

Student's Book

International College English

(preliminary)

(2019 年)

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Unit One

Campus Life

I. Focus on the Topic

1. *Study the words in each group and tick the odd one out.*

- 1) freshman, colonel, sophomore, junior, senior
- 2) exciting, joyful, high-spirited, pleasant, depressing
- 3) grade, course, lesson, lecture, curriculum
- 4) diligent, hardworking, persistent, inactive, painstaking
- 5) assignment, exercise, service, task, project

2. *Work in groups to discuss the following questions.*

- 1) What is happening in the pictures?
- 2) What's the most exciting thing for you about living on campus?
- 3) Does your campus life meet your expectations? Why?



3. *Dictation.*

Freshman year can be both exciting and frightening...

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4. *From among the three options listed after each sentence, choose the one closest in meaning to the underlined word or phrase.*

- 1) She discussed the idea with some of her colleagues.

- a. co-workers
 - b. friends
 - c. relatives
- 2) I had to cram three countries into a week's business trip.
- a. study
 - b. force
 - c. expand
- 3) Our team was given an assignment to find the gaps in the market.
- a. game
 - b. task
 - c. problem
- 4) You have the potential to reach the top of your profession.
- a. tension
 - b. courage
 - c. ability
- 5) The book's aim was to make economic theory more digestible.
- a. easy to understand
 - b. difficult to know
 - c. hard to remember
- 6) Seeing him, she seemed to brighten up a bit.
- a. look happier
 - b. look young
 - c. look slim

II. Focus on Reading

One Bite at a Time

Howard Culbertson

- ① Stephen was on campus to **enroll** when I first met him. One summer day I was headed over to the **administration** building when I heard someone call my name. I turned around and saw Philip, one of my **colleagues** standing with another young man. I walked over to them.

- ②As Philip introduced me to the young man, he reminded him that he would be taking one of my General Education classes, Introduction to Biblical Literature.
- ③Stephen looked at me. With a somewhat pained expression he asked if my class was going to be "hard." Would he be able to pass? I sensed he was going to accept failure before the opening day of classes.
- ④We talked about what the class would cover and all the things he would be expected to learn. It is a course in which we **cram** a lot of facts and details into one semester. As I talked, I saw Stephen's eyes getting big with fear.
- ⑤Then I remembered a bit of classical Chinese dialog:
- ⑥Question: "How do you eat an elephant?"
- ⑦Answer: "One bite at a time."
- ⑧I told him to **approach** his work that way. To do his **assignments**, all of them, and to get them in on time. Rather than being **overwhelmed** by all of the work, I told him that most successful students I knew made a master calendar of all the assignments so they could plan their workload.
- ⑨As the fall semester **wore on**, I learned more of Stephen's story. He had struggled in school. It had taken him longer to finish than most young people. Family members, including his mother, kept reminding him that he was a failure. But he **kept at it** and **in the face of** their **prediction** to the contrary he got his **diploma**. Now, in the face of their nay-saying he had entered college. He told me that before coming to our campus no one had believed he had much **potential**.
- ⑩Stephen didn't become an "A" student. He didn't make any **honor rolls**. In fact, he often found himself on **academic** probation. One reason was that he never did really well on tests. Still, he managed to pass most of his courses by being in class every day, turning in all of his assignments on time and breaking down his studying into bite-sized **digestible** portions. By passing course after course he began to gain a measure of self-esteem. He was a great singer and he was on the school's cross-country team.
- ⑪Every time I saw him on campus he would **brighten up** and say, "one bite at a time." Whenever he introduced me to one of his friends on campus, he would tell them that he was succeeding when he was supposed to be failing. His secret, he said, was that he was practicing what I taught him before classes ever started: "Take it one bite at a time."
- ⑫On graduation day, he was jumping around in his robe with a bright smile saying, "One bite at a time."

(511 words)

Adapted from “Heartwarming campus stories” .
(<http://home.snu.edu/~hculbert/campus.htm>)

NEW WORDS

enroll /in'rəʊl/ <i>v.</i>	If you enroll or are enrolled at an institution or in class, you officially join it. 注册
administration /ədmini'streɪʃ(ə)n/ <i>n.</i>	the group of people who organize and supervise a company or institution 管理层；行政部门
colleague /'kɒli:g/ <i>n.</i>	the people you work with, especially in a professional job 同事
cram /kræm/ <i>v.</i>	to push or force...into a small space; to learn a lot of things in a short time, in preparation for an exam 把...塞进； (为应考)临时死记硬背
approach / ə'prəʊtʃ / <i>v.</i>	start to deal with sth in a certain way 处理
assignment /ə'saɪnm(ə)nt/ <i>n.</i>	a task or piece of work that somebody is given to do, usually as part of their job or studies 任务；作业
prediction /pri'dɪkʃn/ <i>n.</i>	a statement that says what you think will happen; the act of making such a statement 预言；预测

diploma / dɪ'pləʊmə / <i>n.</i>	a document showing that you have completed a course of study or part of your education 文凭
potential / pə'tenʃl / <i>n./adj.</i>	qualities that exist and can be developed; likely to develop into a particular type of person or thing in the future 潜力；可能的
academic / ,ækə'demɪk / <i>adj.</i>	connecting with education, especially in schools and universities 学业的；学术的
digestible / daɪ'dʒestəbl / <i>adj.</i>	pleasant to eat or easy to understand 易消化的；易理解的

PHRASES AND EX PRESSIONS

wear on	pass very slowly 缓慢地进行；时间消逝
keep at sth	persist; continue to do sth. 坚持做某事
in the face of	despite problems, difficulties, etc. 即使；不顾
honor roll	a list of the best students in a college or high school (大、中学的)优秀生名单，光荣榜

brighten up

become, feel or look happier
高兴起来

EXERCISES

A. Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) "Another young man" refers to Stephen's classmate. (para. 1)
- 2) "He reminded him" means "Philip reminded Stephen". (para. 2)
- 3) Stephen decided not to take the author's class. (para. 3)
- 4) The course "Introduction to Biblical literature" covered a lot of contents. (para. 4)
- 5) Stephen was good at making use of the calendar to make study plans. (para.8)
- 6) Stephen's family were very supportive. (para.9)
- 7) Stephen passed most of his courses with the help of his classmates. (para. 10)
- 8) If Stephen had not followed the author's advice of "one bite a time", he would not have achieved the success. (para. 11)

2. Circle your answers to the question below. Then compare your answers with your partner. There's only one correct answer for each item.

- 1) What does "one bite at a time" mean in the article?
 - a. It means eating very slowly and patiently.
 - b. It means doing something very quickly.
 - c. It means approaching your task little by little.
- 2) Why was Stephen worried when he first met the author?
 - a. Because he didn't like the author's teaching method.
 - b. Because he was worried about failing the course.
 - c. Because he was afraid of the author without any reason.
- 3) According to the author, Stephen's family _____.
 - a. have a negative opinion about him
 - b. are proud of his achievements
 - c. keep encouraging him all along

- 4) What do we know about Stephen from the passage?
 - a. He always has confidence in himself.
 - b. He doesn't get along well with his classmates.
 - c. He has a good voice and is good at singing.
- 5) What do we learn from the article?
 - a. We should give up when a course is difficult to pass.
 - b. We should divide difficult tasks into small portions.
 - c. Academic success depends upon encouragement from parents.

3. Discussion

- 1) What was the relationship between Stephen and the author?
- 2) What was Stephen's major worry in college?
- 3) How should Stephen deal with the difficult course according to the author?
- 4) Are you stressed out in college? How will you deal with academic pressure in the future?
- 5) Talk about your anxieties about starting life as a college student.
Think of as many aspects as possible, for example:
 - Making friends
 - Taking courses
 - Leisure time activities
 - Starting a relationship
 - Getting a part-time job
 - Getting involved in social service

B. Vocabulary

1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

overwhelm	potential	approach	diploma
self-esteem	wear on	in the face of	to the contrary

- 1) Many people don't realize how much stress is building up until they suddenly feel _____.
- 2) My stomachache grew worse as the night _____.
- 3) The models are therefore not contradictory; they just _____ the issue from a different point.
- 4) Nothing builds _____ and self-confidence like accomplishment.
- 5) He kept cool _____ danger.

- 6) She works hard to earn her music _____.
- 7) She continued to smoke despite medical advice _____.
- 8) First, we need to identify actual and _____ problems.

2. Match the expressions in column A with their definitions in column B.

A	B
1) academic year	a. learn as much as possible in a short time just before examinations
2) cram for examinations	b. books which are difficult to understand
3) indigestible books	c. register to study a course
4) enroll for a course	d. the period of the year during which students attend school or university
5) home assignment	e. strong desire which is hard to resist
6) overwhelming need	f. schoolwork done out of lessons, especially at home

3. Fill in the blanks with the expressions in task 2. Change the form where necessary.

- 1) She felt an _____ to tell someone about what had happened.
- 2) This is a really _____, being composed of 735 pages of scientific jargon and more than 100 pages of glossary, bibliography and index.
- 3) The activities of the lessons were grouped into five major blocks: checking the _____, introducing the new material, reading the book, checking the new material, solving the problems.
- 4) If you work steadily week by week you can avoid the need to _____.
- 5) Most of the testing was carried out at the end of each _____.
- 6) You cannot _____ which is full, but we can put your name on the waiting list for that course.

4. Fill in the blanks with the proper forms of the words given.

- 1) We have _____ eighty children in this day-care program. (enrollment)

- 2) This chapter is difficult to _____, so I'll have to read it again later.
(digestible)
- 3) Please finish the _____ before the end of this month. (assign)
- 4) The hurricane is _____ to reach the coast tomorrow morning. (prediction)
- 5) The youth _____ starts training talented young players from the age of eight.
(academic)

III. Focus on Grammar

A. Five Basic Sentence Patterns

1. Identify the basic sentence pattern in each of the following sentences.

- 1) He had struggled in school.
- 2) Stephen was on campus to enroll.
- 3) Tom has waited for a long time.
- 4) He gave me a confident smile.
- 5) I saw Stephen's eyes getting big.
- 6) He often found himself on academic probation.
- 7) He began to gain a measure of self-esteem.
- 8) Would he be able to pass?

2. Underline the subject and predicate verb in each of the following sentences.

- 1) Now, in the face of their nay-saying he had enrolled in college.
- 2) It is a course in which we cram a lot of facts and details into one semester.
- 3) As the fall semester wore on, I learned more of Stephen's story.
- 4) Stephen didn't become an "A" student.
- 5) He was a great singer and he was on the school's cross-country team.
- 6) We talked about what the class would cover and all the things he would be expected to learn.
- 7) Whenever he introduced me to one of his friends on campus, he would tell them that he was succeeding when he was supposed to be failing.
- 8) I sensed he was going to accept failure before the opening day of classes.
- 9) On graduation day, he was jumping around in his robe with a bright smile saying, "One bite at a time."
- 10) Family members, including his mother, kept reminding him that he was a failure.

B. Activities

Step 1

Work with a partner. Student A and student B look at the following information about Bob Lee, a typical American college student. Then tell each other about Bob's life. NOTE: Every sentence must have a verb.

BOB LEE

Born: 2000

Family: two brothers and one sister, living with mother; parents divorced; Bob lives in a college dorm

Occupation: currently a freshman, studying biology, plan to be a doctor

Regular activities: studying, a part-time job in the library, time with girlfriend, visiting family on some weekends and school vacations

Hobbies or favorite sports: basketball, football, computers, music, TV

Visits to foreign countries: Britain (once), Canada (twice)

Probable activity at this moment: studying for biology midterm

Step 2

Now work together to create a story for Mary Carroll, Bob Lee's classmate. Fill in some information below and then tell another pair of students about how you think Mary's life should be.

Mary Carroll

Born:

Family:

Occupation:

Regular activities:

Hobbies or favorite sports:

Visits to foreign countries:

Probable activity at this moment:

IV. Focus on Pronunciation

A. Recognizing Phonetic Symbols

1. *Can you tell how many phonetic symbols there are in English?*

Vowel (20)

Front Monophthong	/i:/ /i/ /e/ /æ/
Centre Monophthong	/ə:/ /ə/
Back Monophthong	/ʌ/ /ɑ:/ /ɔ/ /ɔ:/ /u/ /u:/
Closing Diphthongs	/ei/ /ai/ /ɔi/ /əu/ /au/
Centering Diphthongs	/iə / /eə / /uə /

Consonant (28)

/p/	/b /	/k/	/g/
/f/	/v/	/t/	/d/
/ts/	/dz/	/tr/	/dr/
/s/	/z/	/ʃ/	/ʒ/
/θ/	/ð/	/tʃ/	/dʒ/
/l/	/r/	/w/	/j/
/m/	/n/	/ŋ/	/h/

B. Read aloud

1. *Read aloud the tongue twister and try to recite it.*

What noise annoys a noisy oyster?
Any noise annoys a noisy oyster,
but a noisy noise annoys a noisy oyster most!

2. *Read aloud the poem paying attention to the consonants and vowels.*

Poetry

What is poetry? Who knows?
Not a rose, but the scent of the rose;
Not the sky, but the light in the sky;
Not the fly, but the gleam of the fly;
Not the sea, but the sound of the sea;
Not myself, but what makes me
See, hear, and feel something that prose
Cannot: and what it is, who knows?

V. Focus on Listening

A. The best things about college

1. *Guess the meaning of the words in bold and then match the items in the two columns to make them coherent sentences.*

- | | |
|--|--|
| 1) Ben felt awkward when | a. is someone who can motivate others by inspiring them to accomplish their goals. |
| 2) A whole new ball game | b. and we will miss her! |
| 3) An inspirational leader | c. and our friendship has remained intact . |
| 4) We met approximately 20 years ago | d. giving orders to his previous co-workers. |
| 5) We are grateful for her deep involvement in our community, | e. is a new situation different from a previous one. |

2. *Five people are talking about the best things about college life. Listen to the recordings and decide which aspect of college life each of the speakers likes best.*

Key:

Speaker 1 _____

Speaker 2 _____

Speaker 3 _____

Speaker 4 _____

Speaker 5 _____

- a. internship experience
- b. being independent
- c. extracurricular activities
- d. opportunities of studying overseas
- e. living on campus
- f. meeting many people from different backgrounds

3. Listen to the recordings again and decide whether the following statements are TRUE OR FALSE.

- 1) You have to decide whether to tell your parents or not when you're sick. (speaker 1)
- 2) You can get to know people by joining clubs and organizations. (speaker 2)
- 3) When you study abroad, you need to do part-time jobs. (speaker 3)
- 4) The membership fees are about 10-30 pounds. (speaker 4)
- 5) You'll feel a bit awkward when meeting new classmates. (speaker 5)

4. Work in groups to discuss the question: What do you like most and least about your college life?

B. Differences between high school and college

1. Match the words in the left column with those in the right. Then Use the words in the left column to fill in the blank of each sentence. Change the form where necessary.

1) challenging

- ¹³ a. relationship of quantity or size
between two things

- | | |
|-------------------|--|
| 2) credit hour | b. to remain completely in control of, on schedule with something |
| 3) ratio | c. difficult in an interesting or enjoyable way |
| 4) set aside | d. to accept into an organization or group |
| 5) stay on top of | e. to keep sth. such as money or time for a special use or purpose |
| 6) admit | f. one credit earned in a course or study |

7) A student-teacher _____ of 11:1 indicates that there are 11 students for every one teacher.

8) A good rule of thumb is to _____ enough money for three to six months of expenses.

9) The game starts out easy but quickly becomes more _____.

10) John has been _____ everything while you were on vacation.

11) Most college students take between twelve and eighteen _____ hours of classes each semester.

12) She was _____ to one of the best universities in the world.

2. Listen to the recording and fill in the missing information.

1) In college, the person who is responsible for what you learn is _____.

2) In high school, the time spent on homework is _____ per week.

3) In college, the time spent on learning is about 40 to _____ per week.

4) A 3-credit-hour course means that students will spend _____ a week learning the course.

5) To succeed on campus, you'd better understand and respond to the change in _____.

3. Listen to the recording again and choose the best answer for each of the questions.

1) A big difference between college and high school is that _____.

a. class-level work is more difficult than that of high school.

b. in college, in-class learning is not as important as out-of-class learning.

- c. in college, professors are not concerned about your study.
- 2) In high school, _____.
 - a. you spent about 40 hours in class.
 - b. your teachers planned the majority of your learning time.
 - c. the overall learning time is less than that in college.
- 3) What will happen if you come to class unprepared?
 - a. Your professor will give extra class time for you to catch up.
 - b. You will lag behind.
 - c. You will be given assistance.

4. Discussion: Jon B. Gould (2012) writes in his book *How to Succeed in College: "The truth, however, is that college is structured for every hour a student spends in class she should have another two hours of preparation to keep up with the material. That means reading, writing papers, and studying for exams."* Do you agree? Why or why not?

VI. Focus on Culture

A. Confucius and the Confucian Classics

1. The following statements are about Confucius and Confucian Classics. Discuss with your partner and decide whether these statements are TRUE or FALSE.

- 1) The Chinese philosopher Confucius lived in the 5th Century BC and laid down an ethical code that still shapes Chinese attitudes today. (T/F)
- 2) *The Classic of Mountains and Seas (Shan Hai Jing)* is one of the Five Classics of Confucianism. (T/F)
- 3) He taught his students politics, music, archery, calligraphy, and mathematics with the aim of promoting all-round development. (T/F)
- 4) He thought the only way to achieve stability and peace was to restore the old social order and the ancient political system. (T/F)
- 5) Legend has it that Confucius and Lao Tzu met each other a few times. (T/F)
- 6) The Four Books refer to *The Records of the Grand Historian (Shi Ji)*, *the Great learning (Da Xue)*, *the Mencius (Mengzi)*, and *the Analects (Lun Yu)*. (T/F)

2. Do web research to learn more about Confucius and prepare a presentation on

his life and thoughts.

3. Which book does each of the paragraphs in the right column refer to? Match the books with their descriptions. Translate the quotes in the descriptions into Chinese.

1) The Classic of Changes (Yi Jing)

a. It literally means the learning for adults or the learning for those who wish to be great. The quote “Things being investigated, knowledge became complete. Their knowledge being complete, their thoughts were sincere” is from this book.

2) The Classic of Poetry (Shi Jing)

b. It is among the ten most translated books in the world. The quote “The action of Heaven is strong and dynamic. In the same manner, the noble man never ceases to strengthen himself” is from this book.

3) The Great learning (Da Xue)

c. It is the primary source by which we know Confucius and his teaching. The quote “One who knows it is not the equal of one who loves it, and one who loves it is not the equal of one who takes joy in it” is from this book.

4) The Analects (Lun Yu)

d. The oldest collection of poems, written during the beginning of the Western Zhou period (1046–771 BCE) to the mid-Spring and Autumn period (771 - 476 BCE). The quote "Our duke is dignified /Like polished ivory/ And stone or jade refined" is from this book.

B. College: what it should be

1. Read the following college mottos and discuss the questions:

[?] What do the following college mottos say about the purpose of college education?

[?] Which one do you like best? Why?

[?] Which Confucian classics do the first two mottos originate from? In what sense do you think we can relate Confucius' thoughts to today's college education?

- 1) loyalty, sincerity, integrity and respect
- 2) Study Extensively; Enquire Accurately; Reflect Carefully; Discriminate Clearly; Practice Earnestly
- 3) Lux et veritas (Light and truth)
- 4) Know thyself

2. Read the following quotes on learning and thinking. Write a short paragraph to comment on one of them.

- 1) If you learn without thinking about what you have learned, you will be lost. If you think without learning, however, you will fall into danger (*Confucius*).
- 2) The unexamined life is not worth living (*Socrates*).

VII. Focus on Writing

A. Simple sentence

1. Think of all the different aspects of the topic "college life". Write five sentences on the topic with the given sentence patterns.

- 1) subject + verb (SV)
e.g. College life varies from person to person.

-
- 2) subject + verb + complement (SVC)
e.g. His college life has been extremely challenging because of his shyness.

-
- 3) subject + verb + object (SVO)
e.g. College life has shaped the outlook of the next generation.

-
- 4) subject + verb + object 1 + object 2 (SVOO)
College life gives him a chance to meet people from different places.

-
- 5) subject + verb + object + complement (SVOC)

e.g. College life makes you face realities of life.

B. The topic sentence

1. Discuss the following tips on how to write a topic sentence.

- 1) It expresses the main idea of the paragraph.
- 2) It is usually the first sentence of the paragraph.
- 3) It sometimes occurs at the end of the paragraph.
- 4) It should be a complete sentence.
- 5) It should not be too general.
- 6) It should not be too specific.

2. The following sentences are about the importance of GPA (grade point average). Check them against the list in task A (especially the last three items) and decide which is the best topic sentence and which are not. Give reasons for your choices.

- 1) Students who fall below the minimum GPA may be placed on probation.
- 2) Your GPA can be high or low.
- 3) Potential employers may look at GPAs to determine if prospective employees have achieved success in college.
- 4) Academic honors and some scholarships are based on your GPA.
- 5) Your GPA is important to your college life and future in many ways.

3. A topic sentence contains two parts: the topic and the controlling idea. The topic tells the reader what the paragraph is about. The controlling idea tells the reader what you will say about the topic. Study the following sentences to decide which part of each sentence is the topic and which part is the controlling idea.

Example

My parents have given me the courage and discipline I need to be successful at University. (The circled part is the topic; the underlined part is the controlling idea. The topic tells the reader what the paragraph is about. The controlling idea tells the reader what you will say about the topic.)

- 1) Living off-campus is an important step in developing independence and self-reliance.
- 2) Part-time jobs help college students build self-esteem.

- 3) Extracurricular activities are beneficial to college students in three ways.
- 4) School uniforms help to promote discipline.
- 5) Home-based education saves precious time and money.

C. Writing task

1. Follow the process to write a paragraph:

- 1) Write the first draft:
 - a. Write the paragraph with the given topic sentence: *My parents have given me the courage and the discipline I need to be successful at university.*
 - b. Explain HOW they have given you courage and give a specific example.
 - c. Explain HOW they have given you discipline and give a specific example.
 - d. The concluding sentence should restate or paraphrase the controlling ideas.
 - e. Write about 150 words.
- 2) Revise and edit the paragraph. You can use the checklist to help you:
 - a. Does the paragraph have a topic sentence?
 - b. Does the paragraph give any examples to support the topic sentence?
 - c. Does every sentence have a subject and a verb?
 - d. Have you put a period after every sentence?

Unit Two

Interpersonal Skills

I. Focus on the Topic

1. Study the words in each group and tick the odd one out.

- 1) self-controlled, annoyed, furious, angry, irritated
- 2) upset, depressed, cheerful, disappointed, pessimistic
- 3) mood, feeling, temper, disposition, gesture
- 4) peaceful, harmonious, amiable, hostile, cordial
- 5) argument, dispute, empathy, quarrel, conflict



2. Work in groups to discuss the following questions.

- 1) Look at the picture and discuss what they are doing and how they are feeling.
- 2) Have you ever been angry with your friends or parents? Why?

3. Dictation.

People in your life can intentionally or accidentally hurt you with their words......

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined word or phrase.

- 1) She has such a bad temper that all her classmates dislike her.
 - a. anger
 - b. mood
 - c. patience
- 2) They nailed the plastic sheets over their windows.
 - a. hammered
 - b. noted
 - c. piled
- 3) We are rather concerned for our father's health.
 - a. happy about
 - b. worried about
 - c. interested in
- 4) We built a fence around the yard to keep the dog in.
 - a. barrier
 - b. land
 - c. fair
- 5) The dentist made me open my mouth and then pulled out my infected tooth.
 - a. examined
 - b. covered
 - c. removed
- 6) An unhappy childhood can scar you for life.
 - a. scare
 - b. hurt
 - c. press

II. Focus on Reading

The Nails in Your Fence

- ① This story tells us how the little boy who has problems controlling his bad **temper** not only learns how to control it but also learns the meaning of friendship and how sometimes, the things we say actually hurt the people we love.

