

Unit 10

Phrase	Example	翻译	精准 诠释
<i>clear out</i>	We need to clear out the storage room to make space for new items.	我们需要把仓库里的物品全清出来，以便留出新物品的空间。	清空
<i>check out</i>	I need to check out books before leaving the library.	我需要在离开图书馆之前借阅一些书籍。	借出
<i>no longer</i>	I no longer have time to watch TV dramas.	我已经没有时间去看电视剧了。	不再
<i>part with</i>	It's difficult for me to part with my childhood toys.	我很难舍弃我的童年玩具。	放弃
<i>as for</i>	As for today's weather, it's quite cloudy with a chance of rain.	至于今天的天气，它相当多云，有下雨的可能性。	至于
<i>to be honest</i>	To be honest , I didn't really like the movie we watched last night.	说实话，昨晚我们看的电影我并不是很喜欢。	说实话
<i>according to</i>	According to the latest news, there will be a parade in the city center this weekend.	根据最新消息，本周末市中心将有一次游行。	根据
<i>close to</i>	This grocery store is close to my apartment, so I can easily walk there.	这家杂货店就在我公寓附近，所以我可以轻松步行到那里。	靠近

Unit 01

Phrase	Example	翻译	精准 诠释
<i>be born with</i>	She was born with a talent for singing.	她天生具有唱歌的才华。	天赋
<i>look up sth.</i>	I need to look up the meaning of this word in the dictionary.	我需要查字典来查找这个词的意思。	查阅
<i>word by word</i>	The teacher asked us to read the paragraph word by word .	老师要求我们逐字逐句地阅读段落。	逐字
<i>as well as</i>	He is good at playing tennis as well as basketball.	他不仅擅长打篮球，也擅长打网球。	以及
<i>have trouble doing sth.</i>	I have trouble falling asleep at night.	晚上我入睡困难。	困难
<i>pay attention to</i>	Please pay attention to the road while driving.	驾车时请注意路况。	注意
<i>connect with</i>	I want to connect with other writers and learn from them.	我想与其他作家联系并向他们学习。	联系
<i>learn from</i>	We can learn from our mistakes and try to do better next time.	我们可以从错误中学习，并尝试下次做得更好。	学习

Unit 02

Phrase	Example	翻译	精准 诠释
<i>lay out</i>	She laid out her clothes on the bed before packing them in the suitcase.	在收拾衣服之前，她把衣服摆放在床上。	摆放

Phrase	Example	翻译	精准诠释
<i>put on</i>	He put on his coat and went outside.	他穿上外套出门了。	穿上
<i>end up</i>	We planned to go to the beach, but we ended up staying home because it rained.	我们计划去海滩，但因为下雨，我们最终没有去成。	最终

Unit 03

Phrase	Example	翻译	精准诠释
<i>pass by</i>	I pass by that store every day on my way to work.	我每天上班路上都会经过那家商店。	经过
<i>ask for</i>	If you need help, don't be afraid to ask for it.	如果你需要帮助，不要害怕请求。	请求
<i>spend sth. on (doing) sth.</i>	She spent all her money on buying a new car.	她把所有钱都花在了买一辆新车上。	花费钱财
<i>spend sth. (on sth./[in] doing sth.)</i>	I spent the whole weekend reading books .	我整个周末都花在读书上了。	花费时间

Unit 04

Phrase	Example	翻译	精准诠释
<i>from time to time</i>	I like to eat junk food from time to time .	我时不时地喜欢吃垃圾食品。	偶尔
<i>in public</i>	He was too embarrassed to cry in public .	他很尴尬，不敢在公众场合哭泣。	公开地
<i>in person</i>	I want to meet her in person before deciding whether to hire her.	我想亲自见面，然后再决定是否雇用她。	亲自
<i>take pride in</i>	She takes pride in her work and always does her best.	她引以为豪的工作，总是尽力而为。	自豪
<i>be proud of</i>	I am proud of my brother for graduating from college.	我为我弟弟从大学毕业感到骄傲。	为...感到骄傲

