

金典英语摇大学阅读

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西北工业大学出版社

摇图书在版编目(CIP)数据

摇金典英语摇大学阅读摇下辑明明主编摇西安西北工业大学出版社, 2004.12
摇ISBN 7-5612-1846-6

摇I 援金…摇II 援明…摇III 援英语 原阅读教学 原高等学校 原自学参考资料摇IV 援H31

摇中国版本图书馆CIP数据核字(2004)第 000000 号

出版发行:西北工业大学出版社

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印 刷 者:陕西向阳印务有限公司

开摇摇本:890mm×1240mm 1/16 摇摇员 24

印摇摇张:12.5

字摇摇数:300 千字

版摇摇次:2004 年 12 月第 1 版摇2004 年 12 月第 1 次印刷

印摇摇数:1-2000 册

定摇摇价:28.00 元(本册 28.00 元)

李瑞林 前 言

摇摇最新《大学英语教学大纲（修订本）》规定：大学英语教学的目的是培养学生具有较强的阅读能力和一定的听说写译能力，使他们能用英语交流信息。由此可见，在诸多的技能要求当中，阅读能力位居其首。在大纲的指导下，全国英语四级考试中阅读的分值达到了 25 分。由此，参与四级考试的教师和学生都达成了一个共识：只要把阅读理解搞上去，四级考试就有把握了。

为了扩大视野，全方位地提高学生的阅读能力，我们特此编写了这套阅读丛书。本丛书具有以下特点：

①围绕教学大纲，选材力求做到有的放矢，最大限度地覆盖四级考试的目标词（词、短语、句型），并尽善尽美地使用四级考试中常用的阅读技巧。

②除了注重实用性，本套丛书选材还特别注重趣味性与可读性，并兼顾文理大学生的知识层面，使文理大学生皆能在轻松愉悦中提高阅读能力。

③本套丛书所有练习均配有参考答案，这一方面有利于学生的自测，另一方面也给他们提供了一个深入学习的机会。例如近年来在四级考试中经常采用的且让考生感到很棘手的简答题，在本套丛书中给予了相当的重视。在出简答题时，本丛书力求做到言之有物，有理有据。在提供答案时，又力求做到言简意赅，高度概括。这不仅充分贯彻了四级考试的精神，而且使得学生不再对这类题型感到无所适从，同时又从根本上提高了阅读技能和



语言素质。

源暖本套丛书使用方便，通过注解生词、难点注释以及简答题和阅读理解题等形式，使课文要点与难点无一疏漏，并免去学生阅读过程中查字典的麻烦。

缘暖本套丛书采取由易到难的编排方式，既可使大学一到四年级不同英语水平的学生各取所需，亦可作为具有同等阅读能力的英语爱好者的自学教材。

人类社会已进入 圆世纪，新世纪对大学生提出了更高的要求。本套丛书顺应时代要求，通过严谨的课本形式，使大学生在提高英语阅读能力的同时也能得到生活的感悟、人生的启迪，对于提高大学生的英语语言运用能力和综合素质，使其成为适应时代要求的新型人才会起到很大的作用。

编 摇者

圆世纪年 远月



猿猿悦则 燥灶葬则葬葬燥燥燥燥燥燥燥	汽车,发展前景扑朔迷离	愿
猿园宰燥燥燥燥燥燥燥燥燥燥燥燥燥	福兮祸兮信用卡?	愿
猿猿栽燥燥燥燥燥燥燥燥燥燥燥燥燥	化妆时间相对论	愿
猿源匀燥燥燥燥燥燥燥燥燥燥燥燥燥	字典是如何编纂出来的?	愿
猿猿燥燥燥燥燥燥燥燥燥燥燥燥燥燥燥	洗钱黑幕	愿
练习答案		愿

