

好易学实用英语丛书

# 好易学英语听力

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## 前言

本书的对象是具有一定英语听力基础的普通学习者。全书着重介绍基本语言知识和听力技能，选材以典型地道、通俗实用为标准，能力培养和技巧介绍并重，强调针对性和可操作性。

旨在为广大英语学习者在短期内提高英语听力水平提供一本易懂、易通、快捷的实用材料，同时也希望读者使用本书后，能够在总体掌握听力技巧、语音语调和语法规则，并在扩大词汇量及知识面上有所突破，使听力水平得以显著提高。

自人类起源以来，从祖先们的简单呼叫到当今的广播电视等大众传媒，听是人们获取信息的主要途径，也是学习语言应最先掌握的基本技能。人们的学习与实践也有力证明了这一点。

美国著名语言学家佛雷斯和布鲁克斯认为：学习一种新的语言，首先应该掌握的就是它的语音系统；增强对音素和词的区分能力（如对 **leak**、**lick**、**lack**、**lake**、**lock**、**luck**、**look** 等的区分）是提高理解能力的关键。他们强调指出，在听力训练过程中，学习者应掌握略读和缩写词的特征以及对经过连接音变（**Sandhi-variation**）后语句的理解。在对听力训练时间的分配上，他们还认为：语言学习初级阶段的听力训练所占时间应为该阶段总时间的 50%，中级阶段的 30%，高级阶段的 20%，可见听在语言学习中的基础地位与重要性。只有“听”懂了，才能理解，才有“说”的可能。这种因果关系适用于掌握任何一种语言。

人是一种社会性动物，语言则是一种有声的社会现象。人们以语言的声音为载体，以语言的意义要素为内容传递信息，交流思想。利用语言交流思想时一般通过两种方式：一是“说——听”，二是“写——读”。然而，无论哪种交流方式，都包含两个过程：一是说话人、作者运用语言这个工具来表达自己的思想，二是听话人、读者运用同一工具理解对方所表达的思想。读者要想掌握某一语言，使其真正作为交际工具，达到成功交际的目的，首先就应充分认识到，各项语言能力绝非分散的、孤立的个体，而是有机关联的整体。

英语听力技能是一项综合性的语言基本技能，它与说、读、写、译各项语言能力有着密不可分的联系。它们之间存在着既相互制约又相互促进的关系。如果学习者具备一定的语法知识和阅读能力，掌握了一定的词汇量及其用法，要提高听的能力就会速度快，效率高。反之，如果学习者语法基础、阅读能力差，词汇量有限则会制约英语听力水平的提高。

听力既是交际双方面对面交流思想时不可缺少的一种语言运用能力，又是提高、深化英语说、读、写、译等语言能力的的重要途径。本书基于中国学习者学习英语的习惯及现状（即阅读技能优于听力技能），将综合性的听力技能训练分为专题逐项进行。原因有二：一是方便学习者在进行听力训练时能针对自己的某项薄弱环节，有选择地进行训练，做到有的放矢。二是试图使学习者在掌握听力方法、进行听力训练、提高听力水平的同时，能较为深入地学习具体的英语语言知识点及其实际应用方法，真正将听力提高的过程作为学习其他相关技能的一个重要途径，进而卓有成效地提高英语综合能力，以图实现编者的初衷。

编者

1999 年 9 月 9 日于北京

# 作者简介

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# 目录

## 前言

### 第一章 语音语调基本功

- 单元音的分辨
- 单、双元音对比
- 辅音的分辨
- 辅音对比与音变
- 语调中的大名堂

### 第二章 词形变化

- 缩写形式的理解
- 动词形式与时态变化

### 第三章 词语储备

- “条件、原因”怎么听
- 强调词语马虎不得
- 情态动词的用法您了解哪些
- 转换词的承上启下

### 第四章 数字的听法

- 几点、几分？
- 要多少？给多少？

### 第五章 句式理解

- 疑问句的理解
- 有比较才有鉴别
- 英语中的“不”字

### 第六章 意愿表述

- “同意、赞同”不光是“YES”
- “抱歉、感谢”如何听
- “建议、选择”的表达方式

### 第七章 温故知新，熟能生巧

# 第一章 语音语调基本功

## Topic 1 Sound Recognition 1 (辨音)

从语音入手，提高辨音能力 (1)  
(单元音的分辨)

