

涉外护理英语

初级听说教程教学参考资料

参考资料

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Introductions

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear ten telephone numbers. Listen carefully and write them down. For example: 258-3374.*

- | | | | |
|--------------------|---------------------|--------------------|--------------------|
| 1. <u>627-2568</u> | 2. <u>761-7562</u> | 3. <u>855-7689</u> | 4. <u>366-8769</u> |
| 5. <u>332-2621</u> | 6. <u>973-2122</u> | 7. <u>258-5358</u> | 8. <u>512-7365</u> |
| 9. <u>835-2356</u> | 10. <u>603-0018</u> | | |

Exercise 2

Directions: *You will hear five short conversations. In each conversation there is a telephone number. Listen carefully and write down the number you hear.*

- Hello. 125-8325 .
— Hello. Is Bill there?
— No, I'm sorry Bill is out.
- Can you put me through to 342826 ?
— Hold the line, please.
- I'd like to make a long-distance call to New York.
— What number?
— 212-523-1978 .

4. — Where are you calling from?
— 010-6275-8739 .
5. — Number, please?
— 410-5896 .

Dialogue

Conversation

Directions: *You will hear a conversation between a man and a woman. Listen to the dialogue and fill in the blanks with what you have heard from the recording. While listening, pay attention to the numbers.*

(M=Man W=Woman)

- M: Hi, I'm Mark Law. I have an appointment with Dr. Li at 2: 30.
- W: Hi, Mr. Law. Have you been here before?
- M: No, this is the first time.
- W: All right. I need some of your information then. Could you spell your name for me please?
- M: OK, Mark M-A-R-K, Law L-A-W.
- W: Your date of birth?
- M: May 16, 1981.
- W: Your home address please?
- M: 27 Newland St, Boston.
- W: Zip code please.
- M: 01231 .
- W: Home phone number with area code please.
- M: (617) 945-8351 .
- W: Do you have any insurance ?
- M: Yes, Delta.
- W: Card number please.
- M: 1125 -6058- 9170 -3462.

Word Tips

zip code 邮政编码

area code 电话区号

Part B Listening Tasks**Text****A Short Introduction****Word Bank**

nursing school 护士学校

be in good health 身体健康

take (good) care of (好好)照顾, 照料

rely on 依靠, 依赖

Script

Chen Hong's English name is Susan. She was born in 1985 and she is now a student in a nursing school. She was not in good health when she was a little girl. Her parents had to take her to see a doctor almost every month. And she often had to stay in hospital for a few days. As we all know, when people get sick, they really need someone to take good care of them and they rely on nurses very much in hospital. So Susan chose the nursing school because she wants to be a good nurse and be able to help people around her in the future.

Exercise 1 Listening for Main Ideas

Directions: *You will hear a short introduction about Chen Hong. Listen to the recording and choose the best answer to each question according to what you have heard.*

1. What is Chen Hong now? C
A. She is now working in a nursing school.
B. She has graduated from a nursing school.
C. She is now studying in a nursing school.
D. She is now a teacher in a nursing school.
2. How was Chen Hong's health condition when she was a little girl? D
A. She was in good health.
B. She was as fit as a fiddle (身体很健康).
C. She seldom needed to see a doctor.
D. She was sick quite often.

3. Why did she choose the nursing school? A
- A. Because she wanted to help people as a good nurse.
 B. Because she failed to get into other schools.
 C. Because her parents wanted her to be a good nurse.
 D. Because she wanted to be able to take care of her parents.

Exercise 2 Listening for Details

Directions: *Listen to the recording once again, and then fill in the form below.*

Information about Chen Hong

English Name	Susan
Year of Birth	1985
Frequency of Seeing a Doctor When She Was a Little Girl	Almost every month
What Does She Want to Be	A good nurse

Part C Speaking Tasks

Exercise 1 Individual Work

Directions: *Listen to a dialogue about registering in hospital and then answer the following questions.*

1. What is the patient's registration card number? (C-150843.)
2. When was the patient born? (15th of Feb. 1952)
3. What is his telephone number? (52213, extension 156.)

Script

(N=Nurse P=Patient)

N: Do you want to see a doctor?

P: Yes, where shall I register?

N: Here, have you been here before?
P: Yes, a year ago.
N: Have you got a registration card?
P: No, I forgot to bring it.
N: Do you remember your card number?
P: Yes, it is C dash one, five, zero, eight, four, three.
N: When did you come last?
P: About a week ago.
N: Then I'll find it out for you. Please show me your identity card.
 ...
N: OK. I'll make a record for you. Please write down your full name in block letters. How old are you? When were you born?
P: I was born on the fifteenth of February nineteen fifty two.
N: What is your work here?
P: I'm a delegate.
N: Are you married or single?
P: I'm single.
N: What's your address, please?
P: I live in Christal Hotel.
N: Your telephone number, please.
P: Five, two, two, one, three. Extension one five six. I am a delegate of AOC delegation.
N: Who is paying? Can you charge it to your organization?
P: I pay for myself.
N: Please pay for the registration.
P: How much...?
N: Here is your receipt and change. Have you got any small change? This is your registration card. Please don't lose it and bring it whenever you come.
P: Yes, I will.

Exercise 2 Pair Work

Directions: *You have heard a dialogue about registering in hospital. Get into groups and work out some useful expressions and sentences, and then do role-play. The following points might be helpful for your discussion.*

Questions and answers

1. **Q** Where shall I register?
A Here.

2. **Q** Have you been here before?

A Yes, a year ago. / No.

3. **Q** Have you got a registration card?

A Yes, here you are. / No, I forgot to bring it.

4. **Q** Do you remember your card number?

A Yes, it is ... / No, I forget it.

5. **Q** How old are you? / When were you born?

A I am ... / I was born on / in ...

6. **Q** What is your work?

A I am a(n)...

7. **Q** Are you married or single?

A I am married / single.

8. **Q** What's your address, please?

A I live in / at ...

9. **Q** Who is paying? / Can you charge it to your organization?

A I pay for myself. / Yes, my organization will pay for me.

USEFUL WORDS AND EXPRESSIONS

register /'redʒɪstə/ *v.* 登记, 挂号

registration card 登记卡, 挂号卡

identity card 身份证

block letter 大写字母

delegate /'delɪɡət/ *n.* 代表

extension /ɪk'stenʃən/ *n.* 电话分机

receipt /rɪ'si:t/ *n.* 收据, 发票

Part **D** Additional Practice

Listening

Directions: *You will hear a detailed description of a person's health problem. Please listen carefully and fill in the blanks.*

My Health Problem

I am (1) forty-five years old, and of (2) average height and weight. My health generally seems quite good except for one problem. I wake up every morning feeling tired — so tired that I can hardly get out of bed.

All day at work I (3) fight this tired feeling. When I get home from work around 5: 30 p.m., I have a good dinner with my family and then sit down to read the newspaper. But before I have finished reading the (4) front page, I will fall asleep in my chair and often sleep until 8: 30 or 9: 00 p.m.

When I wake up from this short sleep, I feel wonderful. I am full of (5) energy and ready to do a day's work. But at that hour there is nothing to do but watch television, which I do until after midnight.

Even at midnight I still do not feel sleepy, but I know I ought to get a good night's rest, so I take a (6) sleeping pill and go to bed. It's often two o'clock in the morning before the pill puts me to sleep. Just a few hours after that, I have to drag myself out of bed again to go to work. All day I feel too tired to work. I just drag myself around until it's time to go home.

Do you think there might be something wrong with my (7) blood?

Speaking

Directions: At what time do you usually go to bed and get up? Do you know any good ways to help to get a good night's sleep? Please name some benefits of keeping early hours.

(答案略。)

Learn by Heart

Language Focus

1. My name is Chen Hong.
2. I am Mark.
3. My English name is Lucy.
4. I was born in Shanghai.
5. I come from China.
6. I am a student in a nursing school/at a medical university.
7. I graduated from Stanford University.
8. I am a graduate of Harvard University.
9. My hobby is travelling/doing sports/reading novels/listening to music.
10. I am twenty years old.
11. I was born in 1989.
12. I live at Apt. 19, No. 998, Sunrise Avenue.
13. Learn how to keep your information more secure when you send and receive e-mails, surf, or shop online.
14. Protect your personal information from ID theft.
15. We may share personal information among our various services.
16. The data can be protected by password to limit the access to your personal information.



Weather & Health

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear five airport announcements. Pay attention to the flight and gate numbers. Fill in the blanks with what you hear.*

1. Attention, please. East Airlines Flight 320 from Shanghai now arriving at Gate 6.
2. Your attention, please. South Airlines Flight 601 for Urümqi now boarding at Gate 4.
3. American Airlines Flight 505 from Los Angeles now boarding at Gate 3.
4. This is the last call for United Airlines Flight 403 to San Francisco. Passengers please board at Gate 2.
5. Central Airlines announces the departure of Flight 621 to New York. All passengers please go to Gate 5 immediately.

Exercise 2

Directions: *Listen to the dialogue and fill in the blanks according to what you have heard.*

- A: (*Telephoning*) American Airlines. May I help you?
B: Yes. I'd like to make a reservation from New York to Los Angeles.
A: When do you plan to travel?
B: August the third.
A: All right. What's your name please?

B: Nadia Barnes.

A: OK. I have booked you on American Airlines Flight 804 leaving Kennedy Airport at 9:25 a.m.

B: Thank you.

A: Thank you and have a nice trip.

Dialogue

Conversation

Directions: *You will hear a conversation between a man and a woman. Listen to the dialogue and fill in the blanks with what you have heard from the recording.*

Beth: It is raining here. Do you know what the weather will be like in Shanghai tomorrow?

Mike: No, I'm afraid. Why don't we listen to the weather forecast?

Announcer: Now let's look at tomorrow's weather. It will be overcast, and there may be a few showers in the afternoon. And there is a quite cold wind coming from the north and creating temperatures around 13 °C to 20 °C. Now let's take an outlook for other cities. Shanghai: after some fog in the early morning, there'll be sunshine during the day. It will be warmer, no winds, so quite warm for the time of the year.

Beth: Wow! Fine day in Shanghai.

Mike: Great! We can go and enjoy our weekend in Shanghai.

Part B Listening Tasks

Text

Natural Disasters

Word Bank

avalanche /'ævələntʃ/ *n.* 雪崩

hillside /'hɪlsaɪd/ *n.* 小山坡

hurricane /'hʌrɪkən/ *n.* 飓风
destructive /dɪ'strʌktɪv/ *adj.* 破坏性的
predict /prɪ'dɪkt/ *v.* 预言
region /'ri:dʒən/ *n.* 地区

Script

Like a wall of snow, an avalanche moves down from a hillside, burying everything in its path. Avalanches are caused by certain mountain and weather conditions.

The winds of a hurricane blow in a huge circle. There is a calm place called the eye in the center of the circle. All around the eye are thick, tall clouds. Heavy rains pour down from these clouds.

An earthquake is one of the most destructive events in the nature. Although scientists are able to predict which regions are most likely to be hit, it is impossible to predict when a major quake will occur.

Exercise 1 Listening for Main Ideas

Directions: *You will hear a short passage about natural disasters. Listen to the recording and choose the best answer to each question according to what you have heard.*

- What is an avalanche similar to? C
A. A flake of snow.
B. A heavy shower.
C. A wall of snow.
D. A light snowfall.
- The winds of a hurricane blow in a A .
A. huge circle
B. large triangle
C. medium-sized circle
D. irregular triangle
- What kind of event could we describe an earthquake as? D
A. A severe man-made disaster.
B. A controllable calamity (灾难).
C. A preventable event in the nature.
D. A destructive natural event.

Exercise 2 Listening for Details

Directions: *Listen to the recording once again, and then answer the questions below.*

1. What can cause an avalanche?

An avalanche is caused by certain mountain and weather conditions.

2. What does “the eye” mean in terms of a hurricane?

There is a calm place called the eye in the center of the circle.

3. What can scientists predict about an earthquake?

They can predict which regions are most likely to be hit by an earthquake.

Part C Speaking Tasks

Exercise 1 Individual Work

Directions: *Think about the following questions and provide answers.*

1. What is the weather like in different seasons in your hometown?
2. Which seasons do you like the best and hate the most? Why?
3. How can weather affect our mood?

(答案略。)

Exercise 2 Pair Work

Directions: *You will hear a dialogue about weather in New York. Get into groups and work out some useful expressions and sentences, and then do role-play. The following points might be helpful for your discussion.*

Script

A: In New York one enjoys or suffers all kinds of climate. In spring it rains frequently, and there is a great deal of wind. In summer, the heat becomes sometimes almost

unbearable. It is a heavy humid heat that is almost suffocating. New York, because of its proximity to the ocean, is quite humid. This same humidity also makes many winter days unpleasant because the air, instead of being dry and brisk, is damp and penetrating. The cold seems to go right into one's bones.

B: I suppose that there is nothing much one can do about the weather here except to accept it philosophically. New York is such a wonderful place otherwise.

A: Most New Yorkers love their city and accept such minor inconveniences. But it is even difficult to dress properly for such weather. If you dress in heavy clothes in the morning, the weather may turn hot suddenly. Yet New Yorkers even learn to joke about such things. To any visitor to the city who complains about the weather, they say, "If you don't like our weather, wait a minute. It will change." They also say that no woman is permitted to work in the office of the local weather bureau because the weather is changeable enough as it is.

B: Speaking of jokes, I forgot to tell you that in the Mexican restaurant where I ate last night they had the day's weather prediction printed right on the menu.

A: Really? What did it say?

B: It said, "Chili today and hot tamale."

Questions and answers

1. **Q** Can you describe the climate in your hometown?

A The climate in New York/Shanghai/Guangzhou is mild/changeable/pleasant/agreeable/unpleasant ...

2. **Q** What's the climate like in spring/summer?

A In spring/summer, it rains frequently/often.

3. **Q** What about the climate in autumn/winter?

A In autumn/winter, it is very windy/it snows heavily.

4. **Q** What's the weather like today?

A It is warm/hot/cold/chilly/windy/rainy/cloudy/brisk/humid/damp/dry .../It is raining heavily ...

