

Unit 1 Education

* Part 1 Basic Training

Vocabulary and Structure

① Complete the words according to the meaning of the following sentences.

1. P_____ man made tools from sharp stones and animal bones.
2. After the battle, both sides c_____ victory.
3. Some schools put great e_____ on language study.
4. The diesel engine is r_____ and long lasting.
5. I will a_____ against being found guilty.
6. Her talents are quite e_____.
7. John has been a_____ of having done something wrong.
8. It is p_____ to farm shellfish.
9. After much delay, the results of the s_____ were published.
10. The customers always appreciate e_____ service.

② Translate the following phrases either from English to Chinese or from Chinese to English.

1. a good means of test _____
2. assessment of situation _____
3. a fateful moment _____
4. sharpen reading skills _____
5. extend territory _____
6. 对和平的渴望 _____

- 7. 自杀 _____
- 8. 标准表格 _____
- 9. 抽象的概念 _____
- 10. 澄清问题 _____

III Choose the best answer to complete each of the following sentences.

- 1. I marvel _____ his tremendous achievements.
A. of B. at
C. in D. to
- 2. She has been deprived _____ sight for some years.
A. of B. from
C. under D. without
- 3. I want _____ a warm place to sleep.
A. anything more than B. everything more than
C. nothing more than D. nothing less than
- 4. After he had been in prison, Peter was _____ as the black sheep of the family.
A. regarded B. refused
C. regained D. registered
- 5. I won't _____ his unreasonable demands any longer.
A. stand in B. stand up
C. stand out D. stand for
- 6. We have to adjust the selling price _____.
A. accidentally B. accordingly
C. accessibly D. accurately
- 7. Hurricanes _____ menace the Gulf Coast.
A. peripherally B. permissively
C. permanently D. periodically
- 8. She's always trying to make an impression _____ people with her new clothes.
A. in B. for
C. on D. with
- 9. I haven't been aware _____ the danger until he warns me.
A. for B. of
C. with D. without

10. _____ anything about the accident, he went to work as usual.
A. Not known B. Known not
C. Knowing not D. Not knowing
11. Weather _____, we'll go out for a walk.
A. permits B. permitting
C. permitted D. for permitting
12. A review is a survey of _____ you have covered.
A. what B. that
C. the thing D. which
13. He put it _____ it is concealed from view.
A. which B. the place where
C. that D. where
14. He lost his way, _____ delayed him considerably.
A. that B. in which
C. which D. where
15. Don't forget, I want my ladder back _____ you have finished with it.
A. unless B. because
C. / D. the moment

* Part II Skill Development

Reading Comprehension

① In this section, the passage is followed by some questions or unfinished statements. For each of them, there are four choices marked A, B, C and D. You should decide on the best choice.

Teaching children to read well from the start is the most important task of elementary schools. But relying on educators to approach this task correctly can be a great mistake. Many schools continue to employ instructional methods that have been proven ineffective. The staying power of the “look-say” or “whole-word” method of teaching beginning reading is perhaps the most flagrant example of this failure to instruct effectively.

The whole-word approach to reading stresses the meaning of words over the meaning of letters, thinking over decoding, developing a sight vocabulary of familiar words over developing the ability to unlock the pronunciation of unfamiliar words. It fits in with the self-directed, “learning how to learn” activities recommended by advocates (倡导者) of “open” classrooms and with the concept that children have to be developmentally ready to begin reading. Before 1963, no major publisher put out anything but these “Run-Spot-Run” readers.

However, in 1955, Rudolf Flesch touched off what has been called “the great debate” in beginning reading. In his best-seller *Why Johnny Can't Read*, Flesch indicted (控诉) the nation's public schools for miseducating students by using the look-say method. He said—and more scholarly studies by Jeane Chall and Rober Dykstra later confirmed—that another approach to beginning reading, founded on phonics (语音学), is far superior.

Systematic phonics first teaches children to associate letters and letter combinations with sounds; it then teaches them how to blend these sounds together to make words. Rather than building up a relatively limited vocabulary of memorized words, it imparts a code by which the pronunciations of the vast majority of the most common words in the English language can be learned. Phonics does not devalue the importance of thinking about the meaning of words and sentences; it simply recognizes that decoding is the logical and necessary first step.

1. The author feels that counting on educators to teach reading correctly is _____.
A. only logical and natural B. the expected position
C. probably a mistake D. merely effective instruction
2. The author indicts the look-say reading approach because _____.
A. it overlooks decoding B. Rudolf Flesch agrees with him
C. he says it is boring D. many schools continue to use this method
3. The underlined phrase “touch off” (Line 1, Para. 3) most probably means “_____”.
A. talk about shortly B. start or cause
C. compare with D. oppose
4. One major difference between the look-say method of learning reading and the phonics method is _____.
A. look-say method is simpler
B. phonics method takes longer to learn
C. look-say method is easier to teach
D. phonics method gives readers access to far more words
5. According to the author, which of the following statements is TRUE?
A. Phonics approach regards whole-word method as unimportant.
B. The whole-word approach emphasizes decoding.
C. In phonics approach, it is necessary and logical to employ decoding.
D. Phonics is superior because it stresses the meaning of words and thus the vast majority of most common words can be learned.

⑪ In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please fill in the blanks with letters. You may not use any of the words in the bank more than once.

When Roberto Feliz came to the USA from the Dominican Republic, he knew only a few words of English. Education soon became a ____ 1 _____. “I couldn’t understand anything,” he said. He ____ 2 _____ from his teachers, came home in tears, and thought about dropping out.

Then Mrs. Malave, a bilingual educator, began to work with him while teaching him math and science in his ____ 3 _____ Spanish. “She helped me stay smart while teaching me English,” he said. Given the chance to demonstrate his ability, he ____ 4 _____ confidence and began to succeed in school.