I. 读会听懂，辨识因素。(元音 1)

语音重点：

[ i / i: , i / e , e / æ , æ / ʌ ]  
[ ʊ / ʊ: , æ / ɔ: , æ / ɑ: , i: / e ]  
[ ʌ / ɔ , u / u: ]

II. 听听看看，谁是谁非，十之八九那可不行；

III. 听懂大意，回答问题，“专家认为英语怎样学才对”；

IV. 精听精练，掌握词汇，寓学习表达方式于听力训练之中。

### I. Sound Recognition 1 (辨音 1)

熟悉重点音素，增强辨音能力，是提高英语听力的重中之重。  
朗读下列各组单词，注意它们的读音，特别注意元音的发音特征。

- |                 |                |              |
|-----------------|----------------|--------------|
| 1. this, these; | sit, seat;     | bit, beat;   |
| 2. bid, bed;    | sit, set;      | tin, ten;    |
| 3. bed, bad;    | set, sat;      | men, man;    |
| 4. cat, cut;    | cap, cup;      | hat, hut;    |
| 5. what, water; | dot, daughter; | smog, small; |
| 6. act, all;    | sad, salt;     | hat, halt;   |
| 7. fat, fast;   | glad, glass;   | pat, party;  |
| 8. meet, met;   | lead, led;     | eat, ate;    |
| 9. hut, hot;    | nut, not;      | dug, dog;    |
| 10. book, boot; | room, root;    | foot, food   |

### II. Target Practice (语音的针对性训练及听力要点提示)

#### 1 听力要点提示：

- 1) “学习一种新的语言，首先应该掌握的就是它的语音系统。”
- 2) 增强对音素的区分是提高听力的关键。
- 3) 注意辨别元音因素之间的差别。
- 4) 注意词间的连读和略读。

## 2 语音的针对性训练

**Listen to the tape and tick ( ✓ ) the words in the sentences you have heard.**

1. Do you like this beautiful ( ship / sheep )?
2. He spent 4 dollars on that ( pen / pan ) yesterday.
3. There is a ( cap / cup ) near his bag.
4. He stepped forward and raised his ( hand / head ).
5. Did you ( see / say ) there was a notice on the desk?
6. The company has already ( had / hired ) enough employees.
7. A lot of parents stop their children from going to the dangerous ( spot / sport ).
8. The ( cook / cock ) has been standing in that corner for the whole morning.
9. Please put all these ( socks / sacks ) over there.
10. The lights ( lit / led ) the plane to a safe landing.

### III. Listen for the Main Ideas (听懂大意: “专家认为英语怎样学才对”)

#### 1 听的目的:

- 1). 听懂讲话人的观点——“怎样学”;
- 2). 摸索听的方法, 提高听的能力。

#### 2 方法提示:

- 1). 捕捉关键句表达的信息(段首句);
- 2). 分析所听到信息的含义(理解、分析、判断)。

#### 3 实际训练: 听录音, 看看自己能做到几分之几。

**[Listen to the passage carefully and answer the following questions. Pay your attention to the main idea. ]**

#### Questions:

1. A. To learn it in spare time.  
B. To learn it in schools.  
C. To learn it in the way you learn your mother tongue.  
D. To learn its grammar first.
2. A. By using it all the time.  
B. By remembering its texts.  
C. By reading the texts.  
D. By reciting the new words.
3. A. Listen to and imitate it.  
B. Read and spell it.  
C. Spell and recite it.  
D. Recite and write it.

