

共 48 个 (18 个词组、 30 个句子)

一. 健康

- sth contribute to one' s health by giving sb some physical exercise.

某物能有助于身体健康通过给某人一些身体锻炼。

- sth is harmful to/bad for/detrimental to health.

某物对健康有害

- sth exert great pressure on sb.

某物给某人施加重压

- sb may become more solitary and even suffer from certain mental illness.

某人可能变得孤僻甚至产生某些心理疾病

- Exercise can enhance immune function.

锻炼可以增强免疫力

- adopt a healthy and meaningful life style

采取一个健康和有意义的生活方式

- release pressure

减压

二. 乐趣

- sth will make one' s life more enjoyable. That is to say, sth can add color to the dull routine of everyday life.

某物可以使某人的生活更加有乐趣，也就是说，某物为每天枯燥的生活增添了一些色彩

9. Sth have become the focus of one' s life and the source of one' s happiness and contentment.

某物已成为某人生活的中心和快乐的来源

三. 能力

- 10.equip sb with the ability to do sth

使某人拥有做某事的能力

- 11.be competent enough to do sth

有能力做某事

- 12.tell the useful information from the useless one

从无用信息中挑出有用信息

- 13.sth will provide sb with more opportunities to develop one' s interpersonal skills, which may put them in a favorable position in the future job markets.

某事会使某人有更多机会发展人际交往能力，而这对他们（们）未来找工作是非常有好处的。

- 14.By doing sth, sb can not only improve one' s academic studies, but gain many abilities which he will never be able to get from the textbooks.

通过做某事，某人不仅能够提高他们的专业能力，而且能获得从课本上得不到的能力。

15. tap one's potential

开发潜能

16. sth will help people foster one's independence

某物帮助某人培养独立

17. sth bring one's abilities into full play

某物把某人的能力发挥到极致

18. help strengthen one's sense of responsibility

帮助加强某人的责任感

19. achieve one's goal 达成某人的目标

20. learn from mistakes 吸取教训

21. surmount difficulties 战胜困难

四. 交流

22. develop and cultivate character and interpersonal skills

培养性格和人际交往的能力

23. make eye contact 做眼神交流

24. live only in the virtual world 仅仅生活在虚拟世界

25. hinder communication 阻碍沟通

26. The over-dependence on mobile phones can harm the relationship among friends and family.

过度依赖手机会伤害朋友以及家人的关系

27. At dinner tables, instead of chatting and laughing with each other, many people choose to chat with other friends online.

在饭桌前，人们不是相互聊天谈笑，而是选择和朋友在网上聊天

28. Many people have become over-dependent on the Internet and neglected face-to-face communication
很多人变得太依赖网络并且忽略了面对面交流。

29. The Internet enables more effective communication in some situations, but over-dependence on it actually pulls people apart.

网络在一些情况下使交流更有效，但是过度依赖它实际是人们更疏远。

五. 知识

30. Little by little, our knowledge will be well enriched, and our horizons will be greatly broadened.

逐渐的，我们的知识会得到增加，我们的视野将会大大的拓宽。

31. reduce study load 减轻学习负担

32. sth can broaden people's minds to the extent which may not be reached previously.

某物可以扩大人们的视野到一个之前不能到达的程度。

六. 方便

33. sth can save sb a great deal of time, so sb would be able to concentrate more time and energy on one' s academic work.

某物能节省大量时间，这会使某人有更多的时间和精力放在学习上。

34. sth have brought people great convenience in doing sth.

某物在人们做某事时带来了巨大的方便

35. There is no denying that sth have greatly enhanced work/study efficiency.

毋庸置疑，某物很大的提升了工作/学习效率

七. 经济

36. relieve one' s families' financial burden to some extent
这在一定程度上可以缓解某人家庭的经济负担

37. The welfare and salary have been improved greatly

福利和收入得到了巨大的提升

38. Money is so indispensable in people' s lives that without it no material comforts or well-being can be guaranteed.

钱在生活中必不可少，没有了钱，也就谈不上物质享受和幸福了

39. Money doesn' t necessarily ensure happiness or well-being. 钱不一定能保证幸福

40.can afford the huge cost of sth 能够承担某物的高额

41.bring huge economic loss to sb 给某人带来巨大经济损失

八. 安全

42.sth pose a great threat to one 's safety

某物对某人的安全造成巨大威胁

43.ensure the safety of sb 确保某人的安全

44.sth add to the safety of sth 某物增加了某事的安全

45.food safety 食品安全

九. 环境

46.To balance economic growth with environmental protection is highly important.

权衡经济发展和环境保护是高度重要的

47.We all should bear in mind that environmental protection is everybody' s duty

我们都应该记住环境保护是每个人的职责

48.sth help to build harmonious cooperation and effective communication, which helps to create a pleasant working atmosphere.

某事帮助建立和谐的合作关系和有效的沟通，这将帮助建立一个愉快的工作氛围。