USEFUL WORDS AND EXPRESSIONS

suffer /ˈsʌfə/ *v.* 忍受, 受痛苦

climate /ˈklaɪmət/ *n.* 气候

frequently /ˈfriːkwəntli/ *adv.* 频繁地, 经常地

unbearable /ʌnˈbeərəbl/ *adj.* 难以忍受的

humid /ˈhjuːmɪd/ *adj.* 潮湿的

heat /hi:t/ *n.* 高温

suffocating /ˈsʌfəkeɪtɪŋ/ *adj.* 令人窒息的

humidity /hjuːˈmɪdɪti/ *n.* 湿度

brisk /brɪsk/ *adj.* 寒冷而清新的, 清凉的

damp /dæmp/ *adj.* 潮湿的

penetrating /ˈpenɪtreɪtɪŋ/ *adj.* 刺骨的

inconvenience /ɪnkənˈviːniəns/ *n.* 不便

weather bureau 气象局

changeable /ˈtʃeɪndʒəbl/ *adj.* 多变的

prediction /prɪˈdɪkʃən/ *n.* 预测

tamale /təˈmɑːli/ *n.* 玉米粉蒸肉 (墨西哥一种食物)

Part **D** Additional Practice

Listening

Directions: You will hear a passage about weather and health. Please listen carefully and fill in the blanks.

It is true that we can be (1) “under the weather”. Weather has short and long term effects on our bodies. It affects the death rate and is linked to (2) seasonal illnesses such as winter (3) flu or sunstroke (中暑). Some people claim that they can feel changes in the weather with aches and pains worsening and the onset (发作) of headaches.

Our bodies (4) react differently to the weather depending on our age, sex, or general state of health as well as where we actually live. These reactions are linked to our endocrine system (内分泌系统). It regulates (调节) the production of hormones (激素) in our bodies. It is affected by pain, stress and the weather. One in three people is thought to be sensitive (敏感的) to the changing weather, but the old, young and the chronically (长期地) ill (5) suffer more, and women are generally more sensitive than men.

Different weather has (6) benefits for health. Patients with tuberculosis (结核病) or blood diseases are often sent to mountain resorts (度假胜地). Seaside resorts are considered to be good for the health with the sea air. The seaside climate is also (7) recommended for those suffering from such chronic illnesses as bronchitis (支气管炎) and rheumatism (风湿病).

Speaking

Directions: What kind of climate do you enjoy? Please name some ways to stay healthy under different climates.

(答案略。)

Learn by Heart**Language Focus**

1. Nice day, isn't it?
2. It's fine today.
3. It's nice and warm.
4. It's sunny but quite cold.
5. There's a nice breeze.
6. It's 20 degrees centigrade today.
7. It's going to rain. You'd better take an umbrella with you.
8. It's drizzling.
9. It's raining cats and dogs.
10. What an awful day!
11. I hate this kind of weather.
12. Climate changes may bring some health problems.
13. Nice weather is beneficial to our health.
14. A sunny day helps me to stay in a good mood.
15. Rainy days put me into a bad mood.



Habits

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

I. (1) Directions: *Read the time below in two ways.*

- 12:00 twelve o'clock/noon/midnight
- 1:05 one oh five/five past one
- 2:10 two ten/ten past two
- 3:15 three fifteen/a quarter past three
- 4:20 four twenty/twenty past four
- 5:25 five twenty-five/twenty-five past five
- 6:30 six thirty/half past six
- 7:35 seven thirty-five/twenty-five to eight
- 8:40 eight forty/twenty to nine
- 9:45 nine forty-five/fifteen to ten
- 10:50 ten fifty/ten to eleven
- 11:55 eleven fifty-five/five to twelve

(2) Directions: *Read days of the week and months of the year listed below.*

Days of the Week:

Sunday
Thursday

Monday
Friday

Tuesday
Saturday

Wednesday

Months of the Year:

January	February	March	April
May	June	July	August
September	October	November	December

Exercise 2

Directions: *Listen to the dialogues and fill in the blanks according to what you have heard.*

Dialogue 1

(M=Man W=Woman)

W: Jack, can you tell me the time? My watch has stopped.
 M: It's a quarter past eleven.
 W: Oh, it's about lunch time. No wonder I feel a bit hungry now.
 M: Me, too.

Dialogue 2

M: Florence, do you know when our staff meeting will be held? At two or at three this afternoon?
 W: Neither. At half past two.
 M: Is there a dinner party tonight?
 W: Oh, yes. It's at six tonight to welcome the new staff.

Dialogue 3

M: We're going to have a history quiz on Friday, aren't we?
 W: No, it has been changed to Thursday.
 M: That's tomorrow, isn't it?
 W: That's right.
 M: Oh, my God! I haven't prepared for it at all.
 W: Don't worry. We can go over our lessons together tonight.

Dialogue 4

W: Bob, when are you leaving for London for the international conference?
 M: On October 22. That's two weeks from now.
 W: How long will the conference last?
 M: Only three days.
 W: Will you meet Mr. Jackson, your former teacher?
 M: Sure. He's the keynote speaker this time.
 W: When you meet him, please say hello to him.
 M: Yes, I will.

Dialogue

Conversation

Directions: *You will hear a conversation between a man and a woman. Listen to the dialogue and fill in the blanks with what you have heard from the recording. While listening, pay attention to the time and date.*

Tom: What time is it?

Joanne: (1) Ten to nine.

Tom: Your watch is 10 minutes slow, so it should be (2) nine sharp. I'm gonna be late again. What will my excuse be this time? We should've set the alarm for (3) seven thirty.

Joanne: Don't cry over spilt milk. Tom, could you stay with me (4) a few more minutes?

Tom: What? Why?

Joanne: I just hate being alone at home with nothing to do but listen to the clock ticking. It's so lonely and boring. My sickness makes it worse. When will I recover?

Tom: You'll be fine in (5) a couple of months. Just be patient. You have to quit smoking and drinking. (6) Tobacco and alcohol are bad for your health. And you should also watch your (7) diet. I've got to go to work now or I'll be late.

Joanne: You only care about your work. It's (8) Saturday today and you still have to work.

Tom: Sorry. You're everything to me. All I do is for this family.

Joanne: Stay just a few minutes longer, OK?

Tom: OK. I'll leave at (9) nine fifteen. Is that all right?

Joanne: Yes.

Tom: I'll go to Hong Kong on business on (10) December 22nd. My mom will take care of you when I'm away.

Joanne: When will you come back?

Tom: I'll come back (11) on the morning of December 24th, so we can spend Christmas Eve together. I promise I'll spend more time with you (12) in the future, Joanne.

Joanne: Thank you.

Part B Listening Tasks

Text

Nail Biting

Word Bank

annoying /ə'noɪɪŋ/ *adj.* 讨厌的, 恼人的

suck /sʌk/ *v.* 吸食, 吮吸

twirl /twɜ:l/ *v.* (使) 迅速旋转

sliver /'slɪvə/ *n.* 裂片, 碎片

chew /tʃu:/ *v.* 咀嚼

adolescent /ædə'lesənt/ *n.* 青少年

prone /prəʊn/ *adj.* 有...倾向的, 易于...的

phase /feɪz/ *n.* [发育或生长的] 阶段

significant /sɪg'nɪfɪkənt/ *adj.* 重大的; 显著的; 值得注意的

Script

Nail Biting

Many kids have habits that can be very annoying. The five most common ones that children develop and parents complain about are: nail biting, thumb sucking, hair twirling, nose picking and breath holding.

Nail biting is the one that's on the top of the list. If wet fingers and little slivers of fingernails on the floor are familiar to you, you're not alone. One of the most common childhood habits is nail biting or picking.

Some studies estimate that 30% to 60% of children between ages of 5 and 10 chew on one or more nails, as do about 20% of adolescents (the habit is less common in preschool children). And, occasionally, a child may also bit his or her toenails.

Both boys and girls appear equally prone to the habit in the earlier years; however, as they get older, boys are more likely to be nail biters.

Although your child's habits may bother or even worry you, relax. In most cases, a habit is just a phase in the normal developmental process and is not cause for alarm. Most habits don't cause any significant problems and tend to improve as children get older. If you're concerned about your child's habits, talk with your child's doctor.

Exercise 1 Listening for Main Ideas

Directions: *You will hear a short passage about nail biting. Listen to the recording and choose the best answer to each question according to what you have heard.*

- Which of the following can be the best title of the passage you've just heard? B
 A. *Good Habits and Bad Habits*
 B. *Nail Biting*
 C. *How to Stop Your Kids' Bad Habits*
 D. *Nose Picking*
- Which of the following is NOT true according to the passage? B
 A. Nail biting is one of the most common habits that children develop and parents complain about.
 B. The studies estimate that more adolescents than children chew on one or more nails.
 C. Studies say that a child may also bite his or her toenails.
 D. The speaker suggests that most habits don't cause any serious problems.
- Which of the following adjectives can best describe parents' attitude towards their children's bad habits? A
 A. Worried.
 B. Indifferent.
 C. Interested.
 D. Angry.

Exercise 2 Listening for Details

Directions: *Listen to the recording once again, and then answer the questions below.*

- What are the 5 most common habits mentioned in the passage?
They are nail biting, thumb sucking, hair twirling, nose picking and breath holding.
- How many children between the ages of 5 and 10 chew on one or more nails? And how about adolescents?
30% to 60% of children between the ages of 5 and 10 chew on one or more nails, as do about 20% of adolescents.
- Are there any differences between girls and boys in the nail biting habits? What are they?
Yes. Both boys and girls appear equally prone to the habit in the earlier years; however, as they get older, boys are more likely to be nail biters.

Part C Speaking Tasks

Exercise 1 Individual Work

Directions: *Think about the following questions and provide answers.*

1. Do you like such fast food as French fries and hamburger? How often do you eat them?
2. How is dietary habit related to health?
3. Do you know what kind of diet is recommended by doctors?

(答案略。)

Suggested Words

饮食习惯: dietary habit
薯条: chips/French fries
番茄酱: tomato ketchup
饮料: drink/beverage
调料: condiment/flavoring
汉堡包: hamburger

Exercise 2 Pair Work

Directions: *You will hear a dialogue about going to bed. Get into groups and work out some useful expressions and sentences, and then do role-play. The following points might be helpful for your discussion.*

Script

Mother: Children! It's your bedtime. Go upstairs and go to bed.

Mary: Oh, Mother! Do we have to? It's still early.

Ben: Yes, and it's Friday night. There's no school tomorrow.

Mother: Yes, but tomorrow we have to get up early and go shopping.

Mary: I forgot that. Okay, I'll go to bed without arguing. I like to shop.

Ben: Do I have to take a bath tonight, Mom?

Mother: Of course you do. And don't forget to wash behind your ears.

Mary: Do I have clean pajamas, Mom?

Mother: Yes. They're in your closet. Be sure to brush your teeth, Mary.

Mary: I will. And I'll comb my hair, too.

Ben: Good night, everybody. See you tomorrow.

Mother: Good night. Don't forget to open your bedroom window before you go to sleep.

Mary: We won't. Good night, Mom.

Questions and answers

1. **Q** Can I watch TV/play video games a little more?
A No, it's (your) bedtime./No. Tomorrow we have to get up early./
 No. Go to bed without arguing.
2. **Q** Do I have to take a bath/shower tonight?
A Of course you do./Sure./Certainly.
3. **Q** Do I have clean pajamas?
A Yes. They're in your closet.
4. **Q** Anything else I need to do?
A Don't forget/Be sure to brush your teeth/comb your hair.

USEFUL WORDS AND EXPRESSIONS

bedtime /'bedtaɪm/ *n.* 就寝时间

go to bed 上床睡觉

take a bath 沐浴

take a shower 淋浴

pajamas /pə'dʒɑ:məz/ *n.* 睡衣

closet /'kloʊzɪt/ *n.* 壁橱, 衣橱

comb /kəʊm/ *v.* 梳 (头)

Part D Additional Practice

Listening

Directions: *You will hear a passage about smoking habit. Please listen carefully and fill in the blanks.*

My friend is hospitalized today, for he is discovered to (1) suffer from bronchopneumonia (支气管炎). The doctor said that he had to (2) give up smoking at once. Before he was hospitalized he was a (3) heavy smoker. He used to smoke at least two packs of cigarettes every day. Especially when he was in company he would smoke one after another in succession (接连地, 连续地). Thus every day when he returned home he would (4) cough for at least ten

minutes.

Last week as it suddenly became cold, he unfortunately (5) caught a cold. Yesterday he felt a little discomfort in his (6) chest and coughed very heavily. When I came to see him he was lying in bed, very worried. Thus I sent him to the hospital nearby. The doctor asked him some questions and immediately determined that his illness was caused by heavy smoking and the sudden change of weather. This morning when I went to see him, he told me that he felt much better. And he told me that surely he would give up smoking completely after he was (7) recovered. But I am not sure whether he can give up his bad habit of smoking or not, because he had often said to do so in the past but he always (8) failed. Each time he said to give up smoking in the morning, but in the afternoon when I saw him, he was smoking again.

Speaking

Direction: What harm can smoking do to health? What can be done to quit smoking and avoid second-hand smoking?

(答案略。)

Learn by Heart

Language Focus

1. We all have our own habits.
2. I go to bed at 10:30 p.m. every evening.
3. I take a bath/shower before I go to bed at night.
4. I get up at 8 a.m. every morning.
5. I never skip breakfast.
6. I read the newspaper over breakfast.
7. I seldom eat meat for supper.
8. I do sports five times every week.
9. I am a heavy smoker and I can't kick the bad habit.
10. I successfully quit smoking by chewing gums whenever I feel like smoking.
11. I used to drink a lot, but I got rid of the bad habit with the help of my doctor.
12. I always stay up late at night, and I'm really worried one day I might fall ill.
13. Heavy smokers are often addicted to tobacco both physically and psychologically.
14. I hate those who smoke in public and I think they really should be punished.
15. Second-hand smoking is no less harmful than first-hand smoking.



Answering Telephone

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *Listen to three statements and fill in the missing information about some world-famous people.*

1. Yang Zhenning, born in Hefei, Anhui in 1922 was awarded Nobel Prize in physics in 1957.
2. Michael Jordan, the NBA's greatest player, was born in 1963. He graduated from University of North Carolina in 1984. In 1998 he stepped down from the Chicago Bulls. But his contribution to the sport of basketball will forever be remembered by the people all over the world.
3. Lin Zexu, national hero of China, was born in 1785 and died in 1850. He ordered the destruction of 1.18 million kilograms of opium at Humen in 1839, which marked the beginning of modern Chinese history.