Today, he is a ____ 5 _____ doctor, runs his own clinic, and works with several hospitals. Every

day, he uses the language and academic skills he ____ 6 ____ through bilingual education to treat his patients.

Roberto's story is just one of ____ 7 ____ success stories. Research has shown that bilingual education is the most ____ 8 ____ way both to teach children English and ensure that they succeed academically. In Arizona and Texas, bilingual students ____ 9 ____ outperform their peers in monolingual programs. Calexico, California, implemented bilingual education, and now has dropout rates that are less than half the state average and college ____ 10 ____ rates of more than 90%. In El Paso, bilingual education programs have helped raise student scores from the lowest in Texas to among the highest in the nation.

A. wonder	B. acquired	C. consistently	D. regained
E. nightmare	F. native	G. acceptance	H. effective
I. hid	J. prominent	K. decent	L. countless
M. recalled	N. breakthrough	O. automatically	

Ⓒ In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Is College a Worthy Investment?

- [A] Why are we spending so much money on college? And why are we so unhappy about it? We all seem to agree that a college education is wonderful, and yet strangely we worry when we see families investing so much in this supposedly essential good. Maybe it's time to ask a question that seems almost sacrilegious (大不敬的): is all this investment in college education really worth it?
- [B] The answer, I fear, is that it's not. For an increasing number of kids, the extra time and money spent pursuing a college diploma will leave them worse off than they were before they set foot on campus.
- [C] For my entire adult life, an education has been the most important thing for middle-class households. My parents spent more educating my sister and me than they spent on their house, and they're not the only ones... and, of course, for an increasing number of families, most of the cost of their house is actually the cost of living in a good school district. Questioning the value of a college education seems a bit like questioning the value of happiness, or fun.

- [D] The average price of all goods and services has risen about 50 percent. But the price of a college education has nearly doubled in that time. Is the education that today's students are getting twice as good? Are new workers twice as smart? Have they become somehow massively more expensive to educate?
- [E] Perhaps a bit. Richard Vedder, an Ohio University economics professor, says, "I look at the data, and I see college costs rising faster than inflation up to the mid-1980s by 1 percent a year. Now I see them rising 3 to 4 percent a year over inflation. What has happened? The federal government has started dropping money out of airplanes." Aid has increased, subsidized (补贴的) loans have become available, and "the universities have gotten the money." Economist Bryan Caplan, who is writing a book about education, agrees: "It's a giant waste of resources that will continue as long as the subsidies continue."
- [F] Promotional literature for colleges and student loans often speaks of debt as an "investment in yourself." But an investment is supposed to generate income to pay off the loans. More than half of all recent graduates are unemployed or in jobs that do not require a degree, and the amount of student-loan debt carried by households has more than quintupled since 1999. These graduates were told that a diploma was all they needed to succeed, but it won't even get them out of the spare bedroom at Mom and Dad's. For many, the most tangible result of their four years is the loan payments, which now average hundreds of dollars a month on loan balances in the tens of thousands.
- [G] It's true about the money—sort of. College graduates now make 80 percent more than people who have only a high-school diploma, and though there are no precise estimates, the wage premium (高出的部分) for an elite school seems to be even higher. But that's not true of every student. It's very easy to spend four years majoring in English literature and beer pong and come out no more employable than you were before you went in. Conversely, chemical engineers straight out of school can easily make triple or quadruple the wages of an entry-level high-school graduate.
- [H] James Heckman, the Nobel Prize-winning economist, has examined how the returns on education break down for individuals with different backgrounds and levels of ability. "Even with these high prices, you're still finding a high return for individuals who are bright and motivated," he says. On the other hand, "if you're not college ready, then the answer is no, it's not worth it." Experts tend to agree that for the average student, college is still worth it today, but they also agree that the rapid increase in price is eating up more and more of the potential return. For borderline students, tuition (学费) rise can push those returns into negative territory.
- [I] Everyone seems to agree that the government, and parents, should be rethinking how we invest in higher education—and that employers need to rethink the increasing use of college degrees as

crude screening tools for jobs that don't really require college skills. "Employers seeing a surplus of college graduates and looking to fill jobs are just tacking on that requirement," says Vedder. "De facto, a college degree becomes a job requirement for becoming a bar-tender."

- [J] We have started to see some change on the finance side. A law passed in 2007 allows many students to cap their loan payment at 10 percent of their income and forgives any balance after 25 years. But of course, that doesn't control the cost of education; it just shifts it to taxpayers. It also encourages graduates to choose lower-paying careers, which diminishes the financial return to education still further. "You're subsidizing people to become priests and poets and so forth," says Heckman. "You may think that's a good thing, or you may not." Either way it will be expensive for the government.
- [K] What might be a lot cheaper is putting more kids to work: not necessarily as burger flippers but as part of an educational effort. Caplan notes that work also builds valuable skills—probably more valuable for kids who don't naturally love sitting in a classroom. Heckman agrees wholeheartedly: "People are different, and those abilities can be shaped. That's what we've learned, and public policy should recognize that."
- [L] Heckman would like to see more apprenticeship-style (学徒式) programs, where kids can learn in the workplace—learn not just specific job skills, but the kind of "soft skills," like getting to work on time and getting along with a team, that are crucial for career success. "It's about having mentors (指导者) and having workplace-based education," he says. "Time and again I've seen examples of this kind of program working."
- [M] Ah, but how do we get there from here? With better public policy, hopefully, but also by making better individual decisions. "Historically markets have been able to handle these things," says Vedder, "and I think eventually markets will handle this one. If it doesn't improve soon, people are going to wake up and ask, 'Why am I going to college?'"
- () 1. Caplan suggests that kids who don't love school go to work.
- () 2. An increasing number of families spend more money on houses in a good school district.
- () 3. Subsidized loans to college students are a huge waste of money, according to one economist.
- () 4. More and more kids find they fare worse with a college diploma.
- () 5. For those who are not prepared for higher education, going to college is not worth it.
- () 6. Over the years the cost of a college education has increased almost by 100%.
- () 7. A law passed recently allows many students to pay no more than one tenth of their income for their college loans.
- () 8. Middle-class Americans have highly valued a good education.
- () 9. More kids should be encouraged to participate in program where they can learn not only job skills but also social skills.