Unit 05

Phrase	Example	翻译	精准诠释
<i>no matter</i>	No matter what happens, I will always love you.	不管发生什么事，我始终爱你。	不论
<i>in general</i>	In general , cats are more independent than dogs.	总的来说，猫比狗更独立。	一般而言
<i>be made of</i>	The building is made of concrete and steel.	这座建筑物是由混凝土和钢铁做成的。	由...组合制成
<i>be made from</i>	This jacket is made from recycled materials.	这件夹克是由回收材料制成的。	由...加工制成
<i>be made by</i>	This painting was made by Picasso.	这幅画是毕加索创作的。	由...制作

Phrase	Example	翻译	精准诠释
<i>be made in</i>	This car was made in Germany.	这辆汽车是在德国制造的。	在...制造
<i>be known for</i>	France is known for its wine and cheese.	法国以其葡萄酒和奶酪而闻名。	以...而著名

List 13

Phrase	Example	翻译	精准诠释
<i>feed on</i>	Some birds feed on insects and worms.	一些鸟类以昆虫和蠕虫为食。	以...为食
<i>take a breath</i>	After running for a long time, I had to stop and take a breath .	在长时间跑步后，我不得不停下来喘口气。	呼吸
<i>by chance</i>	I by chance ran into an old friend while on vacation in Hawaii.	我在夏威夷度假时碰巧遇见了一个老朋友。	偶然
<i>begin with</i>	Let's begin with introductions.	让我们从介绍开始吧。	以...开始
<i>burst out doing sth.</i>	She burst out laughing suddenly when she heard a funny joke.	当她听到一个有趣的笑话时，她突然大笑起来。	突然做某事
<i>be fed up with</i>	I'm fed up with the constant noise from my neighbor's construction site.	我已经厌倦了邻居的施工现场不断发出的噪音。	厌倦
<i>take one's chance</i>	Even though I didn't have all the qualifications, I decided to take my chance and apply for the job.	即使我没有所有的资格，但我还是决定抓住机会申请这份工作。	抓住机会
<i>have nothing to do with</i>	I decided to quit having nothing to do with my coworkers.	我决定不再和我的同事们保持距离。	不关系
<i>stick to</i>	I try to stick to a balanced diet to maintain my health.	我努力坚持平衡饮食以维持健康。	坚持
<i>out of breath</i>	After climbing a few flights of stairs, I was out of breath .	爬了几层楼梯后，我已经上气不接下气了。	上气不接下气
<i>in advance</i>	I booked my flight in advance to get a cheaper price.	我提前预订了我的航班以获得更便宜的价格。	提前

List 14

Phrase	Example	翻译	精准诠释
<i>make a mistake/mistakes</i>	Everyone makes mistakes , it's part of learning.	每个人都会犯错误，这是学习的一部分。	犯错误
<i>look for</i>	I need to look for my lost keys before leaving the house.	在离开房子之前，我需要找到我丢失的钥匙。	找
<i>a chain of</i>	The company has a chain of stores across the country.	这家公司在全国范围内拥有一系列商店。	一连串的
<i>look round</i>	Let's look round before this museum closes.	让我们趁这个博物馆关门之前四处看看。	环视
<i>reply to</i>	I always try to reply to important emails as soon as possible.	我总是尽快回复重要的电子邮件。	回复

Phrase	Example	翻译	精准诠释
<i>flood in/into</i>	After the company launched new products, a flood of orders poured in .	在公司推出新产品后，大量订单涌入。	涌入
<i>depend on</i>	Whether we go for a picnic tomorrow depends on the weather forecast.	明天我们是否去野餐取决于天气预报。	取决于
<i>of course</i>	Of course , I'd be happy to come to your party.	当然，我很乐意来参加你的聚会。	当然
<i>share sth. with sb.</i>	Would you like me to share my sandwich with you?	你要不要和我一起分享我的三明治？	与某人分享某物
<i>watch out</i>	Watch out for the slippery floor, it's just been cleaned.	小心滑的地板，它刚刚被清洁过。	小心
<i>pay a visit to</i>	I plan to pay a visit to my grandparents this weekend.	我计划这个周末去拜访我的祖父母。	拜访
<i>be beneficial to</i>	Drinking plenty of water is beneficial for our health.	多喝水有益于我们的健康。	有益于
<i>as a result of</i>	Traffic congestion was as a result of a car accident.	交通堵塞是一次车祸的结果。	由于

