



“十四五”职业教育国家规划教材



NEW ERA ENGLISH
FOR CAREERS

新时代职业英语

总主编 ◎ 鲁 昕 副总主编 ◎ 闫国华

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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新时代职业英语

总主编//鲁 昕

副总主编//闫国华

《新时代职业英语》是国内首套“1+19”体系、面向高职专科和职业本科的职业英语教材。该系列教材由中国职业技术教育学会会长、教育部原副部长鲁昕教授总体策划,根据高等职业教育的人才培养目标,依据高职各个专业的人才培养方案,对标教育部最新颁布的《高等职业教育专科英语课程标准(2021年版)》(以下简称“新课标”)和《职业教育专业目录(2021年)》(以下简称“新目录”),基于经济社会对高素质人才英语的实际需求,集“新理念、新标准、新体系、新逻辑、新载体”于一体,助力职业院校培养高素质技术技能人才。

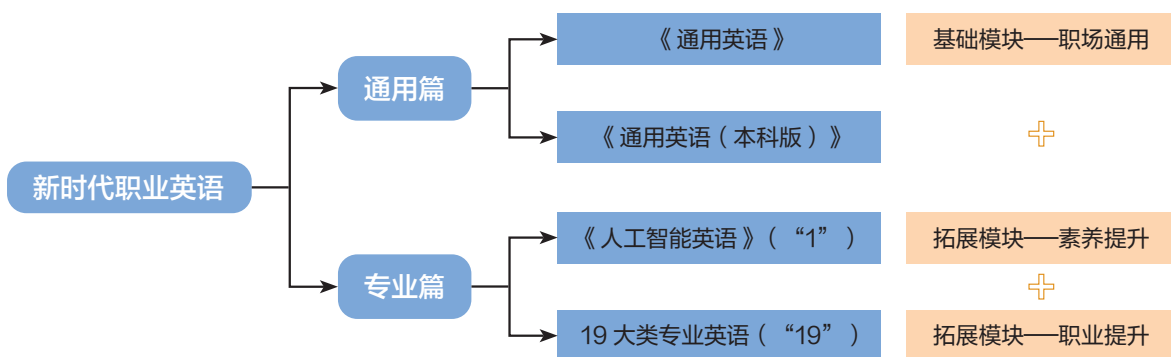
《新时代职业英语》系列教材包括通用篇和专业篇,通用篇对应基础模块的职场通用英语课程,专业篇对应拓展模块的素养提升英语和职业提升英语课程。通用篇覆盖高职专科学段和职业本科或应用型本科学段,包括《通用英语(第二版)》(含“VR”版)、《通用英语(本科版)》、《通用英语视听说》)。专业篇分为“1+19”大类,“1”是指作为通识课教材的《人工智能英语(VR版)》,“19”是高职19个专业大类的专业英语教材。



通用篇

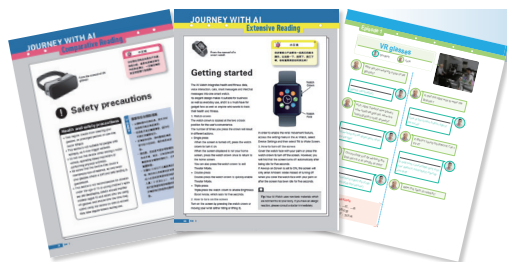


专业篇(“1+19”)



通用篇

- ◆ 体系设计：高本贯通，衔接培养
- ◆ 能力培养：人文凸显，职业并重
- ◆ 内容设计：思政融入，润物无声
- ◆ 教学资源：多维配套，全面护航



专业篇“1”《人工智能英语（VR版）》

- ◆ 主题突出，紧抓时代热点
- ◆ 素材鲜活，反映前沿科技
- ◆ 体裁创新，落实现实一体
- ◆ 虚拟培养，体验沉浸学习

专业篇“19” 大类专业英语

- ◆ 贴合“新目录”
- ◆ 创新引入“说明书”文体
- ◆ 融入中华元素，落实课程思政
- ◆ 服务专业学习，助力职业提升



通用英语（第二版）（含“VR版”）

•适用于三年制高职专科教学•

主 编：高小姣

《通用英语（第二版）》是面向高职专科院校的公共基础课教材，共两册，每册六个单元。第一册主要从校园生活、社会问题、人生规划三个层面引导学生学会交流，学会思考，学会表达；第二册主要围绕职业相关主题，帮助学生规划职场，明确未来的职业发展方向。为适应我国高等职业教育发展新形势，立足新时期职业教育立德树人的人才培养任务，紧密贴合高职院校师生教学需求，《通用英语（第二版）》在第一版的基础上，继续优化话题、素材、语言选择，同时在习题、教学活动中有机融入党的二十大精神，发挥教材铸魂育人实效，为学生终身发展奠基。

为帮助职业院校更好地将虚拟现实技术融入到教学中，《通用英语（第二版）（VR版）》配有量身打造的VR课程，通过创造真实的学习体验，激发学生的学习兴趣，从而提升学生的英语应用能力。

- ◆ 内容设计突出人文性与职业性
- ◆ 语言知识、文化知识和思政育人有机融合
- ◆ 配有丰富的数字化学习和教学资源



通用英语 1（第二版）	5213-4967-2	49.90
通用英语 2（第二版）	5213-4982-5	49.90
通用英语 1（第二版）（VR版）	2024 即将出版	
通用英语 2（第二版）（VR版）	2024 即将出版	

通用英语视听说

•适用于高职专科、职业本科和应用型本科教学•

主 编：孙 川

《通用英语视听说》适用于高职专科、职业本科和应用型本科院校，共两册，每册六个单元。本教材以日常生活、时代热点、职业规划等话题为主轴，视听素材丰富多样，教学活动科学新颖，将语言学习、文化学习、职业技能和生活实践相互交织，帮助学生全方位提升英语视听理解能力和组织表达能力。

- ◆ 职场情境突出，助力学生职业能力发展
- ◆ 思政素材丰富，融入社会主义先进文化、革命文化、中华优秀传统文化



通用英语视听说 1	5213-5087-6	48.90
通用英语视听说 2	5213-5092-0	48.90

通用英语（本科版）

•适用于职业本科、应用型本科教学•

主 编：刘建珠 袁凌燕 吴 芳 刘爱容

《通用英语（本科版）》是面向职业本科和应用型本科院校的公共英语基础课教材，共两册，每册六个单元。第一册聚焦人文生活，关注新时代大学生的校园日常与社会热点，侧重培养学生学习英语和应用英语的能力，为未来继续学习和终身发展奠定英语基础；第二册聚焦职场情境，关注新时代大学生的职业能力和职业素养，侧重培养学生的职业英语技能，引导学生形成良好的职业规范及职业品格，增强职业责任感。

- ◆ 融入丰富的中华优秀传统文化素材，切实提高人才培养质量
- ◆ 聚焦四项英语学科核心素养，充分提升学生的英语应用能力
- ◆ 围绕三大主题，内容视角凸显职业特色，有效激发学生的职业潜能
- ◆ 实现可听、可视、可练、可互动，全面助力个性化学习和自主学习

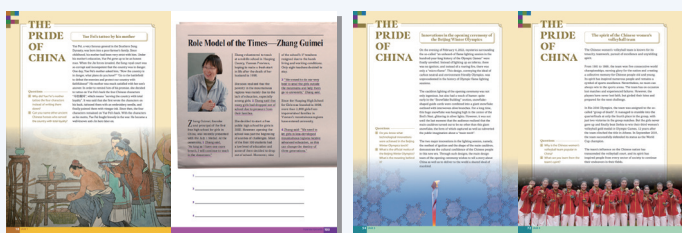


通用英语 1（本科版） 5213-3489-0 49.80

通用英语 2（本科版） 5213-4181-2 49.80



通用英语（第二版）



通用英语（本科版）



通用英语视听说

学生手册

人工智能英语（VR 版）

主 编：夏登山

全书共包括六个单元内容，涉及人工智能领域常见的、典型的话题和产品，包括虚拟现实、北斗导航、无人机、自动驾驶等。本教材配套的 VR 课程巧设虚拟场景，让学生身临其境地与虚拟角色开展六段趣味对话，利用虚拟现实技术优化学习体验，真正实现可听、可视、可练、可互动。本教材既传授该领域专业知识，又有效提高学生的英语阅读和听说能力，为学生适应智能时代各职业岗位的新需求打好基础。本教材既可作为专业英语通识课教材，也可供电子信息大类学生学习专业英语使用。

- ◆ 创新引入“说明书”实用文体，创建“理实一体”特色课堂
- ◆ 选择领域热点话题，反映科技发展的最新趋势
- ◆ 选材精益求精，提高学生的专业英语阅读能力
- ◆ 融合思政素材，呈现中国智造，实现价值引领
- ◆ 打造沉浸式学习体验，提供丰富数字资源



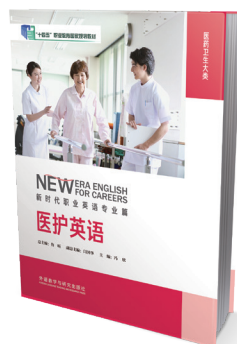
5213-4385-4 54.90

医护英语（医药卫生大类）

主 编：冯 欣

全书共包括六个单元内容，涉及健康史采集、体格检查、实验室检查、护理操作、不同场景护理、社区健康档案等护理与诊疗的各个环节，注重专业语言表达，依托不同场景帮助学生提高职场英语应用能力、了解中外不同文化背景下健康服务模式的差异、增强跨文化交际意识和医护职业人文素养。

- ◆ 医文结合，强化综合能力
- ◆ 实用创新，增强职业素养
- ◆ 四位一体，提升语言能力
- ◆ 立德树人，培养人文精神



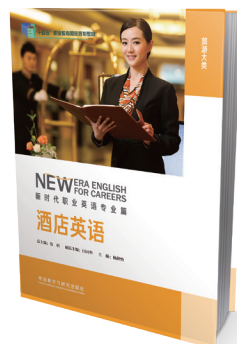
5213-2549-2 48.90

酒店英语（旅游大类）

主 编：杨静怡

本书教学素材援引自五星级酒店真实案例，生动再现典型工作场景，帮助学生了解酒店行业各工作岗位所必需的职业技能和语言知识。全书共包括八个单元内容，涵盖预订入住、接待服务、客房服务、餐饮服务、康乐服务等，设计面向职场、面向实践的教学任务，配有再现工作场景的听说资源，让学生快速学以致用。

- ◆ 甄选真实案例，注重职业技能和语言能力的培养
- ◆ 创设典型任务，实现理论教学与实践训练一体化
- ◆ 注重职业素养，兼顾语用意识与跨文化意识的培养



5213-2486-0 48.90

艺术设计英语（艺术设计大类）

主 编：唐克胜 金其斌

全书共包括六个单元内容，涵盖设计概览、平面构成、色彩构成、立体构成、数字设计、未来设计，全方位立体化地呈现了艺术设计专业的主要领域，实现了专业知识学习和语言技能学习的有机结合。

- ◆ 教学素材选编自行业真实案例和人物传略，语言地道，原汁原味
- ◆ 顺应学科发展趋势，囊括新兴科学技术和设计理念
- ◆ 专设“设计工作坊”板块，以现代视角鉴赏中国传统艺术，将传统与现代，专业学习与课程思政有机结合



5213-2588-1 48.90

传媒英语（新闻传播大类）

主 编：刘 军 陈洁华

全书共包括十二个单元内容，选择传媒行业的最新语料，涵盖传媒技术发展、视觉传达设计、媒体融合、媒介素养等主题。本教材注重培养学生用英语分析和解决行业问题的综合素质与能力；融合课程思政，训练学生用英语表达中国传媒行业的发展和成就，从而提高跨文化交际和新媒体应用能力。

- ◆ 涵盖传媒行业众多领域的热点话题，提供最新语料和行业发展信息
- ◆ 理论知识和实际操作密切结合，创建“理实一体”的特色课堂
- ◆ 语言任务和项目设计体现行业特色，综合语言技能训练和专业能力培养
- ◆ 课程思政内容与语言技能训练相融合，体现文化自信，厚植爱国主义情怀



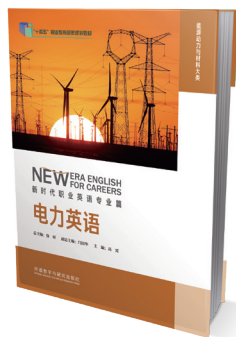
5213-2541-6 48.90

电力英语（能源动力与材料大类）

主 编：高 霄

全书共包括六个单元内容，以电力系统生产、配送和消费各环节为线索设计主题，涵盖概述、发电、输电、变电、配电和用电，以简洁地道的语言普及电力基础知识，说明电力设备操作方法，介绍电力行业前沿科技，呈现我国在电力行业的杰出成就，助力学生提升英语和专业知识学习及应用能力，更好地讲述中国电力故事。

- ◆ 精选语言素材
- ◆ 紧跟行业前沿
- ◆ 落实课程思政



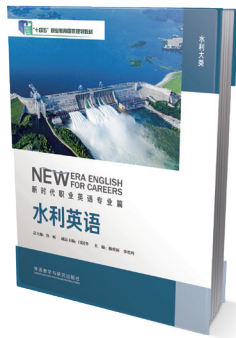
5213-3653-5 49.80

水利英语（水利大类）

主 编：杨登新 李君玲

全书共包括六个单元内容，涵盖水资源、水工建筑物及水利工程管理，兼具理论性与实用性，教材选篇主题形式多样，教学活动设计丰富合理，融入中国元素，培养学生的民族自豪感。

- ◆ 内容翔实，重点突出，难度适中
- ◆ 引入说明文，创建“理实一体”的特色课堂
- ◆ 任务丰富多样，注重提高语言技能
- ◆ 融入课程思政，知识传授与思想教育有机结合



5213-3649-8 49.80

食品英语（食品药品与粮食大类）

主 编：张彩华 沈彩艺

全书共包括六个单元内容，涵盖食品行业发展、食品加工、食品运输与保存、食品安全、食品营养、食品行业未来发展、食品行业前沿信息和中华美食文化等内容，贴近专业需求，切实推进学生英语语言技能培养和专业能力提升。

- ◆ 主线分明，循序渐进
- ◆ 创新问题，理实结合
- ◆ 夯实基础，语言输出
- ◆ 思专融合，价值引领



5213-3659-7 49.80

电子商务英语（财经商贸大类）

主 编：冯正斌

全书共包括六个单元内容，涵盖数字营销、移动支付、消费者心理学、市场统计、物流、企业资源规划等，选取知识性和实用性相结合的素材，对接新技术迭代聚变，反映新商务应用场景，契合新时代创新型电子商务人才培养趋势。

- ◆ 引入实用文体，理论驱动实践
- ◆ 涉及专业领域热门话题，反应专业发展最新趋势
- ◆ 选材地道，设计科学，切实提高语言能力
- ◆ 渗透思政元素，实现价值引领



5213-3660-3 49.80

化工英语（生物与化工大类）

主 编：李冬梅 柯爱茹

全书共包括六个单元内容，涵盖化学价值、绿色化学、石化工业、煤化工、精细化工、高分子化工等，涉及化工行业的常见话题、典型工艺和真实场景。帮助学生在了解专业基础知识的同时，提高专业英语能力，为适应化工行业的多种岗位需求作好准备。

- ◆ 涵盖化工多个领域，主线分明，循序渐进
- ◆ 结合行业语言表达，创新文体，理实结合
- ◆ 优化语言知识体系，夯实基础，促进输出
- ◆ 深挖思政人文主题，思专融合，价值引领



5213-4191-1 49.80

安全管理英语（资源环境与安全大类）

主 编：雷振龙 赵秉志 叶芒芒

全书共包括六个单元内容，涵盖安全管理基本概念、电力安全管理、消防安全管理、建筑安全管理、交通安全管理和现代安全管理。本教材涉及安全管理领域最常见、最典型的问题和解决方法，帮助学生了解和掌握与安全管理专业相关的基本英语表达。

- ◆ 实用性与人文性、理论知识和实际操作密切结合，语言、文化、安全常识融为一体
- ◆ 聚焦专业领域热点话题，反映专业发展新趋势
- ◆ 设计多样化的教学活动，提高语言应用能力
- ◆ 特设中国文化板块，弘扬中华优秀传统文化，实现价值引领



5213-3715-0 49.80

农林英语（农林牧渔大类）

主 编：李 芝 张永萍

全书共包括六个单元内容，主题设置为城市农业、林业、农林技术、生态系统和环境、食品安全和园林设计，均为农林行业相关核心知识或前沿话题。每个单元包括精读、泛读、实用阅读、比较阅读和延伸阅读五个板块。本教材注重语言应用、专业精进和思维提升，打造立体化、有深度的专业英语教材。

- ◆ 题材丰富，体现领域创新发展
- ◆ 习题多样，夯实专业语言基础
- ◆ 理实结合，培养综合应用能力



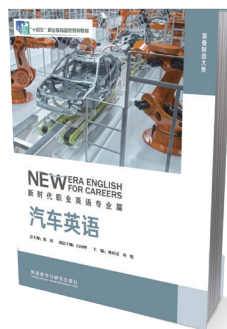
5213-4387-8 49.80

汽车英语（装备制造大类）

主 编：刘祥荣 冯 艳

全书共包括六个单元，涵盖汽车行业主要领域，包括汽车基本知识、汽车设计与制造、汽车销售与服务、汽车维修与保养、新能源汽车以及智能网联汽车。每个单元包括热身、精读、泛读、听说练习、实用阅读、阅读中国和学习日志七大板块。通过本教材的学习，学生既可以了解汽车领域的新技术和新发展，又可以切实提高专业英语的阅读、口语表达和翻译等语言应用能力，为学生未来职业发展奠定基础。

- ◆ 素材新颖，与时俱进
- ◆ 听说并重，强化输出
- ◆ 重视思政，培根育魂



5213-5071-5 49.80

纺织服装英语（轻工纺织大类）

主 编：王 越

全书共五个单元，每个单元均围绕纺织服装行业的关键话题展开，内容涵盖服装简介、服装原料、服装制作、服装宣传渠道和服装的沟通交流作用。为了帮助学生深入理解和掌握专业知识，每个单元精心安排了三篇精读课文、一篇说明书和一篇思政课文，每篇文章后面都配有相应的形式多样的练习。通过学习该教材，学生既可以了解该领域的基础知识，又可以切实提高专业英语的阅读能力，为将来的职业生涯奠定坚实的基础。

- ◆ 立足专业 主题丰富多元
- ◆ 尊重学生 文体理实结合
- ◆ 凸显思政 素材有效有趣



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铁路英语（交通运输大类）

主 编：冯晓云 钱晓群 欣 羚

全书共包括六个单元内容，分别以运输、机车、工务、供电、车辆、信号为主题，涵盖铁路行业的多个常见领域，精选难度适中、实用性强的选篇素材，同时设置多样化的、趣味性强的习题，旨在帮助学生理解专业知识，提升语言能力，增加学习兴趣。本教材设有思政板块，展示我国在铁路行业的杰出成就，助力学生更好地讲述中国铁路故事。

- ◆ 涵盖多个领域，提供详实内容
- ◆ 选材精益求精，创建理实一体
- ◆ 习题丰富多样，助力能力提升
- ◆ 落实课程思政，实现价值引领



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词汇手册

专业篇“1+19”大类的学习手册均配有词汇手册。词汇手册基于语料库，采用“四用原则”编写，即“真材实用，优选常用，单词连用，情境活用”，以每日一词的形式，按常用程度高低收录五星、四星、三星词共365个。词汇手册旨在通过专业词汇的学习加深学生对专业知识的了解，二者相辅相成。词汇手册的内容均甄选自权威出版物、语料库，选词涵盖行业热点、典型工作场景，提供选材地道、语境典型的优质语言材料，让词汇学习落地，真正得到使用。同时，搭配思维导图、助记口诀、词汇游戏等设计，让词汇学习不再枯燥。

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“十四五”职业教育国家规划教材

新时代职业英语 New Era English for Careers

通用篇

通用 英语 1

—— 第二版 ——

总主编：鲁 昕 副总主编：闫国华 主 编：高小姣



外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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Conjunctions	I have sprained my ankle	A sick note	Hiding sickness for fear of treatment
Passive voice	Volunteer opportunities near us	A consolation letter	The Saihanba Spirit
The order of adjectives	My ideal car	A description of a chart	Wan Hu and his dream of space
Comparative patterns	Tips for protecting ourselves against cybercrimes	An announcement	The Personal Information Protection Law

UNIT

1

Traveling

Vocabulary Focus

Reading

Grammar Focus



GOALS

- Learn how to talk about holiday plan
- Learn how to discuss the working holiday
- Learn how to form imperative sentences
- Learn how to discuss differences between city life and countryside life
- Learn how to write a postcard
- Learn how to tell the legend of porcelain

Chatting

Writing

The Pride of China

Warming Up

In what order do you do these things when you travel? Number the pictures.



