



素养提升篇 (第二版)

新素养英语 拓展模块

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● Learning Objectives:

In this unit, you will

- ◎ listen about green practices in our daily life;
- ◎ learn how to create a company profile presentation;
- ◎ read about sustainable agriculture and renewable energy;
- ◎ write a composition on creating a green campus;
- ◎ expand your vocabulary about green development;
- ◎ learn about Traditional Chinese Medicine.



Unit 6 Creating a Sustainable Future



素养提升篇

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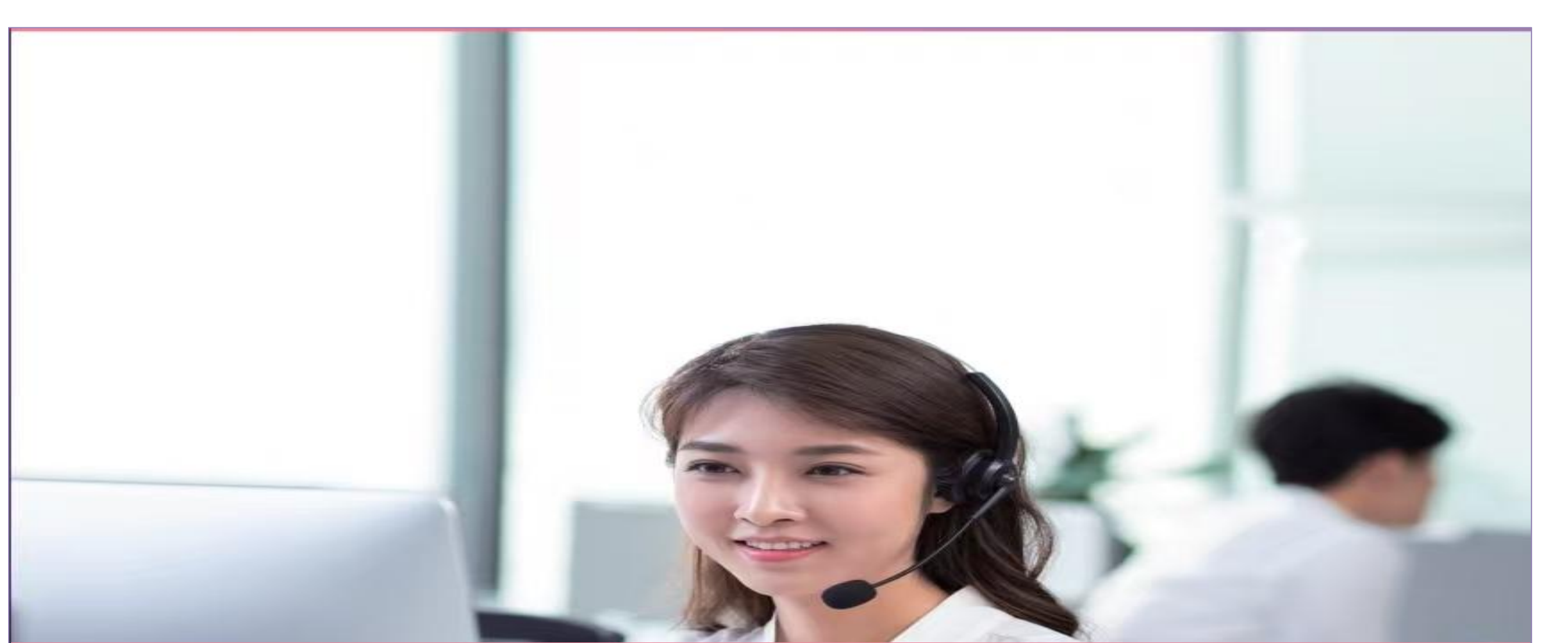
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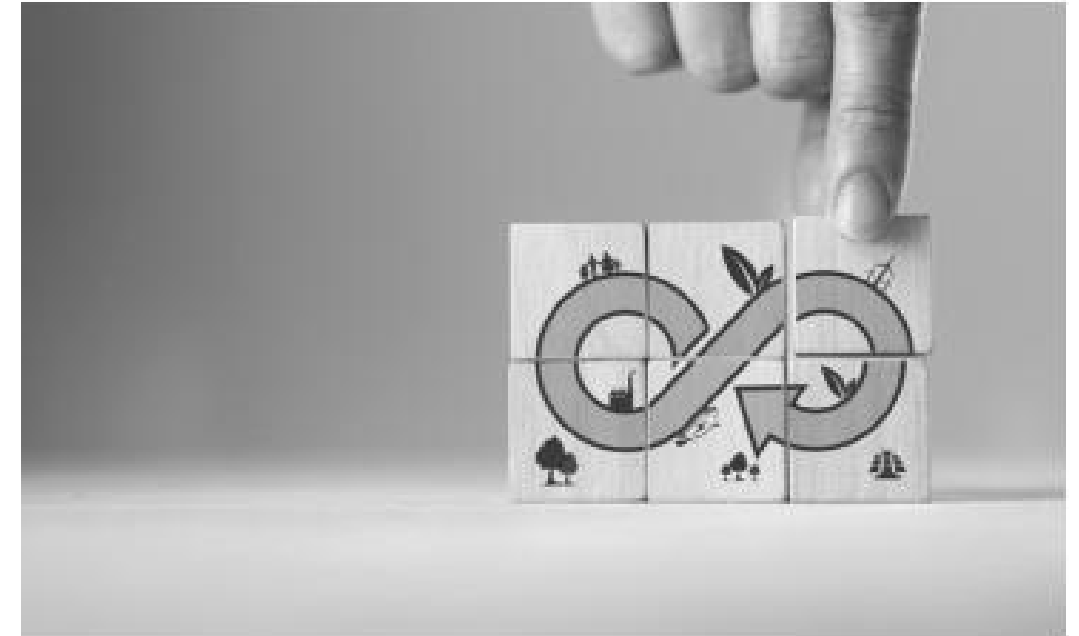


