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.主语从句]

# 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*