☐ go through security



☐ board the airplane



☐ claim your baggage



☐ book your ticket



☐ pack your bags

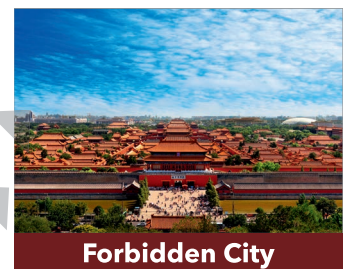
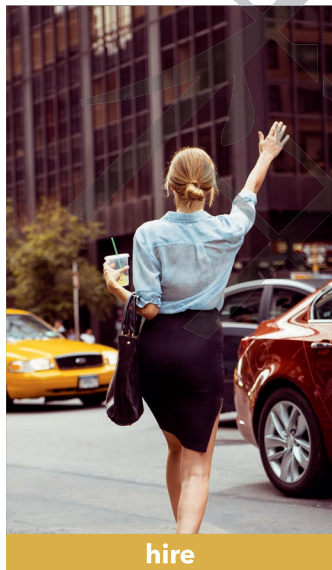


☐ take a taxi to the airport

Vocabulary Focus



A. Listen and repeat.



B. Complete the sentences with words or expressions from Exercise A. You can change the form if necessary.

- 1 The best way to explore the _____ is on foot.
- 2 We bought a tourist guide to _____ Shanghai before we left.
- 3 I plan on staying in _____ for some time.
- 4 The coastal _____ are mostly deserted in winter.
- 5 The fund provides money to clean up chemically _____ industrial sites.
- 6 We need to find some other means of _____.
- 7 _____ was the imperial palace of the Ming and Qing dynasties.
- 8 There is a growing tendency among employers to _____ casual staff.

Language Note

常见的几个与道路相关的英语表达有：

intersection: 十字路口，
意思同 crossroads。



T-junction: 丁字路口。



side road: 支路。



Words & Expressions



countryside /'kʌntrisaɪd/ *n.* 乡下, 农村
 downtown /ˌdaʊn'taʊn/ *ad.* 向市中心, 往闹市区
 hire /haɪr/ *v.* 雇用, 租用
 #imperial /ɪm'piəriəl/ *adj.* 皇帝的, 帝国的
 #polluted /pə'lju:tɪd/ *adj.* 受污染的
 province /'prɒvəns/ *n.* 省

resort /rɪ'zɔ:rt/ *n.* 度假胜地
 #transportation /ˌtræns'pɔ:t'eɪʃən/ *n.* 运输方式
 Forbidden City 紫禁城
 New York City 纽约市

无标记代表起点词汇, * 代表基础模块词汇,
 ** 代表拓展模块词汇, # 代表超纲词汇。



C. Listen and complete the conversation.

- Sally: Hi, Li Yao! Are you going anywhere exciting for the winter holiday?
 Li Yao: Yes, I'm going to Heilongjiang (1) _____ for a few days. I'm going to a skiing (2) _____.
 Sally: Lucky you! That sounds great.
 Li Yao: What about you? What are your plans?
 Sally: I'm going to Hainan Province with my family. We're going to stay in the (3) _____ and enjoy the beauty of it for a few days. It will be good to get away from the (4) _____ here.
 Li Yao: Yeah, it's so busy and polluted (5) _____. Looks like we'll both enjoy a nice change of scene! What about (6) _____? How will you get around?
 Sally: We're going to hire bicycles.



D. Read the clues and guess the places.

Which city is it?

Clue 1: It's in the U.S.

Clue 2: It has a large and very famous park.

Clue 3: A famous statue greets you if you arrive by boat.

Clue 4: It's also known as the Big Apple.

So it is (1) _____.

WHICH TOURIST ATTRACTION IS IT?

Clue 1: It is located in central Beijing, China.

Clue 2: It is known for the vast holdings of artworks.

Clue 3: It is a magnificent palace complex.

Clue 4: It was the imperial palace of the Ming and Qing dynasties.

So it is (2) _____.

Reading



Work and travel abroad



Traveling are expensive: hotels, transportation and sightseeing all cost money. For students on a budget, it may seem as if traveling is not a possibility. However, there is a solution—the working holiday, on which you can travel and see the world at the same time.



If you love being outdoors, then you could try picking fruit. You could harvest strawberries in England, grapes in France, oranges in Greece or kiwi fruits in New Zealand—the possibilities are endless! Embrace the hard work and pick fast; that way, you can earn well.

If you prefer to dress up as a princess or pirate and get paid for it, a job in a theme park could be for you. Make your way to Disneyland, which is often looking for seasonal staff. Again, you'll work hard, but you'll also enjoy talking with happy customers and you'll have fun!



In Türkiye, you could work as a hot-air balloon chaser. A balloon chaser works as part of a crew, which drives behind the balloon, sometimes for thousands of miles! The workers use maps and information from the pilot to figure out the landing site.

So what are you waiting for? Get online and start planning your working vacation!

Words & Expressions



#chaser /'tʃeɪsər/ *n.* 追赶者, 追击者
 **embrace /ɪmˈbreɪs/ *v.* 欣然接受, 乐意采纳
 #endless /ˈendləs/ *adj.* 无限的, 无穷的
 harvest /ˈhɑːrvɪst/ *v.* 收割, 收获
 pilot /ˈpaɪlət/ *n.* 飞行员
 #pirate /ˈpaɪrət/ *n.* 海盗, 盗版者
 #possibility /ˌpɒsəˈbɪləti/ *n.* 可能性, 可能发生的事
 sightseeing /ˈsaɪtˌsiːɪŋ/ *n.* 观光, 游览

dress up 穿上盛装, 装扮
 figure out 弄清, 算出
 get paid 得到报酬
 kiwi fruit 猕猴桃
 New Zealand 新西兰
 on a budget 钱不多的, 控制预算的
 theme park 主题公园

A. Choose the best answer.

- According to the writer, why don't students travel?
 - They are too focused on their studies.
 - They think that traveling is too expensive for them.
 - Their parents don't allow it.
- What kind of person would enjoy picking fruit?
 - Someone who likes being outdoors.
 - Someone who wants to earn a lot of money.
 - Someone who loves relaxing in the sunshine.
- The writer thinks that theme park work is a good choice for students because _____.
 - it's really well-paid
 - students have to work all through the year
 - it's fun and students can meet people
- If you work as a balloon chaser, you'll work _____.
 - alone
 - with one other person
 - with a group of people
- What is the writer's purpose?
 - To inform readers who don't have much money about ways they can travel.
 - To tell readers about some of the best sightseeing tours in the world.
 - To show readers that you don't have to travel far from home to have fun.

B. Match the three people to the jobs which suit them best.



Elsa

1

I like to dress up as a princess and play with children.



Jack

2

Working in an environment close to nature is perfect for me.



Sam

3

I'm a good driver. Driving makes me feel great.

a picking fruit



b dressing up in Disneyland



c chasing hot-air balloons



C. Complete the sentences with words or expressions from the boxes.

sightseeing

figure out

got paid for

endless

pilot

solution

- 1 These workers _____ the repairs to the roof.
- 2 We can go _____ downtown tomorrow.
- 3 He is training to be an airline _____.
- 4 We had to _____ the connection between the two events.
- 5 They asked _____ questions about our hometown.
- 6 A good _____ is to harvest the crop early in September.

D. Choose the correct words or expressions to complete the sentences.

- 1 I don't want _____ (to watch / watching) the movie with him tomorrow.
- 2 Are you _____ (on / in) a budget? This hotel is cheap and also very nice.
- 3 _____ (At / On) harvest time, I help my uncle on his farm.
- 4 The work was well-paid but _____ (season / seasonal).
- 5 My cousin is three years old and she likes dressing _____ (up / on) as a fairy.
- 6 If I'm going out for a meal, I prefer _____ (to try / try) something different.

**E. Bingo**

First, write the words into the blanks randomly. Then listen to the definitions and cross out the word that matches the definition. If you cross out a line, call out "Bingo" to win the game.

BINGO!

possibility	crew	solution	outdoors	vacation
balloon	harvest	strawberry	budget	

Beyond the Text

A. Read about these vacation jobs. Which one would you like to do and why?

Share your reasons with a partner.

1



Dubai

Dress up as Spider-Man to clean windows

2



Australia

Catch koalas and release them into safer areas

3



Thailand

Work as a white-water rafting (乘竹筏漂流) instructor

4



China

Show foreign visitors the terracotta warriors and horses (兵马俑)

Example

I want to go to Dubai and work as a window-cleaner, because I really want to be Spider-Man someday.

B. What do you think of working holidays? Would you like to try one? Why (not)?

Complete the boxes with your ideas.

Reasons for trying

- I can really get to know the culture of the country I visit.
- _____
- _____
- _____

Reasons for not trying

- My parents may worry about my safety if I'm in a strange place.
- _____
- _____
- _____

Grammar Focus

语法要点	要点解析
Imperative sentences (祈使句)	<p>课文中使用了祈使句： Get online and start planning your working vacation! 快打开网页，开始计划你的打工度假之旅吧！</p> <p>祈使句有多种功能，可以表示吩咐或请求他人做某事，提出建议，提出劝告或给予指导，鼓励或提供帮助，以及向他人表达良好的祝愿。</p> <p>(1) 主语通常为第二人称，一般不出现，谓语动词都用动词原形。例如： Enjoy your break. 假日里好好玩玩吧。</p> <p>(2) 主语一般不说出，但可以用名词或代词来明确说话的对象。例如： Someone go and fetch a chair. 谁去搬一把椅子来。</p> <p>(3) let 也可引导祈使句。例如： Let me have a look. 让我看看。</p> <p>(4) 和助动词 do 连用，构成强调式和否定式。例如： Do come to see me tomorrow. 明天务必来看我。 Don't forget to close the window. 别忘了关窗户。</p>

A. Rewrite the sentences into imperative ones correctly.

1 Will you please come and join us?

2 You should not be late again.

3 You should not answer the phone while driving.

4 You should sit up straight, children. You can't slouch over the table.

5 You need to be careful and put those things back in their places.

Imperative sentences

B. As an intern international tour guide, Gao You has received a training on how to avoid offending others in terms of culture. Choose words from the boxes to complete her notes, using the positive or negative form of the imperatives.

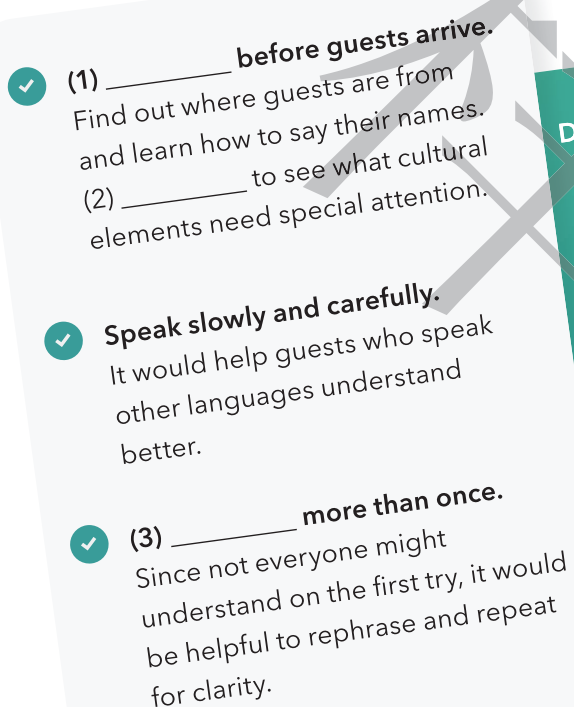
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research

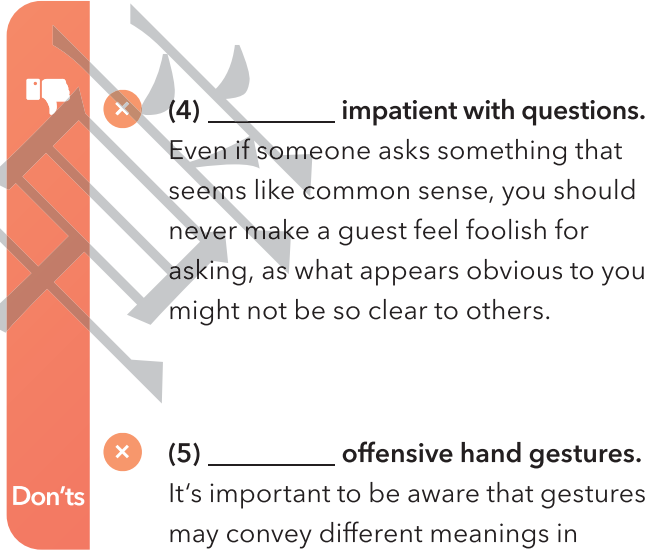
explain

use

search

- 
- ✓ (1) _____ before guests arrive.
Find out where guests are from and learn how to say their names.
 - ✓ (2) _____ to see what cultural elements need special attention.
 - ✓ (3) _____ more than once.
Since not everyone might understand on the first try, it would be helpful to rephrase and repeat for clarity.

Dos

- 
- ✗ Don't use slang or idioms often.
It might lead to miscommunication for those who are not native speakers.

- ✗ (4) _____ impatient with questions.
Even if someone asks something that seems like common sense, you should never make a guest feel foolish for asking, as what appears obvious to you might not be so clear to others.

- ✗ (5) _____ offensive hand gestures.
It's important to be aware that gestures may convey different meanings in various cultures. Be familiar with such gestures and try to avoid using them to prevent miscommunication.

Don'ts

Chatting



A. Listen and complete the conversation.

Carl: Hello, Becca. How are things? Are you enjoying city life?

Becca: I'm getting used to it! There are lots of good things about it, but I miss the peace and quiet of the countryside.

I suppose I'm a country girl (1) _____.

Carl: Well, it must be different from what you're used to.

Becca: Yes, the village I come from was so quiet.

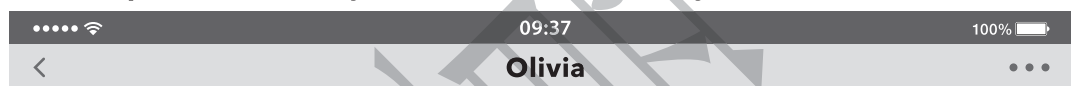
Carl: What do you think is (2) _____ between city life and life in the countryside?

Becca: Well, life in the countryside is a lot slower and more friendly. Everyone knows each other. I always had a lot of visitors. Here I haven't even met (3) _____ yet.

Carl: Don't worry. You'll soon make friends here, and city life has lots of advantages.



B. Ask a partner about city life and life in the countryside.



Why have lots of young people chosen to move to the city?



What are the disadvantages of city life?



Do you prefer city life or life in the countryside? Why?

Language Note

at heart 意思是“内心里，本质上”，常用于表示某人很坦诚。因为心脏是人体最重要的器官之一，在很多文化中，心脏都是生命、爱情、灵魂和思想的象征。若用 at heart 形容某件事，则表示“这件事在我们的内心深处”。

Words & Expressions



#friendly /'frendli/ *adj.* 友好的, 友善的
 *neighbor /'neɪbər/ *n.* 邻居
 quiet /'kwaɪət/ *n.* 宁静
adj. 安静的, 宁静的
 suppose /sə'pəʊz/ *v.* 想, 认为

at heart 内心里, 本质上
 get used to (doing) sth 习惯于 (做) 某事
 pros and cons 利与弊

C. Work in pairs. Discuss the question: Where would you like to live, in the city or in the countryside? The following expressions about pros and cons of city life and countryside life may help you.

Useful language

City life

Pros

- Convenient
- More jobs available
- More ways to get education
- More entertainment options

Cons

- Pollution
- More competition for jobs
- Higher cost of living
- Crowds of people everywhere

Countryside life

Pros

- Peace and quiet
- Clean air
- Know people who live around you
- Better quality of life

Cons

- Fewer jobs
- Fewer education opportunities
- Harder to get good health care
- Fewer entertainment options

Example

A Where would you like to live, in the town or in the countryside?

The town, for sure. Life is so much easier here. It's so convenient as well. **B**

A Yes, I know what you mean. Life in the countryside is much more peaceful though.

I'd rather live in the town. I like being around people. **B**

A ...

Writing



A. Read the postcard and then:

- 1 circle around Melanie's address;
- 2 underline the country where Amy is on holiday;
- 3 highlight the word which describes the weather;
- 4 draw a dotted line under the phrases which describe what Amy has been doing.

Hey Melanie,

Greetings from Canada! We're having an amazing time here, and the weather is beautiful. We arrived in Calgary last Saturday and came straight to Banff National Park, which is in the Rocky Mountains. We've been walking in the mountains every day. I've not met any bears yet—let's hope it stays that way! We've also been enjoying some delicious food and drink. Well, all that walking makes you hungry!

Pete says hello to you.

