

给JH的动词书

- **v**: 这是动词 (Verb) 的简写, 是英语中的一种词性, 用来表示动作、状态或者存在。动词是句子中的核心成分之一, 可以根据其使用方式进一步分类为及物动词和不及物动词, 即下面提到的"vt"和"vi"。
- **vt** (transitive verb): 及物动词。这类动词后面需要直接跟一个宾语, 即它的动作是作用于某个对象上的。例如, 在句子"He reads a book." (他读一本书。) 中, "reads"是一个及物动词, 因为它作用于"book"这个宾语上。
- **vi** (intransitive verb): 不及物动词。这类动词后面不直接跟宾语, 即它的动作不是作用于某个特定的对象上。例如, 在句子"He sleeps." (他睡觉。) 中, "sleeps"是一个不及物动词, 因为它后面没有直接的宾语。

人话: 如果动词后面需要说你做动作的“对象”(比如吃什么), 那就是vt (及物动词)。如果动词后面不用说对象, 它自己就能说明白, 那就是vi (不及物动词)。

- 一天背20个, 如果学校有要求背东西, 那对应的日子就不用背, 先背学校的。



背动词的第 1 天

序号	单词	释义	划分	例句
0	accept	vi. 承认；同意；承兑	ac- cept	She had to accept the fact that summer vacation was over. 她不得不接受暑假已经结束这个事实.
1	achieve	vt. 取得；获得；实现；成功	ac- hie- ve	She worked hard to achieve her goals. 她努力工作以实现她的目标。
2	act	vt. 扮演；装作，举动像	act	She likes to act in school plays. 她喜欢在学校的戏剧中扮演角色。
3	add	vi. 加；增加；加起来；做加法	add	He likes to add sugar to his coffee every morning. 他喜欢在每天早晨的咖啡里加糖。
4	address	vt. 演说；从事；忙于；写姓名地址；向...致辞；与...说话；提出；处理	add- ress	He addressed the audience with a heartfelt speech. 他以一篇发自内心的演讲向观众致辞.
5	advise	vt. 建议；劝告，忠告；通知；警告	ad- vi-se	He always advises his friends to study hard. 他总是建议他的朋友努力学习。
6	afford	vt. 给予，提供；买得起	af- ford	She couldn't afford to buy a new car. 她买不起新车。
7	age	vt. 使成熟；使变老，使上	a-ge	He tried to age the wine to enhance its flavor. 他试图让葡萄酒变老以增强其味道。
8	agree	vi.	ag- ree	She and I agree on the movie choice. 她和我在电影选择上达成了一致意见.
9	allow	vi. 容许；考虑	al- low	The teacher will allow us to use calculators during the exam. 老师会允许我们在考试时使用计算器.

10	answer	vt. 回答；符合	answer	She didn't answer my question. 她没有回答我的问题.
11	appear	vi. 出现；显得；似乎； 出庭；登场	appear	He appears at the door. 他出现在门口.
12	arm	vt. 武装；备战	arm	She decided to arm herself with knowledge before entering the debate. 她决定在参加辩论前武装自己以应对.
13	arrive	vi. 到达；成功；达成； 出生	arrive	He will arrive at the airport at noon. 他将于中午抵达机场.
14	art	v. 是 (be的变体)	art	Art is a way of expressing oneself. 艺术是表达自己的一种方式.
15	ask	vt. 问，询问；要求；需 要；邀请；讨价	ask	She asked her friend to help with the homework. 她请求她的朋友帮忙做家庭作业.
16	attend	vi. 出席；致力于；照 料；照顾	attend	She attends the ballet class every Saturday. 她每个星期六都去上芭蕾舞课.
17	avoid	vt. 避免；避开，躲避； 消除	avoid	She tried to avoid making eye contact with him. 她努力避免与他眼神接触.
18	beat	vt. 打；打败	beat	He managed to beat his high score in the game. 他设法击败了他在游戏中的最高分.
19	become	vt. 适合；相称	become	He will become a doctor in the future. 他将来会成为一名医生.

背动词的第 2 天

序号	单词	释义	划分	例句
20	begin	vi. 开始；首先	be- gin	He begins his journey early in the morning. 他早上开始了他的旅程。
21	believe	vi. 信任；料想；笃信宗教	be- lie-ve	I believe you will do well in the exam. 我相信你会在考试中取得好成绩。
22	better	vt. 改善；胜过	bet- ter	He tries to better his skills through practice. 他通过练习努力提升自己的技能。
23	block	vt. 阻止；阻塞；限制；封盖	block	He used a large rock to block the entrance. 他用一块大石头堵住了入口。
24	book	vt. 预订；登记	book	I'll book a table for us at the restaurant. 我们在餐厅预订一张桌子。
25	born	v. 出世 (bear 的过去分词)	born	She was born in a small town. 她出生在一个小镇。
26	borrow	vt. 借；借用	bor- row	She likes to borrow books from the library. 她喜欢从图书馆借书。
27	box	vt. 拳击；装...入盒中；打耳光	box	He likes to box for exercise. 他喜欢拳击来锻炼身体。
28	bread	vt. 在...上洒面包屑	bread	She carefully breads the chicken before frying it. 她在炸鸡之前仔细地在上面撒了面包屑。
29	break	vi. 打破；折断；弄坏；削弱	break	He tried to break the stick, but it was too strong. 他试图打断那根木棍，但它太坚硬了。
30	bring	vt. 带来；促使；引起；使某人处于某种情况或境地	bring	He always forgets to bring his lunch to school. 他总是忘记带午餐去学校。
31	brush	vi. 刷；擦过；掠过；(经过时) 轻触	brush	She brushed her hair before going to bed. 她睡觉前梳理了她的头发。

32	build	vi. 建筑；建造	build	He likes to build sandcastles on the beach. 他喜欢在沙滩上建造沙堡。
33	burn	vt. 燃烧；烧毁，灼伤；激起...的愤怒	burn	The fire caused the wood to burn quickly. 火引起木材迅速燃烧。
34	busy	vt. 使忙于	bu-sy	She is busy with her homework. 她正在忙于她的家庭作业。
35	buy	vi. 买，采购	buy	She decided to buy a new dress for the party. 她决定为聚会买一条新裙子。
36	call	vi. 呼叫；拜访；叫牌	call	I will call my friend tomorrow. 我明天会打电话给我的朋友。
37	camp	vt. 扎营；使扎营	camp	They camp by the lake every summer. 他们每年夏天都在湖边扎营。
38	can	vt. 将...装入密封罐中保存	can	He can seal the jar tightly to preserve the contents. 他能将罐子密封得很紧以保存内容。
39	cancel	vi. 取消，撤销	cancel	He decided to cancel his subscription to the magazine. 他决定取消他对这本杂志的订阅。

