

## Unit 1

《中国制造 2025》被称为中国版“工业 4.0”。新工业革命的关键在于实现从“中国制造”到“中国创造”再到“中国智造”的转变。如果我国想提升在全球产业链中的地位，就必须从世界制造工厂转变为世界创新基地。这意味着我国要研发自主核心技术，以加速诸如新一代信息技术、生物技术、新能源、航空技术等新兴产业的发展。

**Answer:** The “Made in China 2025” strategy is referred to as the Chinese version of “Industry 4.0.” The key to the new industrial revolution is to make the shift from “made in China” to “created in China” and to “intelligent manufacturing in China.” If China wants to move up the global industry chain, it has to transform itself from the world's manufacturing factory to the world's innovation base. This means developing independent core technology to accelerate the growth of emerging sectors, including new-generation information technology, biotechnology, new energy, and aerospace technology.

Chinese millennials were born in a period of economic boom, an era of considerable opportunities and optimism. They are the main drivers of China's surge in consumption. But it's not just shopping where millennials are making their presence felt. They are better educated than previous generations, with over 25 percent of them holding a bachelor's degree or higher. They are transforming every sector of the economy, from travel to education. Moreover, they are also willing to take risks. More than 200,000 students turned entrepreneurs in 2017. With the Chinese economy comfortably coasting along ( 顺利发展 ), the younger generation is tapping into opportunities in various industries, such as high-end fashion and selling vegetables online.

**Answer:** 中国的千禧一代出生在一个经济快速发展的时期，这是一个充满机会和乐观主义精神的时代。他们是中国消费激增的主要驱动力。但是，他们巨大的影响力不仅仅体现在购物方面。与前几代人相比，他们接受了更好的教育，其中超过百分之二十五的人拥有学士学位或更高学历。他们正在改变旅游、教育等各个经济领域。而且，他们也愿意冒险。2017 年，20 多万学生加入了创业大军。随着中国经济的顺利发展，年轻一代正在利用各行业中的机会，如高端时尚行业 and 在线蔬菜销售。

## Unit 2

中国以旅游资源丰富而著称。壮丽的自然风貌、丰富多彩的民俗民风、奇特的动植物和数不尽的名胜古迹，加之独具特色的戏曲、音乐、舞蹈和享誉世界的美食，吸引着大批的国内外旅游者。中国拥有 56 个民族，各民族独特的生活方式已经成为中华文化的重要组成部分，同时也成为了宝贵的旅游资源。

**Answer:** China is well known for its rich tourism resources. It boasts splendid landscapes, various traditions and customs, rare animal and plant species, countless scenic spots and historic sites, unique traditional operas, music, dances as well as world famous cuisines. All these have a strong appeal for both domestic and international tourists. China is home to 56 ethnic groups. The distinctive lifestyles maintained by these groups have become an important part of Chinese culture and valuable tourism resources as well.

An unforgettable trip is a lifetime experience that we cherish. Whether it is beautiful scenery, or walking on a beach, the memories of your trip are worth being etched ( 铭刻 ) in your mind forever. But with many travel memories, it gets challenging to keep them stored in your

mind permanently.

One of the best ways to create enduring memories of your travels is to write them down. By doing so, you'll have a tangible reminder of where you were, and the wonderful times you had when you get home. You can jot down whatever you like, anything that amazes you, interests you, or entertains you. It's not just about you or your travel buddy but also about the people you meet, the places you visit, and the things you do.

**Answer:** 一次令人难忘的旅行是我们所珍视的人生经历。无论是美丽的风景，还是沙滩漫步，旅行的记忆值得永远铭刻在你的脑海中。但随着旅行记忆越来越多，要想把它们永久地存储在大脑中，会变得愈发困难。

要创建长久的旅行记忆，最好的办法之一是把它们都写下来。这样一来，当你回到家里，就有了一个实实在在的东西来提醒你到过哪里以及度过了怎样的愉快时光。你可以随手写下任何你想记录的东西，无论是让你惊叹的，感兴趣的还是开心的。它们不仅仅与你和你的旅伴有关，还包括你所遇见的人，你走过的地方以及你做过的事。

