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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | act | [akt] | v.表演：举动：起作用 n.行为，法令：一幕 |  |  |  |  |  |  |  |
| 2 | add | [pæ] | vt.加：增加（进）：进一步说／写vi.（to）增添 |  |  |  |  |  |  |  |
| 3 | age | [eid3] | n.年龄；时代：老年：长时间v.（使）变老 |  |  |  |  |  |  |  |
| 4 | ago | [ne6.e] | ad.（常和一般过去时的动词连用）以前，---前 |  |  |  |  |  |  |  |
| 5 | aid | [pto] | n.援助，救护：助手，辅助物 vi.援助，救援 |  |  |  |  |  |  |  |
| 6 | aim | [eim] | n.目的：瞄准vi.（at）目的在于vt.把···瞄准 |  |  |  |  |  |  |  |
| 7 | air | [(1)ea] | n.空气：（复数）神气vt.（使）通风：晾干 |  |  |  |  |  |  |  |
| 8 | and | [end;en;n;ænd] | conj.和，与，而且：那么；接连，又 |  |  |  |  |  |  |  |
| 9 | all | [1c] | a.全部的：非常的ad.完全地，很pron.全部 |  |  |  |  |  |  |  |
| 10 | ant | [] | n.蚁：蚂蚁 |  |  |  |  |  |  |  |
| 11 | any | [eni] | a.（用于否定句、疑问句等）什么，一些；任何的 |  |  |  |  |  |  |  |
| 12 | apt | [æpt] | a.恰当的，适当的：易于···的，有···倾向的 |  |  |  |  |  |  |  |
| 13 | arm | [a:m] | n.手臂，扶手，臂状物 v.武装：配备 n.武器 |  |  |  |  |  |  |  |
| 14 | art | [a:t] | n.艺术，美术：技术，技艺：文科，人文科学 |  |  |  |  |  |  |  |
| 15 | ash | [■] | n.灰，灰末：（pl.）骨灰：（pl.）废墟 |  |  |  |  |  |  |  |
| 16 | ask | [a:sk] | vt.问，询问：请求，要求：邀请，约请 |  |  |  |  |  |  |  |
| 17 | awe | [o:] | n.敬畏，惊惧 vt.使敬畏，使惊惧 |  |  |  |  |  |  |  |
| 18 | axe | [æks] | n.（ax）斧子：削减vt.用斧砍 |  |  |  |  |  |  |  |
| 19 | bad | [baed] | a.坏的：低劣的：不舒服的；腐败的：严重的 |  |  |  |  |  |  |  |
| 20 | bag | [baeg] | n.袋，提包v.把···装入袋中；猎杀；占有 |  |  |  |  |  |  |  |
| 21 | ban | [ban] | v.取缔，查禁；（from）禁止n.禁止，禁令 |  |  |  |  |  |  |  |
| 22 | bar | [bo:(r)] | n.条，杆，闩；酒吧；栅，障碍（物）v.闩上，阻拦 |  |  |  |  |  |  |  |
| 23 | bat | [bæ] | n.球拍，球棒，短棒；蝙蝠 |  |  |  |  |  |  |  |
| 24 | bay | [bei] | n.海湾，（港）湾 |  |  |  |  |  |  |  |
| 25 | bed | [bed] | n.床，床位：（苗）床，坛：河床，（湖、海的）底 |  |  |  |  |  |  |  |
| 26 | bee | [bi:] | n.蜂，蜜蜂；忙碌的人 |  |  |  |  |  |  |  |
| 27 | beg | [beg] | vt.请求，乞求vi.恳请，行乞 |  |  |  |  |  |  |  |
| 28 | bet | [bet] | v.赌，打赌n.打赌，赌注 |  |  |  |  |  |  |  |
| 29 | bid | [bid] | v.祝愿；命令，吩咐；报价，投标 n.出众，投标 |  |  |  |  |  |  |  |
| 30 | big | [bg] | a.大的：重要的：宽宏大量的；大受欢迎的 |  |  |  |  |  |  |  |

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| 1 | bin | [bmn] | n.（贮藏食物等用的）箱子 |  |  |  |  |  |  |  |
| 2 | bow | [bau] | v.／n.鞠躬，点头n.弓（形）；蝴蝶结 |  |  |  |  |  |  |  |
| 3 | box | [boks] | n.盒，箱：包厢v.把···装箱；拳击，打耳光 |  |  |  |  |  |  |  |
| 4 | boy | [ba] | n.男孩子，儿子：男性服务员 |  |  |  |  |  |  |  |
| 5 | bud | [bad] | n.芽，花苞v.发芽，含苞欲放 |  |  |  |  |  |  |  |
| 6 | bug | [bng] | n.臭虫；小毛病；窃听器 v.窃听 |  |  |  |  |  |  |  |
| 7 | bus | [bas] | n.公共汽车，总线，信息通路 |  |  |  |  |  |  |  |
| 8 | but | [bet;bat] | conj.但是prep.除...以外ad.只，才，仅仅 |  |  |  |  |  |  |  |
| 9 | buy | [bai] | vt.买，买得：向···行贿，收买 vi.购买东西 |  |  |  |  |  |  |  |
| 10 | cab | [kæeb] | n.出租车，出租马车；驾驶室 vi.乘出租马车 |  |  |  |  |  |  |  |
| 11 | can | [kæn] | aux.v.能；可以n.罐头：容器vt.把···装罐 |  |  |  |  |  |  |  |
| 12 | cap | [kæp] | n.便帽，军帽；盖，罩，套v.覆盖于···顶端 |  |  |  |  |  |  |  |
| 13 | car | [ko:(r)] | n.汽车，车辆，车；（火车）车厢 |  |  |  |  |  |  |  |
| 14 | cat | [kæet] | n.猫：猫科； |  |  |  |  |  |  |  |
| 15 | cop | [ka:p] | n.警察（slang 俚语） |  |  |  |  |  |  |  |
| 16 | OW | [kau] | n.母牛，奶牛 |  |  |  |  |  |  |  |
| 17 | cry | [krai] | n.＆v.叫，喊，哭：（鸟兽）叫，啼，鸣，嗥 |  |  |  |  |  |  |  |
| 18 | cue | [kju:] | 暗示，提示，球杆 |  |  |  |  |  |  |  |
| 19 | cup | [kAp] | n.杯子；奖杯，优胜杯；（一）杯，一杯的容量 |  |  |  |  |  |  |  |
| 20 | cut | [kAt] | n.／v.切，割，削；削减，删节n.切口，伤口 |  |  |  |  |  |  |  |
| 21 | dam | [dæem] | n.水坝，水闸 |  |  |  |  |  |  |  |
| 22 | day | [dei] | n.天，一昼夜：白昼，白天；时期，时代 |  |  |  |  |  |  |  |
| 23 | dew | [dju:] | n.露水 |  |  |  |  |  |  |  |
| 24 | die | [dai] | vi.死，死亡：（草木）枯萎，凋谢；渴望 |  |  |  |  |  |  |  |
| 25 | dig | [dig] | v.挖，掘 |  |  |  |  |  |  |  |
| 26 | dim | [dm] | a.暗淡的，模糊的 |  |  |  |  |  |  |  |
| 27 | dip | [dip] | v.／n.浸，蘸 |  |  |  |  |  |  |  |
| 28 | dog | [dpg] | n.狗，雄兽vt.尾随，跟踪 |  |  |  |  |  |  |  |
| 29 | dot | [dot] | n.点，圆点v.在···上打点 |  |  |  |  |  |  |  |
| 30 | dry | [drai] | a.干（早）的：干渴的：枯燥vt.使干燥，晒干 |  |  |  |  |  |  |  |

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| 1 | ənp | [dju:] | a.（to）应支付的；（车，船等）预定应到达的 |  |  |  |  |  |  |  |
| 2 | dye | [dai] | n.染料v.染，染色 |  |  |  |  |  |  |  |
| 3 | ear | [iə(r)] | n.耳，耳朵：听力，听觉：穗 |  |  |  |  |  |  |  |
| 4 | eat | [i:t] | vt.吃，喝vi.吃饭，吃东西 |  |  |  |  |  |  |  |
| 5 | ebb | [eb] | vi.衰退，减退n.处于低潮，处于衰退状态 |  |  |  |  |  |  |  |
| 6 | egg | [eg] | n.蛋；卵；卵形物 |  |  |  |  |  |  |  |
| 7 | ego | ['i:geu;'egəu] | n.自我，自负，利已主义：（心理学）自我意识 |  |  |  |  |  |  |  |
| 8 | end | [end] | n.末端，端，梢：目标，目的v.终止，结束 |  |  |  |  |  |  |  |
| 9 | era | [irə,'erə] | n.时代，年代，阶段，纪元 |  |  |  |  |  |  |  |
| 10 | eve | [i:v] | n.（节日等的）前夜，前夕 |  |  |  |  |  |  |  |
| 11 | eye | [ai] | n.眼（睛）；视力；眼力；监督vt.看，审视 |  |  |  |  |  |  |  |
| 12 | fan | [fæn] | n.扇子，风扇；（影，球等）迷v.扇，扇动，激起 |  |  |  |  |  |  |  |
| 13 | far | [fa:(r)] | a.／ad.远，久远，遥远 ad.到···程度，···得多 |  |  |  |  |  |  |  |
| 14 | fat | [fæt] | a.多脂肪的，肥胖的：丰厚的n.脂肪，肥肉 |  |  |  |  |  |  |  |
| 15 | fax | [faks] | n.／v.传真（机） |  |  |  |  |  |  |  |
| 16 | fee | [fi:] | n.费（会费，学费等）；酬金 |  |  |  |  |  |  |  |
| 17 | few | [fju:] | a.［表肯定］有些，几个；［表否定］几乎没有的 |  |  |  |  |  |  |  |
| 18 | fit | [fit] | a.（病的）发作，痉挛v.／a.n.合适，试穿，安装 |  |  |  |  |  |  |  |
| 19 | fix | [fiks] | v.（使）固定；修理；安装；决定；注视n.困境 |  |  |  |  |  |  |  |
| 20 | flu | [flu:] | n.（influenza）流行性感冒 |  |  |  |  |  |  |  |
| 21 | fly | [flai] | n.飞行；苍蝇v飞行；飘杨 a.机敏的 |  |  |  |  |  |  |  |
| 22 | fog | [fDg] | n.雾气，雾v.以雾笼罩，被雾笼罩 |  |  |  |  |  |  |  |
| 23 | for | [fə(r);fo:(r)] | prep.为了；给；代替；向；支持conj.因为？ |  |  |  |  |  |  |  |
| 24 | fox | [foks] | n.狐狸 |  |  |  |  |  |  |  |
| 25 | fry | [frat] | v.油煎，油炸 |  |  |  |  |  |  |  |
| 26 | fun | [fAn] | n.玩笑，娱乐；有趣的人（或事物） |  |  |  |  |  |  |  |
| 27 | fur | [f3:(r)] | n.毛，毛皮 |  |  |  |  |  |  |  |
| 28 | gap | [gæp] | n.缺口；差距；空白；缺乏 |  |  |  |  |  |  |  |
| 29 | gas | [gæes] | n.气体：煤气：汽油；毒气vt.毒（死）：加油 |  |  |  |  |  |  |  |
| 30 | gay | [gei] | a.快乐的，愉快的，色彩鲜艳的n.同性恋 |  |  |  |  |  |  |  |

