高中英语 必修I 重点单词、短语和句型

**Unit 1 Friendship**

**重点单词和短语**

1. add up合计

add up to… 共计, 总计达

add…to... 往……添加……

2. upset sb. 某人不安

upset oneself about sth. 为某事而烦恼

be upset at/about 因……而烦恼

3. ignore sb./sth. 忽视，不理会 be ignorant of/about 对……无知，不了解

ignorant adj. 无知的，愚昧的 ignorance n. 无知，愚昧

4. calm vt.&vi. （使）平静；（使）镇定 calm down 镇静，平静

calm sb. down 使某人镇静 adj. 平静的；镇定的

keep/stay calm 保持镇静

5. concern vt. 使担忧；涉及；关系到 n. 担心；关注

with concern 关切地 show (no) concern for/about sb. 对某人(不)关心,

concern oneself with/ in 参与，干涉

be concerned with 与……有关系

be concerned about/ for sth. /that-clause 为……担心，挂念

as far as… be concerned 就某某而言

concerning prep. 关于，有关

6. walk the dog 遛狗

7. go through 经历, 经受；穿过，通过；审阅，检查；通过，成功

go through a hard time 经历了一段困难时期 go through the baggage 检查行李

go through the newspaper 浏览报纸 go through lots of money 花了很多钱

come through 安然度过（疾病.危机等）

cut through 抄近路，穿透

look through 仔细查看

8. set down. 记下，放下，让某人下车

set down the ideas on paper 把想法写在纸上 set me down at the bus-stop 在车站让我下车

set about (doing) sth. 着手（做）某事

set off 动身；出发；引爆；燃放

set out 出发；着手做

set up 竖起；创设，开办

9. a series of 一系列的, 一连串的

a series of books 丛书 a series of stamps 一套邮票 a series of pictures 连环画

10. on purpose 故意地= by design= deliberately by chance/accident= accidentally

lie to sb. on purpose 故意向某人撒谎

on purpose to do sth. 为了……而特地

go there on purpose to see sb. 特意到那里去看某人

for the purpose of （目的能否实现还不知道）

为了……的目的

with the purpose of （目的能实现）

11. in order to/ so as to (do sth.) 为了, 以……为目的

so as to “为了”, 只能用在句中；

in order that / so that “为了”, 其后接从句。

12. at dusk 在黄昏时刻 at dawn 在黎明时分

13. face to face 面对面地(作状语)

have a face-to-face interview with the hero 和这位英雄进行一次面对面的采访

shoulder to shoulder 肩并肩地

hand in hand 手拉手地

heart to heart 贴心地

side by side 并排地，并肩地

back to back 背靠背地

arm in arm 臂挽臂地

word by word 逐字地

14. cheat n. 骗子； vt. 欺骗，欺诈； vi. 作弊，舞弊

cheat sb. (out) of sth. 骗取某人的某物

cheat sb. into doing sth. 骗取某人做某事

15. have got to = have to 不得不，必须

16. crazy adj. 疯狂的；狂热的；着迷的

be crazy to do sth. （某人）疯狂地去做某事

be crazy about/on doing sth. 对做某事狂热

be crazy for sth. 渴望某物

be crazy for sb. 迷恋某人

17. hide away 躲避，隐匿；隐蔽，藏

18. get sth. done = have sth. done 让/请人做某事；使某事被做

get sth./ sb. doing 让某物/某人一直做某事

get sth./ sb. to do 让某物/某人做某事（未做而要去做）

get sth./ sb. adj./adv. 让某物/某人处于某种状态

19. It is/was + 被强调部分 + that/who +其他成分 强调句型

20. happen to do sth. 碰巧/恰好做某事

21. settle sb. 使……定居，安家 settle an argument/ a matter 解决争端/事情

settle down 定居下来，平静下来，舒适地坐下

22. suffer vi.&vt. 遭受；忍受；经历

⑴suffer from因……而痛苦, 患……病

suffer from loneliness 因孤独而痛苦　　suffer from a bad cold 得了重感冒

⑵遭受，蒙受(痛苦、饥饿、寒冷、损失等)

