

前言

在健康中国战略全面推进与数字技术重塑医疗生态的时代背景下，医学教育正面临前所未有的机遇与挑战。人工智能、大数据等前沿技术的深度融合正推动医疗服务向精准化、个性化转型；跨学科协作成为解决复杂健康问题的关键；全球化进程要求医学人才兼具专业素养与国际沟通能力。为响应时代需求，“新医学大学英语”系列教材应运而生，旨在培养既扎根中国大地又具备全球胜任力的复合型医学人才。

一、教材特色

以健康中国为引领，服务国家需求

本系列教材立足健康中国战略规划，围绕“新医科”建设内涵，将大健康理念贯穿始终。本系列教材精选案例与多元主题，从生命全周期管理到公共卫生实践，从尖端医疗技术到人文关怀，引导学生理解健康中国的多维内涵，强化使命担当。

跨学科融合，拓展医学思维边界

本系列教材践行“医学+”融合思维，打破学科壁垒，深化健康理念。围绕大健康核心概念，广纳全球医学前沿动态，系统整合生命全周期、健康全过程的丰富素材；聚焦医学与人文社科的对话，通过跨学科案例分析培养学生解决复杂问题的综合能力；同时，强化语言与专业的深度融合，助力学术交流与实践应用的无缝衔接。

特色育人体系，厚植家国情怀

本系列教材将价值塑造融入知识传授和能力培养。通过 Medical links 特色板块讲述中国在中西医领域的创新发展与成就等故事，彰显中国智慧；以全球健康公平、科技伦理等思辨性议题引导学生树立职业信仰，实现语言学习与思政育人的有机统一。

立体教学资源，丰富学习范式

本系列教材充分吸纳数字时代医学教育的新要求，利用先进信息技术，配备 U 卡通等教学资源，助力教师高效教学。（参见封底，下载 U 校园 AI 版 App，扫码激活 U 卡通课程）

二、教材构成

“新医学大学英语”系列教材分为 1—3 级，供 1—2 个学年使用。每一级包含《读写教程》和《视听说教程》。

《读写教程》选取视角多元、内涵丰富的阅读篇章，配以形式多样的练习和活动，帮助学生提高各项语言技能。同时，兼顾培养思辨能力和跨文化交际能力，提升医学综合素养。

《视听说教程》各单元主题与《读写教程》相呼应。教材基于语言地道、内容鲜活的音视频材料，提供相应的技能讲解，帮助学生提高听说能力。同时，每单元均设有真实情景下的交际任务，培养学生的跨文化沟通能力。

三、教学建议

本系列教材每册各 6 个单元，建议每单元安排 4 课时。教师可根据本校每学期实际教学课时，确定教学任务。每单元学时和内容分配建议如下。

《读写教程》			
学习内容		学时分配	教学形式
Lead-in		0.5	自主学习、课堂提问
Intensive reading	Reading and understanding	1.5	小组讨论、课堂提问、教师点评
	Reading and discussing		
	Writing skill	0.5	自主学习、课堂提问
	Language focus	0.5	自主学习、教师点评
Extended reading	Reading and understanding	0.5	自主学习、课堂提问
	Reading and discussing		
Unit project		0.5	分组讨论与汇报、教师点评
Medical links		/	自主学习
Vocabulary		/	自主学习

《视听说教程》		
学习内容	学时分配	教学形式
Opening up	0.5	自主学习、课堂提问
Viewing and speaking	2.5	小组讨论、课堂提问、教师点评
Listening and speaking		小组讨论、课堂提问、教师点评
Medical terms	0.5	自主学习、教师点评
Medical insights	0.5	分组讨论与演讲、写作、教师点评

“新医学大学英语”系列教材以科学的学习路径、鲜活的学科内容、创新的教学设计，致力于成为医学人才培养的桥梁。来自全国多所医学院校的外语专家和骨干教师参与了教材的策划和编写。本册为视听说分册第一册，由哈尔滨医科大学团队编写。我们期待这套教材助力学子在医学与英语的交融中成长，以语言之力传递医学之声，以专业之能服务健康中国，以全球视野助力人类健康事业。

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UNIT

1

Exploring diet-health connections



Learning objectives

After learning this unit, you will be able to:

- identify healthy eating patterns;
- listen for signal words and expressions for listing;
- give and respond to advice while speaking;
- explain the concept of glycemic index (GI).

Opening up

1 Look at the following pictures and identify the foods you consume most frequently.



2 Reflect on your dietary habits and talk about any realistic changes you might implement to improve your health.

Viewing and speaking

Pre-viewing

Daily eating habits can affect our well-being. How do you feel when you eat healthily compared to when you eat junk food?

