**BBC learning English — notes**

**unit 1**

session1  
  activity 1 :the ways to say hello

activity 2:6 minute audio programme   
    it’s an audio programme which looks at a diffident area of vocabulary in every episode。

activity 3:a very important a part of word building —suffixes

1)-ee  
creates a noun meaning ‘person who receives an action

example words: interviewee, trainee,

2)-able  
creates an adjective meaning that the subject can do something or that something can be done to it.

        example words: excitable, employable

3)-ible

a different spelling of -able

example words: responsible, horrible(吓人的)

4)-ness  
create a noun which describes a quality of state

example words: happiness, nervousness

session 2

activity 3 session grammar

1)yes/no questions often begin with the verb to be, but also begin with other auxiliary(ôɡˈzilyərē 辅助的) verbs, such as do.

we ask these when we want a yes or no answer .

2)wh-questions start with a question word, such as who ,what, where, when, why, or how.

we ask this type of question when we want different kinds of information.these questions cannot be answered with a yes or no

new words or new sentences :

1. present perfect:过去完成时

session3  interview a BBC journalist

questions;

(1)what do you like about your job?

reply:some elements(元素),tend to (傾向；易於；往往會),certain(某些，肯定) parts of the country

(2)what’s the most interesting place you have ever visited ?

(3)what’s a normal day for you at work?

reply:every day tends to be slightly(轻微地，略微地) diffident.  
(4)do you meet interesting people?

reply:baboons(狒狒),chase(追赶，逐),manage(设法，尝试) to do，imitate(模仿)

(5)do you ever feel scared ?

reply:instance(实例),leave in a hurry(匆匆离开)

(6)can you relax when you’re working?

reply:, meal(一顿饭), previous (前面的,之前,adj)

(7)is there anything bad for your job?

reply:exhilarating( iɡˈziləˌrādiNG  振奋人心的), guilty( ˈɡiltē 有罪的)

(8)do you have a dream job?  
reply: odd( äd 奇怪的),occasion( əˈkāZHən,场合,时刻), cameraman(摄影事),turn up(到场，找到), surrounding(周围,环境)

session4 formal and informal writing

activity 1.

new words or new sentences

1)definition(ˌdefəˈniSH(ə)n

定义,精确度n)

2)congress(国会)

3)intimate (亲密的)

4)the Wall Street Journal(华尔街日报)

5)etiquette (ˈedəkət礼仪)

6)fed(feed的过去式和过去分词 ) up with(受够了)

6)present(呈现，展现)

7)**Politeness** and etiquette are essential(礼貌和理解至关重要)

8)bored or annoyed(无聊或生气)

activity 2.

new words or new sentences

1)comprehension(理解)

2)underneath( 下,在…下面)

3)after all(毕竟)

4)authentic (ôˈTHen(t)ik 真实的,真正的)

5)as it happens (当它发生时，巧)

6)pronunciation(发音)

7)$40bn(400亿美元)

8)budget (ˈbəjət 预算)： that amount of money you can spend on something

9)indeed( 确实)

10)wage(工资)：money you earn from working

11)income(收入):money people receive ,usually from working

12)dining experience (用餐体验)

13)expect(期望，预计)

14)embarrassment (尴尬)

15)offence(冒犯，罪行，过错əˈfens)

16)expression(表情)

17)diary(日记)

18)pub(酒馆pəb)

19)yacht(游艇yät)

20）race（比赛，种族）

21）gap year(空档年)

22）globetrotting(环球旅行ˈɡlōbˌträdiNG)  
23）backpacking（背包旅行）

24）circumnavigate (环航 ˌsərkəmˈnavəɡāt)

25)the Houses Of Parliament(ˈpärləmənt 议会 n) :国会大厦

26)chime（CHīm）:鸣叫

27)Mount Everest:珠穆朗玛峰  
28)rather extreme backpacking, don’t you think?相当极端的背包旅行，你不觉得么？