- () 10. Over fifty percent of recent college graduates remain unemployed or unable to find a suitable job.

Translation

Translate the passage from Chinese to English.

孔子是一位思想家、政治家、教育家，也是中国儒学思想的创始人。儒学，这个道德和宗教哲学的大系统建立在孔圣人的教学上。冯友兰是 20 世纪中国思想史上伟大的权威之一。他把孔子在中国历史上的影响比作西方的苏格拉底。

Writing

For this part, you are allowed 30 minutes to write a first-person narrative on the topic My First Part-time Job. You should write at least 120 words following the outline given below in Chinese.

1. 大学二年级期间，我找到了第一份家教工作。
2. 工作期间，我印象最深刻的事情。
3. 我从中学到了什么。

* Hot Words and Phrases *

flipped classroom (翻转课堂)

flipped classroom 是一种学生自学和老师辅导相结合的学习模式。学生在家观看教学视频学习新的知识，而原来需要带回家做的作业则改为在课堂上进行，老师的主要任务不是讲授，而是对学生提供更多有针对性的辅导，同时学生之间还能有更多的交流。因此，

这种教学模式也称为反向课堂、反向指导等。

***mompetition* (拼孩)**

mompetition 指妈妈们之间的比拼, 比谁的孩子看上去更好、更聪明、更超前, 并且努力在这一竞争中抢占上风。拼孩可能是两个或多个妈妈之间的互相比拼, 比拼的对象甚至可能是已经成年的孩子。

***thresholder* (门槛者)**

thresholder 指刚跨入成人门槛的 18~24 岁的年轻人, 尤其是那些为离家或开始承担成人义务而感到焦虑或抑郁的人群。

***postsantum depression* (节后抑郁症)**

postsantum depression 指人们在意识到圣诞节已经过去时感受到的极大的失落感。节后抑郁症通常发生在节后回来上班的第一天。

***perfectionist paralysis* (完美主义瘫痪症)**

perfectionist paralysis 指因害怕无法完美地完成某事而一直未能开始某个项目(作业、论文或创造性的任务)。

Unit 2 Fitness

* Part 1 Basic Training

Vocabulary and Structure

① Complete the words according to the meaning of the following sentences.

1. P_____ should be given to reduce the unemployment rate.
2. An agreement was finally reached after a series of t_____ negotiations.
3. I can a_____ you of the reliability of the information.
4. He says the new f_____ may make the future tests more realistic.
5. What do these electrons r_____?
6. We should do something together at weekends to s_____ our relationship.
7. He was not just a c_____, but a phenomenon.
8. Is it b_____ to other people as well as to myself?
9. Part of my job is to m_____ good relationship with our suppliers.
10. Three of them are working e_____ well.

② Translate the following phrases either from English to Chinese or from Chinese to English.

1. play bridge _____
2. physical limitation _____
3. make no commitment _____
4. different stages _____
5. reduce tension _____
6. 设施管理 _____

New Concept Interactive English

—●— 新理念交互英语学习指导与训练 3 —●—

7. 个人记录 _____
8. 积极的影响 _____
9. 调节呼吸 _____
10. 延长生命 _____

III Choose the best answer to complete each of the following sentences.

1. Never have I looked down upon others, because I am _____ them.
A. better than B. no better than
C. more than D. no more than
2. I can _____ you that his medicine cannot harm you.
A. assure B. insure
C. ensure D. sure
3. She disliked his _____ with the group and disliked his friends.
A. commitment B. accomplishment
C. involvement D. attainment
4. Some doctors advise _____ a certain hour each day for worry.
A. setting aside B. setting up
C. setting off D. setting in
5. New York _____ everything that's great about America.
A. refreshes B. releases
C. presents D. represents
6. Throughout his life, Henry Moore _____ an interest in encouraging art in the city of Leeds.
A. contained B. maintained
C. restrained D. reserved
7. In recent years much more _____ has been put on developing the students' productive skills.
A. pursuits B. scopes
C. emphasizes D. emphasis
8. The automatic doors in supermarkets _____ the entry and exit of customers with shopping carts.
A. involve B. deny
C. facilitate D. advocate
9. Be sure to _____ the batteries before use.
A. charge B. recharge
C. discharge D. refresh

10. He considered that the change would be _____ to his health.
- A. profitable B. advantageous
C. favorable D. beneficial
11. A fire engine must have _____ as it usually has to deal with some kind of emergency.
- A. prior B. priority
C. preference D. practitioner
12. Having lived in China for many years, Mr. Parker has no difficulty _____ Chinese.
- A. understanding B. understand
C. to understand D. understood
13. Don't _____ the news to the public until we give you the go-ahead.
- A. relate B. relieve
C. retain D. release
14. Outdated theories should be _____.
- A. disturbed B. disappeared
C. discarded D. disciplined
15. Mr. Jones hold strong views against video games and he was an _____ of the closing of all recreation facilities for such games.
- A. obstacle B. opponent
C. associate D. advocate

* Part II Skill Development

Reading Comprehension

① In this section, the passage is followed by some questions or unfinished statements. For each of them, there are four choices marked A, B, C and D. You should decide on the best choice.