背动词的第 3 天

序号	单词	释义	划分	例句
40	card	vt. 记于卡片上	card	She likes to card wool before spinning it into yarn. 她喜欢在纺线之前先把羊毛梳理整齐。
41	care	vt. 在意；希望或喜欢	ca-re	She doesn't care about the latest fashion trends. 她不关心最新的时尚潮流。
42	carry	vi. 能达到；被携带；被搬运	car-ry	She can carry a tune quite well. 她能唱得相当好。
43	catch	vt. 赶上；抓住；感染；了解	catch	He tried to catch the ball but missed. 他试图接住球但没成功。
44	cause	vt. 引起；使遭受	cau-se	The loud noise may cause the baby to cry. 响亮的噪音可能会引起婴儿哭泣。
45	celebrate	vt. 庆祝；举行；赞美；祝贺；宣告	ce-leb-ra-te	The family gathered to celebrate the birthday. 家人们聚在一起庆祝生日。
46	chance	vt. 偶然发生；冒……的险	chan-ce	She took a chance and won the lottery. 她冒险买了彩票，赢得了奖金。
47	change	vt. 改变；交换	chan-ge	He decided to change his hairstyle for a fresh look. 他决定换个发型来焕然一新。
48	check	vi. 核实，查核；中止；打勾；(象棋)将一军	check	He always likes to check his email first thing in the morning. 他总是喜欢早上第一件事就是查看邮件。
49	cheer	vt. 欢呼；使高兴；为...加油	cheer	The crowd cheers loudly for their team. 群众为他们的队伍欢呼雀跃。
50	choose	vt. 选择，决定	choo-se	She will choose the red dress for the party. 她会选择红色的裙子参加派对。

51	clean	vt. 使干净	clean	She cleans the house every Saturday. 她每个星期六都清扫房子。
52	clear	vt. 通过；清除；使干净；跳过	clear	The sky is clear today. 今天天空晴朗。
53	climb	vi. 爬；攀登；上升	climb	She loves to climb trees in the park. 她喜欢在公园里爬树。
54	close	vt. 关；结束；使靠近	clo-se	She will close the door before leaving. 她会在离开之前关上门。
55	collect	vt. 收集；募捐	col-lect	She likes to collect stamps from different countries. 她喜欢收集来自不同国家的邮票。
56	colour	vt. 把...涂颜色，粉饰；歪曲；使脸红	co-lour	She likes to colour her drawings with bright hues. 她喜欢用鲜艳的颜色给她的画涂色。
57	color	vt. 粉饰；给...涂颜色；歪曲	co-lor	She decided to color her room in vibrant shades. 她决定用鲜艳的颜色涂刷她的房间。
58	come	vi. 来；开始；出现；发生；变成；到达	co-me	She didn't come to the party last night. 她昨晚没有来参加聚会。
59	communicate	vi. 通讯，传达；相通；交流；感染	com-mu-ni-ca-te	She finds it easy to communicate with her friends online. 她发现与朋友在线交流很容易。

背动词的第 4天

序号	单词	释义	划分	例句
60	compare	vi. 相比, 匹敌; 比较, 区别; 比拟 (常与to连用)	com- pa-re	She likes to compare different products before making a decision. 她喜欢在做决定之前比较不同的产品。
61	complete	vt. 完成	comp- le-te	He completes his homework every day. 他每天都完成作业。
62	concert	vt. 使协调; 协同 安排	con- cert	She had to concert her schedule to attend the meeting. 她不得不调整日程参加会议。
63	condition	vt. 决定; 使适应; 使健康; 以... 为条件	con- di-tion	She will condition her hair with coconut oil. 她会用椰子油护发。
64	connect	vt. 连接; 联合; 关连	con- nect	He used a cable to connect the computer to the printer. 他用一根电缆把电脑和打印机连接起来。
65	consider	vi. 考虑; 认为; 细想	con-si- der	She always takes time to consider her options before making a decision. 她总是在做决定之前花时间考虑她的选择。
66	continue	vt. 继续说...; 使...继续; 使...延 长	con-ti- nue	He asked her to continue singing. 他要求她继续唱歌。
67	control	vt. 控制; 管理; 抑制	cont- rol	He struggles to control his temper during the game. 他在比赛中努力控制自己的脾气。
68	cook	vt. 烹调, 煮	cook	She loves to cook delicious meals for her family. 她喜欢为家人做美味的饭菜。
69	cool	vt. 使...冷却; 使...平静下来	cool	They cool the soup before serving it. 他们在上菜前先让汤凉一下。
70	copy	vt. 复制; 复印; 抄袭	co-py	He asked me to copy his notes for the meeting. 他让我复印他的会议笔记。

71	correct	vt. 改正；告诫	cor- rect	He corrected his mistake immediately. 他立即纠正了他的错误。
72	cost	vt. 花费；使付出；使花许多钱	cost	The dress costs \$50. 这件裙子花费50美元。
73	cough	vt. 咳出	cough	He tried to suppress his cough during the meeting. 他试图在会议期间压抑咳嗽。
74	could	v. 能 (can的过去式)	could	He could swim across the lake when he was younger. 他年轻时能够游过湖。
75	count	vt. 计算；认为	count	She likes to count the stars before going to bed. 她喜欢在睡觉前数星星。
76	couple	vt. 结合；连接；连合	coup- le	They decided to couple their efforts to finish the project on time. 他们决定联合努力，按时完成项目。
77	course	vt. 追赶；跑过	cour- se	He had to course through the forest to catch up with his friends. 他不得不穿过森林追上他的朋友。
78	cover	vt. 包括；采访，报导；涉及	co-ver	The book cover is beautifully designed. 这本书的封面设计得很漂亮。
79	create	vt. 创造，创作；造成	crea- te	She likes to create beautiful paintings. 她喜欢创作美丽的画作。

背动词的第 5天

序号	单词	释义	划分	例句
80	cross	vt. 杂交；渡过；使相交	cross	She decided to cross the river using the old bridge. 她决定通过那座旧桥渡过河流.
81	cry	vi. 哭；叫；喊	cry	She couldn't help but cry when she saw the sad ending of the movie. 她看到电影悲伤的结局时忍不住哭了起来.
82	cut	vt. (机) 切割；削减；缩短；刺痛	cut	He used a sharp knife to cut the cake. 他用一把锋利的刀子切蛋糕.
83	dance	vt. 跳舞；使跳跃	dan- ce	She loves to dance at parties. 她喜欢在聚会上跳舞.
84	date	vt. 确定...年代；和...约会	da-te	She asked him to date her to the school dance. 她请求他和她一起去参加学校舞会.
85	deal	vi. 处理；讨论；对待；做生意	deal	He deals with customer complaints every day. 他每天都处理客户投诉.
86	decide	vi. 决定，下决心	de-ci- de	nan
87	depend	vi. 依赖，依靠；取决于；相信，信赖	de- pend	She can depend on her friends for support during tough times. 她可以依靠她的朋友在困难时期得到支持.
88	describe	vt. 描述，形容；描绘	desc- ri-be	She can describe her favorite place with vivid details. 她能用生动的细节描述她最喜欢的地方.
89	develop	vi. 发育；生长；进化；显露	de- ve- lop	She developed a passion for painting at a young age. 她在年幼时就对绘画产生了热情.
90	die	vi. 死亡；凋零；熄灭	die	He refused to die without a fight. 他拒绝在没有一战之力的情况下死去.