See you soon,
Amy



Melanie Baker
10 Wallasey Road
Brentwood,
Essex
CM 14 7LE
England

B. Put the following parts in the correct order when writing an address in English. The first one has been done for you.

street city area zip code street number country

street number > _____ > _____ > _____ > _____ > _____

A postcard

C. Match the two halves to make sentences.

- | | |
|---------------------------|-----------------------------|
| 1 Have a great time | a a hotel in the mountains. |
| 2 The weather is amazing, | b go sightseeing. |
| 3 I'm staying in | c my mom, dad and sister. |
| 4 I'm here with | d warm and sunny. |
| 5 Every day we | e in Japan. |

D. Think about a holiday you would like to go on. Write notes to answer the questions.

- 1 Where would you like to go? (e.g. Paris, Vienna, Saipan...)
- 2 What would the weather be like? (e.g. sunny, hot, rainy...)
- 3 Where would you stay? (e.g. guest house, tent, beach hut...)
- 4 Who would you go with? (e.g. parents, best friends, school friends...)
- 5 What do you do every day? (e.g. go sightseeing, laze around on the beach, do water sports...)
- 6 What would you eat and drink? (e.g. local food, delicious fruit, vegetables picked by oneself...)

E. Now imagine you are on this holiday. Write a postcard to your friend. Use your notes in Exercise D to help you.

POSTCARD

Address

.....

.....

.....

.....

PLACE
POSTAGE
STAMP
HERE



The Pride of China

A new “China” legend

As we all know, the word “China” paints a dual picture. It’s not only the name of our beautiful country but also a fine, delicate porcelain, both steeped in rich history and tradition. For thousands of years, porcelain has been key to global trade and cultural exchange.

There is said to be a porcelain jar in Venice from Dehua County in Fujian Province, China, which was brought back to Italy over 700 years ago by Marco Polo. At that time, Dehua was the trading center for porcelain, which was known as “white gold” in Europe. This fascination with porcelain has attracted people from all over the world to visit China.

Jingdezhen in Jiangxi Province is known as the “porcelain capital”. Through its porcelain it has promoted international cultural exchange and mutual learning. Nowadays, many foreign porcelain fans come to study here. They get their hands dirty and play with clay. And they also have the chance to visit various porcelain art exhibitions. This city, famous for its porcelain, is like an art salon without a roof, where many arts come together.

As time passes, the spirit of communicating through porcelain remains unchanged. With this product of clay and fire, people around the world are writing a new “China” legend together.

? Questions

1. Why do you think Chinese porcelain is so attractive to foreign visitors?
2. What does the last sentence of the text mean to you?

Cultural Note

瓷器是中国古代的伟大发明之一。中国瓷器以青瓷、白瓷和彩瓷为主要品种。唐宋以来，中国瓷器大量运销海外，其制造方法也传播到东西方各国。明代以后，景德镇成为制瓷业中心，有“瓷都”之称，各种釉色和彩绘瓷器不断有着创新和发展。

My Learning Log

✓ U₁

U₂

U₃

U₄

U₅

U₆

I can use new words and expressions to form sentences.

We stayed in a relaxed beach **resort** on the east coast.

Example

I can talk about working holiday I want.

I am interested in being a hot-air balloon chaser in Türkiye.

I can use the grammar I have learned to form sentences.

Shut down equipment and appliances at the end of the day.

I can discuss differences between city life and countryside life.

I like countryside life because of peace and quiet.

I can write a postcard to...

my friend who lives overseas, sharing my recent adventures and experiences.

I'm still confused about...

how to make a nice holiday plan.

Example

I'd like to know more about...

how porcelain influence art and culture worldwide.

Example



“十四五”职业教育国家规划教材

通用 英语

1

本科版

新时代职业英语

NEW ERA ENGLISH
FOR CAREERS

通用篇



总主编：鲁昕




副总主编：闫国华

主 编：刘建珠 袁凌燕

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1

UNIT

Family Relationships



Learning Objectives

- To be able to describe your family
- To be able to understand the growing pains of both children and parents
- To be able to use cleft sentences
- To be able to write an invitation card
- To be able to help resolve the dilemma of choosing a career

WARMING UP

Family relationships are an eternal topic in literature. Look at the four famous works from different countries. Match each of them with the author's name and the type of family relationship it talks about.

1

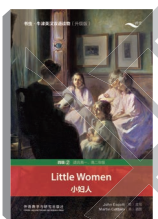


We Three

Maxim Gorky

Sisters

2

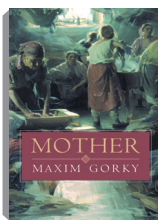


Little Women

Yang Jiang

Father and child

3

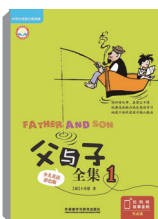


Mother

Louisa May Alcott

Parents and child

4



Father and Son

Erich Ohser

Mother and child

LISTENING & SPEAKING

1 Listen to the dialogs and complete the sentences with the missing words.

1 A: Have you prepared any gifts for your parents' 30th wedding anniversary, Steve?
B: Sure. I'm making an album _____.

2 A: Who do you look like the most in your family, Sharon?
B: I'm not sure. Some say I look like my father but _____.

3 A: Hi, Mike. Where is your family moving to?
B: We are moving to Shenzhen _____.

4 A: What does your father do, Jack?
B: He is a surgeon and _____. I'm so proud of him.

5 A: Who do you talk with the most in your family, Judy?
B: My mom. She is a very good listener and _____.

2 Follow the instructions and complete the tasks.

STEP 1

Listen to the conversation and fill in the blanks.

Holly: Wow, Peter. You are back! So, how was the family trip?

Peter: Yeah, Holly. We had a very good time in Shanghai. See, I took tons of photos! Let me show you.

Holly: That's 1 _____. I like this family photo the most. Can you tell me more about your family members?

Peter: Sure.

Holly: So who is the 2 _____ person in your family?

Peter: I think my sister, Julie, is. She has a really good sense of humor and she can make everybody around her happy.

Holly: Oh, that's nice. Then who is the most 3 _____ one?

Peter: My mom, for sure. She looks after everyone in the family wholeheartedly. She cares about everyone's needs and feelings. I think she is the best mom in the world.

Holly: Oh, good. I guess the most 4 _____ person in your family is your dad, huh?

Peter: Yes. You know, he is a fashion designer. He goes on 5 _____ quite a bit, and he often brings us interesting presents from abroad.

Holly: That's fantastic! How lucky you are growing up in such a loving family!

Peter: Exactly.

STEP 2

Listen to the conversation again and check your answers. Role-play the conversation with your partner.

3 Follow the instructions and complete the tasks.

STEP 1

Lucy is introducing her family to her classmates in class. Listen to the passage and complete the notes by filling in the blanks.

Lucy's family

Hometown

(1) _____

Family type

a(n) (2) _____

Number of family members

(3) _____

Benefits of living in a big family

too many to (4) _____

Favorite family activity

(5) _____ birthdays together

Listening strategy

Look at the title and the information provided first in order to understand what you should listen for. And try to guess what should come in the blank. It could be a place, a number, etc.

STEP 2

Listen to the passage again. Try to retell it with the help of the notes in Step 1.

STEP 3

Work in pairs and interview your partner by asking questions about their family.

Suggested questions

1. Do you live in a nuclear family or an extended family?
2. How many people are there in your family?
3. Can you describe their occupations and characters?
4. What are the benefits of belonging to a nuclear family or an extended family?
5. What family activity do you enjoy the most?

Read the passage and pay attention to Notes ①-⑩.

- ① “Do” here is used to stress a fact. Can you think of another way in English to emphasize something?
- ② Why did the girl feel confused? What have you found confusing as you grow up? Give one example.
- ③ When we were children, we hoped to stay with our parents all the time. When we grow up, many things will change. What does “growing away” mean here?
- ④ Has a similar situation happened to you? Share your experience.
- ⑤ What does “a habit” refer to here? Did you and your parents have some special habits when you were little? What were they?
- ⑥ “Like” here means “as”, e.g. *Operate the computer like I told you.* Make two sentences with this meaning.
- ⑦ The two underlined sentences use the structure of cleft sentences. Find out more in Grammar Focus.

- 1 I don't remember how old I was. I ① do remember ② feeling confused because I was a little girl who loved little girls' things, but I was growing up into a bigger girl and I knew inside myself that growing up also meant ③ growing away. I battled with my decision for days. ④ Part of me wanted to hold on. Part of me wanted to let go. None of me wanted to hurt my mom's feelings but I knew that this would.
- 2 We had ⑤ a habit which had started when I was little and continued every night when I went to sleep.
- 3 “Hug me ⑥ like I hug you,” we would say to each other. Sometimes the hug was normal, and sometimes it followed some strange arm movements that the other hugger had to copy correctly. “Kiss me like I kiss you.” And again, ⑦ sometimes it was one quick kiss that we did on the cheek. Sometimes it was a number of kisses done in a particular way that had to be carefully repeated.
- 4 We'd done this for years. And then at some point I decided I didn't want to do it anymore. I was growing up.



Words & Expressions

battle /'bætl/ v. 斗争

bittersweet /'bɪtər'swi:t/ adj. 苦乐参半的

cheek /tʃi:k/ n. 脸颊

confession /kən'feʃən/ n. 承认

cuddle /'kʌdl/ n. 拥抱

outgrow /aʊt'grou/ v. 因长大而不再……

tease /ti:z/ v. 取笑

can't help but do sth 忍不住做某事

hold on 坚持下去

let go 放手

slip away 悄悄离开

tuck sb in 给某人掖好被子

代表超纲词汇

I was growing away. But how do you tell your mom that?

⑧ It ⑨ troubled me for days until finally one night as she tucked me in, I told her how I felt. It hurt, to make that confession, partly because it was the end of a part of my childhood, and partly because I knew it would hurt her. She took it well. She understood. I don't know if she cried later. I think she probably did.

5 Now that I am a mother myself, I finally understand how bittersweet watching my child come into his own can be. Last week my son told me that his friends teased him because of the notes I put in his lunch box. I said I would stop writing them if he wanted me to.

6 Though I had felt the same things my son was feeling in my life, I couldn't help but realize he was starting to slip away from me. He told me I could continue, but I could see the ⑩ struggle in his eyes, the struggle between not wanting to hurt my feelings and wanting to grow up. Maybe it'll be the lunch box notes, maybe it'll be our bedtime cuddles, and maybe it'll be something else which he outgrows entirely.

7 Anyway, I'll take it well and I'll understand.

⑧ Translate the underlined sentence into Chinese.

⑨ "Trouble" here is used as a verb, meaning "make sb upset or worried". It can also be used as a noun. Make two sentences with the verb and the noun respectively.

⑩ What were the struggles for the son and the mother respectively? How will they deal with the struggles?

growing away

Word Study

- 1** Replace the underlined parts of the sentences with the correct form of the words in the box.

bittersweet confession cuddle outgrow tease

- 1 They used to laugh at me because I couldn't run fast.

- 2 She made the acknowledgement that she had lied to me in the past.

- 3 The little girl has grown old enough to overcome her fear of heights.

- 4 The author wrote about her happy and sad feelings on leaving home for the first time.

- 5 He gave her a big hug and told her not to worry.

- 2** Follow the example and make at least one sentence with each of the words.

Example bittersweet

The moment of parting was bittersweet, for I knew I would probably never see him again.

confession _____

cuddle _____

outgrow _____

tease _____

- 3** Find the following sentences in the passage. Then make two sentences with each of the underlined expressions.

Model 1 Part of me wanted to hold on. Part of me wanted to let go.

1 _____

2 _____

Model 2 Though I had felt the same things my son was feeling in my life, I couldn't help but realize he was starting to slip away from me.

1 _____

2 _____

Text Analysis

- 4 Read the notes again and give your answers. Discuss your answers with your partner and share some of them in class.

① “Very” can be used to emphasize a particular thing, e.g. *Those were his very words.*

- 5 The main ideas of Parts 1, 2 and 3 have been given below. Match each of them with the corresponding part.

Part 1 (Para. 1)

My mom and I had kept a special habit for years. But I didn't want to continue our bedtime habit anymore and my mom understood.

Part 2 (Para. 2-Para. 4)

When I was a little girl, I had the struggle between not hurting my mom's feelings and growing up.

Part 3 (Para. 5-Para. 7)

My son had the same struggle as me.

- 6 Read the passage again and complete the summary.

When I was little, my mom and I had kept 1 _____ for years. We would 2 _____ each other when I went to sleep. But as I was growing up, I didn't want to continue this habit anymore. The struggle between not hurting her feelings and 3 _____ troubled me for days. My mom seemed to take it well when I 4 _____. The same thing happened to my son years later and I finally understood the bittersweet feelings of watching your kid 5 _____.



Beyond the Text

- 1** Read the parent-child problems. Have a discussion with your partner and give suggestions to the children.



Last weekend, I told my dad that I wanted to travel with my friends this summer holiday. But my father said it was too dangerous and wouldn't allow me to travel without his company. We had a terrible quarrel and I felt so depressed.

Example

Well, how about making a travel plan with your father together to show him that you can make it on your own?



Your suggestion

How about...



I have loved arts since I was little. I want to major in digital arts in college. But my mom thinks it is not a practical major and insists on me studying computer science. I feel very upset when I can't make decisions on my own.

Example

If I were you, I would go and tell my mom that arts can motivate me, but a computer-related major can't.



Your suggestion

If I were you, I would...

Useful language

- I suggest that...
- I think you should...
- What about...
- Why not...
- It's a good idea to...
- Well, try to...
- My advice is to...
- You'd better not say things like...

- 2** Read the four types of parenting styles. What do you think of each style and which one do you like the best? Share your ideas with your partner.

Authoritative parenting



Parents ask for your ideas on different matters and care about your feelings. They set rules out of good intentions.

I like this kind of relationship. Parents and children can understand each other...

Authoritarian parenting



You need to obey your parents without exception. They set rules with little regard for your opinions.

Permissive parenting



Parents love you and approve of everything you do. They seldom discourage bad behavior and only step in when there's a serious problem.

Uninvolved parenting



Parents don't care about your development and don't spend much time with you. They expect you to raise yourself.

- 3** Share a story about how you overcame a conflict with your parents in class. Take notes while you are listening to others' stories, and then say which one impresses you the most and why.

语法要点	要点解析
<p>分裂句</p> <p>Cleft sentences</p>	<p>课文中使用了分裂句：</p> <p>Sometimes it was one quick kiss that we did on the cheek. 有时候，是在脸颊上轻轻点一下的一个吻。</p> <p>分裂句是指用 “It + be + 被强调部分 + who 或 that 引导的从句” 的结构，来达到强调句子某一成分目的的句子。</p> <p>(1) John kicked the ball into the goal. → It was John who kicked the ball into the goal. 是约翰将球踢进了球门。</p> <p>(2) We send our children to that primary school. → It is that primary school that we send our children to. 我们送孩子去的是那所小学。</p> <p>(3) We didn't get the first reports of trouble until afternoon. → It was not until afternoon that we got the first reports of trouble. 直到下午我们才听到关于骚乱的第一批报道。</p>

1 Turn the sentences into cleft sentences, with the underlined parts emphasized.

- 1 The applicant failed the interview because he was too proud.

- 2 You are likely to win the contest.

- 3 I am going to visit my teacher.

- 4 He has waited for you for three hours.

- 5 I didn't realize she was a famous singer until she took off her dark glasses.

2 Read the conversation between a teenage girl and her mother, and complete the conversation with the bold parts emphasized. Do you find the scene more vivid, or more dramatic after you have completed it?



Daughter

growing Pains



Mother



I'll be home late tonight, Mom. I'm going to the movies after class.

The movies? I see. Well, make sure that you don't stay out too late.



Mom, I think I'm old enough to decide when I come home now.

Come on, dear. Don't be unreasonable.



1 _____ (You're being unreasonable), Mom. I'm 18 years old, after all.

Yes, but 2 _____ (you live under **our roof**), and your father and I are responsible for you.



I won't live at home forever. You need to let me have some say in my life.

I think we do let you make your own decisions. But that doesn't mean letting you come and go at all hours of the night.



Mom, 3 _____ (I'm going to **a movie**). Not some wild, all-night party! I'll be home by 11 pm, OK?

I still think that's quite late for a school night.



Maybe it is. But when are you going to start letting me make my own decisions? I only want to take some responsibility for my life.

Fine. Go to the movies. And seeing as you're now a responsible adult, can you do the shopping tomorrow night, cook the dinner and do your own laundry?



What? That's not fair!

Ha! 4 _____ (You **didn't** mind being an adult **until** I asked you to help with the housework)!





You are invited!
Celebrating

CHAD'S 18th birthday

Saturday April 8

Chad's house
5632 Mount Lake

RSVP
435XXXX543

Name of the event
host or the sponsoring
organization

Cause of the event, such
as a birthday celebration
or a business meeting

Venue where the
event will be held

Time of the event, such
as the date of the party,
the start time, and the
approximate or definite
length of the party

Contact information for reply, such as
the phone number or the email address

Useful language

- Please join us to celebrate...
- You are cordially invited to...
- ... request the honor of your presence at their...
- ... would love for you to join them in...
- With love and joy, ... invite you to attend...
- Together with their families, ... request the pleasure of your company to...
- Kindly confirm before...
- RSVP to...
- Dinner and dancing to follow.
- Reception to follow.
- Black tie required.
- Please select your choice of...

An invitation card

An invitation card is a document sent out either by the host or the organizer of an event. Invitation cards can be used in a lot of celebrations. The design and content of each invitation card may vary depending on the cause of the celebration and the details involved in the execution of the event. "RSVP" is often used at the end of an invitation card to request a response if needed, meaning "please reply".

1 Explain the function of each part of the cards.



The invitation card features a gold border with a floral pattern. At the top center is a monogram 'NL' with a laurel wreath. Below it, the text reads 'You are invited to the wedding of'. The names 'NICK' and 'LIZ' are in bold, with 'RISSE' and 'FORTUNE' in a smaller font, separated by a large ampersand. The date and time 'June 6, 2022 at 5 pm' are followed by the venue 'Presidio Chapel, 130 Fisher Loop, San Francisco, CA'. At the bottom, it says 'Dinner And Dancing To Follow'. There are four empty boxes with arrows pointing to different parts of the card: one at the top right, one next to the names, one next to the address, and one next to the dinner/dancing text.



The RSVP card has a gold border with a floral pattern. At the top center is the word 'RSVP' in bold. Below it, the text reads 'Kindly reply by May 16'. There is a line for 'NAME' followed by two empty boxes. Below that are two radio button options: 'HAPPILY ACCEPTS' and 'REGRETFULLY DECLINES', each followed by an empty box. At the bottom, it says 'Please select your meal choice:' followed by four radio button options: 'CHICKEN ADOBO AND RICE', 'BEEF SHORT RIB TACOS', 'SNAPPERS WITH AVOCADO SALSA', and 'CHARRED STREET CORN RISOTTO'. There is an empty box next to the last option.

2 Read the situation and write an invitation card.

Situation

Write an invitation card for Lucy and Joe's wedding party. You may write the venue, time and other details by yourself. Ask the guest invited to reply by filling in a response card.

VIEWING

☐ Before you watch

- 1** Work in groups and share the reasons why you chose your current major. Was it out of personal interest? Or did you just follow your parents' decision?

While you watch



- 2** Watch a video clip about Raj's dilemma and complete the sentences based on what you hear.

- 1** When I was still a baby, my favorite toy was a human _____ with all the internal organs.
- 2** _____ at school _____ I realized that I may have been cheated.
- 3** Right before high school, I got up the _____ and confronted them decisively.
- 4** I'd been sure I would be able to _____ them, but they were so angry that I was lost.
- 5** I asked them _____ times if they had changed their mind.

