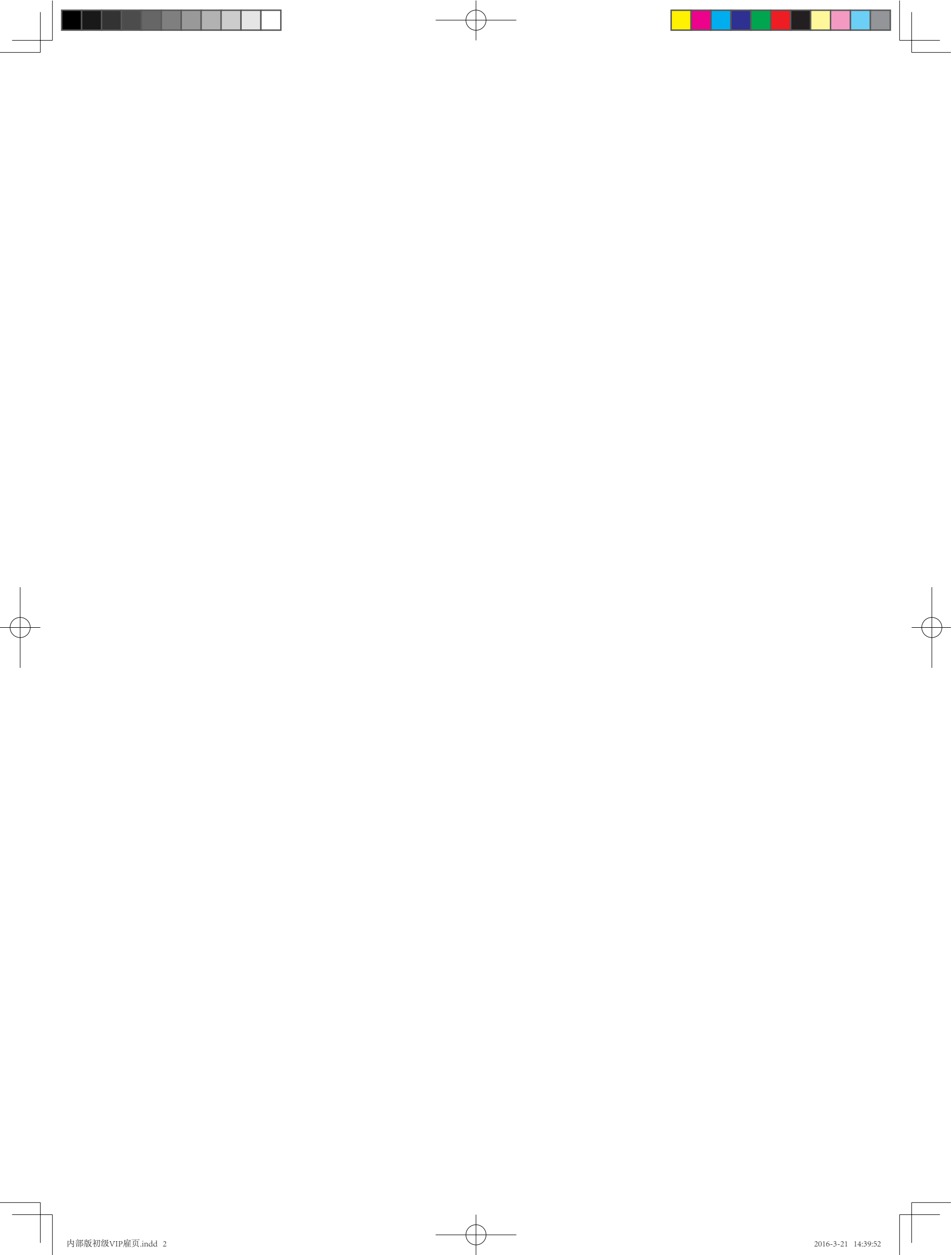


★ 北京新东方指定培训教材 ★

# TOEFL 烧香短语 1.0

( 初级 )

北京新东方 VIP 项目  
北京新东方学校北美研发中心 编写





# 使用说明

烧香短语的托福系列是基于2006.9.15年以来大陆和北美托福独立写作真题以及范文整理出的一套精选短语。短语以托福常见话题为主同时结合考生的不同水平，分为了“6大话题, 3个梯度”。

6大话题是：教育，工作，科技，政府职能，社会生活和环境资源；

3个梯度：入门短语；必备短语；高手短语。

读者是识记的过程中，可以根据自己的水平，循序渐进：首先掌握入门的短语；随着分数的提高，逐步掌握必备短语；对于看中写作分数的读者，高手短语则是不二的选择。他们能够帮助大家实现写作满分的梦想。

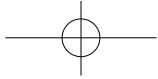
同时，为了方便大家掌握，短语后面标注了短语的“词性”和例句。“词性”是为了在使用过程中避免语法错误；例句则是为了让短语的使用更加得体 and 连贯。

对于烧香短语也会持续的为大家更新。同时，对阅读过程的错误也可以通过扫码反馈。



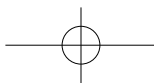
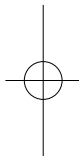
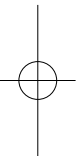
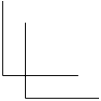
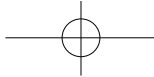
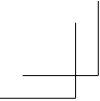
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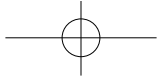




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# 1

## 工作

### job satisfaction

01

**释义** *n.* 工作满意度

**例句** Job satisfaction is a number one priority for most employees, as their careers will affect their general well-being and the state of their personal lives.

### work long hours for low pay

02

**释义** *v.* 为了低薪长期工作

**例句** Employees typically work long hours for low pay at fast food restaurants such as McDonald's or KFC.

### white-collars

03

**释义** *n.* 白领

**例句** Blue-collar jobs are generally low-paying and involve manual labor, while white-collar jobs are associated with those involving sitting in an office all day.

### hard-working

04

**释义** *adj.* 勤奋的

**例句** A hard-working employee is typically rewarded with certain company perks, such as bonuses to her base salary.

### excellent

05

**释义** *adj.* 杰出的

**例句** Teaching for private educational companies is a career where having an outstanding level of student rating is important to the longevity of the role.

### high-paying jobs

06

**释义** *n.* 高薪工作

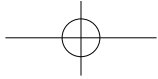
**例句** Research has found that a student's major in college will greatly influence whether she gets a low-paying or high-paying job upon graduation.