suffer a heavy loss遭受严重损失 suffer pain/hunger/cold/death 遭受痛苦;饥饿;寒冷;死亡

sufferer n. 受苦者 suffering n. 痛苦, 苦难

23. recover from illness 生病后恢复

24. get/be tired of 对……厌烦

25. pack (sth.) up 将（东西）装箱打包

26. get along / on with

get along / on with sb. 与某人相处

get along / on with sth. 某事进展

get along / on well / nicely / badly with 与……处得好 / 不好; ……进展顺利 / 不顺利

27. fall in love/ be in love (with sb.) 相爱，爱上（某人）

28. join in sth. / doing sth. 参加活动 join in playing football 参加踢足球

join in the game 参加游戏活动 join 参加组织团体 join the army 参军

join sb. in 和……一起参加……活动 join them in singing 与他们一起唱歌

29. have trouble / difficulty / problem with sb. / sth. 和某人相处 / 做某事有困难

have trouble / difficulty / problem (in) doing sth. 做某事有困难

1. 虚拟语气

should have done sth. 本应该做某事（而实际上没做）= ought to have done sth.

shouldn’t have done sth. 本不应该做某事（而实际上已做）

could have done sth. 本来可以做某事（却未做）

can’t/ couldn’t have done 不可能做过某事

31. keep me spellbound 使我着迷

spellbinding adj. 是入迷的；迷人的 spellbound adj. 入迷的

32. There was a time when ...曾经有一段时间……

33. make an effort / efforts to do sth. 努力去做某事

**重点句子**

1. Your friend comes to school very upset.

2. While walking the dog, you were careless and it got loose and was hit by a car.

3. she and her family hid away for nearly twenty-five months before they were discovered.

4. I wonder if it's because I haven't been able to be outdoors for so long that I've grown so crazy

about everything to do with nature.

5. I can well remember that there was a time when a deep blue sky, the songs of the birds, moon-

light and flowers could never have kept me spellbound.

6. It was the first time in a year and a half that I'd seen the night face to face…

7. It’s no pleasure looking through these any longer because nature is one thing that really must

be experienced

8. There is nothing wrong with you and this boy being friends and studying together.

9. I still find it hard to make good friends with them

10. I would be grateful if you could give me some advice

**Unit 2 English around the world**

**重点单词和短语**

1. because of 因为(后接名词.代词.名词性从句)

due to “由于”, 作表语或状语; thanks to “由于, 多亏”, 作表语或状语;

owing to “由于”, 作表语或状语; as a result of “因为……的结果”, 作状语;