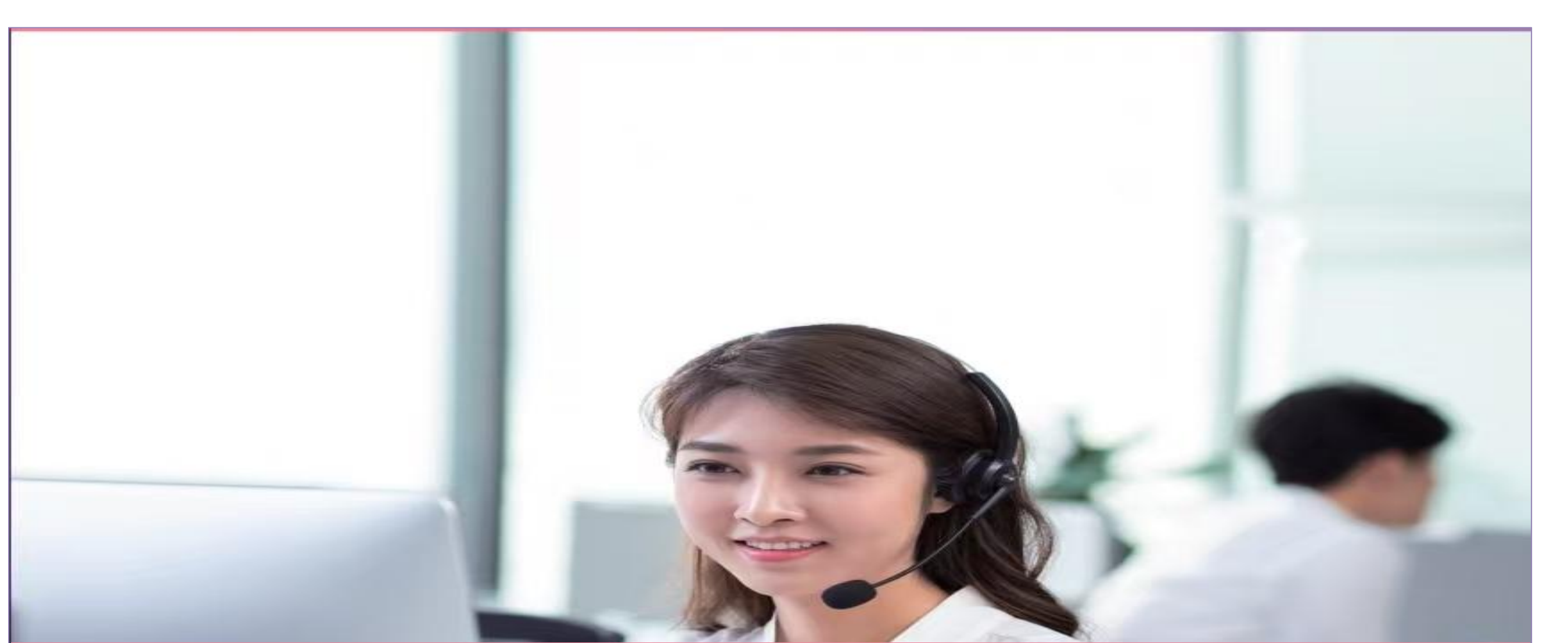
01

Introduction



Green development means fostering economic growth and development while ensuring that natural assets continue to provide the resources to our well-being. At the core of green development is finding ways to properly deal with the relationship between humans and nature. Green development provides a practical and flexible approach for achieving concrete, measurable progress across its economic and environmental industries. It is a core idea guiding the creation of ecological civilization around the world, and it is also a necessary condition for sustainable development.





02

Lead-in



Task ① What do you know about green transportation? Listen to the following passage. Try to understand what is green transportation, and choose the best answer to each question.

Scripts:

1. How much carbon dioxide does transportation produce?
 A. Nearly 1/4 of global CO₂ emissions.
 B. Nearly 1/3 of global CO₂ emissions.
 C. Nearly one half of global CO₂ emissions.
 D. More than one quarter of global CO₂ emissions.



2. What is the aim of taking steps to promote green transportation?

- A. To make it easier for people to travel.
- B. To maintain the greenhouse gas emission.
- C. To reduce traffic jams.
- D. To achieve a sustainable atmosphere.

3. What should a company provide in order to encourage employees to ride bicycles to work?

- A. Shared bicycles.
- B. Electric bicycles.
- C. A bicycle parking area.
- D. An underground parking lot.





4. Which is not mentioned as a way of encouraging employees to go green?
- A. Cycling to work.
 - B. Riding electric bicycles.
 - C. Taking public transportation.
 - D. Sharing rides.
5. Which is one of the benefits of riding bicycles to work according to the passage?
- A. It helps people to make friends.
 - B. It improves workers' emotion.
 - C. It helps workers to communicate with each other.
 - D. It is totally emissions-free.



Green transportation is a broad term that includes eco-friendly transportation practices that do not lay a negative impact on the environment. Transportation accounts for nearly one quarter of global CO2 emissions. Thus steps should be taken to reduce the greenhouse gas emission and achieve a sustainable atmosphere.

One simple way businesses can go green is to encourage employees to use public transportation and shared rides to get to and from work. Another practical way is to provide bicycle parking area and encourage employees to cycle to work. Bicycles are one of the best options for eco-friendly commutes, as they're entirely emissions-free. Cycling to work will help reduce environmental impact, as well as improve workers' overall health.



Task 2 Listen to the news report and choose the best answer to each question.

Scripts:

1. What is reported in the news?
 - A. Shandong is trying to promote green agriculture.
 - B. Shandong is focusing on lowering carbon emissions.
 - C. Shandong is making efforts to promote green growth.
 - D. Shandong has taken on a path of fast economic growth.



2. Why is Shandong an important industrial base in northern China?
- A. Its economic total ranks the first in the northern region.
 - B. It has the largest population in the northern region.
 - C. Its economic total accounts for more than one-fifth of the northern region.
 - D. Its energy consumption ranks the first in the northern region.
3. What development strategy has Shandong taken over the last decade?
- A. Industry-driven development strategy.
 - B. Innovation-driven development strategy.
 - C. Energy-driven development strategy.
 - D. Technology-driven development strategy.





4. What was the installed capacity of renewable energy in Shandong in 2022?
- A. 63.87 million kilowatt.
 - B. 73.87 million kilowatt.
 - C. 4.97 million kilowatt.
 - D. 4.79 million kilowatt.
5. Which is not mentioned as a source of renewable energy?
- A. Solar energy.
 - B. Biomass energy.
 - C. Wind energy.
 - D. Tidal energy.