Dialogue

Making an Appointment

Directions: *You will hear a conversation between a nurse and a patient. Listen to the conversation and fill in the blanks with what you have heard from the recording.*

Nurse: Good morning. This is Doctor Johnson's office. (1) What can I do for you?

Mrs. Reed: Yes, this is Mrs. Reed. I'd like to (2) make an appointment to see the doctor this week.

- Nurse:** Well, let's see. I'm afraid he is (3) fully booked on Monday and Tuesday.
- Mrs. Reed:** How about Thursday?
- Nurse:** Sorry, but I have to say he is also (4) occupied on Thursday. So, will Wednesday be OK for you, Mrs. Reed?
- Mrs. Reed:** I have to work on Wednesday. By the way, is Dr. Johnson (5) available on Saturday?
- Nurse:** I'm afraid the office is closed (6) on weekends.
- Mrs. Reed:** Well, what about Friday?
- Nurse:** Friday. (7) Let me have a check. Oh, great. Dr. Johnson will be available on Friday afternoon this week.
- Mrs. Reed:** That's fine. Thank you, (8) I'll come then.

Word Tips

appointment /ə'pɔɪntmənt/ *n.* 预约
 fully /'fʊli/ *adv.* 完全地, 充分地
 book /bʊk/ *v.* 预定, 预约
 be occupied 忙碌的
 available /ə'veɪləbəl/ *adj.* 有空的
 check /tʃek/ *v.* 检查, 查看

Part B Listening Tasks

Text

Cultural Notes on Making Appointments

Word Bank

scheduling /'ʃɛdʒʊəlɪŋ/ *n.* 安排
 in advance 提前
 unexpected /ʌnɪk'spektɪd/ *adj.* 意外的, 想不到的
 long-term 长期的
 custom /'kʌstəm/ *n.* 习惯; 风俗
 secretary /'sekɪrətəri/ *n.* 秘书
 directly /dɪ'rektli/ *ad.* 直接地
 arrange /ə'reɪndʒ/ *v.* 安排
 title /'taɪtəl/ *n.* 头衔
 double-check /'dʌbl'tʃek/ *v.* 复核, 仔细检查
 accuracy /'ækjʊərəsi/ *n.* 准确, 精确
 verify /'verɪfaɪ/ *v.* 核实
 on time 准时
 urgent /'ɜ:dʒənt/ *adj.* 紧急的
 immediately /ɪ'mi:diətli/ *adv.* 立即地

Exercise 1 Listening for Main Ideas

Directions: *Listen to the passage about making appointments and choose the best answer to each question according to what you have heard.*

Script

The scheduling of appointments is very important in Western culture. If you want to visit somebody or invite somebody to do something, the best way is to make an appointment with him in advance, because most westerners often keep a strict personal schedule. They don't welcome unexpected visitors. Usually for a westerner three schedules are kept: one for daily events, one for weekly planning, and one for long-term planning. You have to show respect for their cultural custom. Appointments are often made on the phone by talking with him directly or with his secretary who can help him to arrange the appointments. Remember to tell him or her directly why you want to meet him.

Before making an appointment, you must know the full name and title of the person you want to meet. If necessary, you can check with his secretary. All the appointments should be double-checked for accuracy. The time, address, names of involved parties, and spelling and pronunciation of the names should be verified.

Don't be late for appointments. You have to get to the meeting place on time. If something urgent happens which prevents you from keeping the appointment, you can change or cancel the appointment immediately. It is very impolite for you to fail to keep an appointment.

1. If you want to visit somebody or invite somebody to do something, the best way is to D .
 A. talk with him directly
 B. call his secretary
 C. go to his office personally
 D. make an appointment with him in advance
2. A Westerner's three schedules include the following plans EXCEPT C .
 A. one for daily events
 B. one for weekly planning
 C. one for monthly planning
 D. one for long-term planning
3. Which of the following statements is NOT true? B
 A. It is very impolite for you to fail to keep an appointment.
 B. Most Westerners welcome unexpected visitors.
 C. Before making an appointment, you must know the full name and title of the person you want to meet.
 D. You have to get to the meeting place on time.

Exercise 2 Listening for Details

Directions: *Listen to the passage once again and answer the following questions.*

1. If you want to visit somebody or invite somebody to do something, why should you make an appointment in advance?
Because most westerners often keep a strict personal schedule. They don't welcome unexpected visitors.
2. What should be verified before the appointments?
The time, address, names of involved parties, and spelling and pronunciation of the names.

Part C Speaking Tasks

Script

Calling a Receptionist for an Appointment

Receptionist: Doctor's Office, Jane speaking. How can I help you?

Caller: I need to make an appointment with Dr. Harris.

Receptionist: Do you know your chart number?

Caller: No, sorry. It's at home and I'm at work right now.

Receptionist: No problem. What's your name, please?

Caller: George Mason.

Receptionist: OK, Mr. Mason. Hold on one moment while I grab your chart, please.

Caller: Sure.

Receptionist: Thanks for waiting. Now, what do you need to see the doctor about?

Caller: Well, I've been fighting a cold for more than a week, and I think I might have a chest infection or something. My cough is getting worse each day.

Receptionist: Hmm. Doctor Harris is off tomorrow. Do you think it can wait until Wednesday?

Caller: Oh, I was really hoping to get in today or tomorrow in case I need some antibiotics. Maybe I'll have to go to the walk-in clinic instead.

Receptionist: Actually, we had a cancellation for 2:00 p.m. today if you can get away from the office.

Caller: Gee, it's almost 1:00 p.m. already. I think I can make it if I leave right now.

Receptionist: We're running a bit behind schedule, so you can probably count on seeing the doctor around 2:30.

Caller: That's great. Thanks for fitting me in.

Receptionist: No problem, Mr. Mason. We'll see you in an hour or so.

Exercise 1 Individual Work

Directions: *Listen to a conversation between a patient and a receptionist and then answer the following questions.*

1. What does the patient need to see the doctor about?
The patient has been fighting a cold for more than a week, and he might have a chest infection or something. His cough is getting worse each day.
2. Can the patient wait until Wednesday?
No. He was hoping to see the doctor today or tomorrow because he may need some antibiotics.
3. When can the patient probably see Doctor Harris?
He can probably count on seeing the doctor around 2:30 today.

Exercise 2 Pair Work

Directions: *You have heard a sample conversation. Get into groups and do role-play, then work out a new dialogue. The following points might be helpful for your discussion.*

Questions and answers

1. **Q** Can I ask why you need the appointment?
A I need to renew my prescription.
2. **Q** Which day/what time is good for you?
A I am always free in the afternoon.
3. **Q** Do you think the doctor could squeeze me in on Thursday afternoon?
A I'm sorry the doctor is not taking new patients on holiday.
4. **Q** When is the doctor free?
A Let me check the schedule. Is January the 3rd OK with you?

USEFUL WORDS AND EXPRESSIONS

prescription /prɪ'skrɪpʃən/ *n.* 药方

squeeze /skwi:z/ *v.* 挤出, 塞进, 紧捏

squeeze sb. in 挤出时间见某人

checkup /tʃekʌp/ *n.* 检查

cancellation /kænsə'leɪʃən/ *n.* 取消

Part D Additional Practice

Listening

Directions: You will hear a conversation on telephone. Please listen to it and fill in the blanks.

Christina: Hello, this is Christina.

Dora: Oh, hello. I want to (1) speak to Maria.

Christina: I'm afraid she's not here at the moment. (2) Can I help you?

Dora: No, it's a personal call.

Christina: Would you like to (3) leave a message?

Dora: Oh yes, if I could. Could you please tell her I've got two tickets to the play "Traveling Round" for tonight? If she'd like to come I can pick her up from her home at 6: 30. She can phone me back on (4) 8975-5036 and let me know.

Christina: Right. Two tickets for "Traveling Round" ... pick her up at home 6: 30 ... if she wants to go ... phone back on ...

Dora: Yes, that's right.

Christina: And who should I say called?

Dora: (5) Dora.

Christina: OK. I'll pass that message on. Bye.

Dora: Goodbye. Thank you.

Speaking

Directions: In our daily life, sometimes we may not be able to take a call. Make a list of all the reasons.

(答案略。)

Learn by Heart

Language Focus

1. I do receive and make lots of phone calls, for job purposes of course. I have to deal with both of my boss and the others.

2. I make a lot of phone calls to my friends/relatives to arrange outings, parties, etc.
3. The ones I usually call are mostly business partners. I always have to set up business meetings with them, and most of the time it takes more than just one phone call.
4. Sometimes I also receive calls from the front desk. They always ask me to solve problems that they are not able to solve.
5. I often use telephone to communicate with my friends and my family.
6. On campus, I use my mobile phone to call my parents and exchange short messages with my friends.
7. I have to admit that I cannot part with my mobile phone, for it is an important link to keep in touch with my friends and family.
8. It does take some techniques in talking to people via phone.
9. People often said that I have a phone voice, they said that my tone sound different when talking on the phone.
10. If you are making business phone calls, try to be as formal as possible.
11. You need to greet the person you are talking to, and then introduce yourself, including your name, title, and company if it's necessary.
12. I carry my cell phone wherever I go so that I will never miss a call.

参 考 资 料



Directions

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: Listen to the conversations and write down the prices in the blanks.

1. \$20.50
2. \$50.95
3. \$175.40
4. \$50.80
5. \$594

Script

1. — How much is this blue tablecloth?
— Twenty dollars and fifty cents.
2. — Can I help you?
— Yes, I'd like this red vase. How much does it cost?
— Fifty ninety-five.
3. — How much does this cell phone cost?
— One hundred and seventy five dollars and forty cents.
4. — May I help you, sir?
— Yes, I'd like to buy a coat for my father.

- What do you think of this gray one? It's soft and comfortable.
- How much is it?
- Fifty dollars eighty cents.
- OK. I'll take it.
- 5. — May I help you, madam?
- I like this sofa very much, but I was wondering if you could give me some discount.
- If you really like it, I can give you 10% off. That will be 594 dollars.
- All right. I'll take it.

Dialogue

Directions: Listen to a conversation about Finding Women's Wear, and fill in the blanks with what you have heard from the recording.

- Mark:** Excuse me, where can we find women's wear?
- Receptionist:** On (1) the second floor. You can take the escalator on your right.
- Mark:** Thank you.
- Salesperson:** Good morning. Can I help you?
- Ann:** No, thanks. We're just looking.
- Mark:** How about this red dress, Ann? It's very (2) fashionable.
- Ann:** I don't know. I'm not crazy about red. I think it's a bit too bright for me.
- Salesperson:** How about this white dress? It's a new (3) arrival for the season.
- Ann:** Is it? It looks pretty. But is it very expensive?
- Mark:** Let me see the price tag. It says (4) \$299.
- Ann:** That's too expensive for me. I'd like something below (5) \$200.
- Salesperson:** What about this blue dress? It's on sale. It's 10% off, so it's only (6) \$126.
- Ann:** Mmm. I like the color. Do you think it'll look good on me, Mark?
- Mark:** I think so. Why don't you (7) try it on?
- Salesperson:** What size do you take?
- Ann:** Medium.
- Salesperson:** Here's a medium in blue. The fitting room is right behind you.
- Ann:** (wearing the dress) What do you think of it, Mark?
- Mark:** It's very nice. I think blue (8) suits you.
- Ann:** Great. I think I'll take it.
- Mark:** That's a good deal.

Word Tips

women's wear 女子服装部
 escalator /'eskəleɪtə/ n. 自动扶梯
 be crazy about 醉心于, 着迷
 price tag 价格标签
 on sale 减价出售
 fitting room 试衣室
 a good deal 便宜的东西

Part B Listening Tasks

Text

A Hospital and Its Departments

Word Bank

specialty /ˈspeʃəlti/ *n.* 专业

dentistry /ˈdentɪstri/ *n.* 牙科学

emergency /ɪˈmɜːdʒənsɪ/ *v.* 紧急情况, 急诊

ward /wɔːd/ *n.* 病房

round the clock 日夜不停地

wholeheartedly /ˈhəʊlˈhɑːtɪdli/ *adv.* 全心全意地

Exercise 1 Listening for Main Ideas

Directions: *Listen to a passage about a hospital and its departments, and then choose the best answer to each question according to what you have heard.*

Script

A hospital is one where patients with various kinds of diseases are treated. It usually has two main departments: the out-patient department and the in-patient department. Each of them can be divided, according to various specialties, into some minor departments, such as the department of internal medicine, the department of surgery, the department of dentistry, and so on.

In the out-patient department there are many consulting rooms for doctors to receive patients. In the in-patient department there are various kinds of wards, and in each of them there are usually four to eight beds. There is also an emergency room where timely medical care is available round the clock.

Doctors, nurses, and other medical workers make up the staff of the hospital, and their task is to serve the patients wholeheartedly.