on account of “因为”, 作状语

2. native

adj. 本地的, 本国的

one’s native land/country/language 故乡；祖国；母语

a native speaker of English 以英语为母语的人 be native to（动植物）原产于某地

n. 本地人；当地人；原产于某地的动植物 a native of Fuzhou 福州人

3. official: adj 官方的；正式的

an official language 一种官方语言 an official document 一份正式文件

4. more than one + n. 不止一个……

more than one kind of English 不止一种英语

less than 少于 no more than 和……一样不（两者都否定）

more than 更多，超过 ；只能

rather than宁可，而不是

more or less 或多或少 not more than 不如（前者不如后者）；至多

5. come up: 走上前来；被提出；（太阳、月亮）升起；发生（主语是物）

He came up to me and said hello to me. come up with想出，提出（主语是人）

Your question came up at the meeting. come across邂逅

The sun has come up. come out 出来，出版，显现

I’ll let you know if anything comes up. come over 过来，顺便来访

come up with a good idea: 想出一个好点子 come about 发生

6. base

vt. 以……为根据：base sth. on sth. 使……以……为依据/基础

base one’s opinions on facts: 意见以事实为依据 be based on: 以……为依据

n. 基础：make London the base for revolutionary work 使伦敦成为革命工作的根据地

basis n. 根据；基本原则

on the basis of…… 在……的基础上 the basis of/for your opinion 你的看法的依据

7. present v. 赠送；呈现；介绍；描述

present sth. to sb./present sb. with sth. 向某人赠送/颁发/授予/介绍某物

present sb. to sb. else 向某人介绍/引见某人

adj 现在的；到场的；出席的

be present at the meeting 出席会议 the present situation目前的形式

at present/at the present time 目前；现在 everyone present 在场的各位

(前置定语) 现在的；当前的

present

（后置定语）出席的；到场的

for the present 眼下；暂时 n. 赠品；礼物

8. vocabulary 词汇；词汇量

with/have a large vocabulary: 词汇量很大 increase/enlarge vocabulary 增加/扩大词汇（量）

9. make use of 利用；使用

make full use of 充分利用

make good use of 好好利用

make little use of 不充分利用

make the best (use) of 更好地利用；往好里做

make the most of 更好地利用

His progress in study lies in the good use he made of his spare time

We should consider what use can be made of such a material

10. such as: 用于列举，往往不能把事物全部列出，可以以“名词（,）such as+被列举的事物”和“such+名词+as+被列举的事物”形式出现

Sweet food, such as chocolate can make you fat

=Such sweet food as chocolate can make you fat

no such thing没有这样的事

（1）若such与no, all, most, some, any, another, many, much, a few, few, little, a little, several,

one等词连用时，such应置于这些词之后。

（2）如果so与many, much, few, little等词连用时，so应置于这些词之前。

11. command

v. 命令；指令；掌握

command sb. to do sth. 命令某人做某事

command (that) sb. (should) do sth. （从句中谓语用虚拟语气）

n. 命令;指令；掌握

obey the captain’s commands 服从船长的命令 give a command 发布命令

by sb’s command 根据……的命令 take the command of an army: 统帅/指挥一支军队

under the command of sb.=under sb’s command 在……的指挥下

have a good command of English. 精通/熟练掌握英语

12. request v. 请求，要求

request sth. 要求/请求得到，索要某物 request sth. from sb. 向某人索要某物

request sb. to do sth. 要求某人做某事

= request that sb. (should) do sth.（从句中谓语用虚拟语气）

It’s requested that 从句 据要求 as requested 依据请求

n. 要求，请求

make a request for sth. 要求/需要某物

make a request that 从句，要求

by request 应邀

at sb’s request/at the request of sb.根据…的请求

13. play a part in 在……中担任角色/起作用 play the part of sb 扮演某人的角色

play an important/vital part/role in (doing) sth. 在……中起重要/至关重要的作用

play the leading role/part 起主要作用，起带头作用，演主角

14. recognize vt. 识别；认出；承认（指原来很熟悉，经过一段时间的间隔或别的原因又重

新认出来）

recognize sb./sb’s voice. 认出某人/听出某人的声音

recognize sth./that 从句 承认 recognize sth./sb. to be 承认某人是……

recognize sth./sb. as sth. 正式认可/接受某事/人为……

recognition n. 承认，认出 beyond/out of recognition 认不出来

15. make sense 有道理；有意义；讲得通

16. hold on 别挂(电话); 坚持

17. direction n. 方向；指导；指示（常用复数）；说明书

【要点】用作“方向；指导”时，与介词in或from搭配；

用作“指示；说明书”时，则与under搭配。

ask directions 问路 give directions 指路；给予指示

in the direction of 朝……方向

from the direction of 来自……方向

in all directions = in every direction 向四面八方

under the direction of sb.

在某人的指导下

under one’s direction

according to one’s directions 根据某人的指示

follow/ obey/ listen to one’s direction 听从某人的指导

18. put sth. down 写下；记下；镇压

19. have fun with sth. 以……为乐

20. believe it or not 信不信由你（常用作插入语，也叫独立成分）

**重点句子**

1. Native English speakers can understand each other even if they don’t speak the same kind of

English.