91	dig	vi. 挖掘	dig	He likes to dig in the garden. 他喜欢在花园里挖掘.
92	direct	vt. 管理; 指挥; 导演; 指向	di-rect	He will direct the play next week. 他下周将指导这部戏。
93	dirty	vt. 弄脏	dir-ty	He didn't mean to dirty his clothes. 他不是故意弄脏他的衣服。
94	discover	vi. 发现	dis-co-ver	She discovers a hidden treasure in the forest. 她在森林里发现了一座隐藏的宝藏.
95	discuss	vt. 讨论; 论述, 辩论	dis-cuss	Let's discuss the book tomorrow after class. 明天下课后我们讨论这本书。
96	divide	vt. 划分; 除; 分开; 使产生分歧	di-vi-de	They divide the pizza into equal slices. 他们把披萨切成相等的块。
97	doubt	v. 怀疑; 不信; 恐怕; 拿不准	doubt	She doubted his honesty after catching him in a lie. 她在发现他撒谎后对他的诚实产生了怀疑。
98	down	vt. 打倒, 击败	down	He managed to down three opponents in the game. 他在比赛中成功击败了三名对手.
99	draw	vi. 拉; 拖	draw	She likes to draw colorful pictures in her sketchbook. 她喜欢在她的素描本上画五彩缤纷的图画。

背动词的第 6 天

序号	单词	释义	划分	例句
100	dream	vt. 梦想; 做梦; 想到	dream	She dreams of traveling the world one day. 她梦想着有一天环游世界。
101	dress	vt. 给...穿衣	dress	She helps her daughter dress for school every morning. 她每天早上帮助女儿穿上学校的衣服。
102	drink	vt. 喝, 饮; 吸收; 举杯庆贺	drink	He likes to drink orange juice in the morning. 他喜欢早上喝橙汁。
103	drive	vi. 开车; 猛击; 飞跑	dri-ve	He drives carefully on the highway. 他在高速公路上小心驾驶。
104	drop	vt. 滴; 使降低; 使终止; 随口漏出	drop	She carefully dropped the fragile vase, causing it to shatter. 她小心地放下那个易碎的花瓶, 导致它碎成了碎片。
105	dry	vt. 把...弄干	dry	She used a towel to dry her hair. 她用毛巾擦干了她的头发。
106	easy	vt. 发出停划命令	ea-sy	He easy the horse to a gentle stop. 他轻松地让马停下来。
107	eat	vt. 吃, 喝; 腐蚀; 烦扰	eat	She likes to eat fruits for breakfast. 她喜欢早餐吃水果。
108	encourage	vt. 鼓励, 怂恿; 激励; 支持	en-cou-ra-ge	He always tries to encourage his friends to pursue their dreams. 他总是试图鼓励他的朋友追求他们的梦想。
109	end	vi. 结束, 终止; 终结	end	She wanted to end the conversation and go home. 她想结束对话回家。
110	enjoy	vt. 欣赏, 享受; 喜爱; 使过得快活	en-joy	She enjoys reading books in her free time. 她喜欢在空闲时间读书。
111	enter	vt. 进入; 开始; 参加	en-ter	He enters the room quietly. 他悄悄地进入房间。

112	even	v. 甚至；即使；还；实际上	e-ven	He didn't even say goodbye before leaving. 他甚至都没有在离开之前说再见。
113	except	vt. 不计；把...除外	ex-cept	She eats everything except mushrooms. 她除了蘑菇之外什么都吃。
114	excited	v. 激动；唤起 (excite的过去分词)	ex-ci-ted	She was excited to see her family after a long time apart. 她和家人分别已久，见面时感到很激动。
115	exciting	v. 激动；刺激 (excite的ing形式)；唤起	ex-ci-ting	The roller coaster ride was so exciting that I couldn't stop screaming. 这过山车的游乐让我激动得停不下来尖叫。
116	excuse	vt. 原谅；为...申辩；给...免去	ex-cu-se	He always has an excuse for being late. 他总是为迟到找借口。
117	exercise	vt. 锻炼；练习；使用；使忙碌；使惊恐	e-xer-ci-se	I need to exercise regularly to stay healthy. 我需要定期锻炼以保持健康。
118	expect	vi. 期待；预期	ex-pect	I expect him to arrive on time. 我期待他准时到达。
119	experience	vt. 经验；经历；体验	ex-pe-rience	She gained valuable experience working in the research lab. 她在研究实验室工作中获得了宝贵的经验。

背动词的第 7 天

序号	单词	释义	划分	例句
120	explain	v. 说明；解释	exp-lain	He will explain the process step by step. 他会逐步解释这个过程。
121	express	vt. 表达；快递	exp-ress	She expressed her feelings through a beautiful song. 她通过一首美妙的歌曲表达了自己的感情。
122	eye	vt. 注视，看	eye	She sat by the window, eyeing the passing cars. 她坐在窗边，注视着经过的车辆。
123	face	vi. 向；朝	fa-ce	She turned to face the sun, feeling its warmth on her skin. 她转过身来面对太阳，感受着它温暖的阳光洒在皮肤上。
124	fail	vi. 失败，不及格；破产；缺乏；衰退	fail	He tried his best but still managed to fail the exam. 他尽力了，但还是没能通过考试。
125	fall	vi. 落下；变成；来临；减弱	fall	The leaves fall from the trees every autumn. 树叶每年秋天从树上落下来。
126	farm	vt. 养殖；耕种；佃出（土地）	farm	She likes to farm vegetables in her backyard. 她喜欢在后院种植蔬菜。
127	fear	vt. 害怕；敬畏；为...担心	fear	She feared the dark forest at night. 她害怕夜晚的黑暗森林。
128	feed	vt. 喂养；供给；放牧；抚养（家庭等）；靠...为生	feed	She feeds her pet cat every morning. 她每天早上都给她的宠物猫喂食。
129	feel	vi. 觉得；摸索	feel	She could feel the warmth of the sun on her face. 她能感受到阳光在她脸上的温暖。
130	field	vt. 把暴晒于场上；使上场	field	She will field questions from the audience. 她将回答观众的问题。
131	fight	vi. 打架；与...打	fight	He doesn't like to fight with others. 他不喜欢

仗，与...斗争；反
对...提案

欢与他人打架。

132	fill	vt. 装满，使充满； 满足；堵塞；任职	fill	The glass is full of water. 玻璃杯装满了水。
133	find	vi. 裁决	find	He couldn't find his way home in the dark. 他在黑暗中找不到回家的路。
134	fine	vt. 罚款；澄清	fi-ne	I received a fine for parking in the wrong place. 犯规停车让我被罚款了。
135	finger	vt. 伸出；用手指拨 弄	fin- ger	She used her finger to point at the map. 她用手指指向地图。
136	finish	vt. 完成；结束；用 完	fi- nish	She needs to finish her homework before going out to play. 她需要在外出玩之前完成她的家庭作业。
137	fire	vt. 点燃；解雇；开 除；使发光；烧 制；激动；放枪	fi-re	He tried to fire up the old stove. 他试图点燃那台旧炉子。
138	fish	vt. 钓鱼，捕鱼；搜 寻	fish	He likes to fish in the river on weekends. 他喜欢在周末在河里钓鱼。
139	fit	vt. 安装；使.....适 应；使.....合身； 与.....相符	fit	He tried to fit the puzzle pieces together. 他试图把拼图块拼在一起。