1. A hospital usually has A main departments.

A. two

B. three

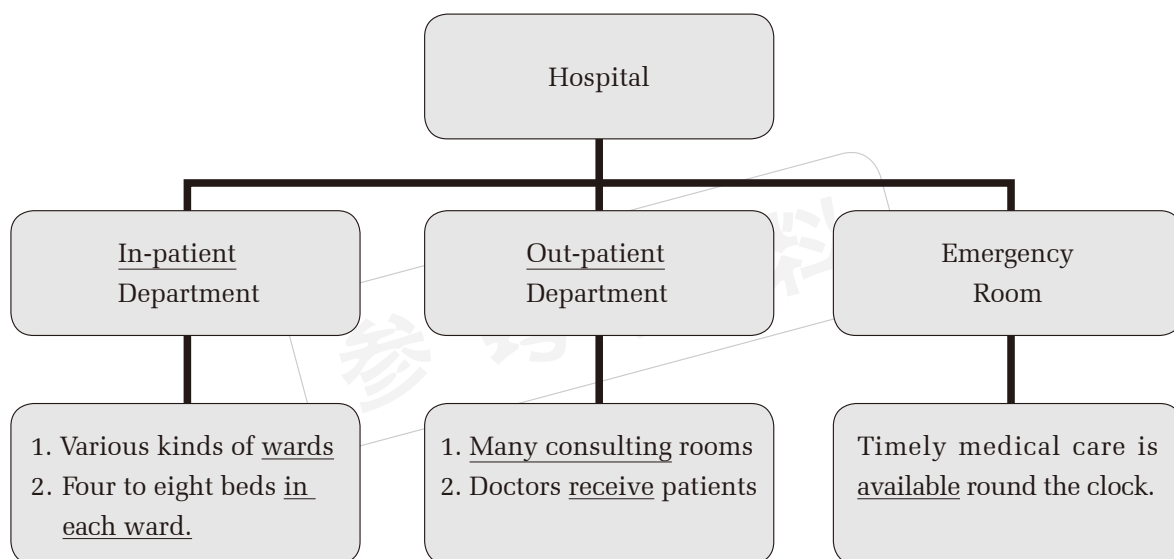
C. four

D. five

2. Main departments in a hospital can be divided into some minor departments according to various C.
- A. functions B. purposes C. specialties D. diseases
3. Which of the following statements is NOT true? B
- A. A hospital is one where patients with various kinds of diseases are treated.
 B. In the out-patient department there are many kinds of wards.
 C. In the in-patient department there are four to eight beds in each ward.
 D. An emergency room is one where timely medical care is available round the clock.

Exercise 2 Listening for Details

Directions: *Listen to the passage once again and fill in the blanks.*



Part C Speaking Tasks

Script

(A lady asks a policeman for directions to a hospital.)

Lady: Excuse me. Could you tell me where the people's hospital is?

Policeman: Yes, the hospital is on the Zhongshan Road.

Lady: I'm afraid I can't find the way. I'm a stranger here. How could I get to the Zhongshan Road?

Policeman: You walk down this street as far as the first traffic light. Then turns right and the hospital is at the end of the street on the right. In fact, it is just on the corner of the Zhongshan Road and the Renmin Street.

Lady: By the way, is the hospital obvious enough to find?

Policeman: Yes, it's a large hospital in our city. You can't miss it.

Lady: How long will it take me to get there?

Policeman: It's about a twenty-minute walk.

Lady: Fine. Thank you very much.

Policeman: You're welcome.

Exercise 1 Individual Work

Directions: *Listen to a conversation between a lady and a policeman, and tick the boxes before the correct statements.*

- ☐ The conversation takes place on campus.
- ☒ The conversation takes place in the street.

- ☒ The lady says she is a stranger.
- ☐ The lady says she is a student.

- ☐ The lady will go to the hospital by bus.
- ☒ The lady will go to the hospital on foot.

Exercise 2 Pair Work

Directions: *You have heard a sample conversation about asking the way. Get into groups and work out some useful expressions and sentences, and then do role-play. The following points might be helpful for your discussion.*

(答案略。)

Questions and answers

1. **Q** Excuse me, can you tell me how to get to ...?
A Take the second turn on the left and ask again.
2. **Q** I have lost my way. Can you tell me how to get to the Ocean Park?
A Yes, take the subway here and get off at the next station. Then take a No. 3 bus.
3. **Q** How long will it take me to get there?
A It's about 30 minutes.
4. **Q** Is it far from here?
A No, it's about five minutes' walk.
5. **Q** Where is the Department of Dermatology (皮肤科)?
A Take the lift over there. It's on the eighth floor.

USEFUL WORDS AND EXPRESSIONS

crossing /'krɒsɪŋ/ *n.* 十字路口
downtown /'daʊntaʊn/ *n.* 市中心

lane /leɪn/ *n.* 小巷
highway /haɪweɪ/ *n.* 公路

Part **D** Additional Practice

Listening

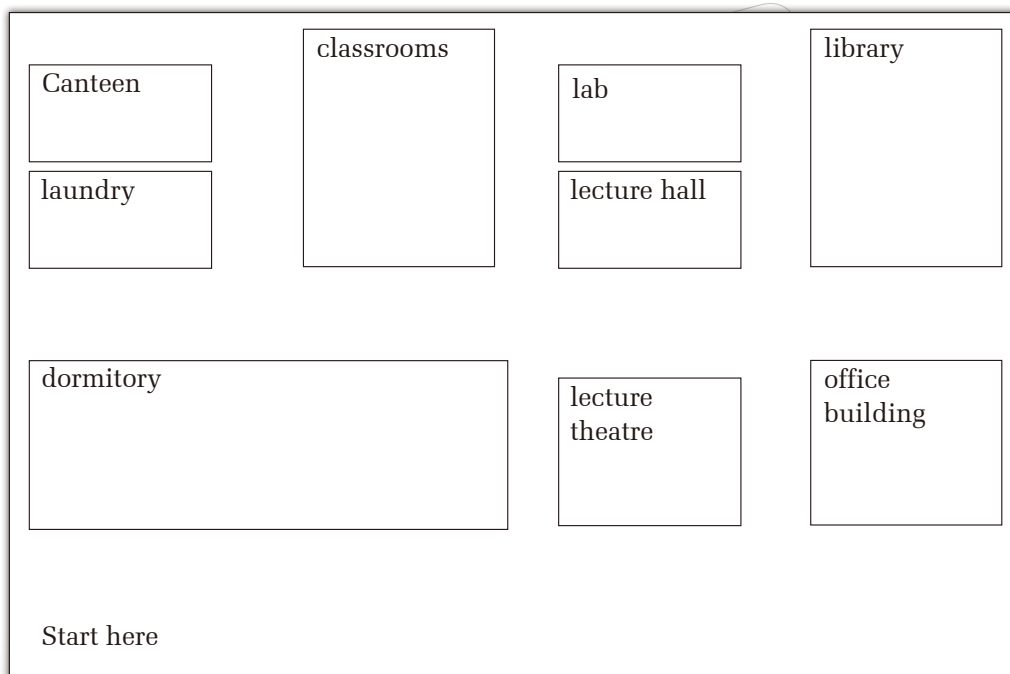
Directions: You will hear a story of Lily. Please listen to it and fill in the blanks.

Lily asks a (1) passer-by where she can take a bus to get to the (2) Peace Hospital. Then

she is told that the bus doesn't go to the hospital (3) directly, so she has to change to No. 5 bus at the (4) third stop or go there (5) on foot for about (6) 20 minutes after getting off the bus. In addition, she is told that the price of the one-way ticket is (7) one Yuan, and the bus departs (发车) every (8) five minutes, so it's very convenient to take a bus. She is also told that there is a red (9) public telephone booth behind the stop.

Speaking

Directions: Suppose a freshman meets a senior on campus and asks the way to the library, according to the following map. Work out a possible conversation between them.



(答案略。)

Learn by Heart

Language Focus

1. I have lost my way. Can you help me?
2. I'm quite a stranger here. Can you help me?
3. Pardon me/Excuse me, I've lost my way. Could you help me?
4. Is this the right way to get to ...?
5. Can I get to ... this way?
6. Will this street lead right to ...?
7. Excuse me/Pardon me/I beg your pardon/Sorry to bother you, could you tell me how to get to ...?
8. How far is it from here?/Is it near here?
9. How long does it take to get to ... by bike/on foot?
10. Please tell me the shortest/quickest way to ...

参 考 资 料



In a Restaurant

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear two short conversations. Listen carefully and fill in the blanks with what you have heard.*

- Waitress: Welcome. May I help you today?
Customer: I'd like a pizza, please.
Waitress: What size would you like?
Customer: A medium one would be perfect. Thank you.
- Waitress: Good evening. What can I do for you?
Customer: Good evening. I'd like to order a pizza.
Waitress: How big would you like?
Customer: A 9 inch pizza would be great. Thanks.

Dialogue

Ordering a Pizza to Go

Directions: *Listen to a conversation about ordering a pizza, and fill in the blanks with what you have heard from the recording.*

Waitress: Hello, (1) May I help you?

Martin: Hello, I'd like to have a pizza, please.
Waitress: Then you'll be happy to hear that today all pizzas are (2) on sale, 2 for 1.
Martin: Oh, that's great!
Waitress: What (3) size would you like?
Martin: A (4) 12 inch one would be nice. Thank you.
Waitress: Which kind do you want?
Martin: I like (5) seafood on my pizza.
Waitress: We have two seafood pizzas — tuna and crab.
Martin: Tuna sounds good.
Waitress: Will that be for here or (6) takeaway?
Martin: That will be to go.
Waitress: Could you wait for (7) 10 minutes, please? You can sit over there and I will call you over as soon as it's ready.
Martin: No problem.

Word Tips

2 for 1 买一赠一

seafood /'si:fu:d/ n. 海鲜

tuna /'tju:nə/ n. 金枪鱼

crab /kræb/ n. 螃蟹

takeaway /'teikəweɪ/ n. 外卖

Part B Listening Tasks

Text

Improve Your Mood with These Foods

Word Bank

nutritionist /njʊ'tri:fənɪst/ n. 营养学家
 swallow up 消除, 吞食
 protein /'prəʊti:n/ n. 蛋白质
 neural /'njʊərəl/ adj. 神经的; 神经中枢的
 cereal /'siəriəl/ n. 谷类作物
 carp /kɑ:p/ n. 鲤鱼
 dairy /'deəri/ adj. 乳的; 乳制的
 crunchy /'krʌntʃɪ/ adj. 松脆的
 buster /'bʌstə/ n. 挫败...的人(或物)
 hydrated /'haɪdreɪtɪd/ a. 吸收水分多的
 fluid /'flu:d/ n. 液体
 lipid /'lɪpɪd/ n. 脂旨
 toxin /'tɒksɪn/ n. 毒素
 avocado /,ævə'keɪdəʊ/ n. 鳄梨

Exercise 1 Listening for Main Ideas

Directions: *Listen to the passage about healthy food and choose the best answer to each question according to what you have heard.*

Script

According to Dr. Susan Kleiner, a nutritionist, and the author of The Good Mood Diet, eating the right dishes can lift our spirits and swallow up stress. Now she talks about how food affects our mood and the ways to increase our energy and decrease our stress.

Some people will eat chocolates when they are happy, others say they want to eat pizza when they feel happy. But those aren't the foods that actually make us happy. But here are foods that really directly affect our brain with certain chemicals. So fish is really a big happy food. It's got protein, free fats and vitamin D, all of those help raise our neural chemistry that makes us feel happy. Potatoes, cereals, great carbs actually get the protein into the brain. Fruits and vegetables, milk and dairy products, all are great for raising mood. And crunchy foods, like popcorn, are fabulous for making us feel happy.

Some people will eat something salty when they are stressed. Some tend to eat something sweet, while others may go for a drink. Well, what are the real stress busters? The healthy fats, believe it or not. So, avocados, nuts, seeds, olive, olive oil, dairy foods, lean beef and chicken are great for coping with stress. They help decrease anxiety and anger. These are the real stress busters.

1. According to Dr. Susan Kleiner, the right food can ____ D ____.
 A. lift our spirits
 B. increase our energy
 C. decrease our stress
 D. all of the above
2. All the following are great for raising mood EXCEPT ____ B ____.
 A. fruits and vegetables
 B. bread
 C. fish
 D. milk
3. Which of the following will NOT help decrease anxiety and anger? ____ A ____
 A. French fries
 B. Olive and milk
 C. Lean beef and chicken
 D. Nuts and seeds

Exercise 2 Listening for Details

Directions: *Listen to the passage once again, and then answer the following questions.*

1. In what ways does food influence people's mood?

The right dishes can increase energy and decrease stress. Some foods can make people happy, while some foods help decrease anxiety and anger.

2. What are the real stress busters?

The healthy fats, such as vocados, nuts, seeds, olive, olive oil, dairy foods, lean beef and chicken.

Part C Speaking Tasks

Script

A Report on Children's Health

A: Recently, I have read a news report.

B: What's it about?

A: It's about the poor nutrition of the children in the developing world.

B: Can you give me some details?

A: Sure. It warns that children who don't get enough food in the first two years of life suffer lasting damage. They may be underdeveloped and even suffer from poor health or limited intelligence. In addition, they are more likely to drop out of school.

B: Is too little food the only cause for the poor nutrition?

A: No, it is not the only cause. There are many other causes. For example, mothers often fail to give their newborn babies their first breast milk. It's full of nutrients that improve a baby's ability to fight against diseases. Besides, it also recommends cleaner living conditions and improvements in health care.

Exercise 1 Individual Work

Directions: *Listen to a conversation about children's health and decide whether the following statements are true (T) or false (F).*

- (F) 1. Children who do not get enough food in the first three years of life suffer lasting damage.

- (F) 2. Without enough good food children can grow normally.
 (T) 3. Lack of food is not the only cause of poor nutrition.
 (T) 4. Mothers often fail to give their newborn babies their first breast milk.
 (T) 5. The report also recommends cleaner living conditions.

Exercise 2 Pair Work

Directions: *You have heard a conversation about children's health. Get into groups and work out some useful expressions and sentences, and then do role-play. The following points might be helpful for your discussion.*

Questions and answers

1. **Q** Can you give me some suggestions on healthy diet?
A In my opinion, it is very important to ...
2. **Q** Do you think the nutrients are very important to our health?
A Yes, of course. Without ..., ... will ...
3. **Q** Where do you usually get the nutrients such as vitamins?
A We usually obtain vitamins from ...
4. **Q** Should I eat a lot of ...?
A Yes, ... contains/is full of ...
5. **Q** Should I avoid/include ... in my diet?
A Yes, ... may have a bad/good effect on your ...

USEFUL WORDS AND EXPRESSIONS

vitamins /ˈvɪtəˌmɪnz/ *n.* 维生素

fiber /ˈfaɪbər/ *n.* 纤维

calcium /ˈkælsɪəm/ *n.* 钙

iron /aɪən/ *n.* 铁

mineral /ˈmɪnərəl/ *n.* 矿物质

obtain /əbˈteɪn/ *v.* 获得

Part **D** Additional Practice

Listening

Directions: *You will hear a passage about fast food. Please listen to the passage and fill in the blanks.*

A study has shown that fast foods (1) contains far more calories per bite than standard British meals, making it far too easy for customers to (2) overeat without realizing it. The reason is that the high “energy density” of (3) junk food throws the brain’s appetite control system (大脑食欲控制系统) into (4) confusion, resulting in people’s overeating (暴饮暴食) regardless of its calorific value (发热值). The scientists suggest that fast food outlets should reduce the energy density of their menus and their (5) portion size.