Shandong has taken on a path of green, low-carbon and sustainable development as the province is making efforts to promote its green growth.

Shandong is an important industrial base in northern China. The province's population and economic total both account for more than one-fifth of the northern region, while its total energy consumption and carbon emissions account for about one-tenth of the national total.

Since 2012, Shandong has taken the strategy of innovation-driven development. Efforts have been made to speed up scientific and technological innovation and boost the province's economic development and green growth.

The province is promoting solar, wind and other sources of renewable energy, while maintaining its sustainable development progress.

The installed capacity of renewable energy in Shandong increased from 4.97 million kilowatt in 2012 to 63.87 million kilowatt in 2022.

The installed capacity of solar and biomass power generation in the province reached 37.15 million kilowatt and 4.1 million kilowatt, respectively, both ranking the first in China.



Task 3 A company's profile is like a résumé, outlining its biggest achievements, goals, and potential. While making a presentation, you should include all the data your possible clients and customers need to know. Read the following tips for company profile presentations and learn how to make your presentation effective and memorable.

How to Create a Company Profile Presentation



■ Step 1 – Company Profile Cover Page

Your first slide can include your company logo, a title that typically reads “Company Profile”, and a sub-title. A quick one-liner description can be entered here or a meaningful short text with a motto or phrase.

■ Step 2 – Mission Statement

- Next, you can include the company’s mission statement. A mission statement describes the purpose and values of a company. A strong mission statement should include the following elements:

- Target audience: A strong mission statement describes the key consumer market the company targets.





- Product or service: Mission statements also can make clear what product or service the company offers.
- Distinction: Lastly, a mission statement can describe what makes its product unique in its market.

■ Step 3 – What We Do

Next, provide a description of the products or services the company offers. This can be a detailed list, a summary of the company's top-selling products or a broader description of the types of products the company sells. Communicate detailed specifications or functional overviews of your product, and establish emotional appeal in your product.





■ Step 4 – About the Company

Enter your company description in the next slide. This is usually presented with the header “About Us.” Many company profiles include a brief story of the company’s founding. You can format this information into a timeline or write a short paragraph that gives more insight into the motivations for creating the company. You can include the company’s founding date and location in this area of the slides.



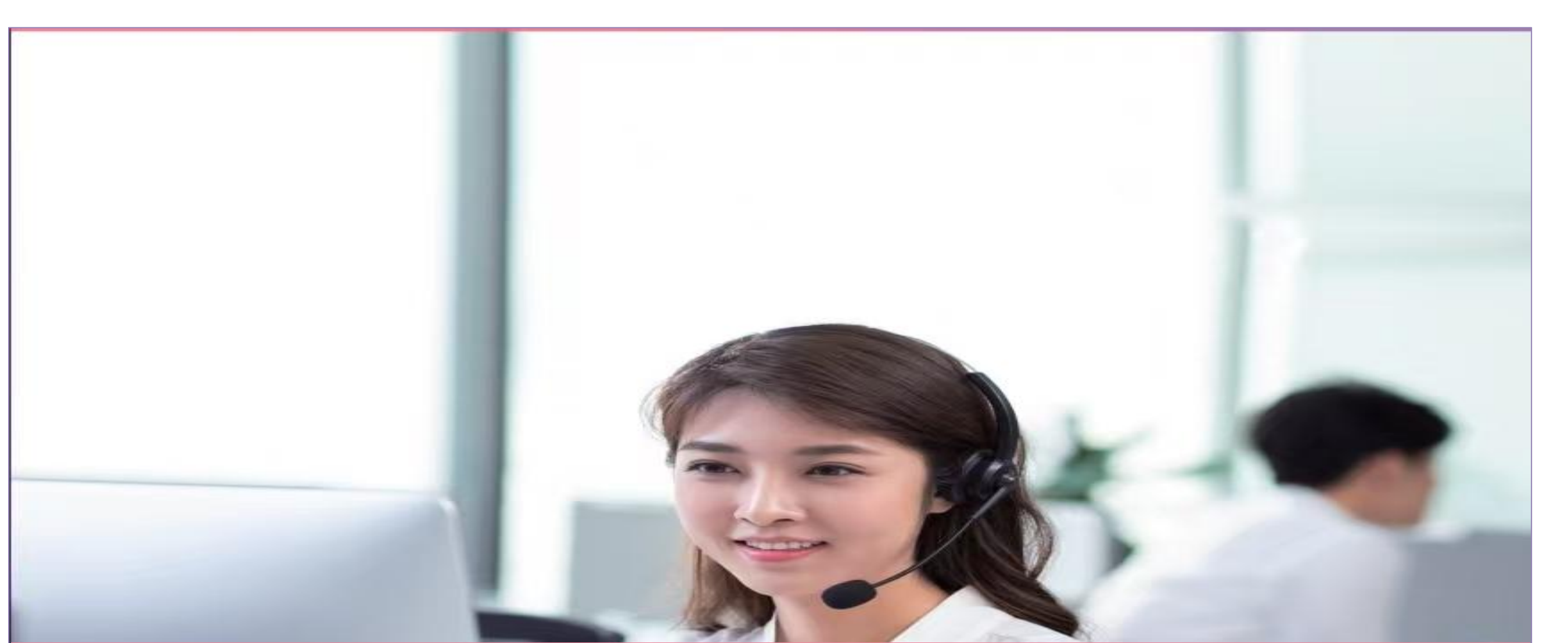
■ Step 5 – Awards and Recognition

List and describe awards and other recognition the company has earned. This can help you use the company profile to demonstrate the company's value and prestige in its industry and community.

■ Step 6 – Present the Team

Show a few images of your leading talent. As usual with a team slide, consider the most common recommendations on who to highlight and what to include. You're looking for the most reputable milestones of your team members' careers as a highlight of their background to make a shining difference.





03

Reading



Passage 1

Sustainable Agriculture

课文译文

Sustainable agriculture means farming in sustainable ways. It is a set of principles and practices that aim to reduce harm to people, animals, and the environment from food production.

