

信手拈词·不再词穷 (第六套)

生活类

独家课程: “精批精讲你的作文”, 托福写作·一课搞定, 写作 28+分的摇篮

衣
食
行
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买

@28 托福黎老师

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健康

1. 身体健康

运动	exercise / do physical activities / physical activities / being physically active / work out
经常的	frequent / regular / routine
经常地	frequently / on a regular basis / on a daily basis
保持久坐	keep sedentary / immobile
过着久坐的生活方式	lead a sedentary lifestyle
身体不好	falling / declining / fragile health
遭受	suffer from / undergo / endure
做瑜伽或者打太极	practice Yoga or Tai Chi
舒展紧张的肌肉	stretch one's cramped muscle

1) +免疫

免疫系统	the immune system
免疫于疾病	be immune to diseases
建立强壮的身体	build a robust / strong / healthy / muscular body
增加肌肉力量	increase muscular strength
锻炼肌肉	build up / strengthen one's muscle
遭受疾病	suffer from / catch / contract / get + diseases / illnesses / sickness
容易生病	be susceptible / vulnerable + to diseases / infection

例题: To improve health, which aspect will you change in life? 1. kinds of food to eat 2. the amount of exercise 3. the amount of stress

多运动 -> 免疫力强

Doing physical activities frequently will help people build a strong immune system. In detail, doing exercise on a regular basis, such as practicing Yoga or Tai Chi, helps people stretch their cramped muscle and build up their muscle strength, making them less vulnerable to diseases; on the other hand, hardly could people strengthen their muscle or build up their immune systems by altering the kinds of food consumed.

2) -体重

增重和肥胖	weight gain and obesity
减少可能性	decrease the possibilities / risks / likelihood of

例题: Do you agree or disagree with the following statement: People should take time to relax with hobbies or physical activities that are different from what they do in work.

不同的体育活动 -> 减肥

It is effective for people to lose weight when they do physical activities different from those at work. To be more specific, employees, by doing something different from being sedentary, such as jogging or hiking after work, can effectively burn calorie and thereby decrease the risks of weight gain; however, they might suffer from obesity if continuously keeping the same positions as in the work fields.

饮食健康

过着饮食健康的生活	lead a wholesome lifestyle
饮食不健康的	unwholesome
危害健康	deteriorate / harm / jeopardize one's health

1) 热量

高热量食物	high-calorie food
加糖苏打水、巧克力和乳制品	sugared soda, chocolate and dairy products
刺激对于...的消耗	stimulate the consumption of

例题: Some people like to buy and eat their meals at restaurants frequently, while others like to do this at home. Which do you prefer? Why?

在家吃饭 -> 摄入的热量少

When cooking and eating at home, people tend to take in fewer calories. To explain it further, not only is homemade food usually cooked with less oil and fat, but foods at home include more vegetables and fruits, lowering the calories people absorb; however, high-calorie food, such as sugared soda, chocolate and dairy products, are generally what regulars at restaurants tend to consume.

2) 均衡

营养不足的	inadequate / insufficient + nutrition
维生素、矿物质和营养	vitamins, minerals and nutrients
营养不足的食物	nutritionally-deficient food
全纤维食物	whole-fiber food
全麦食物	whole-grain food
有机食物/原材料	organic food/ ingredients

例题: Do you agree or disagree with the following statement: It is important for families to have meals together regularly.

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和家人吃饭 -> 营养均衡

At home, people are more likely to have a balanced diet. To explain it further, meals at home, such as whole-fiber food, assorted vegetables and organic ingredients, offer a wide range of vitamins, minerals and nutrients to people; on the contrary, food at restaurants, such as hamburgers, fried chicken and beer, is generally nutritionally deficient.

2. 精神健康

(人)忙碌于	be occupied / over-loaded / overwhelmed / over-scheduled / over-committed by
(物)累人的	be overwhelming / overloading / demanding
在忙碌的生活中	in the hustling and bustling life
在忙碌的生活中	in the hectic life
过着忙碌的生活	lead / adopt a hectic + life / lifestyle
减压的方式	a stress-shrinking / stress-reducing / stress-eliminating strategy
很好的放松方式	a welcome + relief / release + from pressure
休闲的一种方式	a form of recreation / relaxation
为了休闲	for recreation / relaxation
充实生活	enrich one's life
提高生活的水平	raise / elevate / heighten living standards
确保高质量的生活	ensure a quality life
提高生活的质量	promote the quality of life
享受快乐	enjoy / savor + delight / happiness / elation / well-being

1) +朋友

关系	relationship / bond / connection / contact / link
建立	build / establish
增进	maintain / strengthen

例题: It is better to relax by watching a movie or reading a book than relax by doing physical exercise.

做运动 -> 交朋友

Doing physical activities is an effective means to expand one's social circle. To be more specific, gyms or Yoga studios are ideal platforms for people to come across new friends, who may come from a wide range of occupations, social backgrounds and fields; in contrast, people tend to be detached from others when they immerse themselves in movies or books alone.

