

English pod 200-220

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1. Elementary -Daily Life - At The Post Office (C0201)

A: Welcome to the National Post 国家邮政局. How may I help you?

B: Hi, I would like to send this package to China, and these postcards as well.

A: Very well. You will need some stamps 邮票 for the postcards 明信片 and I need to weigh (v.)称重 that package, too.

B: Great. How much is this going to cost?

这需要多少钱?

A: Well, it depends. Do you want to send it via 经由, 经过 (某一地方); 通过, 借助于 (某种手段或人) priority (a.)优先的, express (a.)快递的, 特快的 or standard mail?

这取决于您。您想通过优先、快递, 还是标准邮件寄送?

B: What' s the difference?

A: Well, *standard mail* can **take up** 占用（时间、空间等）to fifteen working days. Priority is a bit faster and will **arrive in** 抵达，到达 about five to eight working days. Express is the fastest, but it's also the most expensive. It only takes three days and you can track your package online.

B: I see. Well, **there's no rush** (把（某人或某物）迅速送往；赶紧做，仓促做) **不用着急,不急**. Please send it via *priority (a.)优先的 mail*. Please be extra (ad.)额外；特别，格外 careful, the contents of the package are fragile 易碎的，易损的.

2. Elementary-TheWeekend- Asking For Directions 问路 (C0202)

A: We have been **going around in circles** for the past hour! Will you just please stop and ask for directions?

我们过去一个小时一直在原地转圈！你能不能停下来问一下路？

Example 1. 案例

- go around in circles: /ɡoʊ ə'raʊnd ɪn 'sɜːrklz/ (phr. v.) to make no progress in a discussion or activity, and to keep returning to the same point. 在讨论或活动中没有进展，不断回到同一点。

B: We are not lost! I'm just taking the scenic (a.)风景优美的；观光的 route.

我们没有迷路！我只是在走风景优美的路线。

A: Yeah, whatever. I told you we should buy that GPS that was **on sale** 打折；促销, but would you listen to me? No! This is so typical.

是啊，随便吧。我告诉过你我们应该买那个在打折的GPS（全球定位系统），但你听我的了吗？没有！这太典型了。

B: Fine! I'll **ask** this guy **for** directions if it will **shut your trap** 嘴；口；（捕捉动物的）陷阱! Excuse me, sir. Can you tell me how to get to *Saint Mary's* Church?

好吧！如果这能让你闭嘴，我就问这个人路！打扰一下，先生。您能告诉我怎么去圣玛丽教堂吗？

Example 2. 案例

- shut your trap: /ʃʌt jər træp/ (phr.) To stop talking; to be quiet. 闭嘴。

C: Sure! Go down Park Road. turn left, go up **as far as** the set 一组（类似的东西）；一组（配套使用的东西）of traffic lights and turn left. The place you are looking for is the second building on the right.

当然！沿着公园路走，左转，一直走到红绿灯处，然后左转。你要找的地方是右边的第二栋建筑。

A: Thanks!

B: See? Was that hard? If you would only listen to me more often, you would be **better off** 处境更好.

Example 3. 案例

- "If you would only listen" 使用了虚拟语气，表示与现在事实相反的假设。
- "would be better off" 也是虚拟语气的结果部分。
- better off: /'betər ɔ:f/ (phr.) in a better situation. 处境更好。
better off : /'betər ɔ:f/ (phr.) In a more favorable position or condition. 过得更好；更有利。

3. Elementary -Daily Life - Calling (v.) Tech Support 呼叫技术支持 (C0203)

Tech guy: Hello, thanks for calling 123TechHelp, I' m Todd. How can I help you?

Client: Hello? Can you help me? My computer! Oh man...

Todd: It' s okay sir, calm down. What happened?

Client: I turned on my laptop and it broke 弄坏；损坏；坏掉! I mean, the monitor went black!

Todd: Ok, sir, it sounds like you might have a virus.

Client: I don' t feel sick,...let me check...Nope 不；不行；没有! No fever, I' m fine.

Example 4. 案例

- nope : (informal) used to say 'no' 不；不行；没有
- 'Have you seen my pen?' 'Nope.' "你看见我的笔了吗?" "没有。"

Todd: No, your computer might have a virus, I mean, it has a bad program 坏程序 on it. Maybe that' s why it crashed. I recommend that you run an antivirus program in order to safely remove any unwanted spyware or Trojans 特洛伊木马，木马程式.

Client: Phew!Wait a minute, CRASH??!! Spyware? Trojans! What? where? when?!

4. Elementary -Global View - Understanding a Trial 审判，审理 (C0204)

Lawyer: Your honor 阁下；您（对他人的敬称）；尊敬的法官, ladies and gentlemen of the jury 陪审团, My client, Robert Malone, has been accused of a crime he did not commit. The prosecution 起诉，诉讼；原告，控方 has **accused** my client **of** being a pickpocket 扒手! I

know we have heard the testimony (尤指法庭上的) 证词, 证言; 证据 of many people here today, people who claim the defendant 被告, 被告人, my client, stole their wallets. I feel sorry for these victims, I really do. but my client is innocent 清白的, 无罪的; 无辜受害的!

律师: 尊敬的法官, 陪审团的女士们和先生们, 我的当事人罗伯特·马龙被指控犯下了一项他并未实施的罪行。控方指控我的当事人是一名扒手! 我知道今天我们听到了许多人的证词,这些人声称被告, 也就是我的当事人, 偷了他们的钱包。我为这些受害者感到难过, 真的.....但我的当事人是无辜的!

Lawyer: Let' s look at the facts. . . one: These ' so-called' witnesses 证人; 目击者 did not actually see the defendant 被告, 被告人 steal anything. two: When the police stopped him, he did not have any of the stolen wallets. There is no evidence.

让我们看看事实.....第一: 这些所谓的证人并没有真正看到被告偷任何东西。.....第二: 当警察拦下他时, 他身上没有找到任何被盗的钱包。没有证据。

Lawyer: Therefore, Ladies and Gentlemen of the jury, I ask you to think carefully before giving your verdict (法庭的) 裁定, 判决. My client is innocent!

Judge: Ladies and Gentlemen of the jury, have you reached a verdict (法庭的) 裁定, 判决?
你们是否已作出裁决?

Jury member: Yes, your honor. Our verdict is. not guilty!
是的, 尊敬的法官。我们的裁决是.....无罪!

Robert: Thank you so much! You were great! Thank you for all your hard work!
你太棒了! 感谢你所有的辛勤工作!

Lawyer: **You' re welcome** 不客气 Robert! I knew you were innocent so my job was easy. Take care of yourself, okay?

Robert: Thanks once again...

Lawyer: Hey! Where' s my wallet?

5. Elementary -The Office - Closing The Deal 成交,搞定生意/谈判终结(C0205)

Mr. Smith: I' m glad you could find time to meet with me, Mr. Johnson. I can' t think of a nicer environment for our meeting today, the ambiance 氛围; 环境 here is lovely!

Mr. Johnson: No problem, if possible I always **combine** (使) 结合, 组合 business **with** pleasure 高兴; 快乐; 愉快; 玩乐; 休闲. Now, let' s hear more about these chocolates you' re offering.

没问题, 如果可能的话, 我总是把商务和娱乐结合起来。现在, 让我们详细了解一下您提供的这些巧克力。

Mr. Smith: Well, as you know, I have recently become the **sole** 唯一的, 仅有的; 专用的, 独享的 **distributor** 经销商, 批发商 for **Grangers Gourmet Bon-bons** here in the United States. They' re a new manufacturer 生产商, 制造商 and are looking **to break into** 闯入 the luxury

market. Naturally, your restaurant sprang (v.)跳，跃；突然出现，涌现 into my mind immediately. I think your brand exemplifies (v.)是...的典型（或典范、榜样） many of the same traits 特性，特质，性格 as Grangers /and 主 serving these chocolates 谓 would really add to your reputation for providing elegant （人）高雅的，举止优雅的；精美的，雅致的, luxurious, first class 一流的 dining 吃饭，进餐.

如您所知，我最近成为了Grangers Gourmet Bon-bons在美国的独家经销商。他们是一家新制造商，正试图打入奢侈品市场。自然，我立刻想到了您的餐厅。我认为您的品牌体现了与Grangers相同的许多特质，而提供这些巧克力将进一步提升您餐厅优雅、奢华、一流的用餐声誉。

Mr. Johnson: Hmmm, sounds interesting. . . . gourmet （食物）美味的；提供美食的 chocolates , where are they produced? Belgium?