- 3** Watch the video clip again and choose the best answer.

- ☐ **1** Where did Raj's parents meet?
A At work. **B** At school. **C** At the hospital. **D** At the airport.
- ☐ **2** Why was Raj comfortable with the idea of becoming a doctor before he went to school?
A Because he liked hospitals.
B Because he was highly talented in medical subjects.
C Because he was immersed in the medical world and had little chance to learn about other things.
D Because his favorite toy was a small, cute skeleton.
- ☐ **3** Which subject did Raj like the most?
A Social science. **B** Health science. **C** Fine arts. **D** Business.
- ☐ **4** How did Raj feel when he realized that his favorite subject was not chemistry or biology?
A Happy. **B** Surprised. **C** Frightened. **D** Calm.
- ☐ **5** What was Raj's reaction when his parents dismissed his own ambitions?
A He felt disappointed and angry.
B He thought they were just joking and laughed.
C He was indifferent to what his parents thought and just held on to his own desires.
D He obeyed his parents' decision even though he disagreed with them.

Words & Expressions

belittle /bɪ'ltl/ *v.* 轻视
drama /'drɑ:mə/ *n.* 戏剧性事件
exotic /ɪg'zɑ:tɪk/ *adj.* 奇异的
nerve /nɜ:rv/ *n.* 勇气

organ /'ɔ:gən/ *n.* 器官
predestined /pri'destɪnd/ *adj.* 注定的
rebellion /rɪ'beljən/ *n.* 反抗
skeleton /'skelətən/ *n.* 骨骼模型

snort /snɔ:rt/ *v.* 发哼声
thrilling /'θrɪlɪŋ/ *adj.* 激动人心的
anatomic chart 解剖示意图
reason with sb 与某人讲道理



After you watch

- 4 At the end of the video clip, Raj said he elaborated a strategy. Work in groups and evaluate the strategies. Pick the one that you think is the most workable.

Strategy A

Raj tells his parents that if they continue to belittle his dream, he will fail all his classes to show how determined he is to follow his own path.



Example



I understand Raj's strong wish to pursue his dream, but this kind of action would only hurt both himself and his parents.

I totally agree with you. I think this strategy might only worsen the situation and trigger more serious confrontations between them.



Strategy B

Raj tells his parents that he will follow their path to become a doctor. However, in reality, he will develop his interest in journalism in his spare time and take classes in journalism at the university.



Strategy C

Raj agrees to become a doctor ultimately, but he decides that when he has a child one day, he will encourage his child to become an investigative journalist.



THE PRIDE OF CHINA

Yue Fei's tattoo by his mother

Yue Fei, a very famous general in the Southern Song Dynasty, was born into a poor farmer's family. Since childhood, his mother had been very strict with him. Under his mother's education, Yue Fei grew up to be an honest man. When the Jin forces invaded, the Song royal court was so corrupt and incompetent that the country was in danger. One day, Yue Fei's mother asked him, "Now the country is in danger, what plans do you have?" "Go to the battlefield to defeat the enemies and protect our country with faithfulness!" His mother was much satisfied with her son's answer. In order to remind him of his promise, she decided to tattoo on Yue Fei's back the four Chinese characters "尽忠报国", which means "serving the country with total loyalty". It was said that she first wrote the characters on his back, tattooed them with an embroidery needle, and finally painted them with vinegar ink. Since then, the four characters remained on Yue Fei's back. With the characters as his motto, Yue Fei fought bravely in the war. He became a well-known anti-Jin hero later on.

Questions

- 1 Why did Yue Fei's mother tattoo the four characters instead of writing them down?
- 2 Can you name other ancient Chinese heroes who served the country with total loyalty?



My Learning Log



U1 U2 U3 U4 U5 U6

I can use new words and expressions to form sentences.

Tomorrow we shall battle with our old enemies and defeat them.

Example

I can use the grammar I have learned to form sentences.

It is your family that will always back you up.

I can write an invitation card to...

invite my friends to my birthday party.

I can better understand my parents so...

I will have more patience when there is a problem between us.

I'm still confused about...

whether being independent means being alienated from parents.

Example

I'd like to know more about...

how not to hurt my parents' feelings when I defend myself.

Example

新时代职业英语

New Era English for Careers

通用篇

通用英语

视听说 1

总主编：鲁 昕 副总主编：闫国华 主 编：孙 川



外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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2 “I've cut my finger!” <i>p22</i>	Short conversations <i>p24</i> Listening skill Eliminating wrong answers <i>p24</i> Conversation Your face looks so red! <i>p25</i> Passage How to treat cuts <i>p26</i>	Before you watch <i>p28</i> While you watch DR'S ABC <i>p28</i> After you watch <i>p30</i>
3 “How to keep yourself safe online?” <i>p42</i>	Short conversations <i>p44</i> Listening skill Guessing the meaning of an unknown word <i>p44</i> Conversation I have a very efficient spam filter <i>p45</i> Passage Who are you talking online? <i>p46</i>	Before you watch <i>p48</i> While you watch Safety and security on the Internet <i>p48</i> After you watch <i>p50</i>

Your Turn	China Focus		
UNIT PROJECT	LISTENING TO CHINA	LOOKING INTO CHINA	READING INTO CHINA
<p>Project Conducting a street interview about shopping habits <i>p12</i></p> <p>Presentation skill Tips to conduct a fair and purposeful street interview <i>p13</i></p>	<p>Benefits and downsides of shopping online <i>p14</i></p>	<p>Exploring Quanzhou <i>p15</i></p>	<p>The Silk Road <i>p16</i></p>
<p>Project Making a presentation on preventing heart disease <i>p32</i></p> <p>Presentation skill Slides used in presentation <i>p32</i></p>	<p>Long tradition of China's overseas medical aid <i>p34</i></p>	<p>TCM in the new era <i>p35</i></p>	<p>World Intangible Cultural Heritage: acupuncture and moxibustion of traditional Chinese medicine <i>p36</i></p>
<p>Project Creating a poster on how to prevent cybercrimes <i>p52</i></p> <p>Presentation skill How to make your audience more connected to the topic <i>p53</i></p>	<p>BeiDou: China's leap in global navigation <i>p54</i></p>	<p>The personal information protection law <i>p55</i></p>	<p>World Internet Conference <i>56</i></p>

Unit	Getting Started	Moving On
	LISTENING & SPEAKING	VIEWING & SPEAKING
4 “Living with smart technology!” <i>p68</i>	Short conversations <i>p64</i> Listening skill Working out what pronouns refer to <i>p64</i> Conversation I'm a big fan of electric cars <i>p65</i> Passage Smart home appliances <i>p66</i>	Before you watch <i>p68</i> While you watch Is smart technology making us dumb? <i>p68</i> After you watch <i>p70</i>
5 “Pack your bags!” <i>p84</i>	Short conversations <i>p84</i> Listening skill Noticing connected speech <i>p84</i> Conversation Have you got any traveling tips for me? <i>p85</i> Passage Welcom to Plitvice Lakes! <i>p86</i>	Before you watch <i>p88</i> While you watch The future travel report <i>p88</i> After you watch <i>p90</i>
6 “Let’s make a better plcece!” <i>p100</i>	Short conversations <i>p104</i> Listening skill Catching specific details <i>p104</i> Conversation Are you enjoying your Olympic Games experience so far? <i>p105</i> Passage Why don't we apply? <i>p106</i>	Before you watch <i>p108</i> While you watch Benefits of volunteering <i>p108</i> After you watch <i>p110</i>

Your Turn	China Focus		
UNIT PROJECT	LISTENING TO CHINA	LOOKING INTO CHINA	READING INTO CHINA
<p>Project Making a speech about AI <i>p72</i></p> <p>Presentation skill Giving examples <i>p73</i></p>	<p>What is Walker X? <i>p74</i></p>	<p>A win-win in the global automobile industry <i>p75</i></p>	<p>Movable type printing <i>p76</i></p>
<p>Project Planning an itinerary <i>p92</i></p> <p>Presentation skill Take your audience on a journey <i>p92</i></p>	<p>Riding rails across borders <i>p94</i></p>	<p>Mogao Grottoes in digital world <i>p95</i></p>	<p><i>The Travels of Xu Xiake</i> <i>p96</i></p>
<p>Project Vlogging about volunteering <i>p112</i></p> <p>Presentation skill How to make a fun vlog <i>p113</i></p>	<p>Bridging educational gaps <i>p114</i></p>	<p>Zhang Guimei's journey to empower girls through education <i>p115</i></p>	<p>A song of great love: China's international medical assistance <i>p116</i></p>

“What’s on your shopping list?”

Learning Objectives

After studying this unit, you will be able to:

- listen for key words to understand a conversation
- talk about what can be found in a supermarket
- explain the key elements of budgeting
- conduct a street interview about shopping habits
- explain the Silk Road’s contribution to global connectivity

Warming Up

 Watch the video and complete Nicholas’ shopping list. What dishes do you think Nicholas’ mother will make with these ingredients? Share your ideas with a partner.

Nicholas’ Shopping List



Meat and Fish *pork, ¹ _____, cod*

Spices *ground pepper, ² _____*

Vegetables *carrots, ³ _____, ⁴ _____, lettuce*

Fruits *apples, bananas*

Drinks *milk, ⁵ _____*

Others *snacks, bread*

Dishes Nicholas’ mother will make:



Warming Up

Getting Started

Moving On

Your Turn

China Focus

My Learning Log

Getting Started LISTENING & SPEAKING

Words & Expressions

browse /braʊz/ *v.* 随便看看

discount /'diskaʊnt/ *n.* 折扣

exchange /ɪks'tʃeɪndʒ/ *v.* 更换

fit /fɪt/ *n.* 合身

further /'fɜːrðər/ *adj.* 附加的

receipt /rɪ'siːt/ *n.* 收据

swipe /swaɪp/ *v.* 刷 (卡)


tear /ter/ *n.* 破洞


for the time being 暂时


out of stock 缺货


Short conversations


1 Listen to the short conversations and fill in the blanks with what you hear.

- 1  A: Good morning, madam, what can I do for you? Feel _____ to ask if I can help you in any way.
B: Thanks. I'm just browsing.

- 2  A: The fit is not good. Can I have a larger one?
B: Sorry, it is out of _____ for the time being. But I'll let you know when we get it back.

- 3  A: Could you give me a discount? Look, there is a small tear under the arm.
B: Yes, it is on sale. In that case you can have a(n) _____ 20% discount.

- 4  A: Can I pay by card? I want to pay by this card.
B: Yes, of course. _____ your card and enter your password, please.

- 5  A: Excuse me, I would like to return this shirt. It was a gift, you see.
B: All right. Do you have the _____? I can't exchange it unless you have it.



Listening skill

Listening for key words

Listening for key words can help you to understand the main points of a conversation. So, how do you identify the key words in a conversation? Key words are usually emphasized by the speaker. For example, in the sentence "I would like to return this shirt.", the key words ("like", "return" and "shirt") are said a little more loudly and slowly than the other words in the sentence. By identifying these key words, you will not only infer the likely scene of the conversation (a clothes shop), but also make a good guess about what the speaker wants to do.

Conversation

2 Listen to the conversation and decide whether the statements are true (T) or false (F).

- ☐ 1 Linda doesn't like very bright colors.
- ☐ 2 Linda wants the dress in a larger size.
- ☐ 3 The shop assistant finds another dress for Linda.
- ☐ 4 The shop assistant offers Linda a tailor service.
- ☐ 5 Linda doesn't buy the dress in the end.

3 Listen to the conversation again and choose the best answer.

- 1 What does Mary think about the dress Linda tries on?
 - A. She thinks Linda looks beautiful in it.
 - B. She thinks the color is too subtle.
 - C. She thinks the color is too bright.
 - D. She thinks it is too big.
- 2 What does Linda think about the dress she tries on?
 - A. She doesn't like the shape.
 - B. It is too big around her waist.
 - C. It is too tight around her waist.
 - D. She doesn't like the color.
- 3 Why can't Linda get the dress in a smaller size?
 - A. The dress in a smaller size is too small around the waist.
 - B. Mary is buying the last dress in a smaller size.
 - C. All the other sizes have sold out.
 - D. The dress doesn't come in smaller sizes.

4 Work in groups and discuss the questions.

- 1 Do you prefer to shop online or go to a shopping mall when you are buying something new to wear?
- 2 When buying something new to wear, which of the following things do you think is most important? Rank the items below from 1 (not at all important) to 5 (very important).

☐ Color

☐ Price

☐ Shape

☐ Comfort

☐ Whether it is in fashion or not

Words & Expressions

doable /'du:əbəl/ *adj.* 可行的

subtle /'sʌtl/ *adj.* 柔和的

waist /weɪst/ *n.* 腰部

check out 结账

sell out 卖完

tailor service 改衣服务

take sth in (因不合身) 改小
(衣服)



Getting Started LISTENING & SPEAKING

Words & Expressions

aisle /aɪl/ *n.* 过道

bakery /ˈbeɪkəri/ *n.* 面包烘房

bun /bʌn/ *n.* 小圆面包

deli /ˈdeli/ *n.* 熟食柜台

muffin /ˈmʌfɪn/ *n.* 松饼


navigate /ˈnævɪgeɪt/ *v.* 导航


outer /ˈaʊtər/ *adj.* 远离中心的


produce /ˈprɒdʊːs/ *n.* 农产品


Passage


5  Listen to the passage and complete the map of a grocery store.


 **Bakery section**
 What you can find here:


 **Deli section**
 What you can find here:

 **Produce section**
 What you can find here:

 **Aisles on the inside**
 What you can find here:

 **Dairy section**
 What you can find here:

 **Frozen food section**
 What you can find here:



6 Work with a partner. Use the sentence "You look a little lost. Can I help you?" to start a conversation based on the clues.



Student

Ask B if he / she needs help.

Accept A's offer of help (explain difficulty of finding things in a newly opened supermarket).

Agree (shopping in a newly opened supermarket can be confusing) and ask what B needs.

Say you are making pizza and you need sliced meat.

Explain where this can be found (deli section).
Ask what else B needs.

Say you also need pineapple.

Tell B where the pineapple is (e.g. in the produce section, next to the oranges).

Thank A for his / her help.



Student

SITUATION

Student A is a shop assistant working in a newly opened supermarket.

Student B is shopping for pizza ingredients and is having difficulty finding what is needed.



“ Useful language

- It's difficult to find what I need. / I don't know where to find...
- I know, it's not easy to find things in a new supermarket. / You're not the only one who can't find what they want. Don't worry!
- What are you looking for? / What can I help you with? / What do you need to buy?
- I'm planning on having pizza tonight. / I'm cooking pizza later so I need sliced meat. / Can you help me find the sliced meat?
- You'll find the sliced meat/pineapple in the deli/produce section. / The sliced meat is just over here. / The pineapple is in the produce section just next to the oranges / between the oranges and the apples.
- Thanks so much. / I've got everything I need, thanks. / Thanks a million!

”

Example

A: You look a little lost. Can I help you!

B: Yes, please. I'm finding it hard to find things in this new supermarket.

A: ...

Moving On VIEWING & SPEAKING

Words & Expressions

boost /bu:st/ v. 使增长

budget /'bʌdʒɪt/ n. 预算
v. 编制预算

cram /kræm/ v. 硬塞

craving /'kreɪvɪŋ/ n. 渴望

cushion /'kʊʃən/ n. 防备不时之需的积蓄

differentiate /ˌdɪfə'renʃiət/ v. 区别

ditch /dɪtʃ/ v. 丢弃

eliminate /ɪ'lɪmənət/ v. 消除

essential /ɪ'senʃəl/ n. 必需品
adj. 极其重要的

fluctuate /'flʌktʃueɪt/ v. 波动

grounds /graʊndz/ n.pl. 渣滓

highlight /'haɪlaɪt/ v. 标出

interest /'ɪntrɪst/ n. 利息

jam-packed /ˌdʒæm 'pækt/ adj. 塞满的

joe /dʒoʊ/ n. 咖啡

loan /loʊn/ n. 贷款

luxury /'lʌkʃəri/ n. 奢侈品

splurge /splɜːrdʒ/ n. 挥霍

squeeze /skwiːz/ v. (使) 挤进

tackle /'tækəl/ v. 处理

track /træk/ n. 轨道

v. 跟踪

brew up 冲泡

dine out 外出用餐

on top of sth 对某事物摸得一清二楚


pay off 付清

whip up 匆匆做好


Before you watch

1 Work with a partner and discuss the questions.


1 Do you agree or disagree with the following statements?



A. I always feel as if I am in control of my money and my spending.



B. I enjoy spending money, but don't think about my spending habits too much.



C. Most of my money goes on essential things like food and rent.

2 Do you think you are good at budgeting? Why (not)?

While you watch

2 Watch the video and decide whether the statements are true (T) or false (F).

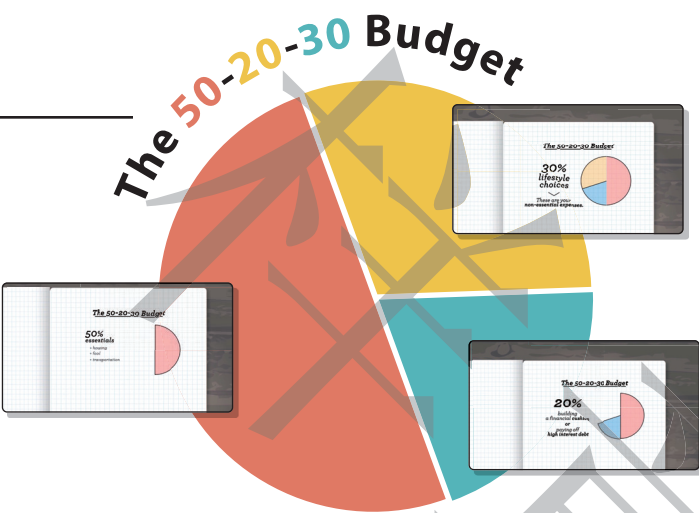
- ☐ 1 The speaker recommends to only borrow what you need when considering student loans.
- ☐ 2 The 50-20-30 budget suggests you spend 30% of your income on essentials.
- ☐ 3 Buy a coffee at a café is an essential expense.
- ☐ 4 Highlighting the non-essential expense in your money journal would not help you manage your budget.
- ☐ 5 The majority of American adults track their money regularly.

3 Watch the video again and choose the best answer.

- 1 When thinking about how you can boost your income, what should NOT you do?
 - A. Sell items you no longer need.
 - B. Start your own business.
 - C. Look for a part-time job.
 - D. Increase your student loan.
- 2 Why is it a good idea to track your expenses?
 - A. It will help you to increase your income.
 - B. It will help you to pay off high interest debt.
 - C. It will help you have more money for lifestyle choices.
 - D. It will help you use the 50-20-30 style of budgeting more effectively.
- 3 What does the 30 in the 50-20-30 budget refer to?
 - A. Money for essential items.
 - B. Money for lifestyle choices.
 - C. Money to save.
 - D. Money to invest.

