
自学英语

社会科学文献出版社

Contents

目 录

Lesson 1: The English Alphabet / 1

Tonal Practice / 1,2,3

Exercises / 3

辅导材料 / 4

Lesson 2: Pattern Drill (This is..., Is this..., etc.) / 6,8,10

Talk About Pictures / 7,9,11

Exercises / 11

辅导材料 / 13

Lesson 3: Pattern Drill (What are..., What colour is..., etc.) / 15,17,18

Talk About Pictures / 15,17

Exercises (vowel sound [e]) / 19

辅导材料 / 20

Lesson 4: Text A: My Room / 22

Text B: Our Classroom / 23

Pattern Drill (There is, There are, etc.) / 22,23,24

Exercises (vowel sound [æ]) / 24

辅导材料 / 26

Lesson 5: Text A: A Little Girl / 28

Text B: Brother and Sister / 29

Talk About Pictures (verb to have, can) / 30,31

Exercises (vowel sound [i]) / 32

辅导材料 / 33

Lesson 6: Text A: Tom and Mary / 36

Text B: The Greens / 37

Pattern Drills (How old is..., etc.) / 37,38

Exercises (vowel sound [ɔ]; numerals) / 39

辅导材料 / 40

Lesson 7: Text A: A Picture of My Family / 43

Text B: Nancy's Family / 44
Pattern Drill (Who is..., Where is...from, etc.) / 44,45
Exercises (vowel sound [ʌ]; verb to be) / 46
辅导材料 / 47

Lesson 8: Text A: My Foreign Friends / 49
Text B: Diana and Koji / 50
Pattern Drill (Who is..., What is..., Where is..., etc.) / 50,51
Exercises (Vowel sound [ei], Good morning, etc.) / 52
辅导材料 / 53

Lesson 9: Text A: Nancy's Apartment / 5
Text B: Our Living Room / 56
Pattern Drills (verb to be, There is..., There are..., etc.) / 56,57
Exercises (vowel sound [i:]; Mrs. Smith's Living Room) / 58
辅导材料 / 5

Lesson 10: Text A: Our House / 61
Text B: A New House / 62
Pattern Drills (There is..., There are..., etc.) / 62,63
Exercises (vowel sound [ai]; a dialogue) / 64
辅导材料 / 66

Lesson 11: Text A: The Week / 68
Text B: The Seasons / 69
Pattern Drill (It's cold, etc.) / 69,70
Exercises (vowel sound [əu]; dates; James Anderson's New House) / 71
辅导材料 / 72

Lesson 12: Text A: Peter Smith / 74
Text B: Betty / 76
Pattern Drills (Where does..., What time do..., etc.) / 75,76
Exercises (vowel sounds [u], [u:], [ju:]; two dialogues) / 77
辅导材料 / 79

Lesson 13: Text A: Carla / 81
Text B: Kelly Hall / 83
Questions and Answers (verb to do) / 82,83
Grammar: Parts of Speech / 85

Exercises (vowel sounds [ɑ:], [ɔ:], [ə:]; What time is it ?

Mrs. Watson) / 86

辅导材料 / 87

Lesson 14: Text A: Anna / 90

Text B: The Gomez Family / 92

Questions and Answers (the Simple Present Tense) / 91,92

Exercises (vowel sounds [au], [ə], [eə]; the plural forms of nouns;

Mr. and Mrs. White) / 94

辅导材料 / 9

Lesson 15: Text A: Breakfast, Lunch and Dinner / 98

Text B: American Meals / 100

Questions and Answers (the Simple Present Tense) / 9 ,100

Grammar: The Simple Present Tense / 102

Exercises (consonants [θ], [ð], [tʃ], [dʒ]; a dialogue)/ 103

辅导材料 / 104

Lesson 16: Text A: The Dawsons / 106

Text B: The Clarks / 108

Questions and Answers (the Simple Present) / 107,108

Exercises ([ʃ], [ʒ], and some other consonants; the Sawyers) / 110

辅导材料 / 111

Lesson 17: Text A: In the Classroom / 115

Text B: Cleaning the Classroom / 117

Questions and Answers (the Present Continuous) / 116,117

Grammar: the Present Continuous Tense / 119

Exercises (some consonant sounds; the Sawyers) / 120

辅导材料 / 121

Lesson 18: Text A: On the Sportsground / 125

Text B: Sports / 127

Questions and Answers / 126,127

Talk About Pictures (the Present Continuous) / 128

Exercises (Learn to read transcriptions; the - ing forms of verbs;
a dialogue) / 130

