

图书在版编目(CIP)数据

创新大学英语读写译教程. 2/王大伟总主编. —上海:
华东师范大学出版社, 2010

普通高等教育大学英语系列教材·应用型本科·教师
用书

ISBN 978-7-5617-7031-3

I. ①创… II. ①王… III. ①英语—阅读教学—高等
学校:技术学校—教学参考资料②英语—写作—高等学
校:技术学校—教学参考资料③英语—翻译—高等学校:
技术学校—教学参考资料 IV. ①H31

中国版本图书馆 CIP 数据核字(2010)第 037835 号

普通高等教育大学英语系列教材·应用型本科

创新大学英语读写译教程 2 教师用书

总 主 编 王大伟
本册主编 佟和龙 耿 妍
责任编辑 李恒平
审读编辑 龚 嵘
装帧设计 戚亮轩 丁天天

出版发行 华东师范大学出版社
社 址 上海市中山北路 3663 号 邮编 200062
电话总机 021-62450163 转各部门 行政传真 021-62572105
客服电话 021-62865537(兼传真)
门市(邮购)电话 021-62869887
门市地址 上海市中山北路 3663 号华东师范大学校内先锋路口
网 址 www.ecnupress.com.cn

印 刷 者 华东师范大学印刷厂
开 本 787×1092 16 开
印 张 8
字 数 173 千字
版 次 2010 年 8 月第 1 版
印 次 2010 年 8 月第 1 次
书 号 ISBN 978-7-5617-7031-3/H·511
定 价 30.00 元

出 版 人 朱杰人

(如发现本版图书有印订质量问题,请寄回本社客服中心调换或电话 021-62865537 联系)

Bookmap

Content	Text A	Text B	Language in Use	Writing
Unit 1	Broadband Internet	Internet Communication	Newest topic; Hip-hop	Internet
Unit 2	Football World Cup; Cultural Sharing	Benefits of Aerobic Exercise	Business words	Sports
Unit 3	Music to Echo Your Mood	The MP3 : The Future of Music?	Newest topic; stress	A Plus or a Minus
Unit 4	English Food	Starbucks Coffee History	Business words	Letters of Apology and Explanation
Unit 5	Powerful Tips for Interns	Job Hunting in the New Economy	Job description	Letter of Application for a Job
Unit 6	Holiday Shopping	Guide to Safe Online Shopping	Interview	Letter of Business Inquiries
Unit 7	To Be Hired or To Be Promoted, Attitude Is the Key	Tips for Handling Job Setbacks	Tourism	Business Report
Unit 8	Summertime, the Season to travel	Home Exchange	Company	Letters Replying to Inquiries
Unit 9	How to Resign Gracefully	Turning the Loss into Your Gain	Entrepreneurship and small business	Résumé
Unit 10	Love Is Just a Thread	Singles Day	Job hunting	Speech (2)

Contents

Unit 1	Internet	1
Unit 2	Sports	13
Unit 3	Music	22
Unit 4	Food	33
Unit 5	Careers and Job-Hunting	43
Unit 6	Shopping	53
Unit 7	At Work	63
Unit 8	Tourism	74
Unit 9	Career Change	85
Unit 10	Love and Dating	96
附录	语法练习及答案	108

Internet

1

Introduction

Ten years ago, the Internet was practically unheard of by most people. Today, the Internet is one of the most powerful tools throughout the world. It is a collection of various services and resources. The Internet's main components are email and the World Wide Web. There is a lot more to the Internet than email, search engines, celerity web sites, up-to-the-second sports scores, and chat rooms full of discussions. The Net also ranks as one of today's best business tools — if it is used adroitly.

The Internet or the World Wide Web is indeed a wonderful and amazing addition in our lives. The Internet can be known as a kind of global meeting place where people from all parts of the world can come together. It is a service available on the computer, through which everything under the sun is now at the fingertips of anyone who has access to the Internet. The advantages of the Internet far outweigh the disadvantages and millions of people each day benefit from using the Internet for work and for pleasure.

Background Information

1. URL (网址)

A URL is the address of a website on the World Wide Web. To visit a website, you type the URL into a browser. URL stands for Uniform Resource Locator. Other Internet resources have URL's, too, but if the URL starts with "http://" then you know it's on the World Wide Web. For example: "The URL for the NASA website is <http://www.nasa.gov>".

