词汇

an idea or explanation of sth that is based on a few known facts but that has not yet been proved to be true or correct （有少量事实依据但未被证实的）假说，假设

[SYN](javascript:;" \o "同义词) [theory](javascript:;)

•to formulate/confirm a hypothesis 提出╱证实假设

•a hypothesis about the function of dreams 关于梦的作用的假说

dilapiated

( of furniture and buildings 家具和建筑物 ) old and in very bad condition 破旧的；破烂的；年久失修的

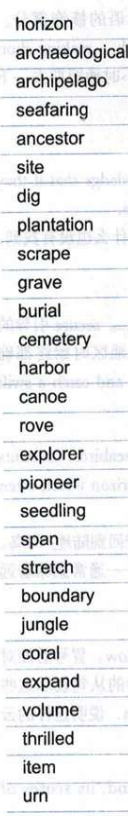
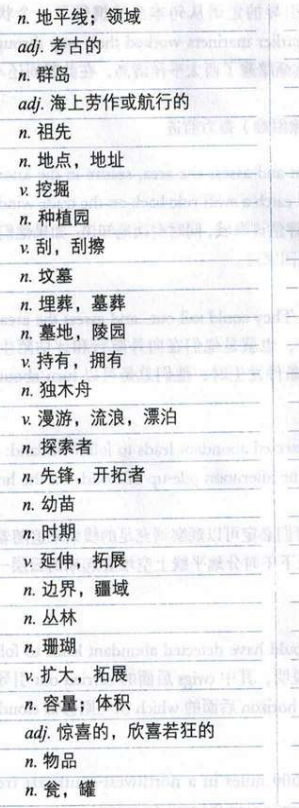
He was a man of forceful character, with considerable insight and diplomatic skills.

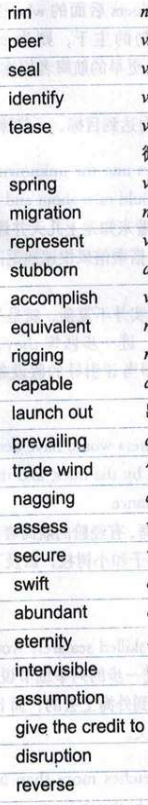
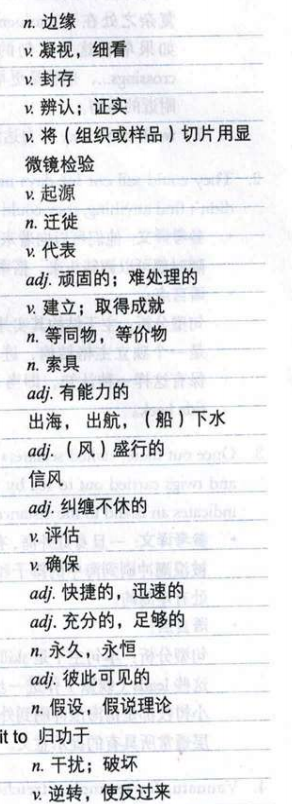
他是个性格坚强的人，有着非凡的洞察力和交际才能。

here is something about music that distinquishes it from all other art forms.

音乐中一些因素使之有别于其他艺术形式。

Every day of our lives we encounter major and minor stresses of one kind or another.

生活中的每一天，我们会遇到或大或小的这样那样的压力。

他说，那些航海技能在几千年的时光里由更早的航海者们发展和传承下来，他们排除万难踏遍了西太平洋群岛，并在附近的岛屿之间短途穿梭。

Those sailing skills,he says,were developed and passed down over thousands of years by earlier mariners who worked their way through the archipelagoes of the western Pacific,making short crossings to nearby islands.

work onc's way努力达到目标，(排除困难)奋力前进

们可以向着未知走上几天并评估该海域，同时明确地知道：如果他们什么也没有找到，

随时都可以调转头来，搭乘信风快速地返回家园。

They could sail out for days into the unknown and assess the area,secure in the knowledge that if they did not find anything,they could turn about and catch a swift ride back on the trade winds.

别费心机去洞察女孩的心思，因为他们总在变

Do not bother to penetrate girl’s mind as they are always changing.

沉默是避免争吵的一个策略。

Silence is a device to avoid disputes.