辅导材料 / 131

Lesson 19: Text A: The Summer Palace / 134

Text B: Sunday in the Park / 136

Questions and Answers / 135,136

Talk About Pictures (the Present Continuous) / 137

Exercises (plural endings; the Black Family) / 138

辅导材料 / 140

Lesson 20: Text A: A Fine Day / 143

Text B: Free Activity Hour / 145

Questions and Answers (the two tenses) / 144,145

Pronunciation: Word Stress / 148

Exercises (words in transcription; the -ing forms of verbs; Rod
Watson) / 148

辅导材料 / 149

Lesson 21: Text A: A Letter / 152

Text B: Mr. Paterson / 154

Questions and Answers / 153, 154

Grammar: the going to Construction / 157

Exercises (Comparison of vowels; be going to construction;
a dialogue) / 157

辅导材料 / 15

Lesson 22: Text A: Our City / 163

Text B: Hammersville / 165

Questions and Answers / 164,165

Talk About a City / 166

Exercises (Comparison of vowels; review of tenses;
Monday Through Friday) / 168

辅导材料 / 169

Lesson 23: Text A: A Letter From Paris / 172

Text B: A Letter From London / 174

Questions and Answers / 173,175

Exercises (Comparison of vowels; some rules of reading;a dialogue) / 176

辅导材料 / 178

Lesson 24: Text A: New York City / 181

Text B: London / 183

Questions and Answers / 182,184

Exercises (More rules of reading; self-pronouns; Marion Lake) /
186

辅导材料 / 187

Appendixes (附录):

I . Revision exercises (复习练习): / 191

1. Questions and answers / 191

2. Talk about pictures / 208

3. Retell short passages / 216

II . Supplementary Reading (补充阅读): / 223

1. Nursery Rhymes (儿歌) / 223

2. Poems (诗歌) / 228

3. Fables (寓言) / 235

4. Fairy Tales (童话故事) / 245

Vocabulary (词汇表) / 29

前 言

1982年应社会科学文献出版社和中央电视台社教部的邀请，编写出版了《电视英语》，在全国播放了三年（两轮）。至今已快十年了。数以百计的英语学习者借助这套书熟练地掌握了英语这一现代生活必备的语言工具，给自己的升学和就业插上了翅膀。近十个年头过去了，一批又一批的英语学习者对这套书的钟爱并未减退。而在这十年中，国内英语学习及教材等方面有了许多新的变化，日益加快甚至赶上世界英语学习的步伐。我虽离开英语教学第一线但仍关心国内的英语教学。这些年来经常来往于美国和深圳两地，继续从事英语方面的研究，积累了大批最新资料和研究心得。正因如此，当社会科学文献出版社决定在原《电视英语》基础上编写面向广大英语自学者的教材时，我欣然接受并在较短时间编写了这套定名为《自学英语》的教材。这套教材循序渐进，按不同学习水平和深度分为四册。

第一册：包含1200多词汇和最基本的语法，学完后可说打好语言的初步基础。

第二册：也包含1200多词汇和主要的语法项目，学完后可以看多种简写读物。此时英语已接近中学毕业水平。

第三册：也包含1200多新词，主要语法项目都已学到，学完可以看浅易原著，相当于大学公共英语一年级水平。

第四册：积累词汇约为5000，加上读物中出现的词，可能有6000词汇，接近公英二年级水平，能看多种知识性阅读材料，经过一段熟悉过程，可以看所学专业材料。

这套书有下面主要特点：

1. 课文短小精悍：一般一二十行，生词约为十一、二个。文字尽量口语化。要尽量做到大部分都能背下来。只有把课文背熟，生词才能记住，语法也才能巩固。要反复背，定期复习，课文背得愈熟，基础打得愈好。