Speaking

Directions: *Ask five of your classmates about their favorite restaurants, food and the reasons, and then fill the results into the following chart.*

Example:

A: Hello, Wang Xin. What’s your favorite food?

B: I like noodle best.

A: Why?

B: There are many kinds of flavors and most of them are delicious.

A: I see. So where do you think serves the best noodles?

B: A small restaurant named Huayang near my home.

A: Thank you for your information. See you.

(答案略。)

Learn by Heart

Language Focus

1. In my opinion/To my mind, health is more important than anything else.

2. Health is closely related to diet. Health and diet are interactive.
3. Maintaining a healthy diet is very important to our health.
4. Keeping a balanced diet does good to our health.
5. I'm a bit overweight, so I must be on a diet now.
6. I like snacks. They are very tasty/delicious.
7. Oranges contain plenty of vitamin C. They are believed to be good to health.
8. Eat breakfast every day. Try a whole-grain cereal with nonfat or low-fat milk, or whole-wheat toast spread with jam. Enjoy some fruit with your breakfast too.
9. Breakfast not only starts your day off right, it also lays foundation for lifelong health benefits.
10. Your health is affected by what you eat and by your physical activity.
11. Healthy diet is one of your best personal investments.
12. Build a healthy base with a variety of nutritious, health-promoting food.

参考资料



Shopping

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear a reporter giving a brief introduction about how modern women influence recent spending. You don't need to understand everything. Just listen for the percentages that match the facts about modern women. Please write them down on the left side of the table.*

Script

Women are earning, spending, and influencing spending at a greater rate than ever before. The average American woman is expected to earn more than the average American male by 2028. Women account for eighty-five percent of all consumer purchases including everything from cars to health care. Seventy-five percent of women identified themselves as the primary shoppers for their households. As early as 2000, women were found to have surpassed men in Internet usage. Women account for fifty-eight percent of all total online spending. Twenty-two percent shop online at least once a day.

Percentages	Facts about Modern Women
85%	of all consumer purchases
75%	primary shoppers for their households
58%	of all total online spending
22%	shop online at least once a day

Dialogue

Interview

Directions: *You will hear a conversation between Tina and Victor, a journalist. Listen to the dialogue and fill in the blanks with what you have heard from the recording. While listening, pay attention to the percentages which can help you find detailed information.*

Script

Victor: Good morning, Tina, thank you very much for taking the time to interview with us about the present situation of online shopping.

Tina: Morning, Victor.

Victor: What do you think of the fact that more and more people are turning to the web for most of their shopping?

Tina: Well. You see, online shopping has become one of the most fashionable lifestyles for modern people.

Victor: Yeah, you can say that again.

Tina: According to a recent survey by our R&D department, fifty percent of people buy one to two items online and eight percent of people have shopping online using their mobile phones this year.

Victor: Wow, that's amazing!

Tina: It makes sense that so many individuals keep coming back for more, as 86 percent of Internet shoppers report customer satisfaction.

Victor: Do they find it convenient to pay online?

Tina: Sure, eighty-three percent appreciate the ease of checkout and eighty-two percent feel they have a nice variety of products to choose from on the Internet.

Victor: I see. Well, Tina, thank you very much for talking to me today.

Tina: You're welcome. Have a nice day!

An increasing number of people are turning to the web for most of their shopping. According to a recent survey, (1) 50 percent of people buy one to two items online and (2) 8 percent of people have shopping online using their mobile phones this year. It makes sense that so many individuals keep coming back for more, as (3) 86 percent of Internet shoppers report customer satisfaction. (4) 83 percent appreciate the ease of checkout and (5) 82 percent feel they have a nice variety of products to choose from on the Internets.

Word Tips

R&D department 研发部

customer satisfaction 顾客满意度

appreciate /ə'pri:ʃieɪt/ v. 欣赏

checkout /tʃeɪkaʊt/ n. 结账

Part B Listening Tasks

Text

Online Shopping

Word Bank

seckill (second kill) 秒杀

transaction record 交易记录

online shopping enthusiast 网购达人

special offer 促销商品, 特价商品

group buying 团购

Cash on Delivery (Payment after Arrival of Goods) 货到付款

instant payment software 即时支付软件

online banking (or Internet banking or E-banking) 网银

security /sɪ'kjʊərəti/ n. 安全

street vendors 街头小贩

flea market 跳蚤市场

Exercise 2 Listening for Details

Directions: *Listen to the recording once again, and then write down your answers to the questions below.*

1. What is “seckill”?

It refers to the quick sell out of newly-advertised goods.

2. Why does the speaker’s mother always browse through the group buying websites?

To look for group buying deals that interest her.

3. According to the speaker, how can we ensure online payment security?

Buying goods from reputable companies with safe websites.

Part C Speaking Tasks

Script

The word “addiction” usually makes you think of alcohol or drugs, but in modern society we are seeing some new kinds of addictions. Some people spend countless hours watching TV or playing computer games, while some others are compulsive shoppers.

A shopaholic is a person considered to be addicted to shopping. Many modern people belong to the group of shopaholics. They can’t control their shopping desires, so they buy much more than they need. British researchers say that in the past 20 years the problem has become more serious. They say that people can’t resist the temptation of shopping from the market whenever they find anything on sale.

Men rush to electronic products, sports equipments while women to clothing, jewelry, furniture or any sale whatsoever. Of course, a sale isn’t totally free; however, you get attractive offers including freebies and get to pay less for the same thing.

Exercise 1 Individual Work

Directions: *Listen to a report on shopaholics and answer the following questions briefly.*

1. What are some of the new kinds of addiction in modern society?

Some people spend countless hours watching TV or playing computer games, while some are compulsive shoppers.

2. What type of person is a shopaholic?

A shopaholic is a person considered to be addicted to shopping.

3. Why do shopaholics buy much more than they need?
Because they can't control their shopping desires.
4. What do the British researchers say?
(British researchers say that) in the past 20 years the problem of people being addicted to shopping has become more serious.
5. What can people get from a sale?
People can get attractive offers including freebies and get to pay less for the same thing.

Exercise 2 Pair Work

Directions: *You have heard a sample speech. Get into groups and work out the outline of the speech and then make a similar one in class. The following framework might be helpful for your presentation.*

Framework of the speech on shopaholics

The word "addiction" usually makes you think of alcohol or drugs, but in modern society we are seeing some new kinds of addictions. Some people ..., while others are ...

A shopaholic is a person considered to be addicted to shopping. ... British researchers say that in the past 20 years the problem has becoming more serious. They say that ...

Men rush to ... while women ... Of course, a sale isn't totally free; however, you get ...

USEFUL WORDS AND EXPRESSIONS

addiction /ə'dɪkʃən/ *n.* 上瘾

compulsive shopper 强迫性购物者

shopaholic /ʃɒpə'hɒlɪk/ *n.* 购物狂

resist the temptation of 抵挡...的诱惑

freebie /'fri:bi:/ *n.* 免费赠品 (礼物、膳食等)

(答案略。)

Part D Additional Practice

Listening

Directions: *You will hear a doctor giving tips for shopaholics. Please listen to the passage and fill in the blanks.*

Experts believe that possibly (1) 20 percent of women are shopaholics. It has really

become a problem for many of us. Here are (2) five simple tips to help you out.

1. Admit You Have a Problem. This is a huge and important step to addressing your problem. The first step in developing a (3) solution to any problem is to admit you actually have a problem.

2. Examine the Problem. Every compulsive spender is different. Do you spend only occasionally? Or are you always moving from one credit card to the next? Do you (4) go crazy for a particular commodity — electronics, food, jewelry?

3. Name the Feelings. “What are you shopping for?” Does being at the mall ease loneliness? If so, see if you can find other ways to (5) meet those needs.

4. Look at Your Time. Ask yourself how much time you spend browsing on the Internet. How else could you spend your time in ways that would truly (6) T?

5. Seek Professional Help. There are many organizations available to help you with the psychological aspects of your (7) shopping addiction.

Speaking

Directions: What do you usually buy when you go shopping? Have you ever had an interesting/unpleasant shopping experience? Please tell your story.

(答案略。)

Learn by Heart

Language Focus

1. I seldom go shopping. It takes too much time.
2. I usually shop online. It saves time.
3. I hate shopping in a supermarket. It's always so crowded.
4. You can get almost everything you want in a big supermarket.
5. I love to buy clothes that are in fashion but they are mostly too expensive for me.
6. I like buying things when they are on sale and I often manage to get a good deal.
7. I enjoy bargaining with street vendors.
8. I don't like to bargain because it takes too long.
9. I always/never ask for a discount.
10. When I paid, the clerk gave me the wrong change by mistake.
11. It is a good idea to try on clothes before you buy them to make sure they fit.
12. Paying by credit card is convenient.



Family and Friends

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear ten noun phrases. Each of them has an expression of measurement. Listen carefully and write them down in the blanks.*

- | | |
|-----------------------------|-------------------------------|
| 1. a <u>piece</u> of advice | 6. a <u>pair</u> of trousers |
| 2. a <u>suit</u> of clothes | 7. a <u>basket</u> of apples |
| 3. a <u>bottle</u> of ink | 8. a <u>drop</u> of water |
| 4. a <u>cup</u> of coffee | 9. a <u>grain</u> of rice |
| 5. a <u>cake</u> of soap | 10. a <u>bar</u> of chocolate |

Dialogue

Directions: *You will hear ten short dialogues. Listen carefully and fill in the blanks with what you have heard from the recording.*

1. Mrs. Smith bought a pair of socks in the supermarket this morning.
What did Mrs. Smith buy?
2. There is only half a bottle of milk left.
How much milk is left?

3. Dr. Anderson received a letter of thanks
What did Mr. Anderson receive yesterday?
4. The teacher played a piece of music at the concert.
What did the teacher play at the concert?
5. After physical exercises, Tom drank four glasses of water.
What did Tom drink after physical exercises?
6. Jack sent his sister a bunch of flowers and a box of chocolate for her birthday.
What did Jack send his sister for her birthday?
7. On her way home, Mrs. Morrison bought two pounds of beef, a kilo of flour and a loaf of bread.
What did Mrs. Morrison buy on her way home?
8. Harold smokes a lot. He smokes three packets of cigarettes a day.
How many packets of cigarettes does Harold smoke every day?
9. Seven trucks of rice and five trucks of vegetables were transported to the earthquake-stricken area yesterday.
What were transported to the earthquake-stricken area yesterday?
10. Erich Kempka received an order to prepare 200 liters of petrol.
How much petrol would Erich Kempka prepare?

Part B Listening Tasks

Text

Tips for Nursing Assistants

Word Bank

- nursing assistant 助理护士, 护工
 belonging need 从众需求, 归属需要
 self-esteem /self i'sti:m/ n. 自尊, 自尊心
 lessen /'lesn/ v. 减少, 减轻
 interruption /,Intə'rʌpʃən/ n. 中断, 打断
 courtesy /'kɜ:təsi/ n. 殷勤有礼貌的行为或言辞
 agency /'eidʒənsɪ/ n. 部门, 机构
 expose /ɪk'spəʊz/ v. 暴露

Exercise 1 Listening for Main Ideas

Directions: *You will hear some suggestions for nursing assistants when family and friends are visiting a patient. Listen to the recording and choose the best answer to each question according to what you have heard.*

Script**Tips for Nursing Assistants**

When someone is ill, family and friends help meet safety and security, love and belonging, and self-esteem needs. They offer support and comfort. They lessen loneliness. Some also help with the person's care. The presence or absence of family or friends can affect recovery and quality of life.

The person has the right to visit with family and friends in private and without unnecessary interruptions. You may need to give care when visitors are there. Do not expose the person's body in front of them. Politely ask them to leave the room. Show them where to wait. Promptly tell them when they can return.

Treat family and visitors with courtesy and respect. They have concerns about the person's condition and care. They need support and understanding. However, do not discuss the person's condition with them. Refer their questions to the nurse.

Visiting rules depend on agency policy and the person's age and condition. Parents can visit children as often and as long as they want. Only short visits are allowed in special care units. Dying persons usually can have family present all the time. Know your agency's policies and each person's needs.

- For whom is this passage written? D
 A. For the family members of the sick. B. For the nurses of the sick.
 C. For the visitors of the sick. D. For the nursing assistants.
- What should the nursing assistants do if they need to give care when visitors are there?
 C
 A. Expose the person's body in front of them.
 B. Talk with them while giving care to the patients.
 C. Politely ask them to leave the room.
 D. Wait until the visitors leave.
- Which of the following is NOT true? C
 A. The presence or absence of family or friends can affect recovery and quality of life.
 B. Nursing assistants are supposed to treat family and visitors with courtesy and respect.
 C. Nursing assistants should discuss the person's condition with visitors.
 D. Parents can visit children as often and as long as they want.

Exercise 2 Listening for Details

Directions: *Listen to the recording once again, and then fill in the blanks.*

1. When someone is ill, family and friends offer support and comfort. They lessen loneliness.
2. Nursing assistants may need to give care when visitors are there.
3. Family and visitors have concerns about the person's condition and care.
4. Patients can visit children as often and as long as they want.
5. Only short visits are allowed in special care units.
6. Dying persons usually can have family present all the time.

Part C Speaking Tasks

Script

M: Rachel, you really have to forgive me!

R: Why? What are you talking about, Monica?

M: Just promise me you won't get mad at me no matter what happens.

R: Of course I won't. You are my best friend!

M: I broke your computer.

R: WHAT!!! You broke my computer? You idiot! That thing cost me 1,000 dollars! And all my important files were in that computer! My boss will kill me!

M: But I have told you I was sorry!

R: Hey, Monica, I apologize for being that mad at you!

M: Yeah, and you called me an idiot.

R: I really apologize for what I've said. Will you accept my apologies?

M: Well, forget it, it was my fault anyway. I should have been more careful about your computer.

R: It's all right. It was just a computer. It's stupid to lose my best friends just because of a computer.

M: Let's see what we can do to fix it.

