

Unit 1

Live a Good Life

Word Formation

I Directions: Complete each of the following sentences with the proper form of the word given in the brackets.

1. (adjust) The height of the bicycle seat is _____.
2. (relief) I've tried every means to _____ my stress.
3. (poem) I really enjoy reading _____ and books by Walt Whitman and Robert Frost.
4. (universe) Music is the _____ language and it can express different feelings.
5. (have) Everything adds to _____ a well-balanced life.
6. (create) The _____ use of leisure time plays a vital role.
7. (depress) Then you may not think you should have been so stressed and _____.
8. (enter) I was insecure about _____ a new decade of my life and feared that my best year were now behind me.
9. (anxiety) I told him I was feeling _____ about turning thirty.
10. (philosophy) Well, this is my _____ answer to your question.

II Directions: Fill in the blanks with the right form of the words chosen from the group.

adjust, adjustable, adjustment

1. We like to use _____ seat belts.
2. He smoothed his hair and _____ his tie.

3. I've made a few _____ to the design.

hesitant, hesitancy, hesitate, hesitation

4. She agreed without the slightest _____.

5. Doctors are _____ to comment on the new treatment.

6. I noticed a certain _____ in his voice.

7. She _____ before replying.

lie, liar, lay

8. This book _____ open on his desk.

9. Sometimes, there is a _____ test.

10. We first met in 1982, no, I tell a _____.

Vocabulary and Structure

I **Directions:** There are ten sentences below with one word or expressions underlined. Choose the most suitable one from A, B, C and D to explain or replace the underlined part.

1. A well-balanced life is necessary to live in today's world.

A. not to be disturbed

B. rich

C. natural and happy

D. each aspect can keep harmonious

2. Without a well-balanced life a person can neither function properly nor develop into a well-rounded individual.

A. natural and happy

B. rich

C. to make progress in every field

D. to get achievement in the future

3. Without it I am sure I would go insane.

A. become ridiculous

B. become crazy

C. feel bad

D. be cold

4. Stress can be a very dangerous and tiresome experience.

A. bad

B. boring

C. hard

D. crazy

5. It can lead to depression and unhappiness.

A. boring

B. tired

C. disappointment

D. mad

6. It is vital that you keep accurate records when you are self-employed.

- A. important
C. dominant
- B. necessary
D. unabated
7. You can do everything other than wait.
A. while
C. not
- B. otherwise
D. despite
8. It is hard to get by in everyday life.
A. continue
B. maintain
C. live
D. stay
9. She helped me to figure out what I wanted to do.
A. calculate
B. imagine
C. project
D. understand
10. They pick up the food they want to eat and fill their own plate with a balanced meal.
A. good
C. harmonious
- B. delicious
D. lot of

II Directions: Choose A, B, C, or D to fill in the gaps to make the sentence right in grammar and the most suitable in meaning.

1. Unfortunately, when I dropped in, Doctor Li _____ for Beijing to join in the fight against H1N1, so we only had time for a few words.
A. just left
C. is just leaving
- B. has just left
D. was just leaving
2. He hasn't come yet. What do you consider _____ to him?
A. happens
C. happening
- B. has happened
D. to happen
3. _____ is known to us all is that China has launched Shenzhou V spaceship successfully.
A. That
B. What
C. It
D. As
4. —You've made great progress in your studies of English, haven't you?
—Yes, but much _____.
A. remains to do
C. remains to be done
- B. is remained to do
D. is remained to be done
5. _____ that the South African writer John Coetzee won the Nobel Prize in Literature for 2003.
A. They're reported
B. He's reported

- C. We're reported D. It's reported
6. _____ the Atlantic Ocean crosses the equator, the trade winds cause a flow of water to the west.
- A. That B. When C. Where D. Though
7. — You can't finish the book in less than an hour, I suppose?
— _____.
- A. Yes, I'm sure I can B. No, hardly
C. Sorry, I can't D. I don't think I can
8. It's impossible for all the people to get jobs because _____ of them are not fit for them.
- A. none B. all
C. not all D. every one
9. —When will you leave for Paris for a visit?
— _____ next month.
- A. Until B. After C. At D. In
10. The two old sisters, _____ so long, held each other and burst into tears.
- A. being separated B. having been separated
C. having separated D. had been separated
11. —Would you like to come to dinner tonight?
—I'd like to. _____ I'm too busy.
- A. And B. So C. As D. But
12. Mother was worried because little Alice was ill, especially _____ Father was away in France.
- A. as B. that C. during D. if
13. Although brought up in China, _____ he is well known for his novel about Russia.
- A. however B. and C. but D. yet
14. She thought I was talking about her daughter, _____, in fact, I was talking about my daughter.
- A. whom B. where C. which D. while
15. Would you like a cup of coffee _____ shall we get down to business right away?
- A. and B. then C. or D. otherwise

III Directions: Fill in the blanks without referring to the passage.