### lay off

07

**释义** *v.* 解雇

**例句** Mass lay off is common at large firms during times of economic depression, when companies don't have enough money to maintain their staff.



## lead by example

08

**释义** *v.* 以身作则

**例句** A good manager leads by example and trains his staff to be productive employees of the company.

## be short of

09

**释义** *adj.* 短缺

**例句** A vibrant start-up company should never be short of talent, as successful companies are driven by the people within them.

## job-hopping

10

**释义** *n.* 跳槽

**例句** While finding a job you are passionate in is important, it is typically frowned upon to be job-hopping too frequently as it shows a lack of loyalty and commitment.

## job-hunting

11

**释义** *n.* 找工作

**例句** When job-hunting seasons begin, human resources are typically flooded daily with piles and piles of job applications and resumes.

## job-seeking skills

12

**释义** *n.* 找工作技能

**例句** Job-seeking skills are important for college students about to graduate and wish to join the workforce and gain some life experience.

## keep pace with

13

**释义** *v.* 与...同步

**例句** IT firms, such as Google, need to keep pace with the latest in technological developments to stay one step ahead of their competition.

## make efforts

14

**释义** *v.* 努力

**例句** He constantly makes efforts to impress his boss with fresh ideas, and the company soon recognized his talents and promoted him to lead his own team.

## negative attitude

15

**释义** *n.* 消极的态度

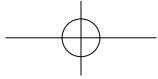
**例句** Her negative attitude at work brought bad morale to the entire team and resulted in her termination.

## play a very important role in

16

**释义** *v.* 发挥重要作用

**例句** The CEO plays a very important role in the firm as he makes all of the major decisions that affect the future of every employee in the company.



### turn a blind eye to

17

**释义** v. 视而不见

**例句** Sometimes it is ok to turn a blind eye to some bad habits at work, so long as they don't affect general morale and productivity.

### work pressure

18

**释义** v. 工作压力

**例句** The work pressure got to him and forced him to take some time off in Hawaii, away from the hustle and bustle of the big city.

### be on the market

19

**释义** *adj.* 被供应出售

**例句** College athletes wishing to go pro will want to be on the market sooner rather than later, so that they can begin earning prior to any major injuries.

### be in great demand

20

**释义** *adj.* 畅销

**例句** College graduates with engineering degrees are in great demand for a variety of different industries: consulting, tech, finance, and medicine.

### be willing to

21

**释义** *adj.* 愿意做…

**例句** During one's job interview, it is important for both the employer and employee to layout the requirements of the position and what the employee is willing or unwilling to do.

### build one's career

22

**释义** v. 建立事业

**例句** To build one's career around something that one loves is both a fulfilling and long-lasting endeavor.

### boss someone around

23

**释义** v. 对…颐指气使

**例句** It's never a good idea to boss someone around at work, as it triggers and builds resentment among the lower ranks and can result in retaliation.

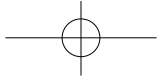
### charge higher prices

24

**释义** v. 收更好的费用

**例句** Apple is able to charge higher prices for its products because of their superior quality and the loyalty following that the company has built among its clientele.





## complain in person

25

**释义** v. 亲自投诉

**例句** When there is a conflict at work between two employees, it is important that they reach out to HR and complain in writing so that the matter is resolved quickly.

## earn money

26

**释义** v. 赚钱

**例句** The potential to earn a lot of money is what attracts a lot of new college graduates to pursue a career on Wall Street.

## encourage competition

27

**释义** v. 鼓励竞争

**例句** They encourage competition within the firm because the employees are all type A and are motivated by opportunities to demonstrate their individual prowess.

## get paid by the hour

28

**释义** *adj.* 按小时付费

**例句** People in a lot of jobs in the service industry, such as being a maid or a babysitter, get paid by the hour as these jobs are typically short-term.

## keep a good work environment

29

**释义** v. 维持一个良好的工作环境

**例句** It's important for those in leadership positions to keep a good work environment for those around them so that people feel good about coming to work.

## leave one's job

30

**释义** v. 离开工作

**例句** Sometimes it becomes necessary to leave one's job in pursuit of new and better opportunities elsewhere.

## make a living

31

**释义** v. 谋生

**例句** He makes a living building custom-made motorcycles out of his garage and employs a team of five people.

## make up a loss

32

**释义** v. 弥补过失

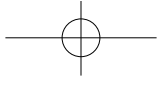
**例句** He had to make the difficult decision of making up a loss in profits by letting go some of his employees, promising them that they would be rehired when the time is right.

## pay taxes

33

**释义** v. 交税

**例句** Employees in the United States begin to pay taxes once they receive their first paycheck.



## start(up) a business

34

释义 v. 创业

例句 Those who have great innovative ideas and are business-minded will typically wish to start up a business to test out their ideas on the market.

## work part-time

35

释义 v. 兼职

例句 While she was still in college, she worked part-time as part of her work-study program to supplement her tuition.

## work overtime

36

释义 v. 加班

例句 Given the immense pressure to complete a project at work, he began to work overtime so that his team could meet the deadline.

## most fitting career

37

释义 n. 最合适的职业

例句 The most fitting career for someone with an attention to detail and a keen sense of taste and smell is something in the food industry.

## run the risk of

38

释义 v. 冒险做…事

例句 Companies that overspend run the risk of becoming in debt and possibly going into bankruptcy.

## good manners

39

释义 n. 好习惯

例句 Good manners are a must for the restaurant service industry, as waiters and waitresses rely on tips left by patrons at the end of a meal for their salary.

## gain wider experience

40

释义 v. 积累更广泛的经验

例句 She was able to gain wider experience when they moved her from the local office to the headquarters, where there are more career opportunities.

## forget food and sleep

41

释义 v. 忘记吃饭和睡觉

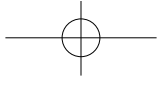
例句 Law firms typically force their first year associates to log so many work hours that they often forget food and sleep.

## follow like sheep

42

释义 v. 盲从

例句 Good superiors never expect their employees to follow like sheep, as that would stagnate any creativity and ultimately be detrimental to the firm.



### **extra income**

43

**释义** *n.* 额外收入

**例句** He worked several jobs so that the extra income would help pay off his college loans and car payments.

### **exert too much pressure on**

44

**释义** *v.* 施加过多的压力

**例句** A manager who exerts too much pressure on his team may run the risk of overworking them, resulting in discontent, burnt out employees.