背动词的第 8天

序号	单词	释义	划分	例句
140	fix	vt. 使固定；修理；安装；准备	fix	He used a hammer to fix the broken chair. 他用锤子修理了坏掉的椅子。
141	fly	vi. 飞；驾驶飞机；飘扬	fly	Birds fly through the sky with grace. 鸟儿在天空中优雅地飞翔。
142	follow	vi. 跟随；接着	follow	She likes to follow her big brother around the park. 她喜欢在公园里跟随她的哥哥。
143	foot	vt. 支付；给……换底	foot	I'll foot the bill for our dinner tonight. 今晚的晚餐费用我来支付。
144	force	vt. 促使，推动；强迫；强加	for-ce	They force the door open. 他们强行打开了门。
145	forget	vi. 忘记	for-get	I forget to bring my umbrella when it rains. 我下雨时忘记带伞了。
146	form	vt. 构成，组成；排列，组织；产生，塑造	form	The students form a line outside the classroom. 学生们在教室外排成一队。
147	free	vt. 使自由，解放；释放	free	She freed the bird from its cage. 她释放了鸟从它的笼子里。
148	gift	vt. 赋予；向...赠送	gift	She decided to gift her sister a beautiful necklace for her birthday. 她决定送她姐姐一条漂亮的项链作为生日礼物。
149	give	vi. 捐赠；面向；有弹性；气候转暖	gi-ve	He decided to give his old toys to charity. 他决定把他的旧玩具捐给慈善机构。
150	go	vi. 走；达到；运转；趋于	go	He decided to go home after the party. 他决定在派对结束后回家。
151	group	vt. 把...聚集；把...分组	group	She will group the items according to their colors. 她将按颜色将物品分组。

152	grow	vi. 发展；生长；渐渐变得...	grow	The plant will grow quickly with enough sunlight. 这棵植物在有足够阳光的情况下会迅速生长。
153	guard	vi. 警惕	guard	The guard stood watch at the entrance all night. 保安整夜警戒在入口处。
154	guess	vi. 猜；推测；猜中	guess	She guessed the answer correctly during the game. 她在游戏中猜对了答案。
155	guide	vt. 引导；带领；操纵	guide	He will guide us through the forest. 他将引导我们穿过森林。
156	hand	vt. 传递，交给；支持；搀扶	hand	She decided to hand the book to her friend. 她决定把书递给她朋友。
157	hang	vt. 悬挂，垂下；装饰；绞死；使悬而未决	hang	He decided to hang a picture on the wall. 他决定把一幅画挂在墙上。
158	happen	vi. 发生；碰巧；偶然遇到	happen	Accidents happen unexpectedly. 意外事件经常是突如其来。
159	hate	vt. 憎恨；厌恶；遗憾	hate	She hates the taste of mushrooms. 她讨厌蘑菇的味道。

背动词的第 9 天

序号	单词	释义	划分	例句
160	have	vt. 有；让；拿；从事；允许	have	I have a book in my bag. 我的包里有一本书。
161	has	v. 有，吃，得到，从事，允许，雇用，享有（have的第三人称单数）；（亲属关系中）接受；拿；买到	has	She has a lovely garden in her backyard. 她在后院有一个可爱的花园。
162	head	vt. 前进；用头顶；作为...的首领；站在...的前头；给...加标题	head	She decided to head towards the park for a relaxing walk. 她决定朝公园走去，进行一次轻松的散步。
163	hear	vi. 听；听见	hear	I hear a beautiful melody from the piano. 我听到一曲美妙的钢琴旋律。
164	heart	vt. 鼓励；铭记	heart	Hearts filled with courage overcome challenges. 带着勇气的心能克服挑战。
165	heat	vt. 使激动；把...加热	heat	She tried to heat up the leftovers in the microwave. 她试图用微波炉把剩菜重新加热。
166	help	vt. 帮助；促进；治疗；补救	help	She asked for help with her homework. 她请求帮助来完成她的家庭作业。
167	hide	vt. 隐藏；隐瞒；鞭打	hi-de	He tried to hide his embarrassment with a fake smile. 他试图用假笑来掩饰自己的尴尬。
168	hit	vt. 打击；袭击；碰撞；偶然发现；伤...的感情	hit	He hit the ball with a strong swing. 他用有力的挥动击打了球。

169	hold	vi. 支持；有效；持续	hold	He can't hold his breath for long. 他不能憋太久。
170	hole	vt. 凿洞	ho-le	He used a drill to hole through the wall. 他用钻头在墙上钻了个洞。
171	hope	vi. 希望；期待；信赖	ho-pe	She hopes to pass the exam. 她希望通过考试。
172	hot	vt. 增加；给...加温	hot	She likes to hot chocolate in the microwave. 她喜欢在微波炉里加热巧克力饮料。
173	hotel	vt. 使...在饭店下榻	ho-tel	They hotel at the inn when traveling. 他们在旅途中住在客栈。
174	hurt	vt. 使受伤；损害；使疼痛；使痛心	hurt	He hurt his knee while playing soccer. 他在踢足球时伤到了膝盖。
175	imagine	vi. 想像；猜想；想像起来	i-ma-gi-ne	I imagine a world where everyone is happy. 我想象着一个每个人都幸福的世界。
176	include	vt. 包含，包括	inc-lu-de	The ingredients include flour and sugar. 食材包括面粉和糖。
177	increase	vt. 增加，加大	inc-rea-se	He needs to increase his daily exercise routine. 他需要增加他的日常锻炼计划。
178	influence	vt. 影响；改变	inf-luen-ce	Her positive attitude can influence others to be more optimistic. 她的积极态度可以影响他人变得更加乐观。
179	interest	vt. 使.....感兴趣；引起.....的关心；使.....参与	in-te-rest	He tried to interest his friend in the new book. 他试图让他的朋友对这本新书感兴趣。

背动词的第 10天

序号	单词	释义	划分	例句
180	interview	vt. 采访；接见；对...进行面谈；对某人进行面试	in-ter-view	She has an interview with the company tomorrow. 她明天要和公司面谈。
181	introduce	vt. 介绍；引进；提出；采用	int-ro-duce	She will introduce her new friend to the class tomorrow. 她将在明天向班级介绍她的新朋友。
182	invent	vt. 发明；创造；虚构	in-vent	She used her imagination to invent a new game. 她运用她的想象力发明了一个新游戏。
183	invite	vt. 邀请，招待；招致	in-vi-te	She will invite her friends to the party. 她会邀请她的朋友参加派对。
184	island	vt. 孤立；使成岛状	is-land	He wanted to island himself from the noisy city. 他想要与喧嚣的城市隔绝开来。
185	join	vt. 参加；结合；连接	join	He decided to join the soccer team. 他决定加入足球队。
186	jump	vt. 跳跃；使跳跃；跳过；突升	jump	He tried to jump over the puddle. 他试图跳过水坑。
187	keep	vt. 保持；经营；遵守；饲养	keep	He tries to keep his room clean every day. 他每天都努力保持自己的房间干净。
188	key	vt. 键入；锁上；调节...的音调；提供线索	key	She used the key to unlock the door. 她用钥匙打开了门。
189	kick	vt. 踢；反冲，朝后座	kick	He kicked the ball into the goal. 他把球踢进了球门。
190	kid	vt. 欺骗；取笑；戏弄	kid	He likes to kid around with his friends. 他喜欢和朋友们开玩笑。