- ② There once was a little boy who had a bad temper. The father was very concerned for his son's future and thought hard about how he could explain to his son why relationships are so important and controlling his temper is a key factor in this.
- ③ After much thought his father gave him a bag full of nails and told him, "Every time you **lose your temper**, hammer a nail into the back of the **fence**." His son did not understand but knew that his father was wise, so he agreed.
- ④ On the first day that the boy received his bag of nails he **ended up** driving about 37 nails into the fence. Each day he learned little by little to control his temper. He discovered it was easier to hold his temper than to **drive** those nails into the fence.
- ⑤ Finally the day came when the boy didn't lose his temper at all. He **was very proud of** himself and went to share his good news with his father. The father was very pleased with him and offered a **challenge** to his son. "Why don't you **pull out** a nail every day that you are able to hold your temper?"
- ⑥ As there were many nails in the fence, it took the boy some time to finally remove the nails from the fence. But **eventually** that **joyous** day arrived. He was so **satisfied with** himself and he wanted to share this with his father.
- ⑦ The father was so proud of his son, but he wanted him to understand that holding his temper was more than just being able to add or remove nails from a fence. He took his son's hand and showed him all the holes that were left from the nails. He said, "As you see my son, this fence will never be the same. The fence is **scarred** with holes from your temper. Think of these holes as the words you have spoken in anger, the wounds you have left in people's lives. Words really are like weapons. They leave a wound, which does not **heal** easily. A **verbal** wound caused by words is as bad as a **physical** one. Remember that friends are very rare jewels, indeed. They make you smile and encourage you to succeed and they always want to open their hearts to us. Always remember the fence before you speak words of anger."
- ⑧ This story is a perfect **analogy** to the **potential** damage that anger does to another person. Hurtful words can leave holes in one's heart. The next time you are **tempted** to say something hurtful to someone just because you're angry, you might want to stop and remember to choose your words wisely.

(501 words)

NEW WORDS

temper /'tempə(r)/ <i>n.</i>	If sb has a temper, they become angry very easily. 脾气；易怒的性情
fence /fens/ <i>n.</i>	a barrier between two areas of land 栅栏；篱笆
drive /draiv/ <i>v.</i>	force (a stake or nail) into place by repeated blows 钉，敲
challenge /'tʃæləndʒ/ <i>n.</i>	a new or difficult task that tests one's ability and skill 挑战；艰巨任务
eventually /ɪ'ventʃuəli/ <i>adv.</i>	in the end, especially after a lot of delays, problems or arguments 最后，终于
joyous /'dʒɔɪəs/ <i>adj.</i>	very happy 愉快的
scar /skɑː/ <i>v./n.</i>	If a surface is scarred, it is damaged and there are ugly marks on it. 伤害；给留下伤痕
heal /hi:l/ <i>v.</i>	become healthy again; to make sth. healthy again 恢复，愈合
verbal /'vɜːbl/ <i>adj.</i>	connected with words or the use of words 口头的；言语的
physical /'fɪzɪkl/ <i>adj.</i>	connected with a person's body, rather

	than with their mind, emotions, or soul 身体的
jewel / 'dʒu:əl / n.	a precious stone such as a diamond, or ruby 宝石
analogy / ə' nælədʒi / n.	a comparison or similarity between two things that are alike in some way 类比
tempt / tempt / v.	have an urge to do 很想做

PHRASES AND EXPRESSION

lose one's temper	get very angry 生气
end up doing	finish up doing (以...)结束
be proud of	take pride in 骄傲；为...而自豪
pull out	take out 拔出
be satisfied with	be happy with 满意

EXERCISES

A. Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) This story tells about how the little boy with bad temper learns to control himself and about how he gets to understand the meaning of friendship and to realize that angry words are very hurtful to those we love. (Para.1)
- 2) The father easily found a solution to teaching his son. (Para. 2)
- 3) The father made the boy do some work to support the family. (Para. 3)
- 4) The son discovered that controlling himself was not difficult. (Para. 4)
- 5) The father was glad that his son could control his temper. (Para. 5)
- 6) There were so many nails in the fence that the boy spent some period of time pulling the nails out from the fence. (Para. 6)
- 7) Verbal wounds and physical wounds are equally bad. (Para. 7)
- 8) What we should do is to avoid being hurt. (Para. 8)

2. Circle your answers to the questions below. Then compare your answers with your partner. There's only one correct answer for each item.

- 1) Why was the father worried about his son?
 - a. His son had difficulty getting along with his family.
 - b. His son hated staying with his classmates in school.
 - c. His son found it hard to control his temper with others.
- 2) How did the father solve his son's problem?
 - a. He persuaded his son to behave kindly.
 - b. He thought out a special method for his son.
 - c. He criticized his son strictly and seriously.
- 3) To the boy's surprise, _____.
 - a. the more days passed, the more anger he had
 - b. the more days passed, the more nails he had to use
 - c. the more days passed, the more he could control himself
- 4) Which of the following statements is NOT true according to the passage?
 - a. The father made the boy put a nail into the fence when he was angry.
 - b. The father made the boy fill the holes in the fence when he was not angry.
 - c. The father made the boy take a nail out from the fence if in good temper.
- 5) The article implies that _____.
 - a. we should not hurt others at will
 - b. we can't remove nails from a fence easily
 - c. we control our temper unwillingly

3. Discussion.

- 1) Have you ever hurt others or been hurt by others with words? Why or why not?
- 2) What did you learn from the story “The Nails in Your Fence”?
- 3) What qualities do you find attractive in a true friend? Work in pairs and take turns to describe your best friend.

B. Vocabulary

1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

actually	temper	pull out	relationship
be satisfied with	potential	end up	tempt

- 1) I am doubtless that there is a _____ between diligence and success.
- 2) Jack _____ a pen from his pocket and wrote down his name on the paper.
- 3) If you don't know what you want, you might _____ getting something you don't want.
- 4) I found out by chance that she was _____ a freshman from London University.
- 5) It is the fresh fruit that _____ me at this time of year.
- 6) The school strives to help each student to achieve their full _____.
- 7) John _____ his new car and drove to work the very next day.
- 8) Mary has a quick _____, and such little things will fire her up.

2. *Match each phrase in bold letters from column A with its paraphrase from column B.*

- | A | B |
|--|---|
| 1) My father was upset but kept his temper . | a. respond to a difficult situation |
| 2) Every time they went shopping, they ended up in a bad mood. | b. repair the damage that had been done |
| 3) The management is determined to meet the challenge of future growth. | c. remained calm |
| 4) The director made an analogy between flying a kite and fishing. | d. were finally |
| 5) We have begun to heal the wounds | e. regard |

of war in our society.

- | | |
|--|----------------------|
| 6) The new findings can remove
any suspicion about his honesty. | f. get rid of doubt |
| 7) He speaks English so well that
we think of him as a native speaker. | g. not merely |
| 8) Jennifer is more than a coach.
She's a friend. | h. made a comparison |

3. Fill in the gaps with the missing letters of the words. The first letter is already given.

- 1) The aim of this work is to identify the k_____ factors for success in the hotel sector.
- 2) Do you throw things around if you get upset or l_____ your temper?
- 3) In order to m_____ future challenges, there must be a shift in the way we manage urban water systems.
- 4) Direct bullying consists of physical aggression, h_____ words or unpleasant faces and gestures.
- 5) Many adults mention past incidences of v_____ abuse by the teacher as the most overwhelming negative experience in their lives.
- 6) There are certain things you can do every day to help your surgical wound to h_____ properly and promptly.

4. Tick the word which is wrongly spelt in each group. Use a good dictionary to help you.

- 1) relationship, leadership, membership, scholarship, citizenship, champanship
- 2) verbal, oral, central, general, comical, anual, musical, natural, physical
- 3) interpersonnal, intercontinental, interplanetary, interindividual, international
- 4) actually, eventually, wisely, whole-heartly, angrily, easily, amusingly
- 5) hurtful, harmful, helpful, hopeful, useful, careful, thankful, fearful

III. Focus on Grammar

A. Nouns

Countable and uncountable nouns

1. Decide whether the following nouns are generally used as countable nouns or uncountable nouns. For countable nouns, give their plural forms.

thanksgiving, weapon, help, problem, friendship, jewel, factor, nail,
fence, news, word, anger, wound, analogy, message, information

Countable Nouns

Uncountable Nouns

..messages.....

..information.....

.....

.....

.....

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.....

2. Decide whether the following nouns in bold are used as countable nouns or uncountable nouns.

e.g. Would you like some **coffee**?

.....U.....

He ordered a **coffee**.

.....C.....

1) ...controlling his **temper** is a key factor in this.

.....

2) There once was a little boy who had a bad **temper**.

.....

3) After much **thought** his father gave him a bag full of nails.

.....

- 4) I'd like to hear your **thoughts** on the subject.
- 5) His Father ... offered a **challenge** to his son.
- 6) Too little or too much **challenge** is a hindrance to true learning.
- 7) ...it took the boy some **time** to finally remove
- 8) The next **time** you are tempted to say something hurtful... ..

Singular and plural

1. Write the plural of the nouns in each group, paying attention to the pronunciation of final -s.

- 1) idea, discussion, dialogue, path, thing

ideas /z/

- 2) class, fox, church, watch, dish, wish

classes /ɪz/

- 3) policy, lady, analogy, ally, dormitory, facility

policies /z/

- 4) holiday, monkey, survey, key, railway, boy

holidays /z/

- 5) hero, potato, tomato, volcano, echo, veto

heroes /z/

- 6) zoo, zero, photo, radio, bamboo, kilo

zoos /z/

- 7) half, leaf, self, wife, knife, life

halves /z/

- 8) chief, cliff, gulf, proof, belief, roof

chiefs /s/

- 9) basis, crisis, thesis, axis, analysis, oasis

bases /ɪz/

- 10) sheep, deer, series, species, Chinese, Yuan

sheep

11) man, woman, child, ox, foot, tooth, goose, mouse

men

2. Complete the following sentences with the right words from the brackets.

- 1) I usually have some _____ (homework / homeworks) on Mondays.
- 2) The _____ (equipment/equipments) in one of his _____ (office / offices) had been damaged.
- 3) You can see hundreds of _____ (bus / buses) running in the street.
- 4) The Arab people _____ (is / are) very hospitable and will go to great lengths to make guests feel welcome.
- 5) I didn't know what to do. So I asked Jack for _____ (advice / advices).
- 6) He lost his temper because of heavy _____ (traffic/traffics).
- 7) Most people find it difficult to start a conversation with _____ (passers-by / passer-bys).
- 8) Clothes _____ (has / have) a secret language of their own.
- 9) The good news _____ (is / are) that optimism is a skill that can be learned.
- 10) No _____ (pain / pains), no gains.

B. Activities

Step 1

What are three things that everyone needs? Write a short paragraph describing your three choices and why you think everyone should have them. Start your writing with "There are three things everyone needs...". Please pay attention to the usage of nouns.

.....

.....

.....

.....

Step 2

Share your opinions in your group of 4 students. Make sure that everybody expresses his or her opinions. Then choose one from your group to express his or her opinions in class.

IV. Focus on Pronunciation

A. Stress

Stress patterns

1. Read aloud the following words. Follow the examples to give the stress pattern for each of these words. Pay attention to the difference between nouns and verbs.

Noun	Verb
e.g. conduct <u>O</u> o.....	conduct o <u>O</u>
present 	present
produce 	produce
object 	object
contrast 	contrast
insult 	insult
increase 	increase
permit 	permit
protest 	protest
suspect 	suspect

2. Read aloud the following groups of words and summarize their stress patterns.

- 1) fence, learn, hurt, love, right, wrong, thing, couldO.....
- 2) fi ber, verb al, jew el, tem per, con cept, on ly, in wardOo.....
- 3) ex plain, con trol, con cern, re ceive, re move
.....
- 4) so cia ble, punc tu al, flex i ble, gen e rous, tol e rant,
pos i tive, pop u lar, con fi dence
.....
- 5) de vot ed, un selfi sh, en cour age, po ten tial,
e mo tion, at tra ctive, cre a tive, ad van tage
.....
- 6) e mo tion al, o rig i nal, so ci e ty, re li a ble,
con sid er ate, tra di tion al res pon si ble
.....

3. Underline the main stressed syllable in each of the following words.

e.g. discrimination		
relationship	unimaginative	interpreter
engineering	communication	remember
important	education	analogy

B. Read Aloud

1. Read aloud the tongue twister and try to recite it.

Beautiful and bright Nancy Bee,
When will your wedding be?
If tomorrow is the suttee day,
Let your wings take thee far away today.

2. Read aloud the poem paying attention to the stress.

The Coming of Spring

Anon.

I am 'coming, little 'maiden,
With the 'pleasant sunshine 'laden,
With the 'honey for the 'bee,
With the 'blossom for the 'tree.

'Every little 'stream is 'bright,
'All the 'orchard 'trees are 'white,
And 'each 'small and 'waving 'shoot,
'Has for 'thee sweet 'flowers or 'fruit.

V. Focus on Listening

A. Emotional intelligence

1. *Delete the wrong word in each of the pairs of italics.*

- 1) Computer-mediated communication (CMC) has been described as lacking nonverbal (*cues / clues*).
- 2) (*Posture / Gesture*) is a position of a person's body when standing or sitting.
- 3) I was in the depths of (*expression / depression*) after receiving my exam results.
- 4) We might even feel relief and a sense of freedom when a (*positive / negative*) relationship finally comes to an end.
- 5) The proportion of drinkers who (*abuse / misuse*) alcohol is actually quite small.

2. *Five people are talking about the benefits of being emotionally intelligent. Listen to the recordings and decide what benefits each of the speakers is talking about.*

Speaker 1 _____
Speaker 2 _____
Speaker 3 _____
Speaker 4 _____
Speaker 5 _____

- A. It helps understand our own emotions
- B. It helps improve work efficiency
- C. It helps perceive others' emotions
- D. It helps succeed in workplace
- E. It helps control emotions

3. *Listen to the recordings again and decide which of the following statements are true, and which of them are false.*

- 1) We can know other's emotions by observing their body language.
- 2) Emotionally intelligent people never feel sad or depressed.
- 3) An emotionally intelligent person can manage emotions in both positive and negative ways.
- 4) Most emotionally intelligent people arrange their writing tasks in the morning.
- 5) People with strong emotional intelligence are highly respected in the workplace.

4. Some people think that EI (short for “emotional intelligence”, sometimes referred to as EQ, for “emotion quotient”) is more important than IQ (short for “intelligence quotient”). Do you agree? Why or why not?

B. Improbable friendship

1. Match the proper names with their definitions.

- | | |
|---------------------------------|---|
| 1) Helen Keller | a. A teacher best known as the tutor of Helen Keller |
| 2) Anne Sullivan | b. A women's liberal arts college in Cambridge, Massachusetts |
| 3) Mark Twain | c. An American industrialist and financier |
| 4) Henry Rogers | d. The oldest school for the blind in the United States |
| 5) Perkins School for the Blind | e. An American deaf-blind writer, lecturer, and activist |
| 6) Radcliffe College | f. A well-known American writer |

2. Listen to the recording and fill in the missing information.

- 1) Helen Keller overcame the challenges of being
- 2) Mark Twain was years older than Hellen Keller.
- 3) Hellen Keller and Mark Twain met in 1895, when Hellen Keller was only
- 4) The unlikely friendship between Hellen Keller and Mark Twain lasted years.
- 5) Hellen Keller never felt when staying with Mark Twain.

- 6) Henry Rogers paid for Hellen Keller's at Radcliffe College.
- 7) Hellen Keller graduated from Radcliffe College with a

3. Listen to the recording again and choose the best answer for each of the questions.

- 1) Hellen Keller was
a. an admirer of Mark Twain
b. the teacher of Anne Sullivan
c. a political activist
- 2) The friendship between Hellen Keller and Mark Twain seemed unlikely because
a. Hellen Keller was deaf and blind
b. Hellen Keller was much younger than Mark Twain
c. Hellen Keller reminded Mark Twain of his youngest daughter
- 3) Without Mark Twain's help,
a. Hellen Keller would not have met Anne Sullivan
b. Hellen Keller would not have received education at Radcliffe College
c. Henry Rogers would not have become a successful leader

4. Work in groups to discuss the question: What are the benefits of age-gap relationship?

VI. Focus on Culture

A. Some basic concepts from the Analects

1. The following are some basic concepts from the Analects. Match the translations with the concepts.

- | | |
|--------------|--|
| 1) Ren (仁) | a. rightness, right, righteous |
| 2) Zhong (忠) | b. benevolence, goodness, moral life, perfect virtue, humanity, true manhood |

- | | |
|------------|---|
| 3) Xin (信) | c. charity, altruism, empathetic understanding, |
| 4) Shu (恕) | d. loyalty, dutifulness, conscientiousness |
| 5) Yi (义) | e. trustworthiness, sincerity, true to one's word |

2. Read the following paragraph and then answer the questions.

In other passages, Confucius defines what he means 1 the term “Shu”, which we translate as “understanding,” “sympathy,” 2 “compassion.” It means, Confucius says, “not doing to others what 3 does not want done to oneself.” This may sound familiar: it is often 4 the “negative golden rule.” The positive golden rule would be given by Jesus in another context about five hundred years later 5 “Do unto others as you would have them do 6 you.” Scholars, naturally enough, have debated 7 version, the positive or negative golden rule, is the 8 effective, but for our purposes we can see that 9 of them mean that we should 10 ourselves in another's shoes. (Rainey, Lee Dian, 32; 2010)

- 1) Use the right word to fill in each of these blanks.
- 2) Write five sentences to explain the concept “Shu” and then read them aloud to your classmates.
- 3) Take a critical look at this rule and other Confucian moral principles: Are they still acceptable today? For example, can they be the guidelines for interpersonal communication?

B. Communication competence

1. Answer the following questionnaire to find out how competent you are in interpersonal communication. A high score indicates good communication skills.

Scoring	Rarely true						True most of the time
	1	2	3	4	5	6	7
Interpersonal communication							Score (1-7)
1) I encourage others to tell me how they feel.							
2) People tell me that I am easy to talk to.							

3) Strangers often approach and start talking to me.	
4) People tell me I am a good listener.	
5) I am honest with others about my thoughts and feelings.	
6) I believe that communication will be productive.	
7) I use examples to help me explain what I am talking about.	

2. It's believed that Mianzi (face) plays an important role in interpersonal relationships in China and some other Asian countries. Do you agree or not? Work in groups to devise a questionnaire to find out how important Mianzi is to your classmates, using the scale in Exercise 1.

Questionnaire items:

- 1) I try to avoid being embarrassed in class.
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

VII. Focus on Writing

A. Sentence errors: fragments

A sentence fragment is only part of a sentence or half of a sentence. It cannot stand alone as it is not a complete sentence.

Fragments:

- a. Because bad mood changes, but cruel words hurt the soul forever.
- b. Starting in kindergarten and first grade.
- c. Whereas people with low self-esteem focus on not making mistakes in life.
- d. Statements like "You're so smart!" and "You're really good!"
- e. Who expressed their anger.
- f. On the first day that the boy received his bag of nails.
- g. To control personal feelings and behaviors.

Use these fragments to complete the following sentences:

- 1) f, he ended up driving about 37 nails into fence.
- 2) People _____ suffered more from heart disease.
- 3) A bad mood is never an excuse to use cruel words _____.
- 4) For example, people with high self-esteem focus on growth and improvement, _____.
- 5) Healthy emotional development requires each child _____.
- 6) _____ are examples of ability praise.
- 7) _____, parents expect that boys will outperform girls in math.

B. Supporting details (1)

1. Read the following paragraphs and answer the questions.

Paragraph 1

Animals' sleeping habits differ in a number of ways. They differ according to what time of day they sleep. Some animals sleep during daylight hours while others sleep during darkness. They also differ in the length of time they sleep. Some animals sleep only four to six hours a day while others sleep for weeks or months at a time when they hibernate.

Paragraph 2

Choosing a birthday present for a friend or family member is fun, but it can be difficult. The present should be personal and has to be thoughtful. For example, the best birthday present I ever got wasn't fancy or expensive. Last year my mother gave me a photograph of my father when he was my age. He is standing with his mother and father (my grandparents) in front of their house, and he looks happy. I think of my father every time I see that photo. It was a perfect birthday present.

Paragraph 3

Friends make you a better person. No one can thrive in isolation. Left on our own, we will achieve nothing and become unable to see ourselves as we are. A true friend will challenge you to become better because he appreciates the potential inside you. "Even when a friend is absent, he is still present," says Cicero.

Questions:

- 1) **Topic sentence:** Underline the topic sentence in each of the paragraphs.
- 2) **Types of evidence:** What type of supporting details does each paragraph use?
 - a. Personal experience

- b. Quotations
- c. Facts
- d. Statistics
- e. Reasons

3) **Organizing patterns:** What organizing method does each paragraph use?

- a. Chronological order
- b. Comparison/contrast
- c. Logical division of ideas
- d. Order of importance
- e. Cause and effect

2. Add supporting details for each of the following topic sentences.

1) My best childhood friend and I did a lot of interesting things together.

Supporting details:

a. When spring came, we often went to the open field to fly kites together.

b. _____.

c. _____.

2) Some people tend to be angrier than others.

Supporting details:

a. It's mainly because they have a low tolerance for frustration.

b. _____.

c. _____.

C. Writing tasks

1. Follow the process to write a paragraph.

1) Write the first draft:

- a. Write on the topic "My childhood".
- b. There are many different aspects of your childhood. Choose just one aspect that allows you to take a perspective.

c. Write about 150 words

2) Revise and edit the paragraph. Use the checklist to help you:

- a. Does the paragraph contain a topic sentence?
- b. Is the topic sentence well supported by the details?
- c. Is the paragraph well organized?
- d. Does every sentence have a subject and a verb?
- e. Does the paragraph have any sentence fragments?

Unit Three

Famous People

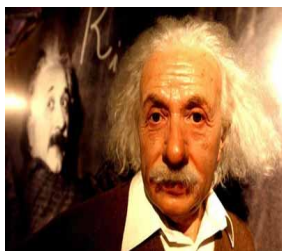
I. Focus on the Topic

1. *Study the words in each group and tick the odd one out.*

- 1) coward, idol, champion, hero, icon
- 2) persistent, persevering, work-shy, determined, insistent
- 3) surpass, fail, outdo, transcend, exceed
- 4) successful, fruitful, accomplished, productive, defeated
- 5) enterprising, adventurous, bold, nervous, courageous

2. *Look at the pictures and discuss the following questions.*

- 1) Who are they? Why are they famous?
- 2) What good qualities do you think the famous people share?



3. Dictation.

What makes a person famous?

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined word or phrase.

- 1) Babies, on average, have milder colds than older members of the family.
 - a. generally
 - b. virtually
 - c. actually
- 2) The rules should not have an overnight change.
 - a. gradual
 - b. quick
 - c. passing
- 3) Women tend to attribute their success to external causes such as luck.
 - a. offer
 - b. describe
 - c. relate
- 4) He was a violent bully, destructive and full of hate.
 - a. someone who uses his power to hurt or frighten weaker people
 - b. someone who uses his ability to start a kind of business
 - c. someone who uses his wisdom to deal with his work and life
- 5) I want to see a quick return on my investment of time and effort.
 - a. spending
 - b. output
 - c. exchange
- 6) I wonder how Mr. Johnson is going to handle such a mess.
 - a. help out
 - b. deal with
 - c. contribute to

II. Focus on Reading

The Father of FedEx—Fred Smith

- ① Every night several hundred planes bearing a purple, white, and orange design landed at Memphis Airport, in Tennessee. Crews unload more than half a million parcels and letters, **picked up** from locations all over the United States in the day.

The packages and envelopes are rapidly sorted according to address, then loaded onto other aircraft and flown to their destinations, to be hand **delivered**—many within 24 hours of leaving their senders. This sequence of events is the **culmination** of a dream of Frederick Smith, the founder, and chairman of the **board** of the FedEx Corp—known originally as Federal Express—the largest and most successful overnight delivery service in the world. **Conceived** when he was in college and now in its 28th year of **operation**, Smith’s idea has become the standard for door to door package delivery.