Viewing

New words and expressions

Mediterranean /ˌmedɪtə'reɪniən/ *a.* 地中海的
dietary /ˈdaɪətəri/ *a.* 与饮食有关的

legume /lɪ'ɡju:m/ *n.* 豆科植物
mindset /'maɪndset/ *n.* 思维模式

- 1** How can healthy diets reduce health risks? Watch the video and finish the interview guide.

Interview guide

- Q1** What do the four diets mentioned have in common that reduce health risks?
In these four diet patterns, a good amount of 1) _____, fruits, vegetables, nuts, legumes are all included.
- Q2** Is it still effective to go between different eating patterns?
Absolutely. According to the research, whether you're eating one way or another, it's really a matter of eating a variety of whole, 2) _____ foods.
- Q3** What advice can help people get motivated and stick with these food goals?
Track your eating habits with a 3) _____, and identify what has worked for you and what hasn't.
- Q4** In what areas does exercise play a role?
Exercise is important for your 4) _____, weight loss and maintenance, and brain health.

It can also reduce your risk of many diseases, and strengthen your bones and
5) _____.

Q5 How important is a person's attitude and frame of mind?

That is hugely important. The right mindset is to think about what you can eat, not what you can't eat. That's called eating 6) _____.

2 Watch the video again and decide whether each of the following statements is true (T) or false (F).

- ☐ 1. A new study finds that certain healthy eating patterns can cut premature death risk by 30%.
- ☐ 2. The four diets highlighted in the study have no features in common.
- ☐ 3. The researchers used health data collected over a couple of years from both men and women.
- ☐ 4. In order to maintain a healthy diet, people have to ignore their diet history.
- ☐ 5. Exercise plays a crucial role in this healthy eating study as it helps improve dietary habits.

3 Work in pairs and discuss.

The quote "Prevention is better than cure" emphasizes the importance of proactive measures to maintain good health. Diet, as a key preventive strategy, supplies essential nutrients, sustains energy levels, and supports proper bodily functions. Discuss the nutrients in the foods you consume regularly and explain how they contribute to enhancing physical and mental performance.



Listening and speaking

News

New words and expressions

nutrition /nju:'trɪʃən/ *n.* 营养

pyramid /'pɪrəˌmɪd/ *n.* 金字塔

protein /'prəʊtiːn/ *n.* 蛋白质

poultry /'pɒʊltri/ *n.* 家禽

1 Fill in the blanks according to what you hear.

Two eating guidelines

USDA's 1) _____	Harvard's Healthy Eating Plate
Including four sections: • fruits • vegetables • 2) _____ • proteins	Highlighting the following elements: • whole grains • healthy proteins such as 3) _____, fish, beans and nuts • healthy fats such as omega-3 4) _____ • 1-2 servings of 5) _____ milk per day

2 Work in pairs and discuss.

The *Chinese Dietary Guidelines* highlight the importance of balanced nutrition by promoting a diverse range of foods in appropriate quantities, which play a crucial role in supporting overall health and well-being. Reflect on the role of educational institutions in advocating for these guidelines. What strategies could effectively encourage university students to adhere to them?

Conversation

New words and expressions

obesity /əʊ'bi:sɪti/ *n.* 肥胖 (症)

vegan /'vi:gən/ *a.* 纯素食的; 绝对素食的

Paleo /'pæliəʊ/ **diet** 原始人饮食法, 旧石器时代饮食法 (以脂肪含量少、较精瘦的肉类和鱼类为主, 拒绝粮食、动物乳品等食物的摄入)

fad /fæd/ *n.* 一时的狂热

intermittent /,ɪntə'mɪtənt/ *a.* 间歇的; 断断续续的

fasting /'fɑ:stɪŋ/ *n.* 禁食

- 1 Match the correct description(s) to each of the following eating patterns and write the corresponding letters (A-F) according to what you hear.**

1. _____ **Vegan diet**

2. _____ **Paleo diet**

3. _____ **5:2 diet**

- A. It doesn't include processed foods.
- B. There are no meat or animal products.
- C. It is effective for weight loss without reducing muscle.
- D. It sounds like a popular style.
- E. Its basic concept is intermittent fasting.
- F. It is beneficial to heart health.

- 2 Decide whether each of the following statements is true (T) or false (F) according to what you hear.**

- 1. If we try a vegan diet, we can absolutely lose more weight.
- 2. What our ancient ancestors used to eat is similar to the Paleo diet.
- 3. The 5:2 diet is considered more ethical than other diets as the woman said.
- 4. In the Paleo diet, we usually eat five days a week, and on the other two days we limit the calories we eat.