191	kill	vt. 杀死；扼杀；使终止；抵消	kill	He couldn't bear to kill the spider in his room. 他不忍心杀死房间里的蜘蛛。
192	kiss	vt. 吻；（风等）轻拂	kiss	He leaned in to gently kiss her cheek. 他俯身轻轻吻她的脸颊。
193	knock	vi. 敲；打；敲击	knock	He gave a gentle knock on the door. 他轻轻地敲了敲门。
194	know	vt. 知道；认识；懂得	know	I know the answer to the question. 我知道这个问题的答案。
195	land	vt. 使...登陆；使...陷于；将...卸下	land	The plane will land at the airport soon. 飞机很快就要在机场降落。
196	last	vi. 持续；维持，够用；持久	last	She couldn't last long in the intense heat. 她在酷热中坚持不了多久。
197	laugh	vi. 笑	laugh	She couldn't help but laugh at his joke. 她忍不住笑了起来。
198	lay	vt. 躺下；产卵；搁放；放置；铺放；涂，敷	lay	She will lay the book on the table. 她会书放在桌子上。
199	lead	vt. 领导；致使；引导；指挥	lead	She will lead the team to victory. 她将带领团队取得胜利。

背动词的第 11 天

序号	单词	释义	划分	例句
200	leaves	v. 离开 (leave的第三人称单数)	leaves	She leaves the office at 5 p.m. 她下午5点离开办公室。
201	learn	vt. 学习; 得知; 认识到	learn	She wants to learn how to play the piano. 她想学会弹钢琴。
202	leave	vt. 离开; 留下; 遗忘; 委托	leave	She decided to leave the party early. 她决定提早离开派对。
203	lend	vt. 贷; 增添, 提供; 把.....借给	lend	She agreed to lend her friend some money. 她同意借钱给她的朋友。
204	let	vt. 允许, 让; 出租; 假设; 妨碍	let	Let me help you with that. 让我来帮你。
205	letter	vt. 写字母于	letter	She wrote a letter to her friend yesterday. 她昨天给她的朋友写了一封信。
206	level	vi. 瞄准; 拉平; 变得平坦	level	He leveled his rifle at the target. 他把步枪瞄准了目标。
207	lie	vi. 躺; 说谎; 位于; 展现	lie	He lies on the couch reading a book. 他躺在沙发上看书。
208	lift	vt. 举起; 提升; 鼓舞; 空运; 抄袭	lift	She struggled to lift the heavy box. 她努力举起沉重的箱子。
209	light	vi. 点着; 变亮; 着火	light	She lit the candle to create a cozy atmosphere. 她点燃蜡烛营造出舒适的氛围。
210	like	vt. 喜欢; 想; 愿意	li-ke	She likes to read books. 她喜欢读书。
211	list	vi. 列于表上	list	She will list all the items on the table. 她会把桌子上的所有物品列出来。

212	listen	vi. 听, 倾听; 听从, 听信	lis-ten	She likes to listen to music before bedtime. 她喜欢在睡前听音乐.
213	live	vt. 经历; 度过	li-ve	I live a happy life with my family. 我与家人过着幸福的生活。
214	lose	vt. 浪费; 使沉溺于; 使迷路; 遗失; 错过	lo-se	He tends to lose his keys easily. 他经常容易把钥匙弄丢。
215	love	v. 爱, 热爱; 爱戴; 赞美, 称赞; 喜爱; 喜好; 喜欢; 爱慕	lo-ve	She loves to read books every night. 她喜欢每晚读书.
216	make	vt. 使得; 进行; 布置, 准备, 整理; 制造; 认为; 获得; 形成; 安排; 引起; 构成	ma-ke	He can make a cake with his mother. 他可以和他妈妈一起做蛋糕。
217	manage	vt. 管理; 经营; 控制; 设法	ma-na-ge	She can manage her time effectively, balancing work and play. 她能有效地安排时间, 平衡工作和娱乐。
218	mark	vi. 作记号	mark	He marked the page with a highlighter. 他用荧光笔在页面上做了记号.
219	marry	vt. 嫁; 娶; 与.....结婚	mar-ry	They marry next month. 他们下个月结婚。

背动词的第 12天

序号	单词	释义	划分	例句
220	match	vt. 使比赛；使相配；敌得过，比得上；相配；与...竞争	match	He tried to match the colors of his socks with his shirt. 他尝试将袜子的颜色与衬衫搭配起来.
221	mean	vt. 意味；想要；意欲	mean	She didn't mean to hurt your feelings. 她并不是故意伤害你的感情.
222	meet	vt. 满足；遇见；对付	meet	She will meet her friends at the park tomorrow. 她明天将在公园与朋友们见面.
223	mention	vt. 提到，谈到；提及，论及；说起	men-tion	She didn't mention the party to me. 她没有跟我提起聚会.
224	mess	vt. 弄乱，弄脏；毁坏；使就餐	mess	She always makes a mess in her room and then complains about it. 她总是把自己的房间弄得乱七八糟，然后又抱怨起来.
225	message	vi. 报信，报告；(通信) 报文	mes-sa-ge	He sent a message to his friend about the upcoming party. 他给他的朋友发了一条关于即将举办的聚会的消息.
226	might	v. 可以；或许(may的过去式)；应该	might	She might arrive late to the party. 她可能会晚到派对.
227	mind	vt. 介意；专心于；照料	mind	I don't mind waiting for a few minutes. 我不介意等几分钟.
228	mine	vt. 开采，采掘；在...布雷	mi-ne	The miners will mine for gold. 矿工们将开采黄金.
229	miss	vt. 错过，想念，缺(勤)	miss	She always misses the bus in the morning. 她每天早上总是赶不上公交车.
230	mix	vt. 配制；混淆；	mix	She likes to mix different colors to

		使混和；使结交		create beautiful paintings. 她喜欢混合不同的颜色来创作漂亮的画作。
231	model	vt. 模拟；塑造；模仿	mo-del	She likes to model for fashion magazines. 她喜欢为时尚杂志拍模特照片.
232	move	vi. 移动；搬家，迁移；离开	mo-ve	She likes to move to the rhythm of the music. 她喜欢跟着音乐的节奏移动。
233	name	vt. 命名，任命；指定；称呼；提名；叫出	na-me	I name my pet dog Max. 我给我的宠物狗起名叫Max.
234	need	vt. 需要	need	She needs help with her homework. 她需要帮助做作业。
235	noise	vt. 谣传	noi-se	The neighbors complain about the noise from the construction site. 邻居们抱怨建筑工地的噪音。
236	nose	vt. 嗅；用鼻子触	no-se	He can nose out the ripest fruits at the market. 他可以在市场上嗅出最熟的水果。
237	note	vt. 注意；记录；注解	no-te	She noted down the important points during the meeting. 她在会议上记录下了重要的要点.
238	notice	vt. 通知；注意到；留心	no-ti-ce	I notice a bird singing outside my window. 我注意到窗外有只鸟在唱歌。
239	number	vi. 计入；总数达到	num-ber	He carefully counted the number of books on the shelf. 他仔细地数了数书架上的书。

背动词的第 13天

序号	单词	释义	划分	例句
240	nurse	vt. 看护, 护理; 照顾; 培养; 给...喂奶	nurse	She decided to nurse the injured bird back to health. 她决定护理那只受伤的小鸟。
241	offer	vt. 提供; 出价; 试图	of-fer	She will offer her help to anyone in need. 她会向任何需要帮助的人提供帮助。
242	open	vi. 开始; 展现	o-pen	He opens the door with a key. 他用钥匙打开门。
243	order	vt. 命令; 整理; 订购	or-der	He placed an order for a new book online. 他在网上订购了一本新书。
244	own	vt. 拥有; 承认	own	I own a lovely cat named Whiskers. 我拥有一只可爱的猫, 名字叫Whiskers.
245	paint	vt. 油漆; 绘画; 装饰; 涂色于; 描绘; (用语言, 文字等) 描写; 擦脂粉等	paint	She likes to paint colorful pictures. 她喜欢画彩色的图片.
246	pair	vt. 把...组成一对	pair	She likes to pair her favorite socks. 她喜欢把她最喜欢的袜子搭配在一起.
247	park	vt. 停放; 放置; 寄存	park	She parked her car in the garage. 她把车停在车库里.
248	pass	vt. 通过; 经过; 传递	pass	He tried to pass the ball to his teammate. 他试图把球传给他的队友.
249	pay	vt. 支付, 付; 偿还, 补偿; 给予	pay	He will pay for the groceries at the checkout. 他将在结账时付款购买杂货。
250	pick	vi. 挑选; 采摘; 挖	pick	He likes to pick fresh fruits

from the garden. 他喜欢从花园里采摘新鲜的水果.