- 4 What example does the speaker give for a lifestyle choice?
- Grocery shopping.
 - Car parking charges.
 - A coffee in a café.
 - Transport to college.
- 5 Which of the following does the speaker NOT suggest as a way of helping you track your finances?
- Tell a friend what you are doing.
 - Set reminders on your calendar.
 - Make budgeting part of your monthly routine.
 - Check in with your budget.

4 Complete the summary according to the video you have just watched.



The 50-20-30 Budget

If you've started budgeting, you will probably be thinking about how you can 1 _____ your income and reduce expenses. If you want to boost your income, make sure you don't do it by taking out more 2 _____ than needed. This will only mean making larger payments in later life. For many students, budgeting means reducing expenses. You can do this by following the 50-20-30 budget. The 50% in the budget refers to 3 _____, such as food and grocery shopping. The 20% is money left over to save or pay off debt. And the 30% refers to non-essential items or lifestyle choices. To make sure you stick with the 50-20-30 budget you will need to start 4 _____. That way, you can see exactly where your money is going. Budgeting is a habit, and you may need to work hard to keep the habit. 5 _____ on your calendar, tell a friend what you are doing and don't forget to check in regularly and evaluate your expenses. Prices change, after all.

Moving On VIEWING & SPEAKING

II After you watch

- 5 Work with a partner and complete the budget list and answer the questions. Share your ideas in class.

Budget list

1 The essential things you spend your money on:

2 The non-essential things you spend your money on:

3 Three things you could do to reduce your expenses:

Questions

- Is there any way you could decrease the amount you spend on essential things?
- Which non-essential thing would you be most willing to give up? How could this save your spending?

- 6 Read about the three people's cases. What advice would you give them? Share your ideas with a partner.

Case 1



Sally: My grocery bills are huge. I seem to spend far too much money on food—almost half my monthly income. There's very little money left for anything else!

Your advice: *I think Sally should find a cheaper place to buy her groceries. Or maybe she could start to cook meals with a friend, as that would work out cheaper for her.*

Case 2



Phil: Too much of my monthly income goes on clothes. I love clothes shopping and can never resist a "bargain" in the sale. Sometimes I don't have enough money left over for food.

Your advice:

Case 3



Neera: I know it's expensive, but I can't start the day without a nice, takeaway coffee! I pass a coffee shop on my way to college. It smells so good, and before I know it, I've spent three dollars!

Your advice:

7 Work with a partner and act out the role-play.

SITUATION

Student A You are worried about your finances. You don't have enough time to get a part-time job and you are thinking about taking out a bigger student loan. Your rent is really expensive, and you don't like cooking, so you spend a lot of money on eating out. You also find it hard to resist buying new clothes. Ask Student B for advice.

Student B Student A comes to you for money advice. Ask him / her questions about what he / she is spending money on. Explain the difference between essential items and lifestyle choices and tell him / her about the 50-20-30 budget. Give Student A some practical advice.



Useful language

- I'm finding it difficult to make ends meet. / I'm having some money worries.
- You may need to tighten your belt / reduce your expenses.
- You don't want to end up in a lot of debt / owing thousands of dollars.
- You should be wary of loans, as you'll end up paying lots of interest.
- How much of your money goes on essentials / lifestyle choices?
- Why don't you move closer to college / get a roommate?
- You should cut down on your non-essential items.
- You need to start tracking your expenses if you want to budget effectively.

Example

A: *I'm really worried about money. I think I might need to take out a bigger student loan.*

B: *Are you sure that's a good idea? You don't want to end up in a lot of debt, do you?*

A: ...

Your Turn UNIT PROJECT

Conducting a street interview about shopping habits

You have been asked to find out about local people's shopping habits, so you write questions and conduct a street interview to find out about how, when and where people shop and what they like to buy.



STEP

1

Decide what you want to know about local people's shopping habits. Think about where, why, when, how and what questions you could include in the interview in your group.

STEP

2

Write down your questions. You should have about 8-10 questions.

Suggested questions:

- How often do you go shopping?
- What kind of shops do you prefer, online shops or brick-and-mortar stores?
- Do you like buying things directly from producers? If so, why?
- Are you a bargain hunter? How do you save money when you shop?
- Have you ever used a group shopping site? What do you think of the experience?
- Do you like to plan your shopping sprees in detail? Why (not)?
- Do you ever buy thing(s) on impulse? If so, do you ever regret your purchase(s)?
- Have you ever bought more to get free shipping?



STEP

3

Read over your questions to make sure that they make sense. Ask group members to check them.

STEP

4

Role-play a street interview in your group. Listen carefully to the answers and take notes.

STEP

5

Conduct your street interview.

STEP

6

Share your ideas in a class discussion.

- What did you learn about people's shopping habits?
- Are they different to yours or are they similar?



Presentation skill

Follow the tips below to conduct a fair and purposeful street interview.

- Know your topic and questions beforehand.
- Pick a venue used by a lot of different people to get a diverse representative sample of public opinion.
- Never let personal bias affect your random sampling. Be generous and willing to talk with anyone who wants to talk.
- When approaching people for questioning, identify yourself, tell them about your story, and ask them politely if they would like to participate.
- Select answers that you believe are the most informative and representative of your topic.

Useful language

Beginning the interview

- Excuse me! Do you have a moment?
- I'm interviewing people about their shopping habits.
- Would you mind if I asked you a few questions? / Could I take a few moments of your time?

Ending the interview

- Thank you for your time.
- Thanks so much for answering my questions.
- Have a nice day!



China Focus LISTENING TO CHINA

Words & Expressions

addiction /ə'dɪkʃən/ *n.* 入迷

consumption /kən'sʌmpʃən/ *n.*

消费

downside /'daʊnsaɪd/ *n.* 缺点

impulsive /ɪm'pʌlsɪv/ *adj.* 冲动的

at your own pace 以适合自己的速度

1 Listen to the passage and decide whether the statements are true (T) or false (F).

- ☐ 1 Generation Z has become a significant force influencing consumption growth in China.
- ☐ 2 The speaker thinks that it's more relaxing to shop in a brick-and-mortar store.
- ☐ 3 If you are unhappy with something you have bought online, it is usually easy to solve the problem.
- ☐ 4 Online shopping has negative psychological and emotional effects.
- ☐ 5 According to the speaker, online shopping will not be around forever.

2 Listen to the passage again and complete the sentences.

- 1 When shopping online you can look _____ if you can't find a product in your own country.
- 2 Online shopping is relaxing, because you can shop at your own _____, doing research as you go.
- 3 There is a time _____ with online shopping, as you can't take your purchase home with you straight away.
- 4 People tend to describe the products they are selling in a(n) _____ way.
- 5 Online shopping can cause different kinds of psychological and _____ problems.

3 Work in groups and discuss the questions.

- 1 Can you think of any further advantages and disadvantages of shopping online?
- 2 Would you like to live in a world where all shopping was online? Why (not)?
- 3 Could technology solve any of the drawbacks associated with online shopping? How?



LOOKING INTO CHINA

1 Watch the video and decide whether the statements are true (T) or false (F).

- ☐ 1 Quanzhou's maritime trade history goes back to the 16th century.
- ☐ 2 Many years ago, merchant ships used the pagoda to guide them to Quanzhou.
- ☐ 3 Quanzhou's location was the only thing that made it become a successful trade hub.
- ☐ 4 Until very recently, merchants in Quanzhou were not protected by the government.
- ☐ 5 Quanzhou is a city where people from different cultures live together peacefully.

2 Watch the video again and complete the sentences.

- China's port city of Quanzhou was granted the much-coveted title of UNESCO World Heritage Site for its glorious 1 _____ dating back to the 10th through 14th centuries.
- Listed as "Quanzhou: Emporium of the World in Song-Yuan China", the serial property, as the World Heritage Committee defines it, includes 2 _____ historical monuments and sites.
- Quanzhou was 3 _____ of the ancient Maritime Silk Road, where ships would set sail to around 100 other ports along the famous sea trading route.
- In the Song and Yuan dynasties, a maritime 4 _____, which oversaw customs and administration, was established in Quanzhou, making the port city a national trade zone with the outside world, and installing a system that protected merchants.
- I think it's this openness, inclusiveness and 5 _____ that makes the city so full of life. And I believe it will continue to be.



Exploring Quanzhou China's World Heritage Site

3 Work in groups and discuss the questions.

- 1 If you have a chance to visit Quanzhou, what would you do there?
- 2 Think about what Quanzhou was like in the 16th century. What would the sights and sounds have been? If you could time travel there today, what might you see and hear?

Words & Expressions

buff /bʌf/ *n.* 爱好者

charismatic /ˌkærəz'mætɪk/ *adj.*
有超凡魅力的

coveted /'kʌvɪtɪd/ *adj.* 梦寐以求的

crucial /'kruːʃəl/ *adj.* 至关重要的

diversity /daɪ'vɜːrsəti/ *n.* 多元化

emporium /ɪm'pɔːrɪəm/ *n.* 大商店

exotic /ɪg'zɔːtɪk/ *adj.* 异国风情的

maritime /'mærətəɪm/ *adj.* 海上的

merchant /'mɜːrtʃənt/ *n.* 商人

reputation /ˌrepjə'teɪʃən/ *n.* 名誉

spark /spɑːrk/ *v.* 引起

thriving /'θraɪvɪŋ/ *adj.* 欣欣向荣的

UNESCO (United Nations

Educational, Scientific and

Cultural Organization)

/jʊ'neskəʊ/ 联合国教科文组织

set sail 起航

Cultural note

2021年7月，“泉州：宋元中国的世界海洋商贸中心”列入《世界遗产名录》。它作为亚洲海洋贸易网络东端引擎型港口的杰出范例，展现了公元10世纪至14世纪亚洲海洋贸易高度繁荣的景象。这一系列遗产包括承载着关键价值特征的22处遗产要素及其关联环境，完整地体现了宋元泉州富有特色的海外贸易体系与多元社会结构。如今，这里是“海上丝绸之路”中的一个特色组成部分，体现了中华民族自强不息、合作共赢的精神特质。

Questions

- 1 What was the earliest purpose of the Silk Road?
- 2 What are the benefits of the Belt and Road Initiative to the countries who are involved in it?

The Silk Road

More than two millennia ago, the courageous people of Eurasia opened up trade routes linking the major civilizations of Asia, Europe and Africa. These routes came to be known as the Silk Road in later generations. The Silk Road was an interconnected web of routes stretching from Chang'an / Luoyang, China, to Central Asia. This network linked multiple civilizations, facilitating extensive exchanges in trade, scientific knowledge, technological innovation, cultural practices and arts. It took shape between the second century BC and first century AD and remained in use until the 16th century. The routes primarily served to transfer raw materials, foodstuffs and luxury goods. Many high value trade goods were transported over long distances, by pack animals and river craft, or probably by a string of different merchants.

The Silk Road still plays a significant role nowadays. In 2013, the proposal for the Silk Road Economic Belt and the 21st-Century Maritime Silk Road, also known as "The Belt and Road Initiative", was introduced for the first time, with the focus on connectivity and cooperation among countries primarily between China and the rest of Eurasia. The Belt and Road Initiative aims to connect Asian, European and African continents and their adjacent seas, and to establish and strengthen partnerships among countries along the Belt and Road. The initiative's projects will help tap into the region's market potential, promote investment, and create job opportunities.

My Learning Log

I can use the listening skill I have learned to understand a conversation.

Listening for key words can help me to understand the main points of a conversation.

I can talk about things of different sections in a supermarket.

I can help others find what they want in a supermarket.

I can use the method I have learned to maintain a budget.

I know how to budget by applying the 50-20-30 model.

I can understand people's shopping habits nowadays.

People prefer online shopping nowadays.

I can better understand the significance of the Silk Road so I can...

achieve personal development in a more connected world.

I'm still confused about...

how I can manage money more effectively.

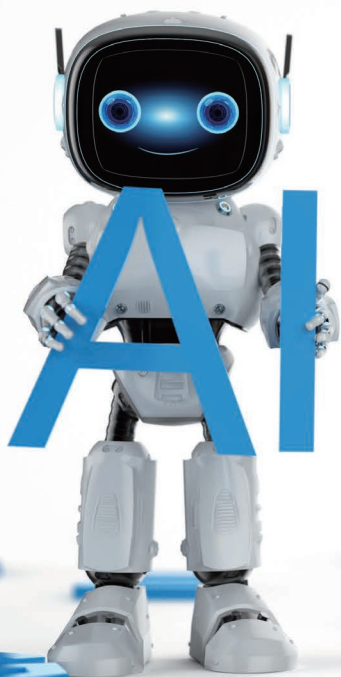
I'd like to know more about...

trade in different eras and regions.





“十四五” 职业教育国家规划教材



NEW ERA ENGLISH
FOR CAREERS

新时代职业英语专业篇

人工智能英语

VR 版

总主编：鲁 昕 副总主编：闫国华 主 编：夏登山

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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1

UNIT

Overview

START WITH AI

JOURNEY WITH AI

FORWARD WITH AI



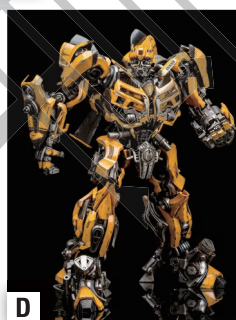
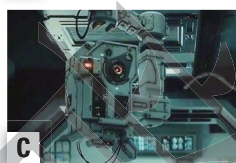
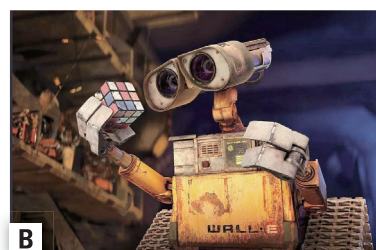
Learning objectives

After completing this unit, you'll be able to:

- have a general idea of AI's development
- understand AI is bringing on a new industrial revolution
- understand two typical parts of a manual—table of contents and safety precautions
- know China is making achievements in this field

START WITH AI

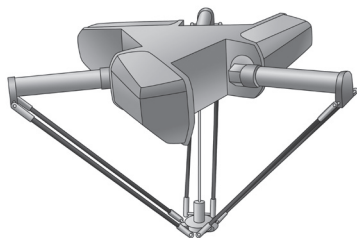
The following are famous robots in movies. Do you know them? Match them with their names.



- ☐ 1 BB-8 (*Star Wars*)
- ☐ 2 Moss (*The Wandering Earth*)
- ☐ 3 Baymax (*Big Hero 6*)
- ☐ 4 Bumblebee (*Transformers*)
- ☐ 5 WALL-E (*WALL-E*)

JOURNEY WITH AI

Practical Reading



From the manual
of a robot



小艾说

无论说明书是长是短，或简或繁，你都可以通过浏览目录，大致了解全貌，提高阅读效率。常见的说明书一般有产品介绍、安装步骤、操作步骤、保养与清洁、疑难解答、参数说明、保修条款等部分。

Table of contents



Liability

Safety precautions

1

Chapter 1 Introduction

- 1 Description of the robot
- 2 Updates of the robot
- 3 General design of the robot
- 4 Front view of the robot
- 5 Rear view of the robot
- 6 About this manual

2

Chapter 2 Installation and getting started

- 1 Unpacking
- 2 Assembling the robot
- 3 Mounting the motors
- 4 Mounting the rotational axis on the motor/gearbox shaft
- 5 Calibration
- 6 Installing the software

3

Chapter 3 Operation procedures

- 1 First steps
- 2 Basic steps
- 3 Tips for the daily work with the robot

4

Chapter 4 Maintenance and clean-up

- 1 Maintaining the robot
 - 1.1 Springs
 - 1.2 Ball bearings
 - 1.3 Rotational axis
- 2 Cleaning the robot
- 3 Replacing major components

5

Chapter 5 Troubleshooting

- 1 Operational issues
- 2 Charging errors

6

Chapter 6 Specifications

- 1 Basic specifications
- 2 External dimensions
- 3 Design specifications

7

Chapter 7 Warranty

Appendix
Index

Task 1 Reading comprehension Read the table of contents and complete the dialog.

(At work, Tim consults his colleague John about how to use the new robot.)

- T: Hi, John. Do you have a minute? I have some questions about the robot.
- J: Sure. Go ahead.
- T: What's new about it? I think it's the same with the old one.
- J: There are a few updates. Look at Chapter 1 of its manual. Read this part—**1 Updates of the robot.**
- T: I see. What about the software? I'm not familiar with its software.
- J: The manual tells how to install the software. Here, in Chapter **2** _____.
- T: OK! Then what should I do if I find some parts dirty?
- J: Refer to Chapter 4. **3** _____ is always important for prolonging the life of the robot.
- T: Great! Sometimes the robot makes noises or has charging errors. I think I can refer to the **4** _____ part to solve the problems.
- J: That's right. And the **5** _____ and **6** _____ in the back of the manual can help you locate the right contents quickly.
- T: Now everything is clear. Thank you so much for your help.
- J: You may also thank the manual very much. Haha.

Task 2 Playing a game Circle the five words in the word search.

bearing

rear

component

spring

unpack

Words & Phrases



Words

- calibration /kælə'breɪʃən/ *n.* 校准
- component /kəm'pəʊnənt/ *n.* (机器) 零件
- gearbox /'gɪrbɔːks/ *n.* 齿轮箱
- liability /lɪə'bɪləti/ *n.* 责任; 义务
- shaft /ʃæft/ *n.* (机器的) 轴
- spring /sprɪŋ/ *n.* 弹簧
- unpack /ʌn'pæk/ *v.* 打开(箱子等)取出物品
- update /'ʌpdeɪt/ *n.* 更新

Phrases

- ball bearing 滚珠轴承
- front view 前视图
- operation procedure 操作步骤
- rear view 后视图
- rotational axis 旋转轴

Notes

- 文中的机器人被称为三角式机器人(delta robot), 是工业机器人(industrial robot)中的并联式机器人(parallel robot)。我国的工业机器人起步于二十世纪七十年代, 如今已经得到了非常广泛的应用。发展工业机器人也是我国制造业向智能化、高端化转型过程中的重要一环。
- 关于视图, 除了前视图(front view)和后视图(rear view)外, 常见的还有仰视图(bottom view)和俯视图(top view)。

T	D	K	S	P	R	I	N	G	T
N	R	J	A	N	O	X	C	E	F
E	A	U	N	P	A	C	K	A	G
N	P	B	Y	I	V	N	E	T	N
O	M	X	B	A	Q	T	T	R	I
P	O	O	G	L	F	T	A	Z	R
M	K	J	D	X	P	E	H	V	A
O	O	S	J	P	R	C	L	U	E
C	F	H	B	W	C	W	M	B	B
O	B	B	M	D	L	O	R	X	P

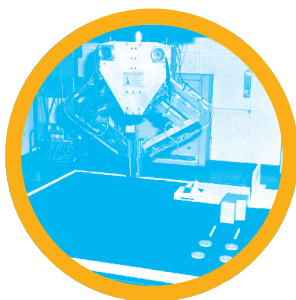
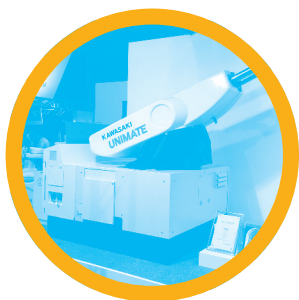
A few milestones in AI history



小艾说

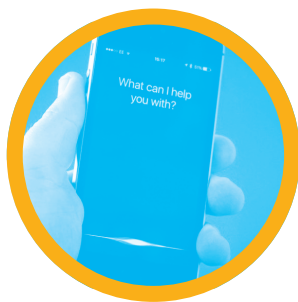
人工智能是一个很大的话题，也是一个广阔的世界，让我们从了解它的前世今生开启这一旅程吧。

- ¹ Artificial intelligence is the hot topic of our times. The concept is not actually all that new: as long ago as 1637, the **philosopher** Descartes thought seriously about the possibility that machines would one day think and make decisions.
- ² However, it wasn't until 1956 that the term "artificial intelligence" was **coined**. This was the year Professor John McCarthy proposed the term in the Dartmouth Conference, an event which invited leading experts in the field to discuss their ideas over the subject. Ever since this conference, artificial intelligence has developed at a fast pace.
- ³ The first stationary industrial robot was named Unimate and in 1961, it was delivered to the General Motors factory and worked on an assembly line. Other more advanced robots followed soon after: Shakey the robot was invented in late 1960s. As the first general-purpose mobile robot, Shakey **combined** research in robotics, computer vision, and natural language processing. In 1973, a robotics group at University of Edinburgh built Freddy, the famous Scottish Robot. Freddy was able to assemble wooden models using vision to **identify** and **locate** the parts.
- ⁴ It wasn't long before machines were able to perform much more **complex** tasks. In 1997, the chess supercomputer Deep Blue managed to defeat the world chess **champion** Garry Kasparov. This victory drew public attention to how quickly computers were evolving.
- ⁵ In 2002, many **households** around the world were delighted to hear about the invention of a **vacuum** cleaner robot called Roomba. Roomba



wasn't the first household robot, but she was the first successful model. Electrolux had introduced a robotic vacuum cleaner in 1996, but it experienced frequent problems and didn't sell well.