2. Router (路由器)

This is a hardware device that routes data (hence the name) from a local area network (LAN) to another network connection. A router acts like a coin sorting machine, allowing only authorized machines to connect to other computer systems. Most routers also keep log files about the local network activity.

A router (pronounced /'raʊtər/ in the USA, Canada and Australia, pronounced /'ru:tə/ in the UK and Ireland), is a networking device whose software and hardware are usually tailored to the tasks of routing and forwarding information. For example, on the Internet, information is directed to various paths by routers.

Routers connect two or more logical subnets, which do not necessarily map one-to-one to the physical interfaces of the router. The term “layer 3 switch” is often used interchangeably with router, but switch is a general term without a rigorous technical definition. In marketing usage, it is generally optimized for Ethernet LAN interfaces and may not have other physical interface types. In comparison, a network hub does not do any routing, instead every packet it receives on one network line gets forwarded to all the other network lines.

3. ADSL

ADSL stands for “Asymmetric Digital Subscriber Line.” ADSL is a type of DSL, which is a method of transferring data over copper telephone lines. While symmetrical DSL (SDSL) uploads and downloads data at the same speed, ADSL has different maximum data transfer rates for uploading and downloading data.

For example, an ADSL connection may allow download rates of 1.5Mbps, while upload speeds may only reach 256Kbps. Since most users download much more data than they upload, this difference usually does not make a noticeable impact on Internet access speeds. However, for Web servers or other computers that send a lot of data upstream, ADSL would be an inefficient choice.

4. Broadband (宽带) Internet Access

Broadband Internet access, often shortened to just broadband, is high data rate Internet access — typically contrasted with dial-up access over a 56k modem.

Dial-up modems are limited to a bitrate of less than 56 kbit/s (kilobits per second) and require the full use of a telephone line — whereas broadband technologies supply more than double this rate and generally without disrupting telephone use.

Although various minimum bandwidths have been used in definitions of broadband, ranging up from 64 kbit/s up to 1.0 Mbit/s, the 2006 OECD report is typical by defining broadband as having download data transfer rates equal to or faster than 256 kbit/s, while the United States FCC, as of 2008, defines broadband as anything above 768 kbit/s. The trend is to raise the threshold of the broadband definition as the marketplace rolls out faster services.

Data rates are defined in terms of *maximum download* because several common consumer broadband technologies such as ADSL are “asymmetric” — supporting much slower maximum upload data rate than download.

5. Intranet

The same thing as the Internet, except that it's a private network belonging to an organization or business and is accessible only to employees or members of the organization. An example of an intranet project is a Web site created for your company's human resources department to provide information for employees that is not available to the public.

6. Server (服务器)

A computer with a permanent connection to the Internet that's used to host Web sites and make them available to other computers (servers can provide information to everyone on the Web or just to people on a closed network). Web servers are computers that are permanently connected to the Internet that host Web sites.

7. Home Page (主页)

Some people call their entire Web site their home page, but the term is best used to describe the first page, or start page, of a Web site.

8. Domain Name (域名)

This is the name that identifies a Web site. For example, “microsoft.com” is the domain name of Microsoft’s Web site. A single Web server can serve Web sites for multiple domain names, but a single domain name can point to only one machine. For example, Apple Computer has Web sites at www.apple.com, www.info.apple.com, and store.apple.com. Each of these sites could be served on different machines.

Then there are domain names that have been registered, but are not connected to a Web server. The most common reason for this is to have e-mail addresses at a certain domain name without having to maintain a Web site. In these cases, the domain name must be connected to a machine that is running a mail server.

Every domain name has a suffix that indicates which top level domain (TLD) it belongs to. There are only a limited number of such domains. For example:

- gov-Government agencies
- edu-Educational institutions
- org-Organizations (nonprofit)
- mil-Military
- com-commercial business
- net-Network organizations
- ca-Canada
- th-Thailand

9. Firewall (防火墙)

The term “firewall” originally referred to fireproof walls that were designed to prevent the spread of fire from one room or building to the next. They were typically made of brick, steel, or another type of inflammable material that would effectively limit the spread of the fire. In the IT world, firewalls do not involve any fire or pyrotechnics, but they serve a similar purpose. A computer firewall limits the data that can pass through it and protects a networked server or client machine from damage by unauthorized users.

10. Hyperlink (超级链接)

A hyperlink is a word, phrase, or image that you can click on to jump to a new document or a new section within the current document. Hyperlinks are found in nearly all Web pages, allowing users to click their way from page to page. Text hyperlinks are often blue and underlined, but don’t have to be. When you move the cursor over a hyperlink, whether it is text or an image, the arrow should change to a small hand pointing at the link. When you click it, a new page or place in the current page will open.