这些高档巧克力，它们是在哪里生产的？比利时吗？

Mr. Smith: Actually, the factory is located in Scotland.

Mr. Johnson: Really? I didn' t think they were known (v.)知名的，出了名的; 把...看作是；认为...是 for their luxury chocolate production. . .

我没想到他们以生产奢侈品巧克力而闻名

Example 5. 案例

know

(v.) ~ **sb/sth as sth** | ~ **sb/sth for sth** : [usually passive]to think that sb/sth is a particular type of person or thing or has particular characteristics 把...看作是；认为...是

[VN]

- It' s known as the most dangerous part of the city.人们都认为那是市内最危险的地段。
- She is best known for her work on the human brain.她在对人脑的研究方面最为知名。

Mr. Smith: That' s what makes this such a fantastic opportunity! The government is **one hundred percent** supportive (a.)支持的，拥护的，给予帮助的 of creating new **export markets** 支持的，拥护的，给予帮助的 and has guaranteed 保证，担保 a low tariff 关税 for all **wholesale** 批发的，趸售的；大规模的，大批的 **orders** of over one thousand units. They' ve also reduced the **red tape** 官样文章，繁文缛节 involved at customs as well. Here, I brought these especially for you, try one!

这就是为什么这是一个绝佳的机会！政府百分之百支持创建新的出口市场，并保证所有超过一千件的批发订单享受低关税。他们还减少了海关的繁文缛节。来，我特意为您带来了这些，尝一个吧！

Example 6. 案例

- red tape : /rɛd teɪp/ (n.) Excessive bureaucracy or adherence to rules and formalities. 繁文缛节.

词源： 来自英国政府用红带捆扎文件的传统。

“红带”一称的起源尚无定论。但传说率先使用“红绳”代表官方文件者，可能是16世纪初期的西班牙国王查理五世，他在国家管理现代化的过程中，用红绳装订该等需要拿到国家议会讨论的重要文档，并以此来区别其他普通行政程序处理的文档，普通文档都是用普通绳子装订。

Mr. Johnson: Oh, thanks. Mmm, hmm, creamy (a.)含奶油的，含油脂的；似奶油的，柔滑细腻的 texture, smooth. . . .

奶油般的质地，顺滑

Mr. Smith: Unique aren' t they? I bet you' ve never tasted anything like it! Quality is assured 使确信；向...保证 as I personally 就个人而言；亲自地，本人地 visit the factory to make sure no one' s **cutting corners** 偷工减料 with the ingredients 材料，佐料，原料. Only the **cr`eme de la cr`eme** 最顶尖的；精华 make it through inspection 视察；检查，审视.

很独特，不是吗？我打赌您从未尝过这样的味道！质量有保证，因为我亲自参观工厂，确保没有人偷工减料。只有最顶尖的产品才能通过检查。

Example 7. 案例

- cutting corners : /'kʌtɪŋ 'kɔːrnəz/ (phr.) To do something in the easiest or cheapest way, often sacrificing quality. 偷工减料.*
- crème de la crème : /krɛm də lɑː krɛm/ (n.) The very best of something. 最顶尖的；精华. (法) 精华；最精华的部分；最优秀人物

Mr. Johnson: Yes, very interesting flavors 情味，风味；香料；滋味. Slightly spicy 辛辣的；香的，多香料的；下流的, very unique, that' s for sure. Exactly what ARE the ingredients?

非常有趣的味道.....略带辛辣，非常独特，这是肯定的。具体成分是什么？

Mr. Smith: I have it on highest authority 专家，权威人士；行政管理机构 that this traditional secret recipe 烹饪法，食谱；诀窍，秘诀 has been **handed down** 代代相传 in the Granger family for generations. I' m sure you can keep a secret. Buttermilk 酪乳；白脱牛奶；脱脂乳, cacao 可可；可可豆；[植] 可可树 beans, sugar and Haggis (苏格兰) 肉馅羊肚；羊肉杂碎布丁 .

我从最高权威处得知，这个传统的秘密配方已经在Granger家族中代代相传。我相信您能保守秘密。成分包括酪乳、可可豆、糖和哈吉斯。

Example 8. 案例

haggis

n. /'hæɡɪs/ [CU] a Scottish dish that looks like a large round sausage made from the heart, lungs and liver of a sheep that are finely chopped, mixed with oats , herbs , etc. and boiled in a bag that is usually made from part of a sheep' s stomach (苏格兰) 羊杂碎肚 (用剁碎的羊的心、肺、肝和燕麦、香料等调成馅，通常包在羊肚中煮成)



Mr. Johnson: Haggis? What' s Haggis?

Mr. Smith: It' s a traditional Scottish delicacy 美味，佳肴; you take sheep' s liver 肝脏, heart and lung 肺；呼吸器 and stuff (v.) 塞进，填进；填满 it inside of the sheep' s stomach.

这是一道苏格兰传统美食；您将羊的肝、心和肺塞进羊的胃里。

Mr. Johnson: Ah, get back to you 我再联系您.

Mr. Smith: Mr. Johnson? Mr. Johnson?

6. Elementary -Daily Life - Talking To Your roommate 室友 (C0206)

A: Charlie, do you have a second (片刻) 你有空吗?

B: Yeah what' s up 怎么了?

A: Well, I **went and paid** 去付款 the bills 账单 today /and you still haven' t given me your half 你还没把你那一半钱给我呢.

B: Yeah I wanted to talk to you about that. I agreed we would **go halves** 平摊费用 on all the bills, but frankly 坦白说 I think it' s unfair 不公平的.

A: Unfair! Why?

B: Well, you have long hair and use (v.) the hairdryer 吹风机 every morning. I don' t. You **leave** your computer **on** all night downloading (v.) torrents 种子文件. I don' t. You see **what I' m getting at** 暗示;理解;意指 *here?*

A: You **leave** the air conditioner 空调 **on** day and night! You also take 30 minutes showers 淋浴 which means you are using **way (ad.)**大大地, 远远地; <美>非常, 很 **more** gas 煤气 and water **than** me!

B: Well, **while we are at it** 既然说到这里了,顺带一提, stop bringing your friends over for drinks 喝酒 every weekend. You always leave a mess 一团糟 and **keep me up** 阻止某人上床睡觉或入睡,让某人无法入睡, 熬夜 all night!

A: Maybe you should just move out 搬走 and find (v.) another place.

B: Maybe you should move out!

Example 9. 案例

- what' s up /wʌts ʌp/ (phr.) 怎么了; used to ask what is happening.
- go halves /goʊ hævz/ (phr. v.) 平摊费用; to share the cost equally.
go halves (平摊费用): 需注意其宾语结构 (go halves on the bills).
例句: Let' s go halves on the rent.
- getting at /'getɪŋ æt/ (phr. v.) 暗示; to suggest indirectly.
例句: What are you getting at?
- while we are at it /waɪl wi ɑ:r æt ɪt/ (phr.) 顺带一提; used to add a related task.
- keep up /ki:p ʌp/ (phr. v.) 熬夜; to prevent someone from sleeping.
keep up (熬夜): 后接宾语时需介词 (keep me up).
例句: The noise **kept me up** all night.

A: 查理, 有空吗?

B: 咋了?

A: 我今天去付了账单, 你还没给我你那半钱。

B: 我正想说呢, 虽然我们同意平摊账单, 但坦白说这不公平。

A: 不公平?为什么?

B: 你长发每天用吹风机,我不用!你整晚开着电脑下种子,我不用!懂我意思吗?

A: 你空调日夜不关!还洗30分钟澡,比我多用多少煤气和水!

B: 顺带一提,别每周带朋友来喝酒了!你总弄得一团糟,害我熬夜!

A: 要不你搬出去找别处吧!

B: 要搬你搬!

7. Elementary -Daily Life - Shopping Online 网上购物 (C0207)

A: What are you doing?

B: I' m just looking for a nice pillow 枕头 on Ebay 易趣.

A: You are shopping for a pillow online 在线? That' s absurd 荒谬的!

B: Why? I don' t **have to** leave the house or browse (v.)浏览 a dozen stores /to find (v.) what I' m looking for. This way, I just **search (v.) for it** online quick and easy 方便快捷.

A: I see, but how do you **pay for it**? How do you know you aren' t going to **be ripped 撕; 扯; 剥 off** 诈骗,宰人; 坑人 by the seller 卖家?

B: Well, the website handles (v.)处理 a point system 评分系统 where if the seller does something wrong, people comment (v.)评论, 发表意见 negatively (ad.)消极地; 否定地; 差评 **and then** you know that /he or she may not be trustworthy 可信的.

