

Unit 1

Reading and Thinking

JOHN SNOW DEFEATS “ KING CHOLERA”

约翰·斯诺战胜“霍乱王”

Cholera used to be one of the most feared diseases in the world, until a British doctor, John Snow, showed how it could be overcome. This illness causes **severe** diarrhoea, dehydration, and even death. **In the early 19th century**, when an outbreak of cholera hit Europe, **millions of** people **died from** the disease. As a young doctor, John Snow **became frustrated** because no one knew how to prevent or treat cholera. **In time**, he rose to become a famous doctor, and even **attended to** Queen Victoria when she **gave birth**. However, he never lost his desire to destroy cholera **once and for all**. 在英国医生约翰·斯诺向人们展示如何战胜霍乱之前，霍乱曾是最令人恐惧的疾病之一。它可导致严重腹泻、脱水甚至死亡。**十九世纪初**，霍乱暴发，肆虐欧洲，**数百万人**丧命。由于当时无人知道如何预防或治疗霍乱，年轻的约翰·斯诺医生**很沮丧**。**后来**，他成了一位名医。甚至**照料分娩**的维多利亚女王。然而，他**始终**没有放弃彻底根除霍乱的愿望

In general, doctors in those days had two **contradictory** theories to explain how cholera spread. One theory was that bad air caused the disease. Another was that cholera was caused by an **infection** from germs in food or water. Snow **subscribed to** the second theory. It was correct, but he still needed **proof**. Consequently, when an outbreak of cholera hit London in 1854, Snow began to investigate. He discovered that in two particular streets the cholera outbreak was **so severe that** more than 500 people died in ten days. He **was determined to** find out why.

关于霍乱的蔓延方式，当时医生**大体上**有两种截然不同的看法。一种看法是空气污染引发，另一种看法是食物或饮用水中的细菌感染导致霍乱。斯诺**赞同**第二种看法。这一看法是正确的，但他仍需要证据。因此，**1854**年伦敦暴发霍乱时，斯诺便开始调查。他发现霍乱疫情在两条街道上尤为严重，十天内就有**500**多人死亡。他**决心**查明原因。

Snow began by **marking on a map** the exact places where all those who died had lived. There were **multiple** deaths near the water pump in Broad Street (especially house numbers 16, 37, 38, and 40). However, some **households** (such as 20 and 21 Broad Street, and 8 and 9 Cambridge Street) had had no deaths. These people worked in the pub at 7 Cambridge Street. They had been given free beer, and so had not drunk the water from the pump. Snow **suspected** that the water pump **was to blame**. **What is more**, in another part of London, a woman and her daughter had **died of** cholera after moving away from Broad Street. **It seemed that** the woman liked the water from the pump **so much that** she **had it delivered** to her house every day. **As a result of** this evidence, John Snow was able to announce that the pump water carried cholera germs. Accordingly, he **had** the **handle** of the pump **removed** so that it could not be used. Through this **intervention**, the disease was stopped in its tracks

斯诺首先**在地图上标出**所有死者住所的确切位置。宽街水泵附近有多例死亡(尤其是**16**号、**37**号、**38**号及**40**号住宅)，但是有些住户(如宽街**20**号和**21**号以及剑桥街**8**号和**9**号)却无人死亡。这些幸存者在剑桥街**7**号的酒吧工作，酒吧为他们提供免费啤酒，因此没有喝水泵抽上来的水。斯诺怀疑水泵就是罪魁祸首。此外，在伦敦的另一个区域，一名妇女和她的女儿从宽街搬来后死于霍乱。该妇女**似乎**非常喜欢从水泵抽上来的水，每天都**让人**从那里打水**运到**家里来。**有了这个证据**，约翰·斯诺就能够宣布水泵抽上来的水携带霍乱病菌。于是，他**让人拆掉**了水泵的把手，这样水泵就用不成了。这一干预举措遏制了疾病的蔓

延。

The truth was that the water from the Broad Street pump had been infected by waste. Moreover, Snow was later able to show a **link** between other cases of cholera and the different water companies in London. Some companies sold water from the River Thames that was polluted by **raw** waste. The people who drank this water **were** much more **likely to** get cholera than those who drank **pure** or boiled water

事情的真相是宽街水泵抽上来的水被废弃物污染了。此外，斯诺之后还证明了另外几起霍乱病例与伦敦多家饮用水公司有关。有些公司出售的水取自被未处理的废弃物污染的泰晤士河。与饮用纯净水或开水的人相比，饮用被污染的水的人**更容易**染上霍乱。

Through Snow's tireless efforts, water companies began to sell clean water and the threat of cholera around the world saw a **substantial decrease**.