11. ISP

ISP stands for “Internet Service Provider.” In order to connect to the Internet, you need an ISP. It is the company that you (or your parents) pay a monthly fee to in order to use the

Internet. If you use a dial-up modem to connect to your ISP, a point-to-point protocol (PPP) connection is established with another modem on the ISP's end. That modem connects to one of the ISP's routers, which routes you to the Internet "backbone." From there, you can access information from anywhere around the world. DSL and cable modems work the same way, except after you connect the first time, you are always connected.

Pre-reading Tasks

1. Dial-up Connection—C, 2. Router Connection—A, 3. ADSL—E, 4. WLAN—B, 5. GPRS—D

Text A

Comprehension

- I.
 1. Streaming audio/video
 2. High-speed Internet connection
 3. Fast information access
 4. Songs, videos and files.
- II.
 1. Yes. Accessing the Internet through a high-speed broadband connection gives you several benefits over the traditional dial-up method. No longer do you need to wait for hours for simple downloads or be kept offline due to a server overload. With broadband Internet, you can forget about the annoying dial-up wait time and have an "always on" connection.
 2. Employees no longer need to travel for meetings; instead, they can use the power of broadband to join web conferences, avoiding several days of travel and the expenses of flights, hotels, meals, city transportation, and so on.
 3. Employees can communicate with one another at the click of a button. They can access each other's files through the network. Not only does broadband Internet enable employees to work efficiently, but it also allows for large-scale data backup. Employees also have the flexibility of working at home, saving the costs of expensive office space.
 4. More and more people around the globe have the means to transform their lives by using broadband Internet connectivity.
 5. You may use the following words and expressions.

low speed	faster access	expensive/inexpensive	easy to acquire
shared access	download and upload much faster		instant online
high-speed data transmission		pay for the service even if you aren't using it	

convenient/inconvenient
 easiest and most popular
 available everywhere
 ideal for uploading large files

difficult to provide the service to rural areas
 cheapest choice on a tight budget
 offer completely free service

Language Focus

Vocabulary

- I. 1. make use of 2. access 3. competitive 4. appreciate 5. annoying 6. gateway
 7. maintain 8. a variety of 9. left out 10. transformed
- II. 1. appreciation 2. connectivity 3. competitive 4. annoying 5. transformed
 6. flexible
- III. 1. cut away 2. cut across 3. cut down on 4. cut in 5. cut off 6. cut into
- IV. 1. Intranet — C. 局域网
 2. Router — A. 路由器
 3. Multimedia personal computer — I. 多媒体个人电脑
 4. Network administrator — B. 网络管理员
 5. Cyber citizen — D. 网民
 6. Virtual space — E. 虚拟空间
 7. Ethernet — F. 以太网
 8. Campus-wide area network — P. 校园网络
 9. Domain name — K. 域名
 10. Information technology — G. 信息技术
 11. Firewall — J. 防火墙
 12. Network neighborhood — Q. 网上邻居
 13. Work station — O. 工作站
 14. Online trading platform — H. 网上交易平台
 15. Hyperlink — L. 超链接
 16. Remote control — N. 远程控制
 17. Bulletin board system (BBS) — M. 公告板

Cloze

1. connecting 2. data 3. operators 4. available 5. well 6. access 7. such as
 8. through

Translation

1. For a variety of reasons, he left the company where he had worked (which he had served) for

- nearly twenty years.
2. Farmers could afford more household electrical/electric appliances after ten years' reform and opening-up.
 3. The game is said to be (It is said that the game is) a large-scale 3D game that demonstrates/displays Chinese culture.
 4. In translation from Chinese to English (In Chinese-English translation) we often need to/have to leave out some words.
 5. It's growing more (and more) competitive in the car industry (The car industry is becoming increasingly competitive) and car prices are falling.
 6. On no account should we cut down the output. (We should by no means cut down production.)
 7. All citizens have free access to the public library. (The public library offer free access to all citizens.)
 8. We are making use of energy from the sun in many ways. (We are making use of solar energy in numerous ways.)