Exercise 1 Individual Work

Directions: *Listen to a dialogue about apologizing and answer the following questions.*

1. Why is Monica so sorry?
Because she was mad at Rachel.

2. How much did the computer cost?
It cost 1,000 dollars.
3. Why does Rachel apologize?
Because she lost her temper and called Monica an idiot.
4. What are they going to do after the conversation?
They are going to fix the computer.

Exercise 2 Pair Work

Directions: *You have heard a dialogue about apologizing. Get into groups and work out some useful expressions and sentences, and then do role-play. The following points might be helpful for your discussion.*

1. Being angry

What's wrong with you?
You shouldn't have done that.
What's your problem?
I don't want to hear it.
I can't believe a word you say.
I never want to see your face again.
Don't give me your excuse./No more excuses.
You've gone too far.
Can't you do anything right?
You've ruined everything.

2. Apologizing

I'm so/really/very/terribly sorry.
I really apologize for what I've said/done.
Forgive me for being late for our date.
I'm really sorry about not turning up for our date last night.
I didn't mean it.
Will you forgive me?
How can I make it up to you?
It's all my fault.

3. Accepting apologies

That's all right./It's okay.
Never mind./Forget it.
I forgive you but don't do it next time.

USEFUL WORDS AND EXPRESSIONS

promise /'prɒmɪs/ v. 许诺
get mad at sb 生某人的气
apologize /ə'plɒdʒaɪz/ v. 道歉

idiot /'ɪdɪət/ n. 笨蛋, 傻瓜
fix /fɪks/ v. 修理

Part D Additional Practice

Listening

Directions: You will hear a story about a couple. Please listen to a letter written by the wife to a marriage expert and fill in the blanks.

A letter to a Doctor

Dear Doctor,

My husband and I got married in 1980 and for the first few year of our marriage I was very happy to stay at home and raise our three children. Then four years ago, our youngest child went to school and I thought I might go back to work. My husband was very (1) supportive and helped me to make my decision. He thought I could be a great success in business.

After several weeks of (2) job-hunting, I found my present job, which is working for a small public relation firm. At first, my husband was very proud of me, but later my husband stopped talking to me about my job. I have received several (3) promotion, and I am now making more money than he is. I can buy my own clothes and a new car. Because of our (4) combined incomes, my husband and I can do many things that we had always dreamed of doing, but we don't, as he is very unhappy.

We (5) fight about little things and my husband is very (6) critical of me in front of our friends. For the first time in our marriage, I think, there is a possibility that our marriage may (7) come to an end.

I love my husband very much, and I don't want him to feel (8) inferior, but I also love my job. I think I can be a good wife and a working woman, but I don't know how. Can you give me some advice?

Mary

Speaking

Directions: Please take one of the following cards and express your opinion on the question. Be sure that each of you will have one minute to prepare one and a half minute to present.

Topic: family relationship

For Candidate 1

Suppose your wife earned more than you, will you have pressure?
Do you think this will exert influence on your family relationship?
What suggests would you give to Mary's husband?

From the Point of View of a Husband

Topic: family relationship

For Candidate 2

Explain briefly the situation in Mary's family and analyze the reason of the phenomena from the perspective of society.

From the Point of View of the doctor

Topic: family and work

For Candidate 3

Suppose you are a career woman, how could you balance your work and family? Do you think Mary should end up her marriage? Why?

From the Point of View of a Wife

(答案略。)

Learn by Heart

Language Focus

1. Family is a critical social unit for developing society.
2. A true family grows and moves through life together, inseparable in heart.
3. A perfect family is a happy family — a haven of safety and security.
4. In a happy family, the husband and the wife will be backbones for each other all the time.
5. A happy, perfect family should show love to one another.
6. All the family members should have honest and open communication.
7. With deep sense of gratitude and love, every family members contribute to the family in their own way and each of them should be treated equally.
8. A good wife is more than just submissive. She tries to be real helper, being supportive of her husband in the decisions he makes.
9. I believe there are two vital keys for a successful marriage. The first one is love. The second one is respect.
10. Sincere family feelings are core heart feelings. They are the basis for true family values.
11. Family provides necessary security and support, and acts as a buffer against external problems.



Outstanding Figures

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear ten sentences. You don't need to understand everything. Just listen for the words with similar sounds in each sentence. Fill them in the corresponding blanks.*

1. Mrs. Jones, may I introduce you to Miss Johnson?
2. Mary Smith, the great writer, got married in 1970.
3. Jane wears a pair of blue jeans.
4. Bill, could you please pass the beer?
5. Life gives things we never think but will thank.
6. Her heart got hurt.
7. Bill fired, Jill hired.
8. X-ray checks can confirm clear chests.
9. There are thirty-three trees over there.
10. He likes to write by the bright light at night.

Dialogue

I want to be a star!

Directions: You will hear a conversation between Lily and Mary. Listen to the dialogue and fill in the blanks with what you have heard from the recording. While listening, pay attention to similar sounds which can help you find detailed information.

- Lily:** I really wish I could sing! Then I could go to *Super Voice Girls*!
- Mary:** What's that?
- Lily:** It's a (1) program in which (2) ordinary girls show their singing talent and finally become stars.
- Mary:** Wow, it is just like the (3) popular TV show "American Idol" in the US except that both girls and boys can go on this show. Some of (4) the winners will become very famous and release their own records.
- Lily:** Wow, that's just what I want.
- Mary:** Really? Why?
- Lily:** Being a star is an (5) interesting job. I will become wealthy, always dress beautifully, and have a huge group of fans who love me (6) madly.
- Mary:** But you will always be so (7) busy that you can't spend time with your family.
- Lily:** I think I can handle that.
- Mary:** What about not having any privacy? Those tabloid (8) journalists will follow you (9) everywhere, and they might be taking photos of you even when you are in the (10) bathroom!
- Lily:** Oh, that (11) sounds terrible!

Word Tips

talent /'tælənt/ n. 天分
 release /rɪ'li:s/ vt. 发行(唱片)
 handle /'hændl/ vt. 处理
 privacy /'praɪvəsi/ n. 隐私

Part B Listening Tasks

Text

Florence Nightingale

Word Bank

duty /'dju:tɪ/ n. 义务
 the Crimean War 克里米亚战争(1853-1856)
 honor /'ɒnə/ v. 给予表扬(或奖励、头衔、称号)
 raise money 筹集资金

Exercise 1 Listening for Main Ideas

Directions: *You will hear a nurse's story. Listen to the recording and choose the best answer to each question according to what you have heard.*

Script

Florence Nightingale was born in a rich family. When she was young she took lessons in music and drawing, and read a lot of books. She also travelled a great deal with her mother and father.

As a child she felt that visiting sick people was both a duty and a pleasure. She enjoyed helping them.

At last her mind was made up. "I'm going to be a nurse," she decided. "Nursing isn't the right work for a lady," her father told her.

"Then I will make it so," she smiled. And she went to learn nursing in Germany and France. When she returned to England, Florence started a nursing home for women.

During the Crimean War in 1854 she went with a group of thirty eight nurses to the front hospitals. What they saw there was terrible. Dirt and death were everywhere to be seen and smelled. The officer there did not want any woman to tell him how to run a hospital, either. But the brave nurses went to work.

Florence used her own money and some from friends to buy clothes, beds, medicines and food for the men. Her only pay was in smiles from the lips of dying soldiers. But they were more than enough for this kind woman.

After war she returned to England and was honored for her services by Queen Victoria. But Florence said that her work had just begun. She raised money to build the Nightingale Home for Nurses in London. She also wrote a book on public health, which was printed in several countries.

Florence Nightingale died at the age of ninety, still trying to serve others through her work as a nurse. Indeed, it is because of her that we honor nurses today.

- Nightingale was determined to be a nurse because she ____ C _____.
 A. travelled a lot
 B. read a lot
 C. was most interested in helping the sick
 D. came from a rich family
- What was the attitude of Nightingale's father toward his daughter's determination to be a nurse according to the text? ____ B _____.
 A. Approving.
 B. Disapproving.
 C. Encouraging.
 D. Indifferent.

3. Which of the following can best express the main idea of the text? D
- A. Nightingale's life.
- B. Nightingale's nursing experience during the Crimean War.
- C. Nightingale started a nursing home for women.
- D. Nightingale's service work as a nurse and her great contribution to the field of nursing.

Exercise 2 Listening for Details

Directions: *Listen to the recording once again, and then write down your answers to the questions below.*

- Where was Florence born?
She was born in England.
- Why was she praised by Queen Victoria?
She did a great deal of work during the Crimean War.
- How old was Florence when she died?
Ninety.

Part C Speaking Tasks

Script

Reporter: Nice to meet you, Mr. Jobs. It's my pleasure to have an interview with you.

Jobs: Nice to meet you, too.

Reporter: Could you tell your story to us?

Jobs: Sure. My biological mother was a young, unwed college graduate and she decided to put me up for adoption. Neither of my parents who adopted me went to college. But they sent me to college.

Reporter: But you didn't graduate from college. Can you tell us why you dropped out?

Jobs: Well, I dropped out from Reed College after six months' study because the tuition was so expensive and I could not see the value of attending the college.

Reporter: What do you think of your decision of dropping out?

Jobs: I believe that was probably one of the best decisions I ever made. After I had dropped out of Reed College, I took a calligraphy class and learned much about it which was later designed into the computers.

Reporter: We learn a lot from your story. Thanks for granting my interview.

Exercise 1 Individual Work

Directions: *Listen to the interview with Steve Jobs and answer the following questions.*

1. What do we know about Steve Jobs' biological mother?
His biological mother was a young, unwed college graduate.
2. What do we know about Steve Jobs' foster parents (养父母)?
Neither of them went to college.
3. Why did Steve Jobs drop out of school?
Because the tuition was so expensive and he could not see the value of attending the college.

Exercise 2 Pair Work

Directions: *You have heard an Interview. Get into groups and work out some useful questions and answers, and then do role-play. The following points might be helpful for your discussion.*

Useful expressions

- A** Hello everyone, I am the host This time we invite ... to participate in our program. You must be very familiar with She is an American actress. Now let's welcome ...
- B** Hello, everyone. Thank you for inviting me here. I'm so glad.
- A** As we know, you have been very famous. Can you talk about your burdens as a star?
- B** A super star burdens a lot. Once a person became famous, he would pay for it by giving up the freedom to express himself with his own style. What's worse, he is always living under too much attention without privacy. Stars are also common persons, and we do need a normal peaceful life. But it's too hard.
- A** People may think the life of stars is full of happiness and glory; however, they live a hard life. An artist is hard to be both successful and uncompromising. If you have a second chance to make a decision, what will you choose, fame or freedom?
- B** I'll make the same decision. In my opinion, freedom is more important than fame. I can't live without it. I want to be the person I want to be, instead of the person others like.

- A** Stars are also common people. Too much attention means too much pressure. Please give them the freedom to be themselves. Thank you for your time. Best wishes for you!
- B** (Applause)

USEFUL WORDS AND EXPRESSIONS

biological /baɪə'lɒdʒɪkl/ *adj.* 生物学的
unwed /ʌn'wed/ *adj.* 未婚的
adopt /ə'dɒpt/ *v.* 收养

drop out 退学
calligraphy /kə'lɪgrəfi/ *n.* 书法

(答案略。)

Part D Additional Practice

Listening

Directions: *You will hear a story about a couple who established a travel agency called Global Volunteers. Please listen to the passage and fill in the blanks.*

Have you heard of the idea of humanitarian vacations? It started in 1979 when Bud Philbrook and Michelle Gran (1) decided not to take a traditional honeymoon. Instead they (2) spent a week in a rural village in a Central American country, helping build a canal system.

When they got home and told their friends and family about (3) their experience, everyone was interested by their unusual trip. They all wanted to know how they could take (4) similar vacations. So Bud and Michelle began showing them (5) how to do it.

A few years later, this part-time effort became a (6) full-time career. In 1984, Bud and Michelle started a (7) travel agency called Global Volunteers. It became the first travel agency aimed at helping people (8) help others. Through Global Volunteers, many goodhearted people have the opportunity to (9) make a difference in the lives of people around the world.

"I really believe that every one of us can (10) change the world," Bud said. "If enough

people do this, we will change (11) the face of the planet.”

A humanitarian vacation is a lot of work but (12) a lot of fun, as well. Besides providing voluntary services, volunteers have free time to (13) visit place around the country they are helping. All volunteers need is a giving heart and (14) two to four weeks. Global Volunteers takes care of the rest.

Speaking

Directions: Many companies employ famous people to advertise their products or be the advertising spokespersons for their brands. What's your opinion on this phenomenon?

(答案略。)

Learn by Heart

Language Focus

1. My favorite outstanding figure is ...
2. He/She is a/an scientist/politician/artist/musician/businessman/movie star/pop singer/rock star ...
3. He made a major contribution to the field of medicine.
4. Since he is successful in NBA, Yao Ming has become world famous.
5. Who has inspired you most in your life?
6. I got to know about him/her because ...
7. The media should respect the privacy of every individual, including public figures.
8. I adore him/her because ...
9. His/Her most impressive accomplishment is ...
10. Despite his disability, Stephen Hawking has come to be thought of as the greatest mind in physics since Albert Einstein.
11. Many famous people have suffered from depression.
12. It is a balance to strike between the privacy of individuals and the freedom of the press.



Keeping Fit

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *Listen for the missing words in the sentences you hear and choose the consonant cluster in each sentence.*

Example: You will hear: I've tried several times but still fail to find my lost watch.

- A. /tr/ B. /dr/ C. /str/ D. /pr/

(The answer is A, so you tick A.)

1. My brother has never been abroad before.
A. /pr/ B. /pl/ C. /br/ D. /bl/
2. I pray your permission to speak.
A. /pr/ B. /pl/ C. /br/ D. /bl/
3. The traffic in the city should be better.
A. /str/ B. /tr/ C. /dr/ D. /spr/
4. The new secretary speaks correct English.
A. /kl/ B. /gl/ C. /br/ D. /bl/
5. Can your child speak yet?
A. /st/ B. /sp/ C. /sk/ D. /spr/
6. This is not good enough. I want to improve it.
A. /bl/ B. /br/ C. /pl/ D. /pr/

7. We spent a pleasant day in the country.
A. /pr/ B. /pl/ C. /kl/ D. /kr/
8. Don't play in the street.
A. /tr/ B. /dr/ C. /str/ D. /spr/
9. She graduated from an American college.
A. /kr/ B. /pr/ C. /brl/ D. /gr/
10. The lawyer asked for facts, not opinions.
A. /kts/ B. /gdz/ C. /str/ D. /pts/
11. It will take you three months to finish the project.
A. /θs/ B. /ts/ C. /dz/ D. /s/
12. His words are strongly impressed on my memory.
A. /gl/ B. /kl/ C. /gr/ D. /pr/

Dialogue

Directions: *You will hear the dialogue about yoga. Listen to it and fill in the blanks with what you have heard from the recording. While listening, you may pay special attention to the consonant clusters in the missing words.*

Lucy: You are always keeping up with the changes in fashion. I hear that you are taking yoga these days. How is it?