However, cholera is still a problem. Each year, millions of people around the world get cholera and many **die from** it. Fortunately, we now know how to prevent cholera, **thanks to** the work of John Snow. Moreover, in his use of maps and **statistics**, Snow **transformed** the way scientists study diseases. **For this reason**, Snow is considered the father of modern epidemiology

经过斯诺的不懈努力，饮用水公司开始出售洁净水，世界各地霍乱的威胁大幅降低。然而，霍乱仍是问题。每年全球有数百万人感染霍乱，其中许多人因此**丧生**。幸运的是，**由于**约翰·斯诺的努力，我们现在知道了如何预防霍乱。此外，通过使用地图和数据，斯诺改变了科学家研究疾病的方式。**因此**，斯诺被誉为现代流行病学之父。

To raise new questions, new possibilities, to regard old problems from a new angle requires creative imagination and marks real advance in science.

----Albert Einstein & Leopold Infeld

译文：提出新的问题，发现新的可能，从新的角度审视已存在的问题，这些需要创造性的想象力，并标志着科学的真正进步。

Using Language

THE FATHER OF CHINA'S AEROSPACE

中国航天之父

Perhaps no other scientist has **had a greater impact on** China's aerospace science than Qian Xuesen. Described by the authors of the Story of Qian Xuesen as a man with "great scientific thought and scientific spirit" who was patriotic and served his homeland **with effort**, achievement, and devotion, Qian was an extremely well-respected man.

也许再没有哪一位科学家比钱学森对中国航天科学的影响更大了。钱学森备受人们的尊敬，《钱学森的故事》一书的作者称他是一位具有“伟大科学思想和科学精神”的人，并且热爱祖国、勤勉努力、甘于奉献成就斐然。

Born in Hangzhou in 1911, Qian **attended schools** in Beijing and then entered Shanghai Jiao Tong University to study Railway Mechanical Engineering. However, after the Songhu Battle **broke out** in 1932, Qian **made the decision to** switch his major to aviation because he realised that China needed its own powerful air force to protect and **defend** the country.

钱学森 1911 年生于杭州，在北京上学，后来考入上海交通大学，学习铁道机械工程。不过，1932 年

淞沪会战爆发后，钱学森意识到中国需要建设强大的空军来保卫国家，因此决定改学航空专业。

Qian went to the United States in 1935 to pursue his graduate studies. Over the course of the 1930s and 1940s, Qian became a pioneer in American jet and rocket technology. As a graduate **assistant** at the California institute of Technology during the 1930s, Qian helped conduct important research into rocket propulsion, and in the 1940s, he and several other people founded the Jet Propulsion Laboratory, now one of NASA'S leading space-exploration centres.

1935年，钱学森前往美国读研究生。二十世纪三四十年代，钱学森成为美国喷气式飞机和火箭技术的先驱人物。二十世纪三十年代担任加州理工学院的研究生助理时，钱学森协助开展火箭推进方面的重要研究工作。二十世纪四十年代，钱学森与其他几人成立了喷气推进实验室，该实验室现已成为美国宇航局领先的太空探索研究中心。

After overcoming some difficulties during his final few years in the US Qian returned to China in 1955. He received a hero's welcome from his homeland and was put **in charge of not only** developing China's rocket science **but also** its space and **missile** programme. At that time, China was poor and its rocket science was undeveloped. No institute or university in China offered rocket science as a major, and there were no talents or experts in this field in China. Nevertheless, Qian did not let that **discourage** him **from taking on** the challenge. When asked "Can we Chinese possibly make missiles?" his reply was a determined "Why not? We Chinese are able to make the same things that other people make."

留学美国的最后几年，钱学森克服困难，于1955年回到中国。他受到了祖国英雄般的欢迎，受命发展中国的火箭科学以及航天和导弹项目。那时候，中国还很贫穷，火箭科学尚不发达。中国没有一所学院或大学开设火箭科学专业，而且没有该领域的人才或专家。然而，钱学森并不气馁，而是接受挑战。有人问他：“我们中国人有可能制造出导弹吗？”他的回答十分坚定：“有什么不能的，外国人能造出来的，我们中国人同样能造得出来。”

Under Qians **leadership**, China developed the Dongfeng missiles, followed by the first generation of Long March rockets. In 1970, China successful launched its first man-made satellite, Dong Fang Hong I, from a Long March rocket. Because much of the technology behind the Shenzhou rockets can also be traced back to Qian's research, Qian earned the name of "the father of Chinas aerospace."

在钱学森的领导下，中国研制出了“东风”导弹，紧接着又研制出第一代“长征”系列火箭。1970年，中国使用“长征”火箭成功发射本国第一颗人造卫星“东方红一号”。由于“神舟”系列火箭的大部分技术也可追根溯源到钱学森的研究，因此钱学森被誉为“中国航天之父”

Qian read a lot and was extremely knowledgeable, especially in the area of frontier science research. However, what might have made him such an **outstanding** and creative scientist was probably his strong interest in other things, **such as** music and drawing. His deep appreciation for art often gave him inspiration in his scientific research.