2. 内容反映现代生活，包括常用的现代词汇，学了就能用，所学词汇可表述现代生活的方方面面，强调语言材料的实用性。

3. 注意口语练习：每课除有对话练习、句型练习、问答等之外，还有附录

中的口语练习。练习除了起复习巩固的作用外，还可打好初步口语基础，必要时可干一些初级的口语工作。

4. 配有录音及录象资料，便利学员自学，同时保证发展正确的语音、语调，为发展全面的语言能力打好基础。录音要反复地跟，务使自己有正确的语音语调。

5. 每课有详细的辅导材料，包括课文译文，课文注释，语法讲解，语音说明，练习答案，以利自学。

6. 有丰富的附录，主要包括练习及复习材料，各类读物（包括儿歌，小诗，故事等）来发展阅读能力，并巩固所学内容。本书可说是精泛并举。

这套教材是为英语自学者设计的，对职称考试、就业应聘及其他英语学习者也有很强的普适性、针对性，同时对在校大中小学生及教师的英语学习或教学也具有参考价值。至于学习这套书要用多少时间可以因人而异。如果是中学毕业生、在家待业，时间比较充裕，一年学完四本也是可能的。（学完四本后考大学，英文可望获得高分，如考英语专业，口语也可能通过。）如中学英语没基础，这四本书可细水长流地学，学三、四年也可以。问题是真正学透，若按要求学，学完后可申请干与英语有关的工作。

除此之外，还欢迎各地培训班利用此书作教材，想必能取得良好的效果。大学公英教师也欢迎你们利用部分材料来充实教学，特别是在语言实验室中使用，可能对发展学生的语言能力起一些积极作用。

张道真

2001 年 12 月于深圳

LESSON ONE

Section A

New Words (生词)



a bed



a bag



a face



a head



a leg



a lake



a cake



jade

The English Alphabet (英语字母) (I)

Small Letters (小写字母)

a b c d e f g h i j k

Tonal Practice (语调练习)

- | | | | | | | | | | | | | | | | | |
|----|--------|---|--------|---|--------|---|--------|---|---|---|---|---|---|---|---|---|
| 1. | a | ↑ | a | ↓ | b | ↑ | b | ↓ | c | ↑ | c | ↓ | d | ↑ | d | ↓ |
| | e | ↑ | e | ↓ | f | ↑ | f | ↓ | g | ↑ | g | ↓ | h | ↑ | h | ↓ |
| | i | ↑ | i | ↓ | j | ↑ | j | ↓ | k | ↑ | k | ↓ | | | | |
| 2. | a bed | ↑ | a bed | ↓ | a bag | ↑ | a bag | ↓ | | | | | | | | |
| | a face | ↑ | a face | ↓ | a head | ↑ | a head | ↓ | | | | | | | | |
| | a leg | ↑ | a leg | ↓ | a lake | ↑ | a lake | ↓ | | | | | | | | |
| | a cake | ↑ | a cake | ↓ | jade | ↑ | jade | ↓ | | | | | | | | |

Section B

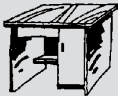
New Words


a cap


a map


a cat


a dog


a desk


a pen


a coat


a man


a car


a heart


a nose


a "q"

The English Alphabet (II)

Small Letters

l m n o p q r s t

Tonal Practice (语调练习)

1.

l	↗	l	↘	m	↗	m	↘	n	↗	n	↘	o	↗	o	↘
p	↗	p	↘	q	↗	q	↘	r	↗	r	↘	s	↗	s	↘
t	↗	t	↘												

2.

a cap	↗	a cap	↘	a map	↗	a map	↘
a cat	↗	a cat	↘	a dog	↗	a dog	↘
a desk	↗	a desk	↘	a pen	↗	a pen	↘
a coat	↗	a coat	↘	a man	↗	a man	↘
a car	↗	a car	↘	a heart	↗	a heart	↘
a nose	↗	a nose	↘	a "q"	↗	a "q"	↘

Section C

New Words



a boy



a girl



a king



a queen



a jeep



a box



a cow



a zebra

The English Alphabet (Ⅲ)

Small Letters

u	v	w	x	y	z
---	---	---	---	---	---

Tonal Practice

1.	u	↑	u	↓	v	↑	v	↓	w	↑	w	↓
	x	↑	x	↓	y	↑	y	↓	z	↑	z	↓
2.	a boy	↑	a boy	↓	a girl	↑	a girl	↓	a king	↑	a king	↓
	a king	↑	a king	↓	a queen	↑	a queen	↓	a jeep	↑	a jeep	↓
	a jeep	↑	a jeep	↓	a box	↑	a box	↓	a cow	↑	a cow	↓
	a cow	↑	a cow	↓	a zebra	↑	a zebra	↓				



Exercises(练习)