There are people in Italy who can't stand soccer. Not all Canadians love hockey. A similar situation exists in America, where there are those individuals you may be one of them who yawn or even frown when somebody mentions baseball. Baseball to them means boring hours watching grown men in funny tight outfits standing around in a field staring away while very little of anything happens. They tell you it's a game better suited to the 19th century, slow, quiet, gentlemanly. These are the same people (you may be one of them) who love football because there's the sport that glorifies "the hit".

By contrast, baseball seems abstract, cool, silent, still.

On TV the game is fractured into a dozen perspectives, replays, close-ups. The geometry of the game, however, is essential to understanding it. You will contemplate the game from one point as a painter does his subject; you may, of course, project yourself into the game. It is in this projection that the game affords so much space and time for involvement. The TV won't do it for you.

Take the third baseman for example. You sit behind the third base dugout and you watch him watching home plate. His legs are apart, knees flexed. His arms hang loose. He does a lot of this. The skeptic still cannot think of any other sports so still, so passive. But watch what happens every time the pitcher throws: the third baseman goes up on his toes, flexes his arms or bring the glove to a point in front of him, takes a step right or left, backward or forward, perhaps he glances across the field to check his first baseman's position. Suppose the pitch is a ball. "Nothing happened," you say. "I could have had my eyes closed."

The skeptic and the innocent must play the game. And this involvement in the stands is no more intellectual than listening to music is. Watch the third baseman. Smooth the dirt in front of you with one foot; smooth the pocket in your glove; watch the eyes of the batter, the speed of the bat, the sound of horsehide on wood. If football is a symphony of movement and theatre, baseball is chamber music,

a spacious interlocking of notes, chores and responses.

1. The passage is mainly concerned with _____.
 - A. the different tastes of people for sports
 - B. the different characteristics of sports
 - C. the attraction of football
 - D. the attraction of baseball
2. Those who don't like baseball may complain that _____.
 - A. it is only to the taste of the old
 - B. it involves fewer players than football
 - C. it is not exciting enough
 - D. it is pretentious and looks funny
3. The author admits that _____.
 - A. baseball is too peaceful for the young
 - B. baseball may seem boring when watched on TV
 - C. football is more attracting than baseball
 - D. baseball is more interesting than football
4. The underlined sentence "I could have had my eyes closed" in paragraph 4 means _____.
 - A. the third baseman would rather sleep than play the game
 - B. even if the third baseman closed his eyes a moment ago, it could make no difference to the result
 - C. the third baseman is so good at baseball that he could finish the game with eyes closed all the time and do his work well
 - D. the consequence was so bad that he could not bear to see it
5. We can conclude that the author _____.
 - A. likes football
 - B. hates football
 - C. hates baseball
 - D. likes baseball

⑪ In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please fill in the blanks with letters. You may not use any of the words in the bank more than once.

Sport is not only physically challenging, but it can also be mentally challenging. Criticism from coaches, parents, and other teammates, as well as pressure to win can create an excessive amount of 1 or stress for young athletes. Stress can be physical, emotional, or psychological and research has indicated that it can lead to burnout. Burnout has been described as 2 or quitting of an activity that was at one time enjoyable. The early years of development are 3 years for learning about oneself. The sport setting is one where valuable experiences can take place. Young

athletes can, for example, learn how to ____ 4 ____ with others, make friends, and gain other social skills that will be used throughout their lives. Coaches and parents should be aware, at all times, that their feedback to youngsters can ____ 5 ____ affect their children. Youngsters may take their parents' and coaches' criticisms to heart and find a flaw (缺陷) in themselves. Coaches and parents should also be ____ 6 ____ that youth sport participation does not become work for children. That outcome of the game should not be more important than the ____ 7 ____ of learning the sport and other life lessons. In today's youth sport setting, young athletes may be worrying more about who will win instead of ____ 8 ____ themselves and the sport. Following a game many parents and coaches ____ 9 ____ on the outcome and find fault with youngsters' performances. Positive reinforcement should be provided regardless of the outcome. Research indicates that positive reinforcement motivates and has a greater effect on learning than criticism. Again, criticism can create ____ 10 ____ levels of stress, which can lead to burnout.

A. process	B. high	C. enjoying	D. anxiety
E. settle	F. cautious	G. cooperate	H. greatly
I. dropping	J. hardly	K. intense	L. focus
M. aspiration	N. critical	O. procedure	

Ⓒ In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Caring for Elderly Parents Catches Many Unprepared

[A] Last July, Julie Baldocchi's mother had a massive stroke and was paralyzed. Baldocchi suddenly had to become a family caregiver, something that she wasn't prepared for. "I was flying by the seat of my pants," says Baldocchi, an employment specialist in San Francisco. Both of her parents are 83, and she knew her father couldn't handle her mother's care. The hospital recommended putting her mother in a nursing home. Baldocchi wasn't willing to do that. But moving her back into her parents' home created other problems. Baldocchi, 48, is married and lives about a mile away from her parents. She has a full-time job and has back problems that make it difficult for her to lift her mother. "I couldn't do it all," she says. "But I didn't even know how to find help."

[B] With help from the Family Caregiver Alliance, she eventually hired a live-in caregiver. "But even

if you plan intellectually and legally, you're never ready for the emotional impact," Baldocchi says. In the first two months after her mother's stroke, she lost about 30 pounds as stress mounted. More than 42 million Americans provide family care-giving for an adult who needs help with daily activities, according to a 2009 survey by the America Association of Retired Persons. An additional 61.6 million provided at least some care during the year. And many are unprepared.