### Unit 3

曾经，在上海寻找户外跑步的好场地有些困难，因为这个城市的车流、人流非常密集。不过现在，可供跑步的路线越来越多，很多跑友都有各自心仪的跑步地点。上海最好的跑步场地是一些公园以及许多道路旁宽阔并修整一新的人行道。即使你最喜欢的场地略远也无须担心，便捷的公共交通可以帮你轻松抵达。

**Answer:** Finding a good spot to run outdoors in Shanghai used to be a challenge because of the busy traffic and people flow. However, there are increasing numbers of running routes in Shanghai these days and many runners have their own favorite running sites. The best spots for running in Shanghai are some of the parks and the wide sidewalks that have been rebuilt along the roads. You do not need to worry even if your favorite running spot is a bit far away because a great public transport system makes it easy for you to get to it.

One of the appeals of technology several decades ago was the idea that it would free us up to have more leisure time. However, Americans have less leisure time than ever. People in this country, especially the upper class, stay at the office longer, and take less vacation. Why? No one's sure, exactly. Part of it may have to do with the fact that they enjoy working, obsessed with making more money and proving themselves economically successful, and they don't want to take a break. Part of the reason may be similar to the reason why humans are as intelligent as we are — because in order to compete, we have to be as smart as or smarter than our fellow humans. We're not competing with other species; we're competing with ourselves. If others are working a lot, then the expectation is that you should, too.

**Answer:** 几十年前，人们本以为技术的吸引力之一是它可以使我们摆脱工作的束缚，给我们更多的闲暇时间。但是，美国人现在的休闲时间比以往任何时候都少。这个国家的人们，尤其是上层阶级，在办公室待的时间更长，休假的时间也更少。为什么？没有人知道确切原因。部分原因可能是他们喜欢工作，沉迷于赚更多的钱以证明自己在经济上很成功，而且不想休息。另一部分原因可能与为何人类如此聪明相似：因为为了竞争，我们必须和其他人类同伴一样聪明，或者比他们更聪明。我们不是与其他物种竞争，我们是与自己竞争。如果其他人工作很长时间，那么你也应该这样做。

## Unit 4

以往，男性更多从事技术、销售、工程等薪酬回报高的岗位，而女性更多从事行政、运营等相对稳定但薪酬回报不太高的岗位。职位和行业等因素导致了男女薪酬差异，且这种差异还会随着工作年限增加而逐渐拉大。

近年来，女性的职场参与度不断提高，贡献越来越大，与男性的薪资差距正在逐渐缩小。很多过去被男性垄断的工作领域已经能见到女性的身影。

**Answer:** In the past, men were more involved in well-paid jobs such as technology, sales, and engineering, while women more often held posts in administration, operation, etc., which were more stable, but paid less. Factors such as position and industry led to the pay gap between men and women, which would further widen with the increase in the length of service / years of working.

In recent years, with the increasing participation and contribution of women in the workplace, the pay gap between men and women is narrowing. Women could often be seen in many of the fields that used to be dominated by men.

A recent study shows that increasing gender inequality partly stems from a global digital divide, the differences between men and women with respect to their access to, use of, and benefits they get from information and communications technologies. To address the digital gender divide, various governments have been making concerted efforts to ensure all citizens are equipped with the tools and knowledge to succeed in today's digital society.

**Answer:** 最近的一项研究表明，日益加剧的性别不平等部分源于全球范围内的数字鸿沟，也就是在信息和通信技术的拥有程度、应用程度和获益程度方面的男女差异。为了应对性别间的数字鸿沟，各国政府一直通力合作，确保所有公民都具备一定的工具和知识，以便在今天的数字社会中获得成功。

澳大利亚政府启动了一项政府资助的项目来制定一个十年规划蓝图，目的是鼓励更多的女性学习科学、技术、工程和数学，并在这些领域就业。

在中国，新兴科技已被列入国家正式课程体系。这一政策已相当成功地培养了一代女性，她们掌握新经济中至关重要的数字技术。

## Unit 5

近年来，中国科幻小说开始在全球引起广泛关注。2019 年，一本中国科幻小说的日文版在日本销售超过 13 万册，成为了日本的畅销书。中国科幻小说展现了中国人的世界观以及他们对自己的看法。它们将中国哲学融入故事并更注重体现集体智慧，同时反映了中国人如何想象未来。这些特色使中国科幻小说在全球收获了大批书迷。

**Answer:** In recent years, Chinese science fiction has begun to attract extensive attention worldwide. The Japanese version of a Chinese science fiction novel sold over 130,000 copies and became a best-seller in Japan in 2019. Chinese science fiction displays the Chinese people's view of the world and their views about themselves. It integrates Chinese philosophy into stories and focuses more on the collective wisdom. It also reflects how Chinese people imagine the future. All these features enable Chinese science fiction to attract many global fans.