求职中的创造力测试 吴远

提升晋级唾手可得 吴园

赢家的成功指南 吴愿

改掉坏毛病,养成好习惯 吴蒙

猿	良方妙策免争执	猿
	练习答案	猿

猿

猿	超前的头颅移植术	猿
猿	黑洞	猿
猿	接通电子数据库	猿
猿	计算机的安全防护措施	猿
猿	网络经济爆炸	猿
	练习答案	猿

Unit One

Food for Thought^员

引人深思的食物

不同的民族或国家对食物有看不同的喜好。对这种偏好的分析不仅是一件有趣的事情,而且能挖掘出不同文化的深刻内涵。

As dusk falls in Manila the balut^员 night salesmen appear carrying **wicker** baskets containing a mixture of egg and duck embryos which are a national delicacy^猿 and credited with^源 **enhancing** male strength. Filipinos were not however the first to think of odd **culinary** things to do with eggs. For example, the “ancient” or “thousand-year” eggs^缘 served in most Chinese restaurants, are distinctly “mature^远.” With their whites turned to a dark green jelly and their yolks to an almost black slime^苑, they are reported to have a wonderfully rich flavor. To many Westerners, both they and balut are placed on the menu of the world's strangest food. For many people, making an effort to accept and enjoy unusual food, however, is sometimes impossible.

It seems there are some physiological

wicker

[ˈwɪkə]

n. 柳条

enhance

[ɪnˈhæns, ɪnˈhɑːns]

vt. 增加, 增强

culinary

[ˈkʌlɪnəri]

a. 烹饪的



differences that make certain food **ingredients** **indigestible** to some yet tasty to others. One of the most striking differences is the difficulty most east Asians have in digesting milk and dairy products. The problem with milk is that it contains **lactose** which has to be broken down in the **intestines** into simpler sugars before it can be digested, and this requires the action of an **enzyme** known as lactase. While Caucasians have plenty of this, more than 怨 per cent of adult

Chinese, and related peoples, have none. Small wonder then that 愿 with stomachache the penalty for drinking milk, most east Asians consider it an **unpalatable** and disgusting food.

Why, however, should Jews and Muslims dislike pork and Hindus beef 怨? One theory is that as long as a food source is economical to grow, rear or catch, it remains culturally acceptable; but if circumstances change so that it begins to waste resources or human effort, it becomes unpopular. So, the argument goes that beef is forbidden for Hindus because cattle are an inefficient food source that would compete for land in an already overcrowded sub-continent 愿. Before 愿 BC when India was sparsely populated 愿 beef eating was perfectly

ingredient

[in'gri djənt]

n. 成分, 要素

indigestible

[,indi'dʒestəbl]

a. 难消化的, 不消化的

lactose [ˌlæktəʊs]

n. [化] [复] 乳糖

intestine

[in'testin]

n. [常用复数] 肠

enzyme

[ˌenzaim]

n. [化] 酶

unpalatable

[ʌnˌpælətəbl]

a. 不好吃的, 没味的



acceptable. The religious restriction since has grown. Crops to feed cattle for meat are more wasteful than crops to feed people directly.

But although this “usefulness” theory goes a long way towards^{解释} explaining the major differences in diet around the world, it does nothing to explain why some people are individually so enthusiastic about unusual delicacies and others find them just plain strange.

Take insects for example. In the winter season grasshoppers and locusts by the sack load^量 are brought into **Bangkok** from the countryside not as a supplement to a starvation diet^{食物} but because the Thais enjoy them as a crisp and tasty snack. Deep-fried in a **wok** until golden brown, they compare favorably with Japanese soy snacks^{小吃} and are much cheaper. Fried grasshoppers are indeed tasty to most people — provided that^近 they do not know what they are eating. What **revolts** many people is just the thought of **popping** an insect into their mouths.

As with insects, **reptiles** are equally disliked, but they do have their **enthusiasts**.

For most things that move, there is someone somewhere eager to make a meal of them.

Frog's legs have found acceptance on many a Western menu, but a dish by the name of

Bangkok

[ˌbæŋkɒk]

n. 曼谷 (泰国首都)

wok

[wɒk]

n. 铁锅

revolt

[rɪˈvɔːlt, rɪˈvɔːlt]

vt. 使反感, 使厌恶

pop

[pɒp]

vt. 突然放下, 吞下

reptile [ˈreptail]

n. 爬行动物

enthusiast

[inˈθjuːziæst]

n. 热衷者



“skydiver frog,” served in the countryside of Thailand causes shock waves^震.

