涉外护理英语
初级听说教程教学参考资料
<table>
<thead>
<tr>
<th>Unit</th>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit Five</td>
<td>Directions</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Part A Warm-up Tasks</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Part B Listening Tasks</td>
<td>33</td>
</tr>
<tr>
<td></td>
<td>Part C Speaking Tasks</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td>Part D Additional Practice</td>
<td>36</td>
</tr>
<tr>
<td>Unit Six</td>
<td>In a Restaurant</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>Part A Warm-up Tasks</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>Part B Listening Tasks</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Part C Speaking Tasks</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>Part D Additional Practice</td>
<td>44</td>
</tr>
<tr>
<td>Unit Seven</td>
<td>Shopping</td>
<td>46</td>
</tr>
<tr>
<td></td>
<td>Part A Warm-up Tasks</td>
<td>46</td>
</tr>
<tr>
<td></td>
<td>Part B Listening Tasks</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td>Part C Speaking Tasks</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>Part D Additional Practice</td>
<td>51</td>
</tr>
<tr>
<td>Unit Eight</td>
<td>Family and Friends</td>
<td>53</td>
</tr>
<tr>
<td></td>
<td>Part A Warm-up Tasks</td>
<td>53</td>
</tr>
<tr>
<td></td>
<td>Part B Listening Tasks</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td>Part C Speaking Tasks</td>
<td>56</td>
</tr>
<tr>
<td></td>
<td>Part D Additional Practice</td>
<td>58</td>
</tr>
</tbody>
</table>
Introductions

Part A Warm-up Tasks

Unit One

Apply the Strategy

Exercise 1

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

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

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.

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

<table>
<thead>
<tr>
<th>English Name</th>
<th>Susan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year of Birth</td>
<td>1985</td>
</tr>
<tr>
<td>Frequency of Seeing a Doctor When She Was a Little Girl</td>
<td>Almost every month</td>
</tr>
<tr>
<td>What Does She Want to Be</td>
<td>A good nurse</td>
</tr>
</tbody>
</table>

**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** /ˈredʒɪstra/ 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** /dɪˈleɪɡət/ n. 代表
- **extension** /ɪkˈstɛnʃən/ n. 电话分机
- **receipt** /ˈrɪsiːt/ n. 收据，发票
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.
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

Unit Two

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.
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 /əˈvæləntʃ/ n. 雪崩
- hillside /ˈhɪlsaid/ n. 小山坡
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.

1. 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.

2. The winds of a hurricane blow in a  A.
   A. huge circle
   B. large triangle
   C. medium-sized circle
   D. irregular triangle

3. What kind of event could we describe an earthquake as?  D
   A. A severe man-made disaster.
   B. A controllable calamity.
   C. A preventable event in the nature.
   D. A destructive natural event.

**Script**

hurricane /həˈrɪkən/ n. 飓风
destructive /drəˈstrʌktɪv/ adj. 破坏性的
predict /prɪˈdɪkt/ v. 预言
region /riˈdʒiən/ n. 地区
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/cold/humid/damp/dry .../It is raining heavily ...
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.
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 Monday Tuesday Wednesday
Thursday Friday Saturday
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 one 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.
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.

1. Which of the following can be the best title of the passage you’ve just heard?  
   A. Good Habits and Bad Habits  
   B. Nail Biting  
   C. How to Stop Your Kids’ Bad Habits  
   D. Nose Picking

2. Which of the following is NOT true according to the passage?  
   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.

3. Which of the following adjectives can best describe parents’ attitude towards their children’s bad habits?  
   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.

1. What are the 5 most common habits mentioned in the passage?  
   They are nail biting, thumb sucking, hair twirling, nose picking and breath holding.

2. 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.

3. 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?

(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** /bedtaIm/ n. 就寝时间
- **go to bed** 上床睡觉
- **take a bath** 洗澡
- **take a shower** 淋浴
- **pajamas** /pa’dʒəməz/ n. 睡衣
- **closet** /kləzIt/ n. 壁橱，衣橱
- **comb** /kəm/ 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 (支气管肺炎). 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
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?