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| 1 | get | [get] | v.获得，得到；使，使得：变得，成为；到达 |  |  |  |  |  |  |  |
| 2 | 8od | [god] | n.上帝（小写god 泛指所有的“神，神像”） |  |  |  |  |  |  |  |
| 3 | gum | [gAm] | n.树胶；口香糖 |  |  |  |  |  |  |  |
| 4 | gun | [gAn] | n.枪，炮，手枪 |  |  |  |  |  |  |  |
| 5 | gut | [gAt] | n.［pl.］胆量；内脏a.本能的vt.取出内脏 |  |  |  |  |  |  |  |
| 6 | guy | [gai] | n.家伙，人 |  |  |  |  |  |  |  |
| 7 | ham | [ham] | n.火腿 |  |  |  |  |  |  |  |
| C | hat | [hæt] | n.帽子（一般指有边的帽子） |  |  |  |  |  |  |  |
| 9 | hay | [hei] | n.干草 |  |  |  |  |  |  |  |
| 10 | hen | [hen] | n.母鸡 |  |  |  |  |  |  |  |
| 11 | her | [hə(r):3:(r);ə(r); | hpron.［she的宾格］她；［she的所有格］她的 |  |  |  |  |  |  |  |
| 12 | him | [him;mm] | pron.他（he的宾格形式） |  |  |  |  |  |  |  |
| 13 | hip | [hip] | n.臀部，髋：屋脊 |  |  |  |  |  |  |  |
| 14 | his | [hiz;tz] | pron.［he 的所有格／物主代词］他的（所有物） |  |  |  |  |  |  |  |
| 15 | hit | [hit] | v.打，击；碰撞 n.击中；成功而风行一时的事物 |  |  |  |  |  |  |  |
| 16 | hop | [ho:p] | v.人单足跳；跳上（车等）n.蹦跳；短程飞行 |  |  |  |  |  |  |  |
| 17 | hot | [hot] | a.（炎）热的；辣的：急躁的：激动的：热衷的 |  |  |  |  |  |  |  |
| 18 | how | [hau] | ad．1．（表示方法、手段、状态）怎样：如何 |  |  |  |  |  |  |  |
| 19 | hug | [hng] | v.／n.热烈拥抱，紧抱 |  |  |  |  |  |  |  |
| 20 | hum | [hAm] | v.哼曲子：发嗡嗡声；忙碌 n.嗡嗡声，嘈杂声 |  |  |  |  |  |  |  |
| 21 | hut | [hAt] | n.小屋，棚屋 |  |  |  |  |  |  |  |
| 22 | ice | [ais] | n.冰；冰冻甜食 vt.冰冻，使成冰 |  |  |  |  |  |  |  |
| 23 | il1 | [il] | a.有病的；坏的；恶意的ad.坏地；不利地 |  |  |  |  |  |  |  |
| 24 | ink | [igk] | n.墨水，油墨 |  |  |  |  |  |  |  |
| 25 | inn | [mn] | n.小旅馆，客栈 |  |  |  |  |  |  |  |
| 26 | its | [its] | pron.［it的所有格］它的 |  |  |  |  |  |  |  |
| 27 | jam | [d3am] | n.阻塞，轧住；果酱v.（使）阻塞，（使）轧住不动 |  |  |  |  |  |  |  |
| 28 | jar | [d3o:(r)] | n.罐坛，广口瓶 |  |  |  |  |  |  |  |
| 29 | jaw | [d3o:] | n.颌，颚 |  |  |  |  |  |  |  |
| 30 | jet | [d3et] | n.喷气发动机，喷气式飞机；喷口 v.喷出，喷射 |  |  |  |  |  |  |  |

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| 1 | job | [d3ob] | n.工作，职位；零活，一件工作；任务，职责 |  |  |  |  |  |  |  |
| 2 | jog | [d30:9] | v.慢跑 |  |  |  |  |  |  |  |
| 3 | joy | [d3a] | n.欢乐，喜悦：乐事，乐趣 |  |  |  |  |  |  |  |
| 4 | jug | [d3ng] | n.（有柄，小口，可盛水等的）大壶，罐，盂 |  |  |  |  |  |  |  |
| 5 | key | [ki:] | n.钥匙；答案；关键；键a.主要的，关键的 |  |  |  |  |  |  |  |
| 6 | kid | [kid] | n.小孩，儿童v.戏弄，取笑 |  |  |  |  |  |  |  |
| 7 | kin | [km] | n.家族，亲属，血缘关系a.亲属关系的，同类的 |  |  |  |  |  |  |  |
| 8 | kit | [kit] | n.成套工具，用具包，工具箱 |  |  |  |  |  |  |  |
| 9 | lab | [læb] | n.（laboratory）实验室 |  |  |  |  |  |  |  |
| 10 | lad | [læd] | n.男孩，小伙子 |  |  |  |  |  |  |  |
| 11 | lag | [lag] | v.／n.落后，滞后vt.用隔热材料覆盖（锅炉等） |  |  |  |  |  |  |  |
| 12 | lap | [læp] | n.大腿，（跑道的）一圈，一段路程，工作阶段 |  |  |  |  |  |  |  |
| 13 | law | [1o:] | n.法律，法规，法学，规律，定律 |  |  |  |  |  |  |  |
| 14 | lay | [lei] | v.放，搁：下（蛋）：铺设，敷设：设置，布置 |  |  |  |  |  |  |  |
| 15 | leg | [leg] | n.腿，腿部；支柱：（旅程的）一段，一站 |  |  |  |  |  |  |  |
| 16 | let | [let] | v.让，允许，听任：设，假设：出租，租给 |  |  |  |  |  |  |  |
| 17 | lid | [lid] | n.盖 |  |  |  |  |  |  |  |
| 18 | lie | [lai] | vi.躺，平放：处于：位于v.说谎n.谎话 |  |  |  |  |  |  |  |
| 19 | lip | [lip] | n.嘴唇 |  |  |  |  |  |  |  |
| 20 | log | [1Dg] | n.原木，圆木；航海日志 |  |  |  |  |  |  |  |
| 21 | lot | [lpt] | n.许多，大量；签，抽签；命运；场地 |  |  |  |  |  |  |  |
| 22 | low | [ləu] | a.低，矮；低级的，下层的，卑贱的；低声的 |  |  |  |  |  |  |  |
| 23 | mad | [med] | a.发疯的；狂热的，着迷的；恼火的，生气的 |  |  |  |  |  |  |  |
| 24 | man | [msen] | n.（pl.men）人：人类（单数，不加冠词）：男人 |  |  |  |  |  |  |  |
| 25 | map | [mep] | n.地图，图vt.在地图上标示出，绘制地图 |  |  |  |  |  |  |  |
| 26 | mat | [met] | n.席子，垫子 |  |  |  |  |  |  |  |
| 27 | may | [mei] | aux.v.可能，也许：可以，被允许；祝，愿 |  |  |  |  |  |  |  |
| 28 | May | [mei] | n.五月 |  |  |  |  |  |  |  |
| 29 | mix | [mks] | v.使混合：混淆 |  |  |  |  |  |  |  |
| 30 | mob | [mob] | n.乌合之众（尤指暴力者）vi.围攻，聚众闹事 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | mud | [mAd] | n.泥，泥浆v.弄脏，使沾污泥 |  |  |  |  |  |  |  |
| 2 | mug | [mng] | n.（有柄的）大茶杯 |  |  |  |  |  |  |  |
| 3 | nap | [næp] | n.小睡，打盹 |  |  |  |  |  |  |  |
| 4 | net | [net] | n.网，网状物v.用网捕，使落网 a.纯净的 |  |  |  |  |  |  |  |
| 5 | new | [nju:] | a.新（近）的：新来的；不熟悉的；没经验的 |  |  |  |  |  |  |  |
| 6 | nod | [nod] | v.点（头），点头招呼 n.点头招呼；打盹，瞌睡 |  |  |  |  |  |  |  |
| 7 | nor | [(x):cu] | conj.／ad.也不，也没有 |  |  |  |  |  |  |  |
| 8 | not | [not] | ad.不，不是，不会：没有 |  |  |  |  |  |  |  |
| 9 | now | [nau] | ad.现在，如今，目前：当时，于是，然后 |  |  |  |  |  |  |  |
| 10 | nut | [nat] | n.坚果；螺母，螺帽 |  |  |  |  |  |  |  |
| 11 | oak | [auk] | n.橡树，橡木a.橡木的 |  |  |  |  |  |  |  |
| 12 | oar | [o:(r)] | n.桨，橹v.划，划动，划行 |  |  |  |  |  |  |  |
| 13 | odd | [Dd] | a.奇数的：奇怪的；单只的；临时的；带零头的 |  |  |  |  |  |  |  |
| 14 | off | [Df] | ad.离开；在远处：脱开 prep.从，从...离开 |  |  |  |  |  |  |  |
| 15 | oil | [al] | n.油，石油v.给···加润滑油；涂油，上油 |  |  |  |  |  |  |  |
| 16 | old | [auld] | a.年老的：···岁的：长时间的，老的：过去的 |  |  |  |  |  |  |  |
| 17 | one | [wAn] | num.一pron.一个（只）（表示代替可数的东西） |  |  |  |  |  |  |  |
| 18 | opt | [Dpt] | vi.抉择，选择 |  |  |  |  |  |  |  |
| 19 | ore | [o:r] | n.矿石，矿砂 |  |  |  |  |  |  |  |
| 20 | our | [a:(r):'aue(r)] | pron.［we 的所有格］我们的 |  |  |  |  |  |  |  |
| 21 | out | [aut] | ad.出去：离家：突出来a.外面的，往外去的 |  |  |  |  |  |  |  |
| 22 | owe | [au] | v.欠（债等），应向···付出，归功于，得感谢 |  |  |  |  |  |  |  |
| 23 | owl | [aul] | n.猫头鹰 |  |  |  |  |  |  |  |
| 24 | UMO | [aun] | a.（用在所有格后面，加强语气）自己的 |  |  |  |  |  |  |  |
| 25 | pad | [pæed] | n.垫，衬垫；便笺簿v.加上衬垫 |  |  |  |  |  |  |  |
| 26 | pan | [pæn] | n.平底锅，盘子，面板 |  |  |  |  |  |  |  |
| 27 | pat | [pæet] | v.／n.轻拍，轻打，抚摸 |  |  |  |  |  |  |  |
| 28 | paw | [po:] | n.爪 |  |  |  |  |  |  |  |
| 29 | pay | [pet] | v.付款，付出代价，给予注意n.工资，薪金 |  |  |  |  |  |  |  |
| 30 | pea | [pi:] | n.豌豆 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | pen | [pen] | n.钢笔，圆珠笔，作家，围栏vt.写，关入栏中 |  |  |  |  |  |  |  |
| 2 | per | [pər,p3:r] | prep.每；经，由 |  |  |  |  |  |  |  |
| 3 | pet | [pet] | n.爱畜，宠儿a.宠爱的，表示亲昵的 |  |  |  |  |  |  |  |
| 4 | pie | [pai] | n.馅饼 |  |  |  |  |  |  |  |
| 5 | pig | [ptg] | n.猪，猪肉；猪一般的人（指肮脏，贪吃的人） |  |  |  |  |  |  |  |
| 6 | pin | [pin] | n.钉；大头针，别针，徽章v.（up）钉住，别住 |  |  |  |  |  |  |  |
| 7 | pit | [pit] | n.坑，陷阱；煤矿，矿井 |  |  |  |  |  |  |  |
| 8 | pop | [pDp] | a.流行的n.（发出）砰的一声v.突然出现 |  |  |  |  |  |  |  |
| 9 | pot | [pa:t] | n.罐，壶 |  |  |  |  |  |  |  |
| 10 | pub | [pab] | n.（英国）小酒店：小旅馆 |  |  |  |  |  |  |  |
| 11 | put | [put] | vt.放，搁，置；表达：使处于...状态，记下 |  |  |  |  |  |  |  |
| 12 | rag | [ræg] | n.抹布，破布，碎布 |  |  |  |  |  |  |  |
| 13 | rap | [ræp] | n.叩击，轻拍，斥责v.敲，拍，打，斥责，使着迷 |  |  |  |  |  |  |  |
| 14 | rat | [ræt] | n.鼠 |  |  |  |  |  |  |  |
| 15 | raw | [ro:] | a.未煮过的，生的；未加工过的，未经训练的 |  |  |  |  |  |  |  |
| 16 | ray | [ret] | n.光线，射线 |  |  |  |  |  |  |  |
| 17 | red | [red] | a.红的，红色的n.红色；红色颜料 |  |  |  |  |  |  |  |
| 18 | rib | [rib] | n.肋骨，肋状物 |  |  |  |  |  |  |  |
| 19 | rid | [rid] | v.（of）使摆脱，使去掉 |  |  |  |  |  |  |  |
| 20 | rim | [rtm] | n.（圆物的）边，边缘；（眼镜）框 |  |  |  |  |  |  |  |
| 21 | rip | [rip] | v.撕，剥，劈，锯，裂开，撕裂 n.裂口，裂缝 |  |  |  |  |  |  |  |
| 22 | rob | [rob] | v.（of）抢劫，盗取；非法剥夺 |  |  |  |  |  |  |  |
| 23 | rod | [rod] | n.杆，棒 |  |  |  |  |  |  |  |
| 24 | rot | [ra:t] | v.（使）腐烂，（使）腐败，腐朽 |  |  |  |  |  |  |  |
| 25 | row | [rau] | n.（一）排，（一）行；吵嚷 v.划（船等），荡桨 |  |  |  |  |  |  |  |
| 26 | rub | [rab] | v.擦，摩擦 |  |  |  |  |  |  |  |
| 27 | rug | [rAg] | n.（小）地毯：围毯 |  |  |  |  |  |  |  |
| 28 | run | [ran] | v.奔，跑：流，淌：蔓延，伸展：经营：运转 |  |  |  |  |  |  |  |
| 29 | sad | [sæed] | a.悲哀的，忧愁的 |  |  |  |  |  |  |  |