As the name suggests, this tiny variety of frog is dropped live^活 into hot oil so the gourmet diner^饕 gets a deep-fried frog with legs splayed on the plate resembling a helpless parachutist whose chute failed to open.

Strangeness, of course, is relative. While eating snake and dog may be upsetting food habits for the majority of Westerners, the sight of thick beef fat surrounding the traditional English roast may make many an Asian physically ill. Food prejudices are among the strongest we have and the hardest to shake off^甩. No one can understand how their normal diet can be regarded as strange, and even disgusting, by anyone from a different culture.

源

源

员 Food for Thought :原意为“引人深思的事物”,这里用做双关语,既指真正的食物,又指食物给人带来的深刻思考。

圆 balut :一种蛋和鸭胚胎混合制成的小吃。

猿 a national delicacy :民族风味。

源 credited with :认为对……有利。

缘 the “ancient” or “thousand-year” eggs :松花蛋。

远 mature :(酒等)酿制好的,可食用的。

苑 With their whites turned to a dark green jelly and their yolks to an almost black slime, ... 蛋白变成深绿色的胶状物而蛋黄几乎



变成黑色稀糊糊的东西,…… jelly, 胶状物。yolk, 蛋黄;
slime, 稀泥,黏糊糊的东西。

愿 Small wonder then that... : 那么难怪……, 怪不得……

怨 and Hindus beef : 等于 and Hindus dislike beef。Hindus, [hin-
du z] 印度人。

圆 sub-continent : 次大陆。此处指印度所在的南亚次大陆。

圆 sparsely populated : 人口稀少。

圆 goes a long way towards : 在……方面起作用 能很好地干……

猿 by the sack load : 用麻袋装着。

猿 a starvation diet : 应付饥荒的食物。

猿 soy snacks : 豆制品小吃。

猿 provided that : 假如, 倘若。

猿 shock waves : 由于震惊而引起的轩然大波。

猿 is dropped live : 被活活扔进。

猿 gourmet diner : 美食者。gourmet [gu mei], 讲究吃的人。

圆 shake off : 摆脱。

注释

I Answer the following questions.

员 Can you imagine why the Chinese 松花蛋 are called “thousand-year” eggs?

圆 Is it easy for many people to accept and enjoy unusual food?

猿 Why most east Asians consider milk a disgusting food?

源 Fried grasshoppers and locusts prove to be tasty, but why do many people feel sick of them?

缘 Why is the normal diet of one culture regarded as strange or even disgusting by a person from a different culture?

II Choose the best answer for each of the following statements.

员 Which of the following statements is true according to the text ?

- [A] Nurtured by (以……为底蕴) an ancient civilization, Chinese people enjoy “ancient” eggs.
- [B] Chinese people, just like Filipinos, enjoy food made from eggs because they are all Asians.
- [C] In many Westerners' eyes, both Chinese ancient eggs and Philippine balut belong to the world's strangest food.
- [D] Many people don't accept and enjoy unusual food because they never make an effort to do so.

圆 A typical example which accounts for the fact that physiological differences make certain food ingredients indigestible to some people yet tasty to others is _____.

- [A] milk
- [B] eggs
- [C] grasshoppers
- [D] locusts

猿 Beef is unpopular in India in that _____.

- [A] it has been culturally unacceptable to feed people with beef
- [B] it is not an economical food resource
- [C] traditionally it has been religiously restricted
- [D] India is such a densely populated country that there has never been place available for raising cattle

源 Which of the following is NOT mentioned as an unusual delicacy of insects and reptiles ?

- [A] Grasshoppers.
- [B] Locusts.
- [C] Frogs.
- [D] Beef.



缘 Which of the following is not true of the text ?

- [A] There is no such thing as food prejudices.
- [B] Generally, culture and food are interrelated.
- [C] Interestingly, food that seems strange to one culture is not strange at all to another.
- [D] Whether a food is popular is determined by the fact that it saves resources or human effort.