There are many practices commonly used in sustainable agriculture. Growers may use methods to promote soil health, reduce water use, and lower pollution levels on the farm.



One of the commonly used methods is crop rotation. Crop rotation is a process of growing different types of crops alternatively, which can solve various agricultural problems and improve soil health.

Similar crops cause soil infertility by absorbing the same kind of nutrients. Crop rotation allows different types of crops to be planted every season. Each crop has a different nutritional requirement, and to fulfill it, they absorb that particular nutrient from the soil. Crop rotation reduces the need for a single nutrient in the soil, preventing it from becoming deficient in that particular nutrient. For example, say a farmer has planted a field of corn. When the corn harvest is finished, he might plant beans, since corn consumes a lot of nitrogen and beans return nitrogen to the soil.





Crop rotation helps return nutrients to the soil without having to use any fertilizers. It can save the land from harmful chemical pollution.

课文译文

Rotating crops also reduces diseases and pests. It disrupts the habitat and life cycle of pests. Pests may remain in the soil for quite some time, waiting for their required host to be planted. Most pest populations will decline in two to three years without a suitable host. Rotating non-host crops gives pests and diseases time to die down.

Sustainable agricultural practices should be one of the main goals of any farming industry. By implementing a suitable crop rotation system this goal can be achieved.





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可持续农业

可持续农业意味着以可持续的方式进行耕作。这是一套旨在减少粮食生产对人类、动物和环境造成危害的原则和实践。

可持续农业中常用的实践方法有很多。种植者可以采用促进土壤健康、减少用水和降低农场污染水平的方法。





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其中一种常用的方法是轮作。轮作是一种交替种植不同类型作物的过程，可以解决各种农业问题并改善土壤健康。

相似的作物通过吸收相同种类的养分会导致土壤贫瘠。轮作允许每个季节种植不同类型的作物。每种作物有不同的营养需求，为了满足这些需求，它们从土壤中吸收特定的养分。轮作减少了土壤对单一养分的需求，防止土壤缺乏特定养分。例如，假设一个农民种植了一片玉米地。当玉米收获后，他可能会种植豆类，因为玉米消耗大量氮，而豆类可以将氮返还给土壤。





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轮作有助于在不使用任何肥料的情况下将养分返还给土壤。它可以保护土地免受有害化学污染。

轮作还可以减少疾病和害虫。它破坏了害虫的栖息地和生命周期。害虫可能会在土壤中停留相当长的时间，等待它们所需的宿主作物被种植。大多数害虫种群在没有合适宿主的情况下会在两到三年内减少。轮作非宿主作物可以让害虫和疾病有时间消退。

可持续农业实践应成为任何农业产业的主要目标之一。通过实施合适的轮作系统，可以实现这一目标。





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1. **aim to** 旨在，目标是

e.g.

The new policy aims to improve public health. 新政策旨在改善公共卫生。

--aim v. & n. 目标；旨在

e.g.

The aim of the project is to reduce pollution. 该项目的目标是减少污染。

--aiming (动名词)：旨在

e.g.

The company is aiming to expand its market share. 该公司旨在扩大市场份额

常见搭配：

aim to achieve 旨在实现

aim to improve 旨在改善





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2. **alternatively** adv. 或者，作为替代

e.g.

You can take the bus, or alternatively, you can walk. 你可以乘公交车，或者你也可以步行。

--alternative n./adj. 替代方案；替代的

e.g.

We need to find an alternative solution to the problem. 我们需要找到问题的替代解决方案。

常见搭配：

alternatively, you can... 或者，你可以.....

as an alternative 作为替代





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3. **nutrient** n. 养分, 营养

e.g.

Vitamins and minerals are essential nutrients for the body. 维生素和矿物质是身体的必需营养素。

--nutrition n. 营养

e.g.

Good nutrition is essential for a healthy lifestyle. 良好的营养对健康的生活方式至关重要。

--nutritious adj. 有营养的

e.g.

Fruits and vegetables are highly nutritious. 水果和蔬菜非常有营养。

常见搭配:

essential nutrients 必需营养素

nutrient-rich 富含营养的





4. **fertilizer** n. 肥料

e.g.

Many farmers prefer using organic fertilizer for sustainable farming.

许多农民更喜欢使用有机肥料进行可持续耕作。

--fertilize v. 施肥

e.g.

Farmers fertilize their fields to increase crop yields. 农民给田地施肥以提高作物产量。

常见搭配:

organic fertilizer 有机肥料

chemical fertilizer 化学肥料

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5. **pest** n. 害虫

e.g.

Effective pest control is essential for healthy crops. 有效的害虫控制对健康作物至关重要。

--pesticide n. 杀虫剂

e.g.

Pesticides are used to control pests in agriculture. 杀虫剂用于控制农业中的害虫。

常见搭配:

pest control 害虫控制

pest infestation 害虫侵扰

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6. **implement** v. 实施，执行

e.g.

The company plans to implement a new marketing strategy. 该公司计划实施一项新的营销策略。

--implementation n. 实施

e.g.

The implementation of the new policy will begin next month. 新政策的实施将于下个月开始。

常见搭配：

implement a plan 实施计划

implement changes 实施变革





Comprehension

Task ① Choose the best answer for each question below.

1. Crop rotation is the farming practice of _____.
- A. planting different crops sequentially on the same land
 - B. growing different types of crops on the farm
 - C. using different techniques to grow different crops
 - D. providing different nutrition to different crops





2. Growing similar crops on the same spot every year may cause soil infertility because they _____.

- A. absorb too much water
- B. need the same type of fertilizer
- C. extract the same nutrients from the soil
- D. will pollute the soil

3. The example in the 4th paragraph is used to _____.

- A. explain how crop rotation is implemented
- B. show different plants need different nutrients
- C. explain the causes of soil infertility
- D. explain why crop rotation can improve the nutrients in the soil





4. Crop rotation reduces the number of pests because it _____.

A. returns nutrients to the soil

B. interrupts pest life cycles

C. kills all the pests

D. declines the need for the required host

5. What is the main idea of the passage? _____

A. What is sustainable agriculture?

B. Methods of sustainable agriculture.

C. The benefits of crop rotation.

D. The implementation of crop rotation.





Vocabulary

Task 2 Complete the sentences with the words in the box. Change the form where necessary.

disrupt

alternatively

implement

fulfill

deficient

nutrient

chemical

decline

absorb

fertilizer





1. The chemicals have been identified as a source of pollution.
2. If you make a promise you should fulfill it.
3. This diet is deficient in vitamin B.
4. Fertilizer is a substance that is put on the soil to make plants grow.
5. Black walls absorb a lot of heat during the day.