29)dock(däk):码头

30）It'll earn you a fortune, on top of the money you get from your travel writing.:除了您从旅行写作中获得的金钱以外，它还会为您带来一笔财富。  
31）don't you feel like doing some globetrotting?:你不喜欢做一些环球旅行吗？

session 5   
1）compass：指南针 罗盘

2）satnav: ˈsatnav 卫星导航

3）waterproof jacket：防水外套  
4）I’m about to sail around the world for the first time in my life.:我将有生以来第一次环游世界  
5）non-perishable：不易腐烂  
6）of course :当然

**unit 2**

session 1 what are you wearing?  
activity 1

  words and sentences   
1)smart:合潮流的，帅 nice and stylish(时髦的)  
2）scruffy：ˈskrəfē邋遢 not neat（整洁的）or clean  
3）the present simple and present continuous tenses：一般现在时态和现在进行时

4）industry：工业，行业

5）phrase：frāz 短语

Perhaps：也许

6）casual：随意的 informal and comfortable  
6）jumper：warm piece of clothing that you pull over your head and that covers your upper body and arms（捂住头顶并遮盖上半身和手臂的保暖衣物）

7）trendy：ˈtrendē时髦的 modern, popular and fashionable

8）suit：套装smart jacket and trousers or skirt made from the same material

activity 2

words or sentences

1)accountant：会计

2）normally：通常 一般

3）hoodie：连帽衫

4）brand： 品牌 i work in branding 我从事品牌工作  
5）Right now I'm wearing a grey jumper, some black jeans and some black trainers.现在，我穿着一件灰色套头衫，一些黑色牛仔裤和一些黑色运动鞋。

6） I'm a graphic（ˈɡrafik 形象的 图解的） designer.我是一名平面设计师

7）adjective：形容词  
8）adverb：副词

9）come up next：接下来

activity 3 6 minute  vocabulary :the diffidence between adjectives and adverbs

1)fashionable:adj  时髦

2）fashionably：adv 时髦地

3)adjectives are words which describe nouns.-such as: scruffy, casual ,smart, formal, fashionable .

example—everyone is wearing tight jeans this year, they are really fashionable .

4)adverbs-words that describe verbs.-such as: scruffily, casually, smartly, formally ,fashionably, accurately (ˈakyərətlē,准确)

example—I had a job interview yesterday ,so I dressed very formally.

5)recap:回顾

quiz：  
1）what dose mike wear to the party?  
he wore a black shirt ,jeans, and his smart shoes.

session 2

activity 1 make the present simple and present continuous .

words  or sentences

1)infinitive:不定式

2)negative:消极的

3) i usually wear something casual.

4)I’m wearing a suit today

5)Andreas doesn’t wear trainers every day.

6)Negative present continuous = subject + isn't/aren't + verb-ing. —example :Keiko isn’t wearing scruffy clothes today.

7) Present continuous wh- question = question word + is/are + subject + verb-ing.—example: why are you wearing that hoodie?  
8）can you demonstration（ˌdemənˈstrāSH(ə)n 示范，游行，表明） ?

activity 2

1.present simple

1)facts , truths

2)habits, things that we do regularly

3)permanent (ˈpərmənənt永恒的)situations  
2.present simple negative   
use don’t or doesn’t ,and there’s no s on the end of the verb.

3.present simple question  
use do or does  
eg: do your friends live in London ?

4.present continuous

1)things that are happening at the time we are speaking .

2)temporary(ˈtempəˌrerē 暂时的) situations

3)actives that are in progress

example：*Julie usually works in an office, but****she’s working****from home this week.* (temporary situation)

5.present continuous negative

we make them with the little word not  
eg: I’m not ,isn’t, aren’t

he isn’t working today.you aren’t watching television.

