

## 第 167 弹



原文：Lunch breaks are essential for office workers, since we all need to recharge our batteries for our minds to function at their best.

翻译：午休时间对职场人士来说十分重要，因为我们需要给大脑充电，从而进入最佳状态。

\*全盘语法划分：

Lunch breaks (主语) are (系动词) essential (表语) [for office workers] (状语-对象), {since we all need to recharge our batteries for our minds to function at their best} (原因状语从句) .

\*分析：

1. Lunch breaks are essential for office workers

午休时间对职场人士来说十分重要

1) lunch breaks : 午休时间 (break : 休息)

2) be essential for : 对...很重要

3) office worker : 职场人士

2. since we all need to recharge our batteries for our minds to function at their best.

因为我们需要给大脑充电，从而进入最佳状态。

1) since : 因为 (连词)

2) we all need to recharge our batteries for our minds : 我们都要给大脑充电 (recharge+battery : 给电池充电 ; 这里把大脑比喻成电池)

3) to function at their best : 以最佳状态运作 (function 是不及物动词 ; at one' s best : 以最佳状态)

\*再总体复习一遍 :

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翻译 : 午休时间对职场人士来说十分重要，因为我们需要给大脑充电，从而进入最佳状态。

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重点收获：

- 1) lunch breaks：午休时间
- 2) be essential for：对...很重要
- 3) office worker：职场人士
- 4) recharge battery：给电池充电
- 5) at one's best：以最佳状态