6. Traders are worried that the war would disrupt ocean shipping.
7. The plant absorbs nutrients from the soil.
8. The government promised to implement a new system to control housing prices.
9. The number of tourists to the resort declined by 10% last year.
10. The agency will make travel arrangements for you. Alternatively, you can organize your own transport.





Task 3 Complete the sentences by translating the Chinese in brackets into English, using suitable expressions in the box.

die down

aim to

prevent ... from

save ... from

deficient in





1. This team aims to provide a thorough training (旨在提供全方位的训练) in all aspects of the work.
2. We must recall the defective products to prevent the problem from spreading (防止问题扩散).
3. Plants need a mix of nutrients to grow and remain healthy. If the soil is deficient in the required nutrients (缺乏所需的营养) , plant growth will be affected.



4. The rain remained steady though the wind had died down (风势已经减弱).

5. Organic fertilizers are carbon-based compounds that increase the productivity and growth quality of plants and can save the land from chemical pollution (保护土地免受化学污染).



Translation

Task 4 Translate the sentences into English, using the expressions in brackets.

1. 可持续农业旨在保护自然资源和环境，同时为人类提供充足的食物。

(natural resources)

Sustainable agriculture aims to protect natural resources and the environment while providing adequate food for human beings



2. 农民们可以采用科学的种植方法促进土壤健康，减少化学污染，提升产量。

(chemical pollution)

Farmers can adopt scientific planting methods to promote soil health, reduce chemical pollution, and increase production.

3. 农作物轮作有助于控制害虫，有效管理养分，提高土壤肥力。(soil fertility)

Crop rotation helps to control pests, effectively manage nutrients and improve soil fertility.



4. 农业具有巨大的环境影响，在造成气候变化方面发挥着重要作用。

(climate change)

Agriculture has an enormous environmental impact, playing a significant role in causing climate change.

5. 不同的作物从土壤中吸收不同的养分，因此每个生长季节都要换作物，以防土壤负担过重。(absorb nutrients)

Different crops absorb different nutrients from the soil, so switching them every growing season prevents the soil from becoming overburdened.



Passage 2

The Benefits of Renewable Energy

1. Green energy is the energy from natural resources like the wind, sun, water and biomass, which is used to generate electricity. Green electricity is renewable, clean, and environment-friendly.
2. Renewable energy is renewable because it won't run out — the sunshine, wind, and tides will go on forever. As opposed to the limited amount of fossil fuel that provides most of our energy today, the major sources of green energy are limitless and easy to access.



3. Green energy sources gave us a way to greatly reduce our carbon footprints.

Traditional forms of energy release emissions that trap heat and increase the average temperatures of the globe, which leads to global warming. In contrast, renewable energy sources produce little or no global warming emission.

4. The air and water pollution emitted by coal and natural gas power plants is linked with breathing problems, heart attacks, cancer, and many other serious problems. Most of these negative health impacts are not produced by clean energy.

Wind, solar, and hydroelectric systems generate electricity with no related air pollution emissions. Geothermal and biomass systems emit some air pollutants, though total air emissions are much lower than those power plants using fossil fuel.



5. Renewable energy is affordable energy, and can help stabilize energy prices. Although renewable facilities require large investments to build, they can then operate at very low cost, because, for most clean energy technologies, the “fuel” is free. As a result, renewable energy prices can be very stable over time.
6. By adopting a global strategy to develop renewable energy technologies, we can reduce harmful emission, improve the overall health of people, and contribute to sustainable development of the planet.



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可再生能源的好处

- 1.绿色能源是来自风、太阳、水和生物质等自然资源的能源，用于发电。绿色电力是可再生的、清洁的且对环境友好。
- 2.可再生能源是可再生的，因为它不会耗尽——阳光、风和潮汐将永远存在。与提供我们今天大部分能源的有限化石燃料相比，绿色能源的主要来源是无限的且易于获取。





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3.绿色能源为我们提供了一种大幅减少碳足迹的方法。传统能源形式释放的排放物会困住热量并提高全球平均温度，导致全球变暖。相比之下，可再生能源产生很少或没有全球变暖排放。

4.燃煤和天然气发电厂排放的空气和水污染与呼吸问题、心脏病、癌症和许多其他严重问题有关。大多数这些负面健康影响不是由清洁能源产生的。风能、太阳能和水力发电系统在发电过程中不产生相关的空气污染排放。地热和生物质系统会排放一些空气污染物，但总排放量远低于使用化石燃料的发电厂。





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5.可再生能源是经济实惠的能源，有助于稳定能源价格。尽管可再生能源设施需要大量投资来建设，但它们可以以非常低的成本运行，因为对于大多数清洁能源技术来说，“燃料”是免费的。因此，可再生能源价格可以长期保持稳定。

6.通过采用全球战略发展可再生能源技术，我们可以减少有害排放，改善人们的整体健康，并为地球的可持续发展做出贡献。





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1. **renewable** adj. 可再生的

e.g.

Wind and solar power are examples of renewable energy. 风能和太阳能是可再生能源的例子。

--renewability n. 可再生性

e.g.

The renewability of solar energy makes it an attractive option.

太阳能的可再生性使其成为一个有吸引力的选择。

--renew v. 更新，续期

e.g.

We need to renew our efforts to combat climate change. 我们需要重新努力应对气候变化。

常见搭配：

renewable energy 可再生能源

renewable resources 可再生资源





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2. **biomass** n. 生物质

e.g.

The new biomass power plant will reduce reliance on fossil fuels.

新的生物质发电厂将减少对化石燃料的依赖。

--biomass energy n. 生物质能

e.g.

Biomass energy is derived from organic materials like wood and agricultural waste.

生物质能来源于木材和农业废弃物等有机材料。

常见搭配:

biomass fuel 生物质燃料

biomass power plant 生物质发电厂





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3. **emission** n. 排放

e.g.