6.present continuous question  
*The children are playing a game.  
are the children playing a game?*

*Session 3*

*activity 1 meet tom ford  
words or sentences  
 1) it’s delightful to talk to you.*

1. *Inspiration*
2. *Collection*
3. *Last fall :去年秋天*
4. *Edge：边缘，边*
5. *Well last fall I think i went right to the edge really with beads, sequins, embroidery,over-the-top color. 好吧，去年秋天，我想我真的以珠子，亮片，刺绣，过分的颜色走到了最前沿。*
6. *And last spring i pulled back a little bit but still it was quite over-the- top. 去年春天，我稍微退缩了一点，但还是太过分了。*
7. *and i think the natural thing as a fashion designer, or at least for me, is always to think: what am i tired of, what do i want to see more of, how am i feeling now?而且我认为，作为一名时装设计师，或者至少对我来说，自然而然地会想到：我厌倦了什么，我想了解更多，我现在感觉如何？*
8. *and the natural reaction is to kind of pull back maybe a quieter luxury that’s really all about the shape,all about the line,all about the fabrics, the workmanship.当然，自然的反应是退回也许更安静的奢侈品，这实际上与形状，线条，面料和工艺有关*
9. *And a little bit modest luxury.i’m not saying that we’re seeing any sort of change in the luxury market because our business is great,but i think maybe it’s time just to be a little less ostentatious with it. 还有一点谦虚的奢侈。 我并不是说由于我们的业务出色，我们看到了奢侈品市场的任何变化，但我认为也许是时候减少一点*
10. Beads珠子 – small pieces of wood, glass or other material with holes（孔，洞） in them, often used in jewellery（首饰，珠宝）
11. sequins亮片 – small, bright bits of plastic sewn缝制 onto clothes

embroidery刺绣əmˈbroid(ə)rē – patterns made by sewing into cloth

1. over-the-top – very extreme
2. to pull back – to move away from (something)

luxury奢华ˈləkSH(ə)rē – very pleasant, good quality and often beautiful

fabric面料 织物ˈfabrik – material for clothes

1. workmanship做工 – (here) skill that someone uses to make things
2. modest谦虚 – (here) looking plain or simple, not expensive（这里）看起来简单或简单，并不昂贵

ostentatious夸张的ˌästənˈtāSHəs – clearly showing wealth or power清楚地显示出财富或权力

Activity 2

Tom ford’s london life

1. what’s special about showing in london at london fashion week? 在伦敦时装周时伦敦时装周有什么特别之处？
2. My assistants for years have been english.

Formality: fôrˈmalədē礼节，拘泥形式 formal way of behaving

Eccentric:ikˈsentrik偏心，古怪，怪癖strange and unusual

Session 4

Activity 1 the power of red

Words or sentences

1. fashionistas 时尚达人
2. dye 燃料
3. for some people,it stands for power,for others,red means danger.
4. Nowadays,when it comes to color,most of us wear what we choose.
5. Professor lisa jardine of university college,london,says that the answer is all about money,power and status.
6. Sexual有性的ˈsekSH(o͞o)əl partners:性伴侣
7. Purity： 纯度 ˈpyo͝orədē
8. Coronation：加冕 ˌkôrəˈnāSH(ə)n
9. Scarlet：adj猩红 深红色 n 绯红色 猩红
10. The English phrase ‘scarlet woman’ describes a woman who has lots of sexual partners.
11. Vibrant:n充满活力 ˈvībrənt

Activity 2 news report

How fashionable is business?

Words or sentences

1. Catwalk 猫步
2. serious严肃的 正经 认真 优 庄重
3. Industry:工业 ˈindəstrē
4. manufacturing :制造业ˌman(y)əˈfakCHəriNG
5. £100m：1亿英镑
6. competitive：竞争的
7. marketing：v营销 使上市

Session 5

1. silly:ˈsilē愚蠢的 傻乎乎的 糊涂的
2. Sailor:水手 海员
3. leak：lēk n泄漏 漏洞 V漏出 漏水
4. sink: n 水槽 水沟V下沉 沉没

