

牛津高中英语模块一 Unit 3（上）

work out 锻炼、训练,

go on diets/a diet 实行节食,

in secret 私自,

side effect 副作用,

put on weight 体重增加,

lose weight 减肥,

be ashamed of 对....感到羞耻,

an exact match for 和....完全匹配的...,

follow one's advice 听从某人的建议,

sound fun 听起来象是件有趣的事,

team sport 团队运动,

build up 增强,

regret doing sth 后悔做了某事,

risk doing sth 冒做某事的风险.

牛津高中英语模块一 Unit 3（下）

Prompt box 提词台,

a reminder of 提醒某人想起某事的人或事物,

call sb names 骂人,

cheer up 高兴起来,

closely related 紧密相关的,

live(lead) a.... life 过着....样的生活,

a headache to 令人头疼的人或事,

along with 一起,

in the long term(run)从长远角度看,

give up on 放弃,

a good amount of 适量的、许多,

in no time 很快,

give out 分发、发出,

allow enough time for sb to do...留出充足的时间让某人做某事,

skip meals 不吃饭,

membership fee 会员费,