3 Work in pairs and discuss.

Eating habits are influenced by various factors, with personal values being a significant one. For example, individuals who believe that being slender is healthy may make different dietary choices compared to those who prioritize strength and fitness. What other factors shape dietary choices? Support your opinion with examples.

Speaking skill



Giving and responding to advice

Giving and responding to advice are essential speaking skills that enhance communication, build trust, and foster positive relationships.

Giving advice

We can use conditionals to give advice. In the conversation, the woman says, "I've been wondering if we should ...," which makes the suggestion feel optional and adaptable.

Additionally, we can encourage discussion rather than imposing ideas. For example, the man says, "What about the Paleo diet?" to suggest flexibility and avoid sounding judgmental.

Responding to advice

Properly responding to advice is crucial to ensure that the value of the guidance is fully realized. We can acknowledge advice through simple expressions that indicate understanding or agreement. The man in the conversation uses "That's true" and "That one sounds pretty good" to show agreement and validation.

Moreover, seeking clarification is important to avoid misunderstandings. For instance, the man says, "I've never heard of that. Could you explain it in detail?" to clarify the 5:2 diet pattern.

Work in pairs and discuss.

A healthy food festival is held on campus to promote healthy eating among students. Student A, a medical student who has gained an understanding of nutrition and its impact on health, volunteers at the festival. Student B, who has no medical background, is trying to develop healthier eating habits. Student A is going to give Student B advice on the topic, and Student B will respond to the advice and ask questions if they have any.

Passage

Passage 1

New words and expressions

stroke /straʊk/ *n.* 中风

longevity /lɒn'dʒevɪti/ *n.* 寿命

1 Fill in the blanks according to what you hear.

A new study reveals that drinking tea at least three times a week may reduce the risk of death from 1) _____ disease and promote a healthier lifestyle. Researchers also note that the 2) _____ of tea consumption appear to be more pronounced among men.

The study analyzed data from 3) _____ participants, dividing them into two groups: 4) _____ tea drinkers and those who never or rarely drank tea. The findings indicate that regular tea drinkers may expect to live an average of 1.26 years 5) _____ at age 50 compared to those who do not drink tea regularly.

2 Choose the best answer to each question you hear.

1. A. The health benefits of green tea are more obvious than those of black tea.
B. People who drink more green tea tend to live longer than those who drink more black tea.
C. People who drink green tea declare no history of heart attack.
D. Drinking tea regularly may promote a longer, healthier life.
2. A. It establishes cause and effect based on observation.
B. It does not explain the connection between tea consumption and longevity.
C. As an observational study, it cannot establish cause and effect.
D. It overlooks factors such as smoking, alcohol consumption, diet, and physical activity.
3. A. Risks of drinking green tea.
B. Effects of drinking black tea.
C. Risks of drinking tea.
D. Benefits of drinking tea.

3 Work in pairs and discuss.

The research mentioned in Passage 1 suggests that drinking tea at least three times a week is associated with a healthier life. In addition to its health benefits, tea carries deep cultural significance. Discuss the role of tea in cultural practices and philosophies, and explore how it embodies Chinese values and traditions.



Passage 2

New words and expressions

dietitian /ˌdaɪəˈtɪʃən/ *n.* 营养学家

gut /gʌt/ *n.* 消化道；肠道

starchy /ˈstɑːtʃi/ *a.* 含大量淀粉的

bacteria /bækˈtɪəriə/ *n. (pl.)* 细菌

digestion /daɪˈdʒestʃən/ *n.* 消化（过程）

receptor /rɪˈseptə/ *n.* 感受器

anti-inflammatory /ˌænti-ɪnˈflæmətəri/ *n.*
消炎药

immunoglobulin /ˌɪmjʊnəʊˈɡlɒbjʊlɪn/ *n.* 免疫
球蛋白

colostrum /kəˈlɒstrəm/ *n.* 初乳

immune /ɪˈmjʊn/ *a.* （对某种疾病）有免疫力的

1 Fill in the blanks according to what you hear.

FIVE FOODS THAT PROMOTE GUT HEALTH



1. Certain deep red-colored foods can 1) _____ the GLP-1 pathway, which is part of the buzz around Ozempic.

2. Some starchy foods contain resistant starch, which nourishes beneficial gut 2) _____.

3. 3) _____ foods help prime your digestion, preparing your body to process food more effectively.

4. Ginger further enhances these benefits by 4) _____ bitter receptors, acting as a powerful anti-inflammatory.

5. A 5) _____ like immunoglobulin, which is similar to colostrum, helps boost the GI immune system.



2 Mark the correct statements with a check mark (✓) according to what you hear.

- ☐ 1. Hueber, an integrative functional physician, offers practical advice on foods that promote gut health.
- ☐ 2. Starchy foods are considered unhealthy because they rapidly raise blood sugar levels and always lead to weight gain.
- ☐ 3. Adding bitter drops or cranberry juice to your routine is an effective way to include bitter foods in your diet.
- ☐ 4. Hueber recommends immunoglobulin as an effective supplement to strengthen the GI immune system, even for children.
- ☐ 5. Instead of ordering takeout, focusing on balanced meals and ensuring sufficient sleep can help achieve optimal gut health.