听任.....自便 leave....to one’s own devices

他低声下气来求我帮助。He humbled himself to ask for my help.

modesty n 谦虚虚心

arrogant a 傲慢的 be arrogant toward sb.

scarce 罕见的 when a thing a scarce,it is precious.

make oneself scarce 溜走

她心情不好，我得躲开点。She is in a bad mood,so i will make myself scarce.

scarcity n 缺乏匮乏

negligible a 微不足道的

他总算把那个长句的意思揣摩出来了。

She managed to puzzle out the meaning of that long sentence.

马云白手起家办起了这个公司。Jack Ma developed the company from nothing.

蔬菜和水果的价格随季节而波动。The prices of vegetables and fruits fluctuate with the seasons.

漫威电影充斥着个人主义色彩Marvel movies are full of individualism

一篇乡村美景 a beautiful stretch of countryside

他竭尽全力养家糊口 she streached herself to provide for the family.

我们已经详尽的讨论了这一问题，接着谈下一个 we have exhausted this subject.let us go on to the next.

I support protests because Chinese people have rights to speak out their dissatisfactions and problems to make things better. But I don't support treasons, rebellions and subversions of the government! Pulling down the government doesn't help and cause chaos to the country!

I don't mean to disparage your achievements. 我并不想贬低你的成就。

They said that compulsory identity cards would infringe civil liberties. 他们说强制办理身份证会侵犯公民的自由。

作文

现在很多人经常光顾快餐店，因为快节奏的生活和不规律的工作时间。快餐对家庭有不利的影响，并且导致一些社会的问题。

Many people today frequent fast-food restaurants,because of the fast pace of life and irregular working hour.Fast food acan affect families adversely and also cause some problems at the societal level.

对快餐的依赖，相比于传统餐品，已经变成了一个社会性问题，朝中的人急剧增加，这不仅是因为快餐含脂肪，糖，盐，卡路里，同时快餐被大量提供。通常在汉堡和披萨的消费导致肥胖，并且增加得心脏病和其他疾病的风险，它会增加社会医疗系统的压力，如果更多的人拜访医生因为与饮食有关的疾病。相反，传统的家庭制作的美食被认为对健康是有益的，因为使用了健康的材料。

The reliance on the fast-food,rather than traditional food,has become a health issue in some societies,where the number of overweight people has increased dramatically.It is not only because of it is high in fat,sugar,salt and calories but also because fast food is served in high portions.Regular consumption of this kind of food,such as hamburgers and pizzas,lead to obesity and increase the risk of suffering from heart diseases and other health problems.It can pose a strain on medical system of society as more people visit doctors for diet-related illness.In contrast,traditional home-cooked dishes are considerable to be beneficial to health as they use fresh ingredients.

另一个社会问题是对传统饮食可能的影响。世界上的传统食物在成份上、制作方式和风味上各不相同展示了菜肴的演变在不同的地区，

Another social issue is the potential impact on traditional cuisine.Traditional food in the world is diverse in ingredients,cooking styles and flavours,showing the evolution of cuisine in different regions.

当人们去外面时，传统上，人们能够享受不同的选择，但是现在，危险是快餐链改变餐饮行业的格局

People can traditionally relish the diversity of options available for them when they eat out,but now,the risk is that the fast food chains will change the landscape of catering business.

快餐供应链在价格和便利方面有优势，许多小的专门生产传统食物的饭店将会走向破产。不久，消费者发现他们的食谱将会更加舞曲，并且不能像过往一样享受多样的食谱。

Fast food franchises have advantage in prices and convenience,and small restaurant which specialise in traditional dishes may go to bankrupt.Before long,consumers find that their diet can be increasingly monotonous and they can not enjoy varied diets as before.

在饮食方面的改变对家庭关系是有害的，因为人们减少参加家庭聚会。他们更愿意订外卖或让饭店将餐饮送到他们的办公室，为了工作更长的时间。这个结果是他们不再回家和家庭一起吃饭并讨论问题，像他们的孩子在学校中碰到的问题或者他们的伴侣在办公室中遇到的困难处境。这将弱化他们和所爱之人的纽带，并导致孤独感。

The change in eating habits can also be harmful to family relationships,as people attend family meals less frequently.They may prefer to order takaways and have restaurants deliver a meal to their offices,in order to work longer hour.The consequence is that they hardly go home to eat with their families and talk about issues like the problem that their children experience in their school and difficult situations that their spouses have to handle in the office.This may weaken the bonding with loved ones and create a sense of isolation.