It 1 June 15, and 2 two days I 3 turning thirty. I was insecure 4 entering a new decade of my life and feared that my best years 5 now behind me.

My daily routine 6 going to the gym for a workout before going to work. Every morning I would see my friend Nicholas at the gym. He was seventy-nine years old and 7 terrific shape. As I greeted Nicholas on this particular day, he noticed I wasn't full of my usual vitality and asked if there 8 anything wrong. I told him I was feeling anxious about turning thirty. I wondered how I would look back 9 my life once I reached Nicholas' age. 10 I asked him, "11 was your best time of your life?"

12 hesitation, Nicholas replied, "Well, Joe, this is my philosophical answer 13 your philosophical question."

"When I 14 a child 15 Austria and everything was taken care of for me and I was nurtured by my parents, that was the best time of my life."

IV Directions: Complete the following sentences using the given words.

1. When _____ (I, a, young, was, father), watching my children grow up, that was my best time of my life.
2. I have my health, I feel good and I am in love with my wife just as I was _____ (when, met, we, first).
3. When they finish, they may go back to the table and eat more food for _____ (there, more, than, always, the, can, group, eat).
4. Everyone leaves the potluck in good spirits as _____ (eaten, a, they, have, meal, all, very, good).
5. The idea is to have many families, generally in the neighborhood, prepare one or two dishes only and _____ (them, bring, a, to, room, large, one, in, the, of, families).
6. If _____ (I, make, all, time, didn't, for, of, this), I would not be able to handle everything else in my life.
7. _____ (the, friends, that, I, good, have) are always there for me in every situation I am in.
8. Without _____ (some, of, sort, balance), it is hard to get by in everyday life.
9. As _____ (I, greeted, on, this, day, Nicholas, particular), he noticed I wasn't full of my usual vitality.

10. The good friends that I have _____ (there, always, are, me, for, every, am, I, in, situation, in).

V Directions: Translate the following English expressions into Chinese or vice versa.

A

1. well-balanced

2. well-rounded

3. a vital role

4. the creative use

5. go insane

6. other than

7. get by (on sth)

8. be unsure about

9. daily routine

10. look back on

B

1. 毫不犹豫

2. 到某人的年龄

3. 爱上某人

4. 驶往

5. 为……而担忧

6. 处于良好状态

7. 轮流地,挨个地

8. 选择,挑拣

9. 独奏,独唱

10. 精神好,高兴,兴致好

Comprehensive Exercises

Directions: There are two passages in this section. Each passage is followed by five questions. For each question there are four choices marked A, B, C and D. Choose the best answer.

Task A

The British National Health Service (NHS) was set up in 1948 and was designed to

provide equal basic health care, free of charge, for everybody in the country. Before this time health care had to be paid for by individuals.

Nowadays central government is directly responsible for the NHS although it is administered by local health authorities. About 83 percent of the cost of the health service is paid for by general taxation and the rest is met from the National Insurance contributions paid by those in work. There are charges for prescription and dental care but many people, such as children, pregnant women, pensioners, and those on income support, are exempt from payment.

Most people are registered with a local doctor (a GP, or General Practitioner) who is increasingly likely to be part of a health centre which serves the community.

As the population of Britain gets older, the hospital service now treats more patients than before, although patients spend less time in hospital. NHS hospitals — many of which were built in the nineteenth century — provide nearly half a million beds and have over 480,000 medical staff. The NHS is the biggest employer in Europe although Britain actually spends less per person on health care than most of her European neighbours.

During the 1980s there was considerable restructuring of the Health Service with an increased emphasis on managerial efficiency and the privatization of some services (for example, cleaning). At the end of the 1980s the government introduced proposals for further reform of the NHS, including allowing some hospitals to be self-governing, and encouraging GPs to compete for patients. Patients would be able to choose and change their family doctor more easily and GPs would have more financial responsibility. The political questions continue of how much money should be provided to support the NHS and where it should come from.