员圆Dieting Your Way to Health 有益健康的节食方式

健康、美丽是每个人的梦想。几乎每个人在自己一生的某个时候都会考虑到节食。因为有益健康的节食方式会使人梦想成真。

Almost everyone considers going on a diet^员 sometime in his or her life. All, regardless of sex and age, have something in common^圆 — losing weight and losing it fast.

Though their common aim may seem basically good, they probably do not realize that **misguided** dieting can do more harm than good to their health. Going on too strict a diet can destroy the balance of chemicals in the human body. This happens because when the body is suddenly given much less food than usual, it feels as though it is being attacked and tries hard to protect itself by saving energy. It does this by slowing down^猿 **metabolism**, the process by which the food we eat is converted into energy. As energy is supplied to the body at a slower and slower rate, dieters gradually become so weak that they can do nothing. They soon lose interest in everything going on about them, and their **resistance** to illness

misguided
[ˌmɪsˈgaɪdɪd]
a. 被误导的

metabolism
[meˈtæbəlɪzəm]
n. [生理] 新陈代谢
resistance
[rɪˈzɪstəns]
n. 阻力



becomes so low that they are easily attacked by one illness after another.

Most of those who diet know that foods like rice, bread, potatoes, cakes, sweets, fruits and some vegetables contain **carbohydrates**, and so can make one fat. What they do not realize, however, is that carbohydrates are our bodies' main source of energy, and that these foods also contain **components** essential for the **composition** of substances that are needed to keep the body healthy. As a result, they try to avoid eating these foods, and consequently, they become weaker and less healthy. They begin to have difficulty sleeping properly and start to suffer from **radical** mood changes. In more serious cases, they even begin to show signs of mental illness.

It is strange enough that most strict diets recommend artificial sweeteners^源 to take the place of sugar and other natural sweeteners. In fact, such artificial sweeteners actually increase one's **appetite** and lead to one's eating even more than usual.

Of course, the fact that misguided forms of dieting result in so many problems does not mean that no dieting is safe or all dieting is harmful to the health. Proper dieting can not only help a person lose ugly excess fat, but can

carbohydrate

[ˌkɑː bəʊˈhaɪdreɪt]

n. 碳水化合物

component

[kəmˈpəʊnənt]

n. 成分

composition

[ˌkɒmpəˈzɪʃən]

n. 成分

radical

[ˈrædɪkəl]

a. 急剧的

appetite

[ˈæpɪtaɪt]

n. 食欲,胃口



also help him or her to keep it off^缘 and to lead a more active, happier and healthier life.

You might ask just what a proper diet is. Well, simply expressed^远, a proper healthy diet is one that is well-balanced, or, in other words, one that includes enough but not too many of the kinds of foods that provide the body with the **nutrients** that it needs to function properly. The most important of these nutrients are the **macronutrients**: proteins, carbohydrates and fats. The body needs fairly large amounts of proteins and carbohydrates for building material and energy. Meat, fish, eggs, milk, cream, and nuts all contain proteins and foods like rice, bread, potatoes, etc. contain carbohydrates. The body needs fat to keep it from the cold and to provide a protective layer for the organs, but only in small **quantities**.

Vitamins and minerals such as iron, **calcium**, are another group of essential nutrients, though the body does not need as great a quantity of these as it does the macronutrients — proteins, carbohydrates and fats.

There are two types of vitamins, **water-soluble** vitamins and **fat soluble** vitamins. Water-soluble vitamins like vitamin C and the B-group vitamins do not stay in the body long

nutrient

[ˈnju ʒiənt]

n. [复] 营养物

macronutrient

[ˈmækrəˌnju ʒiənt]

n. [生理] 大量营养素

quantity

[ˈkwɒntəti]

n. 数量

vitamin

[ˈvaɪtəmin]

n. 维生素

calcium

[ˈkælsiəm]

n. 钙

soluble

[ˈsɒljubl]

a. 可溶解的