Activity2

1. Companion:kəmˈpanyən 伴侣 朋友 v伴随
2. you know about sails and rope and anchors  你了解帆、绳索和锚
3. it's got a sail:它有帆
4. satellite: ˈsadlˌīt n卫星
5. He makes the tea,he dose the photocopying(影印，复印),he sometimes gives me ideas for my books.
6. So i’m really pleased to see him now.
7. I get sea-sick.晕船
8. Rubbish！：瞎说！垃圾Nonsense！
9. lake湖
10. You know about sails and rope and anchors ˈaNGkər n锚 v泊 adj锚的.
11. Metre:米
12. engine ：ˈenjən n 引擎 发动机 机车 ,v发动机
13. berth：bərTH铺位，泊位 v泊、
14. It moves the jib： 他移动吊臂
15. galley：ˈɡalē厨房
16. bow: bō front end of the boat
17. stern：stərn 严肃的 严格 严峻 n 舳（船尾）back end of the boat
18. rudder: ˈrədər 舵 a flat（n平面 片 住宅 套件adj平的 平坦的 adv平） piece of wood or metal金属 at the back of a boat that controls the direction of travel.
19. deck:outside part of the boat that people can walk on.
20. boom: a pole that supports the bottom of the sail and can move from side to side.
21. mast：桅杆 a tall pole that supports the sail on a boat
22. mainsail:the largest sail on a boat
23. plain （plān 清楚的 朴实的 白的 陋 n川 ）sailing：一路顺风

**unit 3 like this ,like that ‘like’ for preference and description**

Session 1

Activity 1 introduction:do you like cats?

Words or sentences

1. Let’s meet a few more:让我们认识几个

Activity 2 what are these cats like?

1. stubborn ˈstəbərn固执的 顽固 死心眼儿:describes chip’s personality. Not change your attitude or opinion,even if there is a good reason to.
2. tolerant ˈtäl(ə)rənt 豁达的 宽容 :accepting opinions of others,or able to put with difficult conditions or treatment.
3. hunt：chase and kill another animal for food.
4. shrew SHro͞o 鼩鼱 n 泼妇 母老虎:a small,mouse-like animal with a long nose and tiny（ˈtīnē微小的 小小的） eyes.
5. preference:ˈpref(ə)rəns n偏爱，优先权
6. Doesn’t go much further: doesn’t go beyond this distance.
7. What is chip like? reply:stubborn
8. What does chip like? Reply:drinking milk.

Activity 4 6 minute vocabulary:prefixes

There are usually only a few letters long like these:

un-：uncomfortable uncooked unhygienic(不卫生ˌənhīˈjēnik)

in-:intolerable 无法忍受的

dis-:disagree disgrace(disˈɡrās n羞耻adj 玷辱)

1. misleading:误导
2. actual：实际的
3. kitchen:厨房
4. raw：生的 rô
5. advert：广告v注意

Session 2

Activity 2 meet ginger

1. ginger:ˈjinjər 生姜 淡赤黄色的
2. independent：ˌindəˈpendənt独立的 单独的 无党派的
3. Comforting：安慰 欣慰的 making you feel less worried or sad
4. furry：ˈfərē毛茸茸的 covered in soft hair(used about animals)
5. You can see how lovely it is to have him near me and be able to stroke him.你可以看到他靠近我并且能够抚摸他是多么可爱。
6. loving：showing affection（感情 爱），可爱
7. selfish:only thinking about yourself
8. regal:ˈrēɡəl 富豪的behaving like a queen
9. cuddly: ˈkədlē可爱的
10. aloof:əˈlo͞of 超然的 adv远离，离开

Activity 4 6 minute grammar：like  
 1）like (as verb)

Subject + like + object

2)like(as preposition介词ˌprepəˈziSH(ə)n): to ask for a description of a person ,place or thing.

What + to be + noun/noun phrase + like?

Session 3

Activity 1 what’s it like where you live?

1. homely 温馨地
2. Whereabouts are you from?
3. Whereabouts do you come from?
4. supper 晚餐
5. plenty of 大量的
6. leather ˈleT͟Hər 皮革 v抽打

Session 4 mystery object

1)sort of 有点

2）’her job is to,like,look after me...’ : here it’s used as s filler(填充词),filler are words or sounds that don’t have a specific meaning.instead,they allow the speaker more time to think.