saw

n.锯子，锯床v.锯，锯开

|  |  |  |  |  |  |  |  |  |  |  |
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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | say | [sei] | vt.说，讲：说明：比如说 vi.说，发表意见 |  |  |  |  |  |  |  |
| 2 | sea | [si:] | n.海，海洋，大量 |  |  |  |  |  |  |  |
| 3 | see | [si:] | vt.看见：会面；探望；知道，获悉：送行 |  |  |  |  |  |  |  |
| 4 | set | [set] | n.一套，一副，装置，接受机v.提出，调整，日落 |  |  |  |  |  |  |  |
| 5 | sew | [nes] | v.缝，缝纫 |  |  |  |  |  |  |  |
| 6 | sex | [seks] | n.性别，性 |  |  |  |  |  |  |  |
| 7 | she | [fi:fi:] | pron.（主格）她 |  |  |  |  |  |  |  |
| 8 | shy | ［可］ | a.怕羞的，腼腆的；胆怯的vi.惊退，畏缩 |  |  |  |  |  |  |  |
| 9 | sin | [sin] | n.罪，罪恶v.犯罪 |  |  |  |  |  |  |  |
| 10 | sip | [stp] | v.小口地喝，抿，呷n.一小口的量 |  |  |  |  |  |  |  |
| 11 | sir | [s3:(r);sə(r)] | n.先生，长官：［S-用于姓名前］···爵士 |  |  |  |  |  |  |  |
| 12 | sit | [sit] | vi.坐，坐下；位于；栖息；孵卵vt.使就坐 |  |  |  |  |  |  |  |
| 13 | six | [siks] | num.六 pron.／a.六（个，只...） |  |  |  |  |  |  |  |
| 14 | ski | [ski:] | n.雪橇v.滑雪 |  |  |  |  |  |  |  |
| 15 | sky | [skai] | n.天空：［pl.］天色：气候 |  |  |  |  |  |  |  |
| 16 | sly | [slai] | a.狡猾的，偷偷摸摸的 |  |  |  |  |  |  |  |
| 17 | sob | [sa:b] | v.／n.哭泣，呜咽 |  |  |  |  |  |  |  |
| 18 | son | [sAn] | n.儿子：孩子（长者对年青或年幼男子的称呼） |  |  |  |  |  |  |  |
| 19 | SOW | [seu] | v.播种 |  |  |  |  |  |  |  |
| 20 | spy | [spai] | n.间谍v.当间谍，刺探；察觉，发现 |  |  |  |  |  |  |  |
| 21 | sue | [su:] | v.控告，对···提出诉讼，起诉 |  |  |  |  |  |  |  |
| 22 | sum | [sAm] | n.总数，和；金额；算术题；要旨v.合计，总计 |  |  |  |  |  |  |  |
| 23 | sun | [sAn] | n.太阳：恒星；美国 Sun 公司 |  |  |  |  |  |  |  |
| 24 | tag | [tag] | n.标签；鞋带；垂饰；vt.加标签于；附加vi.紧随 |  |  |  |  |  |  |  |
| 25 | tan | [tan] | n.／a.（皮肤因日晒而成）棕褐色（的）vt.晒黑 |  |  |  |  |  |  |  |
| 26 | tap | [tæp] | n.塞子；水龙头；n.／v.轻打，轻敲；vt.开发 |  |  |  |  |  |  |  |
| 27 | tar | [ta:r] | n.柏油，焦油vt.涂或浇柏油／焦油于 |  |  |  |  |  |  |  |
| 28 | tax | [taks] | n.税（款），负担v.对···征税，使负重担 |  |  |  |  |  |  |  |
| 29 | tea | [ti:] | n.茶（叶）：午后茶点 |  |  |  |  |  |  |  |
| 30 | ten | [ten] | num十pron.／a.十（个，只...） |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | the | [ðe;ði;ði:] | art.这（那）个；这（那）些（指特定的人或物） |  |  |  |  |  |  |  |
| 2 | tie | [tai] | n.领带：联系，关系，纽带；束缚v.扎，系，捆 |  |  |  |  |  |  |  |
| 3 | tin | [tm] | n.罐头：锡a.锡制的vt.镀锡于 |  |  |  |  |  |  |  |
| 4 | tip | [tip] | n.尖端：末端；小费n.／v.轻击；倾斜；给小费 |  |  |  |  |  |  |  |
| 5 | toe | [tou] | n.脚趾，足尖 |  |  |  |  |  |  |  |
| 6 | ton | [tan] | n.吨；（pl.）大量，许多 |  |  |  |  |  |  |  |
| 7 | too | [tu:] | ad.也，还：太，过于：很，非常 |  |  |  |  |  |  |  |
| 8 | top | [top] | n.顶，顶端：首位：顶点 a.最高的；顶上的 |  |  |  |  |  |  |  |
| 9 | tow | [tau] | vt.（用绳、链等）拖（车、船等）n.拖，牵引 |  |  |  |  |  |  |  |
| 10 | toy | [ta] | n.玩具vi.（with）漫不经心地考虑：摆弄 |  |  |  |  |  |  |  |
| 11 | try | [trai] | v.尝试，试图；试验，试用；审讯 n.尝试 |  |  |  |  |  |  |  |
| 12 | tub | [tab] | n.木盆，澡盆 |  |  |  |  |  |  |  |
| 13 | tug | [tng] | v.用力拖（或拉）；苦干 n.拖；苦干；拖船 |  |  |  |  |  |  |  |
| 14 | two | [tu:] | num.二，两个n.两个（人或物） |  |  |  |  |  |  |  |
| 15 | use | [ju:z] | n.使／应用；用法／途：益／用处 vt.用：消耗 |  |  |  |  |  |  |  |
| 16 | van | [væn] | n.有篷汽车；有篷货运车厢 |  |  |  |  |  |  |  |
| 17 | via | [e:a,:ereA,] | prep.经；通过：凭借 |  |  |  |  |  |  |  |
| 18 | war | [wo:(r)] | n.战争（状态）：冲突vi.作战 |  |  |  |  |  |  |  |
| 19 | XEM | [waks] | n.蜡，蜂蜡v.打蜡 |  |  |  |  |  |  |  |
| 20 | way | [wei] | n.道路，路程；方法／式，手段：习惯：状态 |  |  |  |  |  |  |  |
| 21 | web | [web] | n.网，蜘蛛网 |  |  |  |  |  |  |  |
| 22 | wet | [wet] | a.湿的，潮湿的；有雨的，多雨的v.弄湿，沾湿 |  |  |  |  |  |  |  |
| 23 | who | [hu:] | pron.谁，什么人：···的人：他，她，他们 |  |  |  |  |  |  |  |
| 24 | why | [wai] | ad.／conj.为什么：···的理由 int.咳，哎呀 |  |  |  |  |  |  |  |
| 25 | win | [wmn] | vi.获胜，赢vt.赢得；在···中获胜 n.胜利 |  |  |  |  |  |  |  |
| 26 | wit | [wit] | n.智力，才智，智慧 |  |  |  |  |  |  |  |
| 27 | yes | [jes] | ad.是［用于肯定句前］，是的 |  |  |  |  |  |  |  |
| 28 | yet | [jet] | ad.还，尚，仍然：已经 conj.然而 ad.甚至 |  |  |  |  |  |  |  |
| 29 | you | ［三三】 | pron.你；你们：一个人，任何人 |  |  |  |  |  |  |  |
| 30 | zip | [zip] | v.（用拉链或像拉链那样）合上或打开 |  |  |  |  |  |  |  |