### IV. Listen for the Exact Words or Expressions

[学习语言的最佳方法是通过听来学]

#### 1 听的目的:

- 1). 模仿语音语调, 增强英语语感;
- 2). 扩大知识面, 增大词汇量。

**2 再听一遍:**

- 1). 听了不能白听, 填写听到的词语;
- 2). 重视知识积累, 掌握填写的词汇。

**[Listen to the passage again and fill in the blanks with the exact words or expressions you have just heard. Remember all these words or expressions which are very useful in language learning. You can listen to the passage once more if you think it necessary.]**

What is the best way to \_\_\_\_\_ a language? We should \_\_\_\_\_ that we all learnt our own language well when we were children. If we could learn a second language in the same way, it would not seem so difficult. \_\_\_\_\_ what a small child does. It listens to what people say and tries to \_\_\_\_\_ what it hears. When it wants something, it has to \_\_\_\_\_ it. It is using the language. It is \_\_\_\_\_ in it and thinking in it all the time. If people had to use a second language all the time, they would learn it quickly.

It is important to remember, also, that we learn our own language by hearing people \_\_\_\_\_ it, not by seeing what they write. We imitate what we hear. In schools, though you learn to \_\_\_\_\_ as well as to hear and speak, it is best to learn all new words \_\_\_\_\_. Of course, you must learn to read them, \_\_\_\_\_ them and write them, too.

## Topic 2      Sound Recognition 2    (辨音 2)

从语音入手，提高辨音能力 (2)  
(单、双元音对比)

I. 读会听懂，辨识因素。(元音 2)

语音重点:

[ e / ei, æ / ai, ai / aɪ, ɔ: / au ]  
[ ə: / əu, ɔi / ai, iə / εə, au / əu ]  
[ uə / au, ei / ai ]

II. 听听看看，谁是谁非，十之八九那可不行！

III. 听懂大意，回答问题，“什么是 **Phrase Book**”；

IV. 精听精练，学习词汇短语。

### I. Sound Recognition 2 ( 辨音 2 )

熟悉重点音素，增强辨音能力，是提高英语听力的重中之重。  
朗读下列各组单词，注意它们的读音，特别注意元音的发音特征。

- |                  |               |               |
|------------------|---------------|---------------|
| 1. let, late;    | met, mate;    | pen, pain;    |
| 2. bat, bite;    | back, bike;   | mat, might;   |
| 3. like, lark;   | bike, bark;   | pie, park;    |
| 4. short, shout; | lord, loud;   | north, mouth; |
| 5. heard, road;  | bird, boat;   | jerk, joke;   |
| 6. boy, buy;     | toy, tie;     | soil, size;   |
| 7. hear, hair;   | fear, fare;   | dear, dare;   |
| 8. now, no;      | down, show;   | mouth, most;  |
| 9. poor, power;  | sure, shower; | tour, tower;  |
| 10. lie, lay;    | rise, raise;  | lane, line    |

### II. Target Practice (语音的针对性训练及听力要点提示)

#### 1 听力要点提示:

- 1). “学习一种新的语言，首先应该掌握的就是它的语音系统。”
- 2). 增强对音素的区分是提高听力的关键。
- 3). 注意辨别元音因素之间的差别。
- 4). 注意词间的连读和略读。

## 2 语音的针对性训练

**Listen to the tape and tick ( ✓ ) the words in the sentences you hear.**

1. That ( horse / house ) is very big.
2. Tom got up at 6:00 and left away from his ( home / room ) at 7:00 this morning.
3. Do you have any ( pen / pain )?
4. Have you ever seen my ( cat / kite )?
5. This evening is a little bit ( cool / cold ).
6. The mother bought a ( tie / toy ) for her son as a birthday present.
7. Any child can lift that ( red / light ) box easily.
8. After having ( tested / tasted ) all of these, the expert made his evaluation.
9. Mr. Smith ( found / phoned ) his boy at 9:30.
10. Come here with your ( ball / bowl ).