- ② Fred Smith was just 27 when he founded FedEx. Thirty-five years later, he’s still **at the helm**. He **attributes** the success of the company **to** leadership, pure and simple—something he picked up from his years in the military, and from his family.
- ③ Frederick Smith was born into a wealthy family on August 11, 1944 in Mississippi. After his father’s death, when he was four years old, his mother, Sally Smith, often talked to the boy about her late husband. “I kept his father alive in his mind all those years,” she recalled. “I told him how much big Fred loved him, and how much he wanted him to have the best education possible. And how much he was certain his son would **surpass** his achievements in business.
- ④ As a child, Smith **suffered from** a serious leg disease. Unable to walk normally, Smith was **picked on** by bullies, and he learned to defend himself by swinging at them with his crutch. Reportedly cured of the disease by the age of 10, he became a star athlete, playing football, basketball, and baseball.
- ⑤ While enrolled at Yale University, he helped rebuild Yale Flying Club, and took care of the club’s business. With little time to study, his academic performance suffered, but Smith never stopped looking for the “big idea”.
- ⑥ He thought he had found it when he wrote a term paper for an economics class. He outlined an idea for a transportation company that would **guarantee** overnight delivery of small, time-**sensitive** goods—replacement parts and medical supplies—to major U.S. cities. Unfortunately, the professor was not impressed.
- ⑦ Despite the discouragement, Smith was certain he was onto something, but it would be a while before he could turn his idea into reality.
- ⑧ With an **investment** from his father’s company, as well as **chunk** of his own **inheritance**, Smith bought his first plane, and in 1971 formed the Federal Express Corporation.

- ⑨ Today, FedEx is a \$32 billion global transportation and **logistics** company, serving over 220 countries and areas. Operations include more than 670 aircraft and 70,000 vehicles. About 260,000 employees and business partners worldwide **handle** more than 6 million shipments each business day.

(505 words)

(Adapted from “The Father of FedEx—Fred Smith” in The Little Boat That Sailed through Time(2013))

NEW WORDS

deliver / dɪ'livə / v.

take goods, letters, etc. to the person or people they have been sent to
递送; 运载

culmination / ˌkʌlmɪ'neɪʃn / n.

the highest point or end of sth, usually happening after a long time
顶点; 终点

board / bɔ:d / n.

a group of people who have power to make decisions and control a company or other organization
董事会

conceive / kən'si:v / vt. & vi.

(formal) form an idea, a plan, etc. in one's mind; to imagine sth
想出 (主意、计划等); 设想

operation / ˌɒpə'reɪʃn / n.

the activity or work done in an area of business or industry
(工商业) 活动, 业务

surpass / sə'pɑ:s / vt.

to do or be better than sb/sth; exceed
超过; 优于

guarantee /gə'ren'ti/ <i>v.</i>	to promise to do sth.; to promise sth. will happen 保证; 保障
sensitive /'sensətɪv/ <i>adj.</i>	easily affected or damaged by something such as a substance or temperature 敏感的, 易受影响的
investment / ɪn'vestmənt / <i>n.</i>	the act of putting money, effort, time, etc. into something to make a profit or get an advantage; or the money you invest 投资; 投资 (的款项)
inheritance / ɪn'herɪtəns / <i>n.</i>	the money, property, etc. that you receive from somebody when they die 继承物; 遗产
logistics / lə'dʒɪstɪks/ <i>n.</i>	the careful organization of a complicated activity so that it happens in a successful way and effective way 统筹安排; 后勤; 物流
handle /'hændl / <i>v.</i>	to deal with a situation, a person, an area of work or a strong emotion 处理; 应付

PHRASES AND EXPRESSIONS

pick up	acquire something such as a skill or an idea over a period of time 学会; 获得
at the helm	in the position of leadership or control 掌权
attribute... to	think that something is caused by 把.....归因于

suffer from

be badly affected by

(因.....) 受苦

pick on sb.

unfairly speak to somebody in an unpleasant way or treat sb unkindly

刁难; 欺负

EXERCISES

C. Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) Crews unload over 500,000 parcels and letters which have been taken up from different parts of the US in the day. (Para. 1)
- 2) At the age of 62, Fred Smith is still in full charge of the company. (Para. 2)
- 3) Fred Smith's mother often talk to him about his stepfather. (Para. 3)
- 4) there was something wrong with Fred Smith's leg when he was a little child. (Para. 4)
- 5) As a teenager, Fred Smith was very active in business. (Para. 4)
- 6) Fred Smith studied very well because of his big goal. (Para. 5)
- 7) In the university, Fred Smith's professor was interested in Fred's great idea. (Para. 6)
- 8) Fred Smith was sure that he was in the process of discovering something more important, more exciting than he had thought before. (Para. 7)

2. Circle your answers to the questions below. Then compare your answers with your partner. There's only one correct answer for each item.

- 1) What is "FedEx"?
 - a. Frederick Smith.
 - b. A delivery company.
 - c. Aircrafts of the world.
- 2) Which of the following is NOT TRUE according to the passage?
 - a. Frederick Smith knows a lot about his Dad.
 - b. Frederick Smith studied well in Yale University.
 - c. Frederick Smith is good at many kinds of sports.
- 3) Frederick Smith's "big idea" was _____.
 - a. to carry out a quick delivery service in the country
 - b. to be a very successful leader in the United States

- c. to buy more and more planes, ships and vehicles
- 4) When did the “big idea” occur to Frederick Smith?
- When he was a little boy.
 - When he was in high school.
 - When he was in the university.
- 5) The article implies that _____.
- Frederick Smith was born in a rich family
 - Success is always for those who are ready
 - FedEx is well known all over the world

3. Discussion.

- Why is Fred Smith successful in his career?
- What makes a business successful, enough start-up capital, a good idea, knowing your customers or...?
- Search for information on the Internet about a famous person you admire most and talk about his or her influence on your country or the world.

D. Vocabulary

1. Fill in the blanks with words or phrases given below. Change the form where necessary.

originally	conceive	pick up	logistics
certain	destination	suffer from	surpass

- Their supply chain and _____ are efficient and their customers are satisfied.
- She sometimes _____ a stomachache.
- It was _____ planned to build a CBD (Central Business District) here.
- How long will it take for my parcel to reach its _____?
- He _____ the idea of turning the old power station into an art center.
- The athlete hopes one day to _____ the world record.
- He is absolutely _____ he is going to make it in the world.
- John _____ Spanish when he was living in Mexico.

2. Check the meaning for each word or expression in bold letters and answer the questions.

- If someone **picks on** you to do the difficult jobs, does he treat you a) unfairly or b) kindly?

- 2) Will people who always **keep old memories alive** a) forget about the past or b) remember the past?
- 3) The supermarket **makes free deliveries** with orders over \$100. If you buy goods of \$105, a) should the supermarket send goods to your home for free? or b) do you have to take the goods home by yourself?
- 4) When the new treatment **cures the old man of his cancer**, does he a) still suffer from cancer, or b) recover from the disease?
- 5) If Ms. Smith **was at the helm** of the company after her father's retirement, did she a) take full charge of the company or b) leave the company?
- 6) When the audience feel **impressed** by the young singer, do they a) like or b) dislike her performance?
- 7) When the scientists said they were **onto something** big this time, did they feel a) confident or b) discouraged?
- 8) When the young man **inherited** a castle in Britain at the age of 20, did he a) buy the castle himself or b) obtain it from someone after their death?

3. Fill in the gaps with the missing letters of the words. The first letter is already given.

- 1) Sport Tee Corporation manufactures T-shirts b_____ the logos of professional football teams.
- 2) Shentong Express claims robots are cheaper and able to s_____ 200000 packages accurately a day.
- 3) What sort of mind could possibly c_____ an idea like this?
- 4) Silicon Valley's success is a_____ to culture, talent, structure and mindset.
- 5) E-commerce continues to grow at an impressive pace, but online sales haven't s_____ sales in physical stores.
- 6) A breakthrough gene therapy has fully c_____ mice of HIV, the virus which causes AIDS.
- 7) When they lack confidence, their performance generally s_____ .
- 8) Jim put his dreams into motion and f_____ a corporation.

4. Tick the word which is wrongly spelt in each group. Use a good dictionary to help you.

- 1) delivery, bravery, military, slavery, scenery, machinery
- 2) founder, advertiser, listener, buyer, singer, collector
- 3) destination, confution, corporation, culmination, operation
- 4) wealthy, healthy, messy, slippery, dirty, drowcy
- 5) inheritance, perseverance, appearance, persistance, resistance
- 6) logistics, mathics, economics, politics, ethics, aesthetics

III. Focus on Grammar

A. Pronouns

1. Put a suitable pronoun in each blank.

- 1) My sister had a pain in her leg so _____ went to see a doctor about _____.
- 2) John broke _____ arm yesterday.
- 3) They were very pleased because they finished the work by _____.
- 4) I gave him the parcels and _____ put _____ in his car.
- 5) The bird built _____ nest in the tree.
- 6) We three, Mary, Jane and _____, met Tom in the street.
- 7) Yesterday I failed to attend the party because a friend of _____ came to visit me.
- 8) "I need a black dress for the concert next week."
"I'm sure Emily will let you wear _____."
- 9) She knows _____ own mind but he doesn't know _____ own at all.
- 10) They must do _____ duty, as we must do _____.

2. Read this story about Christmas presents. Underline all the pronouns.

I had finished my Christmas shopping early and had wrapped all the presents. Having two curious children, I had to find a suitable hiding place. I chose an ideal spot—the furnace room. I stacked the presents and covered them with a blanket, positive they'd remain undiscovered. When I went to get the gifts to put them under the tree, I lifted the blanket and there, stacked neatly on top of my gifts, were presents addressed to "Mom and Dad, From the Kids."

3. Complete the following sentences with the suitable words from the brackets.

- 1) You can't expect a baby to take care of _____ (himself / itself) .
- 2) The teacher asked _____ (those / them) who had finished their homework to leave the classroom as quickly as they could.
- 3) "Who is Mary?" "Was it _____ (her / she) you were referring to?"
- 4) After this matter, the relationship between them reached _____ (its / their) highest point.
- 5) _____ (We / Us) girls are going camping over the weekend.
- 6) One of the policemen injured _____ (his/their) arm.
- 7) _____ (Her/Hers) car does not go as fast as _____ (our/ours).
- 8) Everyone has to do _____ (his/their) own research.
- 9) " Is Mr. Smith _____ (a friend of you/ a friend of yours)?"
- 10) Our service is not as good as _____ (him/ his).

4. Put in the missing words, using you, I, it, him, her, my, mine, and me.

Jane: Helen's lost (1)_____ purse. There was 200 dollars in it.

Tessa: That was a bit careless, wasn't (2)_____? I've never lost (3)_____ purse.

Marie: I lost (4)_____ once, but (5)_____ got (6)_____ back. A man found
(7)_____ and gave (8)_____ back to (9)_____.

Jane: (10)_____ were lucky. That was very honest of (11)_____.

B. Activities

Step 1

Write a short description of a famous person. What are the things that made him or her famous? Here are some aspects you might mention in your description: his or her accomplishments, important experiences, influence on society. Please pay attention to the usage of pronouns

Step 2

Share your descriptions in your group of 4 students. Make sure that everybody expresses his or her opinions. Then choose one from your group to express his or her opinions in class.

IV. Focus on Pronunciation

A. Phonetic symbols

1. Recognize the phonetic symbols.

Vowels: /i:/ /i/ /e/ /æ/

Consonants : /p/ /b/ /t/ /d/

 /k/ /g/ /f/ /v/

 /h/ /r/

2. Listen and write the phonetic transcriptions of the following words.

1) he /hi:/ eve / / we / /

2) bee /bi:/ week / / feet / /

3) tea / ti:/	leave / /	peak / /
4) deceive /dr'si:v/	receive / /	conceive / /
5) did /dɪd/	sit / /	give / /
6) bed / bed/	desk / /	smell / /
7) any /'eni/	many / /	anything / /
8) head / hed/	dead / /	dread / /
9) rat / ræt/	fat / /	mat / /
10) meat / mi:t/	leader / /	disease / /

B. Read aloud.

1. Read aloud the English proverbs and try to recite them.

- 1) East or west, home is best.
- 2) All is well that ends well.
- 3) Better to do well than to say well.
- 4) Birds of a feather flock together.

2. Read aloud the poem paying attention to the pronunciation of /i:/.

The Noble Nature

Benjamin Jonson

It is not growing like a tree
 In bulk, doth make Man better be;
 Or standing long an oak, three hundred year,
 To fall a long at last, dry, bald, and sere:
 A lily of a day
 Is fairer far in May,
 Although it fall and die that night;
 It was the plant and flower of Light.
 In small proportions we just beauties see,
 And in short measures life may perfect be.

V. Focus on Listening

A. A Math Genius

1. Vocabulary preview.

Before you listen to the conversation, use the words from the box to complete the sentences and change the form of the word if necessary.

count	subtract	multiply	studio	graduate
-------	----------	----------	--------	----------

- 1) What do you get if you _____ five by eight?
- 2) Johnson _____ the number of people who attended the evening party. It added up to two hundred.
- 3) The girl was in her dance _____, practicing day and night.
- 4) Our kids are too young to learn how to add and _____, let alone how to multiply.
- 5) _____ from our university are working all over the world.

2. Listen for the main ideas.

The main ideas are the most important points the speaker wants to get across. They may be mentioned at the start or end of a talk and repeated many times.

Now, listen to the conversation. Think about the information you need. When you have finished, compare your answers in small groups.

- 1) What's the relationship between the two speakers?
 - a. Professor and student.
 - b. Interviewer and interviewee.
 - c. Manager and employee.
- 2) What do they talk about?
 - a. His college.
 - b. His parents.
 - c. His talent.

3. David Fisher was a math genius and showed early talent for mathematics. Listen again and take notes of what David Fisher could do at different age stages.

Age	Things that David Fisher did
-----	------------------------------

one and a half	
two	
three	
seven	
twelve	

B. Early life of some famous people

1. Vocabulary preview.

Before you listen to the passage, use the words from the box to complete the sentences and change the form of the word if necessary.

amount to brilliant despair far from indecision

- 1) _____ being separate, the mind and body form an indivisible whole.
- 2) Jack had a _____ mind and solved the difficult problem quickly.
- 3) _____ is uncertain about what you should do, where you should go, or how you should behave.
- 4) If he goes on like this, he'll never _____ anything.
- 5) Don't let yourself _____; this will only make matters worse.

2. Listen for main ideas.

Listen to the passage about the early life of some famous people and find the answers to these questions.

- 1) What's the best title for this passage?
 - a. Parents Influence Their Children
 - b. It's Never Too Late for Success
 - c. What Young People Should Do
- 2) Charles Darwin was regarded as _____ in his early years.
 - a. a genius
 - b. a failure
 - c. an athlete
- 3) Which of the following is TRUE according to the passage?
 - a. Young people often make trouble.

- b. Great people usually work hard.
- c. Early performance is not determinant.

3. ***Decide whether the following statements are true or false.***

- 1) Thomas Edison was widely acknowledged as a genius when he was still a child
- 2) According to history books, many of our greatest figures were almost unsuccessful when they were teenagers.
- 3) Young people don't have to worry too much about the symptoms of daydreaming, indecision, and dullness.
- 4) Parents often choose to tell successful stories of famous people to encourage their children.
- 5) Teenagers don't have to despair of the future as they still have plenty of time to develop and perfect themselves.

VI. Focus on Culture

A. Famous people and their biographies

1. The following paragraphs are excerpted from some biographies and autobiographies. Read the paragraphs and decide which biographies and autobiographies they are from.

- a. Nelson Mandela's *Long Walk to Freedom*
- b. Yao Ming's (with Ric Bucher) *Life in Two Worlds*
- c. Emil Ludwig's *Napoleon*
- d. Sima Qian's *Biographies of Qu Yuan and Master Jia (in the Shi ji)*
- e. Romain Rolland's *Beethoven*
- f. Helen Keller's *Story of My Life*

- 1) When reading Li sao, Tian wen, Zhao hun, and Ai ying, I grieve over his purpose. Ever since I traveled to Changsha and saw where he had drowned himself in the abyss, I never can help shedding tears, and I see him before me as the person he was.
- 2) On May 7th, 1824, the first performance in Vienna of the Mass in D and the Ninth Symphony took place. The success was amazing; ... he was accorded five rounds of applause; whereas according to the strict etiquette of the city, it was the custom to give three only for the entrance of the Royal Family.

- 3) Like the Sphinx, he knows how to be silent, but we can guess his thoughts. " Alexander stood here. Caesar stood here. They lived two thousand years after this image was sculptured, as I live two thousand years after them. Immeasurable empires, consecrated to the sun, extended around the Nile. Millions obeyed the will of one.
- 4) It was a place where they could come and find a sympathetic ear and a competent ally, a place where they would not be either turned away or cheated, a place where they might actually feel proud to be represented by men of their own skin color. This was the reason I had become a lawyer in the first place, and my work often made me feel I had made the right decision.
- 5) Miss Sullivan slowly spelled into my hand the word "d-o-l-l." I was at once interested in this finger play and tried to imitate it. When I finally succeeded in making the letters correctly I was flushed with childish pleasure and pride.
- 6) My dream is that people in America will learn what China is really like, what people from China are really like. After my rookie year, the city of Shanghai picked me to be its official ambassador. Helping people learn about China or Shanghai is not my primary job, but it's something I'm glad to do.

2. Work in groups to discuss one of the questions:

- 1) Of the books listed in task one, which do you want to read most? Why?
- 2) Of the famous people mentioned in task one, which do you admire most? Why?

B. Famous people and their contemporaries

1. Match the people in the left column with their contemporaries in the right column.

- | | |
|-------------------------------------|------------------------|
| 1) Duke Xiao of Qin (Qin Xiao Gong) | a. William Shakespeare |
| 2) Confucius | b. Julius Caesar |
| 3) Tang Xianzu | c. Alexander the great |
| 4) Emperor Wu of Han | d. George Washington |
| 5) Kangxi Emperor | e. Socrates |

2. Imagine that one of the people listed in the left column had been able to meet his contemporary listed in the right. Work out a conversation between them.

VII. Focus on Writing

A. Sentence errors: run-ons

1. Run-ons are two or more sentences put together without proper punctuations. Fix the run-ons by adding punctuation, a conjuncture or a transitional expression.

- 1) The cactus has big roots, it can collect water fast when it rains.
- 2) The rescuers knew the miners were alive they came up with a plan to get the miners out.
- 3) They use bad language or mention things make you uncomfortable.
- 4) Mary Shelley's works are entertaining, they are full of engaging ideas.
- 5) The town is a long way from the nearest big city, however, there is a good bus service.
- 6) The Sahara has very strong winds make big sandstorms.
- 7) I plan to get a bachelor's degree, I am probably going to work in a hospital.
- 8) Many desert mammals can live for days with no water, because they can get water from plants.

B. Paragraph Coherence

1. Discuss the tips on how to achieve unity and coherence in a paragraph. Which of them do you think are most useful?

- 1) Support the topic sentence with examples and facts.
- 2) Repeat the key nouns.
- 3) Use time, space or order of importance to present the supporting details.
- 4) Use pronouns consistently.
- 5) Use parallel structures.
- 6) Make sure all the supporting sentences are relevant.
- 7) Use transitional words and phrases to clarify the relationship between ideas.

2. Match the following groups of words and phrases with the descriptions.

transitional words:

group 1: also, as well as, besides, first...second...third, furthermore, in addition, moreover, one...another, what's more

Group 2: afterwards, as soon as, at first, at the same time, earlier, finally, next, now, subsequently, then

Group 3: for example, namely, specifically

Group 4: admittedly, while

Group 5: accordingly, as a result, because, consequently, hence, since, so, then, therefore

Group 6: but, however, likewise, in contrast, instead, nevertheless, on the contrary, on the one hand...on the other hand, similarly, whereas, yet

Group 7: after all, indeed, in fact, in other words, in particular, specifically, that is

Group 8: as a result, consequently, in conclusion, therefore, thus, to conclude

1) To introduce examples _____

2) To signal concession _____

3) To signal comparison and contrast _____

4) To introduce conclusions _____

5) To introduce causes or effects _____

6) To signal narrowing of focus _____

7) To signal sequence or addition _____

8) To signal time _____

3. Read the essay below and then answer the questions.

What Makes a Leader

- A.** Not every president is a leader, but every time we elect a president we hope for one, especially in times of doubt and crisis. In easy times we are ambivalent—the leader, after all, makes demands, challenges the state of affairs, shakes things up.
- B.** Leadership is as much a question of timing as anything else. The leader must appear on the scene at a moment when people are looking for leadership, as Churchill did in 1940, as Roosevelt did in 1933, as Lenin did in 1917. And when he comes, he must offer a simple, eloquent message.
- C.** If we know what we're looking for, why is it so difficult to find? The answer lies in a very simple truth about leadership. People can only be led where they want to go. The leader follows, though a step ahead. Americans wanted to climb out of the Depression and needed someone to tell them they could do it, and Roosevelt did. The British believed that they could still win the war after the defeats of 1940, and Churchill told them they were right.

D A leader rides the waves, moves with the tides, understands the deepest yearnings of his people. He cannot make a nation that wants peace at any price go to war, or to stop a nation determined to fight from doing so. His purpose must match the national mood. His task is to focus the people's energies, to define them in simple terms, to inspire, to make what people already want seem attainable, important, within their grasp.

E Our strength makes him strong; our determination makes him determined; our courage makes him a hero; he is, in the final analysis, the symbol of the best in us, shaped by our own spirit and will. And when these qualities are lacking in us, we can't produce him; and even with all our skills at image-building, we can't make him. He is, after all, merely the sum of us.

- 1) **Transitional words:** Underline the transitional words in paragraph A. Discuss what types of transitional words (as listed in task 2) they belong to.
- 2) **Key nouns:** What are the key nouns in this essay? How many times are they repeated in this essay?
- 3) **Relevant details:** What is the topic sentence of paragraph B and C? What kind of supporting details is used?
- 4) **Consistent pronouns:** What do the pronouns "he", "his", "them" and "their" in paragraph D refer to? Are they used consistently?
- 5) **Parallelism:** Point out the parallel structures in paragraph E.

C. Writing task

1. Follow the process to write a paragraph.

- 1) Work in pairs to discuss the questions:
 - a. What is your major goal for the next three years?
 - b. What is the first step you need to take?
 - c. What is the second step?
 - d. What is the third step?
- 2) Write the first draft:
 - a. Write on the topic "My 3-year plan".
 - b. State your major goal.
 - c. Include explanations and examples for each step.
 - d. Write about 150 words.
- 3) Revise and edit the paragraph. Use the checklist to help you:

- a. Does the paragraph have a topic sentence?
- b. Are all the supporting sentences relevant?
- c. How is the paragraph organized?
- d. What transitional words have been used?
- e. Does every sentence have a subject and a verb?
- f. Are there any run-on sentences in the paragraph?

Unit Four

Food and Health

I. Focus on the Topic

1. Study the words in each group and tick the odd one out.

- 1) healthy, sound, robust, vigorous, delicate
- 2) protein, vitamin, mineral, hemlock, carbohydrates
- 3) slim, obese, gross, heavy, fat
- 4) barley, rice, wheat, cucumber, corn
- 5) liquor, juice, spirits, wine, alcohol

2. Work in groups to discuss the following questions.

- 1) Can you name the food in the pictures?
- 2) What is your favorite food? Why do you love it?
- 3) Give examples to explain the relationship between food and health.



3. Dictation.

We can't go without foods.....

.....

.....

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined word or phrase.