2. It was based more on German than the English we speak at present.

3. By the 1600’s Shakespeare was able to make use of a wider vocabulary than ever before.

4. One reason is that English has a large vocabulary.

5. Believe it or not, there is no such thing as standard English.

6. She told us to go around the corner on the left and keep going straight for two blocks.

**Unit 3 Travel journal**

**重点单词和短语**

1. transport n. 运输；运送

the public transport of the city 城市公共运输系统 the transport of goods by air 空运货物

in the process of/during transport/transportation 在运输过程中

v．运输；运送

transport… (from…) to… 把……从……运到……

transportation n. 运输a means of transportation 一种运输方式

2. prefer vt. 更喜欢 prefer coffee to tea. 更喜欢咖啡而不是茶

prefer doing to doing 更喜欢干……而不愿干……

prefer to do sth. rather than do sth. 宁愿干……而不愿干……

prefer sb to do sth. 宁愿让某人做某事

prefer that sb (should) do 更宁愿某人干…

preference n. (两者之中) 较喜欢的东西；偏好；偏爱

have a preference for… 对……偏爱 have no particular preference 没有特别的偏好

in preference to ... 而不是；优先于

3. ever since. 从那以后

4. persuade vt. 说服；劝服.

persuade sb. to do sth.=persuade sb. into doing sth. 说服某人做……

persuade sb. not to do sth. =persuade sb. out of doing sth.

说服某人停止做……；劝阻某人做……

persuade sb. of sth. 或persuade sb. + that-clause 使某人相信某事

persuasive adj. 有说服力的 persuasion n. 说服；劝说

5. graduate. v. （自大学）毕业；获得学位

graduate from … 毕业于……（学校）

graduate in ... 毕业于……（专业）

graduate sb. 授予某人学位或毕业文凭

n. 毕业生：a high school graduate: 高中毕业生 a science graduate 理学士

graduation n. 毕业（典礼） after/before graduation 毕业后/前

6. schedule: n. 时间表；进度表 class schedule: 课程表

ahead of schedule 较预定的时间提前

on schedule 按照预定的时间，按时

behind schedule 迟于预定的时间；拖后

vt. 为……安排时间

schedule the meeting for that night会议的时间定在那天晚上

be scheduled to do sth. 预定做某事

7. be fond of (doing) sth.

be into /crazy about (doing) sth. 喜爱（做）某事；对做某事感兴趣

be interested in (doing) sth.

8. organize. vt 组织；成立；安排；整理

organize a football match 组织一场足球赛 organize your thoughts 整理你的思路

organize sb. to do sth. 组织某人干某事

9. care about 关心；忧虑；惦念

care for 喜欢；照顾

take care注意；担心

take care of 照顾

with care小心；谨慎

10. insist v. 坚决要求；主张

insist on/upon doing sth. 坚持做某事

insist on/upon one’s doing sth. 坚持要某人做某事

insist that-clause 坚持认为；坚持说

He insisted that he was right. 他坚持认为他是正确的。（陈述语气）

He insisted that he should be set free. 他坚决要求他被释放。（虚拟语气）

11. determine vt.& vi. 确定；决定；使……下定决心

determine sth./pron. 确定某事

determine on/upon 决定

determine to do sth. 决定做某事

determine sb. to do sth. 使某人决定做某事

determine on early start=determine to start early 决定早动身

determine +that-clause

determined adj 已决定了的；坚定的；坚决的

be determined that 从句

be determined to do sth 决定干某事

=make up one’s mind to do sth.