251	plan	vt. 计划; 设计; 打算	plan	She plans to travel to Europe next summer. 她打算下个夏天去欧洲旅行。
252	plant	vt. 种植; 培养; 栽培; 安置	plant	She loves to plant flowers in her garden. 她喜欢在花园里种花。
253	play	vt. 游戏; 扮演; 演奏; 播放; 同...比赛	play	She likes to play video games after school. 她喜欢放学后玩电子游戏。
254	point	vt. 指向; 弄尖; 加标点于	point	She pointed to the sky. 她指着天空。
255	pollute	vt. 污染; 玷污; 败坏	pollute	The factories pollute the river with their waste. 工厂用废料污染了河流。
256	post	vt. 张贴; 公布; 邮递; 布置	post	She will post the notice on the bulletin board. 她将在布告板上张贴通知。
257	practice	vt. 练习; 实习; 实行	practice	She practices playing the piano every day. 她每天练习弹钢琴。
258	prepare	vt. 准备; 使适合; 装备; 起草	prepare	She needs time to prepare for the exam. 她需要时间准备考试。
259	present	vt. 提出; 介绍; 呈现; 赠送	present	She will present her project at the meeting. 她将在会议上展示她的项目。

背动词的第 14天

序号	单词	释义	划分	例句
260	print	vt. 印刷；打印；刊载； 用印刷体写；在...印花样	print	He needs to print out the document before the meeting. 他需要在会议前打印出这份文件。
261	produce	vt. 生产；引起；创作； 生育，繁殖	pro- du- ce	She produces beautiful paintings in her studio. 她在工作室里创作出美丽的画作。
262	promise	vt. 允诺，许诺；给人 以...的指望或希望	pro- mi-se	She promised to help me with my homework tonight. 她答应今晚帮我做作业。
263	protect	vt. 保护，防卫；警戒	pro- tect	She wears a helmet to protect her head while riding a bike. 她骑自行车时戴头盔保护头部。
264	provide	vt. 提供；规定；准备； 装备	pro- vi-de	The school cafeteria provides nutritious meals for students. 学校食堂为学生提供营养丰富的餐食。
265	pull	vt. 拉；拔；拖	pull	She pulled the rope with all her strength. 她用尽全力拉着绳子。
266	punish	vt. 惩罚；严厉对待；贪 婪地吃喝	pu- nish	He punished his son for disobeying the rules. 他因为违反规定惩罚了他的儿子。
267	purpose	vt. 决心；企图；打算	pur- po-se	She purposefully practiced the piano every day. 她每天都刻意地练习钢琴。
268	push	vi. 推进；增加；努力争 取	push	He pushed the door open with all his strength. 他用尽全力推开了门。
269	put	vi. 出发；击；航行；发 芽	put	He put on his coat and left the house. 他穿上外套离开了房子。
270	question	vt. 询问；怀疑；审问	ques-	He didn't question her decision.

			tion	他没有质疑她的决定。
271	rain	vt. 大量地给；使大量落下	rain	The farmer uses irrigation to rain water onto his crops. 农民使用灌溉系统给作物降雨水。
272	raise	vt. 提高；筹集；养育；升起	rai-se	She wants to raise money for charity. 她想为慈善筹款。
273	reach	vi. 达到；延伸；伸出手；传开	reach	She stretched her arm to reach the cookie jar on the top shelf. 她伸出手臂去够顶层的饼干罐。
274	read	vi. 读；读起来	read	She loves to read novels in her free time. 她喜欢在空闲时间读小说。
275	realize	vt. 实现；认识到；了解；将某物卖得，把(证券等)变成现钱；变卖	rea-li-ze	She didn't realize her mistake until it was too late. 她直到为时已晚才意识到了她的错误。
276	receive	vt. 收到；接待；接纳	re-ceive	She will receive a gift on her birthday. 她将在生日收到一份礼物。
277	record	vt. 记录，记载；标明；将...录音	re-cord	She used a pen to record her thoughts in the notebook. 她用钢笔记录她的想法在笔记本上。
278	refuse	vi. 拒绝	re-fu-se	She will refuse to eat vegetables. 她会拒绝吃蔬菜。
279	regret	vi. 感到后悔；感到抱歉	reg-ret	I regret not studying harder for the exam. 我后悔没有更努力地学习准备考试。

背动词的第 15天

序号	单词	释义	划分	例句
280	relax	vi. 放松, 休息; 松懈, 松弛; 变从容; 休养	re-lax	I need to relax after a busy day at work. 我需要在工作一天后放松一下。
281	remain	vi. 保持; 依然; 留下; 剩余; 逗留; 残存	re-main	She decided to remain at home instead of going out with her friends. 她决定留在家里, 而不是和朋友们出去。
282	remember	vi. 记得, 记起	re-mem-ber	She always remembers to feed her cat. 她总是记得给她的猫喂食。
283	repair	vt. 修理; 恢复; 补救, 纠正	re-pair	He will repair the broken chair. 他会修理那把坏掉的椅子。
284	repeat	vi. 重做; 重复发生	re-peat	She didn't understand the instructions, so she asked the teacher to repeat them. 她没听懂说明, 所以她让老师重复一遍。
285	reply	vt. 回答; 答复	rep-ly	He didn't reply to my message. 他没有回复我的消息。
286	report	vt. 报告; 报导; 使报到	re-port	She needs to report her findings to the manager. 她需要向经理报告她的发现。
287	require	vt. 需要; 要求; 命令	re-quire	Schools often require students to wear uniforms. 学校通常要求学生穿校服。
288	research	vt. 研究; 调查	re-search	She researched the topic thoroughly before writing her paper. 她在写论文之前彻底研究了这个话题。
289	rest	vt. 使休息, 使轻松; 把...寄	rest	She decided to rest after a long day of work. 她决定在一天的工作之后休息一下。