- [C] While many parents lack an advance care directive, it's the most basic and important step they can take. The directive includes several parts, including: a durable power of attorney, which gives someone legal authority to make financial decisions on another's behalf; a health care proxy, which is similar to the power of attorney, except it allows someone to make decisions regarding medical treatment; and a living will that outlines instructions for end-of-life care. (For example, parents can say if they want to be kept alive by artificial measures.) "It's invaluable for the kids, because it's hard to make those decisions for a parent," says Jennifer Cona, an elder-law attorney at Genser Dubow Genser & Cona in Melville, N.Y. An advance care directive is the first line of defense if a situation arises, says Kathleen Kelly, executive director of the Family Caregiver Alliance, which supports and educates caregivers. Without an advance directive, the family will have to petition the court to be appointed the parent's legal guardian, says AgingCare.com.
- [D] It's important for families to talk about long-term care so the adult children know their parents, preferences, wishes and goals, says Lynn Feinberg, a care-giving expert at AARP. But it's not an easy conversation. Elderly parents are sometimes suspicious of their children's financial motives, says Susan John, a financial planner at Financial Focus in Wolfeboro, N.H. One client asked John to hold a family meeting because they needed an intermediary to talk about financial issues, she says. And when there are many siblings, the family decisions can become a three-ring circus with much acrimony, says Ann-Margaret Carrozza, an elder-law attorney in Glen Cove, N.Y. Families who need information and help sorting out disagreements can call on elder-law attorneys, financial planners, geriatric care managers and caregiver support groups. In February, AARP said it will offer its members a new care-giving support service through financial services firm Genworth.
- [E] Many families are unprepared for quick decisions, especially when they find out that Medicare doesn't pay for long-term care, Feinberg says. The median cost of a year in a private room at a nursing home in 2011 was \$77 745, according to Genworth. And only those who have spent most of their assets can qualify for Medicaid to pay for the nursing home.
- [F] Assisted living is another option. Residents can have their own apartment to maintain some independence. But the facilities generally provide personal care services, such as meals,

housekeeping and assistance with activities. Still, it's not cheap: The national median cost in 2011 was \$39 135, according to Genworth. Assisted living isn't covered by Medicaid.

- [G] If they have a choice, at least 90% of elderly parents prefer to stay at home as long as they can, according to AARP research. But if the parents can no longer safely live at home, it can be hard for children to move them into an adult care facility. There may be another option. Sometimes the home can be modified so a parent can stay there. For example, Baldocchi put in a chair lift for her mother. She also arranged for a home caregiver.
- [H] Family caregivers take over many responsibilities. One might manage a parent's finances, while another sibling will take the parent to doctors' appointments and shopping. Those who move in with a parent take on a significant and sustained burden of care. Jan Walker moved into her mother's home in Leesburg, Fla. After her mother, who is 83, had fallen, she wasn't able to get around as well. Walker, 55, has three brothers. But she is the only daughter, is divorced and has no children. "I always knew that this was the role that I would have, and I guess my mind was prepared for it," says Walker, who now is a full-time caregiver and works from home as a tutorial instructor for a digital scrap-booking website. "When you get into the trenches, it's literally baptism by fire," she says. "New things come up. It's not just about advance planning for finances or medical care. It's everything," she says.
- [I] Caregivers need to also watch their own health. "There is such a thing as caregiver burnout," Cona says. Among female caregivers 50 and older, 20% reported symptoms of depression, according to a 2010 study on working caregivers by MetLife. "It's a hard job," Walker says. "But most worthwhile things are hard. She was always there for me when I needed a helping hand. It's only natural that I be here for her now."
- () 1. When elderly parents cannot live at home safely, their children can change their home instead of sending them to an adult care facility.
- () 2. To talk about long-term care is not easy because sometimes aged parents are suspicious of their children's financial motives.
- () 3. Besides advance planning for finances or medical care, family caregivers take over many other responsibilities.
- () 4. The difference between a durable power of attorney and a health care proxy is that the latter allows someone to make decisions regarding medical treatment.
- () 5. Baldocchi did not want to send her mother to a nursing home, but she had difficulty taking care of her.
- () 6. Over 42 million caregivers helped an adult with everyday activities in the USA in 2009.
- () 7. If a family needs information or help to sort out disagreements, there are many people

they can call on.

- () 8. Caregivers should pay attention to their own health, or they may burn out or become depressed.
- () 9. One will have to petition the court to be the parent's legal guardian, if there is no advance directive.
- () 10. The national median cost of assisted living in 2011 was \$39 135 and it is not covered by Medicaid.

Translation

Translate the passage from Chinese to English.

你每天有多少小时是坐着的？专家说久坐不利于健康。约 9 000 名澳大利亚人参与的一项研究表明，每天多看一小时电视，死亡风险就会增长 11%。那么，我们该怎么应对呢？健康专家建议，应该把静坐时间进行拆分。研究人员认为，即使是一些小小的改变，如站着接电话，不用邮件而走过去和同事面对面交流，或者选择爬楼梯而不乘坐电梯，都会对我们的健康有所帮助。

Writing

For this part, you are allowed 30 minutes to write a short essay on the topic Advertisement. You should write at least 120 words following the outline given below in Chinese.