a determined look 坚定的表情 a determined man 意志坚定的人

determination 决定；决心 with determination 坚决地

a man of great determination 意志坚定的人

12. go on/ make/ take a journey to sp. 去某地旅行

13. altitude. n. 海拔；高处

at an altitude of =at a height of 在……高度

at 表示“在……处/时；以……”

at a price of 以……的价格

at a speed/ rate of 以……速度

at a length of 在……长度

at a depth/ width of 在……深度，宽度

at a distance of 在……远的距离

at the cost of 以……为代价

14. change one’s mind 改变某人的主意

make up one’s mind 下决心

read one’s mind 看出某人心思

keep one’s mind on 专心于

speak one’s mind 直言不讳

have/bear/ keep sth. in mind 记住某事

15. give in (to sb./ sth.) (向……)屈服；让步；投降；上交

give off 放出（光、热、气味、蒸汽等）

give out 分发；用完，耗尽；筋疲力尽

give away 泄露；赠送

give back 归还；恢复

give way to 让位于；妥协

16. pace. n. 一步；速度；步调 at a good pace 相当快地

keep pace with 跟……齐步前进

17. attitude, n. 态度；看法

take a friendly attitude to/ towards us. 对我们采取友善的态度

hold a positive/ negative attitude 持积极/消极态度

18. as usual: 照常；像往常一样

19. flow through sp. 流经某地

20. go/ run like clockwork 按计划进行；进展顺利

21. weather forecast 天气预报

22. view. n. 视野；视力；景色；看法；观点

be/ go out of view 从视野消失 come into view 进入视线

admire the view 欣赏景色 in my view = from my point of view 依我看来

take the view that-clause 持有……观点

v. 考虑；观看view sb. as sth. 把……看作

23. put up 举起，拾起；挂起，张贴；建造，搭建；（为某人）提供食宿

the tents. 搭起帐篷 put up your hands 举手

put up the post 张贴海报 put up ten people for night 为十人提供食宿过夜

put away 放好；积蓄

put down 写下，记下；放下；镇压

put forward 提出（意见、建议）

put in 打断，插话

put ... into use 投入使用

put off 延迟，推迟

put on 穿上，带上；发胖；上演

put one’s heart into全神贯注于

put out 扑灭（火）；出版

put up with 忍受，容忍

24. give my love/ best wishes to sb. 请代我向……问好/候

重点句子

1. Ever since middle school, my sister WangWei and I have dreamed about taking a great bike

trip.

2. It was my sister who first had the idea to cycle along the entire Mekong River from where it

begins to where it ends.

3. She insisted that she organize the trip properly.

4. Once she has made up her mind, nothing can change it.

5. It becomes rapids as it passes through deep valleys, travelling across western Yunnan Province

.

6. A determined person always tries to finish the job, no matter how hard it is.

7. I prefer the red dress to the green one because it fits me better.

8. The very first time that Joe saw the film “ET” directed by Steven Spielberg, he made up his

mind to become a director too.

9. Give as much information as you can.

10. To climb the mountain was hard work.

11. At one point we were so high that we found ourselves cycling through clouds .

12. We can hardly wait to see them.

**Unit 4 Earthquakes**

**重点单词和短语**

1. right/ straight away = at once 立刻；马上

2. burst (burst, burst) vi. 爆裂；爆发

burst into 突然……起来

burst into a place=break into a place 突然闯进

burst into tears/ laughters/ flames 突然大哭/大笑/起火

burst in 闯入；突然插嘴；打断

burst out 突然发生，突然说出

burst out crying/ laughing/ singing 突然哭起来/笑起来/唱起来

n. 一阵 a burst of laughter/ applause 一阵笑声/掌声 a burst of anger 怒火的迸发

3. as if/ though仿佛；好像

|  |  |  |
| --- | --- | --- |
| as if/ though+clause | 虚拟情况 | 从句时态 |
| 与现在事实相反 | 一般过去时 |
| 与过去事实相反 | 过去完成时 |