- 1) An epidemic of flu is sweeping through the city.
a. widespread disease b. period of time c. special group
- 2) This disorder is easily diagnosed, but not easily treated.
a. described b. detected c. designed
- 3) All senior officers involved in the accident will have to be removed.
a. took up b. contributed to c. related with
- 4) Eating too much is a major risk factor in many diseases.
a. effect b. cause c. result
- 5) The teacher should have sensitivity to the needs of the students.
a. ability to respond b. ability to answer c. ability to contribute
- 6) The money to build the power station ought to have been sufficient.
a. adequate b. available c. arriving

II. Focus on Reading

Diabetes: A New Epidemic

Types of Diabetes

- ① **Approximately** 18 million Americans—nearly 7% of the population—have one of two major forms of diabetes. Five to ten percent of people with the diabetes have the more serious form, known as Type 1 diabetes. In this type of diabetes, the pancreas produces little or no **insulin**, so daily doses of insulin are required. Type 1 diabetes usually strikes before age 30, most often in childhood.
- ② Ninety percent of Americans with diabetes have Type 2 diabetes. This condition can develop slowly, and about half of affected individuals are **unaware of** their condition. This condition is usually **diagnosed** in people over age 40, although it is

becoming more common at earlier ages. About one-third of people with Type 2 diabetes must take insulin; others may take medicines that increase insulin production.

- ③ The major factors **involved in** the development of diabetes are age, **obesity**, physical inactivity, a family history of diabetes, and lifestyle. Excess body fat reduces cell **sensitivity** to insulin, and it is a major risk factor for type 2 diabetes.

Treatment

- ④ There is no cure for diabetes, but it can be successfully managed. Treatment involves keeping blood sugar levels within safe limits through diet, exercise, and, if necessary, medicines. Blood sugar levels can be monitored using a home test. Nearly 90 percent of people with Type 2 diabetes are overweight when diagnosed, and an important step in **treatment** is to lose weight. Even a small amount of weight loss can be beneficial. People with diabetes should eat regular meals with an emphasis on complex **carbohydrates** and adequate fiber. Regular exercise and a healthy diet are often **sufficient** to control Type 2 diabetes.

Prevention

- ⑤ Exercise can help prevent the development of Type 2 diabetes, a benefit especially important in individuals with one or more risk factors for the disease. Exercise makes cells more **sensitive to** insulin. Exercise also helps keep body fat at healthy levels.
- ⑥ Eating a healthy diet to help control body fat is perhaps the most important **recommendation** for the prevention of diabetes. However, there is some evidence that the structure of the diet may also be important. In a long-term study of over 65,000 nurses, a diet low in fiber and high in sugar and refined carbohydrates was found to increase risk for Type 2 diabetes. The foods most closely linked to higher diabetes risk were regular cola **beverages**, white bread, white rice, French fries, and potatoes; **consumption** of cereal fibers such as those found in cold breakfast cereals was **associated with** lower risk.

Warning Signs and Testing

- ⑦ A wellness lifestyle that includes a healthy diet and regular exercise is the best strategy for preventing diabetes. If you do develop diabetes, the best way to avoid **complications** is to recognize the **symptoms** and get early diagnosis and treatment.

⑧ Type 2 diabetes usually has no symptom in the early stages, and routine screening is recommended for people over age 45 and anyone younger who is at high risk, including anyone who is obese. If you are concerned about your risk for diabetes, talk with your *physician* about being tested.

(522 words)

(Adapted from Joe Cortina, Janet Elder's "A New Epidemic")

NEW WORDS

approximately /ə'prɒksɪmətli/ <i>adv.</i>	almost, but not completely, accurate or correct 大概; 大约
sensitivity /sensə'tɪvətɪ/ <i>n.</i>	the quality of reacting quickly to something; a tendency to be easily offended 敏感性; 易被惹恼
carbohydrate /ˌkɑːbəʊ'hɑɪdreɪt/ <i>n.</i>	a substance found in food such as sugar and bread, that gives you energy 碳水化合物
sufficient /sə'fɪʃnt/ <i>adj.</i>	enough for a particular purpose; as much as you need 足够的; 充足的
recommendation /ˌrekəmen'deɪʃn/ <i>n.</i>	a suggestion that sth is good or suitable for a particular purpose 建议; 推荐
beverage /'bevərɪdʒ/ <i>n.</i>	any type of drink except water, for example, tea, alcohol, or juice 饮料
consumption /kən'sʌmpʃn/ <i>n.</i>	the act of eating, or drinking something 食用; 饮用

MEDICAL TERMS

epidemic / ,epɪ'demɪk/ <i>n.</i>	a widespread outbreak of an infectious disease 流行病
insulin / 'ɪnsjəlɪn/ <i>n.</i>	a substance that most people produce naturally in their body and that controls the level of sugar in their blood 胰岛素
diagnose / 'daɪəgnəʊz/ <i>vt.</i>	to say exactly what an illness or the cause of a problem is 诊断；判断
obesity / əʊ'bi:səti/ <i>n.</i>	the fact of being extremely fat, in a way that is dangerous for health 肥胖（症）
treatment / 'tri:tmənt/ <i>n.</i>	the use of drugs, exercises, etc. to cure an illness or injury 治疗；疗法
complication / ,kəmplɪ'keɪʃn/ <i>n.</i>	a medical problem that occurs as a result of another illness or disease 并发症
symptom / 'sɪmptəm/ <i>n.</i>	a change in your body or mind that shows that you are not healthy 症状
physician / fɪ'zɪʃn/ <i>n.</i>	a medical doctor, especially one who has general skill and is not a surgeon 内科医生

PHRASES AND EXPRESSION

be unaware of	do not know about 不知道；没意识到
be involved in	be connected with 涉及；与……有关联
be sensitive to	be easily affected by 敏感的；易受影响的
be associated with	be related to 与……有关系

EXERCISES

A. Reading and Discussion

1. *Read the text and decide whether the following statements are true or false.*

- 1) Type 1 diabetes is more serious than type 2 diabetes. (Para. 1)
- 2) Ninety percent of Americans with diabetes must take insulin. (Para. 2)
- 3) One major cause of type 2 diabetes is obesity. (Para. 3)
- 4) Complex carbohydrates and adequate fiber can help people with diabetes lose weight. (Para.4)
- 5) Cells become more sensitive to insulin when body fat could be kept at healthy levels. (Para. 5)
- 6) A long-term study of over 65,000 nurses was carried out to find out how people can reduce the risk for type 2 diabetes by eating a healthy diet. (Para. 6)
- 7) A healthy lifestyle is far more important than going to doctors to get diagnosis and treatment. (Para. 7)
- 8) People under the age of 45 don't need to have routine screening. (Para. 8)

2. *Circle your answers to the questions or unfinished statements below. Then compare your answers with your partner. There's only one correct answer for each item.*

- 1) In Type 1 diabetes, _____.
a. the condition develops slowly

- b. the disease appears in people over 40
- c. insulin doses must be taken daily

2) Which of the following best expresses the main idea of Paragraph 3?

- a. There are several factors involved in developing diabetes.
- b. Excess body fat is a major risk factor for Type 2 diabetes.
- c. People who do little exercise have the risk developing diabetes

3) For all diabetes, proper treatment of the disease must include _____.

- a. an appropriate diet and exercise
- b. weight gain and medicines
- c. all of the above

4) The best way to prevent diabetes is _____.

- a. increasing cell sensitivity to insulin
- b. regular exercise and a healthy diet
- c. monitoring blood sugar every day

5) Why does the author include the information about a long-term study of 65,000 nurses?

- a. To offer evidence that white foods cause diabetes and that we should avoid them.
- b. To prove that the structure of a person's diet is important in preventing diabetes.
- c. To show the fact that even many nurses do not have healthy eating habits.

3. Discussion.

1) Skim the text and find out the theme (or the main ideas) of the article.

2) Think of these questions. Talk about your eating habit and give advice about how to eat well.

☐ Do you eat moderate meat, fish and a variety of vegetables?

☐ Do you skip or delay meals?

☐ Do you often buy packaged or processed foods?

☐ Do you overeat especially when you eat out in restaurants or go to gatherings with friends? Will you stop eating when you're 80% full?

☐ Chips, a bag of candy or chocolate can look very appealing. What snacks do you often eat? Do you feel guilty about your food choices?

☐ Water is essential to life. Do you often drink high-sugar soft drinks?

- ❓ If you always focus on healthy food and cut down on unhealthy food, sometimes you may lose the pleasure of eating. Some people even end up overeating. How will you solve the problem?

B. Vocabulary

1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

dose	approximately	beneficial	recommendation
consumption	cereal	symptom	sufficient

- 1) Studies have shown that _____ of organic food can significantly reduce pesticide exposure.
- 2) It took them _____ 10 hours to reach the top of the mountain yesterday.
- 3) While most people eating a Chinese diet get _____ quantity of protein each day, many of us are not getting the quality of protein we need.
- 4) This aerobic exercise _____ deserves serious consideration.
- 5) Although low-dose aspirin is an OTC drug and safe for most people, the FDA recommends that certain individuals not take aspirin in any _____.
- 6) The doctor made his diagnosis after studying the patient's _____.
- 7) Using computers has a _____ effect on children's learning.
- 8) Rice is the most important _____ in many tropical and sub-tropical areas.

2. *Match the expressions in column A with their paraphrases in column B.*

A

B

- | | |
|--|--|
| 1) It's reasonable to associate passive smoking with cancer. | a. worried about |
| 2) We must develop a strategy to deal with the disease. | b. are easily influenced or damaged by |
| 3) My teeth are very sensitive to cold | c. are in a situation where there is a risk of |

food.

- | | |
|---|--|
| 4) People who are overweight run a risk of a heart attack. | d. design a plan |
| 5) Many people are unaware of how much food they consume. | e. don't realize |
| 6) We provide all types of information, with an emphasis on health care. | f. react positively to |
| 7) Chronic back pain may not respond to treatment. | g. giving special importance or attention to |
| 8) I'm a bit concerned about your health. | h. connect ... with |

3. Fill in the gaps with the missing letters of the words. The first letter is already given.

- 1) A new study suggests that adult diseases can s_____ children because of poor diet and obesity.
- 2) This skin condition can d_____ in people with insulin resistance.
- 3) Because gloves r_____ one's sensitivity to pages, we ask that readers use clean, bare hands when handling books.
- 4) K_____ your weight within the healthy range and avoid weight gain in adult life.
- 5) Oxygen is essential to life and there are times when we need to monitor its l_____ in our blood to detect if our body is functioning normally.
- 6) Lifestyle habits, such as smoking or poor diet passed on from one generation to the next can also increase the r_____ of cardiovascular disease.

4. Fill in the blanks with the proper forms of the words given.

- 1) It is reported that she is an expert in the _____ of eye diseases. (diagnose)
- 2) Sugar and fat can more easily lead to _____ than some other foods. (obese)
- 3) He points out that routine _____ may help to detect early sign of illness. (screen)
- 4) The United States makes up 18% of the world _____ of chocolate. (consume)
- 5) She developed severe _____ two weeks after the treatment. (complicate)
- 6) _____ to alcohol may occur due to allergic reactions to various compounds found in alcoholic beverages. (sensitive)

III. Focus on Grammar

A. Verb tenses (I)

1. Present simple tense.

Complete the information about Patrick Ross. Use the correct form of the verbs in brackets.

I'm John Smith and I (1) work (work) for an international company in Guangzhou. I (2) _____ (live) near Tianhe District, and I (3) _____ (travel) to work by subway. My wife is Chinese. She (4) _____ (work) part-time for a training company. She (5) _____ (drive) to work. We both (6) _____ (like) sports and travelling. We (7) _____ (play) golf at the weekend. Our two children (8) _____ (go) to an international school.

Complete the following sentences with the right words from the brackets.

- 1) What _____ (do/does) the menu say?
- 2) If she doesn't tell the truth now, he'll simply keep on asking her until she _____ (does/will do).
- 3) No one can prove that the earth _____ (is/is been) not round.
- 4) John Smith _____ (has been travelling/travels) to work every day.
- 5) Our university is no longer what she _____ (is/was)
- 6) The film shows how a university student _____ (becomes/will become) a criminal.
- 7) Will you come and join us when we _____ (give/have given) a farewell party?
- 8) I _____ (hope/had hoped) to take a good holiday this year, but I was too busy to go away.
- 9) When I come across a new word, I _____ (look/will look) it up in the dictionary.
- 10) This meat _____ (is smelling/smells) bad.

2. Present progressive aspect.

Fill in the blanks with the proper forms of the verbs in the following sentences.

- 1) The committee members _____ (examine) the material now.
- 2) Don't turn on the TV. I _____ (talk) to you!
- 3) Tom _____ (study) for a Chemistry quiz, so I don't think she can come to the party.
- 4) Whenever I see John, he is always _____ (read) a book.
- 5) I _____ (have) trouble with this assignment. Could you help me?
- 6) Mr. Smith teaches French, but he _____ (not teach) at the moment.
- 7) John _____ (still work) to perfect his English pronunciation.
- 8) These children _____ (be) very noisy, but they _____ (be) young, so I guess it's understandable.

Complete this article with the present simple or the present progressive aspect of the verbs in brackets.

My roommate (1) _____ (have) a dance party every Friday night. I (2) _____ (work) on Friday night these days, so I (3) _____ (not get) home until 10:00. On most Fridays, by the time I (4) _____ (get) there, everyone (5) _____ (start) dancing. I generally (6) _____ (go) into the kitchen to find something to eat. Usually, there (7) _____ (be) several other people in the kitchen. They (8) _____ (sit) by an open window. We (9) _____ (talk) and (10) _____ (laugh) for a while. Just when I (11) _____ (be) about to start dancing myself, there (12) _____ (be) almost always a knock at the door. I (13) _____ (go) to answer it, and (14) _____ (discover) our neighbor, who (15) _____ (complain) about the noise.

B. Activities

Step 1

Work with your partner to answer the question: what was the first food you have learned to cook?

Step 2

Discuss with your partner the steps of cooking a particular food.

IV. Focus on Pronunciation

A. Phonetic symbols.

1. Recognize the phonetic symbols.

Vowels /ə:/ /ə/ /u:/ /u/
Consonants /s/ /z/ /θ/ /ð/ /f/ /ʒ/ /tʃ/ /dʒ/

2. Listen and write the phonetic transcriptions of the following words.

10) Dirt /də:t/	birth / /	thirty / /
11) her /hə:/	serve / /	mercy / /
12) work /wə:k/	worst / /	worth / /
13) fur /fə:/	hurt / /	turn / /
14) early /'ə:li/	learn / /	earth / /
15) letter /'letə/	clever / /	eater / /
16) terrible /'terəbəl/	possible / /	flexible / /
17) doctor /'dɒktə/	visitor / /	author / /
18) sister /'sistə/	father / /	other / /
19) death /deθ/	north / /	teeth / /

B. Read aloud

1. Read aloud the tongue twister and try to recite it.

She stops at the shops where I shop,
And if she shops at the shop where I shop
I won't stop at the shop where she shops!

2. Read aloud the poem, paying attention to the pronunciation of / ə / and / u /.

Good and Clever

W. Wordsworth

If all the good people were clever,
And all clever people were good,
The world would be nicer than ever
We thought it possibly could.

But somehow, 'tis seldom or never
The two hit it off as they should;
The good are so hard to the clever,
The clever so rude to the good.

V. Focus on Listening

A. A wife's health suggestions

1. *Vocabulary preview: match the phrases below with their meanings.*

- | | |
|--------------------------|---|
| 1) build up blood vessel | a. reduce |
| 2) cut back on | b. take a medical examination |
| 3) have a physical check | c. not in a physically strong and healthy condition |
| 4) abandon a proposal | d. give up a suggestion |
| 5) out of shape | e. strengthen the tubes in which the blood flows |

2. *Listen to a couple talk about food choice and health issues. Choose the best answer to the questions below.*

- 1) What does the man want to do?
 - a. play basketball with friends from work
 - b. try out for the company baseball team
 - c. get in shape and compete in a cycling race
- 2) What is the woman's main concern?
 - a. She is worried her husband will spend too much time away from home.
 - b. She is afraid her husband will become a fitness freak.
 - c. She is concerned about her husband's health.
- 3) Has the man played basketball recently?
 - a. Yes, he has played basketball for the past five years.
 - b. No, he hasn't played basketball for five years.
 - c. Yes, he has played basketball for the past twenty-five years.
- 4) How will cycling improve health according to the woman?
 - a. It is good for improving muscle tone.
 - b. It helps strengthen the heart.
 - c. It helps develop mental toughness.

3. *The man seems to have a lot of things to do before he can join a company basketball team. Make a list of the suggestions his wife has given for his health. Do*

you think the man can finally sign up for the basketball team?

A wife's health suggestions

- 1)
- 2)
- 3)

4. Do you have any ideas for a healthier and happier life? Why not make New Year's resolutions? Fill your resolution list with easy goals and discuss them with your classmates. Are they achievable? How will they improve your health and lifestyle?

My New Year's resolutions

e.g.

- ☐ I am going to spend less time playing computer games and focus on my study.
- ☐ I'm going to eat more healthily. Vegetables and fruit are my friends.
- ☐ I'm going to take 30 minutes a day to run on the playground and drop 5 jin.
- ☐ I will decorate my room with beautiful flowers. Sweet smells will make me relaxed and joyful.

- 1)
- 2)
- 3)
- 4)
- 5)

B. Chocolate Day

1. Vocabulary preview: use the words from the box to complete the sentences and change the form of the word if necessary.

celebrate	spoil	boost
market campaign	tooth decay	cacao seed

- 1) Jim _____ his 18th birthday with his friends in the park.
- 2) Brushing your teeth regularly helps to prevent _____.
- 3) _____ promote products through different types of media, such as television,

radio.

- 4) They need a big win to _____ their confidence for such an important match.
- 5) _____ yourself with beautiful and expensive dresses this summer.
- 6) Chocolate is made from _____, native to the tropical regions of the Americas.

2. Listen to some key points about chocolate and chocolate day. Decide whether the following statements are true or false.

- 1) Chocolate is made from cacao seeds, which grow on cacao trees in the tropics.
- 2) Chocolate was first used as a drink in Central America according to historians.
- 3) Chocolate is popular all over the world.
- 4) In history, Chocolate Day originated from a marketing campaign by chocolate makers.
- 5) Chocolate Day is all about enjoying chocolates and exchanging chocolates with your friends and colleagues.
- 6) The word chocolate means “a drink made from the cacao seed” in Aztecs language.
- 7) The product of the cacao seed is tasty and sweet.

3. Listen again to the effect of eating chocolate on health and list the health benefits and risks of chocolate. Then complete the following summary with appropriate words or phrases from the passage.

The Health Benefits and Risks of Chocolate

Chocolate is very nutritious with its rich properties of cocoa. It is believed to help reduce stress and 1) _____ blood pressure. Eating chocolates is sure to cheer you up and brings about 2) _____ emotions. Scientists think that chocolate consumption can give people a quick, natural energy 3) _____. It also stimulates brain power and makes your brain more 4) _____.

In spite of the health benefits, chocolate has some negative effects too. Chocolate contains a large number of calories and can make people 5) _____. The high sugar content of chocolate can also be a cause of 6) _____.

4. What would you associate chocolate with? How do you understand the words of Forest Gump “Momma always said life was like a box of chocolates. You never know what you’re gonna get.”?

VI. Focus on Culture

A. Cultural differences in food choice

1. Surf the Internet and collect information about different food cultures in the world. Discuss with your partner and make a presentation with your findings. Ask your classmates to guess which country you are talking about.

e.g.

1. This country is home to many popular foods, and most of them come from other countries. For example, Pizza is a typical Italian dish, consisting of a wheat-based dough and toppings like tomatoes and cheese. After Pizza was brought to tables in this country, its traditional recipe has been changed to cater for locals, such as adding more meat to enhance the flavor. (United States)

1) Most of the popular foods in this country originate in some other country. The pizza slice is Italian. Fries are Belgium or Dutch. Hamburgers and frankfurters? Likely German. But in the kitchens of this country, they have been improved and added to, to become global icons for food lovers everywhere. _____

2) The cuisine of this Mesoamerican country has a little bit of everything -- you'll never get bored. Amongst the enchiladas and the tacos and the helados and the quesadillas you'll find the zestiness of Greek salads and the richness of an Indian curry. _____

3) Traveling and eating in this country feels like a glossy magazine spread come to life, but without the Photoshopping. Like the blue seas and white buildings, the kalamata olives, feta cheese, the colorful salads and roast meats are all postcard perfect by default. _____

4) People in this country apply the same precision to their food as they do to their engineering. This is the place that spawned tyrannical sushi masters and ramen bullies who make their staff and customers tremble with a glare. _____

5) The people who greet each other with "Have you eaten yet?" are arguably the most food-obsessed in the world. Food has been a form of escapism for people in this country throughout its tumultuous history. This country's regional cuisines are so varied it's hard to believe they're from the same nation. _____

B. Yin and yang in food

1. Read the following passage about food and translate it into your own language.

Food for Body, Mind, and Spirit

It is important to note that when in China, food is spoken of as the “first resource” used to correct an energy imbalance, you should not only think of energy imbalances

reflected as physical symptoms. Food is also the first resource in curing emotional, mental, and spiritual imbalances.

The Chinese place foods into five categories, each with a *yin/yang* effect on the energy balance of the body:

- ☐ hot: extremely yang;
- ☐ warming: slightly yang
- ☐ neutral: balance of yin and yang;
- ☐ cooling: slightly yin
- ☐ cold: extreme yin

It is important to remember that these descriptions do not relate to the temperature of the food at the time of ingestion but to the effect that it has on the body's energy system. For instance, putting chilies in the fridge will not significantly change the yang effect they have on your body.

It should also be emphasized that Chinese theories of diet aim to prevent problems rather than correct them. Thus in determining your diet you should also look at the season, your age, your activities and your environment.

As these factors change, there is a need for you to make dietary adjustments just to maintain your balanced energy state.

(From Khor 's *The Ancient Chinese Way to Bring Life Energy and Harmony into Your Life*.)

2. Research on foods in different parts of China in groups. Each group gives a presentation on a specialty of one particular area, such as your hometown, a tourist destination, etc. If possible, bring a food sample to the class and describe its taste, ingredients etc. and how it may affect our body, mind and spirit. Does the food have a yin or yang effect?

VII. Focus on Writing

A. Sentence types

1. Match the concepts with the description.

- | | |
|-----------|---|
| 1) clause | a. It contains two or more independent clauses and one or more dependent clauses. |
|-----------|---|

- | | |
|------------------------------|--|
| 2) independent clause | b. It contains at least two independent clauses. |
| 3) dependent clause | c. It contains a subject and a verb and expresses a complete thought. |
| 4) simple sentence | d. It contains an independent clause and at least one dependent clause. |
| 5) compound sentence | e. It contains a subject and a verb, but it is not a complete thought. it cannot stand on its own as a sentence. |
| 6) complex sentence | f. It contains one independent clause. |
| 7) compound-complex sentence | g. It contains a subject and a verb, but it is usually only part of a sentence. |

2. Read the following sentences and decide whether they are simple sentences, compound sentences, complex sentences or compound-complex sentences.

- 1) Blood sugar levels can be monitored using a home test.
- 2) Nearly 90 percent of people with Type 2 diabetes are overweight when they are diagnosed, and an important step in treatment is to lose weight.
- 3) Even a small amount of weight loss can be beneficial.
- 4) A wellness lifestyle that includes a healthy diet and regular exercise is the best strategy for preventing diabetes.
- 5) If you do develop diabetes, the best way to avoid complications is to recognize the symptoms and get early diagnosis and treatment.

6) There is no cure for diabetes, but it can be successfully managed.

3. Each of the following sentences contains an error. Find the error and correct it.

- 1) This restaurant serves a full course dinner. Which includes a meat dish with two vegetables and a soup, for about 80 Yuan.
- 2) This restaurant is a favorite place to take a date, because it offers soft lighting and romantic music.
- 3) The trend toward dining in the dark has become popular in the UK too, primarily in London, which several restaurants have been established since 2006.
- 4) The real problem is because restaurants don't pay their employees a living wage.
- 5) I loved the restaurant's atmosphere, so there wasn't much I liked on the menu.

