

中等专业学校试用教材

英 语

(上 册)

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编写说明

随着教育、教学改革的逐步深入,为了满足各级各类职业技术学校和成人学校加强英语课程教学的需要,我们组织全国部分学校英语教师,在《英语》初版教材的基础上,修订编写了这本《英语》(上、下册)教材,供上述各类学校选用。

本书由教育部全国英语课程组成员、江苏省外语教学研究会副理事长、江苏省无锡商业职业技术学院钱建文主编、戴志新任副主编,参加编写工作的有钱建文、戴志新及吴萍、张更生、贾昌凤、曹莉。最后由上海交通大学外语学院院长、博士生导师郑树棠教授审阅定稿。

本书在修订时,对原教材中不适用的地方作了删繁就简,在编排上把课文A和B融为一体,互为补充,练习相对集中,对话为日常使用的最基本内容。本书在修订中参考和引用了有关论著、教材,在此谨向有关同志表示感谢。

由于编者水平有限,本次修订版难免存在缺憾,恳请广大学校师生提出宝贵意见。

《英语》教材编委会

2000年4月

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Unit One

Dialogue

Greetings and Farewells

A: Good morning.
B: Good morning. How are you?
A: Fine, thank you. Lovely day, isn't it?
B: It certainly is.
A: You seem to be in a hurry.
B: Yes. I'm going to class.
A: OK. I won't hold you up then. Good-bye.

Expressions

Greetings

Good morning.
Good afternoon.
Good evening.
Hello.
How do you do?
How are you?

Farewells

Good-bye.
So long.
See you later.
I'll be seeing you.

Learn to Say

1. Hello, B.
2. Oh, hello, A. How have you been?

3. Fine. And you?

4. Same as ever.

Notes

1. Good morning. 招呼用语。

2. Lovely day, isn't it? 今天天气真好, 不是吗? 省略句。

完整句应为 It's a lovely day, isn't it?

英语国家的人们见面时, 往往有一两句谈天气。

3. You seem to be...

你好像是……; seem 后跟不定式的一般形式。

4. to hold sb. up 耽误, 阻止某人

Text A *Our Food*

If we didn't eat, we couldn't keep our bodies alive, we couldn't grow, we couldn't have energy, and various parts of our body couldn't function as they must. Modern scientists have been able to find out which substances in food our bodies need, and how much of these substances we need to be healthy. In other words, it isn't enough just to eat, we must take in enough of each type of food substance for a specific purpose.

Protein food such as milk, eggs, cheese, meat and fish contain large quantities of the kind of material the body needs to build cells. The body cannot make new cells without protein. Carbohydrates are foods which have a large quantity of starch or sugar, such as potatoes, flour, rice, and sugar. They are important to the body because they keep it warm and give it energy. Almost all foods also have some fat, and fat is the most concentrated energy-giving food the body needs.

But the body needs more than protein, carbohydrates and fats. It must have certain substances known as minerals. Some are needed by the bones and teeth to grow strong and healthy. Iron helps the cells to work properly. And scientist has discovered that vitamins also are essential to health. Each food serves the body in a special way. All of them together promote growth and keep people feeling well and strong.

By the way, water is also important. It serves the body in a number of ways. From all this you can see that eating isn't just a matter of satisfying hunger or pleasing the appetite. A good diet is of great importance to health.

New Words and Expressions

- alive/ə'laɪv/a. 活着的, 在世的
 various/'vɛəriəs/a. 各种各样的, 各个的, 个别的
 function/'fʌŋkʃən/v. (器官等) 运动, 起作用
 substance/'sʌbstəns/n. 物质
 specific/spe'sɪfɪk/a. 特定的, 具体的
 purpose/'pɜ:pəs/n. 意图, 目的
 protein/'prəuti:n/n. 蛋白质
 quantity/'kwɒntəti/n. 数量, 量
 cell/sel/n. 细胞
 carbohydrate/ka:bəu'haidreit/n. 碳水化合物
 starch/stɑ:tʃ/n. 淀粉
 energy/'enədʒi/n. 活力, 能量
 fat/f t/n. 脂肪
 concentrated/'kɒnsentreitɪd/a. 集中的
 mineral/'mɪnərəl/n. 矿物, 矿石
 bone/bəʊn/n. 骨头
 iron/'aɪən/n. 铁
 properly/'prɒpəli/ad. 适当地, 正当地
 vitamin/'vɪtəmin/n. 维生素, 维他命
 essential/i'senʃəl/a. 必要的, 必不可少的
 promote/prə'məʊt/v. 促进, 助长
 appetite/'pɪtaɪt/n. 食欲, 胃口

