

<<大学英语阅读高手>>

图书基本信息

书名：<<大学英语阅读高手>>

13位ISBN编号：9787810908894

10位ISBN编号：7810908898

出版时间：2007-8

出版时间：苏州大学出版社

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页数：207

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### 内容概要

长期以来, 阅读教学一直是我国外语教学中的重要环节, 教师们期望以读带动听、说、写、译等四种能力的提高。

几年前, 我应一家外语杂志的邀请, 开辟了“蔡博士专栏”, 定期撰写这方面的文章, 通过实例来探讨这个课题, 以求解决英语学习者的困惑。

后来因工作过于繁忙, 虽只坚持了两年多, 但收获还是很大的, 而且这个栏目受到了广大师生的好评, 在社会上也产生了较大的反响。

这虽是一种尝试, 但值得继续深入探究, 为后来者提供参考与借鉴。

2004年初, 教育部颁布了《大学英语课程教学要求(试行)》, 进一步明确了大学英语的教学目标是“培养学生的英语综合应用能力”, 注重“英语语言知识与应用技能、学习策略”, 使他们“在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流, 同时增强其自主学习能力, 提高综合文化素养, 以适应我国社会发展和国际交流的需要”。

该要求虽然提升了听说在日常教学中的地位, 但对阅读理解能力的重要性丝毫没有减弱。

它将大学阶段的英语教学要求分为三个层次: 一般要求、较高要求和更高要求, 每个层次都对学生的英语阅读能力提出了具体而明确的要求。

在一般要求层次中规定, “在阅读篇幅较长、难度略大的材料时, 阅读速度达到每分钟100词。

能基本读懂国内英文报刊, 掌握中心意思, 理解重要事实和有关细节。

能读懂工作、生活中常见的应用文体的材料。

能在阅读中使用有效的阅读方法”。

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## 章节摘录

The 11-year study was conducted in northeastern Japan, a region where 80 percent of the population drinks green tea and more than half drink three or more cups daily. Those involved in the study ranged in age from 40 to 79 and had no history of stroke, heart disease or cancer when the study began in 1994. Those who drank five or more cups of green tea a day had a death rate overall and from heart disease in particular that was 16 percent lower than those who drank less than one cup daily, over the course of 11 years. Over the first seven years of the study the death rate of the heavy tea drinkers was 26 percent lower. Where heart disease was concerned the effect was stronger among women than men in the study, perhaps because men were more likely to be cigarette smokers, the authors reported. Tea of all kinds is the most consumed beverage in the world aside from water, while heart disease and cancer are the two leading causes of death world wide. The authors said the apparent protective effect found was not likely to be the result of tea drinkers in the study somehow being more health conscious, since almost all Japanese consume green tea as one of their favorite beverages regardless of their other health habits. The study was paid for by Japan's Ministry of Health, Labor and Welfare. 1. What does the passage mainly talk about ?

- A ) Japanese people can live longer than the people in other countries.      B ) All the Japanese women live longer than the Japanese men.  
C ) A study in Japan shows people who drink green tea live much longer.  
D ) Japanese women can live longer than men because they don't smoke.

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