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.
Unit Four
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 /əˈpɔɪntmənt/ n. 预约
fully /ˈfɔlt/ adv. 完全地，充分地
book /bʊk/ v. 预定，预约
be occupied 忙碌的
available /əˈveɪləbl/ adj. 有空的
check /tʃek/ v. 检查，查看

Part B Listening Tasks

Text

Cultural Notes on Making Appointments

Word Bank
scheduling /ˈskeɪdʒəlɪŋ/ n. 安排
in advance 提前
unexpected /ʌntɪˈspektɪd/ adj. 意外的，想不到的
long-term 长期的
custom /ˈkʌstəm/ n. 习俗
secretary /ˈsektrəri/ n. 秘书
directly /drɪˈkɛktli/ adv. 直接地
arrange /əˈrɛndʒ/ v. 安排
title /ˈtɪtl/ n. 头衔
double-check /ˈdʌbltʃek/ v. 复核，仔细检查
accuracy /əˈkjuərəsi/ n. 准确，精确
verify /vərˈfɪri/ v. 核实
on time 准时
urgent /ˈɜrdʒent/ adj. 紧急的
immediately /ɪˈmiːdiətli/ 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 /prɪˈskrɪpʃən/ n. 药方
squeeze /skwiːz/ v. 挤出，塞进，紧捏
squeeze sb. in 挤出时间见某人
checkup /ˈtʃekʌp/ n. 检查
Cancellation /ˈkænsələʃən/ 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.
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.
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 /ˈeskælətər/ 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
A Hospital and Its Departments

Word Bank

specialty /spəˈtælti/ n. 专业
dentistry /dɛntɪstri/ n. 牙科学
emergency /ˈɛmərʒənsi/ v. 紧急情况, 急诊
ward /wɔːd/ n. 病房
round the clock 日夜不停地
wholeheartedly /ˌhəʊlˌhɑːrtədli/ 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 _____ 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.*

![Hospital Diagram]

- **In-patient Department**
  1. Various kinds of wards
  2. Four to eight beds in each ward.

- **Out-patient Department**
  1. Many consulting rooms
  2. Doctors receive patients

- **Emergency Room**
  Timely medical care is available round the clock.

**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 /ˈkrɒsm/ n. 十字路口

downtown /ˈdaʊntaʊn/ n. 市中心

lane /leɪn/ n. 小巷

highway /ˈhaɪweɪ/ 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) ____________ where she can take a bus to get to the (2) ____________ 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 ...
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.

1. 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.

2. 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 /ˈsiːfuːd/ n. 海鲜
tuna /ˈtjuːnə/ n. 金枪鱼
crab /kræb/ n. 蟹
takeaway /ˈteɪkəwei/ n. 外卖

Part B Listening Tasks

Text

Improve Your Mood with These Foods

Word Bank

nutritionist /ˌnjuːtrɪʃənist/ n. 营养学家
swallow up 消除、吞食
protein /prəʊtɪn/ n. 蛋白质
neural /ˈnjuərəl/ adj. 神经的；神经中枢的
cereal /ˈsɛrɪəl/ n. 谷物

carp /kɑːp/ n. 鲤鱼
dairy /ˈdeəri/ adj. 乳的；乳制的


crunchy /ˈkrʌŋʃi/ adj. 松脆的
bust/ˈbʌst/ n. 挫败…的人（或物）
hydrated /ˈhaɪdrətɪd/ a. 吸收水分多的
fluid /ˈfljuːd/ n. 液体

lipid /ˈlɪpɪd/ n. 脂肪


toxin /ˈtɒksɪn/ n. 毒素
avocado /əˈvɔːkədəʊ/ 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 carps 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.

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**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).

1. Children who do not get enough food in the first three years of life suffer lasting damage.  (F)
( 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 /ˈvɪtəmɪnz/ n. 维生素
- fiber /ˈfaɪəbər/ n. 纤维
- calcium /ˈkælʃəm/ n. 钙
- iron /ˈaɪrən/ n. 铁
- mineral /ˈmɪnərəl/ n. 矿物质
- obtain /əbˈteɪn/ v. 获得
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.
Unit Seven

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.
### 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!

---

### Percentages

<table>
<thead>
<tr>
<th>Percentages</th>
<th>Facts about Modern Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>85%</td>
<td>of all consumer purchases</td>
</tr>
<tr>
<td>75%</td>
<td>primary shoppers for their households</td>
</tr>
<tr>
<td>58%</td>
<td>of all total online spending</td>
</tr>
<tr>
<td>22%</td>
<td>shop online at least once a day</td>
</tr>
</tbody>
</table>
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 /ˈpriːʃənt/ v. 欣赏
- checkout /tʃekaut/ 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 /ˈsektəri/ n. 安全
- street vendors 街头小贩
- flea market 跳蚤市场
Exercise 1  Listening for Main Ideas

Directions: You will hear a college student talking about online shopping. Listen to the recording and choose the best answer to each question according to what you have heard.