Texting may not wreck (损害) children's ability to read and write. On the contrary, literacy may

improve. The latest studies have found strong positive links between the use of netspeak and the scores in standard English tests in children. The more abbreviations in their messages, the higher they scored on tests of reading and vocabulary. The children who were better at spelling and writing were frequent texters. Children could not be good at texting if they had not already mastered considerable vocabulary. Before you can write and play with abbreviated forms, you need to have a sense of how the sounds of your language relate to the letters. If you are using such inoffensive abbreviations as LOL and BRB ("be right back") which are not obscure, you must have the awareness of the communicative needs of your recipients.

**Answer:** 发短信可能不会损害孩子的读写能力。相反，读写能力会得到提升。最新的研究发现，孩子们网络语言的使用和标准英语考试分数之间有很强的正相关。他们短信中缩写用得越多，他们在阅读和词汇考试中的分数越高。善于拼写和写作的孩子经常使用短信。如果孩子没有掌握大量的词汇，他们就不会善于发短信。在你书写和尝试使用缩写词前，你得了解语言的发音和字母之间的关系。如果你使用了诸如 LOL (大笑) 和 BRB (马上回来) 这些无害且容易理解的缩写词，你则一定了解信息接收者的交际需求。

## Unit 6

快餐是社会经济、文化发展到一定阶段的产物。中国的快餐业源于外来快餐文化的刺激。1987 年 11 月，首家西式快餐厅在北京开业，标志着现代快餐正式进入中国。随后几年，很多快餐品牌纷纷登场，包括多个中国本土品牌，逐渐形成了传统与现代、中式与西式、高档与低档快餐并存的格局，中国快餐市场初步形成。

**Answer:** Fast food came along with the social-economic and cultural development. The fast-food business in China emerged as a result of the influence of foreign fast-food culture. In November 1987, the first Western-style fast food store opened in Beijing, marking the entry of modern fastfood business into China. In the following years, fast-food enterprises appeared one after another, including some Chinese brands, featuring both tradition and modernity, Chinese style and western style, high quality and moderate quality. China's fast-food market began to take shape.

The main health benefit of locally grown food is that it's fresher. Fruit and vegetables begin to lose their nutrients within 24 hours of being picked, so fresher produce is more nutritious. In addition, locally grown food is picked at its peak ripeness, when it's most dense with nutrients.

Most produce in the grocery store is harvested before it's fully ripe so it can make the trip to store shelves without rotting. Air, artificial lights, and temperature changes during transportation lower food's nutritional value as well.

Eating local also means you can meet the people who grow your food. You can ask them questions about their farming methods and pesticide use (if any). Local farmers typically focus on soil health and safe growing practices, especially if they're farming organically.

**Answer:** 本地种植的农产品的主要好处是比较新鲜，利于健康。水果和蔬菜在采摘 24 小时内就开始失去其营养成分，因此，比较新鲜的农产品更有营养。此外，本地种植的农产品会在其成熟期采摘，此时的营养价值是最高的。

食品杂货店里大部分农产品都是在其完全成熟前采摘的，使其在上货架之前不至于腐烂。在

运输过程中，空气、人工光源和温度的变化都会降低农产品的营养价值。

食用本地种植的农产品也意味着你能见到种植这些农产品的人，你可以向他们询问有关种植方法、使用杀虫剂情况（如有）等方面的问题。本地的农场主，尤其是从事有机耕种的农场主，往往很注重土壤健康及种植安全。

## Unit 7

湿地是地球三大生态系统之一，为 20%的生物物种提供了生存环境，具有不可替代的生态作用。湿地是重要的候鸟栖息地，是一些濒危的鸟类物种生息繁衍之所。我国是世界上湿地和生物多样性最丰富的国家之一。我国政府通过建立湿地自然保护区，对保护全国乃至全球的生物多样性、气候安全和公民的健康作出了积极贡献。

**Answer:** As one of the three ecosystems on Earth, wetlands provide a natural habitat for 20 percent of the species and have irreplaceable ecological functions. They are important habitats for migrating birds and are the places where some endangered bird species live and reproduce. China is one of the countries with the greatest variety of wetlands and biodiversity in the world. By setting up wetland reserves, the Chinese government has made positive contributions to the protection of biodiversity, climate safety, and the well-being of the citizens at national and international levels.