钱学森博览群书，尤其在前沿科学研究领域知识极其渊博。然而，他之所以能成为一名如此杰出、富有创造力的科学家，可能是因为他对音乐绘画等其他事物的浓厚兴趣。他深厚的艺术鉴赏力时常给科研工作带来灵感。

On 31 October 2009, the whole country was saddened by Qians death, and people honoured and remembered him in different ways.

2009年10月31日，钱学森逝世，举国哀痛，人们以各种方式纪念他缅怀他。

A WORLD OF PURE THOUGHT

一个纯思维的世界

Stephen Hawking was one of the most famous and **gifted** scientists in physics. Most people **are familiar with** images of him in his wheelchair unable to move and using a computer to talk. Since he **came down with** a disease which caused him to lose the use of most of his muscles his world became one of **abstract** thought.

史蒂芬·霍金是物理学界最负盛名、最具天赋的科学家之一。大多数人都很熟悉他坐在轮椅上无法动弹、只能通过电脑来说话的样子。他因患病致使其大部分肌肉萎缩无力，他的世界变成了一个抽象思维的世界

Hawking first achieved fame when he was still healthy enough to walk, as a graduate student in physics at Cambridge University in 1964. **In general** there were two main theories **on** the origin of the universe. The first was the steady state theory, which holds that the universe has no beginning or end. The other was the big bang theory, which holds that the universe **began at a single point** in time and space. The biggest champion of the steady state **concept** was Fred Hoyle, a professor at Cambridge. During the question and answer period after one of Hoyle's lectures, Hawking stood up and **pointed out** that Hoyle had **made a mistake** in his maths. Once the maths was corrected, it showed that the big bang theory—and not the steady state theory—was true. Hawking's own work on the big bang theory was soon proven by **astronomers with telescopes**. A star was born.

霍金最早成名于 1964 年，当时他身体健康，行动自如，是剑桥大学物理学研究生。总的来说，宇宙起源有两大理论：第一个是稳恒态理论，认为宇宙无始无终；另一个是大爆炸理论，认为宇宙始于时空中的一个点。稳恒态概念的最大拥护者是剑桥大学的弗雷德·霍伊尔教授。在霍伊尔的一次讲座中，霍金在问答环节站了起来，指出霍伊尔教授计算有误。错误纠正之后显示大爆炸理论而非稳恒态理论是正确的。不久，天文学家用望远镜观察宇宙，验证了霍金对大爆炸理论的研究。一位明星就此诞生。

So, what made Stephen Hawking a genius? Besides being **brilliant**, he was brave, though sometimes careless in what he said or did. He **was willing to** say what others **were afraid to** say, and to **dream of** what others were afraid to **dream about**. Furthermore, he was quite determined. This had helped him as a scientist, and had helped him even more **in his fight against** his disease. **Above all**, Hawking was willing to admit his **faults**. This odd combination of characteristics had made him one of the greatest thinkers of the 20th and 21st centuries.

那么，是什么使史蒂芬·霍金成为一名天才呢？除了才华横溢之外，他还是一个勇敢的人，尽管有时候言行举止比较随意。他敢说别人不敢说的话，做别人不敢做的梦。此外，他意志坚定。无论是作为一位科学家，还是与病魔作斗争，这种品质对他都大有帮助，最重要的是，霍金敢于承认错误。这些性格特点的奇特组合使得他成为二十世纪与二十一世纪最伟大的思想家之一。

Reading and Writing (Workbook)

1 Read the passage and choose the correct answer to complete the statement.

AI AND HUMAN BEINGS

Is it possible to make machines think like humans? This is one question in research **in the field of** Artificial Intelligence, or "AI". To think like a human, it involves feelings, morality, hopes, and dreams, Humans **are capable of** making decisions by themselves without input from others, and they can **learn from** experience.

有没有可能让机器像人类一样思考？这是人工智能，即 "AI" 领域研究中的一个问题。要像人类一样思考，就涉及到感情、道德、希望和梦想，人类能够在不需要他人输入的情况下自己做出决定，并且可以从经验中学习到知识。

In addition, humans are able to create things from their own inspiration for their own pleasure. The question is whether machines can ever really think **in all these aspects**.

此外，人类还能根据自己的灵感创造出自己喜欢的东西。问题是，机器是否真的能在所有这些方面进行思考。

The idea of a computer that is all-powerful and can think and make decisions for itself terrifies many people. In some films, AI even decides that all humans must be killed. Many people are also concerned that AI will be used to replace humans.

一台全能的电脑，可以自己思考和做决定，这个想法让很多人感到恐惧。在一些电影中，AI 甚至决定必须杀死所有的人类。很多人还担心人工智能会被用来取代人类。

Yet others are comforted by the thought of AI. Maybe with AI, robots can be made to replace loved ones who have died. Today, the creation of an all-powerful computer **capable of** human thought is still **in progress**. We have companion robots, and **it is likely that** they will grow more important in our lives **as time goes by**. However, the need for such robots does not seem to be as critical as our need for intelligent machines that can solve problems by learning from their observations and experience.

