

星荣英语笔记

零基础学英语

(第 38 课)

Hello 你好，我是星荣，欢迎来到零基础学英语的第 38 课，第二阶段的 28 课。

我们本节课的学习重点，还是和上节课类似两个单词，分别是 admit 和 avoid。这两个词的后面再添加动词的话，必须使用 ing 形式，而不可以用不定式。这还是整个表达逻辑决定的，用不定式是不符合逻辑的。

另外，还需要提到的一点是 be 的 ing 形式 “being” 的使用。“being” 这个词还是把它理解为 “赋值” 即可，即把 being 右边词的属性通过赋值的方式，赋予给 being 左边，只不过现在 being 左边不仅仅是一个人称词，而是人称词和 admit 或者 avoid 相结合的方式。这个赋值动词的 ing 形式和我们一直在学习的实义动词的 ing 形式是相同的使用方法。

再次，我们很早之前就学过的一个词 “by” 。这个词可以翻译为 “通过” 的含义，或者 “通过某种方式或者手段” 的意思。这个词也就是语法教材里常说的 “介词”，即起到 “介绍” 或者 “引荐” 的作用，所引荐的就是 “by” 后面的内容，而这个被引荐的内容就需要是名词属性，因此如果这类词后面紧跟着的是一个动词，那么这个动词就需要用 ing 的形式把它转变为名词属性。

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中文	英文	K.K.音标
锁	to lock	/tə/ /lɒk/
门	the door	/ðə/ /dɔːr/
锁门	to lock the door	tə/ /lɒk/ /ðə/ /dɔːr/
忘记	to forget	/tə/ /fə'ɡet/
忘记锁门	to forget to lock the door	/tə/ /fə'ɡet/ /tə/ /lɒk/ /ðə/ /dɔːr/
忘记锁门(ing 形式)	forgetting to lock the door	/fə'ɡetɪŋ/ /tə/ /lɒk/ /ðə/ /dɔːr/
承认	to admit	/tə/ /əd'mɪt/
他们承认	they admit	/ðe/ /əd'mɪt/
他们(过去)承认	they admitted	/ðe/ /əd'mɪtɪd/
他们(过去)承认忘记锁门	they admitted forgetting to lock the door	/ðe/ /əd'mɪtɪd/ /fə'ɡetɪŋ/ /tə/ /lɒk/ /ðə/ /dɔːr/
灯	light	/laɪt/
红色	red	/red/
一个红灯	a red light	/ə/ /red/ /laɪt/
跑	to run	/tə/ /rʌn/
闯一个红灯	to run a red light	/tə/ /rʌn/ /ə/ /red/ /laɪt/
闯一个红灯(ing 形式)	running a red light	/'rʌnɪŋ/ /ə/ /red/ /laɪt/
(过去)承认	admitted	/əd'mɪtɪd/
驾驶	to drive	/tə/ /draɪv/
司机	the driver	/ðə/ /'draɪvə/
司机(过去)承认	the driver admitted	/ðə/ /'draɪvə/ /əd'mɪtɪd/
司机(过去)承认闯一个红灯	the driver admitted running a red light	/ðə/ /'draɪvə/ /əd'mɪtɪd/ /'rʌnɪŋ/ /ə/ /red/ /laɪt/
答案	the answers	/ði/ /'ænsəz/
复制	to copy	/tə/ /'kɒpi/
抄答案	to copy the answers	/tə/ /'kɒpi/ /ði/ /'ænsəz/
同学	classmate	/'klæsmet/
从……那里	from	/frʌm/
从一个同学那里	from a classmate	/frʌm/ /ə/ /'klæsmet/
从一个同学那里抄答案	to copy the answers from a classmate	/tə/ /'kɒpi/ /ði/ /'ænsəz/ /frʌm/ /ə/ /'klæsmet/
从一个同学那里抄答案(ing 形式)	copying the answers from a classmate	/'kɒpiŋ/ /ði/ /'ænsəz/ /frʌm/ /ə/ /'klæsmet/
(过去)承认	admitted	/əd'mɪtɪd/
那个学生	the student	/ðə/ /'studnt/
那个学生(过去)承认	the student admitted	/ðə/ /'studnt/ /əd'mɪtɪd/
那个学生(过去)承认从一个学生那里抄答案	the student admitted copying the answers from a classmate	/ðə/ /'studnt/ /əd'mɪtɪd/ /'kɒpiŋ/ /ði/ /'ænsəz/ /frʌm/ /ə/ /'klæsmet/
迟到的	late	/let/
她是迟到的	she is late	/ʃi/ /ɪz/ /let/
碰面；见到	to meet	/tə/ /mit/