Reducing carbon emissions is essential to combat climate change.

减少碳排放对应对气候变化至关重要。

--emit v. 排放

e.g.

Cars emit carbon dioxide, which contributes to global warming.

汽车排放二氧化碳，导致全球变暖。

常见搭配：

carbon emissions 碳排放

emission standards 排放标准





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4. **solar** adj. 太阳的, 太阳能的

e.g.

The company is investing in solar power to reduce its carbon footprint.

该公司正在投资太阳能电力以减少碳足迹。

--Solar energy n. 太阳能

e.g.

Solar energy is a clean and abundant source of power. 太阳能是一种清洁且丰富的能源。

-- Solar panel n. 太阳能电池板

e.g.

Many homes now have solar panels to generate electricity. 许多家庭现在在使用太阳能电池板发电。

常见搭配:

solar power 太阳能电力

solar radiation 太阳辐射 emission standards 排放标准





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5. **stabilize** v. 稳定, 使稳固

e.g.

The government is taking measures to stabilize prices. 政府正在采取措施稳定价格。

--stabilization n. 稳定

e.g.

The stabilization of the economy is a key government goal. 经济稳定是政府的一个关键目标。

--stable adj. 稳定的

e.g.

The patient's condition is now stable. 病人的情况现在稳定了。

常见搭配:

stabilize prices 稳定价格

stabilize the economy 稳定经济





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6. **sustainable** adj. 可持续的

e.g.

The United Nations promotes sustainable development globally.

联合国在全球范围内推动可持续发展。

--sustainability n. 可持续性

e.g.

Sustainability is a key focus for many businesses today.

可持续性在当今许多企业的关键关注点。

--sustainably adv. 可持续地

e.g.

We need to manage resources sustainably. 我们需要可持续地管理资源。

常见搭配：

sustainable development 可持续发展

sustainable energy 可持续能源





Task ① Each of the following statements contains the information given in one of the paragraphs of Passage 2. Identify the paragraph from which the information is derived.

- 4 A. Harmful emissions from fossil fuel power stations may cause health problems.
- 2 B. Renewable energy is limitless.
- 3 C. Traditional forms of energy produce global warming emissions.
- 5 D. Sources of renewable energy are free and can help stabilize energy prices.
- 1 E. Green electricity is generated from green energy coming from natural resources.





Vocabulary

Task 2 Complete the sentences with the words in the box. Change the form where necessary.

footprint

stabilize

adopt

trap

generate

renewable

release

affordable

facility

contribute





1. The company makes wearable, beautifully cut clothes at affordable prices.
2. Carbon stored in trees is released as carbon dioxide.
3. The government took measures to stabilize prices.
4. Renewable energy fuel will become economically competitive when oil price reaches very high.
5. We all need to look for ways to reduce our carbon footprint.





6. All three teams adopted different approaches to the problem.
7. We became trapped by the rising floodwater.
8. The hotel's leisure facilities include a large indoor pool, a bar, and a bowling club.
9. These solar panels generate enough electricity to supply a home with all its energy.
10. I believe that each of us can contribute to the future of the world.





Task 3 Complete the passage with suitable words in the box. You may not use any of the words more than once.

- | | | | | |
|---------------|----------------|---------------|--------------|--------------|
| A. generation | B. health | C. contrast | D. stabilize | E. remind |
| F. emissions | G. provide | H. sources | I. pollutant | J. resources |
| K. powerful | L. traditional | M. advantages | N. rational | O. fuels |





Reading



Renewable energy is the energy produced from 1 _____ **H** like the sun and wind that are naturally replenished and do not run out. Renewable energy can be used for electricity 2 _____ **A**, space and water heating and cooling, and transportation.

Non-renewable energy, in 3 _____ **C**, comes from finite sources that could get used up, such as fossil 4 _____ **O** like coal and oil.

Renewable energy sources, such as biomass, geothermal resources, sunlight, water, and wind, are natural 5 _____ **J** that can be turned into these types of clean, usable energy.

The 6 _____ **M** of renewable energy are numerous and affect the economy, environment, national security, and human 7 _____ **B**. Using renewable energy can not only reduce carbon 8 _____ **F** and air pollution from energy production, but also help 9 _____ **D** energy prices, as many types of renewable energy are cost-competitive with 10 _____ **L** energy sources.