然而也有人因为想到了 AI 而感到欣慰，也许有了 AI，就可以让机器人来代替死去的亲人。如今，能够实现人类思维的全能计算机的创造还在进行中。我们已经有了陪伴机器人，而且**随着时间的推移**，它们在我们生活中的重要性可能会越来越大。然而，对于这种机器人的需求似乎并不像我们的脑袋那样关键，我们需要的是能够通过观察和经验的学习来解决问题的智能机器。

For example, AI is already being used with great success in Internet search engines and as a personal assistant in our smartphones. It learns from our habits to help us find what we want and like. AI is also used to diagnose problems and suggest solutions. Researchers are also experimenting with the use of AI in driverless cars which can sense their surroundings and decide on the best way to reach a destination. It is also being used in education, particularly in online courses. Furthermore, industries that use robots for repetitive or dangerous work often turn to AI to manage these electronic workers. **In addition**, virtual assistants are also being used in some homes today. **In the near future**, it is likely that AI will be used to manage smart homes and handle an even greater variety of tasks such as **setting out** favourite clothes and helping us with our personal grooming.

例如，AI 已经在互联网搜索引擎和我们智能手机的个人助理中得到了非常成功的应用。它可以从我们的习惯中学习，帮助我们找到我们想要和喜欢的东西。AI 还被用来诊断问题并提出解决方案。研究人员还在尝试将 AI 用于无人驾驶汽车，它可以感知周围环境并决定到达目的地的最佳方式。它还被用于教育，特别是在线课程。此外，那些使用机器人进行重复性或危险性工作的行业往往会求助于 AI 来管理这些电子工人。此外，如今一些家庭也在使用虚拟助理。在不久的将来，AI 很有可能被用来管理智能家居，并处理更多种类的任务，比如摆放喜欢的衣服，帮助我们进行个人修饰。

The AI of today has already proven its superiority **to** humans in many areas. Do you think that we can create a robot that thinks like a human or one that is even more intelligent? If so, is there truly a difference between AI and a human?

如今的 AI 已经在很多方面证明了它对人类的优越性。你认为我们可以创造出一个像人类一样思考的机器人，或者是一个更加智能的机器人吗？如果可以，人工智能和人类真的有区别吗？

I am not the same, having seen the moon shine on the other side of the world.

----Mary Anne Radmacher

在世界的另一端看过月光闪耀，我就不会是同样的自己了。

Unit2.BRIDGING CULTURE

Reading and Thinking

WELCOME, XIE LEI

BUSINESS STUDENT BUILDING BRIDGES

“欢迎你，谢蕾！”

商科学生搭建文化交流的桥梁

Six months ago, 19-year-old Xie Lei **said goodbye to** her family and friends and boarded a plane for London. It was the first time that she had left China. “I was very excited **but also** quite nervous. I didn’t know what to expect,” Xie Lei recalled.

半年前，19 岁的谢蕾告别家人和朋友，登上了飞往伦敦的班机。这是她第一次离开中国。“我很激动，也很紧张，不知道会发生什么。”谢蕾回忆道。

Xie Lei is studying for a business qualification at a university in China and has come to our university **on** a year-long exchange programme. “I chose the exchange programme because I wanted to learn about global business and improve my English. **My ambition is to set up** a business in China after graduation,” she explained.

谢蕾在中国一所大学攻读商科，来我校参加为期一年的交流项目。“之所以选择这个交流项目，是因为我想了解全球商务，并提高我的英语水平。我的志向是毕业后在中国创办一家企业。”她解释道。

At first, Xie Lei had to **adapt to** life in a different country. “You have to **get used to** a whole new life.” she said. I had to learn how to use public transport and how to **ask for** things I didn’t know the English names for. When I got lost, I had to **ask** passers-by **for help**, but people here speak fast and use words I’m **not familiar with**. I ask them to repeat themselves a lot!”

起初，谢蕾不得不去**适应**异国他乡的生活。“你必须**习惯**种全新的生活。”她说，“我得学会使用公共交通，学会要到我不知道英文名称的东西。迷路时，我得**向路人求助**但是这里的人讲话语速很快，而且使用的是我不**熟悉**的单词。我老是让他们重复！”

Although some foreign students live in campus accommodation, Xie Lei chose to live with a host family,

who can **help with** her adaptation to the new culture. When I miss home, I feel comforted to have a second family, Xie Lei said “When there’s something I don’t know or understand I can ask them. They **are also keen to** learn about China. Laura, the daughter of my host family, wants to study in China in the future. We **take turns to** cook each evening. They really love my stir-fried tomatoes and eggs! Laura says she always feels hungry when she smells it, so I taught her how to cook it, too.