会议	meeting	/ˈmi:tɪŋ/
为了；对于	for	/fɔ:/
对于这个会议	for the meeting	/fɔ:/ /ðə/ ˈmi:tɪŋ/
她是迟到的对于这个会议	she is late for the meeting	/ʃi/ /ɪz/ /let/ /fɔ:/ /ðə/ ˈmi:tɪŋ/
(过去)承认	admitted	/ədˈmɪtɪd/
是(ing 形式)	being	/ˈbi:ŋ/
她(过去)承认是迟到的对于这个会议	she admitted being late for the meeting	/ʃi/ /ədˈmɪtɪd/ /ˈbi:ŋ/ /let/ /fɔ:/ /ðə/ ˈmi:tɪŋ/
说话	to speak	/tə/ /spi:k/
演讲	speaking	/ˈspi:kɪŋ/
公开的	public	/ˈpʌblɪk/
公开演讲	public speaking	/ˈpʌblɪk/ ˈspi:kɪŋ/
害怕的	afraid	/əˈfred/
她是害怕的	she is afraid	/ʃi/ /ɪz/ /əˈfred/
她害怕公开演讲	she is afraid of public speaking	/ʃi/ /ɪz/ /əˈfred/ /əv/ ˈpʌblɪk/ ˈspi:kɪŋ/
(过去)承认	admitted	/ədˈmɪtɪd/
是(ing 形式)	being	/ˈbi:ŋ/
她(过去)承认	she admitted	/ʃi/ /ədˈmɪtɪd/
她(过去)承认害怕公开演讲	she admitted being afraid of public speaking	/ʃi/ /ədˈmɪtɪd/ /ˈbi:ŋ/ /əˈfred/ /əv/ ˈpʌblɪk/ ˈspi:kɪŋ/
食物	food	/fu:d/
垃圾	junk	/dʒʌŋk/
垃圾食物	junk food	/dʒʌŋk/ /fu:d/
吃	to eat	/tə/ /i:t/
吃垃圾食物	to eat junk food	/tə/ /i:t/ /dʒʌŋk/ /fu:d/
吃垃圾食物(ing 形式)	eating junk food	/ˈi:tɪŋ/ /dʒʌŋk/ /fu:d/
避免	to avoid	/tə/ /əˈvɔɪd/
她避免	she avoids	/ʃi/ /əˈvɔɪdz/
她避免吃垃圾食物	she avoids eating junk food	/ʃi/ /əˈvɔɪdz/ ˈi:tɪŋ/ /dʒʌŋk/ /fu:d/
生活	life	/laɪf/
方式	style	/stɑɪl/
生活方式	lifestyle	/ˈlaɪfstɑɪl/
健康的	healthy	/ˈheɪθi/
一个健康的生活方式	a healthy lifestyle	/ə/ ˈheɪθi/ ˈlaɪfstɑɪl/
保持	to maintain	/tə/ /menˈten/
保持一个健康的生活方式	to maintain a healthy lifestyle	/tə/ /menˈten/ /ə/ ˈheɪθi/ ˈlaɪfstɑɪl/
她避免吃垃圾食物	she avoids eating junk food	/ʃi/ /əˈvɔɪdz/ ˈi:tɪŋ/ /dʒʌŋk/ /fu:d/
她避免吃垃圾食物来保持一个健康的生活方式	she avoids eating junk food to maintain a healthy lifestyle	/ʃi/ /əˈvɔɪdz/ ˈi:tɪŋ/ /dʒʌŋk/ /fu:d/ /tə/ /menˈten/ /ə/ ˈheɪθi/ ˈlaɪfstɑɪl/
告诉	to tell	/tə/ /tel/
事实	the truth	/ðə/ /tru:θ/
告诉事实	to tell the truth	/tə/ /tel/ /ðə/ /tru:θ/
告诉事实(ing 形式)	telling the truth	/ˈtelɪŋ/ /ðə/ /tru:θ/