B. Writing tasks

1. Follow the process to write an essay.

- 1) Work in pairs to ask and answer the following questions:
 - a. When was the last time you ate out in a restaurant?
 - b. Where did you go?
 - c. Whom did you go with?
 - d. Is the restaurant you dine in an attractive place?
 - e. What food did you order? How did it taste?
 - f. Did you have a good time with your friends?
- 2) Write the first draft:
 - a. Write on the topic "My favorite restaurant".
 - b. Focus on the reasons why this is your favorite restaurant.
 - c. Write an introductory paragraph, a concluding paragraph and three body paragraphs.
 - d. Put different reasons in different body paragraphs.
 - e. Make an outline before you write the essay.
 - ☐ Introductory paragraph
 - ☐ Body paragraph
 - Body paragraph 1 (Reason 1: explanation; examples)
 - Body paragraph 2 (Reason 2: explanation; examples)
 - Body paragraph 3 (Reason 3: explanation; examples)
 - ☐ Concluding paragraph
- 3) Revise and edit the essay. You can use the checklist to help you:
 - a. Thesis statement

- b. Three parts of the essay: introduction, body and conclusion
- c. Three or more body paragraphs
- d. Sentence variety (different kinds of sentences)
- e. Spelling and punctuation

Unit Five

Sports and Passion

I. Focus on the Topic

1. Study the words and expressions in each group and tick the odd one out.

- 1) athlete, spectator, sportsman, competitor, player
- 2) medalist, champion, prize-winner, referee, record-breaker
- 3) sprint, hurdles, relay, long distance, javelin
- 4) FIFA World Cup, Wimbledon Tennis, Mardi Gras, Tour de France Cycling, Olympic Games
- 5) striking, memorable, insignificant, impressive, historic

2. Work in groups to discuss the following questions.

- 1) Look at the pictures and describe them.
- 2) What's your favorite sport and why do you like it?
- 3) Do the athletes always succeed in the games? Please give your reasons.



3. Dictation.

The National Basketball Association (NBA) is.....

.....

.....

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined word or phrase.

1) On his retirement from service, he went to live in the mountains.

- a. exploitation
- b. withdrawal
- c. tiredness

2) The property was returned to the original owner.

- a. opportunity
- b. treasure
- c. power

3) It amazes me that she's got the energy for all those parties.

- a. upsets
- b. surprises
- c. encourages

4) He had lived through life with the advantage of wealth, never tested by distress.

- a. success
- b. adventure
- c. suffering

5) I never could resist the charm of the city.

- a. attractiveness
- b. happiness
- c. wildness

6) They built a permanent monument for the hero.

- a. great
- b. temporary
- c. durable

II. Focus on Reading

Michael Jordan

①Sports news now, and basketball great, Michael Jordan is expected to announce his retirement within the next few hours. And people all over the world are talking tonight about the retirement of Michael Jordan, the most **recognizable** athlete on the planet. Jordan **leaves behind** a property that future NBA players will be hard-pressed to repeat. He was the most **dominant** player in his sport, the most famous athlete of his time. Jordan's flight across the basketball court, his skillful style all put fans in the stands and money in his pocket. Jordan made 30 million dollars in salary in each of the last two years and no one said he wasn't worth it.

②Michael Jeffrey Jordan was born on February 17, 1963, in Brooklyn, New York, but his family decided to move to Wilmington, North Carolina when he was still a baby. As a child, Jordan played baseball, basketball and football. His preferred sport at the time was baseball but after he began spending a lot of time on the basketball court, his **outlook** changed. Surprisingly, in 1978, when Jordan **attended** Laney High School in Wilmington, he was cut from the school team. Instead of giving up, however, he fought through **distress** and became the greatest basketball player in the world. Between the 10th and 11th grade, Jordan grew from 5'11 to 6'3, and because he had improved greatly as a player, he made the school team the following year.

③When Michael Jordan played college basketball, he was an above average player, but there was no sign of what lay ahead. In the summer of 1984, Jordan played on the US Men's Olympic Basketball Team and his plays quickly **amazed** the other teams and he **ended up with** the then lowly Chicago Bulls. Jordan immediately proved that he belonged in the big leagues and his skillful moves and **hang-time** won him the nickname Air Jordan. Jordan built the Bulls into a **championship** team. They won six NBA titles in his 13 seasons. Jordan won the league MVP (Most Valuable Player) Award five times and the scoring title 10 times. His basketball skills and natural **charm** also made him the perfect key figure to market both Nike products and the NBA (National Basketball Association).

- ④ Jordan: “I am here, to announce my **retirement** from the game of basketball. I think everyone has their own reasons. But I want to say thank you, to both of the gentlemen here, Mr. Stern and Mr. Reinsdoff who **presented** me **with** the opportunity, to come to Chicago and meet my beautiful wife and build a family here. Uh, and to my family in North Carolina, a lot of my friends who have come up to support, to stay and support me, who’ve always supported me once I stepped on the basketball court, and even when I didn’t play on the basketball court.”
- ⑤ Jordan always said he wanted to finish on top, and he does. His last shot might be the most **memorable**, the game winner to give the Bulls their sixth NBA championship in June 1999. It’s a great final image of a great athlete and he left a **permanent** impression of perfection.

(532 words)

Adapted from 范祥涛主编的《人物风云榜》

NEW WORDS

recognizable /'rekəgnaɪzəbl/
adj.

easy to know or identify
可认出的；易于识别的

dominant /'dɒmɪnənt/ *adj.*

more important or powerful than other things
首要的；占支配地位的；显著的

outlook / 'aʊtlʊk / *n.*

a general attitude toward life
人生观

attend /ə'tend/ *v*

to go regularly to a place, such as a school
定期去（某处）；上（学）

distress /dɪ'stres/ *n.*

a feeling of great worry or unhappiness;
great suffering
忧虑；痛苦

amaze / ə'meɪz/ <i>vt.</i>	to surprise sb very much 使惊奇
hang-time /'hæŋtaɪm/ <i>n.</i>	the amount of time a player stays in the air to shoot the ball 腾空时间
championship /'tʃæmpiənʃɪp/ <i>n.</i>	a competition to find the best player or team in a particular sport 锦标赛
charm /tʃɑ:m/ <i>n.</i>	the quality of being pleasant or attractive 魅力
retirement /rɪ'taɪəmənt/ <i>n.</i>	the act of stopping a particular type of work, especially in sport, politics, etc. (尤指从体育、政治等方面)退出, 退职
memorable /'memərəbl/ <i>adj.</i>	special, good or unusual and therefore worth remembering or easy to remember 值得纪念的; 难忘的
permanent /'pɜ:m(ə)nənt/ <i>adj.</i>	lasting for a long time or for all time in the future 永久的; 长久的

PHRASES AND EXPRESSION

leave behind	not to take someone or something with you when you leave a place 留下
end up with	finish with 以...而结束
present sb with sth	give something to somebody, for example on a formal or official occasion 把...交给; 授予

EXERCISES

B. Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) "...the most recognizable athlete on the planet" means "...the most famous player in the world." (para. 1)
- 2) Jordan's achievements and greatness on the court are difficult to repeat for coming NBA players. (para. 1)
- 3) Jordan was an excellent basketball player at the high school. (para. 2)
- 4) When Jordan played college basketball, he showed his greatest talent in his team. (para. 3)
- 5) "...and his plays quickly amazed the other teams..." means "...and his performance surprised the other teams so much that they found it impossible to believe it" (para. 3)
- 6) Jordan got his nickname Air Jordan because he could stay much longer than any other player. (para.3)
- 7) Jordan's wife gave him the opportunity to go to Chicago. (para.4)
- 8) Jordan finished his basketball career on top. (para. 5)

2. Circle your answers to the questions below. Then compare your answers with your partner's. There is only one correct answer to each question.

- 1) What trouble did Jordan have in his high school?
 - a. His family moved to Wilmington.
 - b. He was not a good baseball player.
 - c. He was cut from the school team.
- 2) How did Jordan get his nickname Air Jordan?
 - a. He got the name by his performance in the Olympic Games
 - b. He got the name by his skillful moves and hang-time.
 - c. He got the name when he was in Laney High School.
- 3) Why did Jordan choose to retire when he was still at the height of his career?
 - a. Because he wanted to finish on top.
 - b. Because he wanted to try something else.
 - c. Because he wanted to enjoy a better life.
- 4) Which of the following statement is TRUE according to the text?

- a. Jordan's achievement will be repeated by the future NBA players.
 - b. Jordan helped Chicago Bulls to win championships.
 - c. Jordan won the league MVP every year in his seasons.
- 5) What's the main idea of this article?
- a. Michael Jordan's retirement from his player career.
 - b. Michael Jordan is one of the greatest athletes in the world.
 - c. Michael Jordan's last shot is the most memorable.

3. Discussion.

- 1) Are successful athletes born or made?
- 2) What can you learn from your idol athlete?
- 3) Some people think that professional athletes make too much money. Do you agree?

B. Vocabulary

1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

leave behind	distress	dominant	memorable
charm	end up with	attend	

- 1) Which school does your sister _____?
- 2) The soldier has fought many _____ battles.
- 3) We hear of the women who run away, _____ their homes and families.
- 4) I had to use all my _____ to get them to lend us the hall.
- 5) I started with soup and _____ fruit at lunch.
- 6) In prosperity our friends know us; in _____ we know our friends.
- 7) She has _____ damage to her eyesight.
- 8) It seems that social media begin to _____ students' lives.

2. *Match each phrase in bold from column A with its paraphrase from column B.*

A

- 1) I **attended the classes** for a month or two.

B

- a. remaining at a lower level than others

- | | |
|--|---|
| 2) The quality of her work is above average . | b. use the power to please |
| 3) Some students are concerned about getting left behind right now. | c. went to class regularly |
| 4) These basketball players are working hard to improve their performance . | d. to get better in their basketball skills |
| 5) The newspaper article caused the athlete considerable distress . | e. higher than the usual level |
| 6) She has held the championship for the past three years. | f. great suffering |
| 7) You've been a great support to your team members in this difficult time. | g. has defeated or surpassed all rivals in the competitions |
| 8) She knew how to turn on the charm when she wanted something. | h. have given quite a lot of help to |

3. Fill in the gaps with the missing letters of the words to complete the sentences. The first letter of each word is already given.

- 1) The playground equipment is new, and there's a basketball c_____.
- 2) An astronomer can m_____ \$102,250 but a biological scientist has an average salary of \$69,430.
- 3) Students in this country a_____ primary school for eight years, followed by five years in secondary school.
- 4) The rainfall was below average and the temperature was a_____ average.
- 5) She wanted to l_____ a good impression on her first day in the office.
- 6) The movie also w_____ the award for best foreign language film at the 2018 Golden Globes.

4. Tick the word which is wrongly spelt in each group. Use a good dictionary to help you.

- 1) edible, breakable, incredible, reliable, horrible, recognizable
- 2) reward, award, coward, recard, afford, aboard, accord
- 3) suprising, amazing, puzzling, inspiring, convincing, relaxing
- 4) immediately, unfriendly, carefully, enviromentally, considerably
- 5) memorable, gainable, sustanable, notable, adoptable, renewable

III. Focus on Grammar

A. Verb Tenses (II)

1. The past simple tense.

Complete each sentence with the verb(s) given, using the past simple tense; Study the use of the past simple in each sentence.

- 1) In 1991 Michael Jordan _____ (win) his first of six NBA championships. (a completed action in the past)
- 2) Tiger Woods _____ (grow) up in Orange County, California. (a past state that is now finished.)
- 3) One word that Lance Armstrong often _____ (use) in his Twitter posts was 'onward'. (a repeated action in the past.)
- 4) What would happen if Roger Federer _____ (be) handed a golf club and Tiger Woods _____ (be) handed a tennis racket? (unreal condition)
- 5) Phelps said he _____ (lose) because he _____ (do) not take butterfly training seriously after he broke the world record. (indirect reported speech)

Choose appropriate verbs from the box to fill in the blanks, and change their forms where necessary.

run	respond	dominate	break	become
-----	---------	----------	-------	--------

During the season of 1991, Carl Lewis and his team mate, Leroy Burrell, 1)_____ the sprint events. In the races before the World Championships in Tokyo, Japan, Burrell 2)_____ Carl Lewis' world record, as he ran 9.90s. However, in the World Championships Carl Lewis 3)_____ to Burrell's challenge, in perhaps the best 100m race in history, as a true Champion. In a race where six out of eight runners broke 10 seconds, a situation that had never previously occurred, Carl Lewis 4)_____ the first man ever to break 9.90s, as he 5)_____ 9.86; thereby clinching his third World Championship title in the 100m and setting a new world record.

2. The present perfect tense.

Complete each sentence with the verb given, using the present perfect tense. Study the time reference in each sentence.

- 1) The flame that reflects ancient Greek rituals _____ (be) an Olympic symbol *since* 1928.
- 2) The Olympic Games _____ (fascinate) us *for* decades.
- 3) There _____ (be) many great swimming stars in the Olympics *over the years*.
- 4) *Up till now*, all the tennis champions _____ (be) products of their own hard work and family support.
- 5) Serena Williams _____ (beat) many tennis stars, including her sister Venus Williams, Martina Hingis, and Lindsay Davenport.
- 6) Roger Federer _____ *just* _____ (win) his 15th grand slam title, breaking Sampras's record of 14.
- 7) It _____ *never* _____ (happen) *before* in the Open Era that two semifinal matches were decided by a walkover at the same ATP tournament.
- 8) In 2007 he was ranked on the seventy-fourth position in Top 100 and this is the highest position he _____ *ever* _____ (achieve)
- 9) They _____ *already* _____ (begin) a training plan for both the half-marathon and relay distances.
- 10) According to the badminton team, they _____ not _____ (play) a team that was really challenging *yet*.

3. The past perfect tense.

Read the situations and write sentences using the words in brackets.

- 1) You went to Mary's house but she wasn't there. (she/go/out)
She had gone out.
- 2) He went back to his home town after many years. It wasn't the same as before.
(it/change/a lot)
_____.
- 3) You went to the theater yesterday. You arrived at the theater late. (the film/begin)
_____.
- 4) I offered Lucy something to eat but she wasn't hungry. (she/have/breakfast)

4. Tell the past simple from the present perfect.

Complete these sentences with the verbs given. Choose either the present perfect tense or past simple tense to go into each sentence.

Cristiano Ronaldo 1) _____ (be) born on the 5th of February, 1985 in Madeira, Portugal. He 2) _____ (become) one of the best football players in the world.

Cristiano Ronaldo 3) _____ (be) discovered in his teen years when he was playing for the Portuguese team Sporting Lisbon. In 2003, when Sporting Lisbon 4) _____ (beat) Manchester United, the Manchester United leaders 5) _____ (sign) Ronaldo.

Cristiano Ronaldo in his short football player career 6) _____ (gain) astonishing recognition and achievements. His player number is number 7 and Cristiano Ronaldo 7) _____ (play) for Portugal very successfully over these years. At the Olympic Games in the year 2004, he 8) _____ (score) 10 goals in 24 games for Portugal.

B. Activities

Step 1

Work with a partner. Describe a typical day in your life two year ago. Mention at least 5 activities that you did on a regular basis.

Step 2

Your partner should listen to your information and decide what three things in your life have changed the most in the last two years.

IV. Focus on Pronunciation

A. Phonetic Symbols

1. Recognize the phonetic symbols:

Back Vowels

/ʌ/ /ɑ:/

Nasal Consonants

/m/ /n/ /ŋ/

2. Listen and write the phonetic transcriptions of the following words.

- 1) aunt / /
- 2) but / /
- 3) cut / /
- 4) enough / /
- 5) nut / /
- 6) star / :/
- 7) study / /
- 8) win / /

- laugh / /
- come / /
- love / /
- luck / /
- must / /
- palm / /
- son / /
- wing / /

B. Read aloud

1. Read aloud the poem and try to recite it.

BAA, BAA, BLACK SHEEP

Baa, baa, black sheep
Have you any wool?
Yes sir, yes sir, three bags full.
One for my master,
One for the dame.
One for the little boy who lives down the lane.

2. Read aloud the poem paying attention to the pronunciation of /ɑ:/ and /æ/.

When You Are Old

William Yeats

When you are old and gray and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;

How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you.
And loved the sorrows of your changing face;

And bending down beside the glowing bars,
Murmur, a little sadly, how love fled

And paced upon the mountains overhead
And hid his face amid a crowd of stars.

V. Focus on Listening

A. We had...a ball!

1. Vocabulary preview: *Match the underlined phrases in column A with the definitions in column B.*

A

- 1) The presidents of the two countries decided to get the ball rolling again on trade talks.
- 2) I enjoyed every minute of my stay here. I had a ball.
- 3) Cinderella asked her stepmother if she could go to the ball.

B

- a. have a good time
- b. start something happening
- c. attend the dance party

2. *Listen to Feifei and Finn talk about their holidays and weekends. Write down what they did in their spare time and complete the table.*

What did people do in their spare time?

Feifei	
Finn	

3. *Decide whether the following statements are true or false.*

- 1) Finn was just back to work after a vacation.
- 2) Feifei needed a ball to play a game on the beach.
- 3) Recently Feifei has taken up a new sport. She likes playing beach volleyball best.

- 4) Feifei tried to make a pun on Finn's words, yet she misunderstood him.
- 5) Both Finn and Feifei had a lot of fun in their spare time.

B. Vintage baseball

1. Vocabulary preview.

Read the baseball terms below in Column A. Then find their Chinese translations in Column B.

A	B
1) batter runner	a. 好球
2) bat	b. 接手
3) batter	c. 投手
4) catcher	d. 击球员
5) pitcher	e. 棒球棒
6) a good pitch / a good hit	f. 击跑员
7) fair ball	g. 界外球
8) foul ball	h. 界内球

2. Listen to the passage and complete the table with what you hear.

A Brief Introduction to Vintage Baseball

Name:	Vintage baseball
History:	Vintage baseball can date back to (1)_____ years ago.
Aim:	Nowadays people play vintage baseball with the aim of (2)_____ the game the way it was played 150 years ago.
Differences between vintage baseball and modern baseball:	The two games differ in the (3)_____ used. For example, gloves are not used in vintage baseball. There are also (4) _____ differences. Terminology differences are obvious. For example, (5)_____ are not used much in vintage baseball. The bat's

called a 6) _____. The ball is called an (7) _____ or a (8) _____ in vintage baseball.

3. Listen to the passage again and discuss the questions.

- 1) What can we infer from the first paragraph?
- 2) “Whoever wants to know the heart and mind of America had better learn baseball.”
How do you understand the late historian Jacques Barzun’s words about baseball?

VI. Focus on Culture

A. Origins of some sports

1. *Sports originated from different parts of the world. Please identify each event with its original country/nation, using the names in the box. You may use the name more than once.*

China	England	Greece	India	the	United	States	of
America							

- 1) Cuju, the prototype (原型) to football, was invented in _____ during the 2nd and 3rd centuries before it spread all over the world to form the modern game.
- 2) The history of basketball began with its invention in 1891 in _____ by Canadian physical education instructor James Naismith as a less injury-prone sport than football.
- 3) Dragon boat racing dates back to about 2000 years ago and remains a traditional event held around _____ every year.
- 4) The sport of cricket has a known history beginning in the late 16th century. Having originated in south-east _____, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries.
- 5) From the Song Dynasty on *T'ai chi ch'uan* and similar *qigong* martial arts activities became popular in _____.
- 6) The origins of the game of badminton date back at least 2,000 years to the game

of battledore and shuttlecock played in ancient _____, _____, and _____.

- 7) The game of rugby originated at the Rugby School of Rugby, _____. The popularly held belief is that rugby was invented by William Webb Ellis in 1823.
- 8) A young man named Abner Doubleday invented the game known as baseball in _____ during the summer of 1839.

2. What are the most popular sports in these countries?

- 1) China:
- 2) England:
- 3) Greece:
- 4) India:
- 5) The United States of America:

B. Chinese martial arts

1. Match each English term related to Chinese martial arts (传统中国武术) with its Chinese equivalent.

- | | |
|---------------------|--------|
| 1) Taiji (T'ai chi) | a. 派 |
| 2) Wing Chun | b. 摔跤 |
| 3) Qigong | c. 家 |
| 4) Families | d. 门 |
| 5) Schools | e. 咏春 |
| 6) Sects | g. 气功 |
| 7) Five animals | h. 太极拳 |
| 8) Wrestling | i. 五形 |

2. Group discussion: Which type of Chinese martial arts is most likely to become an Olympic sport?

VII. Focus on Writing

A. Combining Sentences (1)

We often combine two or more sentences into one by using punctuation, coordination, subordination, reduction and apposition.

1. Punctuation.

Combine the sentences in each group by using semi-colons:

e.g.

Sentence a: They didn't have modern sports.

Sentence b: That is, they didn't have competitive team sports, played according to clearly defined rules.

They didn't have modern sports; that is, they didn't have competitive team sports, played according to clearly defined rules.

1) Sentence a: Stephen didn't become an "A" student.

Sentence b: He didn't make any honor roll.

2) Sentence a: Stephen's mother kept reminding him that he was a failure.

Sentence b: Nevertheless, he got his diploma.

3) Sentence a: Car must stop at red traffic lights.

Sentence b: Similarly, bus should stop too.

2. Coordination.

Use the conjunctions 'and', 'or', 'but' or 'so' to combine the sentences in each group:

e.g.

Sentence a: He was a great singer.

Sentence b: He was on the school's cross-country team.

He was a great singer and he was on the school's cross-country team.

1) Sentence a: Most successful students I knew made a master calendar of all the assignments.

Sentence b: They could plan their work load.

2) Sentence a: In basketball, you can dribble the ball as you walk or run up the court.

Sentence b: Once you stop dribbling, you can't start again.

3) Sentence a: Hockey is also an Olympic sport.

Sentence b: There are several international competitions as well.

3. Subordination.

Change Sentence a into a subordinate clause to complete Sentence b in each group.

e.g.

Sentence a: We cram a lot of facts and details into one semester.

Sentence b: It is a course in which we cram a lot of facts and details into one semester.

1) Sentence a: I first met him.

Sentence b: Stephen was on campus to enroll _____.

2) Sentence a: The class would cover.

Sentence b: We talked about _____.

3) Sentence a: He would be expected to learn.

Sentence b: We talked about all the things _____.

B. Paragraph unity (1)

1. To achieve paragraph unity, all the supporting sentences should directly relate to the topic sentence. Irrelevant sentences and ideas should be avoided. Read the following paragraphs and cross out the sentences that are off the topic.

Paragraph 1

My favorite way to keep fit is to take some exercise every day. Research shows that getting plenty of exercise makes the heart beat faster and lungs work harder. This strengthens the heart and reduces the chance of heart attack, and helps lower blood pressure. Getting a good habit of eating is also an effective way to improve your immune system. So doctors advise people to eat more fruit and vegetables because meat contains more fat. Too much fat can block the flow of blood, and cause a heart attack or stroke.

Paragraph 2

There is increasing evidence that crowded spaces become occasions for some people to express violent rage against others. Anger affects the way we feel, think and behave. It causes a number of symptoms in our body. Road rage incidents have grown about 12% per year in the past decade. Metro rage and elevator rage are now on the increase. So is air rage in airplanes and at airports.

Paragraph 3

However, not every fashion started with the wealthy. Every gentleman in the

eighteenth century wore a wig. The gentlemen's servants also wore wigs, but people like farmworkers didn't. Trousers were worn by working men in the eighteenth century, but, by the beginning of the nineteenth century, they were also worn by fashionable men. In the sixteenth century, gentlemen's clothes were brightly colored, and the cloth was patterned, and embroidered.