虽然一些留学生住在学校里，但是谢蕾选择住在寄宿家庭**有助于**她适应异国文化。“有第二个家，想家时我会得到些安慰。”谢蕾说。“当我有不知道或不理解的事情时，我可以咨询他们。他们对中国也很感兴趣，我房东的女儿劳拉将来想到中国求学。我们每晚**轮流**做饭，他们真的很爱吃我做的番茄炒蛋！劳拉说，每次闻到香味，她就感到饥肠辘辘，于是我教她做这道菜。

Another challenge for Xie Lei is the academic requirements. The first time that she had to write an essay, her tutor explained that she must acknowledge what other people had said if she cited their ideas, but that he mainly wanted to know what she thought! Xie Lei was confused because she thought she knew less than other people. Her tutor advised her to read lots of information **in order to** form a wise opinion of her own

谢蕾面临的另一个挑战是学业要求。她第一次写论文时，导师跟她解释说，如果引用别人的观点就一定要注明，不过他主要还是想了解她本人的观点！谢蕾困惑不解，因为她觉得自己懂得没有别人多。她的导师建议她广泛阅读文献，形成自己睿智的观点。

Xie Lei also found many courses included students’ participation in class as part of the final result. Students need to generate ideas, offer examples, apply concepts, and raise questions, **as well as** give presentations. At first, Xie Lei **had no idea** what she should say, but what surprised her was that she found herself **speaking up** in class after just a few weeks. “My presentation on traditional Chinese art was a great success, which boosted my confidence,” she said. “I’ll use these skills back home for presentations. They’ll help me build a strong business in the future.”

此外，谢蕾发现很多课程的最终成绩都包含学生的课堂参与。学生需要形成观点、提供例子、运用概念、提出问题并且还要进行展示。刚开始的时候，谢蕾不知道该说些什么。但令她惊喜的是，仅仅几周时间，她就能在课堂上大胆发言了。“我的中国传统艺术展示非常成功，提升了我的自信心。”她说，“回国后，我会将这些技能运用到展示中，帮助我未来打造一家强大的企业。”

Now halfway through her exchange year, Xie Lei **feels much more at home** in the UK. What seemed strange before now appears quite normal to her. “Engaging in British culture has helped, she said. “As well as studying hard, I’ve **been involved in** social activities. British people are fascinated by our culture and **eager to** learn more about it, so I’m **keen to share** my culture **with** them. While I’m learning about business I’m also acting as a cultural messenger building a bridge between us.

年的交换生涯现已过半，谢蕾感觉在英国过得轻松自如多了。以前看似奇怪的事情现在对她来说显得十分平常。融入英国文化使我受益匪浅。”她说，“努力学习之余我还参加了一些社交活动。英国人对我们的文化十分着迷**渴望**了解更多中国文化，因此我也**乐于**同他们**分享**。攻读商科的同时，我也扮演着文化使者的角色，在中外文化之间架起一座桥梁。

We will follow Xie Lei's progress in later editions, but for now we **wish her all the best.**

我们会在随后的几期中跟踪报道谢蕾的进展情况，但现在我们**祝她一切顺利**

Using Language

STUDYING ABROAD

IS IT A GOOD OR A BAD IDEA?

留学:好主意，还是坏主意?

Dear Editor 尊敬的编辑:

In the past few decades, there has been a dramatic increase in the number of people studying abroad. Although studying abroad can bring great benefits, I think the disadvantages for young people are greater.

过去几十年里，留学人数急剧增长。尽管留学大有裨益但我认为，留学对年轻人来说是弊大于利

To begin with, many students who study abroad face great economic pressure. That means studying abroad is just not possible for everyone. Tuition fees and living expenses are much more expensive than at home and could **end up costing** most families an arm and a leg. Studying in China is much more convenient and can help save money

首先，许多留学生面临着巨大的经济压力，这意味着并非每个人都有留学的可能。国外的学费和生活开销比国内昂贵得多，大部分家庭**最终**可能要花费一大笔钱。而在中国读书则更加方便，还能省钱。

Another important factor to consider is the tremendous pressure that **comes with** studying abroad. Students must learn how to live in an unfamiliar environment with limited language skills. Some may struggle and **suffer from** culture shock when learning how to behave in new surroundings. Other students are not mature enough to handle the challenges by themselves and may become depressed. Some students might even encounter problems with personal safety. **In addition**, different approaches to teaching and learning may come as a shock to many students

需要考虑的另一个重要因素是留学所带来的巨大压力。学生必须学会靠有限的语言技能在一个陌生的环境中生活在学习如何在新环境中举止得体时，有些学生可能会感到吃力，并**承受**文化冲击的折磨，另一些学生则还不够成熟，无法独立应付各种挑战，因而感到苦闷。有些学生甚至会遭遇人身安全问题。**此外**，不同的教和学的方式对很多学生来说也是一种冲击。

A final point to consider is that while studying abroad does have potential benefits, young people who study in China also have a great future to **look forward to!** As China has boomed the educational environment has improved significantly, with many great universities now available. They have great facilities and outstanding professors, helping to educate young people who will **contribute to** the economy and further strengthen our country.