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| 序号 | 背诵时间及检宜日期 | | | | | | | | | |
| 单词 音标 词义 | | | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | ZOO | [zu:] | n.动物园 |  |  |  |  |  |  |  |
| 2 | able | [[qre.] | a.有（能力、时间、知识等）做某事，有本事的 |  |  |  |  |  |  |  |
| 3 | ache | [eik] | vi.痛：哀怜 n.（指连续）疼痛、酸痛 |  |  |  |  |  |  |  |
| 4 | acid | ['æesid] | n.酸，酸性物质 a.酸的，酸味的：尖刻的 |  |  |  |  |  |  |  |
| 5 | acre | ['eika(r)] | n.英亩；田地；地产 |  |  |  |  |  |  |  |
| 6 | ally | ['ælai] | n.同盟者，同盟国，vt.使结盟：与···有关联 |  |  |  |  |  |  |  |
| 7 | also | [nes[:c.] | ad.而且（也），此外（还）：同样地 |  |  |  |  |  |  |  |
| 8 | amid | [e'md] | prep.在···中间，在···之中，被···围绕 |  |  |  |  |  |  |  |
| 9 | arch | [a:tf] | n.拱门，桥拱洞v.拱起，（使）变成弓形 |  |  |  |  |  |  |  |
| 10 | area | ['earia] | n.面积；地区，地域：领域，范围 |  |  |  |  |  |  |  |
| 11 | army | ['o:mi] | n.军队，陆军，军：大群，大批 |  |  |  |  |  |  |  |
| 12 | atom | ['ætem] | n.原子：微粒，微量 |  |  |  |  |  |  |  |
| 13 | aunt | [a:nt] | n.姨母，姑母，伯母，婶母，舅母，阿姨 |  |  |  |  |  |  |  |
| 14 | auto | [nei:c,] | n.（automobile）（口语）汽车 |  |  |  |  |  |  |  |
| 15 | away | [a'wei] | ad.在远处；离开；渐渐远去；一直：去掉 |  |  |  |  |  |  |  |
| 16 | axis | ['aksis] | n.轴，轴线，中心线：坐标轴，基准线 |  |  |  |  |  |  |  |
| 17 | baby | ['betbi] | n.婴儿：年龄最小的人：小动物a.婴儿似的 |  |  |  |  |  |  |  |
| 18 | back | [bæk] | a.后面的ad.向后v.倒退；支持n.背：后面 |  |  |  |  |  |  |  |
| 19 | bait | [beit] | n.饵，引诱物vt.用饵引诱；折磨，奚落 |  |  |  |  |  |  |  |
| 20 | bake | [beik] | v.烤，烘，焙；烧硬，焙干 |  |  |  |  |  |  |  |
| 21 | bald | [bo:ld] | a.秃的，秃头的 |  |  |  |  |  |  |  |
| 22 | ball | [bo:1] | n.球（状物）；（正式的）舞会 vt.把··捏成球状 |  |  |  |  |  |  |  |
| 23 | band | [band] | n.条，带；乐队；波段；一群，一伙v.缚，绑扎 |  |  |  |  |  |  |  |
| 24 | bang | [ban]] | n.砰砰的声音：猛击v.砰地关上，猛撞，猛击 |  |  |  |  |  |  |  |
| 25 | bank | [bængk] | n.银行：岸，堤；vi.存入（经营）银行；信赖 |  |  |  |  |  |  |  |
| 26 | bare | [ber] | a.赤裸的，空的；稀少的，仅有的v.露出，暴露 |  |  |  |  |  |  |  |
| 27 | bark | [bo:k] | vi.（狗等）吠，叫n.吠声，叫声：树皮 |  |  |  |  |  |  |  |
| 28 | barn | [ba:rn] | n.谷仓，仓库 |  |  |  |  |  |  |  |
| 29 | base | [beis] | n.基础，底部；根据地v.（on）把···基于 |  |  |  |  |  |  |  |
| 30 | bath | [ba:θ] | n.沐浴，洗澡；浴室（池，盆）v.（给···）洗澡 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | beam | [bi:m] | n.（横）梁，桁条；（光线的）束，柱v.微笑 |  |  |  |  |  |  |  |
| 2 | bean | [bi:n] | n.豆；菜豆，蚕豆 |  |  |  |  |  |  |  |
| 3 | bear | [bea(r)] | n.熊v.忍受，容忍；负担；结果实，生子女 |  |  |  |  |  |  |  |
| 4 | beat | [bi:t] | n.敲打；（心脏等）跳动v.打败；（心脏等）跳动 |  |  |  |  |  |  |  |
| 5 | beef | [bi:f] | n.牛肉 |  |  |  |  |  |  |  |
| 6 | beer | [biə(r)] | n.啤酒 |  |  |  |  |  |  |  |
| 7 | bell | [bel] | n.钟，铃 |  |  |  |  |  |  |  |
| 8 | belt | [belt] | n.（皮）带，腰带；地带 |  |  |  |  |  |  |  |
| 9 | bend | [bend] | v.（使）弯曲；屈从，屈服n.弯曲（处），曲折处 |  |  |  |  |  |  |  |
| 10 | best | [best] | a.最好的（good 和 well 最高级）ad.最好地；最 |  |  |  |  |  |  |  |
| 11 | bias | [sereq.] | n.／v.（使有）偏见，偏心，偏袒 |  |  |  |  |  |  |  |
| 12 | bill | [bil] | n.账单；招贴，广告；（人员，职称等的）表；钞票 |  |  |  |  |  |  |  |
| 13 | bind | [baind] | v.捆，绑，包括，束缚 |  |  |  |  |  |  |  |
| 14 | bird | [b3:d] | n.鸟，雀：女人；嘘声 |  |  |  |  |  |  |  |
| 15 | bite | [bait] | v.／n.咬，叮n.一口 |  |  |  |  |  |  |  |
| 16 | blow | [bləu] | vi.吹，吹气，打气：吹奏；爆炸；n.打，打击 |  |  |  |  |  |  |  |
| 17 | blue | [blu:] | a.蓝色的；青灰色的：沮丧的，阴郁的n.蓝色 |  |  |  |  |  |  |  |
| 18 | blur | [bl3:(r)] | n.模糊不清的事物；污点vt.使模糊；玷污 |  |  |  |  |  |  |  |
| 19 | boat | [beut] | n.小船，艇 |  |  |  |  |  |  |  |
| 20 | body | ['bodi] | n.身体，本体；主体；尸体；物体；（一）群，批，堆 |  |  |  |  |  |  |  |
| 21 | boil | [bol] | v.（使）沸腾，煮（沸） |  |  |  |  |  |  |  |
| 22 | bold | [beuld] | a.大胆的，勇敢的；冒失的；黑体的，粗体的 |  |  |  |  |  |  |  |
| 23 | bolt | [beult] | n.螺栓，（门，窗的）插销v.闩（门），关窗，拴住 |  |  |  |  |  |  |  |
| 24 | bomb | [bom] | n.炸弹v.投弹于，轰炸 |  |  |  |  |  |  |  |
| 25 | bond | [bond] | n.结合（物），粘结（剂），联结；公债，债券，契约 |  |  |  |  |  |  |  |
| 26 | bone | [ baun] | n.骨（骼） |  |  |  |  |  |  |  |
| 27 | book | [buk] | n.书，书籍vt.订（票，座位，房间等），预定 |  |  |  |  |  |  |  |
| 28 | boom | [bu:m] | v.迅速发展，兴旺；发出隆隆声 |  |  |  |  |  |  |  |
| 29 | boot | [bu:t] | n.靴：（汽车后部的）行李箱：［the-］解雇 |  |  |  |  |  |  |  |
| 30 | bore | [bo:(r)] | v.钻（孔），挖（洞）；烦扰n.讨厌的人，麻烦事 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | born | [bo:n] | a.出生的，产生的；天生的，十足的 |  |  |  |  |  |  |  |
| 2 | boss | [bps] | n.老板，上司vt.指挥，控制，发号施令 |  |  |  |  |  |  |  |
| 3 | both | [bau θ] | prep.两者（都），双方（都）adj.两个..（都） |  |  |  |  |  |  |  |
| 4 | bowl | [beul] | n.碗（状物），钵 |  |  |  |  |  |  |  |
| 5 | brim | [brim] | n.边缘，帽沿 |  |  |  |  |  |  |  |
| 6 | brow | [brau] | n.眉（毛）；额 |  |  |  |  |  |  |  |
| 7 | bulb | [balb] | n.灯泡，球状物 |  |  |  |  |  |  |  |
| 8 | bulk | [balk] | n.体积，容积：主体，大批，大量，大块 |  |  |  |  |  |  |  |
| 9 | bull | [bul] | n.公牛 |  |  |  |  |  |  |  |
| 10 | bump | [bAmp] | v.（against，into）碰；颠簸着前进n.碰撞 |  |  |  |  |  |  |  |
| 11 | burn | [b3:n] | v.燃烧，烧着；烧毁；灼伤n.烧伤，灼伤 |  |  |  |  |  |  |  |
| 12 | bury | ['beri] | v.埋（葬），安葬；埋藏，遮盖 |  |  |  |  |  |  |  |
| 13 | bush | [buj] | n.灌木（丛） |  |  |  |  |  |  |  |
| 14 | busy | ['bizi] | a.忙，忙碌的：热闹的，繁忙的；（电话）占线 |  |  |  |  |  |  |  |
| 15 | cafe | ['kafei] | n.咖啡馆，（小）餐馆 |  |  |  |  |  |  |  |
| 16 | cage | [keid3] | n.鸟笼 |  |  |  |  |  |  |  |
| 17 | cake | [kelk] | n.饼，糕，蛋糕：扁平的块状物 |  |  |  |  |  |  |  |
| 18 | call | [ko:1] | vt.叫，喊；打电话vi.叫；访问n.叫；号召 |  |  |  |  |  |  |  |
| 19 | calm | [ko:m] | a.（天气，海洋等）静的n.平静 v.（使）平静 |  |  |  |  |  |  |  |
| 20 | camp | [kamp] | n.野营，营地；帐篷，阵营 v.设营，宿营 |  |  |  |  |  |  |  |
| 21 | cape | [ketp] | n.海角，岬：披肩，短披风 |  |  |  |  |  |  |  |
| 22 | card | [ko:d] | n.卡片，名片；纸牌；纸片 |  |  |  |  |  |  |  |
| 23 | care | [ker] | n.小心；关怀，照料 v.（about）关心，介意，计较 |  |  |  |  |  |  |  |
| 24 | cart | [ka:t] | n.（二轮货运）马车，手推车 |  |  |  |  |  |  |  |
| 25 | case | [keis] | n.箱，盒，容器；情况，事实；病例；案件 |  |  |  |  |  |  |  |
| 26 | cash | [kaf] | n.现金，现款v.兑现，付（或收）现款 |  |  |  |  |  |  |  |
| 27 | cast | [ka:st] | v.投，扔，掷，抛：铸造：投票；n.演员表 |  |  |  |  |  |  |  |
| 28 | cave | [ketv] | n.洞，穴 |  |  |  |  |  |  |  |
| 29 | cell | [sel] | n.细胞；小房间；蜂房；电池 |  |  |  |  |  |  |  |
| 30 | cent | [sent] | n.分（币）：百 per cent 百分之 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | chap | [tfep] | n.／v.（皮肤）变粗糙：发痛：n.小伙子 |  |  |  |  |  |  |  |
| 2 | chat | [ tfet] | v.／n.闲谈，聊天 |  |  |  |  |  |  |  |
| 3 | chef | [fef] | n.（餐馆等的）厨师长，厨师 |  |  |  |  |  |  |  |
| 4 | chew | [tfu:] | v.咀嚼；思量 |  |  |  |  |  |  |  |
| 5 | chin | [tfm] | n.下巴，颏 |  |  |  |  |  |  |  |
| 6 | chip | [tfip] | n.切屑，碎片；（土豆等的）薄片；集成电路块 |  |  |  |  |  |  |  |
| 7 | chop | [ tfop] | v.砍，劈，斩n.排骨，肉块 |  |  |  |  |  |  |  |
| 8 | cite | [sait] | v.引用，引证，举（例） |  |  |  |  |  |  |  |
| 9 | city | ['siti] | n.城市；都市：市 |  |  |  |  |  |  |  |
| 10 | clap | [klæp] | v.拍手，拍，轻拍n.拍（手），掌声，霹雳声 |  |  |  |  |  |  |  |
| 11 | claw | [klo:] | n.爪，脚爪 |  |  |  |  |  |  |  |
| 12 | clay | [klei] | n.粘土，泥土 |  |  |  |  |  |  |  |
| 13 | clip | [klip] | v.剪，修剪；钳，夹住n.夹，钳；回形针 |  |  |  |  |  |  |  |
| 14 | club | [klAb] | n.俱乐部，夜总会；社团；棍棒，球棒 |  |  |  |  |  |  |  |
| 15 | clue | [klu:] | n.线索，暗示 |  |  |  |  |  |  |  |
| 16 | coal | [keul] | n.煤，煤块 |  |  |  |  |  |  |  |
| 17 | coat | [keut] | n.上衣，外套；表皮；层，覆盖物v.涂（盖）上 |  |  |  |  |  |  |  |
| 18 | cock | [kok] | n.公鸡，雄鸡；龙头，开关 |  |  |  |  |  |  |  |
| 19 | code | [kaud] | n.代码，代号，密码；法典，法规，规划 |  |  |  |  |  |  |  |
| 20 | coil | [koil] | v.卷，盘绕n.（一）卷，（一）圈；线圈，绕组 |  |  |  |  |  |  |  |
| 21 | coin | [komn] | n.硬币，货币v.铸造（硬币），创造（新词） |  |  |  |  |  |  |  |
| 22 | coke | [kauk] | n.焦炭：可口可乐（COCA-COLA）的缩写 |  |  |  |  |  |  |  |
| 23 | cold | [kəuld] | a.冷的，寒冷的：冷淡的n.冷，寒冷：伤风 |  |  |  |  |  |  |  |
| 24 | comb | [kəum] | n.梳子v.梳（理） |  |  |  |  |  |  |  |
| 25 | come | [kAm] | v.来：出现于，产生：是，成为：开始，终于 |  |  |  |  |  |  |  |
| 26 | cook | [kuk] | n.厨师 v.烹调，烧煮：纂改（账目），捏造 |  |  |  |  |  |  |  |
| 27 | cool | [ku:1] | a.凉的：冷静的n.凉快 ad.冷静地 v.使变凉 |  |  |  |  |  |  |  |
| 28 | cope | [kəup] | v.（with）竞争，对抗；（with）对付，妥善处理 |  |  |  |  |  |  |  |
| 29 | copy | ['kopi] | n.抄本，摹本：（一）本vt.抄写；考试中抄袭 |  |  |  |  |  |  |  |

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| 序号 | 背诵时间及检查日期 | | | | | | | | | |
| 单词 音标 词义 | | | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | core | [ko:(r)] | n.果核；中心，核心 |  |  |  |  |  |  |  |
| 2 | corn | [ko:n] | n.谷物，庄稼，玉米 |  |  |  |  |  |  |  |
| 3 | cost | [kost] | n.成本，费用，代价v.价值为，花费 |  |  |  |  |  |  |  |
| 4 | cosy | ['kəuzi] | a.暖和舒服的：舒适的［反］uncomfortable |  |  |  |  |  |  |  |
| 5 | crab | [kræb] | n.螃蟹，蟹肉 |  |  |  |  |  |  |  |
| 6 | crew | [kru:] | n.全体船员，全体乘务员 |  |  |  |  |  |  |  |
| 7 | crop | [krDp] | n.作物，庄稼；（谷类等的）一熟收成：一批，大量 |  |  |  |  |  |  |  |
| 8 | crow | [krəu] | n.乌鸦v.／n.鸡啼，鸣叫 |  |  |  |  |  |  |  |
| 9 | cube | [kju:b] | n.立方形，立方体；立方，三次幂 |  |  |  |  |  |  |  |
| 10 | curb | [k3:b] | n.路边，场外证券市场，vt.制止，抑制 |  |  |  |  |  |  |  |
| 11 | cure | [(1)en[x] | v.（of）治愈，医治：矫正 n.治愈，痊愈；良药 |  |  |  |  |  |  |  |
| 12 | curl | [k3:l] | v.（使）卷曲，蜷缩 n.卷发；卷曲状；卷曲物 |  |  |  |  |  |  |  |
| 13 | damn | [dæm] | int.该死vt.遣责：使失败 a.十足的ad.极 |  |  |  |  |  |  |  |
| 14 | damp | [damp] | n.潮湿 a.潮湿的vt.使潮湿；使衰减 |  |  |  |  |  |  |  |
| 15 | dare | [der] | v.敢，胆敢 |  |  |  |  |  |  |  |
| 16 | dark | [da:k] | a.黑暗的，深（色）的；隐秘的；n.无光，黑暗 |  |  |  |  |  |  |  |
| 17 | dash | [daf] | v.／n.冲，猛冲，突进n.破折号 |  |  |  |  |  |  |  |
| 18 | data | ['deite:'do:tə] | n.（datum的复数）资料，数据 |  |  |  |  |  |  |  |
| 19 | date | [deit] | n.日期，年代v.注明···的日期n.／v.约会 |  |  |  |  |  |  |  |
| 20 | dawn | [do:n] | n.黎明，拂晓v.破晓；开始现出 |  |  |  |  |  |  |  |
| 21 | dead | [ded] | a.死的：无生命的：死气沉沉的ad.完全地 |  |  |  |  |  |  |  |
| 22 | deaf | [def] | a.聋的；不愿听的 |  |  |  |  |  |  |  |
| 23 | deal | [di:1] | v.处理；做买卖，经营；分配；对待n.交易 |  |  |  |  |  |  |  |
| 24 | dean | [di:n] | n.（大学）院长：主持牧师；（基督教）教长 |  |  |  |  |  |  |  |
| 25 | dear | [ (I)eip] | a.昂贵的：亲爱的：珍贵的 int.呵！哎呀！ |  |  |  |  |  |  |  |
| 26 | debt | [det] | n.债，债务 |  |  |  |  |  |  |  |
| 27 | deck | [dek] | n.甲板 |  |  |  |  |  |  |  |
| 28 | deed | [di:d] | n.行为，行动；功绩，事迹；证书；契据 |  |  |  |  |  |  |  |
| 29 | deem | [di:m] | v.认为，相信 |  |  |  |  |  |  |  |
| 30 | deep | [di:p] | a.深的，深长的；深奥的；强烈的 ad.深入的，迟 |  |  |  |  |  |  |  |

