

english pod 361-365

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1. Daily Life - Fast Food (C0361)

A: I' m hungry, let' s **order up** 点(酒菜等) something to eat.

B: Ok, maybe we can order a soup and a salad from the restaurant down the street.

A: I was thinking of getting a hamburger, fries 薯条 and a chocolate sundae 圣代冰淇淋.

Example 1. 案例 sundae

a cold dessert (= a sweet dish) of ice cream covered with a sweet sauce 酱, 调味汁, nuts, pieces of fruit, etc., usually served in a tall glass 圣代冰激凌(加甜汁、果仁、水果粒等)



B: You eat too much junk food. That sort 种类, 品种 of stuff **clogs up** (使)阻塞, 堵塞 your arteries 动脉 and is very high in cholesterol 胆固醇.

你吃太多垃圾食品了。这种东西会堵塞你的动脉, 而且胆固醇含量很高。

A: Well I never seem to gain weight /so I don' t mind.

B: It' s not only about getting fat **or not**, it' s about being healthy (a.). You could really have some health problems **later on** 以后,随后.

这不只是胖不胖的问题, 而是健康的问题。你以后可能真的会有健康问题。

A: How about pizza or maybe some fried chicken 炸鸡! **Better yet** 更好的是(表示提出一个更好的建议或选择), let' s order some hot dogs!

B: You are a **lost cause** 注定会失败的事物或人;业已失败的事情; 没有希望的事情.

Example 2. 案例 lost cause

2. Daily Life - What Mood Are You In 你心情如何?? (C0362)

A: Are you ok? You seem a bit anxious.

B: Yeah I' m OK, I have been having a lot of *mood swings* (摇摆, 使.....旋转) 情绪波动 lately. I think it has to do with 我觉得这和...有关,引起的 the pills my doctor prescribed 给.....开 (药), 让.....采用 (疗法) that are causing (v.) chaos 混乱, 无秩序状态; 混沌 on my hormones 激素; 荷尔蒙.

还好, 我最近情绪不太稳定。我想这和医生给我开的药有关, 这些药导致我的荷尔蒙紊乱。

A: So you mean you feel (v.) ecstatic 狂喜的; 热情极高的 one minute and then blue (a.) 忧郁的; 悲伤的 the next?

所以你的意思是, 你前一分钟欣喜若狂, 下一分钟又闷闷不乐?

B: Yeah, it' s weird 奇怪的, 不寻常的; 怪异的. For example just this morning I was feeling detached (a.) 不带感情的; 超然的; 冷漠的 and lonely, even though there was really no reason to feel that way.

A: Well, maybe your mood will swing (v.) positively (ad.) 乐观地; 肯定地; 积极地 and you will feel confident, brave and hopeful!

也许你的情绪会变得积极, 你会感到自信、勇敢和充满希望!

B: I hope you are right.

3. Daily Life - Living With Your Parents (C0363)

A: Why did your girlfriend **break up** 分手 with you?

B: I don' t know, she said she was **tired (a.) of** (使) 感到累, (使) 感到疲劳; 厌倦 me not **manning up** 勇敢面对 and being more independent, which I think is *all a bunch of crap* 胡扯, 废话.

她说她厌倦了我不够男人, 更独立, 我认为这都是废话。

Example 3. 案例
man up

used to tell someone that they should deal with something more bravely.

A: Well, you still live with your parents, so **she does have a point** (论点; 观点; 见解; 重点; 要点; 核心问题) 她说得有道理.

你还和父母住在一起, 所以她说得有道理。

B: What do you mean? Lots of people live with their parents, especially when rent 租金 is so expensive and the slump (经济的) 不景气, 萧条 in the economy.

A: Yeah, but you are almost forty! Plus, you make good money /so **there is really no excuse** 借口, 托词. It' s simply because you are a momma' s boy.

但你都快四十岁了! 另外, 你赚了很多钱, 所以真的没有借口。因为你是妈妈的宝贝。

B: Whatever dude <美, 非正式>家伙, 小子, I have everything I need, **why would I** move out 我为什么要搬出去! Have a great roof over my head, my mom does my laundry 待洗 (或正在洗涤、洗完) 的衣物 and cooks (v.) for me, what else could a guy ask for!