Script

If you are a Chinese girl or Chinese boy and you did not “seckill anything” this summer, you are really out of date. “Seckill” is one of the most popular online shopping methods at present. It refers to the quick sell out of newly-advertised goods. If you look at the transaction record, you will find that each of the transactions is made in seconds.

My family members are all online shopping enthusiasts! My father bought a new TV set and a fridge from the online stores the other day. It saved us a lot of money as we ordered them when they were on special offer. While my mother always browse through the group buying websites to look for group buying deals that interest her. I love shopping online because it helps me to save a lot of time and trouble.

However, my uncle doesn’t want to take the trouble of paying online. He never tried it. He only buys goods on websites that support “Cash on Delivery” services. Actually, it is really convenient to pay using the instant payment software or online banking. Some people are a little worried about security, but if we buy from reputable companies with safe websites, we should be OK.

Apart from online shopping, I also love shopping with the street vendors. I often go to the flea market and buy some bargains.

1. What did the speaker’s father buy from the online store? C

2. The speaker’s uncle only buys goods on websites that D.
   A. have high customer satisfaction rates
   B. are safe
   C. sell cheap products
   D. support “Cash on Delivery” services

3. We can infer from the passage that A.
   A. the speaker loves shopping in the flea market
   B. the speaker’s uncle will do more online shopping
   C. the speaker’s mother doesn’t like shopping
   D. many people enjoy shopping with the street vendors
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 /ˈdɪkʃən/ n. 上瘾
- compulsive shopper 强迫性购物者
- shopaholic /ˈʃɒpəhɒlɪk/ n. 购物狂
- resist the temptation of 抵挡…的诱惑
- freebie /ˈfriːbi/ n. 免费赠品 (礼物、膳食等)

（答案略。）

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**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 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 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 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 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?

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

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**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.
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 piece of advice
2. a suit of clothes
3. a bottle of ink
4. a cup of coffee
5. a cake of soap
6. a pair of trousers
7. a basket of apples
8. a drop of water
9. a grain of rice
10. a bar 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 if 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

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 ɪˈstiːm/ n. 自尊,自尊心
lessen /ˈlesn/ v. 减少,减轻
interruption /ˌɪntəˈrʌpʃən/ n. 中断,打断
courtesy /ˈkɜːrəsɪ/ n. 恭勤有礼貌的行为或言辞
agency /ˈeɪdʒənsi/ n. 部门,机构
expose /ɪkˈspəʊz/ 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.

1. 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.

2. 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.

3. 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 loose 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.
Dear Doctor,

My husband and I got married in 1980 and for the first few years 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 supportive and helped me to make my decision. He thought I could be a great success in business.

After several weeks of 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 promotions, and I am now making more money than he is. I can buy my own clothes and a new car. Because of our 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 fight about little things and my husband is very 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 come to an end.

I love my husband very much, and I don't want him to feel 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
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*
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.
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.
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 /ˈtælənt/ n. 天分
release /rɪˈliːs/ vt. 发行（唱片）
handle /ˈhændl/ vt. 处理
privacy /ˈpraɪvəsɪ/ n. 隐私

duty /ˈdjuːti/ n. 义务
the Crimean War 克里米亚战争（1853-1856）
honor /ˈɑːnər/ v. 给予表扬（或奖励, 头衔, 称号）
raise money 筹集资金

Part B Listening Tasks

Florence Nightingale

Word Bank

duty /ˈdjuːti/ n. 义务
the Crimean War 克里米亚战争（1853-1856）
honor /ˈɑːnər/ 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.

1. 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

2. 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?  
   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.*

1. Where was Florence born?  
   She was born in England.

2. Why was she praised by Queen Victoria?  
   She did a great deal of work during the Crimean War.

3. 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.
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.
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. /ts/   B. /ts/   C. /dz/   D. /s/

12. His words are strongly impressed on my memory.
    A. /gl/   B. /kl/   C. /gr/   D. /pr/

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**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.