最后要考虑的一点是:尽管留学有诸多潜在的益处，但是在中国读书的年轻人同样未来可期!随着中国的蓬勃发展，教育环境已大为改观，优质大学比比皆是。这些高校拥有一流的设施和杰出的教授，助力培

养为经济做贡献、进步增强我国实力的年轻人。

To sum up, one cannot deny the fact that studying abroad has its disadvantages, so when you think about studying abroad you should consider these many factors

综上所述, 我们无法否认的事实是:留学有其弊端。因此当你想要海外求学时,应当考虑上述诸多因素。

Kind regard 谨致问候!

Wang Li (other of twin girls)王丽(一对双胞胎女孩的母亲)



Dear Editor 尊敬的编辑

Is studying abroad a good idea or not? There are certainly disadvantages, but **in my opinion**, the advantages are much greater. As I always tell my son, there are no great difficulties or a person who is brave, optimistic, and willing to work hard!

留学是个好主意还是坏主意呢?留学当然有其弊端,但我认为利大于弊。我时常告诫我儿子,对勇敢、乐观、愿意拼搏的人来说,世上无难事!

The first advantage of studying abroad is personal growth. The education you gain and the experiences you have will **change you for the better**. **For example**, you will certainly become more independent because you will have to **deal with** all kinds of difficulties by yourself. Studying abroad also helps you to gain a global perspective and improve your general competence

留学的第一个好处就是个人成长。你获得的教育和拥有的经历将有助于你提升自我。例如,由于你需要独自应对各种困难,你一定会变得更加独立。留学还有助于你获得全球视野,提升综合能力。

Another advantage is the increased chance for cultural exchange. Chinese students can be seen as cultural envoy promoting friendship between nations. International students in China also bring their colourful cultures here. Cooperating with people from diverse cultural backgrounds helps us view the world from different angles and thus gives us more insight into our own culture.

留学的另一个好处是获得更多文化交流的机会。中国留学生可被视为增进国际友谊的文化使者。在华的外国留学生也带来他们丰富多彩的文化。与来自不同文化背景的人合作有助于我们从不同视角看待世界,进而让我们对自己的文化有更深入的了解。

Finally, studying abroad provides a great opportunity to **contribute to** the development of our motherland. China's global outlook, with projects such as the Belt and Road Initiative, has helped us make connections across the world. Therefore, China needs more talented young people with a global perspective who are highly competent with languages have leadership and organisational skills, and have strong cultural awareness. Students who study abroad will develop such skills and abilities, and these **in turn** will **provide them with** better career opportunities

最后，留学是为祖国的发展作出贡献的好机会。中国“一带一路”倡议等项目的全球前景帮助我们与世界建立联系。因此，中国需要更多有才能、有国际视野、语言能力极强具有领导力和组织能力、拥有强烈文化意识的年轻人。海外求学的学生能够培养这类技能，而这些技能反过来又将为他们带来更好的就业机会。

All in all, studying abroad helps to build character and increase people's understanding of cultural diversity while strengthening China and building a shared future for all. I think this life-changing experience is certainly worthwhile and I hope my child will study abroad **in the future**.

总而言之，出国留学有助于塑造人格，增加人们对文化多样性的了解，同时增强中国的实力，为大家打造一个共同的未来。我觉得这段改变人生的经历肯定是值得的，我希望孩子将来能出国留学。

Sincerely yours

此致

敬礼

Zhang Yi (father of one boy) 张毅 (一个男孩的父亲)

Reading and Writing (Workbook)

Hi there, Aunt Joan



你好，琼姨

How are you? Mum said you asked how I was doing, so let me tell you about my life here.

你还好吗？妈妈说你问我怎么样，所以让我告诉你我在这里的生活。

As you know, I've been in China for around a month now. I want to study in a local university which is why I took those after-school Chinese classes. I decided on China because it's a fast-developing country with trade links **all over the world**. Studying here could be useful in finding a good job in trade or business. **What's more**, Chinese Culture is really interesting, so choosing to come here was a no-brainer for me!

你也知道，我来到中国已经一个月了。我想在当地的大学里学习，所以我参加了课后中文课。我之所以选择中国，是因为中国是一个快速发展的国家，贸易联系遍布全球。在这里学习可以在贸易或商业领域找到一份好工作。而且，中国文化真的很有趣，所以选择来这里对我来说是个不二之选。

Having said that, China isn't like I thought it might be. I thought it would be quite old and traditional but in many ways, the cities are just as modern as back home in Vancouver, only with lots more people! There's so much more food to try too, and it's all delicious! Everywhere I go, I see restaurants and snack stalls—it seems to be a big part of their culture. Food here is very reasonably priced so it's great for my budget. The people I meet are all very welcoming towards me as a foreigner, and I even seem to be a point of interest! However, hardly anyone speaks English in my area, so it can be a bit overwhelming **at times**. But I guess that's why I'm here—to learn.