避免	to avoid	/tə/ ə'vɔɪd/
她(过去)避免	she avoided	/ʃi/ ə'vɔɪdɪd/
她(过去)避免告诉事实	she avoided telling the truth	/ʃi/ ə'vɔɪdɪd/ 'teliŋ/ ðə/ truθ/
说谎	to lie	/tə/ /laɪ/
说谎(ing 形式)	lying	/'laɪŋ/
父母	parents	/'perənts/
她的父母	her parents	/hə/ /'perənts/
向她的父母说谎(ing 形式)	lying to her parents	/'laɪŋ/ /tə/ /hə/ /'perənts/
通过	by	/baɪ/
通过向她的父母说谎	by lying to her parents	/baɪ/ /'laɪŋ/ /tə/ /hə/ /'perənts/
她(过去)避免告诉事实	she avoided telling the truth	/ʃi/ ə'vɔɪdɪd/ 'teliŋ/ ðə/ truθ/
她通过向她的父母说谎来(过去)避免告诉事实	she avoided telling the truth by lying to her parents	/ʃi/ ə'vɔɪdɪd/ 'teliŋ/ ðə/ truθ/ /baɪ/ /'laɪŋ/ /tə/ /hə/ /'perənts/
伤害	to hurt	/tə/ /hɜ:t/
她	her	/hə/
伤害她	to hurt her	/tə/ /hɜ:t/ /hə/
伤害她(ing 形式)	hurting her	/'hɜ:tɪŋ/ /hə/
避免	to avoid	/tə/ ə'vɔɪd/
我(过去)避免	I avoided	/aɪ/ ə'vɔɪdɪd/
我(过去)避免伤害她	I avoided hurting her	/aɪ/ ə'vɔɪdɪd/ /'hɜ:tɪŋ/ /hə/
保持	to keep	/tə/ /kip/
沉默	silent	/'saɪlənt/
保持沉默	to keep silent	/tə/ /kip/ /'saɪlənt/
保持沉默(ing 形式)	keeping silent	/'kipɪŋ/ /'saɪlənt/
通过	by	/baɪ/
通过保持沉默	by keeping silent	/baɪ/ /'kipɪŋ/ /'saɪlənt/
我通过保持沉默来(过去)避免伤害她	I avoided hurting her by keeping silent	/aɪ/ ə'vɔɪdɪd/ /'hɜ:tɪŋ/ /hə/ /baɪ/ /'kipɪŋ/ /'saɪlənt/
迟到的	late	/let/
我是迟到的	I am late	/aɪ/ /æm/ /let/
(过去)避免	avoided	/ə'vɔɪdɪd/
是(ing 形式)	being	/'biŋ/
我(过去)避免迟到	I avoided being late	/aɪ/ ə'vɔɪdɪd/ /'biŋ/ /let/
出租车	taxi	/'tæksi/
乘坐	to take	/tə/ /tek/
乘坐一辆出租车	to take a taxi	/tə/ /tek/ ə/ /'tæksi/
乘坐一辆出租车(ing 形式)	taking a taxi	/'tekiŋ/ ə/ /'tæksi/
通过	by	/baɪ/
通过乘坐一辆出租车	by taking a taxi	/baɪ/ /'tekiŋ/ ə/ /'tæksi/
我(过去)避免迟到	I avoided being late	/aɪ/ ə'vɔɪdɪd/ /'biŋ/ /let/
我通过乘坐一辆出租车来(过去)避免迟到	I avoided being late by taking a taxi	/aɪ/ ə'vɔɪdɪd/ /'biŋ/ /let/ /baɪ/ /'tekiŋ/ ə/ /'tæksi/
避免	to avoid	/tə/ ə'vɔɪd/