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**Word Tips**

- **popularity** /pɒpjələrəti/ n. 流行
- **effect** /efekt/ n. 效果，作用，影响
- **challenging** /ˈtʃeɪlnɪŋ/ adj. 有挑战性的
- **perseverance** /pɜːsəˈvɪərəns/ n. 毅力
Part B Listening Tasks

Text

Keeping Fit

Word Bank

- a couple of 几个, 若干个
- fit /fit/ adj. 健康的, 恰当的
- charming /ˈtʃɑːmɪŋ/ adj. 迷人的, 潇洒的
- extra /ˈekstrə/ adj. 额外的
- on a diet 节食
- mood /mood/ 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 /ˌenəˈdʒɛtɪk/ 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 coupe 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.
Unit Ten | Keeping Fit

A: What exercises do you do?
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.

1. How has Daisy changed according to Angela?  ____C____
   A. She’s a little fatter.
   B. She’s much whiter.
   C. She’s thinner now.
   D. She’s sun-tanned.

2. What’s Daisy doing these days?  ____B____
   A. She’s busy working.
   B. She’s losing weight.
   C. She’s eating much.
   D. She’s travelling.

3. What exercise does Daisy usually do?  ____A____
   A. Dancing.
   B. Running.
   C. Jogging.
   D. Swimming.

4. How does Angela feel after talking with Daisy?  ____B____
   A. Angela thinks that she is fit now.
   B. Angela admires Daisy and thinks she should follow her.
   C. Angela thinks what Daisy has been doing is useless.
   D. Angela feels quite angry.

Exercise 2 Listening for Details

Directions: Listen to the recording once again, and fill in the blanks according to what you have heard.

(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 exercise, and I feel energetic the whole day.
A: What exercise do you do?
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.

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**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  /smoʊ/ adj.光滑的 | sunscreen /ˈsʌŋskriːn/ n.防晒霜 |
| crow’s feet (眼角的）鱼尾纹 | eye gel 眼霜 |
| moisture /ˈmɔɪstʃər/ n.水分；滋润 | anti-ageing cream 抗衰老面霜 |
| effective /ɪˈfektɪv/ adj. 有效的 | 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.
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.
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 /ˈlɜːrɪks/ n. 歌词
composer /ˈkæm.pəzər/ n. 作曲家
favorite /ˈfævərɪt/ 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.
Word Bank

- traditional /trəˈdɪʃənəl/ adj. 传统的
- popular /ˈpɒpjʊlə/ adj. 流行的, 受欢迎的
- particular /pəˈtɪkjələ/ adj. 特定的
- unique /juˈniːk/ adj. 独特的, 特别的
- pass down 传递, 传承
- teenager /ˈteɪniəd/ n. 13~19 岁的青少年
- popularity /ˌpɒpjʊˈlærɪtɪ/ 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.

1. What is the difference between traditional music and popular music?  ____C____
   A. Traditional music is free of charge, while popular music is costly.
   B. Traditional music is popular with elderly people, while popular music is popular with young people.
   C. Traditional music is passed down from generation to generation, while popular music only lasts only a very short time.
   D. Traditional music is related to culture, while popular music is not.

2. 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

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

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.
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 G | 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

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**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.

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**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.
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.

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

**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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Mr. Denials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Admission</td>
<td>Two days ago</td>
</tr>
<tr>
<td>Symptoms When Admitted</td>
<td>weight loss, lack of energy, dizziness and vomiting.</td>
</tr>
<tr>
<td>Treatment When Admitted</td>
<td>an insulin injection</td>
</tr>
<tr>
<td>Present Symptoms</td>
<td>a slight fever</td>
</tr>
</tbody>
</table>

**Word Tips**
- be admitted to hospital 入院
- dizziness /ˈdraɪznɪs/ n. 头晕
- diabetes /daɪˈbeɪtɪs/ n. 糖尿病
- insulin injection 胰岛素注射
- vital signs 生命体征
- respiration /resprɪˈreɪʃn/ 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, 有潜力的事物
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?  
   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.
Exercise 2 Listening for Details

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

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

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 /prəˈfeʃən/ n. 职业
intensive care 危重病人特别护理
heal /hi:l/ v. 治愈
satisfaction /sætɪsˈfækʃən/ n. 满意
sorrow /ˈsɔrəʊ/ n. 悲伤
reduce /rɪˈdʒuːs/ v. 减少
maintain /meɪnˈteɪn/ v. 维持
passionate /ˈpæsənət/ 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.