List 15

Phrase	Example	翻译	精准诠释
<i>adapt to</i>	As we grow older, we need to adapt to the changes in our body.	随着年龄的增长，我们需要逐渐适应身体的变化。	逐渐适应
<i>speed up</i>	We need to speed up the production process to meet the deadline.	我们需要加快生产速度以满足截止日期。	加速
<i>stand up</i>	When he saw his crush enter the room, he got nervous and forgot how to stand up .	当他看到他的心仪对象进入房间时，他变得紧张，忘记了如何站起来。	站立
<i>stand for</i>	The abbreviation "NASA" stands for National Aeronautics and Space Administration.	缩写“NASA”代表美国国家航空和宇宙航行局。	代表
<i>more than</i>	She spent more than an hour doing her makeup for the party.	她花了一个多小时化妆准备参加派对。	超过
<i>shut down</i>	Please remember to shut down your computer after using it.	请使用完计算机后记得关机。	关机
<i>shut off</i>	He had to shut off the water supply due to a pipe burst.	由于管道爆裂，他不得不切断供水。	切断
<i>live on</i>	She inherited her grandmother's house and decided to live on the property.	她继承了奶奶的房子，决定在这块地方居住。	居住
<i>more or less</i>	The meeting will take more or less an hour depending on the discussions.	会议将根据讨论情况需要多或少花费一小时左右时间。	多多少少
<i>once more</i>	The teacher explained the concept once more for the students who didn't understand it the first time.	老师为没有理解概念的学生再次解释了一遍。	再来一次
<i>catch on</i>	It took him a while, but he finally caught on to what she was trying to say.	他花了一些时间，但最终理解了她想说的话。	理解
			赶上

Phrase	Example	翻译	精准 诠释
<i>catch up with</i>	He needs to catch up with his work since he missed a week of school due to illness.	由于疾病缺席了一周的学校，他需要赶上自己的进度。	

List 16

Phrase	Example	翻译	精准 诠释
<i>let out</i>	She couldn't help but let out a scream when she saw the spider in her bedroom.	当她看到卧室里的蜘蛛时，她忍不住发出了尖叫声。	发出
<i>mark sb./sth. with</i>	He marked his favorite book with a piece of paper so he could easily find it again.	他用一张纸给他最喜欢的书做了标记，这样他就能轻松找回它了。	用.....标记
<i>quarrel about/over</i>	She and her friend often quarrel over who gets to choose the restaurant when they go out to eat.	她和她的朋友经常在外出吃饭时为谁可以选择餐厅而争吵。	为.....争吵
<i>take notes</i>	The students were instructed to take notes during the lecture for future reference.	学生们被要求在讲座期间记笔记以备将来参考。	记笔记
<i>consist of</i>	The salad consists of lettuce, tomatoes, and cucumbers.	这个沙拉包括生菜，西红柿和黄瓜。	包括
<i>drop in/by</i>	I'm going to drop by my friend's house after work to return his book.	我下班后会顺便去我朋友家还他的书。	顺便拜访
<i>be friendly to</i>	It's important to be friendly to your coworkers to create a positive work environment.	与同事友好相处是创造积极工作环境的重要因素。	对.....友好
<i>in case</i>	He brought an umbrella in case it rained during his walk.	他带了一把伞以防在散步途中下雨。	以防万一
<i>be patient with</i>	She needs to be patient with her students who are learning a new language.	她需要对正在学习新语言的学生有耐心。	对.....有耐心
<i>in favor of</i>	The company is in favor of implementing a new recycling program to reduce waste.	公司赞成实施新的回收计划以减少浪费。	赞成