1. 广告的作用。(定义法)
2. 广告的形式多样。(分类法)
3. 广告的夸张性。(因果法)

Hot Words and Phrases

Christmas tight (圣诞缩水)

在圣诞节和新年之前穿着很合身的衣服，在过完节后再穿忽然变紧了，这就叫“圣诞缩水”。发生“圣诞缩水”是因为在这种盛大的节日里美味的食物太多了，人们忍不住狂吃，结果几天内体重就增长了不少。

couching distance (沙发距离)

couching distance 是指不离开沙发就能够到的距离，现在也泛指轻松走走就能到的距离。

shress (上衣裙)

shress 是介于裙子和上衣之间的一种服装。这种上衣裙是女孩穿在牛仔裤或紧身裤外面的下摆有百褶边的衣服，通常搭配长筒靴。

Sleepy Bear Syndrome (睡熊综合症)

Sleepy Bear Syndrome 是指一个人小睡时或快睡着时被人意外吵醒而发怒。

shapewear (塑形内衣)

shapewear 是指能够临时改变穿着者体型的内衣，如让腹部显得平坦，让整个身材从外部看来更苗条、更有吸引力。不过，跟所有快速解决问题的方式一样，塑形内衣也有其不利之处。有些医疗专家表示，塑形内衣不是很健康，因为穿着时会挤压内脏，并导致消化系统疾病。

Unit ③ Diet

* Part ① Basic Training

Vocabulary and Structure

① Complete the words according to the meaning of the following sentences.

1. She applied a p_____ of her salary each month to savings.
2. The blood feeds the body t_____.
3. I do not know whether you realize it, but this condition is e_____ to us.
4. It means that you have to d_____ between them.
5. Our country has a vast territory and a_____ resources.
6. The doctor told him to cut down his c_____ of fat.
7. The research will be published in the US j_____ *Science* tomorrow.
8. For infants, we provided milk, fruit and n_____ biscuits.
9. When the synthetic is contrasted with the natural one, the difference is very a_____.
10. My argument follows the rules of l_____ induction.

② Translate the following phrases either from English to Chinese or from Chinese to English.

1. sort out things in every field of work _____
2. a severe case of food poisoning _____
3. make all the difference _____
4. other correlation questions _____
5. be listed according to their orthography _____
6. 保护身体免受伤害 _____

- 7. 死于心脏病 _____
- 8. 预防洪水的警告 _____
- 9. 从简单的主题开始 _____
- 10. 装满水 _____

III Choose the best answer to complete each of the following sentences.

1. The doctors had _____ her _____ but she made a remarkable recovery.
 - A. given; in
 - B. gave; in
 - C. given; up
 - D. gave; up
2. Too much _____ waste is being dumped at sea.
 - A. toxic
 - B. toxin
 - C. poisoned
 - D. septic
3. The chief proof of a man's real greatness lie _____ his perception of his own smallness.
 - A. on
 - B. in
 - C. to
 - D. as
4. I like skiing and _____, I know it is very dangerous.
 - A. all over again
 - B. in the meantime
 - C. all the time
 - D. however
5. The _____ boy was last seen _____ near the East Lake.
 - A. missing; playing
 - B. missing; play
 - C. missed; played
 - D. missed; to play
6. As you can see, the ability to do well on things you don't like is essential _____ success.
 - A. on
 - B. in
 - C. into
 - D. for
7. I suggested to him that we _____ the problem another way.
 - A. had tackled
 - B. should tackle
 - C. would tackle
 - D. tackled
8. Indonesia is abundant _____ petroleum deposits.
 - A. on
 - B. for
 - C. to
 - D. in
9. The woman _____ there under the tree, _____ in a blue shirt, is our headmaster.
 - A. sitting; wearing
 - B. sitting; dressed
 - C. seating; dressed
 - D. seated; dressing

10. You'd better sort _____ the business affairs before going.
A. out
B. from
C. upon
D. in
11. Does each cup _____ the same amount of milk?
A. include
B. involve
C. contain
D. comprehend
12. He _____ a spelling error on the first page.
A. neglected
B. ignored
C. forgot
D. overlooked
13. Don't talk about such things of _____ you are not sure.
A. which
B. what
C. as
D. those
14. Google is also _____, but in the way that chocolate is, not in the way that cigarettes are.
A. addible
B. addictive
C. adopted
D. additional
15. Stay _____ sweet drinks or excess consumption of caffeine with sugar.
A. behind
B. apart
C. away from
D. out

* Part II Skill Development

Reading Comprehension

① In this section, the passage is followed by some questions or unfinished statements. For each of them, there are four choices marked A, B, C and D. You should decide on the best choice.

Sushi is no longer the sole preserve of the adventurous diner. These days, grabbing a pack for lunch is almost as common as picking up a cheese and pickle sandwich. The Japanese dish can be bought from every major supermarket (where sales have risen a staggering 88 percent in the past two years). Indeed, the British sushi industry—of which Tesco has a 60 percent market share—is worth more than £56 million annually.

The main reason for its surge in popularity is its reputation as a healthy meal. Japanese women are among the healthiest in the world, while slender celebrities such as Victoria Beckham, Cheryl Cole and Keira Knightley are all fans of the raw fish dish.

But do sushi's nutrition credentials—especially the Western version—stack up? Not always, according to dietitian Rachel Beller. In her book *Eat to Lose, Eat to Win*, she says a “light lunch” of sushi may mean you overdose on calories and carbohydrates. “A typical sushi roll contains 290 to 350 calories and has the carbohydrate equivalent of two-and-a-half to four slices of bread,” says Ms. Beller.

Bear in mind a sushi lunch contains two or three of these rolls, a total of up to 1 050 calories, and it's easy to see how we're conning ourselves that we're enjoying a low-calorie, healthy lunch.

Many of us believe eating sushi is a good way to get the Government's recommended two portions of fish each week, but here's the problem: most sushi contains very little protein, despite its expense.

Health experts say a portion of fish should weigh 140 g, but on average, the fish in a California roll or piece of nigiri (rice with fish balanced on the top) weighs just 5 g. You'd need to eat 28 pieces of sushi to reach your 140 g portion—or more, if you choose a mixed sushi box containing vegetarian varieties.