Notes

1. If we didn't eat, we couldn't keep our bodies alive, we couldn't grow, we couldn't have energy, and various parts of our body couldn't function as they must.
 如果我们不吃东西, 我们就不能维持肌体的生命, 我们就不能成长, 我们也没有力气, 身体各部分就不能起应起的作用。
 if we didn't eat... 这是个虚拟条件句。没有人不吃东西, 这是纯粹假设的情况, 下面各句虽用逗号隔开, 但都是以这句为前提条件而产生的结果。
 as they must 后有 function 一字省略, 以避免重复。
2. how much of these substances we need to be healthy .
 这些物质需要多少, 我们才能维护健康。
 to be healthy 为不定式作状语, 表示目的(即为了健康需要摄入多少这类物质)。后面 to build cells 也是同样作用。

3. In other words, it isn't enough just to eat.

换句话说,单吃是不够的。

in other words 是一个短语,表示“换句话说”;又如 He became, in other words, a great hero. 换句话说,他成了一个英雄。

it 是形式主语,真正的主语是动词不定式 just to eat。

4. Protein food such as milk, eggs, cheese, meat and fish contain large quantities of the kind of material the body needs to build cells.

蛋白食品如牛奶、鸡蛋、干酪、肉、鱼都含有大量人体制造细胞所需要的那类物质。

such as 像…这样的,诸如…之类的。又如:

On occasions such as these, people are always very excited.

在此类场合下,人们总是很兴奋。

Teacher Li has many books of reference, such as dictionaries and handbooks.

李老师有很多诸如词典、手册之类的参考书。

the body needs to build cells 是定语从句,修饰 material,关系代词 that 省略了。

5. Carbohydrates are foods which have a large quantity of starch or sugar, such as potatoes, flour, rice and sugar.

碳水化合物是含有大量淀粉或糖的食物,像土豆、面粉、大米、白糖。

food 通常为不可数名词,用复数形式是为了表示不同种类的食物。后面的 fat 也如此。

which have... sugar 是定语从句,修饰 foods。

6. It must have certain substances known as minerals.

它还需要某些称为矿物质的东西。

known as minerals 为过去分词短语作定语,表示“称为矿物质的东西”。后面的 found in food 也起类似作用。

7. A good diet is of great importance to health.

“be + of + 名词”(作表语) = be + adj. 又如

These old books are of great use (= are very useful).

这些旧书很有用。

It is of great importance (= is greatly important).

这很重要。

Exercises

I. Answer the following questions:

1. What would happen if we didn't eat?
2. What have modern scientists found out about food?
3. Which food contains protein?
4. Are carbohydrates important to us?
5. Which food contains large quantities of carbohydrates?
6. What can iron do?

7. Is water important, too?
8. Why it is important to us?
9. What does the writer say is essential to our health?
10. Do you agree with him?

II. True or false:

1. It is enough just to eat every day. ()
2. The body cannot make new cells without protein. ()
3. The body must have certain substances known as minerals besides protein, carbohydrates, and fat. ()
4. The body does not need iron. ()
5. All of the vitamins together promote growth and keep people feeling well and strong. ()

III. Translate the following into English:

1. 爸爸在睡觉, 让孩子们保持安静。
2. 对学生来说仅能翻译句子是不够的。
3. 顺便问一下, 维生素对身体至关重要吗?
4. 没有党, 我们就不可能有今天幸福的生活。
5. 水对人体起着多方面的作用。

Text B Milk

Milk was one of the main human foods long before history was written. It will probably remain as long as there are animals that give milk. The old word “milk” came from Sanskrit, one of the older languages known to man. A very old picture of milking, which was drawn five thousand years ago, has been found.