- 6 If household robots weren't enough, soon an even more advanced robot would be introduced: an intelligent assistant who would **respond** to voice commands. Apple released Siri in 2011, and a wave of similar products has since followed: Google Assistant, Microsoft Cortana, Amazon Alexa and Baidu Duer.
- 7 What's next for AI? If technology continues to develop at this rate, one thing is sure: many more exciting changes are **afoot**.



Words & Phrases



Words

- afoot** /ə'fʊt/ *adj.* 进行中的
champion /'tʃæmpiən/ *n.* 冠军; 第一名
coin /kɔɪn/ *v.* 创造; 杜撰 *n.* 硬币
combine /kəm'baɪn/ *v.* (使) 结合; (使) 组合
complex /'kɑ:m'pleks/ *adj.* 复杂的; 难以理解的
household /'haʊshəʊld/ *n.* 一家人
adj. 家庭的; 家用的
identify /aɪ'dentɪfaɪ/ *v.* 认出; 确定
locate /'ləʊkeɪt/ *v.* 找出……的准确位置
milestone /'maɪlstəʊn/ *n.* 里程碑
philosopher /fə'læ:səfə/ *n.* 哲学家
respond /rɪ'spɑ:nd/ *v.* 作出反应; 回应
vacuum /'vækjʊm/ *n.* 真空

Phrases

- assembly line** 装配线; 流水作业线
at a fast pace 以很快的速度
draw sb's attention 吸引某人的注意

Notes

1. Descartes: 笛卡尔, 法国哲学家、数学家、物理学家。
2. This was the year Professor John McCarthy proposed the term in the Dartmouth Conference, an event which invited leading experts in the field to discuss their ideas over the subject. 这是一个复杂的句子, 包含两个定语从句: 一个修饰 the year, 一个修饰 an event。同时, an event 这一句又是前面 the Dartmouth Conference 的同位语。
3. 文中提到的几个工业机器人都很有名: Unimate 是第一个商用机器人, 是短语 universal automation (全能自动化) 的简写; Shakey 是第一个通用的移动机器人; Freddy 曾被叫作手眼机器 (hand-eye machine)。当然, 今天的智能机器人已经更普遍, 更高级了。
4. Apple Siri, Google Assistant, Microsoft Cortana, Amazon Alexa, Baidu Duer: 这些都是智能语音助手。其中有你用过的吗?
5. What's next for AI? 这句话中, next 是代词, 表示下一个 (人或事物)。又如: What's next on your to-do list? 你的待办清单上的下一项是什么?

JOURNEY WITH AI

Intensive Reading

Task 1 Words Fill in the blanks with the proper form of the words in the boxes. Note they all start with the letter *c*.

continue

conference

combine

champion

coin

complex

- 1 The term "ecosystem" was c_____ in 1930s.
- 2 His dream is to become a world c_____ of tennis.
- 3 The problems we face today are considerably more c_____, and resolving them has become much more difficult.
- 4 This design has c_____ traditions of the past with the trend of today.
- 5 It's not suggested that one c_____ working after getting illness.
- 6 The participants of this c_____ came from more than 100 countries.

Task 2 Grammar Put the proper names in the corresponding categories. Can you find more proper names and more categories from the passage?

Descartes

Roomba

Garry

Siri

Kasparov

Duer

General Motors

Microsoft

Amazon

Baidu

Unimate

Cortana

Shakey

Grammar Note

名词通常包括普通名词和专有名词 (proper name)。专有名词主要是人名、地名和一些事物的专有名称。专有名词的首字母通常大写。

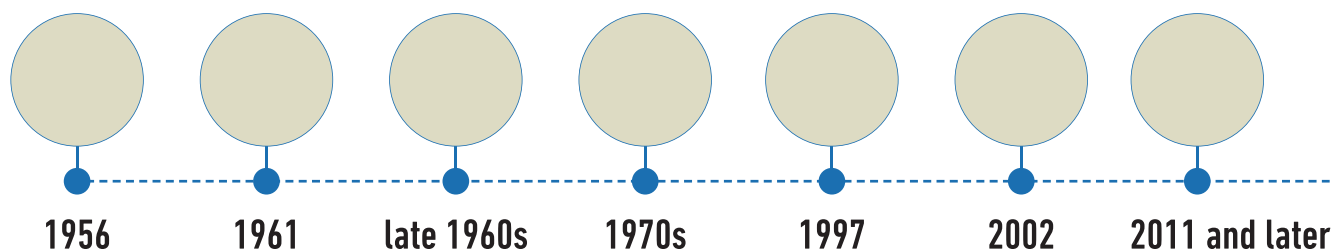
Person

Descartes

Company

Robot

Task 3 Reading comprehension Put the following events in a time sequence.



- A Deep Blue defeated the world chess champion.
- B Freddy, who could use vision to identify and locate parts, was put into use.
- C John McCarthy coined the term “artificial intelligence”.
- D Shakey, the first general-purpose mobile robot, was invented.
- E Intelligent robots, who would respond to voice commands, were introduced.
- F Roomba, the household robot, was sold on the market.
- G Unimate, the industrial robot, worked on an assembly line.

Reading Strategy

讲述历史发展类的文章经常按照时间顺序进行叙述。阅读时，你可以通过表示年月、时间的关键词理解事件的先后顺序，或制作时间轴，更加直观明了。

Task 4 Extended exercise A milestone is an important event in the development of something. What are the milestones in your life with computers or the Internet? Make a milestone timeline of your own.

accessed a computer

owned a cellphone

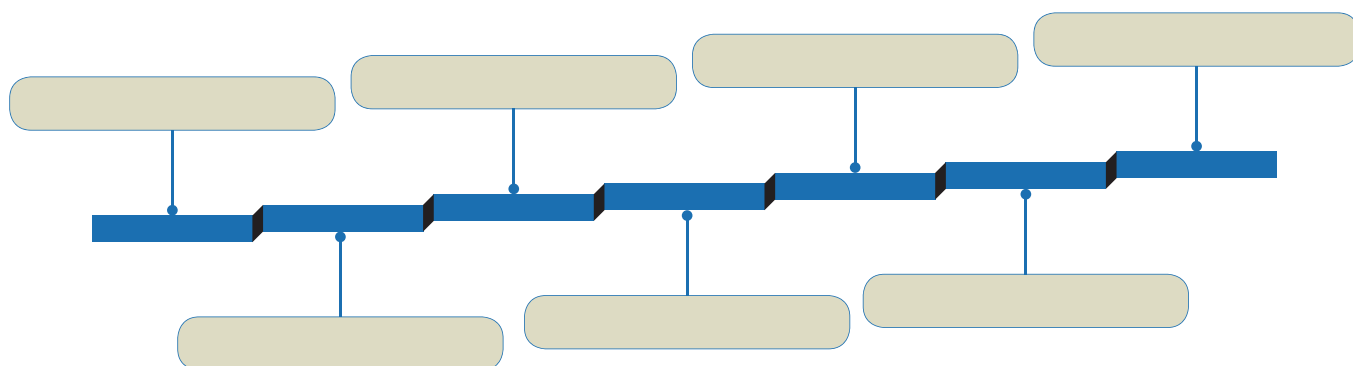
accessed the Internet

opened a Weibo account

bought a smart product

learned to program

started playing computer games





From the manual of VR glasses



小艾说

无论是生活用品还是生产机器，使用之前，请首先阅读说明书中的安全提示，一定要在确保安全的前提下使用啊！

! Safety precautions



Health and safety precautions

- Take regular breaks from wearing your glasses, as prolonged periods of use may cause fatigue.
- This device is not suitable for people with epilepsy, as it may trigger seizures.
- Do not use this device while driving a motor vehicle, operating heavy machinery or performing physical activities.
- Be aware that this device may cause a momentary loss of balance, so only wear your glasses where a soft and safe landing is guaranteed.
- This device is not recommended for children under the age of 13 as young children's eyes are still developing. Adults should monitor children (aged 13 and older) who are using VR glasses and should limit the time they spend using the device as well as ensuring they take regular breaks during use.

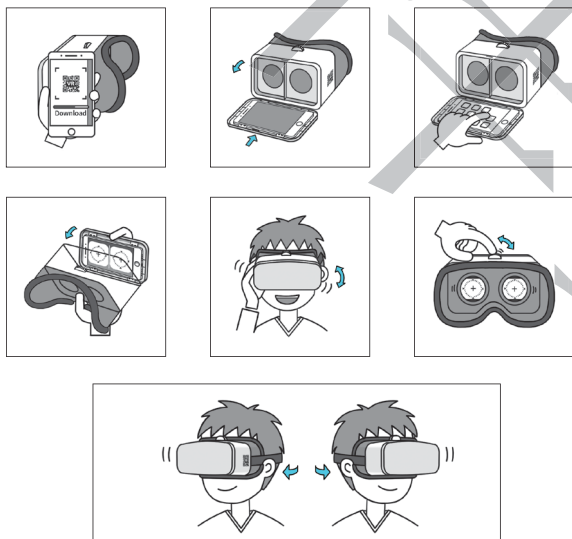
机器翻译

健康和安全预防措施

- 从戴眼镜中定期休息，因为长时间使用可能会导致疲劳。
- 该设备不适合癫痫患者，因为它可能引发癫痫发作。
- 在驾驶机动车、操作重型机械或进行体力活动时，请勿使用本设备。
- 请注意，该设备可能会导致瞬间失去平衡，因此，只有在保证软着陆和安全着陆的情况下，才可佩戴眼镜。
- 不建议 13 岁以下儿童使用此设备，因为幼儿的眼睛还在发育中。成人应监控使用虚拟现实眼镜的儿童（13 岁及以上），并应限制他们使用虚拟现实眼镜的时间，并确保他们在使用过程中定期休息。

How to use

1. Download the VR app of your choice.
2. Open your VR glasses headset and place your smartphone in the holding tray.
3. Tap the VR app icon on your phone's home screen.
4. Close your VR glasses headset.
5. Place the glasses on your head, adjusting the straps to ensure that it is securely fastened.
6. Adjust the focus if necessary.
7. Move your head to control the cursor and enjoy the VR experience.



Warning

This product may contain traces of chemicals known to cause birth defects. Therefore, this product is not recommended for pregnant women. Please ensure you wash your hands after handling your device.



使用方法

1. 下载对应的 VR 应用程序。
2. 打开 VR 眼镜前盒，将智能手机放在托盘中。
3. 轻触手机主屏幕上的 VR 应用程序图标。
4. 关闭 VR 眼镜前盒。
5. 将眼镜戴在头上，调整带子以确保其牢固固定。
6. 必要时调整焦距。
7. 移动头部从而控制光标，享受 VR 体验。



我的翻译

JOURNEY WITH AI

Comparative Reading

Words & Phrases



Words

adjust /ə'dʒʌst/ v. 调整; 适应

cursor /'kɜːrsər/ n. (计算机的) 光标

fatigue /fə'tiːg/ n. 疲乏; 劳累

focus /'fəʊkəs/ n. 焦距; 焦点

icon /'aɪkən/ n. 图标

momentary /'mɒməntəri/ adj. 短暂的; 瞬间的

monitor /'mɒnɪtər/ v. 监视; 监测

precaution /prɪ'kəʊʃən/ n. 预防措施

pregnant /'pregnənt/ adj. 怀孕的

prolonged /prə'lɒŋd/ adj. 持续很久的; 长期的

strap /stræp/ n. 带子

trigger /'trɪɡər/ v. 引发; 激发

Phrases

birth defect 出生缺陷

holding tray 托盘

take regular breaks 定期休息

VR (virtual reality) 虚拟现实

Notes

1. VR: 虚拟现实是当下非常热门的一项实用技术, 已广泛应用于影视娱乐、教育、设计、医学、军事和航空航天等领域。
2. epilepsy: 癫痫, 又称“羊角风”或“羊痫风”, 是我国神经科疾病中仅次于头痛的第二大常见病。
3. icon: 计算机、手机等屏幕上的图标。另外还有一些类似 icon 但指代不同的词: emoji, meme, sticker, emoticon。



Task 1 Words Choose the appropriate meaning of the words according to the manual.

- ☐ 1 precaution
 - a. things to do to prevent danger
 - b. things to arrange for something
- ☐ 2 prolonged
 - a. making something longer and longer
 - b. continuing for a long time
- ☐ 3 trigger
 - a. the part of a gun
 - b. to make something happen
- ☐ 4 momentary
 - a. continuing for a very short time
 - b. a particular point in time
- ☐ 5 monitor
 - a. the part of a computer with a screen
 - b. to watch carefully

Task 2 Reading comprehension Decide whether the following statements are true (T) or false (F).

- ☐ 1 You may feel tired if using the VR glasses for a long time.
- ☐ 2 You can wear the glasses when driving a car on the road.
- ☐ 3 Children are the main target customers of the VR glasses.
- ☐ 4 Besides the glasses, you need a smartphone with the matching app on it.
- ☐ 5 To have better VR experience, keep your head still.

Task 3 Translation Translate the following paragraph and compare your translation with the machine translation.

This device is not recommended for children under the age of 13 as young children's eyes are still developing. Adults should monitor children (aged 13 and older) who are using VR glasses and should limit the time they spend using the device as well as ensure they take regular breaks during use.

Translation Note

从这一段可以看出，如今的机器翻译已经比较成熟。这一段中机译的不足之处有：“幼儿”的说法不准确；“虚拟现实眼镜”出现两次，有点重复。

机器翻译

不建议 13 岁以下儿童使用此设备，因为幼儿的眼睛还在发育中。成人应监控使用虚拟现实眼镜的儿童（13 岁及以上），并应限制他们使用虚拟现实眼镜的时间，并确保他们在使用过程中定期休息。

VS

我的翻译

How AI can bring on a new industrial revolution



—Adapted from a speech by Kevin Kelly

- ¹ When we take AI and embody it, we get robots.
- ² Robots are going to do many of the tasks that we have already done. A job is just a bunch of tasks, so they're going to redefine our jobs because they're going to do some of those tasks. But they're also going to create whole new categories, a whole new slew of tasks that we didn't know we wanted to do before. They're going to actually engender new kinds of jobs, new kinds of tasks that we want done, just as automation made up a whole bunch of new things that we didn't know we needed before, and now we can't live without them. So they're going to produce even more jobs than they take away.
- ³ But it's important that a lot of the tasks that we're going to give them are tasks that can be defined in terms of efficiency or productivity. If you can specify a task, either manual or conceptual, that can be specified in terms of efficiency or productivity, that goes to the robots. Productivity is for robots. We're really good at things that are inefficient. Science is inherently inefficient. It runs on the fact that you have one failure after another. It runs on the fact that you make tests and experiments that don't work, otherwise you're not learning. It runs on the fact that there is not a lot of efficiency in it. Innovation by definition is inefficient, because you make prototypes, because you try stuff that fails, that doesn't work. Exploration is inherently inefficient. Art is not efficient. Human relationships are not efficient. These are all the kinds of things we're going to be attracted to, because they're not efficient. Efficiency is for robots. We're also going to work with these robots because they think differently than us.
- ⁴ When Deep Blue beat the world's best chess champion, people thought it was the end of chess. But actually, it turns out that today, the best chess champion in the world is not a robot. And it's not a human. It's the team of a human and a robot. The best doctor is not a human. It's not a robot. It's the team. We're going to be working with these robots, and I think you'll be paid in the future by how well you work with them. They're different, they're useful and they're going to be something we work with rather than



小艾说

我们生活中，机器人越来越多，它可能会成为我们的朋友和帮手。一个 AI 和人紧密合作的时代刚刚开启，我们一起加油吧。

against. We're working with them rather than against them.

- ⁵ So the future: where does that take us? I think that 25 years from now, they'll look back and look at our understanding of AI and say, "You didn't have AI. In fact, you didn't even have the Internet yet, compared to what we're going to have 25 years from now." There are no AI experts right now. There's a lot of money going to it. There are billions of dollars being spent on it. It's a huge business, but there are no experts, compared to what we'll know in 20 years from now.
- ⁶ So we're just at the beginning of the beginning, we're in the first hour of all this. We're in the first hour of the Internet. We're in the first hour of what's coming. The most popular AI product in 20 years from now, that everybody uses, has not been invented yet. That means that you're not late.
- ⁷ Thank you.

Words & Phrases



Words

conceptual /kən'septʃuəl/ *adj.* 概念的
 embody /ɪm'bɑːdi/ *v.* 体现; 表现
 engender /ɪn'dʒendər/ *v.* 产生; 引起
 inherently /ɪn'hɪrəntli/ *adv.* 内在地
 prototype /'prəʊtətaɪp/ *n.* 原型
 redefine /ˌriːdɪ'faɪn/ *v.* 重新定义

Phrases

a bunch of 大量; 一串
 a slew of 大量

Note

Kevin Kelly: 美国科技杂志《连线》创始主编，1994 年出版的著作《失控》中的多项预测成为现实，后又出版《科技想要什么》《必然》，合称“KK 三部曲”。在《必然》一书中，他用 12 个词总结了未来技术的发展趋势：形成 (Becoming)、知化 (Cognifying)、流动 (Flowing)、屏读 (Screening)、使用 (Accessing)、共享 (Sharing)、过滤 (Filtering)、重混 (Remixing)、互动 (Interacting)、追踪 (Tracking)、提问 (Questioning) 以及开始 (Beginning)。

Task Discussion What is your dream job? Can it be replaced by robots? Or what kinds of robots can assist you in your dream job?