Text A 参考译文

宽带互联网

万维网使你能够使用大量各种形式的资源,比如流媒体。想领略到网络的魅力,你只需要高速的互联网连接。宽带就能满足你的需求,向你敞开高速互联网世界的大门。信息的快速获取又给予你傲人的竞争优势。

相比传统的拨号上网,高速的宽带连接让你受益良多。你再也不必为了简单的下载而等上数小时或由于服务器超载而掉线了。有了宽带,你就可以摆脱等待拨号上网的烦恼并可以“始终在线”。

当家庭用户利用宽带下载歌曲、视频以及大容量文件时,商业用户也不甘落后,充分利用高速互联网络。宽带联网削减了企业用于员工的差旅费用。员工们再也不需要为了开会而长途跋涉。他们可以利用宽带参加网络会议,免去了数日出差以及飞机、旅馆、膳食、城市交通等费用。

大公司也可以建立局域网,员工们只要按下按钮就能相互交流。他们可以通过内部网络进入彼此的文档。宽带不仅使员工们高效工作,也实现了大规模的数据备份。

宽带连接也能使员工们能够灵活地在家工作,从而节省昂贵的办公室开支。高速宽带互联网连接已经非常普遍,如今涌现出在家里工作的一代人,他们自己建立并维护网站和博客。

全世界越来越多的人通过宽带互联网的连接改变了生活,你会甘心落后么?

Text B

Comprehension

1. C.
2. C.
3. A.
4. A.

Translation

1. 由于无法确认那些“朋友”是否如他们自己描述,加之众多安全漏洞,即时通讯似乎在互联网交流中已处于次要地位了。
2. 每天围绕特定话题提供相关有趣内容的博客是很难找的。
3. 无线技术已经加快了通讯软件的发展,这为很多网络访问设备开放了市场。

Language Practice

1. Far from
2. complicated
3. confirm
4. interactive
5. start by
6. browsing
7. locate
8. relevant
9. available
10. constant
11. represented
12. instant
13. navigate
14. device
15. update

Text B 参考译文

互联网交流

即时通讯、博客以及论坛:接着呢?

怎样使网络交流保持简单?让我们先看看网上交流的一些方式,了解各种方式的区别和优点是重要的。

即时通讯

即时通讯使用户可以实时地进行交谈。用户可以发送文本信息给任何在线用户,并且如果对方也在线的话就能够收到其即时的答复。这种“即时”的热潮使得家长们害怕他们的子女在网上交“友”。由于无法确认那些“朋友”是否如他们自己描述,加之众多安全漏洞,即时通讯似乎在互联网交流中已处于次要地位了。

博客

在线日志和日记已经深入人心。一些博客是互动的,用户可以答复和评论。在网上,每天围绕特定话题提供相关有趣内容的博客是很难找的。博客的本质就是提供吸引公众的鲜活信息。随着我们的生活日渐复杂,而博客又需要时时更新,所以博主们便经常弃博。

论坛/新闻群组

论坛是一个在线讨论群组。论坛可以是新闻群组,或是基于网络的讨论群组。事实证明论坛拥有宝贵商业资源,常可以建立起客户互助的群体。如果没有适当的监管,论坛有时也可能制造不友好的环境。

接下来呢?互联网交流很大程度上依赖于市面上的硬件。无线技术已经加快了通讯软件的发展,这为很多网络访问设备开放了市场。曾经我们束缚于键盘与鼠标,将来我们能够行驶的车上声控网络,或是通过眼镜上的屏幕浏览网页,并可使用微型相机读出我们的眼球运动从而移动光标来进行选择。我们的互动对话将迎来更多的参与者。在网上有效交流的第一步就是要评估众多选择,从而选出最适合自己的。

Additional Language Points for Text A and B

Text A

access *n.* 进入;接触

He is a man of easy access.

他是一个很好接近的人。

Citizens may have free access to the library.

市民可以免费使用这个图书馆。

gateway *n.* 入口,途径

A good education can be the gateway to success.

良好的教育是通往成功之路。

Hard work is the gateway to success.

辛勤工作是通往成功之路。

competitive *a.* 竞争的

It's getting very competitive in the car industry.

汽车工业方面的竞争日益加剧。

Our prices are competitive.

我们的价格是有竞争力的。

America is a competitive society.

美国是一个竞争激烈的社会。

competitively *adv.* 竞争地

competition *n.* 竞争

competitiveness *n.* 竞争力

overload *v. /n.* 超载,负荷过多

It's dangerous to overload a bus with passengers.

客车超载行驶是非常危险的。

She has been suffering from mental overload.

她一直精神负担过重。

household

1) *n.* 一家人,家庭

The whole household was early last Sunday.