### **cultivate teamwork spirit**

45

**释义** *v.* 养成团结合作精神

**例句** Some companies send their employees out into the wilderness for teambuilding activities in order to cultivate teamwork spirit for when they return.

### **communication problem**

46

**释义** *n.* 沟通问题

**例句** Human Resources will typically step in to resolve any communication problems between coworkers before they worsen.

### **be cautious about**

47

**释义** *adj.* 对…小心翼翼

**例句** Companies at the forefront of technological development should be cautious about not leaking their intellectual property to competitors in fear of getting scooped.

### **career goal**

48

**释义** *n.* 职业目标

**例句** His career goal of becoming the best in his field has resulted in his immense efforts to build a network of mentors and sponsors who can help him succeed.

### **break the ice**

49

**释义** *v.* 打破僵局

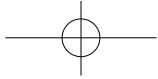
**例句** Upon arriving at a new firm, new hires are typically lead through an orientation where they can meet a lot of their new colleagues and break the ice.

### **follow orders**

50

**释义** *v.* 服从命令

**例句** While it's important that employees follow orders for things to get done, they should also be encouraged to be creative and more productive with the way they execute those orders.



## 2

# 政府

### follow in one's footsteps

01

**释义** v. 跟随…脚步

**例句** Following ancestors' footsteps, many Chinese people still live on planting crops.

### pass on one's values to sb.

02

**释义** v. 传递价值观

**例句** Parents pass on their values to their children.

### the government spending on sth.

03

**释义** n. 政府在…的开支

**例句** The government spending on education has covered in the past years, but this trend is about to change.

### be on exhibit

04

**释义** adj. 展览

**例句** The Queen's jewelry has been on exhibit at the Tower of London for many years.

### lead public opinion

05

**释义** v. 引导舆论

**例句** The medias have lead public opinion to believe that the economic crisis is resolving.

### international aid

06

**释义** n. 过急援助

**例句** International aid was proven essential in areas devastated by various calamities.

### tear down an old building

07

**释义** v. 拆除旧建筑物

**例句** The township government has decided to tear down an old building near the park.

### living standards

08

**释义** n. 生活水平

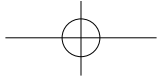
**例句** In the past years the living standards of China's populations have increased significantly?

### ensure people a relatively comfortable life

09

**释义** v. 保证人民相对较好的生活

**例句** We have public welfare to always ensure people a relatively comfortable life.



### be bound to come true

10

释义 *adj.* 一定会成真

例句 Some predictions are bound to come true, while other remain theories.

### be with the law

11

释义 *adj.* 和法律一致

例句 So long as he was willing to pay the charges, then he would be in compliance with the law.

### economic loss

12

释义 *n.* 经济损失

例句 Our country suffered great economic losses due to the latest crisis.

### go crazy

13

释义 *v.* 发狂

例句 After hearing the terrible news Sarah went crazy with despair.

### self-protection

14

释义 *n.* 自我保护

例句 David's act was guided by a powerful instinct of self-protection.

### the source of crime

15

释义 *n.* 犯罪之源

例句 If the government really want to reduce the crime rate, it should address the source of crime.

### a safe and stable society

16

释义 *n.* 一个安全稳定的社会

例句 What we are hoping to achieve is the development of a safe and stable society.

### be fond of

17

释义 *adj.* 喜欢

例句 My grandmother was fond of her little garden; she would take very good care of it.

### calm down

18

释义 *v.* 平静

例句 You should really calm down, there is no use in arguing with these people.

### cut down

19

释义 *v.* 消减

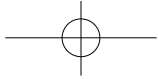
例句 In order to cut down on my expenses, I have set a weekly budget.

### do harmful deeds

20

释义 *v.* 做有害的举动

例句 Even good people do harmful deeds sometimes, we all make mistakes.



### escape from reality

21

**释义** v. 逃离现实

**例句** Sometimes I would like to escape from reality and leave in a dream.

### for the sake of

22

**释义** n. 为…起见

**例句** Soldiers must fight for the sake of their nation!

### get rid of

23

**释义** v. 去除

**例句** For an organism to survive it has to get rid of its harmful components.

### have fun

24

**释义** v. 开心

**例句** Whenever I go out with my friends we have a lot of fun.

### the lack of knowledge

25

**释义** n. 知识匮乏

**例句** The candidate's lack of knowledge on contemporary topics and issues was the number one reason for his defeat.

### means of killing time

26

n. 打发时间的方式

**例句** Among the many means of filling time, my favorite is reading news on the internet.

### pass a law

27

**释义** v. 通过法律

**例句** The U.S. parliament passed a law regarding citizens' privacy right.

### personal freedom

28

**释义** n. 个人自由

**例句** Personal freedom is the ability to make decisions for oneself.

### place control on

29

**释义** n. 施加控制

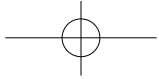
**例句** After the recent wave of attacks to government officials, the police placed control on sensitive targets.

### put one's health in danger

30

**释义** v. 置某人健康于安全

**例句** By smoking and drinking heavily you put your health in danger.



## **run the risk of** 31

**释义** v. 承担…风险

**例句** It is already very late, if you go now to the grocery store you run the risk of finding it closed.

## **short-term effects** 32

**释义** n. 短期效果

**例句** Short-term effects are only temporary, instead we should look for long-term effects.

## **spare no efforts to do sth.** 33

**释义** v. 不遗余力做某事

**例句** Politicians spare no efforts to do well in their political campaign.

## **a tooth for a tooth** 34

**释义** n. 以牙还牙

**例句** A tooth for a tooth he said, before punching me in the face.

## **win-win situation** 35

**释义** n. 双赢局面

**例句** Is it a win-win situation if I am satisfied, but you are not? I don't think so.

## **behave oneself** 36

**释义** v. 循规蹈矩

**例句** We are going to an important meeting, so you better behave yourself.

## **bright side** 37

**释义** n. 好的一面

**例句** Look at the bright side: you have a great job, a lot of friends and a loving family!

## **drive off one's loneliness** 38

**释义** v. 消除寂寞

**例句** She tried to drive off her loneliness by going to a friend party.

## **embrace change** 39

**释义** v. 接受改变

**例句** Better to embrace change than to fight it.

## **follow the law** 40

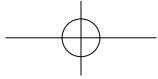
**释义** v. 遵守法律

**例句** Following the law means that you respect and obey your national legislation.

## **break the law** 41

**释义** v. 违反法律

**例句** According to this police report you broke the law, thus you must pay accordingly.



## household product

42

释义 *n.* 日常用品

例句 Many of the household products commonly used contain hazardous chemicals.