1. We can know from the first paragraph that _____.
 - A. the original aim of the NHS was to provide equal basic health care for everybody
 - B. people didn't have to pay for health care since the NHS was set up
 - C. patients were charged for receiving health care before 1948
 - D. the NHS was an organization which gave free advice to villagers
2. What do we know about the NHS?
 - A. It's managed by the central government.
 - B. Its cost is mainly paid for by the National Insurance contributions.
 - C. It hires more people than any other unit in Europe.
 - D. Fewer patients go to its hospitals than before because they spend less on health

- care.
3. All the following statements about GPs are true except that they _____.
 - A. take care of the local people's health
 - B. often take part in competitions to see who is the best
 - C. work under high pressure nowadays
 - D. have more responsibilities than before
 4. What does the underlined word "exempt" probably mean?
 - A. suffering
 - B. different
 - C. prevented
 - D. free
 5. The biggest problem for the NHS is _____.
 - A. many hospitals are too old to be used
 - B. some services are in the charge of individuals
 - C. more and more patients go to GPs for treatment
 - D. there is not enough money for further reform

Task B

One of Britain's bravest women told yesterday how she helped to catch suspected (可疑的) police killer David Bieber — and was thanked with flowers by the police. It was also said that she could be in line for a share of up to £30,000 reward money.

Vicki Brown, 30, played a very important role in ending the nationwide manhunt. Vicki, who has worked at the Royal Hotel for four years, told of her terrible experience when she had to steal into Bieber's bedroom and to watch him secretly. Then she waited alone for three hours while armed police prepared to storm the building.

She said, "I was very nervous. But when I opened the hotel door and saw 20 armed policemen lined up in the car park I was so glad they were there."

The alarm had been raised because Vicki became suspicious (怀疑) of the guest who checked in at 3 p. m. the day before New Year's Eve with little luggage and wearing sunglasses and a hat pulled down over his face. She said, "He didn't seem to want to talk too much and make any eye contact (接触)." Vicki, the only employee on duty, called her bosses Margaret, 64, and husband Stan McKale, 65, who phoned the police at 11 p. m.

Officers from Northumbria Police called Vicki at the hotel in Dunston, Gateshead, at about 11:30 p. m. to make sure that this was the wanted man. Then they kept in touch by phoning Vicki every 15 minutes.

“It was about ten past two in the morning when the phone went again and a policeman said ‘Would you go and make yourself known to the armed officers outside?’ My heart missed a beat.” Vicki quietly showed eight armed officers through passages and staircases to the top floor room and handed over the key.

“I realized that my bedroom window overlooks that part of the hotel, so I went to watch. I could not see into the man’s room, but I could see the passage. The police kept shouting at the man to come out with his hands showing. Then suddenly he must have come out because they shouted for him to lie down while he was handcuffed (帶上手铐).

6. The underlined phrase “be in line for” (paragraph 1) means _____.
A. get B. be paid C. ask for D. own
7. Vicki became suspicious of David Bieber because _____.
A. the police called her
B. he looked very strange
C. he came to the hotel with little luggage
D. he came to the hotel the day before New Year’s Eve
8. Vicki’s heart missed a beat because _____.
A. the phone went again B. she would be famous
C. the policemen had already arrived D. she saw 20 policemen in the car park
9. David Bieber was most probably handcuffed in _____.
A. the passage B. the man’s room
C. Vicki’s bedroom D. the top floor room
10. The whole event probably lasted about _____ hours from the moment Bieber came to the hotel to the arrival of some armed officers.
A. 6 B. 8 C. 11 D. 14

Grammar Exercises

Directions: Fill in each blank with the proper form of the words given in the brackets.

1. Mrs. Smith _____ (ask) a personal question at the meeting yesterday.
2. They thought the problem was far from _____ (solve).
3. Could you see the flowers _____ (nod) gently in the wind?
4. He called his wife to remind her of their lunch _____ (engage).

5. These rules were _____ (special) designed to protect travelers.
6. It's not _____ (fashion) to wear short skirt at the moment.
7. If you planed to do public relations work, you should _____ (wide) your knowledge and enrich your experience.
8. So far we have used the word "communication" as if its meaning _____ (be) perfectly clear.
9. Because of the effects of weather the rock has an _____ (regular) surface.
10. Nowadays many people are able to receive _____ (far) education by the distance education system.

Writing

Directions: This part is to test your ability to do practical writing. You are required to write a letter according to the information given in Chinese below.

你(保罗·考德罗)是一家电脑公司的客户经理,你的一位顾客温斯顿女士购买你公司电脑后遇到麻烦,但是没有得到妥善解决因此写信投诉。你在收到投诉信后向温斯顿女士致以歉意,给予耐心解释,并保证尽快解决问题。

参考词汇:

保罗·考德罗 Paul Cordero

温斯顿女士 Ms. Winston

不便 inconvenience