上星期天全家人都起得很早。

2) *adj.* 家庭的

I disputed with my wife on household expenses.

我跟太太争论有关家庭开销的问题。

internal *a.* 内部的

He worked in internal trade.

他的工作是做国内贸易。

反义词: **external** *a.* 外部的

click *v.* (使)发出喀哒声 *n.* 喀哒声

The door clicked shut.

门咔嗒一声关上了。

That's the click of the switch.

那是开关的咔嗒声。

maintain *v.* 维持或保持;继续

We must maintain a firm attitude.

我们必须保持坚定的态度。

He is too poor to maintain his family.

他太穷了,无法养活家人。

Part of my job is to maintain good relationship with our suppliers.

我的部分工作是同供应商保持良好的关系。

transform *v.* 改变;转换

His plans were transformed overnight into reality.

他的计划迅速变为现实。

The magician transformed the frog into a princess.

魔术师把青蛙变成了公主。

Success and wealth transformed his character.

成功和财富改变了他的性格。

due to *prep.* 因为

His successes were largely due to luck.

他的成功主要靠运气。

The failure of the scheme was due to bad management.

计划的失败是由于管理不善。

cut down *v.* 削减;删节

Are you trying to cut down on cigarettes?

你是要戒烟吗?

leave out v. 省去; 遗漏

One or two scenes in the play were left out.

剧中的一两个场景被删掉了。

Be sure not to leave out this item.

这一项可千万不能漏掉。

Text B

fad n. 时尚; 狂热

His interest in photography is only a passing fad.

他对摄影的爱好仅是一时的兴致。

represent v. 描述, 表现, 代表

Our firm is represented in India by Mr. Hall.

我公司驻印度代表是霍尔先生。

This essay represents a considerable improvement on your recent work.

这篇论文说明你最近的工作取得了相当大的改进。

interactive a. 交互式的

Our English software is an interactive educational software.

我们的英语软件是一种交互式教育软件。

relevant a. 相关联的

The essay isn't even remotely relevant to the topic.

这篇文章毫不切题。

These facts are relevant to the case.

这些事实和此案有关。

relevantly adv.

反义词: irrelevant 不相关的

complicated a. 复杂的

The novel is too complicated for your age.

这小说就你的年龄来说太复杂了。

They have straightened out a very complicated problem.

他们已经把一个非常复杂的问题搞清楚了。

update v. 更新

The data should be updated once a week.

这些数据应该每星期更新一次。

device *n.* 设备;方法

The device will be in production by the end of the year.

该设备将于年底投入生产。

They use television advertising as a device for stimulating demand.

他们利用电视广告作为刺激需求的方法。

browse *v. /n.* 浏览

I spent hours browsing in the bookstore.

我花了几个小时在书店里浏览图书。

I have a browse on the book on her shelf.

我浏览了一下她书架上的书。

take a back seat [美] 黯然引退,处于次要地位

I prefer to take a back seat in this matter.

在这件事上,我宁愿退居人后。

far from 远非,远远不,完全不

It is far from the truth.

这哪里是事实。

The project is far from perfect.

这个项目很不完美。

He is far from well.

他并不健康。

Text C

1. F 2. T 3. F 4. F 5. T

Language in Use

Comprehensive Task

1. 1) Hip hop is a cultural movement that began among urban Africans, Jamaicans and Latinos in the Bronx borough of New York City during the early 1970s, and has since spread around the world.
- 2) The four main aspects, or “elements”, of hip hop culture are MCing (rapping), DJing, graffiti, and breakdancing.

3) In recent years the focus has been centrally placed on rapping producing.

2. 1) on 2) over 3) with 4) to 5) in

Career Skills

- (1) MEMO (2) To (3) From (4) Date (5) Re (6) save (7) reporting
(8) procedure (9) Log (10) Enter (11) Repeat (12) Choose (13) Click

Writing

It is becoming increasingly popular to make friends online. Not only young people, but also some middle-aged and elderly people like to chat with friends or even strangers online or share photos with them. Human beings are born social animals and like interpersonal communications. Modern technology has facilitated social exchanges. Some people do not have many social contacts with the outside world, so they rely on the virtual world to satisfy their psychological needs for communication.