## household name

43

释义 *n.* 家喻户晓的人或事

例句 I'd like to sell gazillions of books and become a household name.

## in distant future

44

释义 *n.* 不久的将来

例句 In a distant future humankind might discover that we are not alone in the universe.

## increase income

45

释义 *v.* 增加收入

例句 I am trying to increase my income by taking a second job.

## on the condition that...

46

释义 *n.* 以...为条件

例句 Banks will grant a loan on the condition that one will repay his debts.

## raise funds

47

释义 *v.* 募集资金

例句 Tonight gala was organized to raise funds for the homeless.

## realize one's potential

48

释义 *v.* 实现潜力

例句 To truly realize one's potential, one must commit to his goals.

## think twice before action

49

释义 *v.* 三思而后行

例句 One sound advice is to think twice before you act, this way you wont have any regrets.

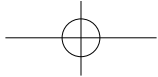
## a waste of time and money

50

释义 *n.* 浪费时间和金钱

例句 The last policy promoted by the prime minister was a complete waste of time and money.





# 3

# 教育

## **motivate students to do**

01

**释义** v. 鼓励学生去做

**例句** A great teacher is one that can motivate his students to do their best, and achieve great results.

## **put theory into practice**

02

**释义** v. 把理论付诸实践

**例句** Instead of studying all day every day, you should put some of that theory into practice! Lets see how much you really learned!

## **burn the midnight oil**

03

**释义** v. 夜晚加班

**例句** I have an important exam tomorrow, but I had no time to prepare it this week; thus I am afraid I will need to burn the midnight oil tonight.

## **drop out of school**

04

**释义** v. 辍学

**例句** Nowadays, many successful people firmly believe that dropping out of school is helpful to one's future career.

## **build one's character**

05

**释义** v. 建立一个人的性格

**例句** Believe me, this experience will help you build a stronger character.

## **learn sth through understanding**

06

**释义** v. 通过了解学习某事

**例句** How can anyone expect to learn something without understanding it? / By learning through understanding you achieve a comprehensive knowledge of the subject at matter.

## **think independently**

07

**释义** v. 独立思考

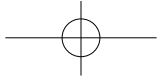
**例句** The best thing one can do for oneself is to learn how to think independently, without getting influenced by dangerous opinions.

## **children and youth**

08

**释义** n. 儿童和青少年

**例句** Children and youth are our best hope for the future, they are young and full of promising opportunities.



## role model

09

释义 *n.* 榜样

例句 Since I was young I had an inspiring role model: my father, he taught me everything I know.

## peer pressure

10

释义 *n.* 来自同僚的压力

例句 David's friends at school wanted him to start smoking, but he would not give in to peer pressure.

## a field of study

11

释义 *n.* 研究领域

例句 There are a lot of experts in your field of study, while mine is quite unpopular.

## attend a summer camp

12

释义 *v.* 参加一个夏令营

例句 Are you planning to attend the summer camp this year? I have heard that is very well organized, with lots of activities and opportunities to make new friends.

## go to college

13

释义 *v.* 上大学

例句 While I was still in high school I was not sure I wanted to go to college, my plan was to find a job right after graduation. Fortunately, my parents convinced me to go!

## attend classes

14

释义 *v.* 上课

例句 To addend class in not always compulsory, however, I strongly suggest you to go as many time as you can.

## establish a school

15

释义 *v.* 建立一所学校

例句 Establishing a school is not as simple as building one, there are a lot of issue to take care of: staff, fundings, schedules, etc.

## begin formal education

16

释义 *v.* 开始正规教育

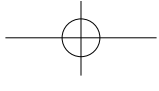
例句 In the United States, children usually begin formal education at around five years of age.

## be required to

17

释义 *adj.* 要求

例句 When applying for certain schools, or programs one is required to provide numerous documents.



## face a problem

18

**释义** v. 面对的一个问题

**例句** There is no use in running away from things, you better start facing your problems, otherwise you will never solve them.

## form a study group

19

**释义** v. 组建学习小组

**例句** To form a study group is a good learning method: you can help others, and in return they will help you whenever you need.

## raise an outcry against

20

**释义** v. 获得知识

**例句** University students can gain much knowledge from participating in students events, attending tutorials and working part-time.

## get a good education

21

**释义** v. 接受良好的教育

**例句** To get a good education you need to go to a good school, but you also need to commit yourself to study.

## get a good grade

22

**释义** v. 得到一个好成绩

**例句** Lately it was not easy for me to get good grades, I think I have not being studying enough.

## give someone a prize for

23

**释义** v. 给别人一个奖

**例句** Many competitions will give someone a prize for demonstrating positivity and exceptional collaboration skills.

## go to a private school

24

**释义** v. 去私立学校

**例句** A lot of my old friends went to a private school, and they are very satisfied with this decision./ Did you know that in England private schools are not actually private; in fact they are what we call public school. It is really confusing!

## graduate from school

25

**释义** v. 从学校毕业

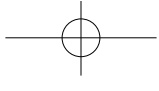
**例句** I graduated from school few years ago, after graduation I spent some time traveling and then I started looking for a job that was related to my field of study.

## have a choice of

26

**释义** v. 有一个选择

**例句** That restaurant specializes in fish and chips; patrons only have a choice of either cod or haddock fish and chips.



## have a discussion about

27

**释义** v. 有一个讨论

**例句** When I was in college we used to have discussions about various topics, I remember that every week, in every class we would pick one issue and talk about it for hours.

## learn by oneself

28

**释义** v. 自学

**例句** After college I found a good job, but I was not ready to give up my studies; so I started to learn by myself. Whenever I find something interesting I start studying about it, I buy books and learn all there is to know about it.

## live in a dormitory

29

**释义** v. 在宿舍生活

**例句** I always wanted to live in a dormitory, when I was young I watched so many movies about people living in college dormitories, thus I became obsessed about the idea of campus life.

## make a change in

30

**释义** v. 做一个改变

**例句** Making a change in your lifestyle is not always easy, often you have to adjust to new habits, new responsibilities and new rhythms.

## offer an educational opportunity

31

**释义** v. 提供教育机会

**例句** Nowadays, a variety of institutions offer good educational opportunities: some of them are comprehensive, some are more specific. For instance, I just received a flyer for a company that offers educational opportunities in the language field.