不过，中国并不像我想象的那样。我以为这里会很古老、很传统，但在很多方面，这里的城市和温哥华的家乡一样，只是人更多而已。还有更多的食物可以尝试，而且都很好吃。无论我走到哪里，我都能看

到餐馆和小吃摊--这似乎是他们文化的重要组成部分。这里的食物价格非常合理，所以很适合我的预算。我遇到的人都非常欢迎我这个外国人，我甚至似乎成了他们的兴趣点！然而，在这里几乎没有人会说英语。然而，在我所在的地区，几乎没有人会说英语，所以有时会有点不知所措。但我想这就是我在这里的原因--学习。

Right now, I'm studying every day for m HSK exam (a Chinese language qualification. But I also get a chance to explore the city. I usually get up extra early each morning to enjoy a freshly made breakfast on the street and then I often visit a park, I'm not sure if you know but I'm really interested in tai chi, so I spend a lot of time in the city parks practising with the locals. There's a lot of traditional culture still alive in China. The park are full of people playing traditional instruments, playing Chinese chess, and even writing calligraphy on the ground with giant paintbrush.

现在，我每天都在为 HSK 考试（一种中文资格考试）而学习。但我也有机会去探索这个城市。我通常每天早上都会起得特别早，在街上享受新鲜的早餐，然后我经常去公园，我不知道你是否知道，但我对太极拳非常感兴趣，所以我花了很多时间在城市公园里和当地人一起练习。中国有很多传统文化还在延续。公园里有很多人在演奏传统乐器，下中国象棋，甚至用巨大的画笔在地上写书法。

Unit3.FOOD AND CULTURE

Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love. ---Giada De Laurentiis

食物在许多不同的层面上把人们聚集在一起，它是心灵和身体的养料，是真正的爱。——吉娅达·德·劳伦蒂斯

Reading and Thinking

CULTURE AND CUISINE

The French author Jean Anthelme Brillat-Savarin once wrote, "Tell me what you eat, and I will tell you what you are." Put more simply, this means "You are what you eat." Most people today **relate** this saying **to** healthy eating. However, Brillat-savarin was actually **referring to** our personality, character, and culture.

法国作家让·安泰尔姆·布里亚-萨瓦兰曾写道：“告诉我你平时吃什么，我就可以说出你是个什么样的人。”简单地说，这句话就是“人如其食”的意思。如今，大多数人把这条谚语与健康饮食联系起来“然而，布里亚-萨瓦兰实际上指的是我们的个性、品格及文化。

Certainly, in many ways this **seems to be true**. Chinese cuisine is **a case in point**. **Prior to** coming to China, my only experience with Chinese cooking was in America, with Chinese food that had been changed to suit American tastes. **For example**, America's most popular Chinese dish is General Tso's chicken, which **consists of** fried chicken covered in a sweet sauce, favoured with hot red **peppers**. This is probably not an authentic Chinese **recipe**, however, so it cannot tell us much about the Chinese. **On the other hand**, it does tell us a lot about Americans. It tells us, for example, that Americans love bold, simple favours. And since the dish was also invented recently, it tells us that Americans are not afraid to try new foods.

当然，从很多方面来看，此话不假。中国菜就是个很好的例子。来中国之前，我只在美国接触过中式

烹饪，那里的中国食物已被改变，以适应美国人的口味。例如，在美国最受欢迎的中国菜是“左宗棠鸡”，它在油炸的鸡肉上淋上甜酱，再佐以煸炒过的红辣椒制成。然而，这或许并不是地道的中餐做法，因此并不能让我们对中国人了解多少。不过在另一方面，它确实让我们对美国人了解很多。例如，这道菜说明美国人喜爱浓烈、简单的口味。此外，由于这道菜也是新发明，说明美国人不惧怕尝试新的菜品。

Later, I had a chance to experience authentic Chinese food by coming to China. When my family and I had just arrived in China, we went looking for a good place to eat in Beijing. A Sichuan restaurant had been recommended to us by a friend, and finally, we found it. Tired, hungry, and not knowing a word of Chinese, we had no idea how to order, so the **chef** just began filling our table with the best food we had ever eaten. With this, we had the pleasure of experiencing an entirely new taste: Sichuan peppercorns. The food was wonderful and different, but what was even more important was the friendship offered us.

后来，我来到中国，有机会品尝地道的中国食物。我与家人刚刚抵达中国，便在北京找一个好地方吃饭。一位朋友之前向我们推荐过一家川菜馆，最终我们找到了这家餐馆。我们疲惫不堪，饥肠辘辘，也不认识一个汉字，不知道该怎么点餐，所以厨师径自在我们的桌子上摆满食物；那是我们吃过的最可口的佳肴。于是，我们高高兴兴地体验了种全新的口味：四川花椒。食物妙不可言、与众不同，但更为重要的是我们所获得的友谊。

We soon moved to Shandong Province in the eastern part of North China. My favourite dish there was boiled dumplings served with vinegar. I observed that family is important to the people there. It has become a favourite traditional dish of the people in North China, where making dumplings has always been a family affair with everyone—from the youngest to the oldest—joining in to help. Later, I learnt that the most famous food in Shandong is pancake rolls **stuffed** with **sliced** Chinese green **onions**.