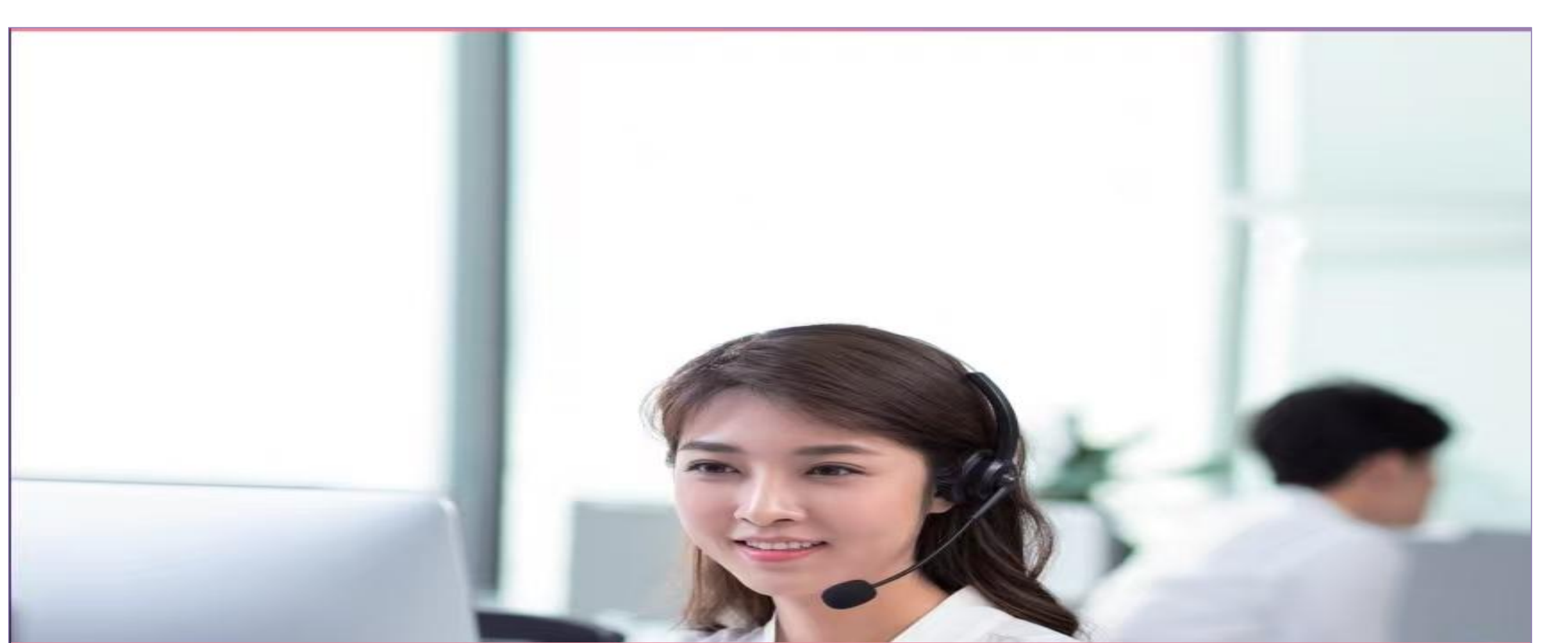
Translation

Task ④ Translate the following Chinese paragraph into English.

绿色发展是实现可持续发展和科学发展的必选之路。十年来，我国能源绿色低碳转型取得重要进展。十年来，我国以风电、光伏发电为代表的新能源发展规模全球领先。在新能源产业快速发展的同时，传统能源行业正通过科技创新实现减排降碳，加快迈出绿色低碳转型的步伐。

Green development is the only way to achieve sustainable development and scientific development. Over the past decade, China has made important progress in green and low-carbon energy transformation. In the past decade, China's new energy development scale, represented by wind power and photovoltaic power generation, has taken the lead in the world. While the new energy industry is developing rapidly, the traditional energy industry is realizing emission reduction and carbon reduction through scientific and technological innovation, and accelerating the pace of green low-carbon transformation.





04

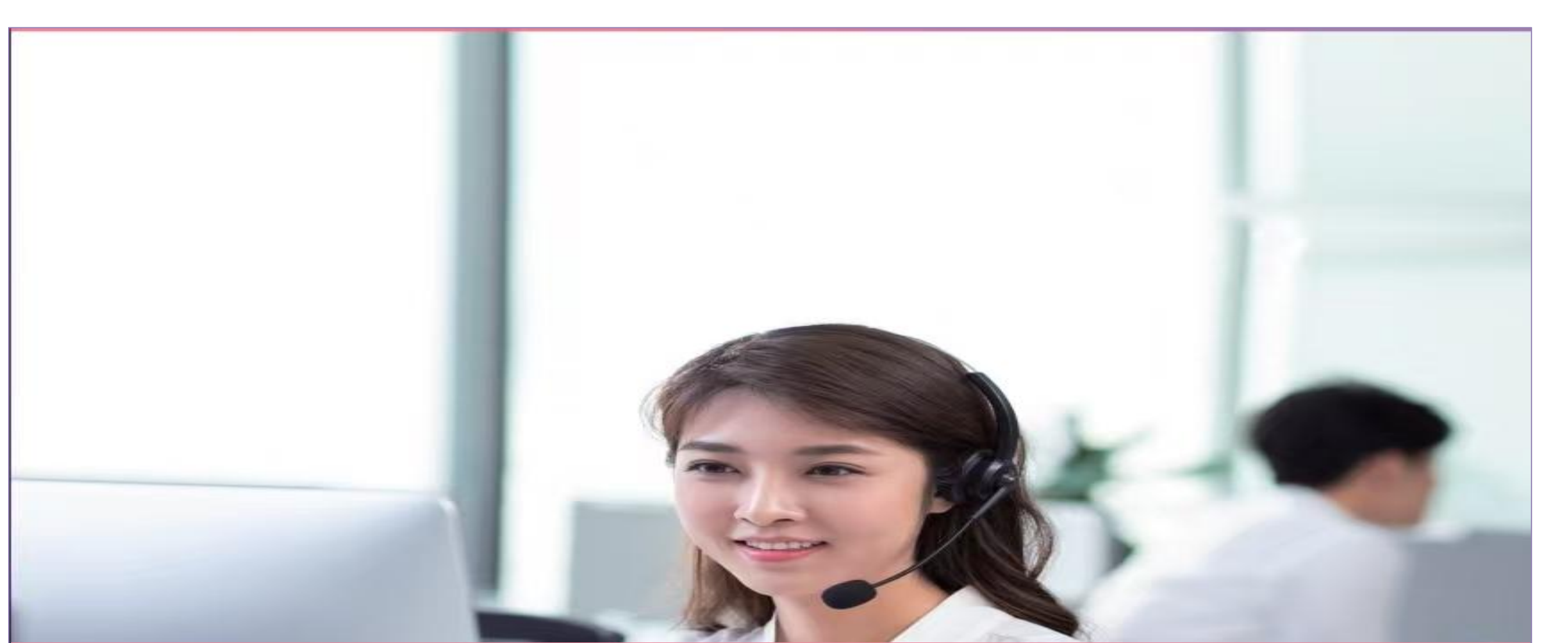
Writing



Directions

For this part, you are allowed 30 minutes to write a short essay on the topic of “Creating a Green Campus.” You should write at least 120 words following the outline given below:

1. 建设绿色校园十分重要
2. 绿色校园不仅指绿色环境
3. 为了建设绿色校园，我们应该.....



05

Cultural Reading



Traditional Chinese Medicine

China has one of the world's oldest medical systems. Traditional Chinese Medicine is a rich medical system that has existed at least 23 centuries, which aims to prevent or heal disease by maintaining or restoring yin-yang balance.

Traditional Chinese healers seek to restore a dynamic balance between the two complementary forces, yin (passive) and yang (active), which pervade the human body as they do the universe as a whole. According to Traditional Chinese Medicine, a person is healthy when harmony exists between these two forces; illness, on the other hand, results from a breakdown in the equilibrium of yin and yang.