托于

290	result	vi. 结果；导致；产生	re-sult	His hard work will result in success. 他的努力将会取得成功。
291	return	vi. 返回；报答	re-turn	She will return home after school. 她放学后会回家。
292	review	vt. 回顾；检查；复审	re-view	I'll review my notes before the exam. 我会在考试前复习我的笔记。
293	ride	vi. 骑马；乘车；依靠；漂浮	ri-de	She likes to ride her bike to school every day. 她喜欢每天骑自行车上学。
294	rise	vt. 使...飞起；使...浮上水面	ri-se	The sun's warmth helps rise the balloons into the sky. 太阳的温暖帮助气球升上天空。
295	road	vt. (狗) 沿臭迹追逐 (猎物)	road	The dog was trained to road the rabbit. 狗被训练成沿着兔子的臭迹追逐。
296	rule	vt. 统治；规定；管理；裁决；支配	ru-le	He always follows the rule of being kind to others. 他总是遵循着对他人友善的规则。
297	run	vt. 管理，经营；运行；参赛	run	She runs a small business from home. 她在家经营一家小生意。
298	satisfy	vi. 令人满意；令人满足	sa-tis-fy	She ate the delicious cake to satisfy her sweet tooth. 她吃下了美味的蛋糕以满足她的甜食欲。
299	save	vi. 节省；挽救	sa-ve	He tries to save money by cutting unnecessary expenses. 他通过削减不必要的开支来节省钱。

背动词的第 16天

序号	单词	释义	划分	例句
300	say	vt. 讲；说明；例如；声称；假设；指明	say	He didn't say a word during the meeting. 他在会议中一言未发。
301	search	vt. 搜索；搜寻；调查；搜查；探求	search	He searched the entire house for his lost keys. 他在整个房子里搜寻他丢失的钥匙。
302	see	vi. 看；看见；领会	see	I see a bird in the sky. 我看见天空中的一只鸟。
303	seem	vi. 似乎；像是；装作	seem	She didn't seem interested in the conversation. 她似乎对这个对话不感兴趣。
304	sell	vt. 销售；推销；出卖；欺骗	sell	He decided to sell his old bike to buy a new one. 他决定卖掉他的旧自行车买一辆新的。
305	send	vi. 派人；寄信	send	I'll send you the file by email. 我会通过邮件把文件发给你。
306	sense	vt. 感觉到；检测	sen-se	He could sense danger lurking in the shadows. 他能感觉到危险潜伏在阴影中。
307	sentence	vt. 判决，宣判	sen-ten-ce	She received a harsh sentence for her actions. 她因为她的行为受到了严厉的判决。
308	separate	vt. 使分离；使分开；使分居	se-pa-ra-te	They use a curtain to separate the living room from the dining area. 他们用窗帘将客厅和餐厅分开。
309	serve	vi. 服役，服务；适合，足够；发球；招待，侍候	ser-ve	He decided to serve in the military after graduation. 他决定毕业后从军服役。
310	set	vi. (日,月)落沉；凝固；	set	The sun sets in the west. 太阳在

结果

西方落下。

311	shake	vt. 动摇；摇动；震动；握手	sha-ke	She tried to shake the sand out of her shoes. 她试图把鞋子里的沙子甩出来。
312	share	vt. 分享，分担；分配	sha-re	She likes to share her toys with her friends. 她喜欢和朋友分享她的玩具。
313	shine	vt. 照射，擦亮；把...的光投向；（口）通过擦拭使...变得有光泽或光	shi-ne	The sun will shine brightly in the sky tomorrow. 明天太阳将在天空中明亮照耀。
314	ship	vt. 运送，乘船；以船运送	ship	He will ship the package tomorrow. 他明天将运送包裹。
315	shop	vt. 购物	shop	She likes to shop for clothes on weekends. 她喜欢在周末购买衣服。
316	shout	vi. 呼喊；喊叫；大声说	shout	He heard someone shout in the distance. 他听到远处有人大喊大叫。
317	show	vt. 显示；说明；演出；展出	show	He will show us how to solve the math problem. 他会向我们展示如何解决这道数学问题。
318	shy	vi. 投；畏缩；惊退；厌恶	shy	She felt too shy to speak up in front of the class. 她感到太害羞，在班上不敢开口。
319	sick	vt. 使狗去咬；呕吐；追击	sick	The dog got sick after eating something from the garbage. 狗吃了垃圾后生病了。

背动词的第 17天

序号	单词	释义	划分	例句
320	side	vt. 同意, 支持	si-de	I side with her decision to pursue her passion for art. 我支持她追求艺术的决定.
321	sign	vt. 签署; 示意	sign	She will sign the contract tomorrow. 她明天将签署合同.
322	sing	vt. 唱; 用诗赞颂; 唱着使	sing	She loves to sing in the choir every Sunday. 她每个星期日都喜欢在唱诗班唱歌.
323	sit	vi. 坐; 位于	sit	She likes to sit by the window and read. 她喜欢坐在窗边看书.
324	sky	vt. 把...投向空中; 把...挂得过高	sky	She sky the ball over the net. 她把球打向网上方.
325	sleep	vi. 睡, 睡觉	sleep	He likes to sleep late on weekends. 他喜欢周末晚睡觉.
326	slow	vt. 放慢; 阻碍	slow	He tried to slow down the car on the slippery road. 他试图在湿滑的路上减速汽车.
327	smell	vt. 嗅, 闻; 察觉到; 发出...的气味	smell	He could smell the delicious aroma of freshly baked bread. 他能闻到新鲜烤面包的香气.
328	smile	vt. 微笑着表示	smi-le	She couldn't help but smile when she saw the cute puppy. 她看到那只可爱的小狗时忍不住微笑.
329	smoke	vt. 吸烟; 抽	smo-ke	He used to smoke cigarettes but quit last year. 他过去抽烟, 但去年戒了.
330	snow	vt. 使纷纷落下; 使变白	snow	The snow fell softly outside the window. 雪花在窗外轻轻飘落.
331	solve	vt. 解决; 解答; 溶解	sol-ve	She can solve the puzzle quickly. 她

可以很快解开这个谜题.

332	sound	vt. 听 (诊) ; 测量, 测...深; 使发声; 试探; 宣告	sound	He used a stethoscope to sound her chest. 他用听诊器听她的胸腔.
333	speak	vi. 说话; 演讲; 表明; 陈述	speak	She doesn't speak much in class. 她在课堂上不怎么说话.
334	spend	vt. 度过, 消磨 (时光) ; 花费; 浪费; 用尽	spend	I spend my weekends exploring new places. 我周末花时间探索新地方.
335	spread	vt. 传播, 散布; 展开; 伸展; 铺开	spread	The news spread quickly through the small town. 新闻迅速传播到小镇上.
336	stamp	vt. 用脚踩踏; 盖章于...; 贴邮票于...;	stamp	He stamped his passport before boarding the plane. 他在登机前盖了护照章.
337	stand	vi. 站立; 位于; 停滞	stand	She stood by the window, gazing at the sunset. 她站在窗边, 凝视着日落.
338	star	vt. 用星号标于; 由...主演, 由...担任主角	star	He starred in the new movie. 他在新电影中担任主角.
339	start	vt. 开始; 启动	start	She will start her new job next Monday. 她将于下周一开始她的新工作.