3 Work in pairs and discuss.

Simple changes can make a significant difference to gut health. This passage highlights the benefits of various food types and supplements, including deep red-colored foods, starchy foods, bitter foods, ginger, and immunoglobulin. If you could select three of these foods or supplements to enhance your gut health, which ones would you choose and why?

Listening skill



Listening for signal words and expressions for listing

Signal words and expressions for listing indicate that the speaker is presenting items, steps, or examples in a structured way. They are important cues that help listeners identify and organize information in a sequence or group. These words and expressions can be categorized into different types.

Introductory words and expressions include “such as” “like” “including” and “for example.” These signal words and expressions are used to provide examples or elaborate on items in a list. In Passage 2, Hueber recommends, “... starchy foods like squash, sweet potatoes, rice, and ...” The word “like” indicates that she is about to introduce a list of starchy foods.

Additive words and expressions include “also” “in addition” “furthermore” and “another.” These words and expressions show that additional items or ideas are being included in the list. For example, “Another key tip is to ...” signals that she is adding a key tip.

Concluding words and expressions include “therefore” “finally” “consequently” and “in summary.” These signal words and expressions indicate the end of a list or a summary of the items. For instance, “Finally, focus on eating balanced meals ...” suggests that she is concluding the topic with additional advice on gut health.

Read the following passage and underline the signal words and expressions for listing.

Healthy eating is important for maintaining a balanced lifestyle, and there are a few strategies to keep in mind. Include a variety of colorful fruits and vegetables in your diet to ensure you receive a wide range of nutrients. In addition, focus on consuming whole grains like oatmeal, which are rich in fiber and promote healthy digestion. Another important tip is to choose lean proteins, such as chicken, fish, or tofu, to support muscle health. Finally, limit processed foods and sugary snacks to maintain steady energy levels.

Medical terms

Complete the sentences with the words in the box. You may not use any of the words more than once. Change the form if necessary.

gut

ovarian

acid

cardiovascular

obesity

immunoglobulin

premature

prostate

1. Flaxseed oil is a vegetarian source of omega-3 essential fatty _____ ALA, which the body can partially convert into EPA to help maintain a healthy heart and joints.
2. Advances in medical research are providing new hope for early detection and treatment of _____ cancer in high-risk women.
3. Being overweight may increase the risk of cancer in the reproductive organs for women and in the _____ gland for men.
4. Research has shown that having a preference for junk food can result in _____.
5. It is reported that smoking places you at serious risk of _____ and respiratory disease.
6. What food you eat, when you eat it, and how well it is digested by your _____ will all affect the quality of your sleep.
7. Once the _____ levels decrease, the human body's immunity weakens, making it easier for illnesses to occur.
8. Previous studies have found that more optimistic people have a lower risk of _____ death.

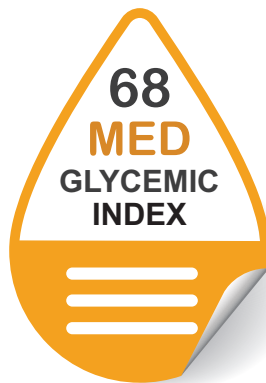


Glycemic index (GI)

The glycemic index (GI) is a system that ranks carbohydrate-containing foods based on how quickly they raise blood sugar levels after eating. Foods are scored on a scale from 0 to 100, with higher scores indicating that the food causes a rapid increase in blood sugar. Foods with a low GI (55 or less) are digested and absorbed more slowly, leading to a gradual rise in blood sugar, while high-GI foods (70 or above) cause a faster spike.

Low-GI foods include whole grains, legumes, fruits like apples and oranges, and non-starchy vegetables. High-GI foods include white bread, sugary snacks, and processed foods. Maintaining a diet with more low-GI foods can help manage blood sugar levels, reduce the risk of Type 2 diabetes, and improve overall energy levels.

The GI is particularly important for people with diabetes, as it helps them choose foods that won't cause sudden blood sugar spikes. However, even for people without diabetes, understanding the GI can promote healthier eating habits. Combining low-GI foods with protein or healthy fats can also help balance blood sugar levels and improve satiety.



Explain the concept of GI.

You are taking part in a community health workshop focused on managing blood sugar levels through informed dietary choices. As part of the session, your task is to explain the concept of GI and provide dietary recommendations based on its principles.