## organize one's thoughts

32

**释义** v. 组织自己的思想

**例句** Before you go see your teacher, I suggest you spend some time organizing your thoughts, so as to be as clear as possible with her.

## real life experience

33

**释义** v. 真实的生活经验

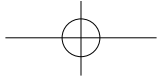
**例句** Unfortunately, education is more theoretical than practical, so students rarely get real life experience of the subject at matter.

## share a room with someone

34

**释义** v. 与人合住一个房间

**例句** The college dormitory offer different accommodation arrangements: one could share a room with a fellow student, or have a private suite.



## share ideas with someone

35

**释义** v. 与人分享的想法

**例句** Regarding your dissertation proposal, I read it and was really impressed with your theory. If you don't mind I would like to share some of my ideas with you.

## study abroad

36

**释义** v. 出国留学

**例句** I started my experiences abroad when I was young: during high school and college I studied abroad, then after graduation I moved to another country to work.

## study with a group

37

**释义** v. 与人一同学习

**例句** Study with a group has been deemed to be very helpful to children's learning process.

## wear a school uniform

38

**释义** v. 穿校服

**例句** Private schools have their students wear a uniform, however, you don't need to wear one if you attend a public school.

## work as a team

39

**释义** v. 团队工作

**例句** To best complete this project we must work as a team, and devote all of our resources for the achievement of this goal.

## academic year

40

**释义** n. 学年

**例句** An academic year is different from a solar year, the former starts in September-when schools start-and ends whenever classes and exams are over.

## after-school activity

41

**释义** n. 课外活动

**例句** Our college offers a great variety of after-school activities: sports, music classes, art courses, reading groups, and much more.

## all-day school

42

**释义** n. 全日制学校

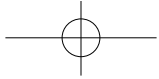
**例句** As a child I went to an all-day school, so I did not have much free time to play with my friends.

## all-round

43

**释义** adj. 全面

**例句** All-round education will better prepare your children for their future, it doesn't give them basic theory, but helps them in real life.



## be proud of

44

释义 *adj.* 自豪

例句 You should be very proud of the education you received, not everyone gets to go to such good schools.

## behind the times

45

释义 *adj.* 落后于时代

例句 My grandfather is a bit behind the times; he still uses a rotary dial phone from the 1950s.

## better off

46

释义 *adj.* 更好

例句 You are better off without your lazy peers (friends): they were holding you back.

## bring up

47

释义 *v.* 带上

例句 You should bring up your issues with the students council, I am sure he will be able to help you once you explain your problems.

## care for others

48

释义 *v.* 关心别人

例句 Caring for others means putting their needs before yours, thus be careful who you care for.

## communicate directly and freely

49

释义 *v.* 直接的自由的交流

例句 In this office anyone can communicate their problems directly and freely, none is going to be judged because of something they said.

## common sense

50

释义 *n.* 常识

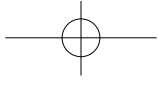
例句 Common sense is so rare these days, that it should be classified as a super power.

## copy the behavior

51

释义 *v.* 模仿行为

例句 Many children will copy the behavior of adults, so is important that parents are careful of what they say and do at home.



# 4

## 环境

### at the cost of

01

释义 *n.* 以…为代价

例句 A war continues in the Middle East at the cost of lives and resources.

### environmentally-friendly

02

释义 *adj.* 环保的

例句 Using solar panels is an environmentally-friendly way to harvest energy.

### limited natural resources

03

释义 *n.* 有限的自然资源

例句 We must consider that we have limited natural resources on our planet and we should seek alternative energy sources.

### solar energy

04

释义 *n.* 太阳能

例句 Solar energy can be harvested by installing solar panels on the roves of buildings.

### wind energy

05

释义 *n.* 风能

例句 Wind energy can be harvested by installing windmills in the ocean.

### nuclear energy

06

释义 *n.* 核能源

例句 Nuclear energy can be harvested by capturing the energy released by nuclear fusion.

### barren land

07

释义 *n.* 贫瘠的土地

例句 Deserts are considered barren lands.

### farm land

08

释义 *n.* 农场

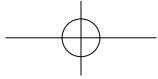
例句 There is a lot of farmland in the center of the United States because it is flat and suitable for farming.

### join efforts

09

释义 *n.* 付出努力

例句 Countries should join efforts in order to curb the rise of illegal human trafficking.



## turn the city green

10

**释义** v. 绿化城市

**例句** The new initiative to turn the city green will encourage more people to recycle and drive electric cars.

## protect the environment

11

**释义** v. 保护环境

**例句** Leaders discussed ways to protect the environment at the APEC Conference held in Beijing last year.

## poor air condition

12

**释义** n. 空气条件差

**例句** Beijing is known for its poor air condition that causes breathing problems.

## cut down trees

13

**释义** v. 砍伐树木

**例句** In order to harvest lumber, lumberjacks must cut down trees.

## cope with

14

**释义** v. 应付

**例句** I requested to retake the exam because I could not cope with the bad grade I received.

## die out

15

**释义** v. 灭绝

**例句** It's important to protect endangered animals before they die out.

## ecological balance

16

**释义** n. 生态平衡

**例句** Maintaining an ecological balance in ecosystems is vital to their longevity.

## ecological system

17

**释义** n. 生态系统

**例句** An ecological system is made up of all the living organisms in an ecosystem and their relation to each other.

## food chain

18

**释义** n. 食物链

**例句** Humans are at the top of the food chain, followed by other animals.

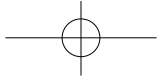
## food safety

19

**释义** n. 食品安全

**例句** Food safety is an important issue in China that deserves immediate attention.





## **greenhouse effect** 20

**释义** *n.* 温室效应

**例句** Glaciers at both Poles are melting due to the greenhouse effect.

## **global warming** 21

**释义** *n.* 全球变暖

**例句** Scientists attribute the increase of severe storms to global warming.

## **absorb carbon dioxide** 22

**释义** *n.* 吸收二氧化碳

**例句** Trees and other plants naturally absorb carbon dioxide.

## **put the blame on** 23

**释义** *v.* 责怪

**例句** Leaders of countries like to place the blame on each other when speaking about how the war began.

## **the shortage of natural resources** 24

**释义** *n.* 自然资源的短缺

**例句** Future generations will most certainly experience a shortage of natural resources if we continue to consume them at such a fast pace.

## **long-sighted policies** 25

**释义** *n.* 长远的政策

**例句** Politicians enact long-sighted policies that are so difficult to understand, that they aren't accurately followed.