Making friends on the Internet has its advantages. In the real world you have direct contacts with only a limited number of people, of whom only a small proportion share your interests and hobbies. As a result, some people find it hard to make true friendships. On the other hand, by turning to chatrooms, QQ, Microsoft, etc, they can easily approach a vast number of people. Consequently, it may be easier for you to find friends. Moreover, in the real world one may not be willing to show his true feelings owing to the social constraints. On the other hand, Net users, with fewer psychological barriers, can readily open their hearts to others or demonstrate their genuine emotions.

Online communications are not without their problems. From time to time, it is reported in newspapers that a person is cheated out of his money and a girl is raped by a so-called online friend. Therefore, we should be cautious in entering friendships on the Net though we do not have to go to the other extremes and avoid all online contacts.

Sports

2

Introduction

Are sports beneficial to those who participate? Yes, sports in general are very beneficial to those who participate. Participation in sports brings about many physical and psychological benefits. What are some of the psychological benefits of sports? One psychological benefit of sports is that they can boost the self esteem of the people participating. You will learn more about it in this unit.

Background Information

1. The World Cup

The FIFA World Cup, occasionally called the Football World Cup, but usually referred to simply as the World Cup, is an international football competition contested by the men's national teams of the members of *Fédération Internationale de Football Association* (FIFA), the sport's global governing body. The championship has been awarded every four years since the first tournament in 1930, except in 1942 and 1946, because of World War II.

The current format of the tournament involves 32 teams competing for the title at venues within the host nation(s) over a period of about a month — this phase is often called the *World Cup Finals*. A qualification phase, which currently takes place over the preceding three years, is used to determine which teams qualify for the tournament together with the host nation(s). The World Cup is the most widely-viewed sporting event in the world, with an estimated 715.1 million people watching the 2006 final.

Of the 18 tournaments held, seven nations have won the title. Brazil is the only team that has played in every tournament and has won the World Cup a record five times. Italy is the current champion and has won four titles, and Germany is next with three. The other former champions are Uruguay, winner of the inaugural tournament, and Argentina, with two titles each, and England and France, with one title each.

The most recent World Cup was held in Germany in 2006, and was won by Italy, who defeated France in the final. The next World Cup will be held in South Africa, between 11 June and 11 July 2010, and the 2014 World Cup will be held in Brazil.

2. **Acrobatic gymnastics** (sometimes called Acro-Airs or Sport Gymnastics) is a competitive sport involving gymnastics and acrobatics that is choreographed and rated by judges. There are five types of events (women's and men's pairs, women's and men's group, involving three and four partners respectively, and mixed pairs). The sport combines dance, tumbling and partnering skills that involve dynamic (aerial) and balance (posed) movements.

3. **Greco-Roman wrestling** is a style of amateur wrestling that is practiced throughout the world. Along with freestyle, it is one of the two styles of wrestling contested in the Olympic games.

Colloquially referred to simply as Greco, this style of wrestling forbids attacks below the waist. As a result, throws are encouraged as the Greco-Roman wrestler cannot avoid being thrown by simply hooking or grabbing his opponent's leg. Otherwise, the sport is similar to freestyle.

Arm drags, bearhugs, and headlocks found in freestyle have greater prominence in Greco-Roman. Throws especially known as a suplex are used, in which the offensive wrestler lifts his opponent in a high arch while falling backward on his own neck to a bridge in order to bring his opponent's shoulders down to the mat. Even on the mat, a Greco-Roman wrestler must still find several ways to turn his opponent's shoulders to the mat for a fall without legs, including (but not limited to) techniques known as the *bodylock* and the *gut-wrench*.

According to the International Federation of Associated Wrestling Styles (FILA), Greco-Roman wrestling is one of the six main forms of amateur competitive wrestling practiced internationally today. The other five forms are freestyle wrestling, grappling (also called submission wrestling), beach wrestling, pankration athlima and alysh.

Related words and expressions

橄榄球 rugby
 曲棍球 hockey
 板球 cricket
 蝶泳 butterfly (stroke)
 蛙泳 breaststroke
 仰泳 backstroke
 自由式 freestyle
 柔道 judo
 击剑 fencing
 花样滑冰 figure skating
 盖帽 block shot(缩写:Blk.)
 扣篮 jam(one-handed/two-handed jam)
 重扣 slam dunk/dunk
 前卫 midfielder
 前锋 forward
 中锋 striker