In the years long ago, people got their milk from their own animals. But in modern times new inventions made the milk industry a big business. In 1851 Gall Borden found a way to take some of the water out from milk. This made milk keep long. Four years later, Louis Pasteur introduced a way to kill the bacteria in milk. Next, a special milk bottle was made. This was followed by the invention of machines that could fill bottles with milk. These discoveries had a great effect on the milk industry. They meant that milk could be stored longer than before.

Some people believe that milk drinking will become less popular than it has been. But remember how long milk has been an important food and think of the many ways in which it is useful. It seems safe to say that milk industry will always be important.

New Words and Expressions

give /gɪv/ vt. 供给

Sanskrit /'s nskrit/ n. 梵语;梵文

milking /'mɪlkɪŋ/ n. 挤奶

introduce /ɪntrə'dju:s/ vt. 采用

bacteria /b k'tɪəriə/ n. [bacterium 的复数]细菌

drinking /'drɪŋ kɪŋ/ n. 喝,饮,喝酒

Notes

1. Milk was one of the main human foods long before history was written .
牛奶在有历史记载之前很久,就是人类的主要食品之一。
long before 在...以前很久
(~,)long ago(很久)很久之前
2. It will probably remain as long as there are animals that give milk .
只要还有动物产奶,奶仍将是人们的食品。
as long as 达...之久,长达...。此句中 as long as = so long as 只要, as long as ten years 十年之久
3. A very old picture of milking, which was drawn five thousand years ago, has been found. 人们发现了一张 5000 年前绘制的,描绘挤奶情形的古老的图画。
which was drawn five thousand years ago 是非限制性定语从句,修饰 picture。
4. This made milk keep long. 这使得牛奶可以保存得长久一些。
动词不定式短语 keep longer 在这里作宾语 milk 的补足语。此不定式短语省略掉 to。
5. Next, a special milk bottle was made. This was followed by the invention of machines that could fill bottles with milk.
此后,人们制成了一种专门的牛奶瓶。接着人们又发明了可往瓶中灌装牛奶的机器。
这两句中都用了过去时态的被动语态。
that could fill bottles with milk 是定语从句,修饰 the invention。
6. It seems safe to say that milk industry will always be important .
那种认为牛奶工业将永远非常重要的说法似乎更为妥当一些。
此句中 it 为形式主语,动词不定式短语 to say that milk industry ... important 为真正的主语。在此不定式短语中,that 引导的从句作动词 say 的宾语。

Exercises

I . Read Text B again , then choose the best answer :

1. People began to milk animals _____.

- A. five thousand years ago
 - B. in the 1850s
 - C. before history was written
 - D. in recent years
2. Sanskrit is a language _____.
- A. used by Europeans
 - B. recorded in pictures
 - C. known to people all over the world
 - D. that has a long history
3. People did a lot of work to make milk _____.
- A. easy to store B. easy to drink
 - C. thicker D. more tasty
4. Which of the following is not true?
- A. A picture of milking was discovered five thousand years ago .
 - B. People drink milk as a kind of food .
 - C. Many years ago ,people had to raise animals if they wanted to drink milk .
 - D. Louis Pasteur introduced a way to kill the bacteria in milk in 1855.
5. The writer doesn't agree that _____.
- A. milk is useful in many ways
 - B. milk has been important to people for thousands of years
 - C. new inventions help people to keep milk much longer
 - D. milk drinking won't be so popular as it has been

II . Fill in the blanks with proper words :

1. Milk was one of the main human _____ long before history was written.
2. It will probably remain as _____ as there are animals that _____ milk.
3. A very old picture of _____ has been found.
4. In modern times new inventions made the milk _____ a big _____.
5. Louis Pasteur _____ a way to _____ the bacteria in milk.
6. After that ,the machines that could fill bottles _____ milk were invented.
7. It is _____ to say that milk industry will always be important .

Unit Two

Dialogue

Introductions

- A: Mr. B, may I introduce Mr. C?
B: OK. How do you do?
C: How do you do?
B: Nice to meet you.
C: Nice to meet you, too. Mr. A has often talked about you.
B: Thank you. Where are you going?
C: To the classroom.
B: OK. I'll see you later. So long.
C: So long.

Expressions

- May I introduce...?
Allow me to introduce you to...
I'd like you to meet Mrs. ...
Miss..., this is Mr. ...