C. Writing tasks

1. Follow the steps to write an essay.

- 1) Write the first draft:
 - a. Write on the topic “My school days”
 - b. Focus on one or two aspects of your school days
 - c. Write about 200 words
- 2) Revise and edit the essay. You can use the checklist to help you:
 - a. Thesis statement and topic sentences
 - b. Supporting details: experience and examples
 - c. Three parts of the essay: introduction, body and conclusion
 - d. Three or more body paragraphs
 - e. Organizing patterns and unity
 - f. Verb tense
 - e. Sentence variety

Unit Six

Leisure Activities

I. Focus on the Topic

1. Study the words in each group and tick the odd one out.

- 1) vocation, hobby, amusement, pastime, relaxation
- 2) passion, indifference, emotion, warmth, eagerness
- 3) satisfaction, comfort, discontent, pleasure, delight
- 4) cycling, hiking, carving, trekking, mountaineering
- 5) interest, pursuit, concern, preoccupation, boredom

2. Work in groups to answer the following questions.

- 1) Do you like the activities in the pictures?
- 2) Do you prefer indoor or outdoor activities? Why?
- 3) What is the most popular recreational activity in your spare time?



3. Dictation.

Our study shows that people who.....

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined word or phrase.

- 1) She was portrayed in the papers as the embodiment of virtue.
a. present b. representation c. embassy
- 2) They've enlarged the kitchen by building over part of the garden.
a. spent b. enhanced c. expanded
- 3) Then I proceed to act the way I want to be treated, by breaking the silence or apologizing.
a. continue b. process c. concede
- 4) You must exploit all your spare time to learn new things.
a. take notice of b. make use of c. search for
- 5) There is also a delightful wit that makes the stories and art even more appealing.
a. delicate b. pleased c. pleasant
- 6) There's a new scheme in our town for recycling plastic bottles.
a. plan b. job c. company

II. Focus on Reading

Find Your Own Hobby

Claudia Miclaus

- ① “I love playing the piano!” or “My **passion** is painting! ” and “Writing is my delight!” All these different things **embody** the uniqueness of human beings; we all have something we like and greatly enjoy doing.
- ② Time has never been so **compressed** as it is today; work is overwhelming and it seems that everyone **submits to** this **scheme**: home— work— home— work.
- ③ Surprisingly, there are still individuals who understand that life is so much more than that, and they try to enlarge their spare time and **take advantages of** it. Besides spending time with their families, sometimes people have an **impulse** to do a certain activity and they focus their attention and energy on the **accomplishment** of that “project”. That is what happens when one has a HOBBY! After they decided what their hobby is, they did everything necessary so that they would satisfy their new desire. To make things clearer, I will **proceed** by giving some examples.
- ④ An old existing hobby is collecting stamps. Another one could be a special interest in sports or certain objects: motorcycles, skateboards, bikes, old automobiles, colorful kites, etc.
- ⑤ Psychologists state the following theory, which I totally agree with because it can be easily proved: doing something that you give all your attention to makes your life quality grow by **enhancing** the level of happiness. This can be explained as follows: if you have a hobby and you **succeed in** its accomplishment, you feel a strong sense of **fulfillment**, which eventually makes you happier. Further on, if you make the job you have your hobby, you shall get double satisfaction: a material one (your salary) and a spiritual one (a beneficial feeling). Another advantage of having a hobby is that you develop skills connected to it, you consume your extra-energy, and you might find new friends, people who are interested in the same thing as you are, etc.
- ⑥ Once reading all this, you might think that you do not have any particular interests or you **are not good** enough **at** doing anything. I really doubt this is reality!
- ⑦ You should start trying different activities. In order to help you, I can suggest a few activities: going fishing, going shopping, cooking, painting, singing, reading

poems, writing poems, playing an instrument, playing a game, cutting hair, learning foreign languages, traveling, collecting some objects, and there are so many other things you can start doing and just see if you enjoy doing that certain thing.

- ⑧ It is like fixing a goal in life and then following it!
- ⑨ Another issue could be helping others while you practice your hobby. Maybe you discover that you enjoy so much **donating** material support to orphanages, or to all sorts of institutions. Many people can take huge benefits from this.
- ⑩ You have a series of choices, and all of them are **decent** and delightful and can offer enormous satisfaction. It is you who may decide upon one or many, feeling optimistic about it and **exploiting** it at maximum. Good luck with that!
- (514 words)

(Adapted from “Find Your Own Hobby”.

<http://www.ibuzzle.com/articles/find-hobby.html>)

NEW WORDS

passion /'pæʃn/ <i>n.</i>	a very strong liking for something 热爱；强烈的爱好
embody /ɪm'bɒdi/ <i>v.</i>	to express or represent an idea or a quality 体现
compress /kəm'pres/ <i>v.</i>	to press or squeeze sth together or into a smaller space 压缩
scheme /ski:m/ <i>n.</i>	a plan for doing or organizing something 计划；方案
impulse /'ɪmpʌls/ <i>n.</i>	a sudden desire to do something 冲动；心血来潮
accomplishment /ə'kʌmplɪʃmənt/ <i>n.</i>	something that is successful, or that is achieved after a lot of work or effort 成就；成绩
proceed /prə'si:d/ <i>v.</i>	to continue doing something that has already been started

继续做（或从事、进行）

enhance /m'hɑ:ns/ v.

improve the quality, amount, or strength
of something
提高；增强

fulfillment /fulfilmənt/ n.

a feeling of pleasure because you are
doing what you intended to do in life
满足

donate /dəʊ'neɪt/ v.

to give money or goods to help a person
or organization
捐赠

decent /'disnt/ adj.

of a good enough standard or quality
像样的；相当不错的

exploit /ɪk'splɔɪt/ v.

to use something fully and effectively
充分利用；发挥

PHRASES AND EXPRESSION

submit to

to allow something to be done to you
unwillingly
屈从

take advantages of

to make good use of sth
利用

succeed in

to achieve sth that you have been trying
to do or get
在...方面成功；顺利完成

be good at

be able to do sth well
精通的；擅长于...的

EXERCISES

C. Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) Pursuing hobbies is a very special quality that human beings have (para. 1)
- 2) Today people are so enthusiastic about their jobs that they have no free time to have fun (para. 2)
- 3) When one has a hobby, they won't have enough time to spend with their families. (para. 3)
- 4) Leisure activities can help people to stay active and happy. (para. 5)
- 5) Participating in leisure activities will make people look younger and live longer (para. 5)
- 6) "I really doubt this is reality!" means "I do not believe what you have thought at all." (para.6)
- 7) "...reading poems, why not, writing poems..." means "...reading poems instead of writing poems" (para.7)
- 8) In the sentence "Many people can take huge benefits from this", the deictic word "this" means "donating material support to orphanages, or to all sorts of institutions". (para. 9)

2. Circle your answers to the questions below. Then compare your answers with your partner's. There's only one correct answer to each question.

- 1) Nowadays due to the stressful jobs, _____.
 - a. everyone submits to this scheme: home—work—home—work
 - b. it seems that everyone's life is totally confined to work and family obligations
 - c. it's impossible to strike a balance between family and career
- 2) Which of the following statement is NOT true according to the passage?
 - a. People try to use their spare time getting together with their family.
 - b. People try to spend their spare time accomplishing a certain "project".
 - c. People try to make use of their spare time doing the unfinished work.
- 3) We can benefit from having a hobby because _____.
 - a. you don't need to consume much energy
 - b. you may have a sense of fulfillment
 - c. you will never encounter any problems
- 4) In the author's opinion, _____.
 - a. collecting stamps is a new hobby
 - b. you will feel more satisfied if your job is your hobby

c. some people don't have any particular interests

- 5) According to the passage, _____.
- a. helping others can also be a hobby
 - b. everyone should donate to orphanages
 - c. you can get paid for making a donation

3. Discussion.

- 6) Do you think hobbies can affect your success in college? Why?
- 7) Have you ever been bothered by your friends' hobbies? When?
- 8) Read the survey form and mark your choices. Take turns asking the other students the questions in the survey and find out what your classmates enjoy doing after class, on weekends and during holidays. You can add to the list and create your own survey form.

Leisure Activities Survey

	always	sometimes	never	reason for your choice
Do you take exercise?	√			It helps me to build muscle, burn calories and keep healthy.
Do you read books?				
Do you visit your family?				
Do you travel to new places?				
Do you study English during leisure time?				
Do you enjoy cooking for friends?				
Do you see a football game?				
Do you listen to music?				
Do you go				

shopping?				
Do you clean your house?				

B Vocabulary

1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

impulse	fulfill	enhance	unique
succeed in	maximum	benefit	fix

- 1) The government took measures to _____ the living standard of the local people.
- 2) Refusing to buy something on _____ will make you a smarter consumer and, possibly, a happier person too.
- 3) Let's _____ a time for our meeting next month in New York.
- 4) They believe that learning to play the piano is _____ suited to stimulating and growing the human brain.
- 5) Most people never _____ developing good time management.
- 6) You need to first understand what customers want and then find a way to _____ the expectation of the customers.
- 7) Newborn babies might _____ from having music played to them.
- 8) You can set a _____ volume on your phone for music and video playback.

2. *Match each phrase in bold from Column A with its paraphrase from Column B.*

A	B
1) John was preoccupied with his work.	a) make use of
2) All eyes were focused on the pretty girl.	b) feel satisfied
3) She decided on impulse to accept the task.	c) accept the authority of
4) They refused to submit to the new rulers.	d) without planning

5) I can **get a sense of fulfillment** from my hobbies.

e) kept thinking of

6) The new lights **consume** less electricity.

f) looked attentively and directly at

7) The old man signed the form to **donate** his organs after his death.

g) use

8) The toy company failed to **take advantage of** the new technology.

h) allow doctors to use...for medical purposes

3. Find words from the text to fill in the following blanks. The first letter of the word in each blank is already given.

- 1) I managed to c_____ ten pages of notes into four paragraphs. (para. 2)
- 2) It was the most d_____ garden I had ever seen in this area. (para. 10)
- 3) Very few people s_____ in losing weight and keeping it off. (para. 5)
- 4) She tried to e_____ what had happened, but he kept interrupting her. (para. 5)
- 5) There's a new s_____ in our town for recycling plastic bottles. (para. 2)
- 6) She showed e_____ courage when she rescued him from the fire. (para. 10)

4. Fill in the blanks with the proper forms of the words given.

- 1) The museum has received a \$5 million _____ from the Bradley Foundation. (donate)
- 2) Though she made a huge mistake, she didn't even have the _____ to apologize. (decent)
- 3) These young students are all _____ interested in environmental issues. (passion)
- 4) Her past experience made her _____ suited to lead the campaign. (unique)
- 5) He claims that cycling is highly _____ to health and the environment. (benefit)

III. Focus on Grammar

A. Verb Tenses (III)

1. Present perfect progressive tense.

Read the situations and complete the sentences.

- 1) The rain started two hours ago. It's still raining now.
It has been raining for two hours.
- 2) Kathy began looking for a job three months ago. She's still looking now.
_____ for three months.
- 3) We started waiting for the train 50 minutes ago. We're still waiting now.
_____ for 50 minutes.
- 4) Years ago he started writing to his sister. They still write to each other regularly now.
_____ for years.

2. Different aspects are used in different situations.

Complete the text below with the appropriate tense, using the words in parentheses.

- 1) It is already 9:00 PM and I (wait)_____ here for over an hour. If my friend does not get here in the next ten minutes, I am going to leave.
- 2) I (see) _____ many pictures of the Eiffel Tower before I went to France. The tower seemed very beautiful and marvelous.
- 3) She (climb) _____ Mount Everest, (sail) _____ around the world, and (go) _____ on safari in Kenya. She is such an adventurous person.
- 4) Sarah (experience) _____ more by that age than most people do in their entire lives.
- 5) When Selina came into the office yesterday, her eyes were red and watery. I think she (cry) _____.

B. Activities

Step 1

Bring in three interesting photos from a magazine or a newspaper. Make a brief presentation about these photos to the class.

Step 2

Describe what is happening, what has happened, and what is going to happen. Then give three reasons why you think the photo is interesting.

IV. Focus on Pronunciation

A. Phonetic Symbols

1. Recognize the phonetic symbols.

Back Vowels	/ɔ/ /ɔ:/
Affricate Consonants	/tr/ /dr/
Lateral Consonant	/l/

2. Listen and write the phonetic transcriptions, paying attention to the words with the phonemes /ɔ/ /ɔ:/ /tr/ /dr/ /l/.

dog /dɔg /	clock / /	pot / /	song / /
pork /pɔ:k/	court / /	door / /	broad / /
treat/tri:t /	try / /	trip / /	control / /
drive / draiv/	drop / /	dress / /	address / /
leg /leg /	like / /	sell / /	mail / /

B. Read aloud

1. Read aloud the following tongue twister and try to recite it.

How much dew does a dewdrop drop
If dewdrops do drop dew?
They do drop, they do
As do dewdrops drop
If dewdrops do drop dew.

2. Read aloud the poem paying attention to the pronunciation of /ɔ:/.

Weep No More

J. Fletcher

Weep no more, nor sigh, nor groan,

Sorrow calls no time that's gone:
 Violets pluck'd, the sweetest rain,
 Makes not fresh nor grow again.
 Trim thy locks, look cheerfully;
 Fate's hid ends eyes cannot see.
 Joys as winged dreams fly fast,
 Why should sadness longer last?
 Grief is but a wound to woe;
 Gentlest fair, mourn, mourn no more.

V. Focus on Listening

Section A: What about windsurfing after the movie?

1. Vocabulary preview.

Match each word or phrase in bold from Column A with its meaning from Column B.

A

- 1) I like to **go windsurfing** on weekends.
- 2) I'm starting to **get the hang of** how this machine works.
- 3) The car costs a fortune to **maintain**.
- 4) She **showed her commitment** to feminism

B

- a. have a strong belief in an idea or system
- b. keep ... in good condition
- c. do a surface water sport that combines elements of surfing and sailing.
- d. learn how to do something

2. Listen to the conversation between two friends and try to recognize acceptances and refusals.

- 1) Todd wouldn't go windsurfing with Roe because _____.
 - a. he didn't like windsurfing
 - b. he didn't have windsurfing boards

c. he hadn't learned how to windsurf

- 2) Roe likes windsurfing **not** because _____.
a. it is free to play on the beach
b. he can get to the beach very quickly from home
c. it is an interesting hobby

3. Listen again and decide whether the following statements are true or false.

- 1) Todd seemed weary and upset because of hard work.
- 2) Todd and Roe would see a movie together before they went surfing at the beach.
- 3) Todd was very good at windsurfing.
- 4) As a beginner, Roe found it difficult to learn how to windsurf.
- 5) It takes a lot of work to keep the windsurfing boards clean.
- 6) Todd had to travel an hour before he could windsurf at the beach.

4. How do you understand George Eastman's words "What we do during our working hours determines what we have; what we do in our leisure hours determines what we are."?

Section B: The rise of the selfie

1. Vocabulary preview: Use the words from the box to complete the sentences and change the form of the word if necessary.

selfie	social network	superficial
stereotype	reflection	commute

- 1) A _____ is a website that allows people with similar interests to come together and share information.
- 2) Many people take _____ to create lasting memories of themselves.
- 3) Be relaxed. You don't have to live up to the _____ of the ideal man.
- 4) I only have a _____ knowledge of English. I don't know it well.
- 5) Mary looked at her _____ in the bedroom mirror and was lost in thought.
- 6) The girl moved to a new house in the suburb and had to _____ between her home and the company every day.

2. Listen to a passage about selfies. Decide which aspects of selfies have been mentioned?

- 1) the definition of "selfie"
- 2) different types of selfie-takers

- 3) tips about how to pose for a perfect selfie
- 4) the rise of the selfie
- 5) sharing of selfies
- 6) the occasions on which selfies are taken
- 7) common ways of taking a selfie
- 8) the psychological reasons for taking a selfie

3. Listen again and fill in the blanks with missing words.

Taking Selfies

What:	A selfie is a _____ usually taken with a cell phone.
Where:	Many people like to take selfies and post them on social media such as _____.
When:	People usually take selfies when they engage in _____.
How:	Some people like to take a selfie by holding a cell phone _____. Another way is to use a mirror.
Why:	Some people take selfies because they want to present themselves_____, but others want to show what they really look like.

4. Discuss the following questions in groups and make a selfie survey.

- 1) How often do you take a selfie?
- 2) Why do you take selfies?
- 3) Do you use a filter on your selfies?
- 4) Do you share your selfies on social media?
- 5) Some people worry that selfies are helping to create a superficial generation. What do you think of it?

VI. Focus on Culture

A. Chinese Performing Arts

1. Match the terms of Chinese performing arts with their descriptions:

- | | |
|-----------------------|---|
| 1) Peking Opera | a. It is performed by two "dancers" in a lion costume who imitate a lion's various movements. One takes the front position and assumes the front body of the lion while the other arches forward to form the back of it. |
| 2) Chinese Acrobatics | b. The puppets used are typically made of transparent plastic, or buffalo and donkey's leather, which is carved out in different shapes and dyed in bright color. The joints are made with light threading for flexible movement. |
| 3) Shadow Play | c. It refers to hundreds of fighting styles that have developed in China. Some most common styles are Shaolin Kung Fu, Tai Chi Quan, Wing Chun and Baguazhang. |
| 4) Lion Dance | d. The roles can be roughly divided into 4 types: male role (Sheng), female role (Dan), painted face male (Jing), comedy actor or clown (Chou). Every role has its own facial makeup, decoration and costumes. |
| 5) Kung Fu | e. It is characterized by amazing acts of balancing, juggling, and gymnastics. It is a traditional art that has been handed down from one generation of a family to another. |

2. Work in groups to answer the following questions:

- 1) Are these traditional performing arts still popular in China?
- 2) Write one or two paragraphs to introduce these performing arts and other traditional leisure and amusement activities in China.
- 3) Do you know any pop songs which embody some elements of Chinese traditional music?

B. Paper Cutting

1. The following statements are about paper cutting. Discuss with your partner and decide whether these statements are TRUE or FALSE.

- 1) Paper cuttings are used not for religious purposes, but for decoration.
- 2) Most of the top paper cutting artists are women.
- 3) The main tools for paper cutting are scissors and knife.
- 4) Paper joss is more frequently put up in south China.
- 5) Paper cuttings are often found in wedding ceremonies or festivals in China.
- 6) People like to decorate their windows and doors using black and white paper cuttings.
- 7) paper cuttings are more popular in the countryside in the south of China.
- 8) The paper was cut or printed with the images of deities, gods and immortals created by the ancient people.

2. Read the following passage about paper-cutting and talk about Chinese folk art in groups.

Paper Cutting



Paper cuttings for window decoration are folk artworks with various colors and patterns. Paper cutting, with distinctive ethnic features, has a history of over 1,000 years. Paper cuttings in Shanxi, especially those for window decoration, are rich in local features typical of Shanxi. Diverse patterns of paper cuttings represent farmers aspirations for a better life, such as **“two dragons playing with a pearl”**, **“a peacock flaunting its tail”**, and **“heavenly maids scattering blossoms”**.

Paper cutting has a close link with the Beginning of Spring, the first solar term of the year. The time for making paper cuttings for window decoration to welcome the coming of spring has changed from the Beginning of Spring to the Spring Festivals when people express their joyful sentiments to celebrate the Festivals.

(from http://english.chinese.cn/chineseculture/article/2010-01/27/content_456475.htm)

2. Translate the phrases in paragraph one into your own language:

- 1) two dragons playing with a pearl
- 2) a peacock flaunting its tail
- 3) heavenly maids scattering blossoms

VII. Focus on Writing

A. Combining Sentences (2)

4. Reduction

Combine the sentences with appropriate phrases.

EXAMPLE:

Sentence a: The boy was scared by the movie.

Sentence b: The boy began to cry.

(participial phrase)

The boy, scared by the movie, began to cry.

1) Sentence a: Jack studied for the exam.

Sentence b: He felt confident.

(gerund phrase)

_____ increased his confidence.

2) Sentence a: Susan saw the movie star in the restaurant.

Sentence b: She was excited.

(infinitive phrase)

Susan was excited _____ in the restaurant.

3) Sentence a: He passed course after course.

Sentence b: he began to gain a measure of self-esteem.

(participial phrase)

Sentence b: By _____.

5. Apposition.

Combine the sentences in each group, changing sentence b into an apposition in the new sentence.

EXAMPLE:

Sentence a: I turned around and saw Philip.

Sentence b: Philip is one of our admissions counselors standing with another young man.

I turned around and saw Philip, one of our admissions counselors, standing with another young man.

1) Sentence a: Paris is one of the most famous holiday destinations for people around

the world.

Sentence b: Paris is the capital city of France.

Paris, _____, is one of the most famous holiday destinations for people around the world.

2) Sentence a: Here's a look at diabetes.

Sentence b: Diabetes is a disease that affects millions of people around the world.

Here's a look at diabetes, _____.

3) Sentence a: The world's highest peak is in the Himalayas.

Sentence b: The world's highest peak is Mount Everest.

The world's highest peak, _____, is in the Himalayas.

B. Paragraph unity (2)

1. Choose the sentence which has the strongest connection to the topic to fill in the blank in each of the following paragraphs.

Paragraph 1

People who are angry often take things personally and feel hurt by it. They look for and expect criticism from other people. If, for example, someone doesn't speak to them in a shop, they may feel that person dislikes them when in fact it may be that he or she is just shy or worried. _____.

- a. Some people come from families that are poor at handling emotion and talking, families where levels of anger are high. These people are more likely to have difficulties with anger.
- b. If someone looks over at them, they may think "he thinks I'm stupid", when in fact the person is just glancing over without any such thought.
- c. If these standards are not met, then they feel badly let down and hurt.

Paragraph 2

Believe it or not, running is actually a great way to increase your overall level of health. _____. In addition, running can also boost your immune system and lower your risk of developing blood clots.

- a. By setting and achieving goals, you can help give yourself a greater sense of empowerment that will leave you feeling much happier.
- b. Research shows that running can raise your levels of good cholesterol while also helping you increase lung function and use.
- c. The best prevention strategies for running injuries always include a strong body and the right shoes."

Paragraph 3

Waves are most commonly caused by wind. Wind-driven waves, or surface waves, are created by the friction between wind and surface water. _____ These types of waves are found globally across the open ocean and along the coast.

- a. The gravitational pull of the sun and moon on the earth also causes waves.
- b. Other hazardous waves can be caused by underwater disturbances.
- c. As wind blows across the surface of the ocean or a lake, the continual disturbance creates a wave crest.

C. Writing Tasks

1. Follow the process to write a paragraph.

- 1) Write on the topic “The Change of Our Lives”
- 2) Some sentences are given.

The Change of Our Lives

You know what is around us so much in our everyday lives that we may not notice it? A young man, with his iPod, has access to music any time;

I totally say yes to technology—it serves for delight, style and convenience in particular. _____

Gradually, I have realized how much our lives rely on technology, when I _____

Unit Seven

Family

I. Focus on the Topic

1. Study the words in each group and tick the odd one out.

- 1) nephew, niece, acquaintance, cousin, sibling
- 2) ancestor, descendant, heir, offspring, entrepreneur
- 3) maid, fiancée, fiancé, bride, bridegroom
- 4) fatherly, caring, protective, calculating, tender
- 5) upbringing, torture, raising, nurture, breeding

2. Work in groups to answer the questions below.

- 1) Look at the pictures and describe them.
- 2) How would you describe your father?
- 3) Do you agree with the following statements about family love? Add statements of your own.
 - ☐ Family love is bringing out the best in each other.
 - ☐ Family love is finding strength in each other when disaster strikes.
 - ☐ Family love is cooking dinner together on weekends.



3. Dictation.

What is family?

.....

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined words or phrases.