Even fish sushi boxes don't contain much. Marks & Spencer Fish Sushi Selection (191 g, £4.68)

has just 36 g of fish, meaning you would have to eat four boxes and consume 1 184 calories to get one of your recommended fish portions.

1. What can we infer from the first paragraph?
 - A. Sushi makes a hit in the UK nowadays.
 - B. Tesco is a giant supermarket selling sushi only.
 - C. British people prefer sushi to sandwiches and cheese.
 - D. Sushi enjoys popularity only among adventurous diners.
2. Why is sushi becoming popular according to the passage?
 - A. Because it is made of raw fish.
 - B. Because it is regarded as a healthy food.
 - C. Because Japanese women eat it.
 - D. Because world-famous stars follow it.
3. According to Rachel Beller, a “light lunch” of sushi _____.
 - A. contains enough nutrients for the human body
 - B. contains too many rolls in a box
 - C. is actually deceiving the dieters themselves
 - D. is providing as equal calories and carbohydrates as bread
4. As a matter of fact, taking in the officially recommended portions of fish is equal to _____.
 - A. eating sushi in various types bought mainly from tesco
 - B. eating a “light lunch” of sushi and four slices of bread
 - C. eating a mixed sushi box containing vegetarian varieties
 - D. eating 56 pieces of California rolls or nigiri
5. Which of the following is the best title of this passage?
 - A. How Sushi Can Make Us Fat
 - B. Sushi Is Dangerous to Humans
 - C. Sushi Is Popular in Britain
 - D. What Sushi Is—a Japanese Dish

⑪ In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please fill in the blanks with letters. You may not use any of the words in the bank more than once.

Research published in *New Scientist* last month suggested that 1 kg of meat cost the Earth 36 kg in global warming gases. What if, instead of beef, a walking drank a glass of milk? The average person would need to drink 420 ml to ____ 1 ____ the calories used in the walk. Modern dairy farming ____ 2 ____ the equivalent of 1.2 kg of CO₂ to produce the milk, still more pollution than the car journey.

Cattle farming is notorious for its damage to the environment, based on what scientists politely

call “methane production” from cows. The gas, released during the ____ 3 ____ process, is 21 times more harmful than CO₂. Organic beef is the most damaging because organic cattle emit more methane.

We need to become accustomed to the idea that our food production systems are ____ 4 ____ damaging. It means we need ____ 5 ____ to work out how to reduce the greenhouse gas intensity of our foodstuffs.

Simply cutting beef, or even meat, however, would be too modest a change. The food industry is estimated to be ____ 6 ____ for a sixth of an individual’s carbon ____ 7 ____, and Britain may be the worst culprit.

We have industrialized our food production. We use an enormous amount of ____ 8 ____ food, like ready meals, compared to most countries. Three quarters of supermarkets’ energy is to refrigerate and freeze food prepared elsewhere.

A chilled ready meal is a perfect example of where the energy is wasted. You make the meal, and then use an enormous amount of energy to chill it and keep it chilled through warehousing and ____ 9 ____.

The ideal diet would ____ 10 ____ of cereals and pulses. This is a route which virtually nobody, apart from a vegan, is going to follow.

A. released	B. emissions	C. responsible	D. consist
E. storage	F. recover	G. celebrated	H. equally
I. convention	J. urgently	K. digestive	L. emits
M. obligate	N. processed	O. completely	

Ⓒ In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Beauty and Body Images in the Media

[A] Images of female bodies are everywhere. Women—and their body parts—sell everything from food to cars. Popular film and television actresses are becoming younger, taller and thinner. Some have even been known to faint on the set from lack of food. Women’s magazines are full of articles urging that if they can just lose those last twenty pounds, they’ll have it all—the perfect marriage, loving children, great sex, and a rewarding career.

[B] Why are standards of beauty being imposed on women, the majority of whom are naturally larger and more mature than any of the models? The roots, some analysts say, are economic. By

presenting an ideal difficult to achieve and maintain, the cosmetic and diet product industries are assured of growth and profits. And it's no accident that youth is increasingly promoted, along with thinness, as an essential criterion of beauty. If not all women need to lose weight, for sure they're all aging, says the Quebec Action Network for Women's Health in its 2001 report. And, according to the industry, age is a disaster that needs to be dealt with.

- [C] The stakes are huge. On one hand, women who are insecure about their bodies are more likely to buy beauty products, new clothes, and diet aids. It is estimated that the diet industry alone is worth anywhere between 40 to 100 billion (U.S.) a year selling temporary weight loss (90% to 95% of dieters regain the lost weight). On the other hand, research indicates that exposure to images of thin, young, air-brushed female bodies is linked to depression, loss of self-esteem and the development of unhealthy eating habits in women and girls.
- [D] The American research group Anorexia Nervosa & Related Eating Disorders, Inc. says that one out of every four college-aged women uses unhealthy methods of weight control—including fasting, skipping meals, excessive exercise, laxative (泻药) abuse, and self-induced vomiting. The pressure to be thin is also affecting young girls: the Canadian Women's Health Network warns that weight control measures are now being taken by girls as young as 5 and 6. American statistics are similar. Several studies, such as one conducted by Marika Tiggemann and Levina Clark in 2006 titled "Appearance Culture in 9- to 12-Year-Old Girls: Media and Peer Influences on Body Dissatisfaction" indicate that nearly half of all preadolescent girls wish to be thinner, and as a result have engaged in a diet or are aware of the concept of dieting. In 2003, *Teen* magazine reported that 35 percent of girls 6 to 12 years old have been on at least one diet, and that 50 to 70 percent of normal weight girls believe they are overweight. Overall research indicates that 90% of women are dissatisfied with their appearance in some way. Media activist Jean Kilbourne concludes that, "Women are sold to the diet industry by the magazines we read and the television programs we watch, almost all of which make us feel anxious about our weight."
- [E] Perhaps the most disturbing is the fact that media images of female beauty are unattainable for all but a very small number of women. Researchers generating a computer model of a woman with Barbie-doll proportions, for example, found that her back would be too weak to support the weight of her upper body, and her body would be too narrow to contain more than half a liver and a few centimeters of bowel. A real woman built that way would suffer from chronic diarrhea (慢性腹泻) and eventually die from malnutrition. Jill Barad, President of Mattel (which manufactures Barbie), estimated that 99% of girls aged 3 to 10 years old own at least one Barbie doll. Still, the number of real life women and girls who seek a similarly underweight body is epidemic, and they can suffer equally devastating health consequences. In 2006 it was estimated

that up to 450 000 Canadian women were affected by an eating disorder.