### III. Listen for the Main Ideas (听懂什么是“phrase book”)

#### 1 听的目的:

- 1). 听懂短文大意, “**phrase book**” 有何优缺点;
- 2). 摸索听的方法, 提高听的能力。

#### 2 方法提示:

- 1). 捕捉关键句表达的信息 (主题句, 第一段的居中、第二段段句首);
- 2). 分析所听到信息 (理解、分析、归纳)。

#### 3 实际训练: 听录音, 看看自己能做到几分之几。

**[Listen to the passage carefully and answer the following questions. Pay your attention to the main ideas. ]**

#### Questions:

1. A. Learning a foreign language.  
B. Finding a job to continue to live.  
C. Communicating with foreigners.  
D. Making their work less hard.
2. A. Are actually useless.  
B. Have a practical problem.  
C. Should be designed in more phrases.  
D. Don't provide enough useful phrases.
3. A. Because he has a phrase book which can talk.  
B. Because he has a tape recorder.  
C. Because he knows four different languages.  
D. Because his phrase book produces phrases in four languages.

### IV. Listen for the Exact Words or Expressions

[学习语言的最佳方法是通过听来学]

#### 1 听的目的:

- 1). 模仿语音语调, 增强英语语感;
- 2). 学习表达方法, 注意实际用法。

**2 再听一遍:**

- 1). 听了不能白听, 填写听到的词语;
- 2). 重视知识积累, 掌握填写的词汇。

**[Listen to the passage again and fill in the blanks with the exact words or expressions you have just heard. Remember all these words or expressions which are very useful in language learning. You can listen to the passage once more if you think it necessary.]**

Some \_\_\_\_\_ trying to learn a foreign language. It can seem too much like hard work. But the problem comes when they \_\_\_\_\_ on holiday and find they cannot communicate. How do they ask the way, order a cup of coffee, ask the price of something? There are, \_\_\_\_\_, a lot of phrase books designed to help these people continue to live. In the phrase book they find all the \_\_\_\_\_ and some of the answers, too. But then, the problem is to be able to \_\_\_\_\_ the phrases. If you don't know French, Italian or English, how can you \_\_\_\_\_ the right question in an accent that someone will understand? The \_\_\_\_\_ is not enough.

Keith Chidwich thinks he has the answer to this problem: "I have got a phrase book which \_\_\_\_\_ different languages. I feel that I can go to any country in the world and talk with any foreigner," he says. Keith is an inventor. His invention is an \_\_\_\_\_ which produces phrases in four different languages, French, German, Italian and English. Unlike the phrase book, this device has a voice. It \_\_\_\_\_ a tape recorder.

### Topic 3      Sound Recognition 3    (辨音 3)

从语音入手，提高辨音能力 (3)  
(辅音的分辨)

I. 读会听懂，辨识因素。(辅音 1)

语音重点:

[ p / b,      τ / d,      f / ɸ,      k / g      ]  
[ σ / z,      θ / ð,      τσ / δζ,      ρ / λ      ]  
[ tʃ / dʒ,      τρ / δρ      ]

II. 听听看看，谁是谁非，十之八九那可不行；

III. 听懂大意，回答问题，“美国的教育体制究竟是怎么回事？”；

IV. 精听精练，掌握固定表达方式。

#### I. Sound Recognition 3 ( 辨音 3 )

熟悉重点音素，增强辨音能力，是提高英语听力的重中之重。  
朗读下列各组单词，注意它们的读音，特别注意辅音的发音特征。

- |                   |               |                  |
|-------------------|---------------|------------------|
| 1. pour, bore;    | peach, beach; | pill, bill;      |
| 2. bat, bad;      | coat, cold;   | tore, door;      |
| 3. life, live;    | fine, vine;   | fast, vast;      |
| 4. pick, big;     | back, bag;    | key, gay;        |
| 5. base, use;     | ass, as;      | price, prize;    |
| 6. bath, bathe;   | thin, then;   | though, thought; |
| 7. seats, seeds;  | mates, maids; | bets beds;       |
| 8. red, let;      | rot, lot;     | read, lead;      |
| 9. cheap, jeep;   | cheer, jeer;  | teach, judge;    |
| 10. treat, dream; | train, drain; | try, dry         |

#### II. Target Practice (语音的针对性训练及听力要点提示)

##### 1 听力要点提示:

- 1). “学习一种新的语言，首先应该掌握的就是它的语音系统。”
- 2). 增强对音素的区分是提高听力的关键。
- 3). 注意辨别辅音因素之间的差别。
- 4). 注意词间的连读、略读和音变。