- 1) The children had to hasten their steps to keep pace with their father.
 - a. quicken
 - b. slow down
 - c. adjust
- 2) Peter struggled to the surface as the water dragged him down.
 - a. failed to come
 - b. tried hard
 - c. moved slightly
- 3) Friendless and jobless, he wondered how he would survive the year ahead.
 - a. reach success
 - b. continue to live
 - c. get paid back
- 4) A £1 billion investment would be of considerable assistance to the local economy.
 - a. meaning
 - b. influence
 - c. help
- 5) The couple complained about the high cost of visiting Europe.
 - a. were not satisfied with
 - b. were afraid of

- c. were worried about
- 6) I felt exhausted after five days of intense competition.
 - a. excited
 - b. tired
 - c. nervous

II. Focus on Reading

Father's Secret

- ① My family often **make fun of** me because I have no sense of direction. Once, when we were discussing death and the afterlife, my son jokingly remarked, "Well, I certainly hope there are heavenly guides, Mother, otherwise, you will never find the way."
- ② I smiled and assured him that I wasn't worried. "I'll just **watch for** the hill with the **hedge**," I said. When his eyebrows came together in a questioning **frown**, I **hastened** to tell him a story about my father.
- ③ Pop was raised in a fatherless home at a time when government assistance was **unheard of**. The family of five struggled to **survive**. That simple and strict **upbringing** caused my father to be extremely **tightfisted**.
- ④ When we were young, we once made the mistake of asking Pop for some money. "If you're old enough to ask, you're old enough to earn," he said. And so, when the need arose, we would seek **odd jobs** in the neighborhood.
- ⑤ There was a period of time when we had to ride the bus whenever we came home from college. Though the bus stopped about two miles from home, Pop never met us. If someone **complained**, he'd say, "That's what your legs are for!"
- ⑥ So when I went away to college, I knew I **was in for** a long walk whenever I came home. The walk didn't bother me as much as the fear of walking alone along the highway and country roads. I felt less than valued that my father didn't seem concerned about my safety. That feeling was canceled one spring evening.
- ⑦ It had been a particularly difficult week at college. Tests and long hours in labs had left me **exhausted**. I **longed for** home and a soft bed. As other students were met at their stops, I **gazed** longingly out the window. Finally, the bus stopped at my destination point, and I stepped off, **lugging** my suitcase to begin the long trip home.

- ⑧ Along the highway stood a row of hedge that climbed the hill to our house. On that particular evening, the hedge had just come into view when a gentle rain began to fall, so I stopped to put a book in my suitcase. Suddenly I saw something gray skimming along the top of the hedge. It was the top of my father's head! Then I knew—each time I'd come home, he had stood behind the hedge, watching, until he knew I had arrived safely. I **swallowed** hard against the tears. He did care, after all.
- ⑨ On the following visits home, that spot of gray became my **beacon**. I could hardly wait until I was close enough to watch for its secret movement above the greenery. Upon reaching home, I would find my father sitting **innocently** in his chair. "So! It's you!" He would say, his face lengthening into mock surprise.
- ⑩ "So you see," I told my son, "I'm not worried about finding my way to heaven when I die." I think I'll see a row of hedge climbing a hill, and my father will be waiting at the top. "So! It's you!" he'll say.
- ⑪ And I'll reply as I did then, "Yes, Pop, it's me. I'm home."

(540 words)

Adapted from "Father's Secret" in The Wisdom of Dads I

NEW WORDS

hedge / hedʒ / *n.*

a row of small trees planted close together, usually along the edge of a road
树篱

frown / fraʊn / *n.*

a serious, angry or worried expression on a person's face that causes lines on their forehead
皱眉

hasten / 'heɪsn / *v.*

to say or do sth without delay
急忙进行；赶紧说（或做）

survive / sə'vaɪv / *v.*

to continue to live or exist
生存

upbringing / ʌp'brɪŋɪŋ / *n.*

the way that the parents treat their children and the things the parents teach

	their children to care about and believe in 养育
tightfisted / 'taɪt'fɪstɪd/ <i>adj.</i>	unwilling to spend the money 吝啬的；小气的
complain /kəm'pleɪn/ <i>v.</i>	to say that you are annoyed, unhappy or not satisfied about sb/sth 抱怨；埋怨
exhausted /ɪg'zɔːstɪd/ <i>adj.</i>	extremely tired 筋疲力尽的；疲惫不堪的
gaze /geɪz/ <i>v.</i>	to look steadily at someone or something for a long time 凝视
lug /lʌg/ <i>v.</i>	to carry or drag sth heavy with a lot of effort 吃力地搬运；使劲拉
swallow /'swɒləʊ/ <i>v.</i>	to hide your feelings 不流露；掩饰
beacon /'biːkən/ <i>n.</i>	a light usually on a hill or tower, which acts as a signal 灯塔；信号灯
innocent /'ɪnəsnt/ <i>adj.</i>	having no experience or knowledge of the more complex aspects of life 天真的

PHRASES AND EXPRESSION

make fun of	to make a joke about someone or something in a way that is not kind 取笑
--------------------	--

watch for	pay attention so that you notice it, either because you do not want to miss it or because you want to avoid it 密切注视; 提防
unheard of	so unusual that it has not happened or been known before 前所未闻的; 没发生过的
be in for	be going to experience something unpleasant very soon 必定遭到
long for	to want sth. very much especially if it doesn't seem likely to happen soon (尤其对看似不会很快发生的事)渴望

EXERCISES

Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) The son doesn't think that his mother will go to the heaven after death. (para. 1)
- 2) The pronoun "his" in the sentence "When his eyebrows came together..." means "my father's" (para. 2)
- 3) My father grew up in a poor family and he was very strict with the children. (para. 3)
- 4) My father gave us money when we were in need. (para. 4)
- 5) "That's what your legs are for!" means "The reason why you have legs is that you have to walk by yourself." (para. 5)
- 6) What troubled the author more was that she was afraid of going alone along the isolated highway and country road. (para.6)
- 7) When other students arrived at the bus station, their parents met them. The author looked out of the bus window, hoping that her father would come and meet her. (para.7)
- 8) My father never came to meet me. (para. 8)

2. Circle your answers to the question below. Then compare your answers with your partner. There's only one correct answer for each item.

- 1) The writer's father hardly gave his children any pocket money because _____.
a. he was stingy with the money though he was rich

- b. he wanted his children to be independent
- c. he wanted to save money for his own hobbies
- 2) The children got pocket money by _____.
 - a. borrowing money from their neighbors
 - b. doing part-time jobs
 - c. getting loans from the bank
- 3) The writer's father never met the children when they came back home from school. How did the children react?
 - a. They totally understand their father.
 - b. They didn't care at all.
 - c. They were unhappy sometimes.
- 4) On the way home from the bus stop, the author felt _____ after she knew her father's secret.
 - a. appreciated and grateful
 - b. anxious yet excited
 - c. sad and nervous
- 5) Which of the following is NOT TRUE?
 - a. The hedge was a symbol of fatherly love in the writer's eyes.
 - b. The writer's trip home always surprised her father.
 - c. The writer understood her father's deep love for her at last.
- 6) What was the secret of the writer's father?
 - a. He would await the writer secretly behind the hedge.
 - b. He would meet the writer only in stormy weather.
 - c. He had the habit of peeping behind the scenes.

3. Discussion.

- 1) What implications did the hedge in the text have?
- 2) What is important for making a happy family?
- 3) What role does a family play in shaping people's personalities?
- 4) Think of these questions and talk about your family.
 - How big is your family?
 - Is your personality similar to your mother's or father's personality?
 - Are your parents strict? How do you get along with them?
 - How often does your family get together?
 - There might be times when you disagree or argue with your parents. What would you do to cope with such family conflicts?

B. Vocabulary

- 1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

unheard of	come into view	complain	survive
watch for	be in for	less than	
gaze			

1)
We

___ at the stranger, wondering who he was.

- 2) Workers _____ about the conditions in which they are forced to work.
- 3) The doctors told my wife I had a 50/50 chance of _____.
- 4) We had better wait and _____ a better chance.
- 5) He'd dyed his hair, which was almost _____ in the 1960s.
- 6) Whoever breaks the school windows will _____ trouble!
- 7) The book is _____ inspiring. I don't want to buy it.
- 8) When we reached the top of the mountain, a wide plain _____.

2. Match each phrase in bold letters from column A with its paraphrase from column B.

A

- 1) You're going to have to **swallow your pride** and ask for your job back.
- 2) The family are struggling to **survive on very little money**.
- 3) Lucy had always **longed for** a brother.
- 4) They will be **watching for** any developments.
- 5) I think the restaurant **frowns on** shorts and sneakers.
- 6) His eldest son Joseph **carried on** his father's traditions.
- 7) Travel for pleasure was almost **unheard of** until the 19th century.

B

- a) disapproves of
- b) looking and waiting for
- c) continued to follow
- d) so unusual that it had not been known
- e) hide your pride
- f) it's almost certain that there will be
- g) want...very much

8) The weather forecast says **we're in**
for heavy rain this evening.

h) support themselves on very
little money; live on very
little money

3. Find words in the text to fill in the following blanks. The first letter of the word for each blank is already given.

- 1) He stopped to g_____ out of the window when he should be working. (para. 7)
- 2) I don't want to l_____ these shopping bags around with me all day. (para. 7)
- 3) Some people just seem to have an innate s_____ of direction; they never need to ask how to get somewhere. (para. 1)
- 4) "It's tragic!" cries Jeffrey in m_____ horror after hearing the news. (para. 9)
- 5) He was a b_____ of hope for the younger generation. (para. 9)
- 6) When parents cannot r_____ their children, sometimes grandparents take that responsibility. (para. 3)
- 7) He stared at her, brows drawn together in a questioning f_____. (para. 2)
- 8) You may have to work an o_____ job to pay the rent, buy groceries. (para. 4)

4. Fill in the blanks with the proper forms of the words given.

- 1) The _____ of whales is intimately bound up with the health of the ocean. (survive)
- 2) We've received lots of _____ about the changes from regular listeners to the program. (complain)
- 3) The children ran around the playground until they were _____. (exhaust)
- 4) Please call and inform us as soon as possible if you need to make a _____. (cancel)
- 5) His books aren't _____ well-written, but they're always entertaining. (particular)
- 6) People often marvel at a child's _____. (innocent)

III. Focus on Grammar

A. Passive Voice

Passive forms

1. Change the active sentences to passives and the passives to actives. Delete the "by phrase" in the passive whenever possible.

- 1) Some workers in the company speak French.
- 2) The door was closed by Peter.
- 3) Tom got caught by the policeman.
- 4) They are repairing the washing machine.
- 5) All the books should be returned to the library by the students.
- 6) The customs officer made me open my suitcase.
- 7) They saw him enter the building carrying a black bag.
- 8) His parents have given him a new watch for his birthday.
- 9) Some students say that the exam is difficult.
- 10) The secretary is asked to give a talk at the meeting by the manager.

2. Fill in the blanks with the proper forms of the verbs.

- 1) Normally this street _____ (sweep) every week, but nobody swept it last week.
- 2) My neighbor reported to the police that her car _____ (steal).
- 3) Great changes _____ (take) place in this village since 1990.
- 4) These tablets are harmful to the children, so they _____ (should keep) out of their reach.
- 5) I believe that this new novel _____ (sell) well in the future.
- 6) The patient is in danger. A doctor must _____ (send for).
- 7) The history book _____ (can find) on the bookshelf.
- 8) How many trees _____ (plant) next year?
- 9) Can these books _____ (take) out of the reading room?
- 10) Jessie is a good girl. She _____ (like) by all the neighbors.

Passive meaning

In passive sentences the receiver is the subject and the agent is often not mentioned.

1. Choose the answer that best completes each sentence.

- 1) Michael deeply regretted not _____ selected for the party.
a. to be b. having been c. to get
- 2) I really didn't expect this project _____ completed on schedule.

- a. having been b. to be c. being
- 3) The cats love _____ stroked.
a. have b. having c. to be
- 4) The house _____ by the policeman now.
a. is being searched b. searched c. was searched
- 5) It _____ that Peter has quitted his job.
a. is said b. says c. said
- 6) Mr. Smith's shop _____ at night twice in one month by thieves.
a. broke b. will be broken c. was broken into
- 7) It is upsetting when a person gets _____ for a crime that he didn't commit.
a. punishing b. punish c. punished
- 8) The chairman was _____ to be handsome and trustworthy.
a. thought b. thought about c. thinking of
- 9) A book like this ought to _____ with care.
a. read b. reading c. be read
- 10) Every means _____ but without much result.
a. has tried b. has been tried c. have tried

2. Read the excerpt from "Popular Science" by Charles Hirshberg, which appears in the book "The Best American Science and Nature Writing (2003)". Underline the passive constructions that you find. With a partner, decide why the author chose to use passive constructions.

My Mother, the Scientist

Today, after more than four decades of geophysical research, my mother, Joan Feynman, is getting ready to retire as a senior scientist at NASA's Jet Propulsion Laboratory. She is probably best known for developing a statistical model to calculate the number of high-energy particles likely to hit a spacecraft over its lifetime and for her method of predicting sun spot cycles. Both are used by scientists worldwide. Beyond this, however, my mother's career illustrates the enormous change in how America regards what was, only a few decades ago, extremely rare: a scientist who is a woman and also a mother.

B. Activities

Step 1

Work with your partner and decide on what places your family will explore for a vacation.

Step 2

Write an introduction to a famous architect. Include facts about its design, construction, function, and why it is famous.

IV. Focus on Pronunciation

A. Phonetic Symbols

1. recognize the phonetic symbols.

Diphthong Vowels /ei/ /ai/ /ɔi/ /əu/

Affricate Consonants /ts/ /dz/

2. Listen and complete the sentences with the right words.

e.g.

The two companies joined forces to _____ /ɪk'splɔɪt/ the potential of the Internet.

- 1) He felt impelled to _____ /ɪn'vestɪɡeɪt/ further.
- 2) Christmas is a _____ /'dʒɒɪnl/ holiday!
- 3) Michael Douglas may _____ /pɹɔ:'treɪ/ the president of the United States.
- 4) We'll solve the case ourselves and _____ /sə'praɪz/ everyone.
- 5) We need to _____ /ə'prəʊtʃ/ the bank manager about a loan.
- 6) The teacher _____ /kaʊnts/ the students as they boarded the bus.
- 7) We usually _____ /draɪv/ to the countryside twice a month.
- 8) Those dark _____ /k'laʊdz/ look like we're going to get some rain.

B. Read aloud

1. Read aloud the Nursery Rhyme and try to recite it.

Try, try,
Never say die,
Things will come right

To you by and by.

2. Read aloud the poem paying attention to the pronunciation of /əu/ and /ai/.

The Arrow and the Song

Henry Longfellow

I shot an arrow into the air,
It fell to earth, I knew not where;
For, so swiftly it flew, the sight
Could not follow it in its flight.

I breathed a song into the air,
It fell to earth, I knew not where;
For who has sight so keen and strong,
That it can follow the flight of song?

Long, long afterwards, in an oak
I found the arrow, still unbroken;
And the song, from beginning to end,
I found again in the heart of a friend.

V. Focus on Listening

A. Pressure from parents

1. Vocabulary preview: *match each phrase in bold letters from column A with its meaning from column B.*

A

- 1) The kids **got stressed** when they did poorly in the exam.
- 2) It is only a **temporary solution** and can't solve the problem at the root.
- 3) Without help, it is difficult to **meet** the Monday **deadline**.
- 4) The computer breaks down

B

- a. finish something at the time it is meant to be finished.
- b. feel worried and tense
- c. a way of solving problems for the time being
- d. drink a beer

again. **That sucks.**

- 5) I'd like to **grab** a cold **beer** and watch TV on hot days. e. It is bad.

2. Listen to John and Jerry talking about stress. Tick (✓) the stresses that John suffered.

- 1) His parents gave him extra school work.
- 2) His teachers assigned him difficult jobs.
- 3) His parents expected him to get high scores in his study.
- 4) His parents were not satisfied with his job.
- 5) His parents told him to start a company.
- 6) His parents wanted him to have a family.

3. Decide whether the following statements are true or false.

- 1) Jerry felt a lot of pressure from his parents when he got low scores in elementary school.
- 2) John went out for an occasional drink with friends in order to relieve stress.
- 3) John has solved the problem of stress once and for all.
- 4) Jerry is lucky that he hasn't experienced any school stress at all.
- 5) Jerry and John will grab a beer after the conversation.

4. Do your parents place high expectations on you? What would you do if you failed to meet the anticipations of your parents? Have you ever experienced stress from your parents?

B. Nursing home for aging parents?

1. Vocabulary preview: check the meaning for each expression in bold letters and answer the questions.

- 1) **Baby boomers** represent nearly 20% of the American population and are an economically influential generation. Are Baby boomers those people born a) between the end of WWII and the mid-1960s or b) between the beginning of WWII and the mid-1960s?
- 2) Is a **nursing home** a place that offers care for a) the elderly or b) the babies?
- 3) His parents seemed to have **aged** in the last few years because of illness. Do you think the **aging** parents look a) young or b) old?
- 4) The kids in the village had to **fend for themselves** after their parents died. Did they a) look after themselves or b) rely on help from others?
- 5) When the boss **abused** his workers, did he treat his workers a) well or b) badly?

- 6) When Tom was hired to **oversee** the whole project, did he a) watch and direct the project or b) abandon it?

2. Listen to the passage about aging parents and nursing homes. For each question, mark one letter (a, b or c) for the correct answer.

- 1) Where will Americans live when they become adults and have their own family?
- a. Many of them choose to move out of their parents' home.
 - b. Most of them continue to live with their parents.
 - c. Most of them stay with their parents and pay the rent of the house.
- 2) Baby boomers are moving into the senior citizen age group. Who will take care of them when they become sick in America?
- a. It is common practice that their children will look after them at home.
 - b. They are likely to come to nursing homes.
 - c. Probably their relatives and friends will help them.
- 3) What services are not provided in nursing homes?
- a. personal care assistance
 - b. higher education of the elderly
 - c. food service and building of active social environment

3. Aging in nursing homes might be a good choice for the elderly. Some people support this idea, but others oppose it. Take notes about people's different attitudes and reasons. Then complete the table.

Aging in Nursing Homes Might Be a Good Choice for the Elderly	
For	Against
1)	1)
2)	2)

4. Who should take care of elderly people? Would you live with your aging parents and take good care of them, or would you move them into a nursing home?

VI. Focus on Culture

A. Mencius: Facts and quotes

1. Read the following statements about Mencius' life and his thoughts and decide whether they are TRUE or FALSE.

- 1) Mencius has been regarded as the cofounder of Confucianism, second only to Confucius himself.
- 2) He is best known for his theory that human nature is neither good nor bad.
- 3) Zhu Xi included the Mengzi, along with the Analects, Great Learning, and Doctrine of the Means, as one of the Four Books.
- 4) Mencius declared: "The people are the least important element in a nation."
- 5) Mencius says to Liang Hui Wang (King Hui of Liang) that to attempt to conquer the world through warfare is just like "climbing a tree in search of a fish".

2. Read the quotes from the book *The Mengzi*. Translate them into Chinese.

- 1) By treating the elders in one's own family as elders should be treated and extending his to the elders of other families, and by treating the young of one's own family as the young ought to be treated and extending this to the young of other people's families.
- 2) Cao Jiao asked, "Is it true that all human beings are capable of becoming a Yao or a Shun?" Mencius said, "It is true."
- 3) From this we know that we thrive from experiencing sorrow and calamity, and perish from comfort and joy."
- 4) He cannot be led astray by riches and honor, moved by poverty and privation, or deflected by power or force. This is what I call a great man.
- 5) The mind of pity and commiseration is possessed by all human beings.

B. Three Moves by Mencius' Mother

1. Read the story about Mencius's mother and complete the table.

Three Moves by Mencius' mother

Mencius' father died when he was very young. His mother Zhǎng raised her son alone. They were very poor. At first they lived by a cemetery, where the mother found her son imitating the paid mourners in funeral processions. Therefore the mother decided to move. The next house was near a market in the town. There the boy began to imitate the cries of merchants (merchants were despised in early China). So the mother moved to a house next to a school. Inspired by the scholars and students, Mencius began to study. His mother decided to remain, and Mencius became a famous scholar.

Living place	Reason of relocation
By a cemetery	

2. Discuss the following questions in groups and share your answers with the class.

- 1) How important do you think good environment is for a child's growth?
- 2) What do you think of Mencius' mother?
- 3) What types of parents do you think you will be?

VII. Focus on Writing

A. Paraphrasing Sentences

Paraphrasing means to restate in our own words the thought, meaning and attitude of someone else. We paraphrase for different purposes , for example, using outside sources in our own writing.

1. Work in groups to discuss the tips of paraphrasing:

- 1) Read the original text carefully.
- 2) Rewrite the original in about the same number of words.
- 3) Use your own words (e.g. use synonyms)
- 4) Use your own sentence structure (restructure the sentences).
- 5) Do not change the meaning of the original.
- 6) Preserve the tone of the original.

2. Find a synonym for the underlined words or phrases. Use the synonyms and the word in bold to rewrite the sentences:

EXAMPLE:

Although the coach's strategy was a little dangerous, the team was successful.

despite

Despite the coach's risky plan, the team still won.

Or

nevertheless

The coach's plan was a little risky; nevertheless, the team won.

- 1) That simple and strict upbringing caused my father to be extremely tightfisted

because

- 2) The walk didn't bother me as much as the fear of walking alone along the highway and country roads.

more

- 3) All these different things are the embodiment of the uniqueness of human beings.

embodied

- 4) Language is the main means of communication between people.

communicate

- 5) Of the more than 1,000 bicycling deaths each year, three-fourths are caused by head injuries.

die

- 6) One study concluded that wearing a bike helmet can reduce the risk of head injury by 85%.

if

- 7) In an accident, a bike helmet absorbs the shock and cushions the head.

is

- 8) Electricity is getting very expensive these days.

cost

B. Description

Description is painting a picture in words of a person, place, object, or scene. A descriptive paragraph is generally developed through specific details.

1. Read the following paragraphs, filling in the blanks with the words in the box.

caught move dragging chased growled cornered
--

One game they loved was called “mad dog”. Pa would run his fingers through his thick, brown hair, standing it all up on end. Then he dropped on all fours, growling. He 1)_____ Laura and Mary all around the room, trying to get them 2)_____ where they couldn’t get away.

They were quick at dodging and running, but once he 3)_____ them against the wood-box, behind the stove. They couldn’t get past Pa, and there was no other way out.

Then Pa 4)_____ so terribly, his hair was so wild and his eyes so fierce that it all seemed real. Mary was so frightened that she could not 5)_____. But as Pa came nearer Laura screamed, and with a wild leap and a scramble she went over the wood-box, 6)_____ Mary with her.

from *Little House in the Big woods*

2. Study the text *Father’s Secret* again and find out what sensory words the writer has used.

senses	Examples from the text
hearing	
seeing	
touching	

C. Writing tasks

1. Follow the process to write an essay.

1) Write the first draft:

- a. Write to describe one of your family members.
- b. You should not only give details of his appearance, but also reveal the person's thoughts and feelings.
- c. Write about 200 words.

2) Revise and edit the essay. You can use the checklist to help you:

- a. Does the essay contain any sensory details (sight, sound, smell, taste, touch)
- b. Are there any descriptive adjectives and active verbs?
- c. Does the description use comparison?
- d. Has the essay created a dominant impression?
- e. Does the essay use varied sentences?

2. *Describe a scene where an accident happened, using the prompts below.*

Please add as many details as possible.

1) Time: a scorching summer day

Place: by a river of a small village

Characters: you, one kid, some passers-by and a policeman

Situation: You saved one kid from drowning. Describe to the policeman what the kid looked like and what happened to the kid. Then write a report.

2) Time: two days before Christmas

Place: a shopping mall

Characters: you, the crowded customers and a security guard

Situation: You found your handbag missing while shopping. Ask a security guard for help and described to him what your handbag looked like. Then write a report

Unit Eight

Future Life

I. Focus on the Topic

1. Study the words in each group and tick the odd one out.

- 1) vision, insight, perception, eyesight, imagination
- 2) creation, innovation, decoration, discovery, invention
- 3) house, flat, apartment, hut, kennel
- 4) human, automaton, android, machine, robot
- 5) new, novel, revolutionary, conservative, experimental

2. Work in groups to answer the following questions.

- 1) Look at the pictures and describe them.
- 2) Complete the survey and justify your choices.

Future Life Survey

Agree Disagree

- 1) Computers will carry on conversations like human beings.
- 2) There will be a cure for cancer.
- 3) Ordinary people can travel in space.