- [F] Researchers report that women's magazines have ten and one-half times more ads and articles promoting weight loss than men's magazines do, and over three-quarters of the covers of women's magazines include at least one message about how to change a woman's bodily appearance—by diet, exercise or cosmetic surgery. Television and movies reinforce the importance of a thin body as a measure of a woman's worth. Canadian researcher Gregory Fouts reports that over three-quarters of the female characters in TV situation comedies are underweight, and only one in twenty are above average in size. Heavier actresses tend to receive negative comments from male characters about their bodies and 80 percent of these negative comments are followed by canned audience laughter.
- [G] There have been efforts in the magazine industry to buck (抵制, 反抗) the trend. For several years the Quebec magazine *Coup de Pouce* has consistently included full-sized women in their fashion pages and *Chatelaine* has pledged not to touch up photos and not to include models less than 25 years of age. In Madrid, one of the world's biggest fashion capitals, ultra-thin models were banned from the runway in 2006. Furthermore Spain has recently undergone a project with the aim to standardize clothing sizes through using a unique process in which a laser beam is used to measure real life women's bodies in order to find the most true to life measurement.
- [H] Another issue is the representation of ethnically diverse women in the media. A 2008 study conducted by Juanita Covert and Travis Dixon titled "A Changing View: Representation and Effects of the Portrayal of Women of Color in Mainstream Women's Magazines" found that although there was an increase in the representation of women of colour, overall white women were overrepresented in mainstream women's magazines from 1999 to 2004.
- [I] The barrage of messages about thinness, dieting and beauty tells "ordinary" women that they are always in need of adjustment—and that the female body is an object to be perfected. Jean Kilbourne argues that the overwhelming presence of media images of painfully thin women means that real women's bodies have become invisible in the mass media. The real tragedy, Kilbourne concludes, is that many women internalize these stereotypes, and judge themselves by the beauty industry's standards. Women learn to compare themselves to other women, and to compete with them for male attention. This focus on beauty and desirability "effectively destroys any awareness and action that might help to change that climate".
- () 1. A report in *Teen* magazine showed that 50% to 70% girls with normal weight think that they need to lose weight.
- () 2. On the whole, for 6 years white women had been occupying much more space in mainstream women's magazines since 1999.

- () 3. Some negative effects such as depression and unhealthy eating habits in females are related to their being exposed to images of thin and young female bodies.
- () 4. The mass media has helped boost the cosmetic and the diet industries.
- () 5. It is reported that there is at least one message about the methods for women to change their bodily appearance on more than three-quarters of the covers of women's magazines.
- () 6. Some film and television actresses even faint on the scene due to eating too little.
- () 7. Too much concern with appearance makes it impossible to change such abnormal trend.
- () 8. Researchers found that a real woman with Barbie-doll proportions would eventually die from malnutrition.
- () 9. The Quebec magazine *Coup de Pouce* resists the trend by consistently including full-sized women in their fashion pages for several years.
- () 10. According to some analysts, the fundamental reason of imposing standards of beauty on women is economic profits.

Translation

Translate the passage from Chinese to English.

你了解下午茶文化吗？你了解它的起源、内容和礼仪吗？直到 17 世纪中叶，英国才首次出现了“下午茶”的概念。传统的下午茶一般会在下午 4 点至 6 点之间供应。餐点包括精致的三明治、新鲜出炉的英式松饼配上奶油和果酱，还有蛋糕和其他甜点。当然还少不了搭配奶和糖的咖啡或茶。这种茶歇很快便成了当时的社会潮流。到了 19 世纪 80 年代，上流社会女性则会为了享用一顿下午茶而专门换上长礼服、手套以及帽子。

Writing

For this part, you are allowed 30 minutes to write a composition on the topic Living Alone or Living with Roommates? You should write at least 120 words following the outline given below in Chinese.

1. 有人认为大学里应独自生活。(演绎法)

2. 有人认为大学里应与别人同住。(演绎法)
3. 你的看法。

* Hot Words and Phrases *

5/2 diet (5比2节食法)

5/2 diet 是指一周7天中有2天严格控制摄入的热量,其余5天正常进食。据说这种节食法长期坚持就能达到减肥的效果,不过也要因人而异。

hostage lunch (人质午餐)

hostage lunch 是指公司给员工买的快餐,通常是比萨,因为老板需要员工在午餐时间开会或工作。

flexitarian (弹性素食者)

flexitarian 是指大部分时间吃素,偶尔吃点肉补充动物蛋白的人。由于纯素食也有潜在的健康风险,所以就出现了弹性素食者。

meatatarian (肉食主义者)

meatatarian 是指只吃肉,不吃蔬菜的人。肉食主义者是素食主义者的反义词。

toy food (玩具食物)

toy food 是指用预先切好、拌好的食材,只需极少准备工作就能制成的一盘食物。要做玩具食物,你只需拿一点这种食材,再加一点那种食材,把它们放在一起就是一顿饭,就像搭模型一样。