Paul: Wonderful!

Lucy: But as I know, (1) most people who like it are women.

Paul: Yes, that's true. At the beginning, women (2) liked it mainly. But as its popularity grew, men began to (2) accept it. When my wife started taking yoga four years ago, I thought I should try it.

Lucy: Why did you want to have a try?

Paul: Because my back was so (4) stiff and I couldn't (5) sleep well.

Lucy: At the beginning, it was not easy, right?

Paul: Sure, the first few classes were hard, but I didn't give up. The first major effect I found was that I'd feel very (6) relaxed after a class. I'd become (7) stronger, more (8) flexible.

Lucy: You must be used to it now.

Paul: I still find it challenging.

Lucy: It sounds interesting. And it needs great perseverance.

Word Tips

popularity /ˌpɒpjə'lærəti/ *n.* 流行

effect /ɪ'fekt/ *n.* 效果, 作用, 影响

challenging /'tʃælɪndʒɪŋ/ *adj.* 有挑战性的

perseverance /ˌpɜːsə'vɪərəns/ *n.* 毅力

Part B Listening Tasks

Text

Keeping Fit

Word Bank

a couple of 几个, 若干个
 fit /fɪt/ *adj.* 健康的; 恰当的
 charming /ˈtʃɑːrmlɪŋ/ *adj.* 迷人的, 潇洒的
 extra /ˈekstrə/ *adj.* 额外的
 on a diet 节食
 mood /mud/ *n.* 心情, 情绪
 sleep late 睡过头, 迟起, 睡懒觉
 harmful /ˈhɑːmfl/ *adj.* 对...有害的
 breathe /briːð/ *v.* 呼吸
 energetic /ˌenəˈdʒetɪk/ *adj.* 精力充沛的
 cycling /ˈsaɪklɪŋ/ *n.* 骑脚踏车兜风; 骑脚踏车消遣

Exercise 1 Listening for Main Ideas

Directions: Listen to a story about Daisy and choose the best answer.

(A=Angela D=Daisy)

- A: Hi, Daisy! Haven't seen you for a couple of months. You look so ... good. There's something different about you.
- D: (*Smiling*) What's it?
- A: Mm, you become thinner and so fit! No wonder you are so charming now.
- D: Oh, really? Thank you. I've been trying to get the extra fat off these days.
- A: How did you do that?
- D: I am on a diet and exercise for at least 30 minutes every day. And I also try to keep a good mood. Oh, early rising is also very important, you know, I always slept late before, but it is in fact harmful to our health. Now every morning I can breathe in some fresh air, do morning exercises, and I feel energetic the whole day.

D: Walking, dancing, cycling ... Anyway, I tried everything that can make my body move, and it works.

A: Oh, it's so good to be fit. Maybe I should follow you.

Part C Speaking Tasks

Script

The wrinkles

It's certain that all the women want to keep beautiful and young. But as time goes by, their faces may no longer be as smooth as before. Wrinkles begin to appear on their faces, especially at the corner of the eyes, which are called crow's feet. Women who are over 30 may probably be troubled by this problem. But don't worry! Maybe you spend too much time in the sun, so your skin loses too much moisture. Nowadays, there are many effective methods you can choose to solve this problem. For example, you should always wear sunscreen when you go out. Meanwhile, you'd better wear a pair of sunglasses. In addition, you can also use an eye gel or anti-ageing cream every day. If these don't help, you can have a plastic surgery, which is the most fashionable way to get rid of the wrinkles.

Exercise 1 Individual Work

Directions: *Listen to the passage about wrinkles and then answer the following questions.*

1. Where do wrinkles usually appear?
Wrinkles usually appear at the corner of the eyes.
2. Who may probably have crow's feet?
Women who are over 30 may probably have crow's feet.
3. What will happen if you spend too much time in the sun according to the passage?
My skin will lose too much moisture if I spend too much time in the sun according to the passage.
4. What should the women do to protect their skin when they are going outside?
The women should wear sunscreen to protect their skin when they are going outside.

5. What is the most fashionable way to get rid of the wrinkles?

Having a plastic surgery is the most fashionable way to get rid of the wrinkles.

Exercise 2 Pair Work

Directions: *Discuss the following questions with your partner.*

1. Do you like to make up?
2. Do you know plastic surgery? What do you think of it?
3. How do you take care of your skin?

The following sentences may be useful:

Keep up with the fashion.

It is very/quite/really fashionable/popular to ...

It sounds wonderful/interesting to ...

From my point of view ...

As I know ...

I like/prefer ...

I never do ...

I nearly don't do ...

According to ...

At the beginning/Firstly, you should wash your face thoroughly ...

Then/Secondly, you'd better set a mask over your face ...

Lastly, you need to use some face cream/moisture gel (保湿霜) ...

Meanwhile/In addition ...

USEFUL WORDS AND EXPRESSIONS

smooth /smʊð/ *adj.* 光滑的

crow's feet (眼角的) 鱼尾纹

moisture /'mɔɪstʃə(r)/ *n.* 水分; 滋润

effective /ɪ'fektɪv/ *adj.* 有效的

sunscreen /'sʌnskri:n/ *n.* 防晒霜

eye gel 眼霜

anti-ageing cream 抗衰老面霜

plastic surgery 整形手术

(答案略。)

Part **D** Additional Practice

Listening

Directions: *Listen to the passage about keeping fit and then fill in the blanks according to what you have heard.*

I've Been Much Healthier Now!

It all (1) started about two years ago. In those days I was (2) overweight. I used to smoke a lot and stay at home all day. I never went out into the fresh air, (3) except to do the shopping. I never got any exercise. And even then I used to take the car.

One day I looked at myself in the (4) mirror. "My God," I thought. "I look (5) terrible." I tried to (6) touch my toes. I couldn't do it. I found an old dress. I couldn't put it on. It was too small. Or (7) rather, I was too fat! The next day I tried to jog a little. At first it was terrible. I mean I just couldn't run. Not even a short (8) distance. But now I've (9) completely changed the way I live. I've stopped eating meat and I've started eating far more fresh vegetables. About six months ago I sold my car and brought a bike. (10) Recently I've started doing yoga exercises. And now I've been much healthier than before.

Speaking

Directions: Do you always hear people around you talk about losing weight? How do they complain about their appearance? What do you think of this? Discuss with your partner and write down your opinions.

(答案略。)

Learn by Heart

Language Focus

1. We should have a balanced diet.
2. We should get rid of any junk food. This includes chocolate, sweets, crisps and most importantly fast food.

3. We should eat less junk food and more vegetables.
4. Exercise is a very important part of a healthy lifestyle.
5. We should jog at least a kilometer to keep the fat off.
6. Fashion is a general term for a popular style or practice, especially in clothing, footwear, accessories, makeup, body piercing, or furniture.
7. Fashion plays a big role in our life.
8. Fashion accentuates beauty.
9. For most people, the word “fashion” means “clothes”.
10. Fashions change as time goes.
11. Many women do not exercise to be healthy, but rather to be skinny, to attain a certain weight, or to fit into a particular pair of jeans.
12. We should not judge ourselves based solely on our weight, dress size, or muscularity, but rather by our energy level, our emotional well-being, and our overall health and fitness.

参考资料



Entertainment

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear ten short sentences, and please fill in the blanks according to the recording.*

1. The buses are always crowded during rush hours.
2. We usually eat out on Sundays.
3. He is often late for school.
4. Buses run frequently from the city to the airport.
5. Sometimes he goes to school by bike and sometimes by bus.
6. I occasionally go to the movies with her.
7. I have seldom met her recently.
8. He rarely goes out for dinner.
9. He is never late for his appointments.
10. She took the tablets once every eight hours.

Dialogue

Directions: You will hear a conversation between Bob and Lisa about their hobbies. Listen to the dialogue and fill in the blanks with what you have heard from the recording. While listening, pay attention to the adverbials of frequency which can help you to find detailed information.

(B=Bob L=Lisa)

B: Do you (1) often listen to classical music?

L: (2) Sometimes, but I find pop music more relaxing. The lyrics are easy to remember so you can sing along.

B: Classical is my favorite. It (3) always helps me to calm down.

L: Which composers are your favorites?

B: I like Bach, Mozart and Beethoven. I (4) occasionally listen to opera.

L: I (5) never listen to opera. Do you have any opera CDs?

B: Yes, would you like to borrow them?

L: How about now?

B: Sure. And tonight we are going to play tennis. Would you like to join us?

L: I (6) seldom play tennis. But I'd love to. Thanks.

Word Tips

classical music 古典音乐

pop music 流行音乐

lyrics /'lɪrɪks/ *n.* 歌词

composer /kəm'pəʊzə/ *n.* 作曲家

favorite /'feɪvərɪt/ *n.* 最喜爱的人或物

Part B Listening Tasks

Text

Traditional Music and Popular Music

Script

Now, let's talk about the traditional music and popular music. Traditional music is music that comes from a particular culture. Every culture has its own forms of traditional music. Each culture has a unique kind of traditional music which is passed down from generation to generation.

Popular music includes all kinds of music that are popular, or well-known, or widely bought. Usually popular music, which is sometimes called “pop music”, is popular among teenagers. Music popularity is measured actually by the number of records sold.

Popular music usually lasts only a very short time. In other words, a song that is popular this year may be completely unknown or not popular at all the following year.

Word Bank

traditional /trə'dɪʃənəl/ *adj.* 传统的

popular /'pɒpjələ/ *adj.* 流行的, 受欢迎的

particular /pə'tɪkjələ/ *adj.* 特定的

unique /ju:'ni:k/ *adj.* 独特的, 特别的

pass down 传递, 传承

teenager /'ti:neɪdʒə/ *n.* 13~19 岁的青少年

popularity /'pɒpjə'lærɪti/ *n.* 受欢迎, 流行

Exercise 1 Listening for Main Ideas

Directions: *You will hear a short passage about traditional music and popular music. Listen to the recording and choose the best answer to each question according to what you have heard.*

- What is the difference between traditional music and popular music? C
 - Traditional music is free of charge, while popular music is costly.
 - Traditional music is popular with elderly people, while popular music is popular with young people.
 - Traditional music is passed down from generation to generation, while popular music only lasts only a very short time.
 - Traditional music is related to culture, while popular music is not.
- From the passage we can infer that the speaker's attitude toward the traditional music is C.

A. positive	B. negative
C. neutral	D. not mentioned
- The attitude of the speaker toward the popular music is C.

A. positive	B. negative
C. neutral	D. not mentioned

Exercise 2 Listening for Details

Directions: *Listen to the passage once again, and finish the following True or False questions.*

- (T) 1. Traditional music usually has a long history in a particular culture.
- (F) 2. Popular music usually lasts a very short period of time. So not many of the records can be sold.
- (F) 3. Traditional music and popular music have nothing in common.

Part C Speaking Tasks

Script

Mike is 12 and he loves soccer, track and field events, like running and jumping. Unless you see him using his inhaler medicine, you would never guess that he has asthma. So how does Mike do it? Let's find out.

Reporter: How old were you when you first discovered you have asthma?

Mike: I was 8 years old when I was in the third grade.

Reporter: How did you feel when you first heard you had asthma?

Mike: I was scared and thought I would not be able to play sports any more. Luckily, I didn't have to stop.

Reporter: As an athlete, what is the most challenging thing about managing your asthma?

Mike: Knowing when to take my inhalers and remembering which one is for sports is challenging, but it is a lot easier now. Also, coming out of a soccer game to take my medicines is hard because I love to play the game.

Reporter: You play two sports (track and soccer) where competing and success depend on how hard you push yourself. How do you do this and still manage your asthma?

Mike: I do not let sports take over my life, and if I can't breathe easily, I will take a break from the sport or go back to my doctor and see what is wrong. Also, my coaches are supportive and make sure I use my inhalers when I need to.

Reporter: How do your teammates handle your asthma?

Mike: The people on my soccer team always ask me if I am OK.

Reporter: What tips or encouragement would you give to other kids who have asthma and want to play sports?

Mike: Go for it, but make sure it is OK with your doctor. And if your asthma acts up, remember it is OK to take a break during practice, a game, or race.

Exercise 1 Individual Work

Directions: *Listen to an interview with a young athlete suffering from asthma, and decide whether the following statements are true (T) or false (F).*

- (F) 1. When Mike was 12 years old, he was diagnosed as having asthma.
- (F) 2. After the diagnosis, Mike stopped the sports for several years to receive treatment.
- (T) 3. He is a special athlete because he has to stop to take his medicine.
- (T) 4. The whole team is supportive to Mike.
- (F) 5. Sports have taken over Mike's life and he is unwilling to see a doctor even when he needs to.
- (T) 6. Mike manages his sports and asthma well.

Exercise 2 Pair Work

Directions: *You have heard an interview for an athlete suffering from asthma. Get into groups and work out some interview questions and answers, and then do role-play. The following points might be helpful for your discussion.*

Questions and answers

1. **Q** How old were you when you first ...?
A I was ... years old when I
2. **Q** How did you feel when you first heard ...?
A I was ... and thought I
3. **Q** As a/an ..., what is the most challenging/depressing thing about ...?
A is hard because But it is a lot easier now.
4. **Q** How do you do this and still manage ...?
A I believe the key is persistence/self-confidence.
5. **Q** What tips or encouragement would you give to other kids who have ... and want to ...?
A I think as long as they have a dream/goal ... they too will succeed.