3)’she was like:”ok, ok ,ok..”’ : here it’s used to mark reported speech.in other words,it’s said before you quote（引用） somebody.the form is: to be +like

Activity 4 how dangerous are cats?

1. emergency 紧急事件 事变 services紧急服务
2. trap n陷阱 牢笼 迷魂阵 v获   
    3）scratch skraCH v 刮 抓 挠 n挠 刻痕
3. kick n踢 冲劲儿 V踢 踹
4. aggressive 气势汹汹的 气盛 侵略的
5. threat 威胁
6. But how much of a threat are cats to the human population?但是猫对人的威胁有多大呢？
7. domestic dəˈmestik 国内的 家庭的 n仆人
8. screw n拧 螺旋 螺丝钉 v拧紧
9. (to have) a screw loose ：(to be) a bit crazy
10. unusual 异常的 稀有的
11. feral ˈferəl 野性的 葬礼的 wild
12. kitten 小猫 a baby cat
13. bite bīt v咬 叮 啃 n咬伤 咬钩
14. duty responsibility

Session 5

Activity 1

1. headed out into the Atlantic ətˈlan(t)ik Ocean:驶向大西洋
2. Storm n风暴 暴风雨龙卷风 风浪 V强攻 攻陷
3. rock n岩石 石头 礁石 摇摆 V摇动 晃动
4. get into the harbour. 进入港口
5. harbour n港口 海港 窝藏 躲藏 避风港 V包庇 包藏
6. port 港口

Activity 2

1. lush 郁郁葱葱 丰富的 萋萋的
2. concrete 具体的 实际的
3. Menacing v威胁 恐吓 来势汹汹 ˈmenəsiNG --scary,threatening
4. depression n萧条 沮丧低压 盆地-(in weather) an area where the air pressure 压力 压强 is low,bringing cold and wet weather.
5. gale（ɡāl 大风 强风） force（n暴力 势力 部队 武力 动力v迫使 逼 ）-strong and damaging(wind)
6. Waterproof-does not allow water in,is not damaged by water
7. Shelter-to find or stay in place where a person or thing is protected from bad weather.
8. tanks 水箱 油罐
9. selfie :自拍 源自菲律宾语
10. recording 记录 录音
11. chap CHap n家伙 颊 v皲裂
12. What would i do without you?!
13. horizon həˈrīzən n地平线 天边 涯
14. wheel (h)wēl n车轮 轮子 v盘旋 翔
15. steer stir v驾驶 开 n 建议 暗示 注意
16. Attention all shipping. A deep depression is forming in the South Atlantic, moving north. Severe gale force 11 winds are expected and heavy rain. Visibility will be poor.注意所有运输。 南大西洋正在形成一个深洼地，向北移动。 预计会有 11 级大风和大雨。 能见度会很差。
17. nasty ˈnastē 讨厌的 污秽的 肮脏的吧
18. we're in for a wet and bumpy ride 我们要经历一段又湿又颠簸的旅程
19. The wind is very strong and the rain is hammering（捶打） down and stinging （v叮 辣）our faces. 风很大，雨在敲打着我们的脸。
20. hammer down -describes very strong wind that can cause damage
21. torrential təˈren(t)SHəl 滂沱的 淘淘的
22. Batten down the hatches-prepare for a difficult or dangerous situation
23. Weather the storm-survive a difficult situation.渡过难关 - 在困难的情况下生存
24. nightmare n恶梦
25. stormy  ˈstôrmē 坏天气的 暴风雨的
26. mermaid 美人鱼
27. She's invited us into her house to dry off and warm up. 她邀请我们到她家晾晒和热身。
28. coconut ˈkōkəˌnət 椰子
29. cruel ˈkro͞o(ə)l 残忍的 粗暴的 残暴的 毒的 惨 禽兽的
30. give sb a lift 助某人一臂之力
31. This is exciting stuff! 这是令人兴奋的事情！