A: Wow, that sounds (v.) pretty safe. So how do you pay? Do you need a credit card 信用卡?

B: You can use a credit card or your debit card 借记卡. They also let you use (v.) the PayPal system 贝宝支付 which is really safe and fast. I have never had any problems with someone hacking (v.)黑客入侵 my information or anything.

A: Do you think I can find a sweater 针织套衫, 毛线衫 for my dog online?

B: You can find anything! Are you sure you want to start shopping online though 可是, 不过? Once you step into 踏入;扮演某个角色或从事某项任务 this world, there is no turning back 无法回头!

A: Let' s do it!

Example 10. 案例

-ripped off /rɪpt ɔ:f/ (phr. v.) 诈骗; to cheat someone financially.

例句: I **was ripped off** by that seller.

A: 在干嘛?

B: 在易趣找好看的枕头。

A: 网购枕头?太荒谬了!

B: 为啥?不用出门逛店,直接搜多方便!

A: 但怎么付款?不怕被卖家骗?

B: 网站有评分系统，卖家有问题会收差评，自然不可信。
A: 哇，挺安全嘛。怎么付款？要信用卡？
B: 信用卡、借记卡都行，还能用贝宝支付，又快又安全。我从没被盗过信息。
A: 能给我家狗买毛衣吗？
B: 啥都有！不过网购会上瘾，踏进去就出不来了！
A: 试试看！

8. Elementary -Global View - Understanding The Stock Market 股市 (C0208)

A: Sorry to bother 打扰 you sir, but I have some bad news.

B: What is it?

A: Well, the stock market 股市 just took a huge plunge ((突然的) 坠落；跳水)暴跌 and we' ve lost a lot of money!

B: What do you mean? What happened?

A: There are many factors 因素 that **weigh (v.) in** 影响; (在讨论、辩论等中) 发表有分量的意见，发挥作用, but NASDAQ 纳斯达克 is down 200 points, the DOW JONES 道琼斯 indicator 指数 also suffered 下跌;变得糟糕；遭受! Our portfolio 投资组合 is worth (v.)价值 half of what it was worth a week ago.

B: How is this possible? You **are supposed (v.)**预期，推断；假定；认为 **to be** (按规定、习惯、安排等) 应当，应，该，须 talking to our stockbrokers 股票经纪人 /and making sure that our securities 证券 and investments 投资 are safe /and making a profitable 盈利的 return 回报!

A: I know sir! We didn' t expect a bull market 牛市 to become a bear market 熊市 all of a sudden 突然. On the other hand, you still have some **high yield** (n.产量；收益，利润，红利 (或股息) 率) 高收益 trash bonds 垃圾债券 and government bonds 政府债券 that will give us enough liquidity 流动性 **to cut (v.) our losses** 止损 and **reinvest (v.) 再投资 in** emerging markets 新兴市场. We could potentially 可能地 make this tragedy 悲剧 **work (v.) for us** 对我们有利, 为我们所用/and make us **think (v.) outside the box** (超越常规) 跳出思维定式.

我们或许可以让这场灾难转化为对我们有利的局面，并促使我们跳出固有思维。

Example 11. 案例

- work for us (为我们工作) = 这里比喻 “让这场灾难对我们有利” ，即 “化危为机” 。
- "make us think outside the box" → "think outside the box" 意思是 “跳出框架思考” ，即创新性思维。

B: Do what you have to do! One other thing, don' t tell the rest of the stockholders 股东 about this. If they find out, it' s the end of this company!

Example 12. 案例

- weigh in /weɪ ɪn/ (phr. v.) 影响 ; to have an effect on a decision.
例句: Economic issues weighed in on the policy change.
- cut losses /kʌt 'lɒsɪz/ (phr. v.) 止损 ; to stop further financial loss.
例句: We need **to cut our losses** and sell the stocks.
- **think (v.) outside the box** /θɪŋk aʊt'saɪd ðə bɒks/ (idiom) 跳出思维定式 ; to think creatively.

A: 抱歉打扰, 先生, 有个坏消息。股市暴跌, 我们亏了很多钱!

B: 怎么回事?

A: 多个因素影响, 纳斯达克跌了200点, 道琼斯指数也下跌! 投资组合只剩一周前的一半价值。

B: 怎么可能? 你应该和股票经纪人确保证券和投资安全, 获取盈利回报!

A: 我知道! 我们没料到牛市突然变熊市。但您还有高收益垃圾债券和政府债券, 能提供流动性止损, 并再投资新兴市场。可能化悲剧为机会, 跳出常规思维。

B: 按需处理! 另外, 别让其他股东知道, 否则公司完蛋!

9. Elementary -Daily Life - Office Gossip (C0209)

Pam: Pssst! Psssssssst! Hey! Eric, have you heard?

Eric: Hm? No... go on, tell me, what' s the latest office gossip (流言蜚语, 小道消息; 爱说三道四的人; 闲聊) 办公室八卦?

Pam: Well, you didn' t hear this from me /but the rumor 谣言 is... Paula is getting a promotion 升职!

Eric: No way 不可能; 绝不! But... she' s a terrible worker... and you can' t trust her... she' s so two-faced 两面派; 虚伪的 – you can' t believe anything she says!

Paula: Hey guys, what are you two whispering (v.)小声说 about?

Eric: Oh Hi Paula! How are you?

Paula: I' ve got some good news! I' m getting a promotion!

Pam: Congratulations! Eric and I were just saying that /you are the best person for the job...

Eric: Yes! You' re the best!

Pam: 嘘! 埃里克, 听说没? 保拉要升职了!

Eric: 不可能! 她工作差劲、两面派, 说的话不能信!

Paula: 嘿, 你俩嘀咕啥呢?

Eric: 嗨保拉! 有个好消息——你要升职啦!

Pam: 恭喜! 我们刚说你最适合这职位!

Eric: 没错! 你是最棒的!

10. Elementary -Daily Life - Meeting the Inlaws (C0210)

Cindy: Mother, father, I' d like to introduce you to my fiancé 未婚夫, Bob.

Miranda: Hello, Bob. Welcome.

Bob: Thanks for having me 感谢你邀请我来参加活动或拜访. Nice to meet the both of you. I' ve heard so much!

Thurston: So Cindy told you about bringing home her *last boyfriend* 上一个男朋友,前男友, then? Hah, that idiot 白痴, 笨蛋...

Miranda: Shhh! Thurston, you' re going to scare (v.)使惊恐, 吓唬 the poor boy. Come in and have a drink. Dinner will be on 晚餐将开始 in just a bit.

Thurston: What' ll you be having 你要吃什么? Whiskey? Bourbon 波旁威士忌酒? Pick your poison 随便挑;你选你喜欢的毒药吧!

Example 13. 案例

- Pick your poison : 你选你喜欢的毒药吧: 这是一种俚语, 意思是让对方在几个不好的选择中自由选择。
- pick your poison /pɪk jɔːr ˈpɔɪzn/ (idiom) 随便挑; used to offer a choice of drinks.

Bob: If you have a lemonade 柠檬水 that' d be great.

Thurston: Lemonade...?

Miranda: Why sure, there' s some in the fridge!

Cindy: Mother **makes** her own lemonade **from scratch** (挠, 搔) 从头开始; 从零开始. It' s the best!

Thurston: So what are your hobbies 爱好, son? If you want, we can do some hunting 打猎 tomorrow. I' ve just **picked up** 买了、弄到了 a new rifle 步枪 I' ve been meaning to try out 试用,尝试,实验. Should be a *real hoot* (大笑; 大喊; (车辆的) 喇叭声) 特别有趣、超好玩!

Example 14. 案例

- real hoot → “特别有趣、超好玩” (俚语)
"hoot" 本意是猫头鹰叫声, 引申为 “有趣的事情”, "real hoot" 强调 “特别有趣、超搞笑”。

Bob: Um. I' m not really... eh. I don' t really hunt (v.打猎) 我不怎么打猎,我其实不打猎.

Example 15. 案例

- "really" 在这里起缓和作用, 表示 “并不是完全不可能, 但基本上不做”
翻译成中文可以是:
“我其实不打猎。” (婉转地拒绝)
“我不怎么打猎。” (可能有过一点经验, 但不是真的猎人)
“我不太喜欢打猎。” (带有个人态度)

Thurston: You don' t hunt? Well I' ll be...

Cindy: Bob is an **animal rights** activist 动物权益保护者. He doesn' t **believe in** harming animals.