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|  | | | | 第一遍 | 1h | 1天 2天 6天 14天 30天 | | | | |
| 序号 | 单词 | 音标  词义 | |
| 1 | deer | [diə(r)] | n.鹿 |  |  |  |  |  |  |  |
| 2 | defy | [di'fai] | v.（公然）违抗，反抗；蔑视 |  |  |  |  |  |  |  |
| 3 | deny | [di'nai] | v.否认，否定：拒绝 |  |  |  |  |  |  |  |
| 4 | desk | [desk] | n.书桌，办公桌，服务台 |  |  |  |  |  |  |  |
| 5 | dial | [[eiep.] | n.钟（表）面，刻度盘，拨号盘v.拨号，打电话 |  |  |  |  |  |  |  |
| 6 | diet | ['daiet] | n.饮食，食物 |  |  |  |  |  |  |  |
| 7 | dine | [damn] | v.吃饭，进餐 |  |  |  |  |  |  |  |
| 8 | dirt | [d3:t] | n.污物，污垢 |  |  |  |  |  |  |  |
| 9 | disc | [disk] | n.（disk）圆盘，圆面，盘状物 |  |  |  |  |  |  |  |
| 10 | dish | [dif] | n.碟子，盘子，菜肴 |  |  |  |  |  |  |  |
| 11 | dive | [daiv] | v.／n.潜水，跳水，俯冲 |  |  |  |  |  |  |  |
| 12 | dock | [da:k] | n.船坞，码头 |  |  |  |  |  |  |  |
| 13 | doll | [dol] | n.玩偶，玩具娃娃 |  |  |  |  |  |  |  |
| 14 | dome | [dəum] | n.圆屋顶 |  |  |  |  |  |  |  |
| 15 | doom | [du:m] | n.厄运，劫数v.注定，命定 |  |  |  |  |  |  |  |
| 16 | door | [do:r] | n.门：门口，出入口：门状物；家：通道 |  |  |  |  |  |  |  |
| 17 | dorm | [dom] | n.（dormitory）［美］［口］宿舍 |  |  |  |  |  |  |  |
| 18 | dose | [deus] | n.剂量，一服，一剂v.（给···）服药 |  |  |  |  |  |  |  |
| 19 | dove | [dAv;douv] | n.鸽子 |  |  |  |  |  |  |  |
| 20 | down | [daun] | ad.下：由大到小 prep.沿着···而下 a.向下的 |  |  |  |  |  |  |  |
| 21 | doze | [douz] | v.／n.瞌睡；假寐 |  |  |  |  |  |  |  |
| 22 | drag | [dræg] | v.拖，拖曳 |  |  |  |  |  |  |  |
| 23 | draw | [dro:] | v.拉；画；汲取；引出；（to）挨近 n.平局；拖曳 |  |  |  |  |  |  |  |
| 24 | drip | [drip] | v.滴下，漏水n.滴，水滴，点滴 |  |  |  |  |  |  |  |
| 25 | drop | [drop] | n.滴；落下；微量 v.落下；下降；失落 |  |  |  |  |  |  |  |
| 26 | drug | [drAg] | n.药物；麻醉品；毒品；滞销货v.下麻药；吸毒 |  |  |  |  |  |  |  |
| 27 | drum | [drAm] | n.鼓；圆桶 |  |  |  |  |  |  |  |
| 28 | duck | [dAk] | n.鸭，鸭肉v.迅速俯身；快速低头；躲避 |  |  |  |  |  |  |  |
| 29 | dull | [[VP] | a.单调的；迟钝的，愚笨的；不锋利的 |  |  |  |  |  |  |  |
| 30 | dunb | [dAm] | a.哑的，无言的 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | dump | [duvp] | v.倾倒，倾卸n.垃圾场 |  |  |  |  |  |  |  |
| 2 | dusk | [dask] | n.薄暮，黄昏 |  |  |  |  |  |  |  |
| 3 | dust | [dast] | n.灰尘，尘土v.拂，掸 |  |  |  |  |  |  |  |
| 4 | duty | ['dju:ti] | n.义务，责任；职务；税 |  |  |  |  |  |  |  |
| 5 | each | [i:tf] | a.／pron.各，各自的，每 |  |  |  |  |  |  |  |
| 6 | earn | [3:n] | v.赚得，挣得，获得 |  |  |  |  |  |  |  |
| 7 | ease | [i:z] | v.减轻；使舒适，使安心 n.容易；舒适，悠闲 |  |  |  |  |  |  |  |
| 8 | east | [i:st] | n.东，东方，东部a.东方的，东部的 |  |  |  |  |  |  |  |
| 9 | easy | ['i:zi] | a.容易的，不费力的，安逸的，宽裕的 |  |  |  |  |  |  |  |
| 10 | echo | ['ekəu] | v.／n.回声，反响，共鸣 |  |  |  |  |  |  |  |
| 11 | edge | [ed3] | n.边，棱；刀口，刃v.侧身移动，挤进 |  |  |  |  |  |  |  |
| 12 | edit | [tipe,] | v.编辑，校订 |  |  |  |  |  |  |  |
| 13 | else | [els] | ad.其它，另外，别的；［与or连用］否则 |  |  |  |  |  |  |  |
| 14 | emit | [i'mt] | vt.发出；放射；吐露；散发；发表；发行 |  |  |  |  |  |  |  |
| 15 | envy | ['envi] | v.／n.羡慕，忌妒 |  |  |  |  |  |  |  |
| 16 | even | [i:vn] | ad.甚至（更）a.均匀的；平的；相等的：偶数的 |  |  |  |  |  |  |  |
| 17 | ever | [ (I)ena.] | ad.曾经：永远：在任何时候：究竟 |  |  |  |  |  |  |  |
| 18 | evil | ['i:vl;'i:vil] | a.邪恶的，罪恶的n.邪恶，罪恶 |  |  |  |  |  |  |  |
| 19 | exam | [1g'zam] | n.（examination）考试，测验 |  |  |  |  |  |  |  |
| 20 | exit | [ 'eksit;'egzit ] | n.出口，通道 |  |  |  |  |  |  |  |
| 21 | face | [feis] | n.脸，面貌；表情；正面v.面对着；朝，面向 |  |  |  |  |  |  |  |
| 22 | fact | [fækt] | n.事实，实际 |  |  |  |  |  |  |  |
| 23 | fade | [feid] | v.褪色；衰减，消失n.淡入（出）n.乏味（平淡）的 |  |  |  |  |  |  |  |
| 24 | fail | [fell] | v.失败，不及格；衰退，减弱 |  |  |  |  |  |  |  |
| 25 | fair | [(x)eaj] | a.公平的，合理的；相当的n.集市，交易会 |  |  |  |  |  |  |  |
| 26 | fake | [feik] | n.假货，赝品a.假的，冒充的v.伪造：伪装 |  |  |  |  |  |  |  |
| 27 | fall | [fo:1] | v.跌倒；下降；减弱；坠落；变成，陷于n.秋季 |  |  |  |  |  |  |  |
| 28 | fame | [fetm] | n.名声；名望：传说vt 使出名；传扬···的名 |  |  |  |  |  |  |  |
| 29 | fare | [fer] | n.车费，船费；伙食；乘客v.过活；进展；经营 |  |  |  |  |  |  |  |
| 30 | farm | [fo:m] | n.农场，饲养场v.种田，经营农牧业 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | fast | [fa:st] | a.快的，迅速的；坚固的ad.紧紧地：迅速地 |  |  |  |  |  |  |  |
| 2 | fate | [feit] | n.命运 |  |  |  |  |  |  |  |
| 3 | fear | [(x)eij] | n.害怕，恐惧：危险vt.畏惧，害怕，担心 |  |  |  |  |  |  |  |
| 4 | feat | [fi:t] | n.功绩，伟业，技艺 |  |  |  |  |  |  |  |
| 5 | feed | [fi:d] | v.（on，with）喂养，饲养；（with）向···供给 |  |  |  |  |  |  |  |
| 6 | feel | [fi:1] | v.触；认为vi.摸上去有···感觉：摸索；觉得 |  |  |  |  |  |  |  |
| 7 | fell | [fel] | v.击倒；打倒（疾病等）；砍伐a.凶猛的；可怕的 |  |  |  |  |  |  |  |
| 8 | file | [fail] | n.锉刀；文件，档案v.锉 |  |  |  |  |  |  |  |
| 9 | fill | [fil] | v.（with）填满，充满 |  |  |  |  |  |  |  |
| 10 | film | [film] | n.电影：胶片；薄膜，薄层vt.把..拍成电影 |  |  |  |  |  |  |  |
| 11 | find | [faind] | v.（found，found）找到：发现；发觉；感到 |  |  |  |  |  |  |  |
| 12 | fine | [fam] | a.晴朗的，美好的，细致的v.／n.罚金，罚款 |  |  |  |  |  |  |  |
| 13 | fire | [(I)erej.] | n.火；火灾，失火：炉火vi.开火vt.放（枪） |  |  |  |  |  |  |  |
| 14 | firm | [f3:m] | a.坚固的；坚决的，坚定的n.公司，商号 |  |  |  |  |  |  |  |
| 15 | fish | [f] | n.（pl.fish（es））鱼；鱼肉v.捕鱼：钓鱼 |  |  |  |  |  |  |  |
| 16 | fist | [fist] | n.拳头vt.用拳头打：紧握 |  |  |  |  |  |  |  |
| 17 | five | [falv] | num.五 pron.／a.五（个，只...） |  |  |  |  |  |  |  |
| 18 | flag | [flag] | n.旗 |  |  |  |  |  |  |  |
| 19 | flap | [flæp] | n.垂下物，帽沿，袋盖n.／v.拍打，拍动 |  |  |  |  |  |  |  |
| 20 | flat | [flæt] | a.平坦的，扁平的，平淡的n.一套房间；平面 |  |  |  |  |  |  |  |
| 21 | flaw | [flo:] | n.裂缝；缺陷 v.使破裂；使有缺陷 |  |  |  |  |  |  |  |
| 22 | flee | [fli:] | v.逃走；逃避 |  |  |  |  |  |  |  |
| 23 | flow | [neiJ] | v.流，流动n.流量，流速 |  |  |  |  |  |  |  |
| 24 | foam | [fəum] | v.／n.泡沫，起泡沫 |  |  |  |  |  |  |  |
| 25 | fold | [fəuld] | v.折叠；合拢；抱住n.褶，褶痕；羊栏；信徒 |  |  |  |  |  |  |  |
| 26 | folk | [fouk] | n.人们：民族；亲属 a.民间的 |  |  |  |  |  |  |  |
| 27 | fond | [fa:nd] | a.（of）喜爱的，爱好的 |  |  |  |  |  |  |  |
| 28 | food | [fu:d] | n.食物，粮食，养料 |  |  |  |  |  |  |  |
| 29 | fool | [fu:1] | n.傻子，笨蛋vt.欺骗，愚弄vi.干蠢事 |  |  |  |  |  |  |  |
| 30 | foot | [fut] | n.（pl.feet）脚，足：英尺：底部 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | fore | [fo:(r)] | ad.在前面a.先前的；在前部的n.前部 |  |  |  |  |  |  |  |
| 2 | fork | [fo:k] | n.叉，耙；叉形物；餐叉 |  |  |  |  |  |  |  |
| 3 | form | [fo:m] | n.形状，形式；表格v.组成，构成；形成 |  |  |  |  |  |  |  |
| 4 | foul | [faul] | a.污秽的；邪恶的v.弄脏；妨害；犯规 n.犯规 |  |  |  |  |  |  |  |
| 5 | four | [fo:(r)] | num.四pron.／a.四（个，只...） |  |  |  |  |  |  |  |
| 6 | free | [fri:] | a.自由的；免费的；免税的；空闲的vt.释放 |  |  |  |  |  |  |  |
| 7 | frog | [fro9] | n.蛙 |  |  |  |  |  |  |  |
| 8 | from | [frəm;from] | prep.从，自从：由于：离：根据，按；去除 |  |  |  |  |  |  |  |
| 9 | fuel | ['fju:al] | n.燃料 vt.给···加燃料 |  |  |  |  |  |  |  |
| 10 | full | [ful] | a.（of）满的，充满的a.／ad.完全，充分 |  |  |  |  |  |  |  |
| 11 | fume | [fju:m] | n.（浓烈或难闻的）烟，气，汽 |  |  |  |  |  |  |  |
| 12 | fund | [fand] | n.资金，基金；存款，现款；（知识等的）累积 |  |  |  |  |  |  |  |
| 13 | fuse | [fju:z] | n.保险丝，导火线，引信v.熔化，熔合 |  |  |  |  |  |  |  |
| 14 | fuss | [fAs] | n.／v.忙乱，大惊小怪 |  |  |  |  |  |  |  |
| 15 | gain | [gein] | v.获得；增加：表等走快n.增进，增加；收益 |  |  |  |  |  |  |  |
| 16 | game | [getm] | n.游戏，娱乐：比赛；（pl.）运动会vi.赌博 |  |  |  |  |  |  |  |
| 17 | gang | [gæn]] | n.一帮，一群，一伙 |  |  |  |  |  |  |  |
| 18 | gaol | [d3eil] | n.（jail）监狱：（不加冠词）监禁 vt.使···坐牢 |  |  |  |  |  |  |  |
| 19 | gasp | [ga:sp] | n.喘息，气喘v.喘息；气吁吁地说 |  |  |  |  |  |  |  |
| 20 | gate | [geit] | n.大门：入口：观众人数，门票收入 |  |  |  |  |  |  |  |
| 21 | gaze | [geiz] | v.／n.凝视，注视 |  |  |  |  |  |  |  |
| 22 | gear | [ (1)ei6] | n.齿轮，传动装置v.（to）调整，使适合 |  |  |  |  |  |  |  |
| 23 | gene | [d3i:n] | n.基因 |  |  |  |  |  |  |  |
| 24 | germ | [d33:m] | n.微生物，细菌 |  |  |  |  |  |  |  |
| 25 | gift | [gift] | n.礼品，赠品；天赋，才能 |  |  |  |  |  |  |  |
| 26 | girl | [g3:l] | n.少女，姑娘，女孩：女职员 |  |  |  |  |  |  |  |
| 27 | give | [giv] | v.给，授予：供给；献出，让步；捐赠：发表 |  |  |  |  |  |  |  |
| 28 | glad | [glæd] | a.高兴的，快活的：乐意的，情愿的 |  |  |  |  |  |  |  |
| 29 | glow | [gləu] | v.发热，发光，发红n.白热 |  |  |  |  |  |  |  |
| 30 | glue | [glu:] | n.胶，胶水v.胶合，粘贴 |  |  |  |  |  |  |  |

