但可以帮助学生提高对各种题材文章的理解能力,全面地增长知识,而且可以有针对性地对阅读能力相对较弱的某一类题材的文章进行专门的阅读和训练,从而提高学生对某一知识领域材料的阅读理解能力。

3. 难易兼顾。所选文章由浅入深、由易到难、循序渐进。全书分为两大部分:1) 1—120 篇为基础篇,该部分文章的生词量一般控制在 3%—5% 以内。学生可在理解的基础上,加快阅读速度;2) 121—150 篇为提高篇,该部分文章难度加大,词汇量也随之加大。学生在提高阅读速度和阅读能力的同时,进一步增加词汇量,提高对词汇的理解能力。

在本书的编写过程中,我们得到了外语教学与研究出版社及其社长李朋义先生、新疆大学学校领导、教务处以及新疆大学外国语学院的大力支持。有了他们的支持和帮助,本书才得以顺利出版。在此,谨向在编写过程中给予我们支持、帮助和关怀的各级领导、同仁和朋友们表示衷心的感谢!

最后,恳请广大读者及同行在使用过程中多提宝贵意见。

编者

2006 年 5 月

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Early to bed and early to rise makes a man healthy, wealthy and wise. Have you heard of this? It means that we must go to bed early and get up early in the morning. Then we will be healthy. We shall also be rich (wealthy) and clever (wise).

This is true. The body must have enough sleep to be healthy. Young people should have ten hours' sleep every night. Children who do not have enough sleep can't do their work very well. They won't be wise and they may not become wealthy!

The body also needs exercise. Walking, running, swimming and playing games are all exercise. Exercise keeps the body strong.

Exercise also helps the blood move around inside the body. This is very important. Our blood takes food to all parts of our body. The head also has blood. Exercise helps us think better.

Reading Comprehension

I. Write T for True or F for False according to the passage.

- () 1. The boy doesn't have enough sleep to be healthy.
- () 2. Young people should have eight hours' sleep every night.
- () 3. Enough sleep keeps the body strong.
- () 4. Exercise helps us think better.

II. Choose the best answers according to the passage.

- If we get up early and go to bed early, we'll _____.
 - have enough exercise
 - be healthy
 - think better
 - have strong blood
- If a child doesn't have ten hours' sleep, maybe he _____.
 - becomes rich
 - won't do well in his work
 - tries to work a sleep
 - has enough sleep
- 7 years' needs exercise because _____.
 - it is good for his health
 - he has to go
 - he is strong enough
 - he does exercise

基础篇



Passage 1

Sleep and Exercise

Early to bed and early to rise makes a man healthy, wealthy and wise. Have you heard of it before? It means that we must go to bed early and get up early in the morning. Then we shall be healthy. We shall also be rich (wealthy) and clever (wise).

This is true. The body must have enough sleep to be healthy. Young people should have ten hours' sleep every night. Children who do not have enough sleep can't do their work very well. They won't be wise and they may not become wealthy!

The body also needs exercise. Walking, running, swimming and playing games are all exercise. Exercise keeps the body strong.

Exercise also helps the blood move around inside the body. This is very important. Our blood takes food to all parts of our body. The head also has blood. Exercise helps us think better.

Reading Comprehension

I. Write T for True or F for False according to the passage.

- () 1. The body needn't have enough sleep to be healthy.
- () 2. Young people should have eight hours' sleep every night.
- () 3. Enough sleep keeps the body strong.
- () 4. Exercise helps us think better.

II. Choose the best answers according to the passage.

1. If we get up early and go to bed early, we'll _____.
 - A. have enough exercise
 - B. be healthy
 - C. think better
 - D. have strong blood
2. If a child doesn't have ten hours' sleep, maybe he _____.
 - A. becomes rich
 - B. won't do well in his work
 - C. goes to work in time
 - D. has enough sleep
3. A person needs exercise because _____.
 - A. it makes him healthy
 - B. he has a lot
 - C. he is strong enough
 - D. he does exercise

4. Exercise makes the _____ move quickly and smoothly.

- A. body B. blood C. children D. head

5. Which of the following is NOT true?

- A. Exercise does good to a person's head.
 B. A student should have ten hours' sleep.
 C. It's good for you to get up early and go to bed early.
 D. If you have enough blood, you'll be wise.



Passage 2

Emotions and Health

People believe only bad emotions are bad for the health. This is wrong. In fact, all our emotions have an effect on our health. There is a strong relationship between emotions and health. If we are ill, we may get some humorous books to read. They can make us laugh, forget our illness and even make some changes in us. So we may feel much better after we read these books. Another relation of emotions and health is the study of stress and its management or control.