Miranda: Dinner' s ready 晚饭准备好! Let' s go out to the patio 露台 where the pig is roasting 烤猪.

Bob: Roast pig 烤猪? I' m a vegetarian 素食者.

Cindy: 爸妈，介绍下我的未婚夫鲍勃。

Miranda: 你好鲍勃，欢迎！

Bob: 谢谢招待！久仰大名！

Thurston: 辛迪跟你说过她上次带回家的男朋友吧？哈，那个白痴...

Miranda: 嘘！瑟斯顿，别吓着孩子。进来喝点东西，晚餐马上就好。

Thurston: 喝点啥？威士忌？波旁？随便挑！

Bob: 有柠檬水的话最好。

Thurston: 柠檬水...？

Miranda: 当然有，冰箱里就有！

Cindy: 妈妈自制的柠檬水，超好喝！

Thurston: 那你有什么爱好？想的话，明天去打猎，我刚买了新步枪，正好试试，肯定好玩！

Bob: 呃...我不打猎。

Thurston: 你不打猎？真是...

Cindy: 鲍勃是动物权益保护者，不赞成伤害动物。

Miranda: 晚餐好了！去露台吧，烤猪在那儿。

Bob: 烤猪？我是素食者。

11. Elementary-TheWeekend -Playing (v.) Board Games 棋盘游戏 (C0211)

Jim: Hey- Why did you take that money? You are such a cheater 作弊者! I should send you to jail 监狱!

Karen: I am not cheating. When you **pass (v.) go** 通过起点,经过起点, you collect \$200, Everyone knows that!

Example 16. 案例

- pass go 通过起点：在棋类游戏（如大富翁）中，玩家在游戏过程中经过或到达起点的行为。

Jim: Well you can' t just take the money. You have to ask the bank for money. And I' m the banker 银行家；银行工作人员.

Karen: Banker 银行家；银行工作人员?

Jim: Yes. . .

Karen: Can I have my \$200 please?

Jim: Sure. Here you are, \$200, Thank you, please come again! Now it' s my turn to roll (v.) the dice 掷骰子.

Example 17. 案例

- pass go /pæs goʊ/ (phr.) 经过起点 ; in Monopoly, passing the starting point.
- roll (v.) the dice /roul ðə daɪs/ (phr.) 掷骰子 ; to throw dice in a game.

Jim: 嘿, 你干嘛拿钱? 作弊! 该把你关监狱!

Karen: 我没作弊! 经过起点拿200块, 大家都知道!

Jim: 你不能直接拿钱, 得问银行要, 我是银行家。

Karen: 银行家?

Jim: 对...

Karen: 那给我200块吧!

Jim: 行, 给你200块, 谢谢惠顾! 现在该我掷骰子了。

12. Elementary-Global View- *Last Will And Testament* (证明, 证据; 遗嘱, 遗言; (人与上帝间的) 圣约) 遗嘱 (C0212)

A: I, Luke Thompson, residing (v.)居住,存在 in California, being 处于...的状态, 因为 of sound mind 心智健全, do hereby 以此, 特此 declare (v.) this instrument 文件;文据, 正式法律文件 to be my *last will and testament* 遗嘱.

Example 18. 案例

- 在 "being of sound mind" 这个短语中, "being" 是 现在分词, 表示一种状态, 可以理解为 "处于.....的状态" 或 "因为....."。
"being of sound mind" = "处于健全心智的状态"
- do hereby declare: "do": 这里作为强调用法, 表示 "我在此明确声明" 或 "我特此声明"。
"hereby": 表示 "通过此", 即通过签署、声明或其他行为。
"declare": 表示 "声明" 或 "宣布"。
整体意思: "我特此声明" 或 "我通过此行为声明", 通常用于正式文件中, 表明声明人对某个决定或行为的正式表达。
- Last will and testament (遗嘱)
指 个人在去世前立下的正式法律文件, 规定去世后如何分配财产和安排事务。
"Last" 强调这是 最终的遗嘱, 取代所有之前的版本。

A: I hereby revoke (v.)撤销 all previous wills [法]遗嘱; 愿望 and codicils 遗嘱附录.

A: I direct (v.)指示; 命令 that *the disposition 处理 of my remains* (遗体) 遗体的处理方式 **be as follows** 如下所示: I am to be cremated (v.)火化 and taken to the summit 山顶 of Mount Everest 珠穆朗玛峰 where my ashes 骨灰 will forever remain (v.) at the ceiling 顶端 of the Earth.

A: I **give** all the rest and residue (剩余物, 残留物; (扣除应付款项、债款、遗赠后的) 剩余遗产, 余产) 剩余财产 of my estate 财产, 遗产; 大片私有土地, 庄园 **to** my spouse 配偶, Betty Thompson, should she survive (v.)比.....活得久, 比.....长寿 me for days. If my spouse, Betty Thompson, does not survive (v.)比.....活得久, 比.....长寿 me, I **give** all the rest and residue of my estate **to** EnglishPod.

Example 19. 案例

should she survive me for days

"should" : 在这里是 条件句的倒装, 等同于 "if she survives me for days" (如果她在我之后存活若干天)。

"survive me" : 指 "比我活得久", 意思是 如果我的妻子 Betty Thompson 在我死后还活着。

"for days" : 这里的 "days" 可能是法律上要求的最小生存天数 (通常会写明具体天数, 比如 30 days, 以确保继承人真的比遗嘱人活得久)。但这里的 "for days" 没有具体数字, 可能是个疏漏, 通常会写明 具体天数 (比如 30 天、60 天), 否则可能导致法律上的不确定性。

为什么需要这个条件?

法律上, 遗嘱中经常加入 "存活期限" (Survivorship Clause), 原因是 :

- 避免 "夫妻同时去世" 或 "短时间内相继去世", 造成继承纠纷。
- 保证 遗产不会先传给配偶 (如果配偶很快去世), 然后再进入配偶的家族, 而是按照遗嘱人的原意 继承。

例如: "should she survive me by at least 30 days" → 如果 Betty 活过我至少 30 天, 她才能继承。

如果 Betty 在 29 天内去世, 那么遗产就不会给她, 而是按照遗嘱人的 其他安排 (如 EnglishPod)。

"should she survive me for days" = "如果她在我死后还能活几天" (但天数未明确)。这是 条件句的倒装, 等同于 "if she survives me for days"。

法律作用: 确保遗产不会因为夫妻短时间相继去世, 而流入不希望的继承人手中。

问题: 通常需要补充具体天数, 比如 30 days, 否则可能造成法律歧义。

A: If **neither** 两者都不 Betty Thompson **nor** EnglishPod survives (v.) me, I **give** all the rest and residue (扣除应付款项、债款、遗赠后的) 剩余遗产, 余产 of my estate **to** my heirs 继承人 /**as** 按照.....的方式, 正如.....所规定 determined (v.)确定; 裁决; 安排 by **the laws** of the State of California, 后定 **relating to** 与.....相关,涉及 descent 继承 and distribution 分配。

Example 20. 案例

- "**relating to** descent and distribution": 解释了 加州法律 的具体内容, 强调它与 "继承" 和 "财产分配" 有关。

A: I appoint 指定 Robert Porter, **to act as** *the executor 执行人 of this will* 遗嘱执行人, **to serve (v.) without bond** (公债, 债券; 承诺, 契约) 无担保, 无需提供担保履职。Should 假如, 万一 Robert Porter be unable or unwilling to serve (v.), then I appoint (v.) Jason Smalls **to act as** the executor of this will.

Example 21. 案例

- Serve without bond (无需提供担保履职)
"Bond": 担保金。
在遗嘱执行中, 法院可能要求执行人提供担保, 以确保他们不会挪用财产。 "Serve without bond" 意思是: 遗嘱人信任执行人, 不要求他们提供担保。

A: I herewith (ad.)随此 (信函、便笺、文件等) 附上 **affix** (v.)粘上; 贴上; 附上; 签署 my signature 签名 **to** this will /on this *the twenty third of May 五月二十三日 two thousand ten* /**in the presence of** 在.....面前; 有某人在场 the following witnesses 见证人, who witnessed

(v.) and subscribed (v.) 签署 this will (n.) **at my request** 根据我的请求,应我的要求, and **in my presence** 在我面前.