Interestingly, though they mix into large populations at sea, each individual pink salmon typically returns to spawn in the river which is their birthplace. Thousands of individuals migrate to and reach the spawning grounds at the same time. Once they arrive, females lay their eggs in the river's rocky bottom. Pink salmon do not feed during the long trip to spawn, and the difficult task of swimming upriver against strong currents, jumping up rapids (湍流) and waterfalls, and digging nests is too much to survive. Within a few days after spawning, all individuals die. After they hatch, baby pink salmon slowly make their way to the ocean, where they feed until they reach maturity and begin the cycle again. The ritual has been going on for many millennia.

**Answer:** 有趣的是，尽管粉红三文鱼在大海中汇入庞大的鱼群，但是每条三文鱼通常都会回到它们出生的河流去产卵。成千上万条三文鱼同时迁徙，同时到达产卵地。一旦到达，雌性三文鱼便在岩石嶙峋的河床产卵。在（回家）产卵的漫漫旅途中，粉红三文鱼不进食。在经历逆流而上、跳过急流和瀑布、筑巢产卵这些艰巨的任务之后，它们能存活下来非常不易。在产卵后的几天内，所有的三文鱼都会死去。粉色三文鱼卵孵化后，慢慢向海洋游去，在那里它们进食直至成年，然后开始新一轮循环。这一循环往复已经延续了千万年。

## Unit 8

位于西雅图的艾伦人工智能研究所（the Allen Institute for Artificial Intelligence）的一项分析表明，2018 年世界范围内人工智能领域引用率最高的前百分之十的科技论文中，超过四分之一的论文（26.5%）是由中国科学家撰写的。该比例仅次于美国（29%）。而在 1982 年，将近一半的此类论文是由美国科学家发表的。根据该研究所的预测，中国有望于 2020 年在该项指标上超越美国。

**Answer:** According to an analysis by the Allen Institute for Artificial Intelligence in Seattle, in 2018, Chinese scientists authored more than one-fourth (26.5 percent) of the top 10 percent

of AI-related scientific papers cited most frequently around the world. China came second, only after the United States, whose scientists authored 29 percent of those papers. In 1982, however, US scientists produced almost half of that kind of papers. According to the predictions by this institute, China is expected to overtake the US on this metric by 2020.

Whether your natural hair color is black, blond, or brown, genes hold the key. Scientists have found more than 100 genes that affect hair color. This finding shattered the old belief that human hair color is determined by a few known genes.

Beijing Institute of Genomics (BIG) of the Chinese Academy of Sciences (CAS), in partnership with overseas institutions, used multi-ethnic samples to precisely quantify the hair color of almost 300,000 individuals, analyzing the relationship between hair color and over eight million genes.

They discovered more than 100 genes that affect hair color.

It is possible to accurately predict a person's hair color based on the new discoveries. The findings have a wide scope of applications, including police investigations, allowing authorities to determine an unidentified criminal's hair color from a DNA sample.

**Answer:** 你的头发天生是黑色、黄色，还是棕色，这由基因说了算。科学家们已经发现了100多种影响头发颜色的基因。这打破了人类头发的颜色是由几个已知的基因决定的原有认知。

中国科学院北京基因组研究所与海外研究机构合作，使用多种族研究样本，对将近30万人的发色进行了精确量化，对发色与800多万个基因之间的关系进行了分析。

他们发现了100多个影响发色的基因。

根据这些新发现，精确预测一个人的发色将成为可能。这些发现具有广泛的应用范围，可用于警方调查，使有关部门能够通过DNA样本来确定身份不明的犯罪分子的发色。