Activity 3

1）forecast ˈfôrˌkast n v预测 预报 展望

**Unit 4 the daily grind 日常工作**

Adverbs副词 of frequency

Session1

Activity 1

1. grind:ɡrīndv磨n磨碎 苦工作
2. frequency:ˈfrēkwənsēn频率 次数 频道
3. I often get the tube(t(y)o͞ob n管子 灯) to work but today i took the bus.我经常做地铁去上班，但是今天使坐公交车

Activity 2 vocabulary test

1. Back in a bit! === see you soon! 一会儿回来
2. Vox pops：流行音乐 audio or video clips of people talking about everyday topics.
3. commuting:traveling from home to work and back again
4. a folding bike: a bicycle that folds up so it can be carried easily

Activity 3 listen and match

1. The tube: an informal name for the london underground train system
2. The rush hour:the time of day when the traffic is very busy

Activity 5 6 minute vocabulary chunks of language

1. to do something on an empty stomach:to do something without eating first
2. a full english breakfast
3. To take a long time:to happen slowly
4. A lot of fun: very enjoyable

Session 2

Activity 1

1. frequently :往往地 常常地 经常地 频 屡次
2. properly: ˈpräpərlē 好生地 适当地

Activity 4 grammar:adverbs of frequency

1. take another look at what you’ve done so far再看看你到目前为止做了什么
2. routine:n常规事务 故事 日常工作adj例行的
3. We can use them to describe daily routines.我们可以用他们描述日常生活
4. From most frequent to least frequent,you can use always,followed by usually, and then sometimes,then rarely for things that don’t happen a lot and finally never for things you don’t do.
5. decaf ˈdēkaf 无咖啡因的
6. repeated 重复的 复述的
7. Adverbs of frequency go before the main verb:subject+adverb+main verb i always eat breakfast.
8. They go after the verb ‘to be’: subject+to be+adverb +main verb i am always late for work
9. They go between a modal and the main verb 他们介于情态和主要动词之间:subject+modal+adverb+main verb you should always wear a helmet.

Session 3

Activity 1 the daily commute通勤 v改判

1. it’s the middle of the rush hour 现在正值高峰期
2. I’m going to speak to a few of them to find out more about what it’s really like to be a commuter in london.我将与他们中的一些人交谈，以了解更多关于在伦敦通勤的真实感受。
3. I normally leave for work at about twenty past eight to get to work for nine o'clock.
4. And so what's your average day like in the office? How long are you there usually?那么你在办公室的平均一天是怎样的？ 你通常在那里多久？
5. knackered 疲劳的 吝啬的
6. miserable 惨的 心酸的 忧愁的

Activity 2

1. canteen kanˈtēn 食堂

Session4

Activity 1

1. rail rāl 轨 铁轨 扶手 栏V抱怨
2. fare fer n票价 车费 费用（fee） V旅行 吃 居住
3. mile mīl 英里 复数＋s
4. Kilometer kəˈlämədər 公里 千米
5. typical 典型的 地道的
6. I suppose I’m a typical commuter 我想我是一个典型的通勤者
7. platform 平台 主席台 论坛 v做台
8. colleague ˈkälēɡ 同事 合作者 同人
9. overcrowding  人满为患 拥塞
10. exact 精确的 过分注意的 过分周到的 v索取 罚金 罚款
11. extreme 极端的 极度的卓越的 偏激的 临界的 n 极端 极度 极点
12. extra 额外的 外加的 附加的 n附加物 额外的东西 adv 额外地
13. stressful 有压力的
14. Productively 富有成效的

Session 5

Activity 1

1. crew kro͞o 船员 人员 全体人员 队

Activity 2

1. smuggle ˈsməɡəl v 走私
2. distress 苦难 愁苦 事故 忧 悲楚 酸溜溜
3. reward v n报酬 奖励 赢利
4. Hang around 到处转转 浪荡
5. crate 箱子 板条
6. stowaway 偷渡者
7. despite dəˈspīt 尽管 虽说
8. It's always a tricky（ˈtrikē 棘手的 狡猾的 严峻的 滑头的） bit of water. Plenty of ships have got caught in the strong currents（电流） and gone onto the rocks..它总是有点棘手的水。 许多船只被强流卷入并撞上岩石。
9. kettle ˈkedl 水壶 罐 鼓
10. equator ēˈkwādər 赤道
11. grab v抢抓 抢夺 捉 窃取 n抓握 抢夺
12. fuse fyo͞oz 保险丝 引信 导火索 v融合 合成 熔