Example 22. 案例

- Witnesses who witnessed and subscribed this will (见证并签署遗嘱的证人)
"Witness": 证人, 法律要求遗嘱必须有证人在场并签署, 以确保遗嘱的有效性。
"Subscribed": 正式签署、见证文件。
证人确认, 遗嘱人在神志清醒的情况下签署遗嘱, 并自愿立下遗嘱。
- "At": 这里是表示 "根据" 或 "依照"。
"my request": 指 "我的请求", 也可以理解为 "我提出的要求" 。
在这里, "at my request" 表示 "应我的要求", 即这些见证人是根据遗嘱人 (说话者) 的要求来签署遗嘱的。

A: 我, 卢克·汤普森, 现居加州, 心智健全, 特此声明本文件为我的最终遗嘱。

A: 我撤销之前的所有遗嘱及附录。

A: 我要求按以下方式处理我的遗体: 火化后骨灰撒在珠穆朗玛峰山顶, 永远留在地球之巅。

A: 我将所有剩余财产留给我的配偶贝蒂·汤普森, 前提是她在我去世后存活数日。若贝蒂·汤普森未能存活, 我将所有剩余财产赠予EnglishPod。

A: 若贝蒂·汤普森和EnglishPod均未能存活, 我将所有剩余财产按加州继承法分配给继承人。

A: 我指定罗伯特·波特为本遗嘱执行人, 无需担保。若罗伯特·波特无法或不愿执行, 我指定杰森·斯莫尔斯为执行人。

A: 我于2010年5月23日在本遗嘱上签名, 并有以下见证人在场见证并签署。

13. Elementary -Daily Life - Funeral (a.n.)葬礼的, 似葬礼的 Arrangements 安排; 准备; 整理 (C0213)

A: Hi Daniel, how are you holding up (撑住) 你还好吗? I am greatly (ad.) 非常地, 极大地 sorry for your loss 损失.

B: It' s a lot harder than I imagined. There are many things that you have to arrange 安排. I booked 预订 a time and date with the **funeral home** 殡仪馆, but I still have a lot of things to do.

A: Have you bought 买 a **burial plot** ((专用的) 小块地) 墓地 and a casket 棺材; (装珠宝等贵重物品的) 精致小盒, 装饰精美的小箱?

Example 23. 案例

- casket



B: No. Wendy is being cremated (v.)火化. She always talked about how she didn' t want to be buried 埋葬. I already chose a **cremation urn** (瓮; (尤指) 骨灰缸) 骨灰盒 and we plan (v.) to spread 撒 the ashes 骨灰 in the ocean.

A: I see, that **sounds (v.) like** something she would have really liked (v.)喜欢. I am sure the **memorial service** 追悼会 will be tasteful 得体的. You are doing a great job.

B: Thanks, it hasn't been easy, but luckily we have **life insurance** 人寿保险 and Wendy **left (v.) behind** a detailed will 详细遗嘱 that will **sort out** 解决 any other legal matters 法律事务.

Example 24. 案例

- holding up /'hoʊldɪŋ ʌp/ (phr. v.) 撑住 ; coping with difficulty.
例句: How are you holding up after the accident?
- sort out /sɔːrt aʊt/ (phr. v.) 解决 ; to resolve a problem.
例句: He sorted out the legal issues.
- legal matters /'li:gl 'mætərz/ (n.) 法律事务 ; issues related to the law.

A: 嗨丹尼尔, 你还好吗? 对你的损失我深感抱歉。

B: 比我想象中难多了。有很多事要安排, 我已和殡仪馆约了时间, 但还有很多事没做。

A: 你买了墓地和棺材吗?

B: 没有, 温迪要火化。她总说不想被埋。我选好了骨灰盒, 计划把骨灰撒在海里。

A: 明白了, 这确实是她喜欢的。我相信追悼会会很得体, 你做得很好。

B: 谢谢, 虽然不容易, 但幸好我们有人寿保险, 温迪还留下了详细遗嘱, 能解决其他法律事务。

14. Elementary -Daily Life - Describing (v.) Personalities (性格 ; 个性 ; 人格) 描述性格 (C0214)

A: OK class, **settle down** 安静. I have the results of your **individual personality tests** 个性测试. I am going to **hand them out** 分发 and if you'd like, you can **read** them out loud 大声读 **to** the rest of the class.

B: I'll read mine!

A: OK, go ahead.

B: It says here that /I am adventurous 爱冒险的, 敢于创新的, outgoing 外向的, 爱交际的 and easy-going 随和的. It says that /I am a little superstitious 迷信的 and occasionally naive 天真的! That's not true!

A: The test isn't **one-hundred percent** accurate 准确的. Is that all it says?

B: No! It also says that /I am open-minded 思想开放的 with great ambition 雄心 but that I can also be reckless 鲁莽的, 不计后果的 ; 粗心大意的 and clumsy 笨拙的, 不灵活的 ; 不得体的 ; 难处理的. This is stupid!

A: Ok, anyone else want to read theirs?

C: I'll go! It says that /I am an extroverted 外向的 ; 喜社交的, well balanced 平衡的 person. It says /I am generous 慷慨的, outspoken 坦率的, 直言不讳的, and very diligent 勤奋的. This is so true! It also says that /I am magnanimous 宽宏大量的, eloquent 雄辩的 and daring 大胆的! This is totally me!

A: Pfft whatever, these tests are bologna 胡说八道;博洛尼亚大红肠 (一种大腊肠) !

Example 25. 案例

- settle down /'setl daʊn/ (phr. v.) 安静 ; to become calm or quiet. 例句: The teacher asked the class to settle down.
- personality tests /,pɜːsə'næləti tests/ (n.) 个性测试 ; assessments of personal traits.
- hand out /hænd aʊt/ (phr. v.) 分发 ; to distribute something.
例句: She handed out the test papers.read out loud /riːd aʊt laʊd/ (phr.) 大声读 ; to read aloud.
- adventurous /əd'ventʃərəs/ (adj.) 爱冒险的 ; willing to take risks.
- outgoing /'aʊtɡəʊɪŋ/ (adj.) 外向的 ; friendly and sociable.
- easy-going /,iːzi 'ɡəʊɪŋ/ (adj.) 随和的 ; relaxed and tolerant.
- superstitious /,suːpə'stɪʃəs/ (adj.) 迷信的 ; believing in superstitions.
- naive /naɪ'iːv/ (adj.) 天真的 ; lacking experience or wisdom.
- accurate /'ækjərət/ (adj.) 准确的 ; correct and precise.
- open-minded /,əʊpən 'maɪndɪd/ (adj.) 思想开放的 ; willing to consider new ideas.
- ambition /æm'bɪʃn/ (n.) 雄心 ; a strong desire to achieve something.
- reckless /'rekləs/ (adj.) 鲁莽的 ; acting without caution.
- clumsy /'klʌmzi/ (adj.) 笨拙的 ; lacking coordination.
- extroverted /'ekstrəvɜːtɪd/ (adj.) 外向的 ; outgoing and sociable.
- well balanced /wel 'bælənst/ (adj.) 平衡的 ; mentally and emotionally stable.
- generous /'dʒenərəs/ (adj.) 慷慨的 ; willing to give or share.
- outspoken /,aʊt'spəʊkən/ (adj.) 直言不讳的 ; frank and honest.
- diligent /'dɪlɪdʒənt/ (adj.) 勤奋的 ; hardworking and careful.
- magnanimous /mæg'nænɪməs/ (adj.) 宽宏大量的 ; generous 慷慨的 , 大方的 and forgiving.
- eloquent /'eləkwənt/ (adj.) 雄辩的 ; fluent and persuasive 有说服力的 in speech.
- daring /'deərɪŋ/ (adj.) 大胆的 ; willing to take risks.
- bologna /bə'louni/ (n.) 胡说八道 ; nonsense or lies.

A: 好了同学们, 安静一下。我拿到了你们的个性测试结果, 现在发给你们, 想读的可以大声读出来。

B: 我来读我的!

A: 好, 开始吧。

B: 上面说我爱冒险、外向、随和, 还有点迷信和天真! 这不是真的!

A: 测试不是百分之百准确。就这些吗?

B: 不! 还说我有雄心但有时鲁莽笨拙。这太蠢了!

A: 好的, 还有人想读吗?

C: 我来! 上面说我外向、平衡、慷慨、直言不讳、勤奋, 还宽宏大量、雄辩、大胆! 这完全就是我!

A: 切, 这些测试都是胡说八道!

15. Elementary -The Weekend - At the Deli 熟食店 ; [食品] 熟食品 (C0215)

A: Honey, we are all out of 用完 wine and cheese. Do you mind running to the deli 熟食店 and picking up 买 a few things?

B: Can' t it wait? I' m watching the game right now!