不管怎样, 伙计, 我有我需要的一切, 我为什么要搬出去! 我有一个很好的屋顶, 我妈妈为我洗衣服和做饭, 一个男人还能要求什么呢!

A: **Let' s agree (v.) to disagree** 求同存异,各自保留意见.

4. Daily Life - Hiring (v.)雇用 Help (n.)有帮助的人 (或事物) ; 佣人 (C0364)

A: Can you help me write a newspaper ad?

B: Sure, what are you looking to buy or sell?

你想买什么, 或卖什么?

A: Actually, I want to hire someone to help me around the house.

我想雇人帮我做家务。

B: Oh, **you want to get a maid** 女仆, 女佣?

A: Well, I think it' s better if you call her a **cleaning lady** 清洁女工 or **domestic help** 家政助理.

我觉得你称她为清洁女工, 或家庭佣工比较好。

B: Ok, so what do you want her to do?

A: Well, let' s see. I want her to come in three times a week for a couple of hours /to clean the kitchen 厨房, bathroom /and maybe do some cooking.

B: Got it. And how much do you offer per month?

A: I would pay her hourly, I don' t know **what the going rate** 当前的标准 is though 不过, 可是, 然而.

我会按小时付她工资, 不过我不知道现在的工资是多少。

Example 4. 案例

going rate

the amount of money that something costs at the present time:

- the going rate for sth The going rate for a skilled architect in India is about \$50,000 per year.

通行价格：某物品或服务的平均或通常价格。

B: I know *for sure* it's more than *minimum wage* 最低工资 /but maybe *you should just* 仅仅做...就好,不必复杂化 negotiate (v.) (尤指在商业或政治上) 谈判, 磋商 with the person that answers (v.) the ad.

我知道这肯定比最低工资高, 但也许, 你应该和回复广告的人谈判。

Example 5. 案例

you should **just** negotiate with ...

在这里, “just” 是一个副词, 它的作用是:

强调建议的**直接性和简单性**。说话者希望对方直接与发布广告的人协商, **不要想太多或犹豫**。

缓和语气。尽管给出了建议, 但“**just**”也起到了一种缓和语气的作用, 使建议听起来不那么强硬或命令式。

表明“**仅仅**”协商就好。意思是, 你不用做其他的事情, 仅仅协商就好。

如果没有just, 两者的区别是:

“you should negotiate with” 和 “you should **just** negotiate with” 的区别

- “you should negotiate with” : 这是一个直接的建议, 表示“你应该与.....协商”。语气相对直接, 可能显得稍微正式或强硬。
- “you should **just** negotiate with” : 这个表达方式增加了“just”, 使建议听起来更轻松、更随和。它强调了协商的简单性和直接性, 并缓和了语气。

因此, 两者在基本意思上相同, 但“just” 的加入使语气更加柔和, 并强调了协商的直接性。

A: Great! Thanks for your help!

5. Daily Life - Household 一家人; 家庭; 同住一所房子的人 Chores (日常事务; 例行工作) 家务琐事 (C0365)

A: Kevin, *what is this mess* 怎么乱成这样了? It looks like a pigsty 猪圈; 猪场 in here! Clean this up!

B: Ok dad, I will do it in a minute, let me just finish this level of this game.

A: No, I said now! Plus, you are grounded (v.) 罚 (儿童) 不准出门, you're not allowed to play video games. I want you to make your bed 整理床铺, do the laundry 待洗 (或正在洗涤、洗完) 的衣物; 洗衣物 and then come downstairs and sweep the floors.

B: That's so unfair!

A: *You have to pull your weight* 尽你的本分; 负起责任 around here young man. My house, my rules.

年轻人, 在这里你得尽职尽责。我的房子, 我的规矩。

B: But I already mopped (v.) 擦拭; 用拖把擦 the floors, dusted the furniture and vacuumed (v.) 用真空吸尘器清扫 the rugs 地毯; 毯子!

A: That' s great, but you still have work to do, so get to it.

那很好，但是你还有工作要做，所以赶紧去做吧。