4. at an end 结束；终结

in the end 最后；终于

at the end (of sth.) 在结尾处；在（……）结束的时候

by the end of this month 在本月末

5. ruin n. 废墟；毁灭；遗迹 be/ lie/ stand in ruins 成为一片废墟

the ruins of Yuanmingyuan 圆明圆遗迹

v. 毁灭；使破产/灭

ruin one’s health 毁坏某人健康 ruin one’s hope 使某人希望破灭

6. destroy (destroyed, destroyed) vt. 破坏；毁坏；消灭

destroy the building 毁坏建筑 destroy/ ruin one’s hope 使希望破灭

destruction n. 破坏；毁坏

7. track n. 轨道；足迹；痕迹 keep track of 记录；掌握……的线索

8. shock: n. 休克；打击；震惊；令人震惊的事 vt & vi (使)震惊；震动

be a great shock 沉重的打击 an electric shock 电击

The bad news left us speechless from shock 坏消息使我们震惊得说不出话来。

be shocked by/ at 对……感到震惊 a shocking accident 令人震惊的事故

9. rescue: n & vt. 援救；营救

rescue sb. from … 从危险中救出 a rescue team 救援队

come/ go to one’s rescue 营救某人 rescuer n. 营救人员

10. trap vt. 使陷入困境 n. 陷阱；困境

trap sb. in the mud= get/ be trapped in the mud被困在泥巴里面

trap sb./ sth. into (doing)… 诱使某人/某物（做）…… set a trap 设圈套

11. dig out (dug dug) 掘出；发现

dig sth. out of sth. 把……从……里挖出 dig the truth out of him 从他那里查出真相

12. bury vt. 埋葬；掩埋；隐藏

bury one’s face/ head in sth. 把脸/头伸到……里去

bury oneself in= be buried in 埋头于；专心于

be buried in thought 陷入了沉思 burial n. 埋葬；葬礼

13. shelter n. 躲避（处）；避身处

build shelters for survivors 给幸存者建避难所 take shelter from the rain 躲雨

v. 保护……；遮蔽；使……住宿 shelter me from blame 保护我免受责难

14. judge n. 裁判员；法官；vt. 断定；判断；判决；认为

work as a judge: 当法官/裁判 judge sth. from/ by sth. 由……来判断

judging from/ by sth. 由……来看（作状语） judge sb. to be… 认为某人……

As far as I can judge 据我判断 judge the case 审理这个案件

judgement n. 判决；审判；判断 make a judgement on sth. 对……作出判断

15. express vt. 表达；用快递邮寄出 express oneself 表达自己

express thanks/ thoughts 表达感谢/思想 express the letter 用快递方式寄出信件

express sth. to sb.= express to sb. sth. 向某人表示/表达某事

16. rise (rose; risen) vi. 升高；增长；站在；起床 n. 上升；上涨；增升；涨工资

rise by 20% 增长了20% rise to 200. 增长到200

rise from the chair 从椅子上站起来

Early to bed and early to rise is good to your health早睡早起对身体有好处

ask for a rise 要求涨工资 get a rise 升级；涨工资

17. run out of 从……跑出来；用光（不用被动)

18. think little/ nothing of 轻视；忽视；对……满不在乎

think much/ highly of 重视；看重；对……高度评价

think of sb. as… 把……看作

19. reach v. 延伸；达成（协议）；得出结论；伸手够到某物；与……取得联系

The woods reaches as far as the river 森林延伸至河边

reach an agreement 达成协议 reach a conclusion 得出结论

reach him by telephone 用电话与他取得联系 reach out for sth 伸手去拿

n. 够着；达到 out of the reach of sb. 在某人伸手够不着的地方

within the reach of sb. 在某人伸手够得着的地方

above/ beyond the reach of sb. 超出某人的能力

20. give out vt. 发出（光；热；气味）；分发；发表；发布（消息）

vi. 用尽；筋疲力尽

21. It sounds/ looks/ feels/seems as if 听/看/感觉起来/看来好像

22. in the open air 在户外

23. offer/ send one’s congratulations to sb. on sth. = congratulate sb. on sth. 向某人祝贺某事