Activity 3  
 1）rescue ˈreskyo͞o V获救 解救

2）panic n恐慌 惊慌 慌张 v恐吓 吓唬 adj惊慌的

**Unit 5 Christmas every day ‘have to ’ and ‘must’**

Session 1

Activity 1

1. warp :包裹 包
2. turkey 火鸡
3. sprouts豆芽
4. roast potatoes 烤土豆
5. broccoli 花椰菜
6. carrot 胡罗卜
7. thick（厚的 浓稠的 丰厚的 粗的 n浓厚） gravy（n 卤 调味肉汁） 浓肉汁汤
8. stuffing balls 馅儿球
9. mince pie 肉馅饼
10. sherry 雪莉酒
11. cracker ˈkrakər 饼干
12. overweight 超重
13. fatty: containing a lot of fat.

Activity 3 binomials 二项式

1. binomials: are short phrases made of two words that go together - and the two words are often joined with and.like aches and pains.which means:general pains in the body,that usually aren’t serious.
2. goal 目标 目的 球门 意图
3. Look at these bruises - I’m black and blue:看看这些瘀伤——我是黑色和蓝色。
4. bruise : bro͞ozn挫伤 青肿 血晕 V擦伤 打伤
5. tough: 强硬的 艰苦的 严格的 困难的 n恶棍V经受 adv粗暴地
6. sick and tired : it means really fed up and bored with something
7. bit by bit:to describe slow change
8. short and sweet:it means simple,quick and useful.= quick and dirty=cheap and cheerful
9. aches and pains:it describes body pains that aren’t serious
10. presentation:ˌprezənˈtāSH(ə)n 介绍 图像 赠送 推荐会

Activity 2

1. If you ****must do**** something, it is necessary for you to do it, but this is often your opinion or a rule that you have made yourself.
2. If you ****have to**** ****do**** something, it is necessary for you to do it. It’s a law, an obligation（ˌäbləˈɡāSH(ə)n 义务，合同） or a fact.
3. If you ****don’t have to do**** something, it isn’t necessary to do it, but you can if you want.
4. If you ****mustn’t do**** something, it means ‘don’t do it’. It is necessary not to do it.

Activity 4

1. visa :签证

Session 3

Activity 1

1. reunion：团圆 重新统一
2. crash：adj紧急的 n碰撞意外 摔伤 轰隆声v祸 摔伤 摔坏 adv轰隆声地
3. bang：n砰 轰 重击V轰 adv直接地
4. dizzy： ˈdizē 昏眩的 头晕的 头昏 v头昏 头晕
5. petrol：ˈpetrəl 汽油

Activity 3

(1) There is no future or past form of **must**.

(2) We use **will have to** to talk about the **future** and **had to to** talk about the **past**.

(3) In the first message, Sarah said "he **had to** go to A&E", because she was talking about something that happened in the **past**.

(4) Sarah said "we'**ll have to** miss the family reunion", because it's an event in the **future**.

(5) The **negative** forms are '**didn't have to**' (**past**) and **won't have to** (**future**).

Activity 4 informal english

In formal British English,we sometimes use **have got to** instead of **have to**.and in even more informal English we sometimes don’t even say the have-so it becomes just **got it**.and there’s one more way to say this:**gotta**.

1. We **have to** change the engine oil.
2. We**’ve got to** change the engine oil.
3. **Got to** change....
4. **Gotta** change...