In our life, emotions are with us all the time like shadows. Sometimes we are happy, sometimes we are sad. Besides, envy, revenge and vanity also exist in our life. To be happy, we should get rid of all these bad emotions. If we can do this, we'll be more healthy and live a longer life.

Words and Phrases

emotion	n.	情绪
have an effect on		对……有影响
shadow	n.	影子
envy	n.	妒忌
revenge	n.	报复
vanity	n.	虚荣
exist in		存在于……
get rid of		摆脱掉

Reading Comprehension

I. Choose the best answers according to the passage.

- To keep healthy, we should _____.
 - get rid of bad emotions and keep happy
 - read humorous books
 - see the doctor
- Humorous books may help sick people because _____.
 - they can make people laugh
 - they make people forget their sickness
 - both A and B
- People believe _____ are bad for the health.
 - good emotions
 - bad emotions
 - good books
- In fact, all our emotions _____ on our health.
 - has an effect
 - had a good effect
 - have an effect

II. Translate the following sentences into Chinese.

- In fact, all our emotions have an effect on our health.

-
- In our life, emotions are with us all the time like shadows.

-
- Besides, envy, revenge and vanity also exist in our life.

-
- To be happy, we should get rid of all these bad emotions.

Passage 3

Sunshine in a Box

Victor is from Guatemala, but now he lives in New York City.

Victor likes New York in the summer, but he doesn't like New York in the winter. He feels terrible in the winter. He often gets headaches and stomachaches. He sleeps about 16 or 18 hours every day. He also eats too much. Sometimes he eats 20 candy bars in 15 minutes! And he is always sad.

Why does Victor feel terrible in the winter? It is because he needs sunshine. In New York, there is only a little sunshine in the winter.

So, Victor buys a Sun box. A Sun box is a big light. In the winter, Victor sits under the Sun

box for two or three hours every day. Then he feels fine. He doesn't sleep too much or eat too much. He is not sad.

Many people in the north have Victor's problem. They feel terrible in the winter because they need sunshine. So, they buy Sun boxes. They say, "The Sun box is sunshine in a box." But Victor says, "My Sun box is Guatemala in a box!"

Words and Phrases

Guatemala	危地马拉 (拉丁美洲国家)
candy bar	棒棒糖

Reading Comprehension

I. Choose the best answers according to the passage.

- Victor doesn't like New York in the winter because _____.
 - he can't find job
 - he feels terrible
 - he has no time to play
- Victor feels terrible in the winter because _____.
 - his family is in Guatemala
 - he needs sunshine
 - he doesn't like his job
- Victor sits under the Sun box because _____.
 - the Sun box shows picture of Guatemala
 - he likes to read every day
 - the Sun box gives Victor light
- Under the Sun box he feels fine because _____.
 - he doesn't have headaches or stomachaches
 - he doesn't sleep too much or eat too much
 - both A and B
- Many people in the north buy Sun boxes because they also _____.
 - need sunshine
 - have headaches
 - like Guatemala

II. Choose the correct sentences that have the same meanings as the sentences in the passage.

1. He feels terrible in the winter.
 - A. He feels fine in the winter.
 - B. He feels bad in the winter.
2. He often gets headaches.
 - A. He has a pain in his head.
 - B. He has an idea in his head.
3. Sometimes he eats 20 candy bars in 15 minutes!
 - A. Sometimes he eats 20 pieces of candy in 15 minutes!
 - B. Sometimes he eats 20 pieces of bread in 15 minutes!
4. There is only a little sunshine in the winter in New York.
 - A. There is much sunshine in the winter in New York.
 - B. There is not much sunshine in the winter in New York.
5. A Sun box is a big light.
 - A. A Sun box is a big lamp.
 - B. A Sun box is a big box.



Passage 4

An Unexpected Help

Lucy got up early last Saturday morning. She wanted to go skating in the Green Park with some of her friends. She was very happy about it.

As soon as she was ready, she got on her bike and left for the park. It was on the other side of the town. Suddenly, as she was riding fast, she heard the sirens. The sound of the sirens was getting closer and closer. So Lucy looked behind to see what was happening. As a result, she fell off her bike and lay in the middle of the road. Luckily, Lucy wasn't hurt, but a car hit her bike. After the car stopped, two men got out and started running. Just then a police car stopped and three policemen got out and started running after the two men. One of the policemen shouted, "Stop the thieves! Stop them!"