不久，我们到了位于华北东部的山东省。在那里我最喜爱的食物是蘸着醋吃的水饺。我发现那里的人都很重视家庭水饺已成为华北人民最喜爱的一种传统食物：包饺子一直是一项全员参与的家庭活动，无论老少都会加入进来帮忙。后来，我了解到，最有名的山东食物是煎饼卷大葱。

Then we moved to northern Xinjiang. Some of our friends were Kazak and Inner Mongolian. These groups traditionally wandered the open range on horses. **As a result**, their traditional foods are what you can cook over an open fire—usually boiled or roasted meat, such as **lamb** kebab.

随后，我们又到了新疆北部。我们的一些朋友是哈萨克族人和内蒙古人。传统上，他们骑着马在广阔的草原上漫步因此，他们的传统食物在篝火上烹制而成，通常是水煮肉或烤肉，例如羊肉串。

Our travels then took us to South China, and then on to central China. In each place we went, we experienced wonderful local dishes, from Guangdong's **elegant** dim sum—small servings of food in bamboo steamers—to the **exceptional** stewed noodles in Henan. Everywhere, the food was as varied as the people. However, one thing is always true: Through food, Chinese people everywhere show friendship and kindness.

接着，我们前往华南，之后又去了华中。我们每到一处，都会品尝当地美食，有广东的精致点心——那是放在竹蒸笼里蒸出来的小份食品，还有河南独特的烩面。所到之处的美食与当地一样精彩纷呈。然而，有一件事始终不变：每个地方的中国人都通过食物展现友情与善意。

At a minimum, the kinds of food local people **consume** tell us what they grow in their region, what kinds of lives they lead, and what they like and do not like. Could we also say, for example, that those who like bold flavours are bold themselves? Or, that those who like spicy food **tend to** have a hot temper? Maybe. Maybe not. What we can say, however, is that culture and cuisine **go hand in hand**, and if you do not experience one, you can never really know the other.

当地人的食物种类至少能让我们知道该地区种植什么作物、人们过着怎样的生活以及他们的爱憎。例如，我们是否也能这样推断，喜欢重口味的人性格粗犷？抑或喜欢辛辣食物的人往往脾气火爆也许是的，也许又不是。但是，我们可以确定的是，文化和美食这两者**息息相关**，如果你没有体验过其中的一个，你就永远无法真正了解另一个。

Using Language

HEALTHY EATING

There is much debate nowadays as to what **makes up** a healthy diet. For example, scientists have insisted for years that a big enemy of health is fatty food. However, there is increasing evidence that the real driver of poor health is not so much fatty food, as it is sugar. Heart disease is the number one killer of Americans. And in America, people who receive 25% of their daily **calories** or more through sugar are twice as **likely to die from** heart disease than people who receive **less than** 10% a day (Journal of the American Medical **Association**, 2014). This is true **regardless of** how healthy the rest of their diet might be. Put more simply, while people continue to argue over **whether or not** fatty food is dangerous, we already know that sugar is a killer.

当下，何为健康饮食仍众说纷纭。例如，多年来科学家一直认为健康的大敌是高脂肪食物。然而，越来越多的证据表明，导致不良健康的真正因素并非高脂肪食物，而是糖分。心脏病是美国人的头号杀手。在美国，每天从糖分中摄取 25% 或更高卡路里的人死于心脏病的可能性是日摄取量少于 10% 的人的两倍（《美国医学会杂志》，2014 年）。无论他们饮食的其他方面多么健康，都确实如此。简单地说当人们还在为高脂肪食物是否有害而争论不休时，我们已经知晓糖分是健康杀手。

Much of this extra sugar comes from sweets and sweet drinks. The average American gets 1/3 of his or her sugar through sweet drinks alone. The American Heart Association recommends that we limit ourselves to less than 100-150 calories a day from sugar, which is less than what is usually contained in one can of sweet drink or in a single candy bar. **In other words**, if you want to be healthy, you have to **cut down on** desserts, and **cut out** sweet drinks altogether.

多余的糖分大多来自甜食和甜饮料。一个普通的美国人单从甜饮料中摄取的糖分就占三分之一。美国心脏协会建议我们将每日糖摄入量限制在 100 至 150 卡路里以下，少于一听甜饮料或一块糖果通常所含的糖分。换言之，要想身体健康，就必须少吃甜点，完全禁饮甜饮料。

Beyond this, you can keep healthy by consuming different categories of fresh foods, especially fruit and vegetables, which **are full of** vitamins and **fibre**, **rather than** processed foods. Processed foods often contain less nutrition, and have higher **quantities** of sugar, salt, and fat than fresh ingredients. Besides this, it is also

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