A: Your friends and family are **coming over** 过来(指某人即将到达或来访) tonight /and we still need to get a lot of things.

B: Fine! What do you need?

A: Ok, **pick up** some cured (a.)熏制的, 风干的 meats 腌制肉 to go with the wine. Maybe a pound of polish sausages 波兰香肠, ham 火腿, liverwurst 肝肠, salami 意大利蒜味腊肠 and any other **cold cuts** 冷切肉片 that are **on sale** 促销. I think I saw a promotion for pastrami 香熏牛肉. Also get some **cole slaw** 凉拌卷心菜 and **a jar of** olives 橄榄.

B: Whoa **wait a minute!** Isn' t that a bit too much 这是不是有点太多了? I mean, how much is all of this going to cost!

A: Never mind that. Get some dips 蘸酱 as well. Get **a jar of** spinach 菠菜 and blue cheese dip 菠菜蓝纹奶酪酱 and also some Tzatziki 酸奶黄瓜酱. If they have bean dip 豆泥酱 get that **as well. Last but not least** (最不重要的事物, 最微小的事物) 最后但同样重要的一点, get some pickles 腌黄瓜;咸菜,腌渍物; 各式腌菜.

B: Is that all, **your majesty** 陛下?

A: Very funny! **Get a move on** 快点! People will be here **any minute** 任何时刻 (现在) .


Example 26. 案例

- deli /'deli/ (n.) 熟食店 ; a shop selling prepared foods.



- cured meats /kjuəd mi:ts/ (n.) 腌制肉 ; meats preserved by curing.
- polish sausages /'pəʊlɪʃ 'sɒsɪdʒɪz/ (n.) 波兰香肠 ; a type of sausage from Poland.
- liverwurst /'lɪvəwɜ:rst/ (n.) 肝肠 ; a type of sausage made from liver.



- salami /sə'lxɑ:mi/ (n.) 萨拉米 ; a type of cured sausage.
- 
- cold cuts /kəʊld kʌts/ (n.) 冷切肉 ; sliced cold meats.
 - pastrami /pə'strɑ:mi/ (n.) 熏牛肉 ; a type of seasoned smoked beef.

- cole slaw /kəʊl slɔː/ (n.) 凉拌卷心菜 ; a salad made from shredded cabbage.



- dips /dɪps/ (n.) 蘸酱 ; sauces for dipping food.
- spinach and blue cheese dip /'spɪnɪʃ ənd bluː tʃiːz dɪp/ (n.) 菠菜蓝纹奶酪酱 ; a dip made with spinach and blue cheese.
- Tzatziki /tsɑː'tsiːki/ (n.) 酸奶黄瓜酱 ; a Greek dip made with yogurt and cucumber.



- bean dip /biːn dɪp/ (n.) 豆泥酱 ; a dip made from beans.
- last but not least /lɑːst bʌt nɒt liːst/ (phr.) 最后但同样重要的 ; used to emphasize the final item in a list.
- pickle /'pɪkl/ (n.) 腌黄瓜 ; cucumbers preserved in vinegar.



- your majesty /jɔːr 'mædʒəsti/ (n.) 陛下 ; a title for a king or queen (used humorously).
- get a move on /get ə muːv ɒn/ (phr.) 快点 ; to hurry.
例句: Get a move on, we're late!

A: 亲爱的，酒和奶酪都用完了。你能去熟食店买点东西吗？

B: 不能等等吗？我正在看比赛！

A: 今晚朋友和家人要来，我们还有很多东西要准备。

B: 好吧！要买什么？

A: 买点腌制肉配酒，比如一磅波兰香肠、火腿、肝肠、萨拉米，还有促销的冷切肉。好像有熏牛肉特价。再买点凉拌卷心菜和一瓶橄榄。

B: 等等！是不是太多了？这得花多少钱啊！

A: 别管了。再买点蘸酱，比如菠菜蓝纹奶酪酱、酸奶黄瓜酱，有豆泥酱也买。最后别忘了腌黄瓜。

B: 就这些，陛下？

A: 真搞笑！快点！客人马上就到。

16. Elementary -Daily Life - Health Food (C0216)

John: Ok darling, got 买了 some pizzas 披萨, potato chips 薯片, hot dogs 热狗 and lots of cheese 奶酪!

Kelly: Oh John, I thought we said we would start (v.) eating right 正确饮食,健康饮食! Remember? Our new healthy lifestyle 健康生活方式? That's all junk food 垃圾食品!

John: Hrumph! Right, so what did you get?

Kelly: Well, healthy food 健康食品, of course! I got some *whole wheat bread* 全麦面包, *skimmed (a.)脱脂的 milk* 脱脂牛奶, fresh fish 新鲜鱼 and organic carrots 有机胡萝卜...

John: Organic 有机的? What' s organic? Do we need organic carrots...?

Kelly: They were grown without using (v.) any chemicals 化学品 that are harmful 有害的 to our health. And yes, John, we need organic carrots...

John: Oh, so organic vegetables are the 'green' option 环保选择, right?

Kelly: Yup, better for the environment 环境 and better for us!

John: Wait a minute, that?... Doughnuts 甜甜圈? They organic doughnuts, Kelly?

Example 27. 案例

- 省略句: "They organic doughnuts, Kelly?" 省略了助动词 "are", 常见于口语。

Kelly: ... I like doughnuts.

Example 28. 案例

whole wheat bread

/ˈhəʊl wi:t bred/ (n.) 全麦面包; bread made from whole wheat grains 谷粒.

skimmed milk

/ˈskɪmd milk/ (n.) 脱脂牛奶; milk with the cream removed.

脱脂牛奶是指“脂肪含量<0.5%”的牛奶, 是将正常原料牛奶中的脂肪, 通过加工工艺去掉, 使其含量达不到普通牛奶脂肪量1/7的一种奶制品。这里的“脱脂牛奶”, 是相对于“全脂奶”而言的, 介于两者之间的还有“低脂牛奶”。

“脱脂牛奶”的产生, 满足了现代人追求“高蛋白, 低脂肪”的营养需求。当100ml液态奶和酸奶的脂肪含量≤0.5g, 或100g奶粉的脂肪含量≤1.5g时, 可以标示“脱脂”。

在我国, “全脂牛奶”的脂肪含量在3.1%以上, “低脂牛奶”(也就是“部分脱脂牛奶”)的脂肪含量在1%~2%, 而“脱脂牛奶”的脂肪含量在0.5%以下。欧美一些国家, 脱脂奶的脂肪含量可达0.04%以下, 可以说是“无脂牛奶”了。

婴幼儿和体瘦者, 谨慎选择脱脂牛奶。脱脂牛奶口感不像全脂牛奶那样香醇、润滑, 而是较为清淡, 相对而言, 全脂牛奶营养较丰富, 因为含有较多脂溶性维生素, 包括维生素A、D和β胡萝卜素等, 当脱脂牛奶把脂肪全部脱掉后, 这些营养成分也会被除去, 而这些维生素被去除之后, 对钙质的吸收也会有影响。所以不建议正处于生长发育期的孩子及本就消瘦的人, 喝脱脂牛奶。

如果每天只喝一杯牛奶或酸奶, **健康成人和少年儿童并不需要选择“脱脂产品”, 直接喝“全脂产品”即可, 美味又营养。**

对于膳食中比较忌憚脂肪、胆固醇的人群, 可以选择“脱脂牛奶”。

对于高血脂者、糖尿病患者, 适宜饮“脱脂牛奶”或“低脂牛奶”。

doughnuts

/ˈdəʊnʌts/ (n.) 甜甜圈; a sweet fried 油炸的 pastry 油酥面团; 酥皮糕点 in the shape of a ring. 甜甜圈, 又称多拿滋、唐纳滋, 它是一种用面粉、白砂糖、奶油和鸡蛋混合之后, 再经过油炸的甜食。

John: 亲爱的, 买了披萨、薯片、热狗和很多奶酪!

Kelly: 约翰, 我们不是说好要健康饮食吗? 记得吗? 我们的新健康生活方式? 这些全是垃圾食品!

John: 哼！好吧，那你买了什么？

Kelly: 当然是健康食品！买了全麦面包、脱脂牛奶、新鲜鱼和有机胡萝卜.....

John: 有机的？啥是有机的？我们需要有机胡萝卜吗？

Kelly: 它们种植时没用任何有害健康的化学品。是的，约翰，我们需要有机胡萝卜.....