拖延战术 time wasting tactics
 442 阵型 4 - 4 - 2 formation
 进球荒 goal drought
 中场休息 half time interval
 反越位成功 beat the offside trap
 判罚出场 send a player off
 伤停补时 injury time
 掌握比赛节奏 set the pace
 控球技术 ball playing skill
 开球 kick-off
 倒钩球 bicycle kick, overhead kick
 角球 corner ball, corner
 头球 header
 点球 penalty kick
 进球无效 the goal is disallowed
 铲球 tackle
 远射 long drive
 未射中 miss-hit
 掷界外球 throw-in
 合理冲撞 fair charge
 盯人防守 close-marking defence
 假动作 deceptive movement
 解围 clearance kick
 摆脱防守 break loose
 筑人墙 set a wall

Pre-reading Task

(Omitted)

Text A

Comprehension

I. 1. Y 2. N 3. NG 4. N 5. Y

II. 1. Players look upon the World Cup as the most important event in their sporting lives. A great cultural exchange comes with every World Cup.

2. Thousands of people speaking many different languages will visit the cities and towns of these two proud host countries, bringing their own cultures and transforming the area into a vast melting pot.
3. Watching games can help people relieve stress and relax. Furthermore, to watch a well-played game brings spiritual comfort.
4. (Omitted)

Language Focus

Vocabulary

- I. 1. boasting 2. outlook 3. crowned 4. tournament 5. participate 6. sharing
7. competition 8. contribute to 9. cultural 10. exchanged
- II. 1. understanding 2. hostess 3. competitive 4. sharing 5. cultural 6. participation
- III. 1. brought about 2. bring back 3. bring around 4. brought forward 5. brought up
6. bring down 7. bring forth
- IV. 1. M 2. J 3. D 4. L 5. B 6. P 7. C 8. A 9. I 10. H
- A track & field 田径
B figure skating 花样滑冰
C goalkeeper 球门员
D shot put 推铅球
E water polo 水球
F roller skating 滑旱冰
G score a goal 射门得分
H referee 裁判
I acrobatic gymnastics 技巧运动
J in the mixed doubles 混合双打
K record holder 纪录创造者
L assistant coach 助理教练
M home game 主场比赛
N Greco-Roman wrestling 古典式摔跤
O hurdle race 跨栏比赛
P softball 垒球

Cloze

1. expensive 2. powerful 3. develop 4. dangerous 5. divided 6. against 7. color
8. types 9. narrow 10. outside

Translation

1. The game/match/tournament is open to amateurs as well as professionals (Not only professionals, but also amateurs can take part in this game.)
2. Cairo, a cradle of civilization, is a melting pot of ancient and modern Egyptian Civilizations.
3. Seek (You should look for) partners sharing common goals (companions with similar ideas). The best is not always/necessarily the most suitable (the fittest).
4. I am confident/sure/certain that the courses in market research I have taken/learned and the/my experience would help me fit and contribute to the work in your company.
5. In a way good/excellent after-sale service sells our products (promotes sales of our product).
6. Don't shorten the morning by getting up late; look upon it as the quintessence/essence of life.
7. After the battle they buried the dead and brought/carried with them the wounded.
8. I also like to be a (sort of) cultural-exchange envoy serving as a bridge/link between two cultures/countries/peoples.

Text A 参考译文

世界杯足球赛:文化分享

世界杯足球赛是文化分享的一个典范。世界各地的足球(英式足球)运动员和足球迷密切关注自己国家运动员在四年一度比赛中的表现。

首先,来自全世界的人们用同样的设备,以同样的规则参与同样的比赛。球员和球迷们讲不同的语言,但参与的是相同的比赛。每一个人都投身于一段共同的经历。是的,这是一项运动,但它的意义远远超过了运动本身。今年获胜的国家将能在之后的四年里炫耀一番。

世界杯足球赛在某种意义上类似于奥林匹克运动。球员们把世界杯足球赛视为他们运动生涯中最为重要的事件。很少有球员在这著名的锦标赛中得到一次以上的参赛机会。

在主办国日本和韩国的许多城市的街道上,你能找到另一个文化共享的例子。这些都是大城市和大国家,始终有国外游客造访。而观看世界杯足球赛的观众人数巨大。成千上万语言各异的人将来到这两个倍感荣耀的国家,参观城市和乡镇,带上他们本国的文化,把这一地区转变成一个大熔炉。

最后,言归赛事,胜者受封。待到一切结束后,人们就各自回国,主办国家的人民生活照旧。但是每个人的观念会有所改变。来自墨西哥的球员和球迷对许多其他国家会有些许或者许多了解。生活在日本和韩国的人民会了解一些或许多生活在其他国家的人民。仅仅因为数场球赛,伴随着每届世界杯足球赛而来的文化交流定会促进我们对这个世界的了解。