## **traffic jam** 26

**释义** *n.* 交通堵塞

**例句** It seems that no matter where you go in Beijing, there will always be a traffic jam.

## **waste gas** 27

**释义** *n.* 废气

**例句** Don't forget to turn your stove off, or else you will waste gas.

## **waste water** 28

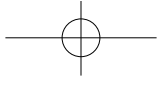
**释义** *n.* 废水

**例句** When you take a shower, you should turn the water off when you're shampooing your hair so you don't waste water.

## **wild animal** 29

**释义** *n.* 野生动物

**例句** Never approach a wild animal since you don't know how it will react to human interaction.



## **white pollution**

30

**释义** *n.* 白色污染

**例句** The haze in the sky of Beijing is white pollution.

## **result a series of problems**

31

**释义** *v.* 导致一系列的问题

**例句** Sometimes instituting one change can result in a series problems that were unforeseen.

## **dust storm**

32

**释义** *n.* 沙尘暴

**例句** Dust storms are very common in Arizona where it is typically windy, very dusty, and dry.

## **take part in environmental protection activities**

33

**释义** *v.* 参加环保活动

**例句** Taking part in environmental protection activities will help spread awareness for a cleaner environment.

## **speed up environmental protection plans**

34

**释义** *v.* 加快环境保护计划

**例句** Governments around the world should speed up their environmental protection plans.

## **reduce the number of private cars**

35

**释义** *v.* 减少私家车的数量

**例句** Before the parade, the government insisted on reducing the number of private cars on the road.

## **close chemical plants**

36

**释义** *v.* 关闭化工厂

**例句** The government closed chemical plants that emit pollution in order to reduce haze.

## **cherish natural resources**

37

**释义** *v.* 珍惜自然资源

**例句** We should cherish natural resources instead of taking them for granted.

## **burn clean fuel**

38

**释义** *v.* 燃烧清洁燃料

**例句** Some cars burn clean fuel and do not produce carbon emissions.

## **create a pleasant ecological environment**

39

**释义** *v.* 创造良好的生态环境

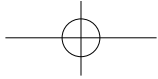
**例句** Park rangers help create pleasant ecological environments.

## **prevent and control pollution**

40

**释义** *v.* 预防和控制污染

**例句** A pressing issue in politics right now is preventing and controlling pollution.



### the rise in sea level

41

**释义** *n.* 海平面上升

**例句** The rise in sea level will diminish shores across the globe, eventually resulting in the depletion of beaches.

### poor quality water

42

**释义** *n.* 水质较差

**例句** Many countries in the world have poor quality water, which leads to waterborne diseases and illness.

### health problems

43

**释义** *n.* 健康的问题

**例句** Pollution can cause health problems such as lung cancer and asthma.

### form water-saving habits

44

**释义** *v.* 养成节水习惯

**例句** Helping children form water-saving habits will help them become a more sustainably-minded generation.

### water-wise lifestyle

45

**释义** *n.* 智能用水的生活

**例句** I live a water-wise lifestyle by taking short showers and turning the water off when I'm not using it.

### over-hunting

46

**释义** *n.* 过度狩猎

**例句** Over-hunting a particular animal can lead to problems within an ecosystem.

### over-fishing

47

**释义** *n.* 过度捕鱼

**例句** Algae will grow in lakes that have been over-fished because there is a lack of fish to control the algae population.

### worsen the condition

48

**释义** *v.* 使病情恶化

**例句** Disregarding global warming will only worsen the condition.

### go from bad to worse

49

**释义** *v.* 每况愈下

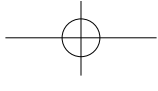
**例句** Continuing to consume resources at this rate will make things go from bad to worse.

### offer a helping hand to animals

50

**释义** *v.* 为动物提供保护

**例句** Offering a helping hand to animals isn't only rewarding, but a fun way to spend time with loving animals.



# 5

## 科技

### High-tech devices

01

**释义** *n.* 高科技仪器

**例句** Nowadays we have all sorts of high-tech devices: smartphones, tablets, personal computer, but also fridges, washing machines, even cars!?

### means of communication

02

**释义** *n.* 沟通方式

**例句** Since the 20th Century, humans have developed various modern means of communication: before they had letters and the telegraph; now we have phones, emails, messages, social medias, etc.

### means of transportation

03

**释义** *v.* 交通方式

**例句** The means of transportation available worldwide are numerous, moreover, they are all very efficient.

### experiment with sth.

04

**释义** *v.* 体验 / 试用某物

**例句** Researchers experiment with all kinds of different materials to make sure that they obtain reliable results.

### satisfy human curiosity

05

**释义** *v.* 满足人类的好奇心

**例句** It is very hard to satisfy human curiosity, for centuries human kind has developed because of its curiosity: we were never satisfied by our discoveries, and we always want to know more.

### a hard-won discovery

06

**释义** *n.* 一个来之不易的发现

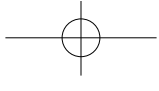
**例句** Modern medicine is based on hard-won discoveries, many people had to suffer before someone discovered a cure for their illness.

### speed up the pace of sth

07

**释义** *v.* 加速某物的步伐

**例句** Computers are complex machines, if one wants to speed up their pace they have to go through great lengths.



## connect to the Internet

08

**释义** v. 连上网

**例句** Connection to the internet is now essential for our everyday tasks, in fact most of our work is dependent upon web sources.

## push forward science and technology

09

**释义** v. 推动科学技术

**例句** Many research foundations are committed to push forward science and technology, they strongly believe in the benefits brought by the development of these two fields of study.

## develop computer technology

10

**释义** v. 发展电脑科技

**例句** Big computer companies devolve many of their profits to further develop computer technology, they hope to produce better and more efficient machines.

## advances in technology

11

**释义** n. 科技上的进步

**例句** Advances in technology are brought by hard work and constant research for smaller and more efficient components for our machines.

## be the key to

12

**释义** v. 是…的关键

**例句** Learning how to use a computer is the key to get things done faster, nowadays computer can speed up your everyday tasks.

## cannot do without...

13

**释义** v. 不能没有...

**例句** Most of the people that I know cannot do without a smartphone anymore, the are obsessed by it and just cannot let it go off their hands.

## check one's email

14

**释义** v. 查邮件

**例句** How many time do you check your email every day? I think I check if I have new emails once every fifteen minutes!

## create a new trend

15

**释义** v. 创造新潮流

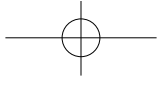
**例句** Social media are the perfect tool for creating new trends because they are extremely accessible, and a lot of people use them.