小艾说

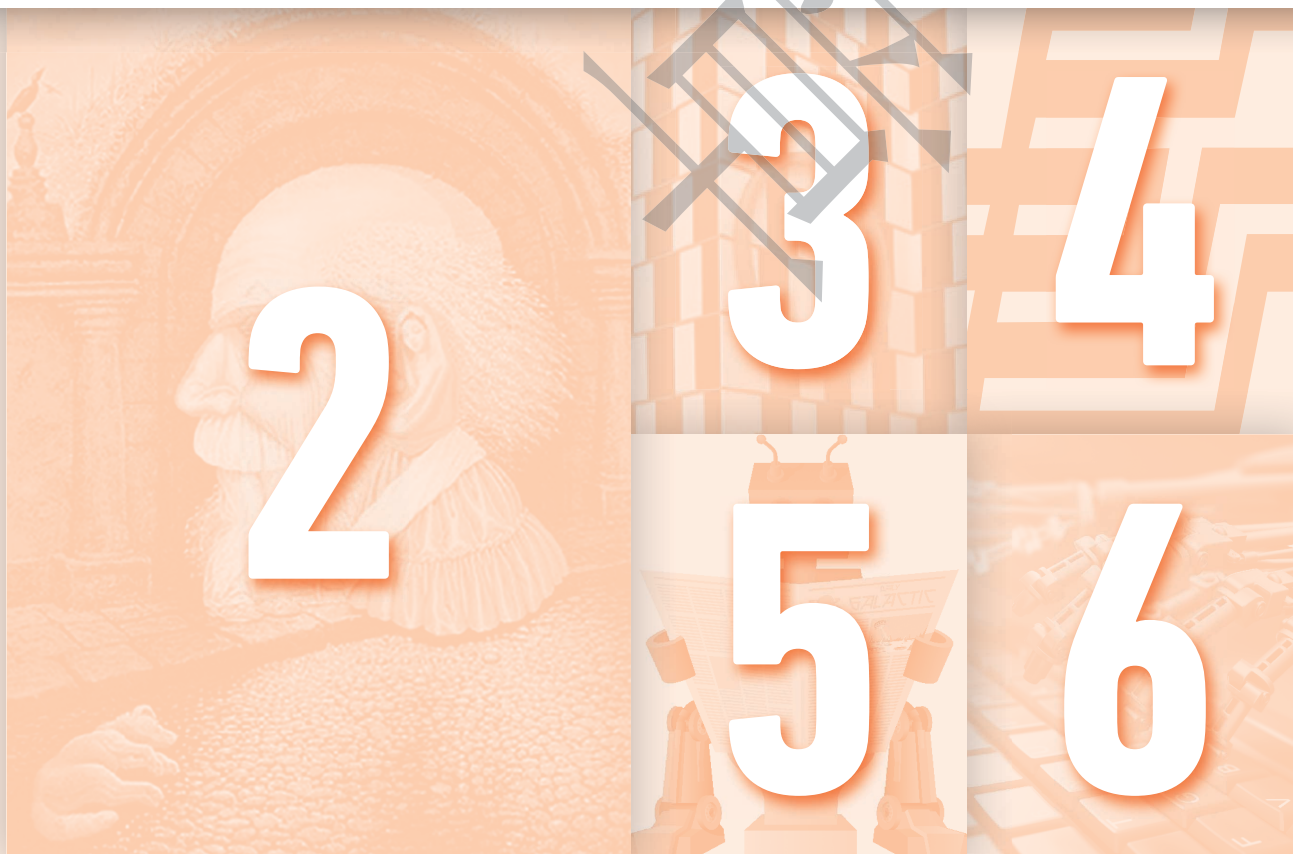
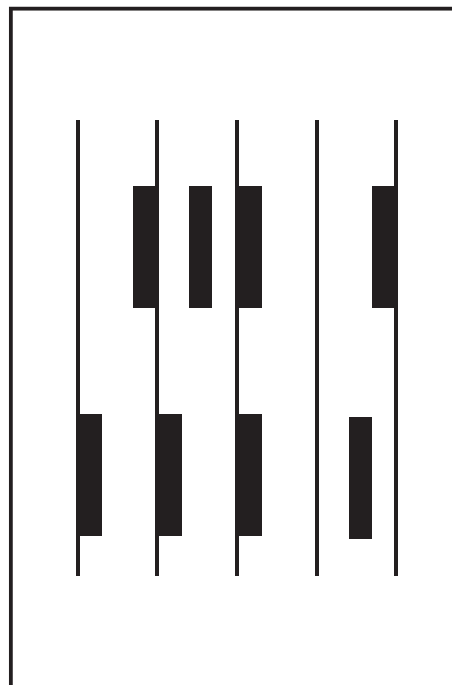
这是道谜题，你能解开吗？
你觉得 AI 能解开吗？

What is it?

At first glance, you may think you are looking at piano keys.

Look again. What if I tell you there are four numbers encoded here?


Can you decode the numbers?



AI's Show

Suppose you time-travel to the Tang Dynasty and meet the famous poet Du Mu. Tell him today's 5G and help him out. Make a dialog and act it out to the class, or make it into a drama and play it on stage.

Past




旅宿

[唐]杜牧

旅馆无良伴，凝情自悄然。
寒灯思旧事，断雁警愁眠。
远梦归侵晓，家书到隔年。
沧江好烟月，门系钓鱼船。

Present

Today, with 5G (the 5th Generation mobile technology), people can easily get in touch with relatives and friends in seconds by texts, voices and videos. People won't feel so lonely on journeys, and the letters from home won't travel so long any more.



My Learning Log

Words & Phrases The words and phrases I have learned in this unit are:

Grammar The grammar I have learned in this unit is:

Reading Strategy The reading strategy I have learned in this unit is:

Manual I have learned two parts of a manual. They are:

☐ Table of contents
 ☐ Safety precautions

Answer They are 5936.

使用说明

《人工智能英语（VR版）》包含六个单元，每个单元配有一个VR场景，让学生身临其境地进行听说学习和训练。

使用步骤

第一步：使用手机扫描右侧二维码进入“外研职教”微信小程序，填写注册信息，登录小程序。

第二步：使用小程序左上角的扫码功能，扫描封底验证码，激活教材。

第三步：点击教材中的“VR课程”，即可进入VR课程学习。



如果选择使用**VR设备**或**电脑**进行学习，请扫描封底“数字资源使用说明”二维码，查看详细说明。

故事情节

在本VR课程中，你将扮演中国学生的角色，向留学生Jack介绍你的智能之家。

在你的家里，门厅有一套智能安保系统。客厅里有一台扫地机器人。书桌上放着一副VR眼镜、一架无人机和一部手机。桌上还有一台电脑，屏幕上显示着Python编程界面。你将和Jack在这个智能之家展开一系列有趣的对话……



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VR glasses



Student



Jack



Why are you wearing a pair of VR glasses?

(games, VR headset)



Is that the right way to wear the glasses?



Huh, right. Several new games now need VR glasses. How are these glasses used, anyway?

(look at the screen, button, adjust the focus)



(download the VR application, open the VR app)



It doesn't sound too difficult. Can I try it?



Can you play just by wearing the glasses? Is it as simple as that?

(a long time, comfortable spot, lose your balance, hard object, injuring yourself)



(a fixed headband, adjust the strap, are appropriately placed over)



Wow, this feels so realistic!

Useful expressions

a pair of 一副, 一把, 一条

if necessary 如有必要

end up 最终处于, 到头来

Sample conversation

S = Student J = Jack

J: Why are you wearing a pair of VR glasses?

S: Well, one of the games I play requires a VR headset.

J: Huh, right. Several new games now need VR glasses. How are these glasses used, anyway?

S: First, you need to download the VR application. Then, you need to open the VR app on your phone and choose the game you want to play.

J: Can you play just by wearing the glasses? Is it as simple as that?

S: Well, you see, this is a fixed headband, and you need to adjust the strap to ensure that the glasses are appropriately placed over your head.

J: Is that the right way to wear the glasses?

S: After wearing the glasses, you must look at the screen again, and if necessary, use this button to adjust the focus.

J: It doesn't sound too difficult. Can I try it?

S: Sure. However, if you intend to play for a long time, it is better to find a comfortable spot on a sofa because you may lose your balance while using these glasses. And if there is a hard object nearby, you may end up injuring yourself.

J: Wow, this feels so realistic!

J: 你为什么戴着 VR 眼镜呢?

S: 嗯, 我玩的一款游戏需要用 VR 设备。

J: 对啊, 现在几款新游戏都得用 VR 眼镜。不过, 这个眼镜怎么用呢?

S: 首先, 你要下载一个 VR 应用。然后, 打开手机上的 VR 应用, 再选择你想玩的游戏。

J: 戴上就可以直接玩了? 就这么简单?

S: 你看, 这个是固定的头带。你还得调整一下这根带子, 确保眼镜非常合适地固定在头上。

J: 这样做对吗?

S: 戴上后你得再看一下屏幕画面。如有必要, 用这个按钮来调整焦距。

J: 听起来倒不难。我可以试玩吗?

S: 没问题。但要是长时间玩的话, 你最好坐在沙发舒适的位置上, 以免用的时候失去平衡。如果身边有坚硬的物体, 你还可能受伤。

J: 哇, 这感觉好逼真!



“十四五”职业教育国家规划教材

农林牧渔大类



NEW ERA ENGLISH
FOR CAREERS

新时代职业英语专业篇

农林英语

总主编：鲁 昕 副总主编：闫国华 主 编：李 芝 张永萍

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2

UNIT

Forestry

WARMING UP

INTENSIVE READING

EXTENSIVE READING



Learning Objectives

By the end of this unit, you'll be able to:

- define sustainable forestry and understand how to manage it
- explain different ways of managing forests to store carbon
- read equipment rentals effectively
- describe the benefits of forest therapy
- translate technical terms
- discuss forestry issues

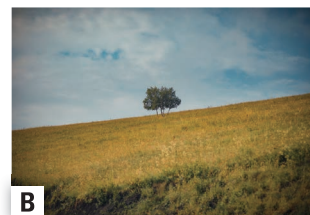
PRACTICAL READING

COMPARATIVE READING

FURTHER READING

Warming Up

Task Here are some forest types in the world.
Match the pictures with the forest types.



- ☐ 1 coniferous and broad-leaved mixed forest
- ☐ 2 tropical moist forest
- ☐ 3 savanna
- ☐ 4 forest plantation



Sustainable forestry

- ¹ “Sustainable” means to maintain, continue, and keep, and “forestry” is the science and art of managing forests. Sustainable forestry is about managing forests so that they can continuously provide wood, clean water, wildlife habitats, and beautiful landscapes.
- ² Sustainable forestry is concerned with all parts of the forest—trees, smaller plants, soil, wildlife, and water. It involves protecting forests from harm and preserving forests that are unique or special. It also relates to people because people need forests for the resources they provide and as a place to live or to make a living.
- ³ To realize sustainable forestry, the management of the forest itself and its surroundings are equally important.
- ⁴ One important aspect of sustainable forestry is about keeping the existing forest healthy. Many living and **nonliving** things make a forest unhealthy, including insect **pests**, diseases, wildfire, and **extreme** weather. **Normally**, the loss of an individual tree or several trees is not a big concern. When a large number of trees die, it may signal a forest health problem. Sustainable forestry seeks to promote forest health by reducing **aforementioned** things which seriously damage the forest.
- ⁵ Another important practice is to make sure the forest has enough natural seeds, **seedlings**, and tree **sprouts** (all called **regeneration**) to make a future forest. As for regeneration, it is good practice to think as much about which trees to leave as about which trees to cut, whether to allow for more sunlight, or to avoid being eaten by



animals. If they are chosen **properly**, the remaining trees can provide many of the same values and resources, and, perhaps, new trees in the future.

- 6 Moreover, there are other sustainable forestry practices aimed at protecting the surrounding environment, such as protecting forest streams and wet areas. Too much soil in water, or **sediment**, is harmful to **aquatic** life. Trees and other **vegetation** left **undisturbed** near streams or wet areas can prevent soil from entering streams. These areas near water are called buffer strips.
- 7 Sustainable forestry is a broad and important concept, which needs different approaches that are often **specifically** adapted to each site. Though it may be viewed in different ways, sustainable forestry requires concern and **commitment** on everyone's part.

Words & Expressions

Words

- nonliving /ˌnɒnˈlɪvɪŋ/ *adj.* 无生命的
 pest /pest/ *n.* 害虫
 extreme /ɪkˈstriːm/ *adj.* 异乎寻常的, 极端的
 normally /ˈnɔːrməli/ *adv.* 通常
 aforementioned /əˈfɔːrmenʃənd/ *adj.* 上述的, 前述的
 seedling /ˈsiːdlɪŋ/ *n.* 种苗, 幼苗
 sprout /spraʊt/ *n.* (植物的) 苗
 regeneration /ˌrɪdʒənəˈreɪʃən/ *n.* 再生
 properly /ˈprɒːpərli/ *adv.* 正确地, 适当地
 sediment /ˈsedəmənt/ *n.* 沉积物
 aquatic /əˈkwɔːtɪk/ *adj.* 水栖的, 水生的
 vegetation /ˌvedʒɪˈteɪʃən/ *n.* 植物, 草木
 aquatic /əˈkwɔːtɪk/ *adj.* 水栖的, 水生的
 undisturbed /ˌʌndɪˈstɜːrbd/ *adj.* 未受到干扰的
 specifically /spəˈsɪfɪkli/ *adv.* 特定地, 专门的
 commitment /kəˈmɪtmənt/ *n.* 投入

Expressions

- be concerned with sth 与某事物有关
 make a living 谋生
 a large number of 很多, 许多
 buffer strip 缓冲带
 on sb's part 就某人而言

Intensive Reading

Reading comprehension

Task 1 Read the text and answer the following questions.

1 What is sustainable forestry?

2 What is sustainable forestry concerned with?

3 What may signal a forest health problem and how can it be dealt with?

4 What is the function of buffer strips?

Vocabulary building

Task 2 Complete the sentences with the words in the boxes.

Word Bank

approve *v.* 批准

soil erosion 水土流失

debris flow 泥石流

primary forest 原始森林

irreplaceable *adj.* 不可代替的

biotechnology *n.* 生物技术

sacrifice *v.* 牺牲

branchlet *n.* 小树枝

drought *n.* 干旱

unique

involve

adapt

extreme

habitat

properly

preserve

promote

sustainable

forestry

- 1 In fact, most forest technologies _____ environmentally sound forest harvesting and transport operations.
- 2 This _____ ecosystem may soon be under pressure.
- 3 It was the first time that a government had approved a law to _____ and protect the land because of its great beauty.
- 4 _____ rainfall caused serious soil erosion and a great deal of fallen trees, and produced slope debris flows in many places.
- 5 The tropical primary forest is often considered important _____ for thousands of native wildlife.
- 6 As an important basis in the building of ecological civilization, _____ plays an irreplaceable role.
- 7 Biotechnology provides powerful tools for the _____ development of agriculture, fisheries, forestry, and the food industry.
- 8 We must not sacrifice environmental protection to _____ economic growth.
- 9 While developing its economy, China also pays great attention to _____ handling the relationship between human and the environment.
- 10 The branchlet grew bigger so as to _____ to a longer period of drought.

Task 3 A word can be more than one part of speech. Figure out the parts of speech of the underlined words and their Chinese meanings.

Example:

concern

- a) Sustainable forestry is concerned with all parts of the forest—trees, smaller plants, soil, wildlife, and water. v. 涉及, 关于
- b) Sustainable forestry requires concern and commitment on everyone's part. n. 关注

1 extreme

- a) A habitat shortage may have driven the squirrels to extremes, although scientists are skeptical. _____
- b) The company exposes genetically modified plants to extreme conditions, depriving them of water or light, for example. _____

2 practice

- a) Let students practice the concept of protecting the environment. _____
- b) It is good practice to use reusable plastics. _____

3 view

- a) From a practical point of view, there is no doubt that preserving the rain forests is good and sound business. _____
- b) With so much to see and explore, it's no wonder the Amazon River has the reputation as one of the best places to view wildlife. _____

4 value

- a) Forests with high conservation value should be protected and provided with appropriate tending. _____
- b) Some communities now value trees so much that they impose regulations that prohibit or limit tree cutting. _____

Word Bank

squirrel *n.* 松鼠

skeptical *adj.* 怀疑的

deprive *v.* 剥夺

conservation *n.* 保护

impose *v.* 强制实行

prohibit *v.* 禁止

Discussion

Task 4 Have you ever planted a tree? Here are five basic steps to plant a tree. Discuss in your group what should be done in each step.



Step 1

Select the tree and the spot.



Step 2

Dig a hole.



Step 3

Loosen the root ball.



Step 4

Place the tree in the hole.



Step 5

Backfill the hole.

Keeping existing forests healthy—a better way to store carbon

- ¹ Forests play a key role in nature. They clean air, filter water, and help control **erosion** and flooding. They also preserve **biodiversity** and promote soil formation and nutrient cycling. In addition to preserving natural resources and **ecosystems**, forests supply **timber**, wood for fuel, fiber and other products, and offer **recreational** opportunities such as hiking, camping, fishing and hunting.
- ² Carbon sequestration also ranks high on the list of **invaluable** services forests provide. Many people advocate large-scale tree-planting campaigns in forests around the world to absorb heat-trapping carbon dioxide. However, history has proved that this practice is not always feasible.
- ³ According to some researchers, instead of wasting money by planting lots of trees, it makes more sense to focus on keeping existing forests healthy so they can continue to act as carbon sinks, removing carbon from the atmosphere through **photosynthesis** and storing it in trees and soil.
- ⁴ Keeping existing forests healthy will require new approaches to forest management. Climate change has been implicated in record-setting wildfires in the forests around the world, as well as extensive tree die-offs that are largely due to hotter, drier climate extremes. Those disturbing trends are expected to accelerate. Thus as the first step, **policymakers** and land managers need to



acknowledge that large-scale vegetation changes are inevitable.