24. honor vt. 给予（某人）荣誉；使得到尊敬/荣誉

n. 名誉；面子；敬意；引起尊敬的人或物

honor sb. for sth.=be honored for sth. 因某事而受到尊敬/表彰

be/ feel honored to do sth. 做某事感到荣幸

It’s a great honor for sb. to do sth. 做某事对某人来说很荣幸

She is an honor to this profession. 她是这一行业的光荣。

have the honor to do/ of doing sth. 有做某事的荣幸

do sb. an/the honor of doing(sth.) 赏光

in honor of sb.=in sb’s honor为向……表示敬意；为纪念……

25. without warning 在没有任何先兆的情况下

26. the disaster-hit/stricken areas 受灾地区

**重点句子**

1. In the farmyards, the chickens and even the pigs were too nervous to eat.

2. It seems as if the world was at an end.

3. Everywhere they looked nearly everything was destroyed.

4. All hope was not lost.

5. The army organized teams to dig out those who were trapped and to bury the dead.

6. As you know, this is the day the quake happened thirty-four years ago.

7. The man was sleeping downstairs when the earthquake happened.

8. Your parents and your school should be very proud of you!

**Unit 5 Nelson Mandela-a modern hero**

**重点单词和短语**

1. quality. n. 质量；品质；性质

be of high good/ low/ poor quality 质量高/低

a man of fine qualities: 一位有很多好品质的男子 the qualities of water 水的特性

qualify v. 使……具体资格（品质）

2. mean adj. 吝啬的；自私；卑鄙的

It’s mean of sb. to do sth. 做某事真是太自私/卑鄙了

be mean to sb. about/ over sth. 在某方面对某人很吝啬

3. active. adj. 积极的；活跃的；主动的 be active in… 在……方面很积极/活跃

take an active part in… 积极参与…… lead／live an active life 过着积极的生活

active voice 主动语态 activity n. 活动

4. devote vt. (与to连用) 献身；专心于

devote ... to ... 把……献给……

devote oneself to sth./ doing sth. 献身于，专心于；致力于

be devoted to致力于；专用于

devote one’s life/ time/ money/ energy to sth./ doing sth.

把本人的一生/时间/金钱/精力奉献于……

devoted. adj. 忠实的；深爱的；全心全意的

a devoted friend 一位忠实的朋友 a devoted mother 一位贤妻良母

5. principle n. 法则；原则；原理 in principle. 原则上；大致上

stick to one’s principles 恪守自己的原则 on the principle of 根据……的原则

against one’s principle 违背某人的原则

6. guidance n. 指导；领导

guidance on sth. 对某事物的指导 offer guidance to sb. 给某人提供指导

under/ with the guidance of sb. =under/ with sb’s guidance 在某人的指导下

7. out of work=be out of a job 失业

out of control 失去控制 out of patience 失去耐心

out of reach 够不着 out of date 过时

out of sight 看不见 out of money 钱花光

out of mind 心不在焉 out of order 坏了；混乱

8. vote vt & vi. 投票；选举n. 投票；选票；表决

vote on… 就……投票 vote for/ against 投票赞成/反对

vote to do 投票表决帮某事； vote + that-clause

9. attack vt & vi. 袭击；攻击；抨击

attack sb. from behind 背后攻击 attack the government’s new policy抨击政府新政策

n. 发病；袭击；攻击 make an attack on/ against… 攻击；袭击；抨击

under attack 遭到袭击/抨击 air attack 空袭 a heart attack 心脏病突发

10. as a matter of fact 事实上=in (actual) fact = actually= in reality

11. blow up 炸毁；给……充气，打气

get the tire blown up 给轮胎打气

blow up the balloons 给汽球充气 blow up a bridge 炸毁一座桥

blow out 吹灭，熄灭 blow down 刮倒

12. equal adj. 相等的；平等的； equal pay for equal work 同工同酬

be equal to 与……相等；等于；能胜任

v. 等于；比得上 n. 同等（对等）的人；对于；匹敌者

equal sb in sth = be an equal to sb in sth.