Text B

Comprehension

1. C 2. D 3. A 4. C 5. D

Translation

- 经常性的有氧锻炼能增强你吸收和输送氧气的能力,增加你的携氧量。
- 如果你有规律地进行有氧锻炼,即使强度低,持续时间短,你也能享有各种各样的好处。
- 它能使你的心情愉悦,心肌有力,有助于保持体型,甚至降低血糖。

Language Practice

- consistent
- delivered
- duration
- stamina
- oxygen
- workout
- intensity
- lung
- well-being
- diary

Text B 参考译文

有氧运动的好处

有氧健身运动的真正益处是通过长时间提高心率和深呼吸实现的。在这种有氧健身活动中,你的身体产生更多能量并给肌肉输送更多氧气。你的心跳加快,使血液加速流入肌肉,然后回流至肺部。

有氧的意思是“携带氧气的”,你身体的有氧系统是心脏、肺、血管和肌肉。有氧运动的益处,在于改善身体向肌肉输送氧气并将之用作能量的方式。经常性的有氧锻炼能增强你吸收和输送氧气的能力,增加你的携氧量。

良好的有氧健身计划让你更长寿,更健康,更身心愉悦。如果你有规律地进行有氧锻炼,即使强度低,持续时间短,你也能获取各种各样的好处。把你的锻炼写成日记来跟踪你的进展情况是一大乐趣。这样你就能看到自己的健康状况已经改善到了什么程度。

重要的是,你得选择一项你所喜爱的有氧锻炼,并且希望积极坚持下去。有氧健身活动很有趣味,而且并不需要你注意力特别集中。在进行有氧健身运动的同时,你可以听音乐、看电视或播放教育性的磁带。

有氧锻炼使你的感觉更加良好,因此你能更好地享受生活。它能使你的心情愉悦,心肌有力,有助于保持体型,甚至降低血糖。有氧运动有助于增强耐力,缓解压力。一天紧张工作后,有氧活动可以使你放松。

有氧运动形式多样,为有氧运动而付出的时间总会让你受益。有氧运动的回报源源不断,使你身心获益。它助你健康长寿,神采飞扬。

Additional Language Points for Text A and B

Text A

competition *n.* 比赛, 竞争

We won \$500 in a competition.

我们在一场竞赛中赢了 500 美元。

Everyone in modern society faces the keen competition.

现代社会的每个人都面临着激烈的竞争。

participate *v.* 参与

I don't want to participate in the English party.

我不想参加英语晚会。

Everyone in the class is expected to participate in the discussion.

希望全班同学参加讨论。

participation *n.* 参加

boast *v.* 夸口说

Don't believe him; he is just boasting.

别相信他, 他只是在吹嘘罢了。

Text B

deliver *v.* 传送

Newspapers are delivered every day.

报纸每天都送来。

Did you deliver my message to my father?

你把我的信息传给我父亲了吗?

delivery *n.* 递送, 交付

oxygen *n.* 氧气

She died from lack of oxygen.

她因缺氧而死。

workout *n.* 锻炼, 训练

He goes for a workout every day.

他每天都去健身。

intensity *n.* 强度

The poem showed great intensity of feeling.

这首诗表现出强烈的激情。

The pain increased in intensity.

疼痛越来越剧烈。

consistent *adj.* 持续的

The last five years have seen a consistent improvement in the country's economy.

在最近的五年里,这个国家的经济状况持续好转。

stamina *n.* 耐力

Marathon runners need plenty of stamina.

参加马拉松长跑要有耐力。

He doesn't have the stamina to be a teacher.

他没有当教师的精力。

Text C

1. C 2. A 3. D 4. C 5. B

Language in Use

Comprehensive Task

1. 1) Steve Jobs is the Apple CEO.
2) It is a buttonless, black-and-chrome handheld device combining a mobile phone, a wide-screen video iPod and a palm-top computer.
3) Because the company has shifted from its Mac line of personal computers to a broader range of consumer electronics.
4) Some were disappointed by the company's tie-up with Cingular while many were unrestrained in their praise of the iPhone.
2. (1) introducing (2) mobile (3) phone (4) iPod
(5) palm-top (6) multi-touch (7) praise (8) booth

Career Skills

1. A 2. C 3. D 4. C 5. A 6. A 7. B