背动词的第 18天

序号	单词	释义	划分	例句
340	state	vt. 规定；声明； 陈述	sta-te	She needs to clearly state her opinion during the meeting. 她需要在会议上明确陈述她的观点。
341	stay	vi. 停留；坚持； 暂住；停下	stay	She decided to stay at home and relax for the evening. 她决定留在家里放松一晚上。
342	steal	vt. 剽窃；偷偷地 做；偷窃	steal	She tried to steal the cookies from the jar when no one was looking. 她趁没人注意的时候试图偷饼干罐里的饼干。
343	step	vt. 走，迈步	step	He took a step forward. 他向前迈出一 步。
344	stick	vi. 坚持；伸出； 粘住	stick	He can stick to his decision despite criticism. 他能坚持自己的决定，尽管受到批评。
345	stop	vi. 停止；中止； 逗留；被塞住	stop	He stopped to catch his breath. 他停下来喘口气。
346	store	vt. 贮藏，储存	sto-re	She likes to store her old clothes in the attic. 她喜欢把旧衣服存放在阁楼里。
347	study	vt. 学习；考虑； 攻读；细察	stu-dy	She likes to study in the library every evening. 她喜欢每天晚上在图书馆学习。
348	subject	vt. 使...隶属；使 屈从于...	sub- ject	The teacher will subject the students to a surprise quiz tomorrow. 明天老师将让学生们应考一个突发测验。
349	succeed	vi. 成功；继承； 继任；兴旺	suc- ceed	She worked hard and managed to succeed in her exams. 她努力学习，成功通过了考试。
350	suggest	vt. 提议，建议； 启发；使人想起； 显示；暗示	sug- gest	She didn't directly suggest a solution, but her hints were clear. 她没有直接提出解决方案，但她的暗示很明显。

351	support	vt. 支持, 支撑, 支援; 扶持, 帮助; 赡养, 供养	sup-port	He supports his friend through difficult times. 他在朋友困难时期支持他。
352	suppose	vt. 假设; 认为; 让 (虚拟语气); 推想	sup-po-se	I suppose the weather will be sunny tomorrow. 我假设明天天气会晴朗。
353	swim	vi. 游泳; 漂浮; 浸; 眩晕	swim	She loves to swim in the ocean during the summer. 她喜欢在夏天在海里游泳。
354	take	vi. 拿; 获得	ta-ke	He will take the book from the shelf. 他将从书架上拿走这本书。
355	talk	vi. 谈话; 说闲话	talk	She loves to talk with her friends after school. 她喜欢放学后和朋友们聊天。
356	taste	vt. 尝; 体验	tas-te	The soup tastes delicious. 这碗汤尝起来很美味。
357	teach	vt. 教; 教授; 教导	teach	She loves to teach her students new things every day. 她喜欢每天教她的学生新知识。
358	tell	vt. 告诉, 说; 辨别; 吩咐; 断定	tell	He didn't tell anyone about his secret. 他没有告诉任何人他的秘密。
359	test	vt. 试验; 测试	test	She will test the new recipe tonight. 她今晚会上试验这个新食谱。

背动词的第 19天

序号	单词	释义	划分	例句
360	thank	vt. 感谢	thank	I want to thank you for your help. 我想感谢你的帮助。
361	think	vi. 想；认为	think	She thinks the movie is boring. 她认为这部电影很无聊。
362	thought	v. 想，思考；认为 (think的过去式和过去分词)	thought	He thought about the problem all night. 他整夜思考这个问题。
363	throw	vt. 投；抛；掷	throw	He likes to throw the ball to his dog. 他喜欢把球扔给他的狗。
364	touch	vt. 接触；触动；使轻度受害	touch	She reached out to touch the soft petals of the flower. 她伸手去触摸花朵柔软的花瓣。
365	trade	vt. 用...进行交换	tra-de	She traded her toy for a candy. 她用她的玩具换了一颗糖。
366	train	v. 培养；训练；瞄准	train	She trains her dog to sit and stay. 她训练她的狗坐下并保持安静。
367	translate	vt. 翻译；转化；解释；转变为；调动	trans-la-te	She can translate the document from Spanish to English. 她可以将文件从西班牙语翻译成英语。
368	travel	vt. 经过；在...旅行	tra-vel	She loves to travel to exotic places during her vacations. 她喜欢在假期去异国他乡旅行。
369	treat	vi. 探讨；请客；协商	treat	She decided to treat her friends to ice cream after the movie. 她决定在电影结束后请她的朋友吃冰淇淋。
370	trust	vt. 信任，信赖；盼望；赊卖给	trust	I trust my best friend with all my secrets. 我对我的好朋友完全信任，不保留任何秘密。

371	try	vt. 试图, 努力; 试验; 审判; 考验	try	She will try her best to finish the project on time. 她会尽力按时完成这个项目。
372	turn	vi. 转向; 转变; 转动	turn	He decided to turn left at the intersection. 他决定在十字路口左转。
373	understand	vi. 理解; 懂得; 熟悉	un- ders- tand	She couldn't understand the instructions. 她无法理解那些说明。
374	use	vt. 利用; 耗费	u-se	She knows how to use a computer effectively. 她知道如何有效地使用电脑。
375	used	v. 用 (use的过去式); (used to) 过去常做	u-sed	She used her creativity to solve the problem. 她运用创造力解决问题。
376	value	vt. 评价; 重视; 估价	va-lue	She values honesty in her friendships. 她在友谊中看重诚实。
377	video	v. 录制	vi-deo	She likes to video her cat playing. 她喜欢录制她的猫玩耍。
378	visit	vt. 访问; 参观; 视察	vi-sit	She will visit her grandmother in the hospital tomorrow. 她明天会去医院看奶奶。
379	wait	vi. 等待; 耽搁; 伺候用餐	wait	I can't wait for the weekend to relax. 等不及周末放松了。

背动词的第 20天

序号	单词	释义	划分	例句
380	wake	vt. 叫醒；激发	wa-ke	She used an alarm clock to wake up early. 她用闹钟早起。
381	walk	vi. 走，步行；散步	walk	He likes to walk in the park every morning. 他喜欢每天早晨在公园里散步。
382	want	vt. 需要；希望；应该；缺少	want	I want a new book for my birthday. 我希望在我的生日时能得到一本新书。
383	warn	vt. 警告，提醒；通知	warn	She warned her friend about the icy sidewalks. 她提醒她的朋友注意结冰的人行道。
384	wash	vt. 洗涤；洗刷；冲走；拍打	wash	She washes her hands before every meal. 她每顿饭前都洗手。
385	waste	vt. 浪费；消耗；使荒芜	was-te	He wasted his time playing video games. 他浪费了时间玩电子游戏。
386	watch	vt. 观察；注视；看守；警戒	watch	He likes to watch birds in the park. 他喜欢在公园里观察鸟类。
387	water	vt. 使湿；供以水；给...浇水	wa-ter	She watered the plants in the garden. 她给花园里的植物浇水。
388	wear	v. 穿着；用旧；耗损；面露	wear	She wears a beautiful dress to the party. 她穿着一件漂亮的裙子去参加派对。
389	welcome	vt. 欢迎	wel-co-me	Everyone gathered to welcome the new student. 欢迎新同学的到来。
390	win	vt. 赢得；在...中获胜；劝诱	win	She always strives to win every competition. 她总是努力赢得每一场比赛。
391	wish	vt. 祝愿；渴望；向...致问候语	wish	I wish to visit Paris next summer. 我希望明年夏天去巴黎。

392	wonder	vi. 怀疑；想知道；惊讶	wonder	I wonder what the weather will be like tomorrow. 我想知道明天的天气会怎样。
393	work	vt. 使工作；操作；经营；使缓慢前进	work	He works hard to support his family. 他努力工作来养家。
394	worry	vi. 担心；烦恼；撕咬	wor-ry	She worries about her upcoming exam. 她担心她即将到来的考试。
395	write	vi. 写，写字；写作，作曲；写信	wri-te	She loves to write stories in her free time. 她喜欢在空闲时间写故事。