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| 1 | goal | [geul ] | n目的,目标:守门员,球门:进球 |  |  |  |  |  |  |  |
| 2 | goat | [geut] | .  n.山羊 |  |  |  |  |  |  |  |
| 3 | gold | [geuld] | n.金，黄金；金币：金黄色 a.金的，金制的 |  |  |  |  |  |  |  |
| 4 | golf | [ golf] | n高尔夫球 |  |  |  |  |  |  |  |
| 5 | good | [gud] | .  a.好的；善良的；擅长的；乖的n.好处；利益 |  |  |  |  |  |  |  |
| 6 | gown | [gaun] | n.长袍，特殊场合穿的长服 |  |  |  |  |  |  |  |
| 7 | grab | [græb] | v.／n.（at）抓（住）；夺（得） |  |  |  |  |  |  |  |
| 8 | grey | [gre'] | n.／a.（gray）灰色（的） |  |  |  |  |  |  |  |
| 9 | grim | [gr'm] | a严酷的,令人害怕的;不愉快的,讨厌的 |  |  |  |  |  |  |  |
| 10 | grin | [gr'n ] | .  n.／vi.露齿而笑，咧嘴一笑 |  |  |  |  |  |  |  |
| 11 | grip | [gr'p] | v.／n.紧握，抓紧；掌握 |  |  |  |  |  |  |  |
| 12 | grow | [greu] | v.生长，成长：渐渐变成：栽培，种植：发展 |  |  |  |  |  |  |  |
| 13 | gulf | [galf ] | n.海湾 |  |  |  |  |  |  |  |
| 14 | hail | [he'1] | v.下雹：欢呼，欢迎n.雹 |  |  |  |  |  |  |  |
| 15 | hair | [hea(r) ] | n.毛发，头发：绒毛，毛状物 |  |  |  |  |  |  |  |
| 16 | half | [ha:f] | n.半，一半a.一半的，不完全的ad.一半地 |  |  |  |  |  |  |  |
| 17 | hall | [ho:1] | n.礼堂，会堂，办公大楼，门厅 |  |  |  |  |  |  |  |
| 18 | halt | [ho:lt] | n.止步，停步，停止前进v.止步，（使）停止 |  |  |  |  |  |  |  |
| 19 | hand | [hand] | n.手，人手，雇员；专门业人员：指针v.交 |  |  |  |  |  |  |  |
| 20 | hang | ]  [[ | v.悬挂，垂吊；吊死，绞死 |  |  |  |  |  |  |  |
| 21 | hard | [ha:d] | a.坚硬的：结实的：困难的；难忍的；严厉的 |  |  |  |  |  |  |  |
| 22 | harm | [ha:m] | n.／v.伤害，损害，危害 |  |  |  |  |  |  |  |
| 23 | hate | [he't] | v.恨，憎恨：不愿，不喜欢n.恨，憎恶 |  |  |  |  |  |  |  |
| 24 | haul | [ho:1] | v.拖曳，拖运，用力拖 |  |  |  |  |  |  |  |
| 25 | have | [ hav; av: hæv] | v.有，具有：体会，经受；从事：使：吃，喝 |  |  |  |  |  |  |  |
| 26 | hawk | [ho:k] | n.鹰，隼 |  |  |  |  |  |  |  |
| 27 | head | [hed] | n.头：顶部：领导，首脑 v.主管：位于..顶部 |  |  |  |  |  |  |  |
| 28 | heal | [hi:1] | v.治愈，愈合 |  |  |  |  |  |  |  |
| 29 | heap | [hi:p] | n.（一）堆，大量，许多v.（up）堆，堆起 |  |  |  |  |  |  |  |
| 30 | hear | [hiə(r)] | v.听见：审讯：（from）收到..的信／电话；听说 |  |  |  |  |  |  |  |

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| 1 | heat | [hi:t] | n.热，热度；热烈，激烈v.（给）加热，（使）变热 |  |  |  |  |  |  |  |
| 2 | heel | [hi:1] | n.脚后跟，踵，鞋跟 |  |  |  |  |  |  |  |
| 3 | heir | [(1)ea] | n.继承人 |  |  |  |  |  |  |  |
| 4 | hell | [hel;'heləve] | n.地狱，阴间；苦境，极大痛苦 |  |  |  |  |  |  |  |
| 5 | help | [help] | v.帮（援）助；有助于：［呼救］救命n.帮助（手） |  |  |  |  |  |  |  |
| 6 | herb | [h3:b] | n.药草，（调味用的）香草，草本植物 |  |  |  |  |  |  |  |
| 7 | herd | [h3:d] | n.群，兽群，牛群v.放牧，群集 |  |  |  |  |  |  |  |
| 8 | here | [(x)elu] | ad.在（到，向）这里；这时；在这一点上 |  |  |  |  |  |  |  |
| 9 | hero | [ne.rely.] | n.英雄，勇士：男主角，男主人公 |  |  |  |  |  |  |  |
| 10 | hers | [h3:z;3:z] | pron.［she的物主代词］她的（所有物） |  |  |  |  |  |  |  |
| 11 | hide | [haid] | v.隐藏，躲藏；隐瞒 n.皮革，兽皮 |  |  |  |  |  |  |  |
| 12 | high | [hai] | a.高的，高度的，高级的，高尚的ad.高高地 |  |  |  |  |  |  |  |
| 13 | hike | [haik] | n.徒步旅行；增加vi.徒步旅行vt.提高 |  |  |  |  |  |  |  |
| 14 | hill | [hil] | n.小山，山岗，高地；［pl.］丘陵（地带） |  |  |  |  |  |  |  |
| 15 | hint | [hint] | n.暗示，提示，线索v.暗示，示意 |  |  |  |  |  |  |  |
| 16 | hire | [(I)erey.] | n.／v.雇用，租借 |  |  |  |  |  |  |  |
| 17 | hold | [heuld] | v.拿着；保有；托住；举行；继续n.握住；船舱 |  |  |  |  |  |  |  |
| 18 | hole | [heul] | n.洞，孔 |  |  |  |  |  |  |  |
| 19 | holy | ['hauli] | a.神圣的，圣洁的 |  |  |  |  |  |  |  |
| 20 | home | [heum] | ad.回家，在家n.家：家乡 a.家庭的；家乡的 |  |  |  |  |  |  |  |
| 21 | hook | [huk] | n.钩，吊钩，钩状物v.钩住 |  |  |  |  |  |  |  |
| 22 | hope | [heup] | n.希望，期望：希望的人或事v.希望，期望 |  |  |  |  |  |  |  |
| 23 | horn | [ho:n] | n.（牛羊等的）角：号，喇叭；角状物；角制品 |  |  |  |  |  |  |  |
| 24 | hose | [heuz] | n.水龙带，软管v.用软管（淋浇，冲洗） |  |  |  |  |  |  |  |
| 25 | host | [heust] | n.主人；旅店老板；节目主持人；一大群，许多 |  |  |  |  |  |  |  |
| 26 | hour | [(1)ene,] | n.小时，钟点；时刻；课时，工作时间 |  |  |  |  |  |  |  |
| 27 | howl | [haul] | n.怒吼，嗥叫 vi.（风等）怒吼，咆哮 |  |  |  |  |  |  |  |
| 28 | huge | [hju:d3] | a.巨大的，庞大的 |  |  |  |  |  |  |  |
| 29 | hunt | [hant] | v.／n.打猎，猎取；（for）搜索；寻找 |  |  |  |  |  |  |  |
| 30 | hurl | [h3:l] | vt.猛投，力掷：大声叫骂 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
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| 1 | hurt | [h3:t] | n.伤痛，伤害v.刺痛，伤害；伤···的感情 |  |  |  |  |  |  |  |
| 2 | idea | [ar'diə] | n.想法，念头：概念，观念：意见，主意 |  |  |  |  |  |  |  |
| 3 | idle | ['aidl] | a.空闲的，闲置的；懒散的v.空费，虚度 |  |  |  |  |  |  |  |
| 4 | inch | [mntf] | n.英寸 |  |  |  |  |  |  |  |
| 5 | into | ['inte;'mntu;'mntu:] | prep.到...里面，进入：成为（表示变化） |  |  |  |  |  |  |  |
| 6 | iron | [uere.] | n.铁，铁制品，烙铁，熨斗v.熨（衣），熨平 |  |  |  |  |  |  |  |
| 7 | isle | [ail] | n.小岛（用于诗歌中） |  |  |  |  |  |  |  |
| 8 | item | ['aitəm] | n.条（款），项目：一则（新闻），（戏剧的）节目 |  |  |  |  |  |  |  |
| 9 | jazz | [d3zz] | n.爵士乐 |  |  |  |  |  |  |  |
| 10 | join | [d3om] | v.参加，加入：联合，连接；和···在一起 |  |  |  |  |  |  |  |
| 11 | joke | [d3auk] | n.笑话，玩笑v.说笑话，开玩笑 |  |  |  |  |  |  |  |
| 12 | July | [d3u'lar] | n.七月 |  |  |  |  |  |  |  |
| 13 | jump | [d3Amp] | v.／n.跳跃，跳动，跳过；暴涨，猛增 |  |  |  |  |  |  |  |
| 14 | June | [d3u:n] | n.六月 |  |  |  |  |  |  |  |
| 15 | junk | [d3Ank] | n.废物，旧货；舢板 |  |  |  |  |  |  |  |
| 16 | jury | ['d3ueri] | n.陪审团：全体评审员 |  |  |  |  |  |  |  |
| 17 | just | [d3Ast] | ad.正好地：刚才：只不过a.公正的，公平的 |  |  |  |  |  |  |  |
| 18 | keen | [ki:n] | a.锋利的；敏锐的；敏捷的；（on）热心的，渴望的 |  |  |  |  |  |  |  |
| 19 | keep | [ki:p] | v.保持，保存，遵守，经营，看守，拘留，维持 |  |  |  |  |  |  |  |
| 20 | kick | [kik] | n.／v.踢 |  |  |  |  |  |  |  |
| 21 | kill | [kil] | vt.杀死，消灭；破坏，毁灭：消磨（时间） |  |  |  |  |  |  |  |
| 22 | kilo | ['kilo] | n.（kilogram／kilogramme）千克 |  |  |  |  |  |  |  |
| 23 | kind | [kaind] | a.仁慈的，友好的，亲切的，和蔼的n.种类 |  |  |  |  |  |  |  |
| 24 | king | [ki]] | n.君主，国王 |  |  |  |  |  |  |  |
| 25 | kiss | [kis] | n.／v.吻，接吻 |  |  |  |  |  |  |  |
| 26 | kite | [kait] | n.风筝 |  |  |  |  |  |  |  |
| 27 | knee | [ni:] | n.膝，膝盖 |  |  |  |  |  |  |  |
| 28 | knit | [nit] | v.编织，编结；接合，粘合 |  |  |  |  |  |  |  |
| 29 | knob | [nob] | n.门把，（球形）把手，旋纽 |  |  |  |  |  |  |  |
| 30 | knot | [npt] | n.（绳）结：（树）节；节（＝海里／小时）v.打结 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | know | [neu] | vt.知道，了解：认识：识别 vi.知道，了解 |  |  |  |  |  |  |  |
| 2 | lace | [leis] | n.花边；带子，鞋带v.系带，扎带 |  |  |  |  |  |  |  |
| 3 | lack | [læk] | n.／v.缺乏，不足 |  |  |  |  |  |  |  |
| 4 | lady | ['leidi] | n.女士，夫人 |  |  |  |  |  |  |  |
| 5 | lake | [leik] | n.湖泊，湖水 |  |  |  |  |  |  |  |
| 6 | lamb | [1am] | n.羔羊，小羊；羔羊肉 |  |  |  |  |  |  |  |
| 7 | lame | [lem] | a.跛的，（辩解、论据等）无说服力的 |  |  |  |  |  |  |  |
| 8 | lamp | [lamp] | n.灯 |  |  |  |  |  |  |  |
| 9 | land | [land] | n.陆地，土地，国家v.（使）靠岸（登陆，降落） |  |  |  |  |  |  |  |
| 10 | lane | [lem] | n.小路，小巷，行车道 |  |  |  |  |  |  |  |
| 11 | lash | [1a]] | v.鞭打，摆动，捆扎n.鞭子，鞭打，睫毛，讽刺 |  |  |  |  |  |  |  |
| 12 | last | [la:st] | a.最后的，刚过去的ad.最后n.最后v.持续 |  |  |  |  |  |  |  |
| 13 | late | [leit] | a.迟的，晚的，晚期的：已故的ad.迟，晚 |  |  |  |  |  |  |  |
| 14 | lawn | [lo:n] | n.草地，草坪 |  |  |  |  |  |  |  |
| 15 | lazy | ['leizi] | a.懒惰的，懒散的 |  |  |  |  |  |  |  |
| 16 | lead | [li:d;led] | v.领导；领先；通向，导致n.带领，引导；铅 |  |  |  |  |  |  |  |
| 17 | leaf | [li:f] | n.叶子；（书刊的）一页，一张；金属薄片 |  |  |  |  |  |  |  |
| 18 | leak | [li:k] | v.漏，泄漏 n.漏洞，漏隙；泄漏，漏出 |  |  |  |  |  |  |  |
| 19 | lean | [li:n] | v.倾斜，屈身；倚，靠，依赖a.瘦的，无脂肪的 |  |  |  |  |  |  |  |
| 20 | leap | [li:p] | v.跳，跳跃 n.跳跃，飞跃 |  |  |  |  |  |  |  |
| 21 | left | [left] | n.左面，左方a.左边的，左面的：在左方的 |  |  |  |  |  |  |  |
| 22 | lend | [lend] | vt.借给，贷（款） |  |  |  |  |  |  |  |
| 23 | lens | [lenz] | n.透镜，镜头 |  |  |  |  |  |  |  |
| 24 | less | [les] | a.／ad.更少的（地），更小的（地） |  |  |  |  |  |  |  |
| 25 | lest | [lest] | conj.惟恐，免得 |  |  |  |  |  |  |  |
| 26 | levy | ['levi] | n.征收，征税，征兵v.征收，征集，征用 |  |  |  |  |  |  |  |
| 27 | lick | [lik] | vt.舔；（火焰或浪）掠过；打败 n.舔；少量 |  |  |  |  |  |  |  |
| 28 | life | [laif] | n.生命，生存；一生，寿命；生活；生物 |  |  |  |  |  |  |  |
| 29 | lift | [lift] | v.升起，举起，消散n.电梯，上升，免费搭车 |  |  |  |  |  |  |  |
| 30 | like | [laik] | v.喜欢 prep.象：比如a.相象的 n.象···一样 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | limb | [lm] | n.肢，翼，大树枝 |  |  |  |  |  |  |  |
| 2 | limp | [lmmp] | a.柔软的，易曲的v.／n.蹒跚，跛行 |  |  |  |  |  |  |  |
| 3 | line | [lain] | n.线；路线，航线；排；线路；界线v.排队；加衬 |  |  |  |  |  |  |  |
| 4 | link | [ligk] | v.连接，联系n.环节，链环 |  |  |  |  |  |  |  |
| 5 | lion | ['laiən] | n.狮子 |  |  |  |  |  |  |  |
| 6 | list | [list] | n.表，目录，名单v.把···编列成表，列入表内 |  |  |  |  |  |  |  |
| 7 | live | [liv;laiv ] | v.活着，生活，居住a.活的，生动的，直播的 |  |  |  |  |  |  |  |
| 8 | load | [leud] | v.装（货），装载n.装载（量），负荷（量）；（一）担 |  |  |  |  |  |  |  |
| 9 | loaf | [leuf] | n.一个面包 |  |  |  |  |  |  |  |
| 10 | loan | [ləun] | n.贷款；出借，借出v.借出 |  |  |  |  |  |  |  |
| 11 | lock | [lpk] | n.锁v.锁，锁上 |  |  |  |  |  |  |  |
| 12 | long | [1og] | a.长的，长时间的，长期的ad.长久，长期地 |  |  |  |  |  |  |  |
| 13 | look | [luk] | vi.／n.看，注视v.好像，显得n.外表，脸色 |  |  |  |  |  |  |  |
| 14 | loom | [lum] | n.织布机，织机v.隐现，（危险、忧虑等）迫近 |  |  |  |  |  |  |  |
| 15 | loop | [lu:p] | n.圈，环 |  |  |  |  |  |  |  |
| 16 | lord | [lo:d] | n.（Lord）上帝，主；主人，长官，君主，贵族 |  |  |  |  |  |  |  |
| 17 | lose | [lu:z] | v.丢失，迷路，输掉，亏本，失败，走慢，使沉湎于 |  |  |  |  |  |  |  |
| 18 | loss | [lps] | n.丧失，遗失：损失，损耗，亏损：失败 |  |  |  |  |  |  |  |
| 19 | loud | [laud] | a.大声的，响亮的；吵闹的，喧嚣的 |  |  |  |  |  |  |  |
| 20 | love | [lAv] | n.爱，爱情，喜欢vt.爱，热爱；爱好，喜欢 |  |  |  |  |  |  |  |
| 21 | luck | [IAk] | n.运气：好运，侥幸 |  |  |  |  |  |  |  |
| 22 | lump | [1Amp] | n.团，块v.（使）成团，（使）成块 |  |  |  |  |  |  |  |
| 23 | lung | [lAg] | n.肺 |  |  |  |  |  |  |  |
| 24 | lure | [lue(r);1juə(r)] | n.吸引力，魅力，诱惑物vt.引诱，吸引 |  |  |  |  |  |  |  |
| 25 | maid | [meid] | n.少女，处女，女仆 |  |  |  |  |  |  |  |
| 26 | mail | [meil] | n.邮件v.邮寄 |  |  |  |  |  |  |  |
| 27 | main | [metn] | a.主要的，总的n.总管道；干线 |  |  |  |  |  |  |  |
| 28 | make | [meik] | n.（产品）来源，制法vt.制造，做成，准备 |  |  |  |  |  |  |  |
| 29 | male | [meil] | n.／a.男性（的），雄性（的） |  |  |  |  |  |  |  |
| 30 | many | ['meni] | a.许多的，多的pron.许多人或物，许多 |  |  |  |  |  |  |  |