_____	_____
_____	_____
_____	_____

- 4) The world will face a serious energy crisis.
- 5) The earth will become warmer and warmer.
- 6) Homes will be built under the sea.
- 7) Robots will cook meals and do the cleaning.
- 8) Cars will be able to drive themselves.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



3. Dictation.

What will our future look like?

.....

.....

.....

.....

4. From among the three options listed after each sentence, choose the one closest in meaning to the underlined words or phrases.

- 1) It is reported that officials will not be allowed to monitor the voting.
 - a. supervise
 - b. record
 - c. listen secretly

- 2) She blinked as the bright light shone on her.

- a) opened her eye again and again
 - b) closed her eyes quickly
 - c) shut and opened her eyes quickly several times
- 3) The plane caught fire soon after it took off.
- a. went down unexpectedly
 - b. suddenly became successful
 - c. rose into the air
- 4) We detected the robbers as they entered the store.
- a. pointed
 - b. noticed
 - c. release
- 5) Seagulls hover over the surging waves.
- a. fly up and down
 - b. hang in the air
 - c. plunge
- 6) Cold tea is very soothing for burns.
- a. making less painful
 - b. causing great difficulty
 - c. making more unpleasant

II. Focus on Reading

A Day in the Life in 2100

January 1, 2100, 6:15 A. M.

- ①After a night of heavy partying on New Year's Eve, you are **sound asleep**.
- ②Suddenly, your wall screen lights up. A friendly, familiar face appears on the screen. It's Molly, the software program you bought recently. Molly announces cheerily, "John, wake up. You are needed in the office. **In person**. It's important."
- ③"Now wait a minute, Molly! You've got to be kidding," you grumble. "It's New Year's Day, and I have a hangover. What could possibly be so important anyway?"
- ④Slowly you **drag yourself out of** bed and reluctantly go to the bathroom. While washing your face, hundreds of hidden DNA and **protein sensors** in the mirror, toilet, and sink silently **spring into action**, analyzing the **molecules** you **emit** in

your breath and bodily fluids, checking for the slightest hint of any disease.

- ⑤ Leaving the bathroom, you **wrap** some wires around your head, which allow you to control your home using your mind: you mentally raise the temperature of the apartment, turn on some **soothing** music, tell the robotic cook in your kitchen to make breakfast and some coffee, and order your **magnetic** car to leave the garage and be ready to pick you up. As you enter the kitchen, you see the mechanical arms of the robotic cook preparing eggs just the way you like them.
- ⑥ Then you put in your **contact lenses** and connect to the Internet. **Blinking**, you see the Internet as it shines onto the **retinas** of your eyes. While drinking hot coffee, you start scanning the headlines that flash in your contact lenses. Suddenly, one item catches your eye:
- ⑦ A large **leak** has unexpectedly been **detected** in the dikes surrounding Manhattan. Unless the dikes are repaired, the entire city could be flooded like many other cities in the past.
- ⑧ “Uh-oh,” you say to yourself. “So that’s why the office called and woke me up.” You skip breakfast, dress, and dash out of the door. Then you mentally order the car waiting for you outside to take you to your office as quickly as possible. The magnetic car instantly **accesses** the Internet, the GPS, and billions of **chips** hidden in the road that constantly **monitor** traffic.
- ⑨ Your magnetic car takes off silently, floating on a cushion of magnetism. Molly’s face suddenly appears on the windshield of your car. “John, the latest message from your office says for you to meet everyone in the conference room. Also, you have a video message from your sister.”
- ⑩ With the car driving itself, you have time to scan the video mail left by your sister. Her image appears in your wristwatch and says, “John, remember this weekend we have a birthday party for Kevin, who is now six. You promised to buy him the latest robot dog.”
- ⑪ “Uh-oh,” you say to yourself.
- ⑫ You love driving your magnetic car. There are no bumps to worry about, since it’s **hovering** over the road. Best of all, you rarely need to fuel it up, since there is almost no **friction** to slow it down. Glancing outside, you realize that magnetism is the way to go, and saves money in the process.

(521 words)

Adapted from “A Day in the Life in 2100” in *Physics of the Future*

NEW WORDS

protein /'prəuti:n/ <i>n.</i>	a substance found in food and drink such as meat, eggs, and milk, which you need in order to grow and be healthy 蛋白质
sensor /'sensə/ <i>n.</i>	an instrument which reacts to certain physical conditions such as light, which is used to provide information 传感器
molecule /'mɒlikju:l/ <i>n.</i>	the smallest amount of a chemical substance which can exist by itself 分子
emit /i'mit/ <i>v.</i>	to send out (gas, heat, light, sound etc) 发出；散发
soothing /'su:ðɪŋ/ <i>adj.</i>	making you feel calm 令人平静的；令人感到安慰的
magnetic /mæg'netɪk/ <i>adj.</i>	having the power of a magnet or behaving like a magnet 有磁力（磁性）的
blink / blɪŋk / <i>v.</i>	shut and open (the eyes) quickly 眨眼
retina /'retinə / <i>n.</i>	the area at the back of your eye. It receives the image that you see and then sends the image to your brain 视网膜
leak /li:k/ <i>n.</i>	a crack, hole or other gap that a substance such as a liquid or gas can pass through 裂缝；漏洞
detect /dɪ'tekt/ <i>v.</i>	to discover or notice sth, especially sth that is not easy to see, hear, etc. 发现；察觉
access / 'ækses / <i>vt</i>	obtain or retrieve from a storage device; as of information on a computer 获取
chip /tʃɪp/ <i>n</i>	a very small piece of silicon with electronic circuits on it which is part of a computer 芯片
monitor /'mɒnɪtə/ <i>v.</i>	to watch and check sth over a period of

	time in order to see how it develops 监视；监测
hover /'hɒvə / v.	if a bird, insect, or helicopter hovers, it stays in one place in the air (鸟、昆虫、直升机等)翱翔；盘旋
friction /'friksn/ n.	the force that makes it difficult for things to move freely when they are touching each other 摩擦力

PHRASES AND EXPRESSIONS

sound asleep	sleep deeply 酣睡；熟睡
in person	if you do something or go somewhere in person, you do it or go there yourself 亲自
drag yourself out of	to move with difficulty, especially because you are ill, tired, or unhappy (尤因患病、疲惫或不开心而)费力地从...移动开
spring into action	to suddenly start working or doing sth 突然工作（或行动）起来
contact lens	small plastic lenses that you put on the surface of your eyes to help you see better, instead of wearing glasses 隐形眼镜

EXERCISES

A. Reading and Discussion

1. Read the text and decide whether the following statements are true or false.

- 1) “heavy partying” means “enjoying oneself drinking and dancing a lot” (para. 1)
- 2) Molly reminds the author that he needs to go to the office to deal with something important. (para. 2)
- 3) The author still feels sick because of having drunk too much last night. (para. 3)
- 4) The sensors collect the molecules the author releases in his breath and bodily liquid and then send them to the doctors (para. 4)
- 5) By putting some wires around his head, the author can use his mind to give orders

to the machines in his home and make everything run in the way that he wants.
(para. 5)

- 6) He connects the Internet by opening his eyes and disconnect the Internet by closing his eyes. (para.6)
- 7) The office called the author because Manhattan was badly flooded. (para.7-8)
- 8) From the last paragraph, we can make an inference that magnetic car will become more popular. (para. 12)

2. Circle your answers to the questions below. Then compare your answers with your partner. There's only one correct answer for each item.

- 1) Who is Molly?
 - a. a secretary
 - b. a manager
 - c. a software program
- 2) What are the hidden DNA and protein sensors used for?
 - a. medical check-up
 - b. improving internet security
 - c. storing information about the company
- 3) The temperature of the house is controlled by _____.
 - a. buttons on the wall
 - b. the robot in the house
 - c. people's mind
- 4) We can infer from paragraph 4 that in the future _____.
 - a. more people will be hired to do house work
 - b. people will spend less time on housework
 - c. housework will become a headache
- 5) People check their video mail through _____.
 - a. wristwatch you wear
 - b. a portable computer
 - c. a mailbox in the car
- 6) According to the writer, magnetic cars are _____.
 - a. fuel consuming
 - b. environmental friendly and fast
 - c. convenient yet slow

3. Discussion.

- 1) Do you like the idea of robot servants? What areas will they be used in the future?

- 2) Do you think the notion of the magnetic car is feasible? What will be its main advantages?
- 3) Describe a new product that has influenced your life or an exciting gadget in stores.
- 4) What technology gives you the most trouble?
- 5) Will modern technology change our appearance as time goes on? Will scientists be able to modify human appearances before birth? What will we look like in 10,000 years? Draw a picture of future people in 10,000 years. Then explain your ideas to the class.

B. Vocabulary

1. *Fill in the blanks with words or phrases given below. Change the form where necessary.*

access	magnetic	drag	in person
sound asleep	blink	wrap	emit

- 1) Peter got up and _____ his chair towards the desk.
- 2) We found that some workers had illegally _____ and misused confidential security files.
- 3) I can't attend the meeting _____, but I will send my secretary to speak for me.
- 4) It would be cruel to wake Bob now. He's _____.
- 5) I put the book in a box and _____ it in brown paper before I posted it.
- 6) John opened the curtains suddenly. As the strong light shone on her, the old woman _____.
- 7) It is terrible that so many factories _____ black smoke into the air at the same time.
- 8) Her personal _____ attracts people to work happily with her.

2. *Match each word or expression in bold letters from column A with its paraphrase from column B.*

A

- 1) Helen **had a terrible hangover** after she woke up.
- 2) As soon as they heard the alarm bell, the firefighters **sprang into action**.

B

- a. moved to and fro
- b. quickly started working

- | | |
|---|--|
| 3) I was surprised to find one of the tires developed a leak . | c. gave out |
| 4) The shy student hovered nervously in the doorway. | d. had a bad headache and a feeling of sickness which was the effects of drinking too much alcohol |
| 5) Students will get full access to all resources. | e. discovered |
| 6) The boy blinked and emitted a long whistle. | f. had a hole which was causing its air pressure to decrease |
| 7) A gun was detected under the bed. | g. slept deeply |
| 8) I waited until he was sound asleep . | h. have the right to make use of |

3. Find words from the text to fill in the following blanks. The first letter of the word for each blank is already given.

- 1) Patients who are given the new drug will be asked to m_____ their progress. (para. 8)
- 2) You should disconnect the power before attempting to r_____ electrical equipment. (para. 7)
- 3) If you h_____ the mouse pointer over the entry, the full web address will be displayed. (para. 12)
- 4) If you suspect a gas l_____, phone the emergency number as soon as possible. (para. 7)
- 5) How many calories are required to r_____ the temperature of 5 grams of water from 10°C to 15°C? (para. 5)
- 6) Rocking your child on a baby rocking chair provides him or her with a s_____ and calming effect. (para. 5)
- 7) The holiday season is a time when most families are busy p_____ big meals. (para. 5)
- 8) Research shows that people who s_____ breakfast gain weight more easily. (para. 8)

4. Fill in the blanks with the proper forms of the words given.

- 1) She wants to take a warm bath to _____ sore muscles after a long day at work.
(soothing)
- 2) We used a refrigerator _____ to hang our kids' latest drawings yesterday.
(magnetic)
- 3) The book has succeeded in making philosophy _____ to a wider audience.
(access)
- 4) The _____ of gases such as carbon dioxide should be stabilized at their present level. (emit)
- 5) It's a great restaurant but it doesn't look at all _____ from the outside.
(promise)

III. Focus on Grammar

A. Modals

General meanings of modals

1. Guess the meanings of the modal verbs in the following sentences.

I <u>can</u> speak Spanish.	ability to do sth. in the present
<u>Can</u> I go to the museum?	
<u>Could</u> you wait a moment, please?	
<u>May</u> I help you?	
It <u>may</u> rain today.	
I <u>must</u> go to the supermarket tomorrow.	
I <u>needn't</u> go to the supermarket. We're going to order a pizza tonight.	
You <u>ought to</u> drive carefully.	
You <u>should</u> switch off your phone when you are at a meeting.	

I think it <u>will</u> rain on Sunday.	
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2. Complete the sentences using can, may, must.

- 1) I don't know which book others _____ choose, but for me, my favorite book is *Harry Potter*.
- 2) You'd better put on your coat. It _____ rain before evening.
- 3) Lily always wins first prize in that game. She _____ be intelligent.
- 4) _____ you lock the door when you leave the room?
- 5) What are you going to do after graduation?
I haven't decided yet. I _____ study overseas, but hunting for a job is another possibility.
- 6) Leon has traveled a lot. He _____ speak five languages.
- 7) You _____ be very tired after a long trip.
- 8) Why doesn't Susan come to the party?
I don't know. She _____ be sick.

3. Read the situations and use the words in brackets to write sentences with will, should and ought.

- 1) You _____ to follow the rules that the leaders set.
- 2) I _____ lend you the bike if you need.
- 3) The price on this jacket is too high. It says 125dollars but it _____ be 50.
- 4) _____ you please pay a deposit?
- 5) You are always coughing. So you _____ stop smoking.
- 6) —The book I borrowed from the school library is going to be due tomorrow.
—You _____ to renew it if you need it.
- 7) He has talked with her but she _____ have her own way.
- 8) It is 21:00 now. The children _____ go to bed.

Other forms of modals

1. Complete each of the following sentences in such a way that it is as similar as possible in meaning to the sentence given. You must use a suitable form of can, could, may or might in each sentence. The first sentence is done as an example.

- 1) I'm very angry with you—you knew I was having problems with the car and you didn't bother to help me.

You might/ could have helped me with the car.

- 2) Perhaps the shuttle bus isn't working at the moment—it is the low season.
The shuttle bus _____.
- 3) It is so annoying. You knew their phone number but you didn't give it to me.
You _____.
- 4) Perhaps Jim took it; he was in the office all day yesterday.
Jim _____.
- 5) Who do you think is making all that noise next door?
Who _____?
- 6) It's possible that the results will have arrived by tomorrow lunch.
The results _____.

2. Fill in the blanks with *must + be + present participle / must + have + past participle / should + have + past participle.*

- 1) You _____ (live) in dreamland if you think he'll change his mind. He is so stubborn.
- 2) I *told* him to turn left, but *he* turned right. *He* _____ (*misunderstand*) *me*.
- 3) *He* _____ (*win*) the match—it was a near miss.
- 4) *He* _____ (*work*) in the classroom, for the lights are still on.
- 5) You _____ (write) to the area manager earlier. It is too late now.
- 6) When I told my husband how much the new coat cost, he said I _____
(go off) my head to spend so much money.
- 7) I hadn't told him this, so he _____ (find out) for himself.

3. Fill in the blanks with *modal + be + present participle / modal + have + past participle. More than one modal is possible in some sentences.*

- 1) The results were completely wrong. As a scientist she _____ (plan) the experiment more carefully.
- 2) —What is mom doing?
—She _____ (mop) the floor in the sitting room.
- 3) I bought a new car last year, and then a month later I won one in a competition. So I _____ (spend) all that money.
- 4) He _____ (not hear) my clock strike. My clock doesn't strike.
- 5) He _____ (not work) in the office now. I saw him playing basketball on the playground just now.

6) If Jerry hadn't grabbed my arm, I _____ (have fallen off) the bridge.

4. It is already 8 a. m. The students are waiting for their teacher Jenny anxiously. Speculate on the reason why Jenny failed to come to class. Use she might/must + have + past participle or might/ must +be + present participle in your answers.

There was a traffic jam in the morning. → Jenny must have been stuck in the traffic jam.

Jenny looked pale yesterday. →

It is said that her kid had a fever. →

Jenny told us last week that there was going to be a teaching competition. →

Jenny said that there was going to be an exciting meeting in Beijing this week. →

B. Activities

Step 1

Do you have friends or family living in another country? What time is it now at this moment in that country? Write down your answers.

Step 2

Work with your partner. Talk about what you think they are doing at this moment.

IV. Focus on Pronunciation

A. Phonetic Symbols

1. Identify the phonetic symbols.

Diphthong Vowels	/au/	/iə/	/εə/	/uə/
Semi-Vowels	/j/	/w/		

2. Listen and write the phonetic transcriptions, paying attention to the diphthong vowels /au/ /iə/ /εə/ /uə/ and the semi-vowels /j/ and /w/.

1) /au/ loud / / allow / / how / / shout / /

2) /iə/ dear / / idea / / fear / / appear / /

- 3) /ɛə/ scare / / bear / / hair / / mayor / /
 4) /uə/ cure / / pure / / tour / / curious / /
 5) /j/ yard / / year / / young / / yesterday / /
 6) /w/ wet / / watch / / water / / wait / /

B. Read aloud

1. Read aloud the following tongue twister and try to recite it.

How much ground would a groundhog hog, if a groundhog could hog ground? A groundhog would hog all the ground he could hog, if a groundhog could hog ground.

2. Read aloud the poem paying attention to the pronunciation of / au / and / iə /.

Sonnet 64

William Shakespeare

When I have seen by time's fell hand defaced
 The rich proud cost of outworn buried age,
 When sometime lofty towers I see down-razed,
 And brass eternal slave to mortal rage;
 When I have seen the hungry ocean gain
 Advantage on the kingdom of the shore;
 And the firm soil win of the watery main,
 Increasing store with loss and loss with store;
 When I have seen such interchange of state,
 Or state itself confounded to decay,
 Ruin hath taught me thus to ruminare,
 That time will come and take my love away.
 This thought is as a death which cannot choose
 But weep to have that which it fears to lose.

V. Focus on Listening

A. A New Smart Phone

1. *Vocabulary preview: match each word or phrase in bold letters from column A with its meaning from column B.*

- | | |
|--|--|
| 1) The cost is beside the point – what’s important is that he has arrived safely. | a. affectionate and helpful |
| 2) His legs were full of scratches after his walk through the forest. | b. a lot of |
| 3) The troublemakers are in a peck of trouble. | c. small shallow cuts |
| 4) Jim is a self-reliant man, independent in thought and action. | d. able to take care of oneself without outside help |
| 5) She is a caring and gentle mother. | e. irrelevant or not important |

2. Listen to the conversation. Identify the speakers’ attitudes and answer the questions.

- 1) Did the young man’s parents allow him to have a new phone?
 - a. Yes, they did. However, the young man had to pay for the new phone.
 - b. No, they didn’t.
 - c. Yes, they did. They would pay for the new phone.
- 2) What is the women’s attitude towards the young man’s requirement for a new smartphone?
 - a. indifferent
 - b. supportive
 - c. critical

3. Listen to the conversation again and fill in the missing information.

- 1) The young man says that he needs a new phone because _____.
- 2) The young man already has _____ phones.
- 3) The young man is unhappy because he has to _____ if he wants a new smartphone.
- 4) The young man thinks that his parents don’t like him. On the contrary, they are _____ to him.
- 5) From the conversation, we can see that the young man is _____.

B. A Space Tour

1. Vocabulary preview : *before you listen to the story, use the words from the box to complete the sentences and change the form of the word if necessary.*

gauge	fluffy	soar	witness	civilization
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- 1) Newly hatched chicks are like _____ balls.
- 2) Anyone who _____ the attack should call the police at once.
- 3) The fuel _____ reads below zero.
- 4) People did not have letters at the primary stage of _____.
- 5) If you're lucky, a splendid golden eagle may _____ into view.

2. Listen to the passage about a space tour and mark the statements T(true) or F(false)

- 1) The space trip takes place in the 23rd century.
- 2) Kevin and her sister make the trip to space by the rocket.
- 3) When climbing into the sky in the elevator, Kevin and her sister are surprised to find that the sky remains dark all the way.
- 4) Seen from the space, the earth appears serene, though Kevin can find nothing on the earth.
- 5) Science will reshape civilization in the future.

3. Listen to the recording again and fill in the missing information.

- 1) Karen and her sister feel _____ when taking the long-awaited space tour on a sunny day.
- 2) The elevator _____ when the operator pushes the Up button.
- 3) While still in the atmosphere, Karen can see _____ passing by.
- 4) The stars Karen sees in space are _____ instead of twinkling.
- 5) The destination of the trip is about _____ miles from the surface of the earth.

4. Work in pairs and discuss the questions.

- 1) When will space tourism be available to the ordinary folks like you and me?
- 2) Will the human race begin to leave the earth by 2100?

VI. Focus on Culture

1. Surf the Internet and share your favorite mythological stories from China with your partners. Some of these stories have already been discussed in our previous studies, such as Chang'e, the legend of the white snake, and the Chinese zodiac.

2. Read the story and answer the following questions briefly.

Chang'e Flies to the Moon

In a very distant past, ten suns had risen together to the heavens, thus causing hardship for the people. The archer Yi shot down nine of them and was given the elixir of immortality as a reward. However, he did not consume it as he did not want to gain immortality without his beloved wife Chang'e. While Yi went out hunting, Fengmeng broke into his house and forced Chang'e to give up the elixir of immortality to him, but she refused to do so. Instead, Chang'e drank it and flew upwards towards the heavens, choosing the moon as residence near her beloved husband. Yi discovered what had happened and felt sad. He displayed the fruits and cakes that his wife Chang'e had liked, and gave sacrifices to her.

- 1) Who else do you know lived on the moon besides Chang'e?
- 2) Do you know any other ancient stories related to flying?
- 3) Would you choose to become immortal if given the chance? Why?

3. Group work.

Work with your partner to discuss the following questions.

- 1) The myths about Chang'e explain the origin of moon worship in China. Do you think moon worship is an important part of the Mid-Autumn Festival celebration?
- 2) Thanks to modern technology, flying to the moon will no longer be a dream. "Scientific inventions arise from the exercise of a rich imagination. Indeed, imagination is the driving force behind human thought, and human civilization is created by the operation and exercise of imagination. Current developments in scientific technologies are the best examples of the process leading from the concretization of imagination to the demonstration of creativity" (Vygotsky, 1930/2004). Could you give another example of how great inventions originated from human imagination?

VII. Focus on Writing

A. Being Concise

1. Rewrite the following sentences to make them more concise.

- 1) The skirt was purple in color.

2) The two candidates share several positions in common.

_____.

3) Joe was in the army during the same time that I was in college.

_____.

4) In this article it discusses the reasons for drunk driving.

_____.

5) The teachers had a discussion concerning the matter of how to improve their teaching methods.

_____.

6) I like to read the novels that were written by Jane Austin.

_____.

Underline unnecessary words, phrases, and sentences. Then rewrite the paragraph. Do not leave out any ideas.

There are a lot of other courses which are very important to children growing up in the Nineties. Courses such as home economics, accounting, computer courses, and typing help children function better in the outside world—whether in the job market or at home. These courses enable the children to be able to learn about a wide variety of things. Students today learn about health and nutrition, they learn about first aid, how to look after a home (boys as well as girls), they learn how to look after a vehicle, and even how to budget themselves and to do their own taxes.

B. Writing tasks

1. Follow the process to write a letter.

- 1) Before writing, discuss with your classmates the following questions:
 - a. Where will you be in five year?
 - b. What will you do in the future?
 - c. What fears and difficulties do you currently face that you wish to overcome?
 - d. What kind of person will you be?
 - e. What will you have accomplished?
 - f. What hopes do you hold for yourself in the future?
- 2) Write the first draft:
 - a. Write a personal letter to your future self, seal it and only open it at a future moment. There are no restrictions on the time duration —it can be 3 years later, 5 years later, or even 20 years later!
 - b. Try to make your letter concise and well organized.
- 3) Revise and edit the letter. You can use the checklist to help you:
 - a. Basic letter parts: heading, date, salutation (greeting), body of letter, closing and signature.
 - b. Spelling, capitalization and punctuation.
 - c. Clarity and conciseness.

2. Choose an idea from the list and develop it into an adventure story on Mars.

- 1) Among the plane wreckage, the journalist found a secrete route to the edge of Mars.
- 2) When the young lady climbed out of the spaceship, she saw a white-bearded man limping on the road. It was her husband. She realized that a hundred years had passed by.
- 3) The athlete suddenly disappeared from the training field. Ten years later he returned with super bounce.