At the same time a policeman came to see Lucy. He thanked her because, in a way, she had helped them catch the thieves.

Words and Phrases

siren	n.	警报
as a result of		作为 (……的) 结果
hurt	v.	伤着; 使受伤
hit	v.	打击; 打
in a way		从某种意义上

Reading Comprehension

I. Write T for True or F for False according to the passage.

- () 1. Lucy got up early last Saturday morning to go skating.
- () 2. Lucy went to the park by bus.
- () 3. Suddenly Lucy heard the sirens. The sound of the sirens was getting farther and farther.
- () 4. Lucy was injured by a car.
- () 5. The police thanked Lucy because she had caught the thieves by herself.

II. Choose the best answers according to the passage.

1. Lucy was happy about going _____ in the Green Park with her friends.

- A. skating B. for a picnic C. for a walk

2. The Green Park was _____ the town.

- A. outside B. in the center of C. on the other side of

3. When Lucy heard the sirens, she looked _____ to see what was happening.

- A. ahead B. back C. both right and left

4. _____ hit Lucy's bike.

- A. The thieves' car B. The police car C. A minibus

5. A policeman thanked Lucy because she _____.

- A. stopped the thieves' car B. stopped the thieves C. was injured

Passage 5

Snow

Have you ever seen snow? A lot of people in the world have not. A lot of countries never have snow or they have it only on the top of very high mountains. In Scotland and in the north of England, there is quite a lot of snow every winter, but in the south of England, there is

usually little snow. When a student from a warm country comes to Britain in the autumn for the first time, he feels cold at first. There are often dark clouds, gray sky and cold rain in Britain in autumn and most students from warm countries do not like this kind of weather.

But snow is different. Though it is very cold, it is also very beautiful. Maybe after some dark mornings, the student wakes up and there is a lot of light in his room. He thinks it must be late. And he gets up quickly. But no, it is not late at all. He looks out of the window and there is the snow on the ground, on the trees, on the roofs of the houses and everywhere. The light in his room comes from that clean, beautiful and white snow.

Reading Comprehension

I. Write T for True or F for False according to the passage.

- () 1. A lot of people in the world have seen snow.
- () 2. In the south of England, there is usually little snow.
- () 3. There is quite a lot of snow in England every winter.
- () 4. When a student from a warm country comes to Britain in the autumn for the first time, he feels cold at first.
- () 5. Snow is cold, but it is clean, beautiful and white.

II. Find the opposite words of the following from the passage and write them down.

- 1. dirty
- 2. go to bed
- 3. in the sky
- 4. dark
- 5. at last



Passage 6

Yawning Is Contagious

Chen works at a restaurant in the daytime, in the evening he goes to an adult school. He is learning English at the adult school.

This evening Chen's class is reading a story. The story is interesting, and Chen wants to read it. But Chen is tired; he can't read. He yawns loudly.

Sofia is sitting next to Chen. She sees Chen yawn. She yawns, too.

Ali is sitting behind Chen. Ali hears Chen yawn. Ali yawns, too.

Chen is yawning because he is tired. But Sofia and Ali aren't tired. Why are they yawning? Sofia and Ali are yawning because yawning is contagious. When one person yawns, other people yawn, too.

Words and Phrases

yawn v. 打哈欠

contagious adj. 传染的

adult n. 成人

Reading Comprehension

I. Choose the best answers according to the passage.

- Chen yawns because he is _____.
A. hungry B. angry C. tired
- Sofia and Ali yawn because _____.
A. his story is not interesting B. Chen yawns C. they are tired
- Yawning is contagious. When one person yawns, other people _____.
A. don't like it B. are afraid C. yawn, too
- Sofia and Ali are yawning because _____.
A. they are tired B. yawning is contagious C. they are angry

II. Choose the correct sentences that have the same meanings as the sentences in the passage.

- A. Chen works at a factory in the daytime.
B. Chen works at a restaurant in the daytime.
- A. In the evening he goes to an adult school.
B. In the afternoon he goes to an adult school.
- A. He is learning Spanish at the adult school.
B. He is learning English at the adult school.
- A. Chen is tired; he yawns loudly.
B. Chen is tired; he talks loudly.
- A. Sofia and Ali yawn because yawning is interesting.
B. Sofia and Ali yawn because yawning is contagious.

Passage 7

Green Plants and Deserts

Scientists are trying to make the deserts into good land again. They want to bring water to the deserts, so people can live and grow crops. They are learning a lot about the deserts,