## 2 语音的针对性训练

**Listen to the tape and tick ( ✓ ) the words in the sentences you hear.**

1. ( Less / Let ) students in this class finish their homework by themselves.
2. There is a big ( pig / pick ) in that yard.
3. They ( loved / laughed ) a hearty laugh.
4. He has ( corrected / collected ) the translations done by his students.
5. Jane pointed out that the ( force / fourth ) could not be underestimated.
6. Rows of ( trains / drains ) look like snakes.
7. It is the ( same / shame ) if you ask Tick to do that.
8. The father told Jenny that it's no use to remember all the ( members / numbers ).
9. In that area, the government has already established ( free / three ) medical services.
10. How much is the ( change / charge )?

### III. Listen for the Main Ideas (“美国的教育体制究竟是怎么回事?”)

#### 1 听的目的:

- 1). 听懂短文主要细节;
- 2). 摸索听的方法, 提高听的能力。

#### 2 方法提示:

- 1). 捕捉关键词、句 ( 第一段前三句、第二段段末句 );
- 2). 记清所听到的信息。

#### 3 实际训练: 听录音, 看看自己能做到几分之几。

**[Listen to the passage carefully and answer the following questions. Pay your attention to the main ideas. ]**

#### Questions:

1. A. From the Federal Government.  
B. From the state legislation.  
C. From taxes.  
D. From the parents of the school children.
2. A. At 7.                      B. At 6.  
C. At 5.                      D. At 8.
3. A. Their own earnings from part-time work.  
B. Scholarships from the schools, the government or private foundations.  
C. Taxes.  
D. Funds provided by states and cities.

### IV. Listen for the Exact Words or Expressions

[学习语言的最佳方法是通过听来学]

#### 1 听的目的:

- 1). 模仿语音语调, 增强英语语感;

2). 了解教育体制，掌握固定说法。

**2 再听一遍：**

1). 听了不能白听，填写固定说法；

2). 重视知识积累，注意熟练应用。

**[Listen to the passage again and fill in the blanks with the exact words or expressions you have just heard. Remember all these words or expressions which are very useful in language learning. You can listen to the passage once more if you think it necessary.]**

Education is compulsory and free for every child in the United States. Most children start school by the age of six. They attend eight years of \_\_\_\_\_ and four years of high school. The money for free public schools comes taxes, and each state is responsible for its own \_\_\_\_\_. State legislatures set the \_\_\_\_\_ but leave the management of the schools in the hands of the \_\_\_\_\_. Most states require their children to go to school until a certain age. This age varies from 16 to 18 years, according to the laws of the individual states. The Federal government contributes funds to the states for additional schools and \_\_\_\_\_.

After graduation from \_\_\_\_\_ a student can start his \_\_\_\_\_ in a two-year college, or university. The cost of a \_\_\_\_\_ is expensive in \_\_\_\_\_, but it is much less in those supported by states and cities. Many students receive scholarships from the schools, the government or Private foundations. More than 50 percent of the college students work to help pay their \_\_\_\_\_.

## Topic 4      Sound Recognition 4    (辨音 4)

### 从语音入手，提高辨音能力 (4) (辅音对比与音变)

#### I. 读会听懂，辨识因素。(辅音 2)

语音重点:

[ π / σπ, τ / στ, κ / σκ,      ν / μ ]  
[ λ / βλ, Σ / τΣ,      ζ / δζ,      ω / ϖ ]  
[ σ / τσ, λ / ν ]

#### II. 听听看看，谁是谁非，十之八九那可不行；

#### III. 听懂大意，回答问题，“‘How To’ Books 为什么流行”；

#### IV. 精听精练，掌握词语用法。

### I. Sound Recognition 4 ( 辨音 4 )

熟悉重点音素，增强辨音能力，是提高英语听力的重中之重。

朗读下列各组单词，注意它们的读音，特别注意辅音的发音特征及音变。

- |                  |                 |               |
|------------------|-----------------|---------------|
| 1. peak, speak;  | port, sport;    | pace, space;  |
| 2. tool, stool;  | top, stop;      | tore, store;  |
| 3. can, scan;    | core, score;    | car, scar;    |
| 4. seen, seem;   | son, some;      | nap, map;     |
| 5. low, blow;    | lack, black;    | lock, block;  |
| 6. shop, chop;   | sheep, cheap;   | marsh, match; |
| 7. seize, seeds; | bars, bards;    | cause, cords; |
| 8. west, vest;   | wine, vine;     | wane, vane;   |
| 9. kiss, kits;   | course, courts; | pass, parts;  |
| 10. let, net;    | lead, need;     | lot, not      |