Learn to Say

1. Allow me to introduce myself.
2. I don't believe we've met. I'm...
3. I've heard so much about you.
4. ...has often talked about you.
5. I've heard so much about you.

Notes

1. May I introduce Mr. C? 请让我介绍 C 先生。

介绍互不相识的人时,一般先提妇女、年长或地位高的人的姓名。

2. How do you do? 你好!

很正式的招呼用语,一般用于初次见面。双方都说这句话。

3. So long 与 Good-bye 同义,用于非正式场合。

4. To the classroom 中省略了 We're going,常用于口语中。

Text A What Is A Healthy Diet?

Every person needs water and a diet of healthy foods. These foods should contain some fat, some fibre, a little salt and so on.

People need energy to live. They eat different kinds of food which change into energy. The energy is measured in calories. Even when you are asleep, you are using energy-about 65 calories an hour. While you are at school, or walking home, your body is burning up 100 calories an hour. When playing football or basketball, you might be using 400 calories an hour. On Sports Day, during the relay race, you will use most of all, perhaps as much as 650 calories an hour.

The Chinese diet is considered to be the healthiest in the world. It contains a lot of fruit and green vegetables. It is rich in fibre and low in sugar and fat. The Chinese eat less sugar than many other countries in the world. That is why lots of people in China have healthy white teeth.

People in the Western world do not eat such healthy foods. They eat too much fat and sugar and don't take enough exercise. Because of this, they put on weight very easily. Their diet contains a lot of fat in the form of potato crisps, potato chips, butter, cream and chocolate. They eat a lot of sugar in the form of cakes, soft drinks, sweets and so on. The result is that many of them become fat and some have bad teeth. In some parts of Britain, one person in ten, by the age of thirty, has no teeth left!

New Words and Expressions

diet/'daɪət/n. 饮食

contain/'kən'teɪn/vt. 包含;包括

fat/fæt/n. 脂肪

fibre/'faɪbə/n. 纤维素

energy/'enədʒi/n. 精力;能量

calorie/'kæləri/n. 卡(热量单位)

be rich in 在……充足(充裕)

weight/weit/n. 重;重量

put on weight 发福;增加体重

crisp/krisp/adj. 脆的;松脆的 n. (常用复数)油炸土豆片

chocolate/'tʃɒkəlɪt/n. 巧克力

soft drink 软饮料

Notes

1. These foods should contain some fat ,some fibre,a little salt and so on.
这些(健康)食物应含有一些脂肪、纤维和一点盐等。
2. When playing football or basketball ,you might be using 400 calories an hour.
踢足球或打篮球时,你可能每小时要消耗400卡热量。
When playing football or basketball 相当于 when you are playing football or basketball ,在句中用作时间状语。
3. It is rich in fibre and low in sugar and fat .
它(指中国的饮食)纤维素多而糖和脂肪少。
“be rich(low)in”的意思是“在……方面丰富(缺乏)”。
4. That is why lots of people in China have healthy white teeth .
这就是为什么中国很多人有着健康洁白的牙齿。
在这个复合句中,why lots of people…teeth 作表语。又如:That is why he was late. 那就是他迟到的原因。
5. Their diet contains a lot of fat in the form of potato crisps ,…他们的食物有炸土豆片……,
(这些)都含有大量的脂肪。
in the form of 是“以(用)……形式”之意。
6. In some parts of Britain ,one person in ten ,by the age of thirty ,has no teeth left !
在英国有些地方,十分之一的人年方三十,牙齿就掉光了。

Exercises

I . True or false :

1. The energy is measured by kilos. ()
2. When you are sleeping ,you are not using energy. ()
3. The Chinese diet is considered to be rich in fibre and low in sugar and fat . ()
4. People in the Western world put on weight very easily because of their diet .
()
5. The Western diet contains a lot of fat in the form of butter ,cream and cheese. ()

II . Fill in the blanks with proper words :

The Chinese diet is considered to be the healthiest in the world . It _____ a lot of fruit and green vegetables . It is _____ in fibre and _____ in sugar and fat . However ,people in

the Western world _____ too much fat and sugar and don't _____ enough exercise. Because _____ this, they _____ on weight very easily. Many people in the Western countries are _____ and some have bad _____.