John: 哦，所以有机蔬菜是环保选择，对吧？

Kelly: 对，对环境更好，对我们也好！

John: 等等，那是.....甜甜圈？它们是有机甜甜圈吗，凯莉？

Kelly:我喜欢甜甜圈。

17. Elementary -Global View - Volunteering (C0217)

Mark: Thanks a lot for **pitching** 用力扔；投；抛 in 投入；参与；支援/帮忙 once again Judy, we really appreciate your help. It seems that at this time of year /there are more and more people who are struggling to **make ends meet** (v.) 维持生计,使收支相抵. There aren' t many professional chefs 专业厨师 like you /who are so generous (a.)慷慨的，大方的 with their time.

Judy: Don' t be silly Mark, I' m more than happy to donate (v.)捐赠，赠送 my time to a good cause (原因；事业；理由) 善事. 主 Volunteering 自愿做 at the soup kitchen 施粥处 谓 has been really rewarding 值得的，有意义的；赚钱的，营利的 for me. You know, it' s satisfying (a.) to provide good meals for those who are less fortunate 不幸的, I feel like I' m really **making a difference** 产生影响 in some small way 在某种小的方面的程度上.

Mark: Well, your skills are definitely appreciated here 你的技能在这里非常受欢迎! The people who come here **have fallen on** (责任) 落在...身上；由...负担 **hard times** 陷入困境 and 主 a delicious hot meal 谓 can really bolster (v.)增强，激励；巩固 (地位) their spirits 鼓舞士气. That smells great! The needy (a.)贫困者 are sure lucky (a.) to have you!

Example 29. 案例

- bolster → 词源同ball, 原来指鼓起来的垫子，枕头，护垫等，主要作名词使用。后来做动词使用，指支持，保护。

Judy: Thanks Mark!

Judy: **Here you go** 干得好；就是这样, enjoy your meal!

Old lady: Thank you my dear, Oh this looks (v.) lovely.

Judy: You' re welcome, Hello sir, today we have... are you doing here?

George: Hey Judy! I' ll have a little of everything 我什么都要来一点, thanks... smells great!

Judy: George, seriously... what are you doing here? I haven' t seen you since our divorce 离婚 was finalized 离婚完成. You' ve got no right to be here 你没有权利来这里, you' re hardly homeless 无家可归的!

George: Don' t be like that Judy, I really miss (v.)想念 your home cooking 家常菜!

Example 30. 案例

- pitching in /'pɪtʃɪŋ ɪn/ (phr. v.) 帮忙 ; to contribute or help.
例句: Everyone **pitched in** to clean the house.
例句: She always pitches in when we need help.
- make ends meet (v.) /meɪk endz mi:t/ (phr.) 维持生计 ; to manage financially.
例句: They struggle **to make ends meet** on a low income.
例句: It' s hard **to make ends meet** with rising prices.
- professional chefs /prə'feʃənl ʃefs/ (n.) 专业厨师 ; trained cooks who work professionally.
- rewarding /rɪ'wɔːdɪŋ/ (adj.) 有意义的 ; providing satisfaction or fulfillment.
例句: Volunteering is a rewarding experience.
例句: Teaching can be very rewarding.
- make a difference /meɪk ə 'dɪfrəns/ (phr.) 产生影响 ; to have a positive impact.
例句: Small actions can make a big difference.
例句: She wants to make a difference in the world.

Mark: 朱迪, 再次感谢你的帮忙, 我们真的很感激。每年这个时候, 越来越多的人难以维持生计。像你这样慷慨花时间的专业厨师不多。

Judy: 别傻了, 马克, 我很乐意把时间奉献给善事。在施粥处做志愿者让我觉得很有意义。你知道, 为不幸的人提供美食很满足, 我觉得自己在某种程度上产生了影响。

Mark: 你的技能绝对被这里的人欣赏! 来这儿的人都陷入困境, 一顿美味的热餐能真正鼓舞他们的士气。闻起来真香! 贫困者有你真幸运!

Judy: 谢谢马克!

Judy: 给您, 请享用!

老妇人: 谢谢亲爱的, 哦, 这看起来真不错。

Judy: 不客气, 先生您好, 今天我们供应.....你怎么在这儿?

George: 嘿朱迪! 我每样都要一点, 谢谢.....闻起来真香!

Judy: 乔治, 认真的.....你来这儿干嘛? 自从我们离婚后就没见过你。你没权利来这儿, 你又不是无家可归!

George: 别这样朱迪, 我真的很想念你的家常菜!

18. Elementary -Daily Life - Divorce 离婚 ; 离婚判决(C0218)

Je: Joanne, let' s not make this divorce any more acrimonious (a.)尖酸刻薄的;讥讽的 ; (言辞、辩论) 激烈的 , 尖刻的 than it already is, okay? Let' s just **get down to business** 开始正事,开始认真做事 and start (v.) **dividing** 分开 this stuff **up** fairly 公平地, so we can go our separate ways 分道扬镳, alright?

Example 31. 案例

- **divide (v.) (sth) (up) (into sth)** : to separate or make sth separate into parts (使) 分开, 分散, 分割, 分成...
SYN split up
A sentence can **be divided up** into meaningful segments.一个句子可以划分成有意义的各个部分。

Joanne: Fine with me 我没问题. I just want **to get this over with** 尽快完成这件事,结束. It' s important we make a clean break 彻底分手. I should have signed a pre-nup 婚前协议.

Je: What was that?

Joanne: Nothing! Anyway, you' re right, there' s no reason this has to be nasty (a.)令人不愉快的,令人厌恶的. My lawyer tells me /you' ve accepted our *alimony (n.)*离婚抚养费; 生活费 *proposal* (提议, 建议; 提案) 赡养费提案 and the division of property 财产分割, **as well as** 和, 以及, 还有 *the custody (n.)*监护, 监护权; 监禁, 拘留; 保管, 保护 *agreement* 监护协议 - I keep the cat /and you get the dog. So that' s done... finally.

Example 32. 案例

- alimony → 词根al, 生长, 滋养, 同old. -mony, 名词后缀, 词源同-ment.
alimony在英语中既特指 “(离婚或分居后或在诉讼期间男方给女方的) 赡养费” , 也可泛指 “生活费” , “抚养费” 。
- custody → 来自PIE*skeu, 覆盖, 遮盖, 词源同sky, house, hide.

Je: Let' s not go there, Joanne! Ok, so let' s start (v.) with the record collection 唱片收藏, I' ll take the albums I contributed 我要拿走我贡献的专辑/and you can have your *cheesy (a.)* 干酪质的; 下等的; 虚伪的 *disco albums* 俗气的迪斯科唱片 back.

Joanne: Fine, but I' m keeping the antique gramophone (留声机) 古董留声机 as my grandfather gave it to me.

Je: I believe that was a wedding present 结婚礼物 to both of us, Joanne. And you hardly ever use it!

Joanne: He' s my grandfather, and he never really liked you anyway!

Je: Whatever! Alright, I' ll concede 让步 the silly (a.)愚蠢的, 傻的; 嬉笑滑稽的; 失去理智的; 微不足道的, 不实用的 gramophone, if you' ll agree that I get the silver tea set 银茶具.

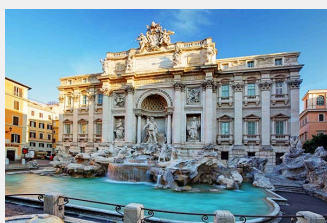
Joanne: How typical, when are you ever going to use a silver tea set? Fine! I don' t want **to drag this out** 拖延时间 any longer **than** necessary. What' s next? What about these old photographs?

Je: Which ones? Let me have a look. Wow, look at that! That **brings back memories** 勾起回忆... That?

Joanne: Our trip to Italy! I remember that day. We were going to visit the Trevi fountain 特雷维喷泉, and we got caught 陷入某事物中 in the rain...

Example 33. 案例

Trevi fountain



特雷维喷泉（意大利语：Fontana di Trevi），俗称“许愿池”，是一座位于意大利罗马特雷维区的喷泉，也是罗马的地标之一。喷泉建成于1762年，高26.3米，宽49.15米，是罗马最大的巴洛克风格喷泉。游客通常会在此地许愿，因为**相传罗马帝国军团士兵出征前，会在此投下硬币，祝愿能凯旋。**



Je: ... and you looked so adorable 可爱的，讨人喜欢的 with your hair all wet (a.). I had to take a picture of you standing there in that little alley 小巷, smiling and laughing in the rain...

Joanne: Oh, we really did have fun **back then** 当时,那时候,过去 /didn' t we?

