Background image...

Alt + B like Seal said.

Reflections...

(this is one way to do it, not the only way)

M for your Materail Editor. Open the "MAPS" tab on the materail you want to be reflective. Check the box next to "REFLECTION". Now click on the "NONE" tab on the right side of "REFLECTION". Select "Raytrace. From there play with the raytrace options and tweak out the look.