- 5 The next step is to manage forests **proactively** for the vegetation changes that can be **anticipated**. Managing for changes means, for example, more **aggressive thinning** of forests to reduce the build-up of fuels that fan **massive** wildfires. It also means selectively replacing some trees—after a wildfire, for example—that are no longer in **optimal** climate zones with new species that will **thrive** now and in coming decades.
- 6 Such activities will inevitably increase the costs of forest management. But they should be considered a **prudent investment**, one that

Words & Expressions

Words

- erosion /ɪˈroʊʒən/ *n.* (风、雨或海水的) 侵蚀, 腐蚀
 biodiversity /ˌbaɪəʊdəɪˈvɜːrsəti/ *n.* 生物多样性
 ecosystem /ˈiːkəʊsɪstɪm/ *n.* 生态系统
 timber /ˈtɪmbər/ *n.* 木材, 原木
 recreational /ˌrekriˈeɪʃənəl/ *adj.* 娱乐的, 消遣的
 invaluable /ɪnˈvæljuəbəl/ *adj.* 极有价值的
 photosynthesis /ˌfəʊtəˈsɪnθɪsɪs/ *n.* 光合作用
 policymaker /ˈpɑːləsiˌmeɪkər/ *n.* 政策制定者
 acknowledge /əˈknoʊlɪdʒ/ *v.* 承认
 inevitable /ɪˈnevətəbəl/ *adj.* 不可避免的
 proactively /prəʊˈæktɪvli/ *adv.* 积极主动地
 anticipate /ænˈtɪsəpeɪt/ *v.* 预期, 预料
 aggressive /əˈɡresɪv/ *adj.* 积极的
 thin /θɪn/ *v.* (使) 变稀少
 massive /ˈmæsɪv/ *adj.* 强烈的, 极具破坏力的
 optimal /ˈɑːptəmə/ *adj.* 最佳的, 最适宜的
 thrive /θraɪv/ *v.* 兴旺
 prudent /ˈpruːdənt/ *adj.* 慎重的
 investment /ɪnˈvestmənt/ *n.* 投资 (对象)
 underappreciated /ˌʌndəreɪˈpriːʃieɪtɪd/ *adj.* 未得到正确评价的
 humanity /hjuːˈmænəti/ *n.* 人类
 accordingly /əˈkɔːrdɪŋli/ *adv.* 相应地

Expressions

- in addition to doing sth 除了做某事 (还)
 natural resource 自然资源
 carbon sequestration 碳封存
 carbon dioxide 二氧化碳
 carbon sink 碳汇

helps preserve an **underappreciated** service that forests provide to **humanity** for free: carbon sequestration. Any efforts to preserve and enhance this vital function should be funded **accordingly**.

- 7 In the long run, the new forest management methods are more likely to benefit forests and enhance their ability to store carbon far more than massive tree-planting campaigns conducted without appropriate management strategies.

Extensive Reading

Reading comprehension

Task 1 Fill in the table with information from the text.

Paragraph	Main idea
Para. 1	Forests have many functions: <ul style="list-style-type: none"> • preserving natural resources and ecosystems • supplying forestry products • 1 _____
Paras. 2–6	Rather than 2 _____, keeping existing forests healthy is a better way to achieve carbon sequestration. <ul style="list-style-type: none"> • The first step: policymakers and land managers need to 3 _____. • The next step: forests should be managed proactively for the vegetation changes that can be anticipated, such as 4 _____ and selectively replacing trees.
Para. 7	The new forest management methods are more likely to 5 _____ and enhance their ability to store carbon.

Vocabulary building

Task 2 Match the words with their definitions according to the text.

1 optimal

A a chemical or food that provides what is needed for plants or animals to live and grow

2 nutrient

B plants in general

3 vegetation

C the best or most suitable

4 massive

D extremely useful

5 strategy

E sensible and careful, especially by trying to avoid unnecessary risks

6 prudent

F a planned series of actions for achieving something

7 invaluable

G unusually large, powerful, or damaging

Task 3 Match the verbs with their definitions and then complete the sentences with them. Change the form when necessary.

1 anticipate

A to publicly support a particular way of doing something

2 thrive

B to admit or accept that something is true or that a situation exists

3 acknowledge

C to become very successful or very strong and healthy

4 advocate

D to expect that something will happen and be ready for it

Word Bank

polypedatid *n.* 树蛙

breed *v.* 培育

altitude *n.* 海拔

- 1 They _____ that extreme weather was not the only factor affecting the survival of the polypedatid in the rain forest.
- 2 Some scientists _____ the method of biological pest control and integrated control, which sometimes is hard to carry out.
- 3 As technology advances, changes in temperature and climate can be _____ and farmers can prepare themselves in advance.
- 4 Scientists are selectively breeding rubber trees to _____ at higher altitudes and trying to make them mature faster.



Forestry equipment rentals

- ¹ Attention! This is for anyone who makes a living in the forestry business! Rent from us today and keep your operations running like clockwork!
- ² At our rental store, we offer equipment solutions tailored to meet a wide variety of demands of both businesses and homeowners—if you need a machine right away to keep your projects on schedule, if you look for land clearing equipment to fill the void in your forestry operation or if you want a wood chipper to use in your backyard! Additionally, swift replacement of equipment that is out of commission also can be realized in our store!
- ³ We pride ourselves on establishing lasting and positive relationships with our customers. That's why we offer a wide selection of cutting-edge, late-model equipment. Plus, we understand the importance of flexibility in your day-to-day operations, so we offer rental options for any duration—be it for a day, week, month, or even longer. We are also dedicated to providing top-of-the-line service to ensure your experience with our company is exceptional!

Our broad forestry equipment rentals

- ⁴ **Wood chippers** Our store carries wood chippers from Series 01 to Series 12 that can quickly convert branches, limbs and small trees into piles of wood chips.
- Feller bunchers** Feller bunchers can make cutting and gathering trees a fast and easy process.
- Forwarders** Use these rentals to remove heavy loads of logs from the field.
- Harvesters** Wheeled and tracked harvesters will enhance productivity in clear-cutting large areas of a forest.
- Log skidders** Use a log skidder to pull freshly cut trees from the forest faster than before.
- Stump grinders** Remove tree stumps and roots from the field with these hard-working grinders.
- Walk-behind trenchers** These mobile, versatile tools can handle digging and other tasks such as pipe laying and electrical cable installation.



Reading comprehension

Task 1 The following are four functions of an advertisement. Match each function with the corresponding paragraph of the text.

providing detailed information

creating demand

arousing attention

establishing goodwill

Vocabulary building

Task 2 Complete the sentences with the expressions in the boxes.

a wide selection of

fill the void

out of commission

on schedule

- 1 We have _____ tree sprouts for you to choose from.
- 2 Perhaps many factors were to blame for the massive loss of life. Whatever the cause, new animals and plants would evolve to _____.
- 3 Several forest machines are _____ and undergoing repair and maintenance.
- 4 He was doing a marvellous job in keeping the project _____.

Words & Expressions

Words

rental /'rentl/ *n.* 出租, 租赁

tailor /'teɪlə/ *v.* 按需定做

replacement /rɪ'pleɪsmənt/ *n.* 替换, 更换

flexibility /'fleksəbɪləti/ *n.* 灵活性

cutting-edge /'kʌtɪŋ 'edʒ/ *adj.* 最前沿的

convert /kən'veɜ:t/ *v.* 使转变, 使转换

limb /lɪm/ *n.* (树的) 大枝

productivity /prə'dʌktɪvəti/ *n.* 生产率

clear-cut /'klɪrkʌt/ *v.* 皆伐

freshly /'freʃli/ *adv.* 新近, 最近

stump /stʌmp/ *n.* (树被砍倒后留下的) 树桩, 树墩

versatile /'vɜ:rsətl/ *adj.* 有多种用途的, 多功能的

exceptional /ɪk'sepʃənəl/ *adj.* 非凡的

Expressions

fill the void 填补……的空白

out of commission 不能工作的

a wide selection of 种类繁多的

be dedicated to 致力于

piles of 一摞摞

wood chips 木片

electrical cable 电缆

Note

课文中提到的林业机械包括以下几种:

wood chipper 木材削片机

feller buncher 伐木归堆机

forwarder 集运机

harvester 收割机

log skidder 集材拖拉机

stump grinder 树桩粉碎机

walk-behind trencher 手推式开沟机

D series forest machines

¹ The D series incorporates innovations for improved performance, rugged durability and maximum productivity.

Power train

² The newest technology gives the forest machine engine exceptional power and fuel efficiency unmatched in the industry. The engine also meets the local emission requirements.

Hydraulics

³ The hydraulic systems are designed to provide reliability, outstanding controllability and proven performance in various forestry applications.

Operator comfort

⁴ Spacious purpose-built cabs offer excellent lines of sight to the work area with eight lights and all scratch-resistant polycarbonate windows.

Structures

⁵ Purpose-built car body design uses the most advanced manufacturing processes, ensuring durability and reliability in the most rugged forestry applications.

Guarding

⁶ Factory forestry machine cab guards, track shoe support guards and heavy-duty access doors help extend component life, reduce downtime and protect your forestry machine investment. ↻

Undercarriages

⁷ Heavy duty link assemblies provide toughness and durability. The specially made track will maximize undercarriage life and minimize operating costs. ↻

Versatility

⁸ Designed and purpose-built to meet diverse forestry applications, the D series machines can help improve productivity in various forestry and mill applications. ↻

Grapples

⁹ The log loading grapples combined with the machine make it flexible, versatile and efficient, allowing you to maximize productivity on your forestry job.



参考译文

D 系列是集更高性能、坚固耐用和最高产能于一身的创新产品。

动力系统

该林业机器发动机采用最新技术，拥有业界一流的卓越功率和燃油效率。该发动机也符合当地的排放要求。

液压系统

液压系统的设计旨在让机器在各种林业应用中可靠耐用，操控方便，表现出色。

操作舒适

特制驾驶室空间宽敞，工作视野极佳，装配八盏车灯和万能防刮聚碳酸酯窗户。

结构

特制车体设计采用最先进的制造工艺，确保机器在最严苛的林业应用场景中依旧耐用可靠。



我的译文



参考译文

抓斗

机器配备木材装载抓斗，灵活、通用且高效，最大限度提高林业业务产能。

Owning and operating costs

- ¹⁰ Lower energy consumption combined with easier access doors and extended service intervals maximize uptime, reduce operating costs and maximize productivity.

Serviceability

- ¹¹ The new cooling package has easy access to all radiator cores for faster cleanout. Regularly scheduled maintenance extends machine service life and lowers overall operating costs.

Customer focus

- ¹² Downtime is minimized by the utilization of a worldwide computer network that can help find in-stock parts. Your dealer also offers a wide range of other services that can be set up to meet your equipment needs. The dealer will help choose a plan that can cover everything from machine to attachment and replacement.

持有和运营成本

更低的能耗、更易出入的车门和更长的保养间隔，保证了机器尽可能长时间地运行，降低了运营成本，使产能最大化。

耐用性

新的冷却装置可轻松接入所有散热器芯，加快清洁速度。定期维护可延长机器使用寿命，降低整体运营成本。

客户至上

经销商利用全球计算机网络查询零件库存，尽可能减少机器的停机时间，并提供大量其他类型的服务，满足您的使用需求。经销商将提供从机器、附件和替换件在内的全套产品，供您选择。

Translation

Task Study the text and the translation provided. Then translate Paragraphs 6–8 into Chinese.

Translation Tips

When it comes to translating technical terms, one of the commonly used method is literal translation, which means translating technical terms into their Chinese equivalents literally. Professional dictionaries, journal papers, bilingual corpora and official websites can be consulted.

e.g. scratch-resistant polycarbonate window 防刮聚碳酸酯窗户
operating cost 运营成本

Other methods include pictographic translation (形译), where visuals and symbols are used to represent technical terms to aid comprehension, and annotation (加注), where explanatory notes are provided alongside the translated text to clarify complex concepts.

Forest therapy

¹ Many people enjoy spending time in nature. But do you know that time among the trees is therapeutic (疗愈的)? Forest therapy is growing practice that promises benefits for your mind and your body. It can help you relax and refuel—and give you a break from the devices, worries and stress that may dominate your daily life.

What is forest therapy?

² Forest therapy is rooted in the Japanese practice of Shinrin-Yoku, which is often translated as “forest bathing”. But it’s not a literal bath; the term refers simply to immersing (沉浸) yourself in the atmosphere of the forest. It is more than just meandering (漫步, 闲逛) through the woods, though. Trained forest therapy guides help participants engage in feeling the natural environment with all the senses and relax themselves.

How can forest therapy affect your health?

³ Common sense says that taking in the sights and sounds of the forest can help you relax. But it’s not just our brains that get a boost. There’s evidence that forest therapy is good for our bodies, too. One study showed that forest therapy reduced cortisol (皮质醇), a stress hormone. Another study

found that forest therapy had a positive impact on blood pressure and adiponectin (脂联素), a protein helping regulate blood sugar levels.

How to apply forest therapy in daily life?

- ⁴ Although the occasional forest therapy outing may help you unwind (放松) for a few hours, you may not make the time to go out. No worries, you can also reap (获得) the benefits of forest therapy if you apply it in your daily life.
- ⁵ Try the following practice:
- Sit comfortably and notice your breath.
 - Notice anything that takes you away from the awareness of your breath—whether it’s a sound, a thought or a sensation.
 - If you do notice something else, see if you can notice that you get engaged with something other than your breath. Try to let that awareness move past you and ease your attention back to your breath.
- ⁶ Take time to breathe deeply and turn your focus inward. If you can, get yourself outside among the trees. Leave your screens, your deadlines and your worries behind. It’s worth it—even if you can only spare a few minutes.

Project Lab

Based on what you have learned from this unit, design an advertisement for a forest machine, and present your advertisement to the whole class. Your advertisement should serve the following four functions:

- providing detailed information
- creating demand
- arousing attention
- establishing goodwill



Key vocabulary

The words and expressions I have learned in this unit are:

Reading

My newly acquired knowledge of forestry includes:

Speaking

The speaking skills I have improved in this unit are:

Translation

The translation skills I have learned in this unit are:

More information

After completing this unit, I would like to know more about:

My Learning Log



“十四五”职业教育国家规划教材

教育与体育大类



NEW ERA ENGLISH
FOR CAREERS

新时代职业英语专业篇

体育英语

词汇手册

总主编：鲁 昕 副总主编：闫国华 主 编：许家金

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

sport



/spɔ:t/ *n.*

体育运动

competitive **sport**

竞技体育

mass **sport**

群众体育

professional **sport**

职业运动

sports injury

运动损伤

water **sport**

水上运动

winter **sport**

冬季运动

The upcoming Beijing 2022 Olympic and Paralympic Winter Games have fueled the enthusiasm for winter **sports** in China.

即将举行的北京 2022 年冬奥会和冬残奥会激起了中国人对冬季运动的热情。

The most-watched **sports** in China are football and basketball, while table tennis and volleyball are both wildly popular.

在中国，观看最多的体育运动是足球和篮球，乒乓球和排球也非常受欢迎。

Note

竞技体育（competitive sport）和群众体育（mass sport）是现代体育的两个重要方面，两者既相对独立，又相互促进。竞技体育是在最大限度挖掘人的潜力的基础上，以创造优异成绩、夺取比赛优胜为目标的竞争性运动，其主角往往是职业运动员。群众体育则多针对业余爱好者，是为了促进身心健康而进行的、丰富多样的身体锻炼活动。

Day
1

athlete



/ˈæθli:t/ *n.*

运动员

athlete classification system 运动员分级制度

athlete representative 运动员代表

athlete support personnel 运动员辅助人员

athletes' village 运动员村

professional **athlete** 职业运动员

A knowledge of hormone function is essential to the understanding of an **athlete's** status.

了解激素的功能对于了解运动员的状态至关重要。

No **athlete** would enter a big race without any preparation.

没有运动员会不进行任何备战就参加大赛。



Day
2

activity



/æk'tɪvəti/ *n.*

活动，运动

muscular **activity**

肌肉活动

physical **activity**

体育活动

physical **activity** guidelines

体育活动指南

physical **activity** level

体力活动水平

physical **activity** specialist

体育运动专家

Any sort of muscular **activity** will increase the muscle fibers' density and strength.

所有肌肉活动都会提高肌肉纤维的密度和强度。

You should consider increasing your level of physical **activity** rather than cutting calories too drastically.

你应该考虑提高体力活动水平，而不是陡然减少卡路里摄入。

Day
3

physical

★★★★★ 身体

/ˈfɪzɪkəl/ *adj.*

身体的

physical contact

身体接触

physical disability

身体残疾

physical examination

身体检查

The arts make students noble-minded and **physical** education makes students fit and strong.

艺术使学生高尚，体育使学生强健。

Participating in regular moderate-to-vigorous **physical** activity provides many health benefits.

定期参加中高强度的体育活动对健康大有好处。

Physical health is closely linked to mental health.

身体健康与心理健康紧密关联。

Day
4

management



/ˈmænɪdʒmənt/ *n.*

管理

financial **management**

财务管理

human resources **management**

人力资源管理

safety **management**

安全管理

A crowd **management** plan should include an alcohol policy.

人群管理方案里应包含控酒规定。

Improvements in stadium design have improved emergency **management**.

场馆设计的改进提升了应急管理水平。

In response to the COVID-19 challenge, Beijing 2022 Olympic Winter Games has reformed its information and knowledge **management** platform by applying new digital tools to interact with the audience.

为应对新冠肺炎带来的挑战，北京 2022 年冬奥会改进了信息与知识管理平台，运用新技术数字工具与观众互动。

Day
5

Olympic



/ə'lɪmpɪk/ *adj.*

奥运会的

International **Olympic** Committee (IOC)

国际奥林匹克委员会（国际奥委会）

Olympic Charter

《奥林匹克宪章》

Olympic flame

奥运圣火

Olympic Games

奥运会

Olympic village

奥运村

The **Olympic** flame represents the warmth of friendship among all the people of the world.

奥运圣火代表着世界人民之间的温暖友谊。

The **Olympic** Games are held every four years.

奥运会每四年举办一次。



Day
6

game



/geɪm/ *n.*

比赛, 游戏

game day

比赛日

game schedule

比赛日程表

video game

电子游戏

Only about half of the viewers actually play the video **game** they are watching.

只有大约一半的观众真正玩自己所观看的电子游戏。

Golf courses use different lengths of turf to increase the difficulty of the **game**.

高尔夫球场使用不同长度的草皮来增加比赛的难度。

The team saw off their old rivals in last night's championship **game**.

该队在昨晚的冠军赛中击败了老对手。



Day
7

附录一 部分奥运会项目

夏奥会



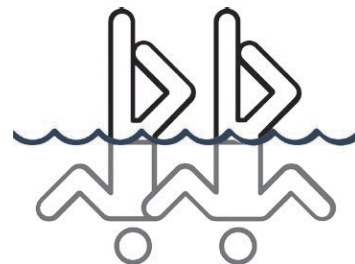
archery

射箭



artistic gymnastics

体操



artistic swimming

花样游泳



athletics

田径



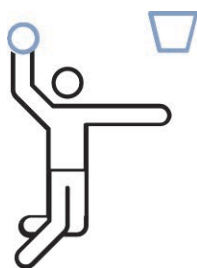
badminton

羽毛球



baseball/softball

棒球/垒球



basketball

篮球



beach volleyball

沙滩排球



boxing

拳击

附录二 常见运动损伤

骨骼损伤 skeletal injuries

骨折 fractures	compression fracture	压缩性骨折
	spiral fracture	螺旋形骨折
	transverse fracture	横断性骨折
	stress fracture	应力性骨折
其他骨损伤 other injuries related to bones	dislocation	脱位
	subluxation	半脱位
	osteitis	骨炎
	apophysitis	骨突炎

软组织损伤 soft tissue injuries

韧带损伤 ligament injuries	avulsion of ligament	韧带撕脱
	rupture of ligament	韧带断裂
肌腱损伤 tendon injuries	rupture of tendon	肌腱断裂
	tendinitis	肌腱炎
	tenosynovitis	腱鞘炎

(待续)