USEFUL WORDS AND EXPRESSIONS

track and field events 田径项目

inhaler medicine 吸入剂

You would never guess ... 你永远都想不到…

the most challenging thing 最具有挑战性的事

push oneself doing 努力做某事

take over 变成主要的; 取得主导地位

act up 发作

Part **D** Additional Practice

Listening

Directions: *You will hear a short passage about music and our life. Please listen to it and fill in the blanks.*

Music and Our Life

To me, (1) life without music would not be exciting. I realize that this is not true for everybody. Many people get along quite well (2) without going to concerts or (3) listening to records. But music (4) plays an important part in everyone's life, whether he realizes it or not. Try to imagine, for example, what films or TV plays would be like without music. Would the feelings, the moving plot, and the greatest interests, be so exciting or dramatic? (5) I doubt it.

Now, we have been speaking of music in (6) its more common meaning — the kind of music we hear in the concert hall. But if we look at some parts of music more closely, we do discover them in our everyday life too — in (7) rhythm of the sea, (8) the singing of a bird in the woods and so on. So music surely has meaning for everyone, in some way or other. And of course, it has special meaning for those who have spent their lives working on (9) playing or writing music.

It is well said, "Through music, a person enters into a world of beauty, expresses himself from his heart, feels (10) the joy of doing things alone, learns to take care of others, develops his mind and makes his body strong."

Speaking

Directions: Do you believe that music can make people healthier both physically and emotionally? Give your reasons to support your opinion.

(答案略。)

Learn by Heart

Language Focus

1. After class, I like ... I like it because it ...
2. is my favorite because it helps me to ... In addition, it also ...
3. Music can help people to relax./ I find pop music more relaxing.
4. I occasionally ...
5. Tonight we are going to ... Would you like to join us?
6. Every culture has its own forms of traditional music.
7. Traditional music is passed down from generation to generation.
8. Popular music is popular with teenagers.
9. ... would not be able to ... any more.
10. Success depends on how hard you push yourself.
11. I do not let ... take over my life.
12. I realize that it is not true for everybody.
13. I doubt it.
14. People get along quite well with/without ...
15. Music/Sports plays an important part in everyone's life.



Life

Part **A** Warm-up Tasks

Apply the Strategy

Exercise 1

Directions: *You will hear a dialogue between a doctor and a patient. Listen carefully and complete the following form.*

Script

(D=Doctor P=Patient)

P: Good morning, Doctor!

D: Good morning! What's your name please?

P: I am Allan Smith.

D: What's wrong with you?

P: I have been suffering from fever since yesterday.

D: Have you any other problems?

P: I also feel headache and shivering.

D: Let me feel your pulse and check your fever ... Don't worry, there is nothing serious. I am giving you the medicine, and you will be all right in a few days.

P: Thank you, doctor. Please tell me how shall I take this medicine?

D: This medicine is for one day only. Take this dose as soon as you reach your home and the second at 3 pm and the third at night before sleeping.

P: What should I eat, doctor?

D: You should eat only light food. You can take milk and fresh fruit also.

P: How much shall I pay you, doctor?

D: \$6.

P: Here it is, please. Thanks, doctor.

D: It's all right.

Name of the Patient	Allan Smith
Symptoms	Fever, headache and shivering
How to Take the Medicine	First dose once reach home; second at 3 pm; third before sleeping
What to Eat	Light food, milk and fresh fruit
Money Paid to the Doctor	\$6

Dialogue

Directions: *You will hear a dialogue between a doctor and a nurse. Listen to the dialogue and fill in the form with what you have heard from the recording. While listening, pay attention to the key words which can help you find the detailed information.*

Script

(D=Doctor N=Nurse)

N: Dr. Johnson, sorry to trouble you. Mr. Denials, condition is not good. He got a fever after dinner.

D: I need a little more information.

N: OK, the patient was admitted two days ago, with symptoms of weight loss, lack of energy, dizziness and vomiting.

D: Oh, I remember it. All of his symptoms and test results suggest that he has got diabetes.

N: Yes. His vital signs have been steady after he was given an insulin injection. But he began to have a slight fever at 6:00 p.m. Right now, the patient is very restless.

D: Have you noticed anything that makes it worse?

N: No, his temperature went up suddenly.

D: Did he take any other medicine?

N: No. I didn't give him any other medicine.

D: I need his vital signs, that is, his temperature, respiration, heart rate and blood pressure. Could you help me?

N: Certainly. I will take them right now.

D: OK, I'll see him after my ward round.

Name	Mr. Denials
Date of Admission	Two days ago
Symptoms When Admitted	weight loss, lack of energy, dizziness and vomiting.
Treatment When Admitted	an insulin injection
Present Symptoms	a slight fever

Word Tips

be admitted to hospital 入院

dizziness /ˈdɪzɪnɪs/ *n.* 头晕

diabetes /ˌdaɪəˈbiːtiːz/ *n.* 糖尿病

insulin injection 胰岛素注射

vital signs 生命体征

respiration /resprɪˈreɪʃən/ *n.* 呼吸

ward round 查房

Part B Listening Tasks

Text

Don't Postpone Joys

Word Bank

recall /rɪˈkɔːl/ *v.* 回想

potential /pəˈtenʃəl/ *n.* 潜力, 有潜能的事物

stress /stres/ *n.* 压力
 column /'kɒləm/ *n.* 列
 financial /faɪ'nænʃəl/ *adj.* 财政的, 金融的
 unemployment /ʌnɪm'plɔɪmənt/ *n.* 失业
 issue /'ɪʃʊ/ *n.* 问题
 neutralize /'nɒtrə'laɪz/ *v.* 中和
 picky /'pɪki/ *adj.* 挑剔的

Exercise 1 Listening for Main Ideas

Directions: *You will hear a passage about stresses and joys. Listen to the recording and choose the best answer to each question according to what you have heard.*

Script

When I meet patients for the first time, I ask them what gives them joy and watch their response. Many smile as they recall joyful times, such as spending time with loved ones. But a number of patients say that they feel little joy, even though their life is filled with the potential for joy. When I ask why, their answer is there just isn't time to sit back and watch the sunset or take a walk in the park. Clearly, this isn't a healthy way to live.

A key difference between the joyful and joyless groups is whether one can keep a balance between stresses and joys. So, how can you successfully keep this balance? Try the following simple exercise.

On a piece of paper, make two columns. Label the first "Joy" and the other "Stress". Under "Joy", list the things that make you happy. How about listening to your favorite music, gardening, joining a book club, or helping others? Under "Stress", list the main stresses. It could be a medical condition, financial problems, unemployment, or relationship issues.

Now try this: For every stress, choose one or more joys to neutralize it. A picky boss can be balanced by a hug from a loved one, a yummy dinner, and a good night's sleep. If you are careful enough, you'll find there are always more joys than stresses. This way will help you find more joys in life.

1. What does the passage mainly talk about? C
 A. The stories of my patients.
 B. The reason why people feel unhappy.
 C. How to keep a balance between stresses and joys.
 D. The importance of keeping a balance between stresses and joys.

2. According to the passage, how can we keep a balance between stresses and joys? D
 A. Spend time with loved ones.
 B. Take a walk in the park.
 C. Write down all the joys and stresses.
 D. List the stresses and joys, and choose one or more joys to neutralize the stresses.
3. What's the response of the patients when they are asked what gives them joys? C
 A. They recall the joyful times.
 B. They feel little joy.
 C. Some of the patients think they are happy while others don't.
 D. They say they don't have time to enjoy life.

Exercise 2 Listening for Details

Directions: *Listen to the passage once again, and then complete the table below.*

Joys	Stresses
Many smile as they recall joyful times, such as (1) <u>spending time with loved ones</u> .	There just isn't time to (2) <u>sit back</u> and (3) <u>watch the sunset</u> or (4) <u>take a walk in the park</u> .
How about (5) <u>listening to your favorite music</u> , (6) <u>gardening</u> , (7) <u>joining a book club</u> , or (8) <u>helping others</u> ?	It could be a (9) <u>medical condition</u> , (10) <u>financial problems</u> , (11) <u>unemployment</u> , or (12) <u>relationship issues</u> .
A hug from a loved one, (13) <u>a yummy dinner</u> , and (14) <u>a good night's sleep</u> .	A picky boss

Part C Speaking Tasks

Script

- Interviewer:** Nice to meet you, Sonya. We'd like to know what your profession is like. So first please tell me about yourself.
- Sonya:** Nice to meet you. I am an intensive care nurse in Royal Columbian Hospital.
- Interviewer:** How long have you been nursing?
- Sonya:** I have been nursing for 15 years.

Interviewer: Why do you want to be a nurse?

Sonya: Because I have a strong desire to help people, to comfort and heal the sick people. I feel great satisfaction when I see sick people get better.

Interviewer: Could you please describe your job a little bit?

Sonya: I work 8-hour shifts. I love my career choice and I feel I've got an engine inside me that drives me to keep working. But sometimes this job can bring me a lot of stress.

Interviewer: How do you deal with this kind of stress?

Sonya: When I am under great pressure, I tell myself I shoulder the responsibility of making patients' stay in hospital more comfortable and my efforts will make a big difference for the patients and their families.

Interviewer: Besides your strong belief, do you have other ways to balance your job and your life so that you can stay healthy and happy?

Sonya: All of us know that sorrow is reduced by half and happiness is doubled when they are shared with friends. So I share a lot with my family and my friends. And I also smile a lot, because I believe those whom I smile at will certainly smile back at me. I also try to maintain a healthy eating habits and exercising habits.

Interviewer: You certainly help us understand your profession more. Thank you for your sharing.

Sonya: Thank you.

Exercise 1 Individual Work

Directions: *Listen to an interview about a nurse's career and decide whether the following statements are true (T) or false (F).*

- (T) 1. Sonya is an intensive care nurse.
- (F) 2. Sonya works 12-hour shifts.
- (T) 3. Sonya is passionate about her work.
- (F) 4. Because of great pressure in her work, Sonya regrets about her career choice.
- (T) 5. One way to deal with the pressure is to share with friends according to Sonya.
- (T) 6. In her free time, Sonya likes doing exercise.

Exercise 2 Pair Work

Directions: *You have heard a sample dialogue about an interview. Get into groups and work out a dialogue about your study stress and how to stay healthy and happy, and then do role-play. The following points might be helpful for your discussion.*

Questions and answers

1. **Q** You have been in a medical university for almost one year. How do you feel about this one-year study?
A Well, I like studying here. Making the decision to become a doctor is a very big deal. And now I am studying in a medical university and on my way to becoming a doctor.

2. **Q** Why do you want to be a doctor in the first place?/What helps you make your decision to become a doctor?
A I love the satisfaction of helping people and I think a medical career will give me the skills to help those most in need./I love learning, and I will never stop learning as a doctor./It is rewarding to know that I have the ability to help another human being through a tough time.

3. **Q** Do you have any difficulties in your study?/What problems do you have in your study?
A I have to take many courses, for example, anatomy, cell biology .../There is too much information for me to digest.

4. **Q** With so many courses to take, do you often feel stressed?
A It's tough to become a doctor because it's competitive the whole way through./It's very difficult to become a doctor. There were times I only slept a couple of hours. There were nights I slept with books in my hands. There were moments I thought I was going to give up.

5. **Q** How do you deal with your stress and keep a balance between your study and your happiness and health?
A Surround myself with people that enrich my life and make me happy./Have a healthy relationship. Be open about my feeling and try to share with those I trust./Despite the hardships in study, I try to make the time to stay connected to my close friends./Stay physically healthy by maintaining balanced eating and exercising habits.

USEFUL WORDS AND EXPRESSIONS

profession /prə'feʃən/ *n.* 职业
intensive care 危重病人特别护理
heal /hi:l/ *v.* 治愈
satisfaction /sætɪs'fækʃən/ *n.* 满意

sorrow /'sɒrəʊ/ *n.* 悲伤
reduce /rɪ'dju:s/ *v.* 减少
maintain /meɪn'teɪn/ *v.* 维持
passionate /'pæʃənət/ *adj.* 充满激情的

Part D Additional Practice

Listening

Directions: You will hear a passage about lifespan. Please listen to the passage and fill in the blanks.

Lifespan

How long can you (1) expect to live? What is the average lifespan for us?

The average lifespan (2) varies from country to country and from time to time.

If you look at the average lifespan information for this century in the United States, you will see that the average gets higher every year. (3) For instance, in 1910, it was 50, 1940, 62.9, 1960, 69.7; in 1980 the average lifetime was 73.8; in 1990 it was 75.4 and in 2002 the average lifetime was 77.3 years.

So, you can see that in 92 years the average lifespan has (4) risen from 50 to 77.3 years. Why does the average lifespan keep getting higher and higher? It is (5) attributed to two major reasons. First, (6) health care, especially general health care for young children, has improved (7) steadily. Second, a large number of (8) drugs have been developed in the past 40 or 50 years. These powerful drugs can (9) prevent and cure many diseases that used to be (10) fatal in the past.

Speaking

Directions: Everyone wants to have a long lifespan. But in our daily life, we suffer from great pressure, which can affect our health and happiness. How can we deal with the stresses and live a longer and happier life?

(答案略。)

Learn by Heart

Language Focus

1. Happiness is one of the many emotions humans experience. It may be the most important feeling a person can have and it is the one feeling everyone strives to achieve.
2. We can achieve a state of happiness by looking positively on everything, and by believing what goes around comes around.
3. Happiness is found nowhere but within you.
4. Happiness is a manner of living not a goal to reach.
5. Being happy is being content and at peace with yourself and your surroundings.
6. You can find happiness everywhere: a harmonious family, a true friend, a beautiful scene, good health, knowledge and learning, romantic love ...
7. Happy people may have stronger immune systems — they're less likely to get colds and flu viruses.
8. Happy people recover more quickly from surgery, cope better with pain, have lower blood pressure, and have longer life expectancy than unhappy people.
9. Stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges.
10. Poor health has the potential to significantly affect almost every aspect of your life: your independence, your self-image, your personal relationships, your ability to work and your basic daily activities.
11. Maintain a healthy lifestyle and you'll be well on your way to a long life rich in happiness.
12. We can stay healthy by eating a balanced diet with lots of fruit and vegetables, keeping stress levels to a minimum, getting regular checkups, laughing often, getting plenty of exercise ...
13. In general, exercising more increases well-being, whether it's yoga, weight training, or daily walks around the neighborhood.
14. Keep your personal relationships healthy and strong by spending quality time with friends and family.