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| 1 | mark | [mo:k] | n.痕迹；记号；分数v.标记，打分，使有特色 |  |  |  |  |  |  |  |
| 2 | mask | [mo:sk] | n.面具，面罩；假面具，伪装v.掩饰，化装 |  |  |  |  |  |  |  |
| 3 | mass | [mes] | n.大量，众多；团，块；（pl.）群众，民众；质量 |  |  |  |  |  |  |  |
| 4 | mate | [meit] | n.伙伴，同事，同伴，配偶v.结伴，配对，交配 |  |  |  |  |  |  |  |
| 5 | meal | [mi:1] | n.膳食，一餐 |  |  |  |  |  |  |  |
| 6 | mean | [mi:n] | v.表示···的意思 a.卑鄙的；平均的n.平均值 |  |  |  |  |  |  |  |
| 7 | meat | [mi:t] | n.（食用）肉类 |  |  |  |  |  |  |  |
| 8 | meet | [mi:t] | n.会，集会v.遇见；会谈；迎接；满足；符合 |  |  |  |  |  |  |  |
| 9 | melt | [melt] | v.（使）融化，（使）熔化 |  |  |  |  |  |  |  |
| 10 | memo | ['memeu] | n.（memorandum）备忘录 |  |  |  |  |  |  |  |
| 11 | mend | [mend] | v.修理，缝补；改正，改进 |  |  |  |  |  |  |  |
| 12 | menu | ['menju:] | n.菜单 |  |  |  |  |  |  |  |
| 13 | mere | [mr] | a.纯粹的；仅仅，只不过 |  |  |  |  |  |  |  |
| 14 | mess | [mes] | n.混乱，混杂，脏乱v.弄脏，弄乱，搞糟 |  |  |  |  |  |  |  |
| 15 | mild | [maild] | a.温和的，轻微的，味淡的，不含有害物质的的 |  |  |  |  |  |  |  |
| 16 | mile | [mail] | n.英里，哩，海里 |  |  |  |  |  |  |  |
| 17 | milk | [mlk] | n.牛奶：（植物流出的）白色乳液v.挤奶 |  |  |  |  |  |  |  |
| 18 | mill | [ml] | n.磨粉机，磨坊；作坊，工厂 |  |  |  |  |  |  |  |
| 19 | mind | [maind] | n.精神，理智，意见，记忆力v.注意，介意，反对 |  |  |  |  |  |  |  |
| 20 | mine | [main] | pron.（I的物主代词）我的（东西）n.矿v.采矿 |  |  |  |  |  |  |  |
| 21 | miss | [ms] | n.小姐v.思念，未击中，错过，漏掉，逃脱 |  |  |  |  |  |  |  |
| 22 | mist | [mst] | n.薄雾，霭 |  |  |  |  |  |  |  |
| 23 | moan | [maun] | n.呻吟声，悲叹声v.呻吟，抱怨，悲叹 |  |  |  |  |  |  |  |
| 24 | mock | [mok] | v.嘲笑a.假的，模拟的n.（常pl.）模拟考试 |  |  |  |  |  |  |  |
| 25 | mode | [pnem] | n.方式，式样 |  |  |  |  |  |  |  |
| 26 | wood | [mu:d] | n.心情，情绪；语气 |  |  |  |  |  |  |  |
| 27 | moon | [mu:n] | n.（加 the）月球，月亮：卫星 |  |  |  |  |  |  |  |
| 28 | more | [mo:(r)] | a.更多的n.更多的人（或东西）ad.更，更多 |  |  |  |  |  |  |  |
| 29 | moss | [mDs] | n.苔，藓，地衣 |  |  |  |  |  |  |  |
| 30 | most | [1snem] | a.最多的；大多数的ad.最；极其n.大多数 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | move | [mu:v] | v.移动，迁移；活动；感动 n.移动，活动，行动 |  |  |  |  |  |  |  |
| 2 | much | [matf] | a.多的，大量的ad.十分，非常；到极大程度 |  |  |  |  |  |  |  |
| 3 | must | [mest;mAst] | aux.＆v.必须；很可能；一定要n.必须做的事 |  |  |  |  |  |  |  |
| 4 | mute | [mju:t] | a.哑的，缄默的n.哑巴；弱音器v.减弱···的声音 |  |  |  |  |  |  |  |
| 5 | myth | [mθ] | n.神话；虚构的理论 |  |  |  |  |  |  |  |
| 6 | nail | [neil] | n.指甲，爪；钉v.将···钉牢，钉住 |  |  |  |  |  |  |  |
| 7 | name | [netm] | n.名字（称／声／义）vt.给···取名：列举；提名 |  |  |  |  |  |  |  |
| 8 | navy | ['nervi] | n.海军 |  |  |  |  |  |  |  |
| 9 | near | [ (x)eiu] | a.近的，接近的；亲近的prep.靠近 ad.接近 |  |  |  |  |  |  |  |
| 10 | neat | [ni:t] | a.整洁的，干净的，优美的，精致的 |  |  |  |  |  |  |  |
| 11 | neck | [nek] | n.颈脖 |  |  |  |  |  |  |  |
| 12 | need | [ni:d] | aux.v.／v.需要；必须n.需要；贫困，困窘 |  |  |  |  |  |  |  |
| 13 | nest | [nest] | n.窝，巢v.筑巢 |  |  |  |  |  |  |  |
| 14 | news | [nju:z] | n.新闻，消息：新闻报道，新闻广播 |  |  |  |  |  |  |  |
| 15 | next | [nekst] | a.紧接的，其次的：贴近的 ad.其次：居后 |  |  |  |  |  |  |  |
| 16 | nice | [nats] | a.美好的，令人愉快的；友好的，亲切的 |  |  |  |  |  |  |  |
| 17 | nine | [namn] | num.九 pron.／ad.九（个，只...） |  |  |  |  |  |  |  |
| 18 | none | [nan] | pron.没有任何人（东西）：都不ad.一点也不 |  |  |  |  |  |  |  |
| 19 | noon | [nu:n] | n.中午，正午 |  |  |  |  |  |  |  |
| 20 | norm | [no:m] | n.准则，规范，准则，平均数 |  |  |  |  |  |  |  |
| 21 | nose | [zneu] | n.鼻子；（飞机，船等的）前端，突出部分 |  |  |  |  |  |  |  |
| 22 | note | [ineu] | n.笔记：按语，注释；钞票，纸币v.记下，摘下 |  |  |  |  |  |  |  |
| 23 | noun | [naun] | n.名词 |  |  |  |  |  |  |  |
| 24 | numb | [nAm] | a.麻木的，失去感觉的v.使麻木 |  |  |  |  |  |  |  |
| 25 | oath | [one] | n.誓言，誓约，诅咒 |  |  |  |  |  |  |  |
| 26 | obey | [ə'bei] | v.服从，顺从 |  |  |  |  |  |  |  |
| 27 | odds | [Ddz] | n.不平等，差异；机会 |  |  |  |  |  |  |  |
| 28 | odor | [epne.] | n.（odour）气味，香味，臭味，名声 |  |  |  |  |  |  |  |
| 29 | okay | ['əu'kei] | a．（okey，OK，0．K．）好，行，不错n．同意 |  |  |  |  |  |  |  |
| 30 | omit | [im,e] | v.省略，删去；遗漏，忽略 |  |  |  |  |  |  |  |