Ancient Chinese believed that humans are microcosms of the larger surrounding universe, and are interconnected with nature and subject to its forces. Balance between health and disease is a key concept. Traditional Chinese Medicine treatment seeks to restore this balance through treatment specific to the individual.

An essential aspect of Traditional Chinese Medicine is an understanding of the body's qi (life force; literally, "vital breath"), which is a vital force of life that flows through invisible meridians (channels) of the body. This energy network connects organs, tissues, veins, nerves, cells, atoms, and consciousness itself. Ill health is understood as stagnation, deficiency, or the improper movement of qi, and may result in an imbalance of yin and yang.



Treatment to regain balance may involve:

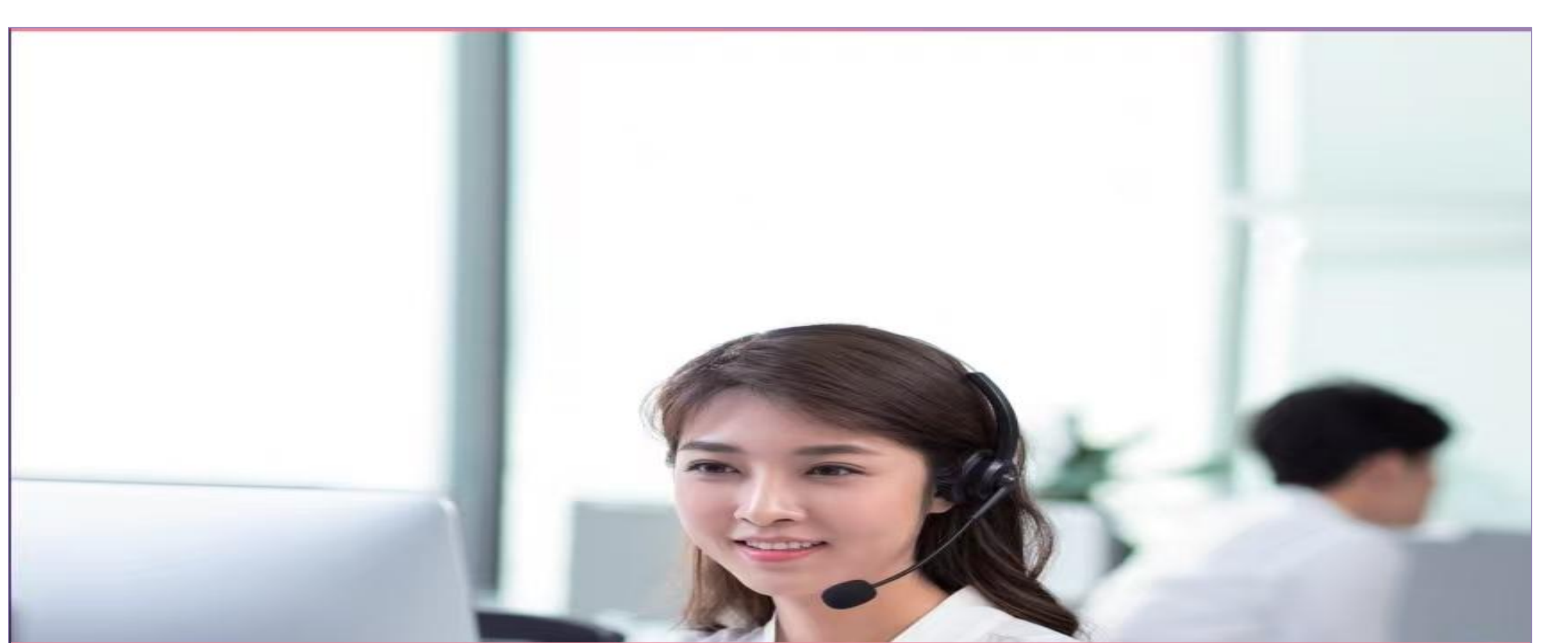
- Acupuncture
- Moxibustion (the burning of herbal leaves on or near the body)
- Cupping (the use of warmed glass jars to create suction on certain points of the body)
- Massage
- Herbal remedies
- Movement and concentration exercises (such as tai chi)

In acupuncture thin needles are inserted into specific points along the meridians. The needles stimulate the meridians and readjust the flow of qi to balance the body's yin and yang. In place of needles, massage can also be used to stimulate the acupuncture points. Acupuncture is sometimes accompanied by moxibustion at acupuncture points.



Translation

Translate the last paragraph into Chinese.



06

Glossary



Passage 1

rotation [rəʊ'teɪʃn] n. 轮换，交替；旋转

alternatively [ɔ:l'tɜ:nətɪvli] ad. 交替地

infertility [ˌɪnfɜ:'tɪləti] n. 不肥沃，贫瘠

nutrient ['nju:triənt] n. 营养，营养素

deficient [dɪ'fɪʃnt] a. 缺少的；不足的

nitrogen ['naɪtrədʒən] n. 氮；氮气

fertilizer ['fɜ:təlaɪzə(r)] n. 肥料，化肥

chemical ['kemɪkl] a. 化学的 n. 化学品





pest [pest] n. 害虫

disrupt [dis'rʌpt] v. 扰乱，使中断

host [həʊst] n. 宿主；主人

decline [di'klaɪn] v. 减少，下降

die down 逐渐消失

implement ['ɪmplɪment] v. 实施，执行





Passage 2

renewable [rɪ'nju:əbl] a. 可再生的；可恢复的

biomass ['baɪəʊmæs] n. 生物团；生物量

run out 用完，耗尽

as opposed to 与.....截然相反；对照

carbon footprint 碳足迹，碳排放

release [rɪ'li:s] v. 释放；放出

trap [træp] v. 吸收，聚集；把.....困在





globe [gləʊb] n. 地球；球体

power plant 发电站

hydroelectric [ˌhaɪdrəʊɪˈlektɪk] a. 使用水力发电的

geothermal [ˌdʒiːəθˈθɜːml] a. 地热的

affordable [əˈfɔːdəbl] a. 便宜的，付得起的

stabilize ['steɪbəlaɪz] v. （使）稳定，稳固

stable ['steɪbl] a. 稳定的；稳固的

adopt [əˈdɒpt] v. 采取，采纳





THANKS