Je: Oh, Joanne, are we making a big mistake? I know our relationship has been on the rocks 岌岌可危 for sometime /but are you sure we can' t reconcile (v.)和解;恢复友好关系;调和，使协调一致； and try again? I still love you.

Example 34. 案例

- reconcile → 前缀re表“再、又”；con也是前缀，表“共同，一起”；cil为词根“呼喊，召唤”，它可以用形近单词call（呼喊）联想助记。字面意思是“重新叫到一起来”，引申为“使和好”。同根词council（委员会，会议），coun=con，即“叫到一起”来开会。

Joanne: Oh Jeff! I love you too! I' m so glad we didn' t have to decide who keeps the motorcycle 摩托车.

Je: The motorcycle? But that' s mine!

Example 35. 案例

- get over with /get 'əʊvər wɪð/ (phr. v.) 结束；to finish something unpleasant.
例句: I just want to get this meeting over with.
例句: She was relieved to get the exam over with.

Je: 乔安妮，别让离婚变得更尖酸刻薄了，好吗？我们开始正事，公平地分东西，然后分道扬镳，行吗？

Joanne: 我没意见。我只想快点结束。彻底分手很重要。我该签婚前协议的。

Je: 你说什么？

Joanne: 没什么！总之，你说得对，没必要闹得不愉快。我的律师说你接受了赡养费提案、财产分割和监

护协议——我养猫，你养狗。终于搞定了.....

Je: 别提了，乔安妮！好，先从唱片收藏开始，我拿我贡献的专辑，你拿回你那些俗气的迪斯科唱片。

Joanne: 行，但古董留声机我得留着，是我爷爷给我的。

Je: 那是我们俩的结婚礼物，乔安妮。而且你几乎没用过！

Joanne: 他是我爷爷，而且他从来就不喜欢你！

Je: 无所谓！好吧，我让步，留声机归你，但银茶具得归我。

Joanne: 真典型，你什么时候用过银茶具？行吧！我不想再拖了。接下来呢？这些老照片怎么办？

Je: 哪些？让我看看。哇，看这张！勾起回忆了.....那张？

Joanne: 我们去意大利那次！我记得那天，本来要去特雷维喷泉，结果淋了雨.....

Je:你头发湿漉漉的样子真可爱。我忍不住拍了张照片，你站在小巷里，在雨中笑着.....

Joanne: 哦，我们那时真的玩得很开心，对吧？

Je: 哦，乔安妮，我们是不是犯了个大错？我知道我们的关系岌岌可危，但你确定我们不能和解再试试吗？我还爱你。

Joanne: 哦，杰夫！我也爱你！真高兴我们不用决定谁留摩托车。

Je: 摩托车？那是我的！

19. Elementary -Global View - Baby Shower (送礼聚会 (为即将结婚或分娩的妇女举行)) 宝宝派对 (一个为怀孕的女性送礼物的聚会。)(C0219)

Example 36. 案例 Baby Shower



A: Thank you for organizing this great baby shower 婴儿派对 for me! I' ve always been to baby showers /but never actually had (v.) one 后定 held for me! Let' s get started!

B: Ok, let' s start (v.) opening some presents 礼物!

A: Oh look! What a great little bib 围嘴；围兜 for the baby! This will definitely **come in handy** (a.有用的，方便的；手边的，附近的) 派上用场! Oh wow, you also got me a stroller 折叠式婴儿车! That' s so great! Thank you!

Example 37. 案例 bib

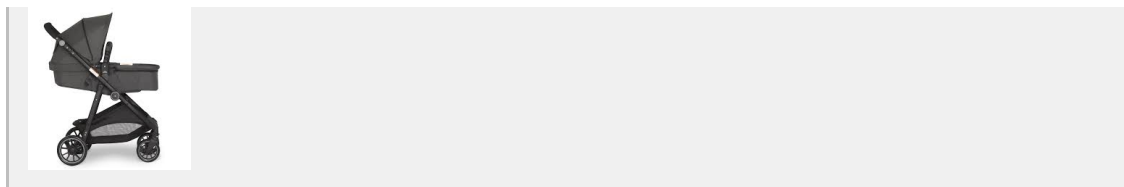
a piece of cloth or plastic that you put under babies' chins to protect their clothes while they are eating 围嘴；围兜

→ 来自词根bib, 喝，饮，见imbibe.



stroller

→ stroll,漫步，闲逛，-er,人。



B: This next one is from Betty.

A: A highchair (小孩吃饭时用的)高脚椅 and car seat 汽车座椅! Wow Betty thank you so much! I really appreciate 感谢, 感激 it!

Example 38. 案例

- highchair



B: One more from Carla.

A: A playpen 游戏围栏 (婴儿用) and crib 婴儿床! Thanks Carla! This is just what I needed!

Example 39. 案例

- playpen



B: OK, that' s all of them. No more gifts. Now who wants to guess (v.) when the baby is due (a.)预定; 预期; 预计;到期; 预产期!

A: Umm. I think my water just broke (v.)羊水破了! Get me to a hospital!

A: 谢谢你们为我举办这么棒的婴儿派对! 我一直参加别人的派对, 但自己从没办过! 我们开始吧!

B: 好, 开始拆礼物吧!

A: 哦, 看! 这围嘴真可爱! 肯定能派上用场! 哇, 还有婴儿车! 太棒了! 谢谢!

B: 这个是贝蒂送的。

A: 高脚椅和汽车座椅! 哇, 贝蒂, 太感谢了! 我真的很喜欢!

B: 这个是卡拉送的。

A: 游戏围栏和婴儿床! 谢谢卡拉! 这正是我需要的!

B: 好了, 礼物拆完了。现在谁来猜猜预产期?

A: 呃, 我觉得羊水破了! 快送我去医院!

20. Elementary -Daily Life - New Furniture (C0220)

A: How about this floor lamp 落地灯?

B: Fine just get it 去拿吧! We have been shopping for furniture 家具 for five hours! I' m so tired!

A: We still need to find an armoire 衣柜, (法) 大型衣橱 and a dresser 梳妆台.

Example 40. 案例

- armoire → 来自法语。原指武器箱（大而结实），后指大衣橱。



B: Fine! I am going to go home /and drop off 放下，下降 this nightstand 床头柜, coffee table 咖啡桌 and love seat 双人沙发 while you **look for** the rest of the things.

Example 41. 案例

- nightstand



- coffee table



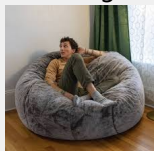
- love seat



A: Great! **Pick me up** 接我,来接我走 in about an hour /because I think I' ll also get a **bean bag** 豆袋椅 and a **dining set** 餐具套装,餐桌椅.

Example 42. 案例

- bean bag : 豆袋：一种用豆子或其他材料填充的小袋子，通常用于游戏或坐垫。



- dining set



B: **While you are at it** 在你做这个的同时,顺便,顺手 can you pick out 挑选 a nice recliner 躺椅?
I really want one /so I can watch TV.

Example 43. 案例

- recliner 可调式躺椅. 斜靠著的人; 躺著的人; 活动躺椅 (等于 reclining chair)



A: Recliner? In my beautifully decorated 装饰漂亮的 living room 客厅? I don' t think so!

Example 44. 案例

- drop off /drɒp ɒf/ (phr. v.) 放下; to leave something at a place.
例句: She **dropped off** the package at the post office. (她把包裹放在了邮局。)
例句: Can you **drop me off** at the station? (你能把我放在车站吗?)
- pick up /pɪk ʌp/ (phr. v.) 接我; to collect someone from a place.
例句: He **picked up** his friend from the airport. (他从机场接了朋友。)
例句: Can you **pick me up** at 7 p.m.? (你能晚上7点来接我吗?)
- while you are at it /waɪl ju ɑːr æt ɪt/ (phr.) 顺便; while doing something else.
例句: Can you grab some milk **while you are at it**? (你能顺便买点牛奶吗?)
例句: **While you are at it**, could you check the mail? (顺便能查下邮件吗?)

A: 这个落地灯怎么样?

B: 行, 买吧! 我们逛家具都逛了五个小时了! 我累死了!

A: 我们还得找个衣柜和梳妆台。

B: 好吧! 我先回家放下床头柜、咖啡桌和双人沙发, 你继续找剩下的东西。

A: 好! 一小时后接我, 因为我还要买个豆袋椅和餐桌椅。

B: 顺便帮我挑个好看的躺椅吧? 我真的很想要一个, 这样就能看电视了。

A: 躺椅? 放在我装饰漂亮的客厅里? 我觉得不行!