他避免	he avoids	/hi/ /ə'vɔɪdz/
抽烟	to smoke	/tə/ /smok/
抽烟(ing 形式)	smoking	/'smokɪŋ/
他避免抽烟	he avoids smoking	/hi/ /ə'vɔɪdz/ /'smokɪŋ/
健康的	healthy	/'heɪlθi/
健康	health	/heɪθ/
他的健康	his health	/hɪz/ /heɪθ/
保护	to protect	/tə/ /prə'tekt/
保护他的健康	to protect his health	/tə/ /prə'tekt/ /hɪz/ /heɪθ/
他避免抽烟来保护他的健康	he avoids smoking to protect his health	/hi/ /ə'vɔɪdz/ /'smokɪŋ/ /tə/ /prə'tekt/ /hɪz/ /heɪθ/
谎言	lie	/laɪ/
一个谎言	a lie	/ə/ /laɪ/
白色的	white	/waɪt/
一个善意的谎言	a white lie	/ə/ /waɪt/ /laɪ/
告诉	to tell	/tə/ /tɛl/
说一个善意的谎言	to tell a white lie	/tə/ /tɛl/ /ə/ /waɪt/ /laɪ/
说一个善意的谎言(ing 形式)	telling a white lie	/'tɛlɪŋ/ /ə/ /waɪt/ /laɪ/
承认	to admit	/tə/ /əd'mɪt/
他(过去)承认	he admitted	/hi/ /əd'mɪtɪd/
他(过去)承认说一个善意的谎言(ing 形式)	he admitted telling a white lie	/hi/ /əd'mɪtɪd/ /'tɛlɪŋ/ /ə/ /waɪt/ /laɪ/
感觉	to feel	/tə/ /fi:l/
感情	feelings	/'fi:lɪŋz/
某个人	someone	/'sʌmwʌn/
某个人的感情	someone's feelings	/'sʌmwʌnz/ /'fi:lɪŋz/
伤害	to hurt	/tə/ /hɜ:t/
伤害某个人的感情	to hurt someone's feelings	/tə/ /hɜ:t/ /'sʌmwʌnz/ /'fi:lɪŋz/
伤害某个人的感情(ing 形式)	hurting someone's feelings	/'hɜ:tɪŋ/ /'sʌmwʌnz/ /'fi:lɪŋz/
避免	to avoid	/tə/ /ə'vɔɪd/
避免伤害某个人的感情	to avoid hurting someone's feelings	/tə/ /ə'vɔɪd/ /'hɜ:tɪŋ/ /'sʌmwʌnz/ /'fi:lɪŋz/
他(过去)承认说一个善意的谎言	he admitted telling a white lie	/hi/ /əd'mɪtɪd/ /'tɛlɪŋ/ /ə/ /waɪt/ /laɪ/
他(过去)承认说一个善意的谎言来避免伤害某个人的感情	he admitted telling a white lie to avoid hurting someone's feelings	/hi/ /əd'mɪtɪd/ /tə/ /əd'mɪt/ /tə/ /ə'vɔɪd/ /'hɜ:tɪŋ/ /'sʌmwʌnz/ /'fi:lɪŋz/

中文	原形	第三人称单数	过去式	ing 形式	ed 形式
想要	want	wants	wanted	wanting	wanted
喜欢	like	likes	liked	liking	liked
有； (+to)不得不	have	has	had	having	had
计划	plan	plans	planned	planning	planned
需要	need	needs	needed	needing	needed
做	do	does	did	doing	done
告诉	tell	tells	told	telling	told
说话	talk	talks	talked	talking	talked
是	be(am)	is	was	being	been
是	be(is)	is	was	being	been
是	be(are)	is	were	being	been
看到	see	sees	saw	seeing	seen
吃	eat	eats	ate	eating	eaten
喝	drink	drinks	drank	drinking	drunk
知道	know	knows	knew	knowing	known
忘记	forget	forgets	forgot	forgetting	forgotten
失去	lose	loses	lost	losing	lost
离开	leave	leaves	left	leaving	left
睡觉	sleep	sleeps	slept	sleeping	slept
明白	understand	understands	understood	understanding	understood
买	buy	buys	bought	buying	bought
洗	wash	washes	washed	washing	washed
打电话	call	calls	called	calling	called
帮助	help	helps	helped	helping	helped
相信	believe	believes	believed	believing	believed
学习	study	studies	studied	studying	studied
解释	explain	explains	explained	explaining	explained
问	ask	asks	asked	asking	asked
飞	fly	flies	flew	flying	flown