## do something by hand

16

**释义** v. 手工做某事

**例句** Do something by hands is much harder than using machines, plus the costs of handmade products is much higher.



## electronic appliances

17

**释义** *n.* 电器

**例句** Electronic appliance stores are everywhere in the world: you can go to any country and buy any kind of electronic appliance that you have in your home town.

## improve the quality of life

18

**释义** *v.* 提高生活质量

**例句** Someone said that technology has significantly improved the quality of our lives, in fact our lifestyle is more comfortable now than it was few years ago.

## search for information

19

**释义** *v.* 搜索信息

**例句** Searching for information now that we have internet is really easy, the only thing you have to do is type your question on Baidu and you immediately get the informations you're looking for.

## keep in touch with

20

**释义** *v.* 保持联系

**例句** How do you keep in touch with your loved ones? Do you like to write them letters, or do you prefer emails, or phone calls??

## key something into a computer

21

**释义** *v.* 把...输入电脑

**例句** Would you mind keying these paperback documents into my computer; I just cannot stand having to bring around so much paper.

## make a long-distance call

22

**释义** *v.* 打长途电话

**例句** I spend most of my time at work making long-distance calls to clients based all over the world.

## make progress

23

**释义** *v.* 取得进步

**例句** I just started at this new job, and many of my responsibilities are very difficult to carry out; however I have been making a lot of progresses!

## provide someone with something

24

**释义** *v.* 给某人提供某物

**例句** If one is provided with the right tools, then one is more incline to obtain better results.

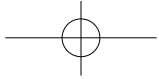
## shorten the distance

25

**释义** *v.* 缩短距离

**例句** Modern forms of communications have shortened the distance between people, the world is looking smaller and smaller.

25



## shut down a computer

26

**释义** v. 关闭电脑

**例句** One should shut down one's computer as often as possible, in fact the more you turn your computer down, the more its battery status will improve.

## surf the Internet

27

**释义** v. 上网（在网上冲浪）

**例句** Lately I have spent more time surfing the internet, then reading books or watching movies.

## take steps to do

28

**释义** v. 按照步骤做某事

**例句** If she really wants to become an engineer she need to take further steps to ensure that she get accepted by a good university.

## prevent diseases

29

**释义** v. 预防疾病

**例句** Taking care of yourself can help you prevent diseases.

## find answers to our questions

30

**释义** v. 找到我们问题的答案

**例句** The easiest way to find answers to your questions is to look them up online.

## better understand ourselves and the world around us

31

**释义** v. 更好的了解我们自己和周围的世界

**例句** To better understand ourselves and the world around us we need to take in as much as possible: read book, magazines, watch the news, go abroad to learn other cultures and languages. Only this way we will have a better grasp of our society.

## potential benefits

32

**释义** n. 潜在的好处

**例句** Numerous are the potential benefits of the advancement of technology, among these the most important regards its application to modern medicine.

## go a long way

33

**释义** v. 对...大有帮助

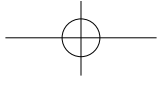
**例句** Few simple sentences could go a long way in helping you have a better grasp of the usage of certain words.

## reduce suffering and add to suffering

34

**释义** v. 减轻痛苦和增加痛苦

**例句** After breaking up with someone it is imperative that you keep away from this individual; at the beginning, this will add to your suffering, but in the long run it will reduce it (your suffering).



### **bring about great losses**

35

**释义** v. 带来巨大的损失

**例句** Your careless investment brought about great losses for our company, we lost money and many investors.

### **pose a threat to**

36

**释义** v. 对...造成威胁

**例句** The huge ups and lows in stock markets have posed a threat to people's life.

### **do harm to.**

37

**释义** v. 对...有害

**例句** The last thing I want to do is do harm to someone.

### **enable people to do**

38

**释义** v. 能让人们做某事

**例句** Modern technology has enabled people to move and exchange things in more efficient and faster ways.

### **equip people with the ability to do...**

39

**释义** v. 让人们具备做某事的能力

**例句** Nowadays, smartphones equip people with the ability to communicate with anyone, at anytime, anywhere.

### **improve people's quality of life**

40

**释义** v. 提高人们的生活质量

**例句** The development of modern medicine, combined with the raise in the average family income has led to an improvement in people's quality of life./ How to improve people's quality of life is one issue which has tormented governments from all over the world.

### **...come to reality**

41

**释义** v. 实现

**例句** Most of the wonders of modern technology are in fact ideas that came to reality: once a man's dream, today a commodity.

### **steal people's attention away**

42

**释义** v. 转移人们的注意

**例句** His performance stole people's attention away from the debate.

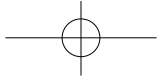
### **face-to-face communication**

43

**释义** v. 面对面的沟通

**例句** Even though we have to choose among many different methods to keep in touch with people, I think I still prefer face to face communication.





### with the help of....

44

**释义** *prep.* 在...的帮助下

**例句** With the help of your friends you can easily overcome any difficulty.

### make full use of ...

45

**释义** *v.* 充分利用

**例句** We should make full use of the technology at our disposal, because it can bring about great benefits.

### be based on

46

**释义** *v.* 基于...

**例句** This book is based on a true story.

### require someone to do something

47

**释义** *v.* 需要某人做某事

**例句** By law, you are required to respect other's people privacy; it means that you have to respect their boundaries.

### there is no need to do ...

48

**释义** *v.* 没必要做某事

**例句** There is no need to keep studying, I think we are enough prepared for this exam.

### carry out a research

49

**释义** *v.* 实施一项研究

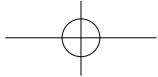
**例句** Scientists believe that by carrying out a research on a certain subject, they will be able to uncover all there is to know about it.

### be aware of ...

50

**释义** *v.* 意识到

**例句** I am aware of the potential benefits of traditional medicine, however knowing and experiencing something are two different things.



# 6

## 生活

### plan ahead

01

**释义** v. 提前计划

**例句** If you're going on a vacation, it's important to plan ahead and buy plane tickets well in advance.

### make a careful decision

02

**释义** v. 做出一个谨慎的决定

**例句** You should always make a careful decision when you are considering spending a lot of money on something.

### dependable

03

**释义** *adj.* 可依赖的

**例句** It's important to have friends that are dependable; ones you can rely on.

### people in their 20s/30s/40s

04

**释义** *n.* 20岁 / 30岁 / 40岁的人

**例句** People in their 20s, 30s, and 40s are all experiencing different things because they are at different points in their lives.