### II. Target Practice (语音的针对性训练及听力要点提示)

#### 1 听力要点提示:

- 1). “学习一种新的语言，首先应该掌握的就是它的语音系统。”
- 2). 增强对音素的区分是提高听力的关键。
- 3). 注意辨别辅音因素之间的差别。
- 4). 注意词间的连读、略读和音变。

#### 2 语音的针对性训练

**Listen to the tape and tick ( ✓ ) the words in the sentences you hear.**

1. Mary had her motorcycle ( watched / washed ).
2. The bikes over there are ( nine / mine ).
3. They searched throughout the room but didn't find the ( pies / spies ).
4. No one can go into the house because the door has still been ( locked / blocked ).
5. Who ( cared / scared ) the baby at that moment?
6. Tom and Tiff have been working at their experiment ( till / still ) now.
7. In our English class, the teacher always ( need / lead ) us to read the new words correctly first.
8. I have been visited this ( vinery / winery ) 3 times since 1998.
9. Anyone cannot do this kind of work without ( cause/ cords ).
10. Do you think if he can get the ( pass / parts ) he longs for?

### **III. Listen for the Main Ideas (听懂大意: “How to Books 为什么流行”)**

#### **1 听的目的:**

- 1). 听懂讲话人所述的原由;
- 2). 摸索听的方法, 提高听的能力。

#### **2 方法提示:**

- 1). 注意短文中列举的并列细节;
- 2). 分析各细节间的联系。

#### **3 实际训练: 听录音, 看看自己能做到几分之几。**

**[Listen to the passage carefully and answer the following questions. Pay your attention to the main ideas. ]**

#### **Questions:**

1. A. Because the rich do not always satisfy.  
B. Because many people read books only for pleasure.  
C. Because these books help Americans out of trouble.  
D. Because the books meet the needs of different readers.
2. A. The books that help people with their personal problems.  
B. The books that tell you how to earn more money.  
C. The books that tell you how to choose a job.  
D. The books that tell you how to make progress.
3. A. Americans Like Reading.  
B. “How to” Book, A True Friend.  
C. “How to” Book Is Popular.  
D. Americans Like Books.

### **IV. Listen for the Exact Words or Expressions**

[学习语言的最佳方法是通过听来学]

#### **1 听的目的:**

- 1). 模仿语音语调, 增强英语语感;

2). 学习表达方法，注意实际运用。

2 再听一遍：

1). 听了不能白听，填写听到的词语；

2). 重视知识积累，掌握填写的词汇。

**[Listen to the passage again and fill in the blanks with the exact words or expressions you have just heard. Remember all these words or expressions which are very useful in language learning. You can listen to the passage once more if you think it necessary.]**

In the United States today, books with suggestions on \_\_\_\_\_ things are very popular. There are about four to five thousand books with titles that \_\_\_\_\_ the words How To. One book may tell you how to \_\_\_\_\_, another may tell you how to save or spend it, and another may explain how to \_\_\_\_\_.

Some “how to” books tell you how to \_\_\_\_\_ and how to succeed at it. If you fail, however, you can get a book called *How to* \_\_\_\_\_. If you would like to become very rich, you can buy the book *How to Make a Million*. If you never \_\_\_\_\_ at all, you may need a book called *How to Live on Nothing*.

One of the most \_\_\_\_\_ of books is one that helps people with their personal problems. If you are unhappy with your life, you can read *How to Love Every Minute of Your Life*. If you \_\_\_\_\_ books on happiness, you may prefer a book called *How to Make Yourself* \_\_\_\_\_. There is even a book about how to take your own life.