阅读	read	reads	read	reading	read
走路	walk	walks	walked	walking	walked
跳舞	dance	dances	danced	dancing	danced
回答	answer	answers	answered	answering	answered
工作	work	works	worked	working	worked
待在	stay	stays	stayed	staying	stayed
支付	pay	pays	paid	paying	paid
旅行	travel	travels	traveled	traveling	traveled
给	give	gives	gave	giving	given
到达	get	gets	got	getting	got
锁	lock	locks	locked	locking	locked
记得	remember	remembers	remembered	remembering	remembered
清理	clean	cleans	cleaned	cleaning	cleaned
找到	find	finds	found	finding	found
关闭	close	closes	closed	closing	closed
教	teach	teaches	taught	teaching	taught
展示	show	shows	showed	showing	shown
让	let	lets	let	letting	let
休息	rest	rests	rested	resting	rested
用	use	uses	used	using	used
做饭	cook	cooks	cooked	cooking	cooked
去	go	goes	went	going	gone
决定	decide	decides	decided	deciding	decided
驾驶	drive	drives	drove	driving	driven
改变	change	changes	changed	changing	changed
尝试	try	tries	tried	trying	tried
停止	stop	stops	stopped	stopping	stopped
参加	join	joins	joined	joining	joined
邀请	invite	invites	invited	inviting	invited
拒绝	refuse	refuses	refused	refusing	refused
接受	accept	accepts	accepted	accepting	accepted

学习	learn	learns	learnt	learning	learnt
完成	finish	finishes	finished	finishing	finished
看	watch	watches	watched	watching	watched
游泳	swim	swims	swam	swimming	swum
掌握	master	masters	mastered	mastering	mastered
购物	shop	shops	shopped	shopping	shopped
等待	wait	waits	waited	waiting	waited
讨论	discuss	discusses	discussed	discussing	discussed
面对	face	faces	faced	facing	faced
解决	solve	solves	solved	solving	solved
疑惑	wonder	wonders	wondered	wondering	wondered
递给	hand	hands	handed	handing	handed
玩	play	plays	played	playing	played
跑	run	runs	ran	running	run
挑战	challenge	challenges	challenged	challenging	challenged
希望	hope	hopes	hoped	hoping	hoped
见到	meet	meets	met	meeting	met
打开	open	opens	opened	opening	opened
认为	think	thinks	thought	thinking	thought
说话	speak	speaks	spoke	speaking	spoken
看	look	looks	looked	looking	looked
听	hear	hears	heard	hearing	heard
强迫	force	forces	forced	forcing	forced
操作	handle	handles	handled	handling	handled
握	hold	holds	held	holding	held
做	make	makes	made	making	made
承诺	promise	promises	promised	promising	promised
保持	keep	keeps	kept	keeping	kept
钓鱼	fish	fishes	fished	fishing	fished
保存	save	saves	saved	saving	saved
注意到	notice	notices	noticed	noticing	noticed

退出	quit	quits	quit/quitted	quitting	quit/quitted
抽烟	smoke	smokes	smoked	smoking	smoked
更喜欢	prefer	prefers	preferred	preferring	preferred
爱	love	loves	loved	loving	loved
打破	break	breaks	broke	breaking	broken
享受	enjoy	enjoys	enjoyed	enjoying	enjoyed
练习	practice	practices	practiced	practicing	practiced
改善	improve	improves	improved	improving	improved
分享	share	shares	shared	sharing	shared
假装	pretend	pretends	pretended	pretending	pretended
撒谎	lie	lies	lied	lying	lied
否认	deny	denies	denied	denying	denied
作画	paint	paints	painted	painting	painted
偷	steal	steals	stole	stealing	stolen
承认	admit	admits	admitted	admitting	admitted
避免	avoid	avoids	avoided	avoiding	avoided
感觉	feel	feels	felt	feeling	felt
复制	copy	copies	copied	copying	copied
保持	maintain	maintains	maintained	maintaining	maintained
伤害	hurt	hurts	hurt	hurting	hurt
乘坐	take	takes	took	taking	taken
保护	protect	protects	protected	protecting	protected

练习题

- 1.他(过去)承认从银行偷钱。
- 2.他通过制定一个计划来避免浪费时间。

答案

1. He admitted stealing the money from the bank.
2. He avoids wasting time by making a plan.