1. Review the English Alphabet (复习英语字母):

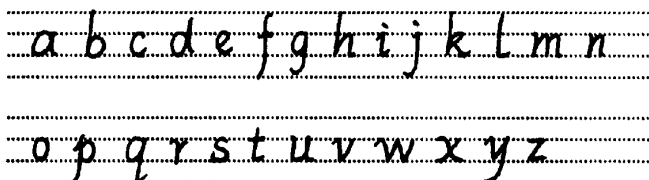
a b c d e f g h i
j k l m n o p q r
s t u v w x y z

2. Spell the new words (拼读生词):

b-e-d bed b-a-g bag f-a-c-e face

h-e-a-d	head	l-e-g	leg	l-a-k-e	lake
c-a-k-e	cake	c-a-p	cap	j-a-d-e	jade
m-a-p	map	c-a-t	cat	d-o-g	dog
d-e-s-k	desk	p-e-n	pen	c-o-a-t	coat
m-a-n	man	c-a-r	car	h-e-a-r-t	heart
n-o-s-e	nose	b-o-y	boy	g-i-r-l	girl
k-i-n-g	king	b-o-x	box	q-u-e-e-n	queen
j-e-e-p	jeep	c-o-w	cow	z-e-b-r-a	zebra

3. Learn to write these Letters (学写字母):



4. Give the English equivalents of the following words

(给出下列单词的英语对应词):

床	书包	脸	头	腿	湖	蛋糕	玉
帽子	地图	猫	狗	书桌	铅笔	大衣	人
小汽车	心	鼻子	男孩	女孩	国王	王后	母牛
吉普车	盒子	斑马	一个				



辅 导 材 料

关于学习阶段

本课分三节, Section A 为第一节, Section B 为第二节, Section C 为第三节(练习也在这一节之内)。以后每课都如此。

1. 英语字母:

英语的 26 个字母有大写、小写、印刷体和书写体,要在一周内学会,这对初学者是有一定难度的。为了顺利学会,我们将分几次学习。本课仅学小写字母。对此有几点要求:(1)正确朗读(只要认真模仿就能做到);(2)能够辨认,即看到印刷体字母能够读出;(3)在辨认字母问题解决后,应学会拼写。

手写体和印刷体字母比较接近,写上几遍(例如每个字母写 10 遍),也就

基本上会写了。只要字母拼写规矩,不潦草即可。以后慢慢再求写得好看。可买一本英文字帖照着练习。

2. 生词:

本课学了 28 个生词。其目的是为下一课作准备,同时也是为了巩固对字母的掌握。26 个字母翻来复去练是很枯燥的,结合单词学,比较有意思。单词学会了,字母也就掌握了。本课的拼读练习可达到一箭双雕的目的,既解决字母的辨认和读法问题,也解决单词拼法问题。在看电视时要跟着老师朗读,尽量读准,能录下来仔细跟读更好。对词汇的要求是:(1)看图便能讲出英文;(2)看了汉语能说出英语对应词(见练习 4);(3)会拼写出所有的词。为了打好词汇基础,建议学员们用小本把所学单词一一记下来,形式大致如下:

生词	音标	词类	意思
a	(暂缺)	冠(词)	一个
bed		名	床
bag		名	书包
face		名	脸

这样的生字本有许多好处:(1)便于复习(经常揣在口袋里,利用零碎时间复习);(2)可以看英文说出中文意思,也可以看中文说出英语对应词,甚至可以练拼法;(3)可以记录自己学了哪些词汇,把各方面学来的词汇都记在这里,可以估计自己的词汇量;(4)特别有利于总复习。(到了一个阶段,可以用它复习所学的全部生词,这比一课一课地翻要更方便一些。)

3. 语调练习:

英语的语调很重要,从开始就要训练。在这里的由老师带着大家练,先练字母的升降调,再练单词的升降调。以后还要结合句子来练。久而久之,就能掌握正确的语调了。书中↑代表升调,↓代表降调。

4. 张教授提示:要不断复习

英语非常容易遗忘。有时似乎记住了,但过一会儿又会忘记,这就需要反复复习。一般说来,第一次学习只能维持很短时间(例如几分钟),若跟着再复习几次,可维持稍长时间(例如一天);如果在第二天再复习几遍,也许能维持半个星期,不等忘记又复习,便能维持更长时间。学英语的人都是通过不断复习学好的。开头比较艰苦。以后有了句子,学词汇就较易巩固,再学些读音规则,掌握拼法就容易得多。再往后,词汇掌握得多了,加一个头,接一个尾,变一个字母,就是另一个词,词汇积累的速度可逐步加快。但在目前,学员只能“硬记”。

LESSON TWO

Section A

Pattern Drill(句型练习)

This is a bed.