### the good old days

05

**释义** *n.* 过去的好时光

**例句** It's fun to reminisce about the good old days.

### earn one's pocket money

06

**释义** v. 赚零花钱

**例句** During college, I worked as a waitress to earn my pocket money.

### build a strong body

07

**释义** v. 塑造一个强壮的身体

**例句** Body builders try to build a strong body when they go to the gym.

### lose weight

08

**释义** v. 减肥

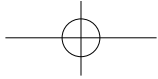
**例句** I'd like to lose weight, but I really don't like to exercise.

### physical exercise

09

**释义** *n.* 体育锻炼

**例句** It's important to incorporate physical exercise into your daily routine.



## **stick to** 10

**释义** v. 坚持

**例句** In order to lose weight, you should stick to a regiment of eating healthy food and exercising.

## **balanced meal** 11

**释义** n. 均衡的饮食

**例句** Doctors say you should eat balanced meals, which means including a variety of food on your plate.

## **dairy product** 12

**释义** n. 奶制品

**例句** If you are lactose intolerant, you shouldn't consume dairy products.

## **enrich one's lives** 13

**释义** v. 丰富某人的生活

**例句** A lot of people say that having a child will enrich your life.

## **fatty and fried food** 14

**释义** n. 肥腻的油炸食品

**例句** You shouldn't consume fatty and fried foods often because they aren't good for you.

## **go short of** 15

**释义** v. 缺少

**例句** I'm able to run a little short of two miles in 12 minutes.

## **harmful habit** 16

**释义** n. 有害的习惯

**例句** Smoking cigarettes is a harmful habit that's difficult to get rid of.

## **make up for** 17

**释义** v. 弥补

**例句** I missed soccer practice Friday evening, so I had to make up for it by running and practicing on Saturday morning.

## **offer more choices and tastes** 18

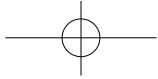
**释义** v. 提供更多的选择和口味

**例句** The cafeteria will try to offer more choices and tastes for its customers that are vegetarians.

## **snack bar** 19

**释义** n. 小吃店

**例句** If you want a quick bit to eat, but not a meal, head to the snack bar and pick up a bag of chips.



## unhealthy food / high-quality food

20

**释义** *n.* 不健康的食品/高质量食品

**例句** Unhealthy food is typically not high-quality food because it's processed, fried, or fatty.

## be in need of help

21

**释义** *v.* 需要帮助

**例句** We are all in need of help sometimes.

## benefit from

22

**释义** *v.* 从...中受益

**例句** My trainer told me I'd benefit from running daily and eating more veggies.

## build social skills

23

**释义** *v.* 建立社交技能

**例句** At a networking event, you're able to build your social skills, as well as meet potential employers.

## build up trust

24

**释义** *v.* 建立信任

**例句** It's vital to build up trust in a relationship.

## do something for a living

25

**释义** *v.* 以...谋生

**例句** My father works as a doctor for a living.

## gain the support of

26

**释义** *v.* 获得对...的支持

**例句** The political candidate was trying to gain the support of the LGBTQ community by hosting a parade.

## get along with

27

**释义** *v.* 与...和睦相处

**例句** It's important that you get along with your family.

## keep an eye on

28

**释义** *v.* 照看, 留意

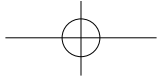
**例句** The mother asked me to keep an eye on her baby so she could use the restroom.

## keep something in mind

29

**释义** *v.* 把...牢记心间

**例句** The teacher said, "Keep it in mind that your papers are due on Friday."



## **solve a problem** 30

**释义** v. 解决问题

**例句** Two heads are better than one at solving a problem.

## **show respect to** 31

**释义** v. 对...显示尊重

**例句** You should always show respect to your elders.

## **treat someone as something** 32

**释义** v. 把某人当作...

**例句** Boyfriends and girlfriends alike should treat each other with respect.

## **pay a visit to** 33

**释义** v. 拜访

**例句** I had to pay a visit to the doctor after I became quite ill with strep throat.

## **a couch potato** 34

**释义** n. 沙发土豆 (爱看电视不运动的人)

**例句** Someone who is considered a couch potato is lazy and enjoys wasting their time on the couch.

## **affect one's behavior** 35

**释义** v. 影响某人的行为

**例句** Dismal weather might begin to affect your behavior if it's persistent.

## **be attracted to** 36

**释义** v. 被...所吸引

**例句** I am attracted to the idea that we can all one day live in peace and harmony.

## **become an idol to teenagers** 37

**释义** v. 变为青少年的偶像

**例句** Celebrities have become idols to teenagers.

## **carry on an activity** 38

**释义** v. 参与活动

**例句** We carried on with our activities at the Field Day despite the rain.

## **celebrate a festival** 39

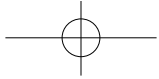
**释义** v. 庆祝节日

**例句** In Brazil, they celebrate a festival called Carnival at the end of every summer.

## **enjoy outdoor activities** 40

**释义** v. 享受户外活动

**例句** I enjoy outdoor activities, such as hiking, biking, and kayaking.



### follow a rule

41

**释义** v. 遵守规则

**例句** We must all follow the rules in order for society to function.

### give a ride to someone

42

**释义** v. 开车送某人

**例句** My neighbor asked if I would give her a ride to work in the morning since her car broke down.

### give/express an opinion

43

**释义** v. 表达观点

**例句** In the United States, it is apart of the Bill of Rights to freely give or express an opinion.

### hand down a tradition

44

**释义** v. 传承一个传统

**例句** My grandmother handed down the tradition of eating black-eyed peas and stewed tomatoes on New Year's Eve to our family.

### have an effect on

45

**释义** v. 对...有影响

**例句** The bad weather has an effect on my mood.

### have leisure

46

**释义** v. 享受休闲

**例句** On the tour, we were given an hour at leisure in the city.

### throw a party

47

**释义** v. 举办聚会

**例句** This weekend, my roommates will throw a party and invite their friends.

### save face

48

**释义** v. 挽回颜面

**例句** In order to save face, she blamed her mishap on the person sitting next to her.

### show creativity

49

**释义** v. 显示创造力

**例句** In my art class, our teacher asked us to show creativity in a way that had never been done before.

### travel abroad

50

**释义** v. 出国旅行

**例句** 50. Not everyone has the opportunity to travel abroad to different countries.