Session 4

Activity 1

1. vegan: 素食主义者
2. veganism：ˈvēɡənizəm素食主义

vegetarian ：ˌvejəˈterēən素食主义者 素的

1. anniversary：ˌanəˈvərs(ə)rē周年 纪念adj周年的 纪念的
2. incredible：inˈkredəb(ə)l难以置信的 荒诞的 极好的
3. incredibly：难以置信地
4. soya：黄豆 大豆
5. butter：黄油牛油 酥油 拍马屁 抹黄油 v拍马屁
6. fridge：冰箱 refrigerator rəˈfrijəˌrādər
7. stuff ： 东西 材料 货色 填塞 废话v填充 塞
8. extensively：广泛地 ikˈstensəvlē
9. Because it's not only about the diet, it's about minimising（minimizeˈminəˌmīz 极少化 最小化） your ecological（ˌekəˈläjik(ə)l 社会生态学的） footprint（n脚步 踪迹）, and also animal rights issues, as well as other issues(n问题 发表 议题 发出v发出 发布 颁发). So you have to do it for all of those reasons rather than just following a famous celebrity（n名人 明星 名流）.因为这不仅关乎饮食，还关乎最大程度地减少您的生态足迹，以及动物权利问题以及其他问题。 因此，您必须出于所有这些原因而这样做，而不仅仅是追随名人。
10. preach：prēCHv讲道 传教 传道n讲道

Activity 2

1. actions speak louder than words：a phrase that means what you do is more important than what you say,and has more influence over people.
2. animal rights:the idea that animal have rights ,for example,not being used for scientific experiments .
3. achieve:V实现 达到 成就 办到 收到
4. Illness:n疾病 病
5. electronic: əˌlekˈtränik电子的
6. engineer：工程师 技师 V制造 策划 策动
7. telecommunication：ˌteləkəˌmyo͞onəˈkāSH(ə)n电讯
8. alcohol:ˈalkəˌhôl酒精 酒 醇
9. kidney：ˈkidnē肾脏，性格 个性
10. nocturnal：夜的 n夜鸟
11. productive ：丰富的 能生产的 丰满的
12. vice：n恶 瑕疵 邪路 坏脾气 钳住
13. forbid：v禁止 阻止
14. conservator：kənˈsərvədər保护者 管理员
15. I work in museums restoring（restore恢复 修复 复兴 归还 放回） scuptures（sculptureskəlpCHər 雕塑 雕刻品v雕塑 塑造）, contemporary（kənˈtempəˌrerē同时 现代的n辈） objet as archeological（考古学的） marbles（marbleˈmärbəl 大理石）.我在博物馆工作，修复雕塑，当代物品作为考古大理石。
16. gluten：ˈɡlo͞otn麸质
17. Festive season:佳节
18. croissant：k(r)wäˈsänt牛角面包
19. marmelade:果酱
20. exactly：究竟 准确 刚好 恰好 刚刚
21. almonds：ˈä(l)mənd杏仁 杏仁的
22. adore：崇拜 倾慕 倾心
23. indulge ：inˈdəlj v放纵 放任 沉溺 姑息
24. council：ˈkounsəl理事会 评议会
25. apart from:除了人以外
26. poultry：ˈpōltrē家禽 禽肉
27. consume ：kənˈso͞om消耗 耗费 销 咽
28. meat ：肉 食物

Activity 5

1. feast:n盛宴 宴会 v宴饮 请客
2. gain：获得 赢利n收益 收获
3. overeat:吃得过多 暴饮暴食
4. varied meals：多样化的膳食
5. calorie ˈkal(ə)rē卡路里
6. curry :ˈkərē咖喱
7. cyclists:骑自行车的人
8. Arctic ：北极 北极的 北极区的
9. burn off ：烧掉
10. the British Dietetic（ˌdīəˈtedik） Association ：英国饮食协会
11. You can be bad and then be good over the other days – it's over in a short space of time, and you can rebalance those extra calories by cutting back elsewhere。你可以在其他日子里变坏然后变好——它会在很短的时间内结束，你可以通过减少其他地方来重新平衡这些额外的卡路里。

Session 5

Activity 1

**5 days to become a better** listener

Day 1

40 1hour   
bike always