III. Fill in the blanks with the right forms of the verbs in the brackets :

1. I advise you _____ (wear) more clothes.
2. Have you considered _____ (stay) here longer?
3. I think you'd better _____ (buy) a pair of glasses.
4. Why don't you _____ (eat) less sugar and fat?
5. I suggest you _____ (drink) more water.

IV. Put the following sentences into English :

1. 如果你吃太多高脂肪和高糖分的食物,你会很容易发胖的。
2. 以黄油、奶油和肉为形式的西餐往往含有很多脂肪。
3. 现在吃两片药,过三个小时后再吃两片。
4. 我劝你多吃一些低糖和低盐的食物。
5. 中国饮食含有很多水果和绿色蔬菜,因此它被认为是世界上最健康的饮食之一。

Text B *Hamburger*

In 1992 a new hamburger restaurant opened on Wang Fujing Street in Beijing. Scores of people went there in the first few days after its opening. Some people enjoyed it, others found it too expensive. "Not good value for money", one person said. A doctor told the newspaper: "I advise people not to have hamburger. The foods that you buy in hamburger restaurants are high in fat, sugar and salt. All these things are eaten a lot in the West. They are not a healthy diet. As a result, many Westerners die at an early age from heart illnesses. Many of them have weight problems. They also have bad teeth because of the sugar which they are always eating. Look at this cup of Coca-Cola. There is as much sugar in it as eight pieces of sugar. Sugar is not a necessary part of a healthy diet."

New words and expressions

hamburger /'h mbə:gə/n. 汉堡包

score /skɔ:/n. (比赛)得分;二十(单复同)

scores of 许多;大量

Westerner /'westənə/n. 西方人

Coca-Cola /'kəukə'kəulə/n. 可口可乐(商标名)

unhealthy /ʌn'helθi/adj. 不健康的;不卫生的

discuss /dis'kʌs/vt. 讨论;议论

discussion/dis'kʌʃən/n. 讨论;辩论
at the end (of) 最后;尽头
cause/kɔ:z/vt. 促使;引起;使发生

Notes

1. Scores of people went there in the first few days after its opening .

开张后的头几天,许许多多的人到那家餐馆去吃饭。

- 1) score 作“20”解,如 a score of eggs (20 个鸡蛋), three score years ago (60 年前), 但 scores of 则为固定词组,作“许多”解。例如:

A score or more were present at the meeting. 参加那次会议的人有 20 多个。

Three score years ago there was a middle school nearby .

60 年前,这附近有一所中学。(此处不用复数 scores)

I have been there scores of times. 我到那儿去过很多次了。

Scores of people went out of the factory. 很多人从工厂走出来。

- 2) first 后跟复数名词时,不作“第一个”解,而作“头几个”或“头一批”解。例如:

For the first few weeks, they didn't talk to each other.

头几个星期,他们彼此不曾讲过话。

He was one of the first people to arrive here. 他是首批到达这里的人之一。

2. diet 和 food 的区别:

diet 与 food 都可作“食物”解。但 diet 指的是习惯的食物或规定的食物,特指维持健康的定量或定质的食物,如病人的疗养饮食。food 是一般的用语,凡能吃喝的具有营养的东西都称 food。例如:

The doctor has ordered me a special diet. 医生给我安排了专门的饮食。

Proper diet and exercise are both important to health .

适当的饮食和锻炼对健康很重要。

We must have food to eat and clothes to wear. 我们必须有食物吃,有衣服穿。

The sick man must not go without food, but he must have a diet without sugar.

这个病人不可不吃东西,但要吃不含糖的食物。

3. Which food do you think is healthy and which is unhealthy ?

你认为哪种食物是健康食物,哪种不是健康食物呢?

Which of the answers do you think is the best one ?

你认为这些答案中的哪一个是最佳答案呢?

上述两句中的 do you think 是插入语,插在特殊疑问句的中间,前后不必用逗号分开。

又如:

What do you think I should do? 你认为我该干什么呢?

What do you think is the proper time for us to start ?

你认为我们什么时间出发合适呢?

还有一些短句子也可以作插入语,例如: I think, I hope, I'm afraid, I believe, you know