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2) -烦恼

被各种级别的压力困扰	be concerned + about / by + different levels of stress
让...远离	distract / prevent / exclude oneself from
日常的烦恼	daily / routine / ordinary + worries / concerns / trivia
减少压力	lower one's stress levels
压力	pressure / tension / stress / strain
处理	cope with / deal with / handle / address / tackle / combat
精力充沛的	rested and recharged

例题: People nowadays are busy in work or school. They want to spend time on learning new things. Which one of the things will you choose to learn? 1. Learn a sport that you have never played before. 2. Learn to cook food that you haven't prepared before. 3. Learn to make something by hand, such as clothing or jewelry.

新的运动 -> 减压

Learning a new sport never played before is an effective stress-releasing strategy. In detail, in order to win a game, new players are fully engaged in learning techniques from experienced players, temporarily distracting themselves from daily worries and concerns; on the other hand, without the specific goal to fight against opponents, people learning to cook cannot be successfully distracted from daily pressure.

人际

1. 新朋友

社交圈	social circle / friend circle / personal network
扩大社交圈	expand / broaden / increase / extend + one's social circle
来自各个背景	from a wide range of / various backgrounds
有共同的兴趣	with + shared / common + interests

2. 老朋友

老朋友	acquainted friends / acquaintances / companions
亲密的朋友	close / intimate / bosom / loyal / faithful / lifelong / long-standing + friends
鼓励及时的反馈	encourage / invite + instant / immediate + feedback
促进交流	facilitate + communication / interaction
一个情感链接	an emotional / spiritual bond
保持稳定的亲密的关系	maintain a steady / an intimate relationship
陪伴某人	keep sb. accompanied

1) 诉说

交换想法	exchange ideas / thoughts
真诚地	with sincerity / candor / earnestness / frankness
开始对话	strike up / hold / make a conversation
让某人参与对话	engage sb in a conversation
表达情感	display / express / show emotions

例题: It is no good for people moving to a new town or country because we lose our old friends.

搬到新城市 -> 和老朋友更好的交流

Moving to a new town or country, surprisingly, can even strengthen the relationship with acquainted friends. Specifically, new topics, such as beautiful sceneries, interesting people and intriguing stories in a new place, can be discussed and shared with old friends; however, two friends may lack topics to discuss when none of them have access to brand new experiences.

2) 倾听

倾听	engaged listening
给某人安慰	give sb comfort
帮助某人	render + assistance / favor / service + to sb
提出解决方法	propose / put forward / suggest + solutions
全心全意支持	support fully / wholeheartedly

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例题: It is better to spend money on travelling than saving money.

花钱旅游 -> 朋友倾听

A journey is an ideal period for two acquaintances to listen to each other and have sincere conversations. To be more specific, possessing a large quantity of time on a trip, old friends can be fully engaged in listening to each other's stories, giving immediate feedback and exchanging ideas wholeheartedly, which can strengthen their bonds; however, two people are deprived of such a chance to listen fully to each other if they do not travel but instead save the money.

团队合作

1) 迎上

承担责任	shoulder / undertake / assume + responsibilities
分担任务	share workloads
竞争者	competitor / opponent / challenger/ adversary
面对	confront / face / in the confrontation of / be confronted with / be faced with
困难	hardships / obstacles / setbacks / adversity / frustration / depression
打败困难	triumph over adversity
成功	success / accomplishment / achievement / prosperity
实现成功	achieve / enjoy / notch up + success

例题: Playing sports teaches people important lessons about life.

运动 -> 在团队中迎上承担责任

Sports teach people the significance of taking active roles in a group. Specifically, when competing with opponents, each team player is supposed to positively shoulder responsibilities, triumph over adversity and lead the team to accomplishment; such a lesson on responsibilities in team work cannot be effectively learned in other situations than sports.

2) 后退

合作	cooperate / collaborate with
炫耀	shine / show off / flaunt
自己一个人	individually / oneself / on one's own / by oneself
谦虚的	humble / modest / tentative / unpretentious
低调的	placid / soothing / low-key

例题: Playing sports teaches people important lessons about life.

运动 -> 在团队中避免突出自己

Doing sports in a team helps each member learn the importance of humbleness. In detail, never should an individual flaunt in a team, merely showing off his talents or techniques without placing him as a member of a group, so playing sports is a valuable opportunity for a person to learn to be tentative and unpretentious; on the contrary, the significance of being low-key is not that highlighted in other situations.

效率

1) 省时

减少时间	reduce / decrease / save + time
花时间做某事	allocate / distribute time to doing
花时间做某事	spend time (in) doing

例题: Do you agree or disagree with the following statement? Visiting museums is the best way to know a country.

参观博物馆 -> 省钱

Never can we deny the fact that visiting museums is the most money-saving approach to know a country. To explain it further, without the need to buy expensive flight tickets to a remote country, allocate a wealth of money to accommodation or pay fares to places of interests, people, by visiting museums, can know a country without paying a dime; on the other hand, people have to spend a large quantity of money when making a journey to a country.

2) 省钱

购买	purchase / make purchase of
过着奢侈的生活	live a life of luxury
买奢侈品	afford luxuries
便宜货	a bargain
收支平衡	balance the budget

例题: When there is a new technological device is available, some people will buy it immediately, while others will wait until many others have adopted it. Which view do you agree more?

等一等买 -> 省钱

Waiting for a while after the release of a product enables people to purchase it at a lower price. To explain it further, some time after a brand new product is launched onto the market, no longer will it be popular and as other competing products merge, the company has to lower its price; however, popularity and novelty keep its price high at the beginning of a product's release.