

## 第二十九次课课堂笔记

1. go on a diet 开始节食    keep a diet 节食

a balanced diet 均衡饮食

go on doing 去做某事/继续做

# lose weight 减肥    gain fat 脂肪    add/increase

# weight 重量 – weigh v. 称重

e.g. Can you weigh the pork for me please?

2. reward sb with sth for (doing) sth 因为...而用...奖励某人

e.g. Lee's father rewarded him with a toy car for *helping the old lady cross the road*.

3. Things got so bad recently that he decided to go on a diet.

So + adj + that...结果状语从句

# things **get/turn/go/become** so sad 主系表

get 系动词(be 动词/感官动词/表示'变化')

e.g. I feel hot.    表语：状态/身份/属性/地位/**特征**

e.g. **His hair** turned **white** overnight.    主谓宾

He is **the president** 董事长 of the company.

4. **all the foods** 抽象名词具体化

**most** (数量词) things

**all** (代词) of **the** foods    the 不能省略

**most** of **the** things

5. pay sb a visit 拜访 = visit

6. be surprised to do sth 惊讶地做某事

7. hurry v. 快跑/匆忙(走)

hurried adj. 感到匆忙的

hurriedly adv. = in a hurry 匆忙地

8. hide – hid – hidden

9. **It 形式主语** was obvious [that he was very embarrassed.主从句]

# That he was very embarrassed was obvious.

20. guilty adj. 有罪的/内疚的

guiltily adv.

21. He explained [that his diet was **so strict that** he had to reward himself occasionally.]

宾语从句+结果状语从句

# occasionally 偶尔 = now and then

accidentally = by chance 偶然地

# strict(ly) be strict with sb 对...很严格

22. include v. 包含(概念上/逻辑上/范围上)

The list includes...

contain v. 包含(里面有...东西)

The parcel/box/container/handbag/backpack contains 容器....

23. raise v.

1) 使...上升

*sb raises sth* 某人将某物举起来

raise your hands

2) 抚养 raise a dog/pet

You raise me up.

3) 募集 raise money 筹钱

rise v.

*sth rises* 某物上升 *sun-rise* 日出 *sun-set* 日落

e.g. *I always rise at six clock.*

24. lay the table 整理好桌子

set the table 摆好餐具 set-ups

Lay 放/产卵	Laying 现在分词	Laid 过去式	Laid 过去分词
Lie 撒谎	lying	lied	lied
Lie 躺/位于	lying	lay	lain

25. beat sb 击败某人/队伍 (所跟宾语不同)

win a game/match/competition 赢得比赛

26. carpet n. 地毯 rug 地毯 (小)

27. **have just moved** in to a new house 现在完成时 **‘已经...’**

(*move* 动作在过去已经结束/强调有这么一个结果)

**have been working** all morning 现在完成进行时 **‘一直...’**

(*work* 动作在过去开始发生, 一直持续到现在, 当前仍然正在发生)

28. temporarily adv. 暂时地

permanently adv. 永久地

29. gaze at...盯着...看

30. in the spare/free time 在空闲时分

31. actually 事实上... in fact

32. beautiful – beautifully

slow – slowly

1) hard adj./adv. 努力的/地 -- hardly adv. 几乎不

a hard 困难的 work/work hard 努力地工作

2) fast – fast a fast car/drive the car fast

3) late adj./adv. late bus/arrive late lately adv. 最近 = recently

4) high adj./adv. a high mountain/fly high highly adv. 高度地 (程度副词)

speak highly of sb 高度评价某人

5) near adj./adv. A near village/come near 靠近 nearly adv. 几乎 = almost