Is this a bed ?

Yes, it is.

Is this a desk ?

No, it isn't. It's a bed.

- | | | |
|--------------|---------------|---------------|
| 1) head, leg | 4) coat, cap | 7) boy, girl |
| 2) bag, box | 5) dog, cat | 8) face, nose |
| 3) jeep, car | 6) cow, zebra | |

New Words

this 这

is 是

yes 是的

it 它

no 不(是)

door 门

window 窗

book 书

picture 图(画)

table 桌子

chair 椅子

pencil 铅笔

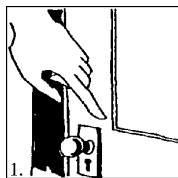
Talk About Pictures (看图说话)

1) Is this a door ?

Yes, it is.

Is this a window ?

No, it isn't. It's a door.

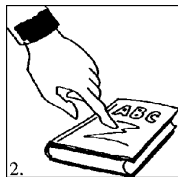


2) Is this a book ?

Yes, it is.

Is this a pen ?

No, it isn't. It's a book.

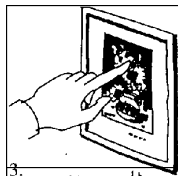


3) Is this a picture ?

Yes, it is.

Is this a map ?

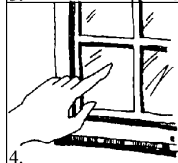
No, it isn't. It's a picture.



4) Is this a window ? Yes, it is.

Is this a door ?

No, it isn't. It's a window.

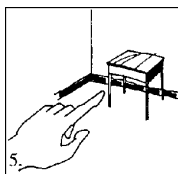


5) Is this a table ?

Yes, it is.

Is this a desk ?

No, it isn't. It's a table.

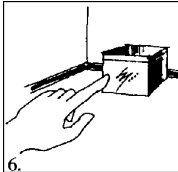


6) Is this a box ?

Yes, it is.

Is this a bag ?

No, it isn't. It's a box.

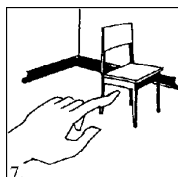


7) Is this a chair ?

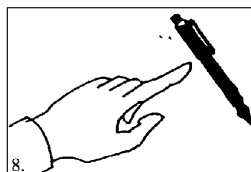
Yes, it is.

Is this a table ?

No, it isn't. It's a chair.



- 8) Is this a pencil ?
 Yes, it is.
 Is this a pen ?
 No, it isn't. It's a pencil.



The English Alphabet (Ⅳ)

Capital Letters (大写字母)

T	I	N	Y
---	---	---	---

Section B

Pattern Drill

Is this a map ?
 Yes, it is.
 Is that a picture ?
 No, it isn't. It's a map.

- 1) car, jeep 3) cat, zebra
 2) door, 4) desk, table
 window

New Words

shirt 衬衣
 dress 连衣裙
 shoe 鞋
 glove 手套

sweater 绒衣
 orange 桔子
 pear 梨
 hand 手

watch 手表
 clock 钟
 that 那
 an 一个

Talk About Pictures

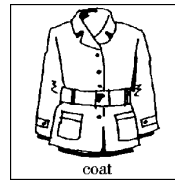
(A)

- 1) Is this a shirt ?

Yes, it is.

Is that a shirt ?

No, it isn't. It's a coat.



- 2) Is this a dress ?

Yes, it is.

Is that a dress ?

No, it isn't. It's a shirt.



- 3) Is this a shoe ?

Yes, it is.

Is that a shoe ?

No, it isn't. It's a glove.

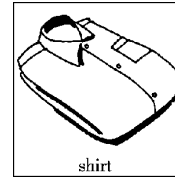


- 4) Is this a sweater ?

Yes, it is.

Is that a sweater ?

No, it isn't. It's a dress.



- 5) Is this a glove ?

Yes, it is.

Is that a glove ?

No, it isn't. It's a sweater.



(B)

- 6) Is this a clock ?

Yes, it is.

Is that a clock ?

No, it isn't. It's a watch.