在某方面与某人匹敌/势力相当

equally adv.

13. be in trouble 在危险；受罚；痛苦；忧虑等的处境中

ask for trouble 自寻烦恼

get into trouble 遇到麻烦;出事

have trouble (in) doing sth. 做某事有困难

make trouble 制造麻烦

take great trouble to do sth 不辞辛苦做某事

14. turn to 求助于；致力于；转向；变成；转变到

turn to sb. for help/ advice 向某人求助/救 turn to the left 向左转

turn to page 20 翻到20页 turn to the English dictionary 查英文辞典

give up medicine and turn to writing 放弃医学转向写作

15. lose heart 丧失勇气或信心 lose face 丢脸 lose weight 减肥

lose one’s heart to 爱上；喜欢上 lose one’s way 迷路

lose oneself in 迷上 lose one’s sight 失明 lose one’s temper 发怒

16. excape. vi & vt 逃脱；逃走；泄露

escape punishment / being punished 逃避惩罚 escape from.. 从……逃跑/脱

n. 逃跑；逃脱 make one’s escape设法逃走 have a narrow escape 死里逃生；勉强逃脱

17. come to power 当权；上台

18. beg v. 请求；乞求 beg sb. to do sth. 乞求（某人）做某事

beg sb. for sth. 向某人要某东西 Beg your pardon 请原谅；请再说一遍

19. reward n. 报酬；奖金 vt. 酬劳；奖赏

reward sb. with sth. 用……酬谢某人 reward sb. for (doing) sth. 因……而酬谢某人

in reward 作为报酬 as a reward for… 作为……的报酬（奖赏）

give/ offer a reward to sb. for sth. 为某事而给某人奖赏

20. set up a laboratory 建立一个实验室

set up a fund for the Hope Project 为希望工程设立一项基金

set out to do sth. 开始干……；着手于… set out/ off for sp. 动身去某地

set off 引爆，使……爆炸，动身 set about doing sth 开始干（做）某事

21. be sentenced to 被判处……（徒刑）

22.opinion n. 意见；看法；主张

have a good/ bad/ high/ low opinion of sb./ sth. 对……评价好/不好/高/低

in one’s opinion = in the opinion of sb. 以……看来

the opinion of/ about sth. ……方面的意见/观点

23. fight (fought, fought) vi & vt. 打仗；打架；与……进行斗争或奋斗；对抗

fight for 为……而战

fight against ……为反对……而战；与……作战（斗争）

fight with… 同……斗争/同……并肩作战

fight back 还击；忍住

fight with sb. about…… 因……而和某人争吵

24. be in prison 坐牢（强调状态） go to prison 去坐牢

escape from prison 越狱

send/ take sb. to prison 把某人送进监狱

put/ throw sb. into prison 把某人投进监狱

25. be grateful to sb. for sth. 因某事而感激某人

26. achieve vt. 完成，实现；达到（目的）；赢得（名声）

achieve nothing 一无所获 achieve success/ victory 获得成功/胜利

achieve one’s purpose/ goal 达到目的 achieve one’s aim/dream 实现目标/梦想

achieve a good reputation 获得好的名声 achieve modernization 实现现代化

achievement n. 成绩；业绩 achieveable adj.（事情）可完成的；可达到的

**重点句子**

1. However, this was a time when one had to have a passport to live in Johannesburg.

2. I worried about whether I would become out of work.

3. The last thirty years have seen the greatest number of laws stopping our right and progress.

until today we have reached a stage where we have almost no rights at all.

4. We were put into a position in which we had either to accept we were less important, or fight

the government.

5. Only then did we decide to answer violence with violence.

6. It was a prison from which no one escaped.

7. He taught us during the lunch breaks and the evenings when we should have been asleep.

8. They were not cleverer than me, but they did pass the exams.

9. I felt bad the first time I talked to a group.