因此，我同意快餐对我们的家庭和社会有负面影响。它会侵蚀家庭生活并导致更高的医疗费用，丢失食物多样性。

Thus,I agree with the idea that fast food can have a hamful negative impact on both families and society,It would erode family life and cause a higher medical cost and a loss of diversity in cuisine.

志愿工作已经在很多学校被广泛推广，甚至被确定为一个毕业的要求。

Volunteer has been prompted by many schools and even accepted as a requirements for graduation.

志愿工作有不好的一面，尽管他对参与其中的人还有整个社区都是有好处的。

Unpaid job has its downside,although it is of great value for those young participants as well as the whole society.

对学生来说他们可以通过参与社区服务来提高自己的素质。

It is possible for students to develop qualities by serving communities.

社区服务为他们提供解决许多问题和挑战的机会，这些问题和挑战在学校很少见。

Volunteering provides them with opportunities to tackle many problems and challenges which are hard to see in the school.

例如，当他们为慈善公司筹款的时候，他们要学会有耐心，也要懂得如何与捐款人交流以及如何组织生活。

For example,when they raise funds for charities.It is important for them to show patience.It is not easy to organise events and communicate with patrons.

这会提高他们的信心和解决问题的能力。

As a result,they are able to improve their confidence and the problem-solving ability.

与此同时，年轻人也会学到责任感，知道则么为社区服务。

At the same time,young people can learn a sense of responsibility and how to serve the community.

他们知道自己的工作可以给社会其他成员带来帮助，所以他们会有一种社区意识。

They know that their work can be beneficial to society and other members of community,so they will have a sense of community.

帮助贫穷的孩子去学习是一种责任，他们认为帮助别人增加知识是有必要的，因为这可以创造一个公平和快乐的社会。

Helping disadvantaged people with schoolwork is a responsibility,and they consider it necessary to help others increase knowledge,because this can create a fair and happy society.

另一方面，我们不能忽略这么一个可能性，社区服务有时候没有很好的计划，浪费了志愿者的时间和精力。

On the other hand,the chances are that unpaid work is sometimes not well planned,which can lead a wast of volunteers’ time and energy.

一些项目需要年轻的志愿者在放学后和周末工作。

Some programs require young volunteers to work after school and at weekends.

由于志愿者服务，他们发现很难完成作业并集中注意力在学习上。

They find it difficult to finish homework and focus on studies because of voluntary services.

志愿者并不愿意在工作上付出努力，在很大程度上是因为他们看不到自己劳动的价值。

Volunteers are unwilling to devote their effort to voluntary work partly because they can not find their value of their services.

总的来说，我的观点是志愿服务对于提升年轻人的能力以及提高他们解决问题的能力来说很重要。

Overall,my view is that volunteer work plays an important role in developing young people qualities and improving their problem-solving skills.

机构组织有必要确保志愿工作能够适合学生的需求。

It Is necessary for organisations to ensure that volunteer work can suit their needs.  
As Dr. Smith left he said that the inquiry was something of a red herring.

当史密斯医生离开时，他说该调查是转移注意力的事情。

1.[V-I](javascript:;" \o "不及物动词)If a plan or project backfires, it has the opposite result to the one that was intended. 事与愿违

•  The president's tactics could backfire.  
 总统的策略可能会事与愿违。

2.[V-I](javascript:;" \o "不及物动词)When a motor vehicle or its engine backfires, it produces an explosion in the exhaust pipe. (机动车或引擎) 回火

•  The car backfired.  
 这辆车回火了。

There was talk of pay cuts. The office was spookily quiet, too; since most of her friends had been sacked, there wasn't even anyone around to moan to.

办公室里安静得吓人，因她的大部分朋友都已被解雇，周围连个可以说抱怨的话人都没有。

business/commercial/industrial premises 事务所；商业╱工业用房屋场地

He maintained a professional demeanour throughout. 他始终保持着专业人才的风度

it is the epitome of comfort food

i will never cease to be amazed

leaner pieces of pork

some pork belly

pickled cabbage