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| 1 | once | [suvm] | ad.一次，曾经conj.一（旦）···就···n.一次 |  |  |  |  |  |  |  |
| 2 | only | 'əunli] | ad.仅仅，只不过a.唯一的conj.可是，不过 |  |  |  |  |  |  |  |
| 3 | onto | ['onte;'ontu] | prep.在...上面；到...上面 |  |  |  |  |  |  |  |
| 4 | open | [uedne,] | n.公开，户外a.开的，开放的v.开 |  |  |  |  |  |  |  |
| 5 | oral | [ [e.x:c.] | a.口头的 |  |  |  |  |  |  |  |
| 6 | ours | [zene,:z:o] | pron.［we 的物主代词］我们的（所有物） |  |  |  |  |  |  |  |
| 7 | oval | [avl] | a.卵形的，椭圆形的n.卵形，椭圆形 |  |  |  |  |  |  |  |
| 8 | oven | [uAV.] | n.炉，灶，灶箱 |  |  |  |  |  |  |  |
| 9 | over | [ (x)eane.] | ad.在上方：遍及地 prep.在的上方a.结束的 |  |  |  |  |  |  |  |
| 10 | pace | [ pets] | n.步，步伐，步调，速度v.踱步，用步测 |  |  |  |  |  |  |  |
| 11 | pack | [pæk] | v.捆扎，打包；塞满，挤满n.包裹，背包，一群／副 |  |  |  |  |  |  |  |
| 12 | pact | [pækt] | n.合同，条约，公约，协定 |  |  |  |  |  |  |  |
| 13 | page | [peid3] | n.页，记录，事件，专栏vt.给...标页码 |  |  |  |  |  |  |  |
| 14 | pail | [peil] | n.桶，提桶；一桶的量 |  |  |  |  |  |  |  |
| 15 | pain | [pein] | n.痛，痛苦；（pl.）努力，劳苦vt.使痛苦 |  |  |  |  |  |  |  |
| 16 | pair | [ (I)ead ] | n.一对，一双；一副；夫妇v.配对，成对 |  |  |  |  |  |  |  |
| 17 | pale | [ peil ] | a.苍白的，灰白的；浅的，暗淡的 |  |  |  |  |  |  |  |
| 18 | palm | [po:m] | n.手掌，掌状物，棕榈vt.与···握手，藏···于掌中 |  |  |  |  |  |  |  |
| 19 | pant | [pænt] | n.喘气v.喘，气喘吁吁地说 |  |  |  |  |  |  |  |
| 20 | park | [pa:k] | n.公园，停车场，运动场v.停放（汽车等），寄放 |  |  |  |  |  |  |  |
| 21 | part | [pa:t] | n.部分，角色，一方，零件，地区，部，篇v.使分开 |  |  |  |  |  |  |  |
| 22 | pass | [po:s] | v.经／通／穿／度过：传递 n.通行证：考试及格 |  |  |  |  |  |  |  |
| 23 | past | [pa:st] | a.过去的ad.过n.过去，昔日 prep.（经）过 |  |  |  |  |  |  |  |
| 24 | path | [po:θ] | n.小路，小径；路线，轨道 |  |  |  |  |  |  |  |
| 25 | pave | [petv] | v.铺砌，铺（路） |  |  |  |  |  |  |  |
| 26 | peak | [pi:k] | n.山顶，最高点；峰，山峰 a.高峰的，最高的 |  |  |  |  |  |  |  |
| 27 | pear | [pea(r)] | n.梨子，梨树 |  |  |  |  |  |  |  |
| 28 | peel | [pi:1] | v.削皮，剥皮n.果皮 |  |  |  |  |  |  |  |
| 29 | peep | [ pi:p] | v.偷看，窥视 |  |  |  |  |  |  |  |
| 30 | peer | [ (x)eid] | n.同辈，同等地位的人；贵族v.凝视，隐约出现 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | pest | [pest] | n.害虫 |  |  |  |  |  |  |  |
| 2 | pick | [ pik] | v.拾，采，摘；挑选，选择n.镐，鹤嘴锄 |  |  |  |  |  |  |  |
| 3 | pile | [ pail] | n.堆，大量，大数目v.（up）堆，叠，堆积 |  |  |  |  |  |  |  |
| 4 | pill | [ pil] | n.药丸 |  |  |  |  |  |  |  |
| 5 | pine | [pain] | n.松树 |  |  |  |  |  |  |  |
| 6 | pink | [pigk] | n.粉红色 a.粉红色的 |  |  |  |  |  |  |  |
| 7 | pint | [paint] | n.品脱 |  |  |  |  |  |  |  |
| 8 | pipe | [ patp] | n.管子，导管；烟斗；笛 |  |  |  |  |  |  |  |
| 9 | pity | ['piti] | v.（觉得）可怜，惋惜 n.憾事，怜悯 |  |  |  |  |  |  |  |
| 10 | plan | [plæn] | n.计划，规划；平面图，设计图v.计划 |  |  |  |  |  |  |  |
| 11 | play | [plet] | v.玩，做游戏：参加比赛n.游戏；玩耍；剧本 |  |  |  |  |  |  |  |
| 12 | plea | [pli:] | n.（法律）抗辩；请求，恳求，托词，口实 |  |  |  |  |  |  |  |
| 13 | plot | [plot] | n.秘密计划；情节 v.标绘，绘制；密谋，策划 |  |  |  |  |  |  |  |
| 14 | plug | [ plAg] | n.塞子，插头v.堵，塞，插上，插栓 |  |  |  |  |  |  |  |
| 15 | plus | [ plAs ] | prep.加上a.正的，加的n.加号，正号 |  |  |  |  |  |  |  |
| 16 | poem | [mned.] | n.诗 |  |  |  |  |  |  |  |
| 17 | poet | [lined,] | n.诗人 |  |  |  |  |  |  |  |
| 18 | poke | [yned] | n.刺，戳，懒汉，袋子v.戳，刺，伸出，刺探，闲荡 |  |  |  |  |  |  |  |
| 19 | pole | [[ned] | n.柱，杆；地极，磁极，电极 |  |  |  |  |  |  |  |
| 20 | pol1 | [Ined] | n.民意测验；（pl.）政治选举v.获得···选票 |  |  |  |  |  |  |  |
| 21 | pond | [puad] | n.池塘 |  |  |  |  |  |  |  |
| 22 | pool | [pu:1] | n.水池，游泳池；合资经营 v.合伙经营，联营 |  |  |  |  |  |  |  |
| 23 | poor | [ (I)end :(1):cd] | a.贫困的；可怜的；贫乏的；贫瘠的；低劣的 |  |  |  |  |  |  |  |
| 24 | pope | [dned] | n.罗马教皇，主教，大腿上要害部位 |  |  |  |  |  |  |  |
| 25 | pork | [po:k] | n.猪肉 |  |  |  |  |  |  |  |
| 26 | port | [ po:t] | n.港口 |  |  |  |  |  |  |  |
| 27 | pose | [zned] | n.姿势，姿态v.造成，提出，摆姿势，佯装 |  |  |  |  |  |  |  |
| 28 | post | [isned] | v.贴出；公告；投寄n.（支）柱；邮政，邮寄：职位 |  |  |  |  |  |  |  |
| 29 | pour | [po:r] | v.灌注，倾泻，涌入，流，倾盆大雨 |  |  |  |  |  |  |  |
| 30 | pray | [prei] | v.请求，恳求；祈祷，祈求 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | prey | [pret] | n.被掠食者，牺牲者，掠食v.捕食，掠夺，折磨 |  |  |  |  |  |  |  |
| 2 | puff | [paf] | n.一阵，一股（气味等）；喘息；吹嘘v.喘息，鼓吹 |  |  |  |  |  |  |  |
| 3 | pull | [pul] | v.拉，拖n.拉，拖；拉力，牵引力 |  |  |  |  |  |  |  |
| 4 | pump | [pAmp] | n.泵v.用（泵）抽（水）；打气，泵送 |  |  |  |  |  |  |  |
| 5 | pure | [(1)en[d] | a.纯的，纯洁的；纯理论的，抽象的；完全的 |  |  |  |  |  |  |  |
| 6 | push | [puf] | v.推；催逼，逼迫 n.推，推力；促进，推进 |  |  |  |  |  |  |  |
| 7 | quit | [kwit] | v.离开，退出；停止，放弃，辞职 |  |  |  |  |  |  |  |
| 8 | quiz | [kmz] | n.小型考试，测验，问答比赛 |  |  |  |  |  |  |  |
| 9 | race | [rets] | n.赛跑；人种，种族；属，种v.赛跑 |  |  |  |  |  |  |  |
| 10 | rack | [rak] | n.挂物架，搁物架v.使痛苦，折磨 |  |  |  |  |  |  |  |
| 11 | rage | [reid3] | n.愤怒 |  |  |  |  |  |  |  |
| 12 | raid | [reid] | n／v..袭击，搜查 |  |  |  |  |  |  |  |
| 13 | rail | [reil] | n.栏杆，围栏；（pl.）铁路；铁轨；横杆，栏杆 |  |  |  |  |  |  |  |
| 14 | rain | [remn] | n.雨；雨天：下雨vi.下雨vt.使大量落下 |  |  |  |  |  |  |  |
| 15 | rake | [reik] | n.耙子，耙机v.耙；搜索，探索 |  |  |  |  |  |  |  |
| 16 | rank | [rægk] | n.军衔，社会阶层；排v.分等级，把···分类 |  |  |  |  |  |  |  |
| 17 | rape | [retp] | n.／vt.掠夺，蹂躏，强奸 |  |  |  |  |  |  |  |
| 18 | rare | [rea(r) ] | a.稀有的，难得的，珍奇的；稀薄的，稀疏的 |  |  |  |  |  |  |  |
| 19 | rash | [r] | a.轻率的，鲁莽的n.皮疹 |  |  |  |  |  |  |  |
| 20 | rate | [reit] | n.速率；等级；价格，费用v.估价；评级，评价 |  |  |  |  |  |  |  |
| 21 | read | [ri:d] | v.朗读：阅读 vt.辨认，观察vi.读到，获悉 |  |  |  |  |  |  |  |
| 22 | real | ['ri:əl: riəl] | a.真的，真实的；实际的，现实的 |  |  |  |  |  |  |  |
| 23 | reap | [ri:p] | v.收割，收获 |  |  |  |  |  |  |  |
| 24 | rear | [riə(r) ] | n.后面，背后，后方v.饲养，抚养，栽培，举起 |  |  |  |  |  |  |  |
| 25 | reed | [ri:d] | n.芦苇，苇丛；芦笛，牧笛 |  |  |  |  |  |  |  |
| 26 | reel | [ri:1] | n.卷筒，线轴v.卷，绕 |  |  |  |  |  |  |  |
| 27 | rein | [rein] | n.缰绳，统治，支配v.驾驭，控制，统治 |  |  |  |  |  |  |  |
| 28 | rely | [r'lai] | v.（on）依赖，依靠；信赖，信任 |  |  |  |  |  |  |  |
| 29 | rent | [rent] | v.租，租赁n.租金 |  |  |  |  |  |  |  |
| 30 | rest | [rest] | n.休息：剩余部分v.休息：睡：放，靠，搁 |  |  |  |  |  |  |  |

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| 1 | rice | [rais] | n.稻，米 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 2 | rich | [ritf] | a.富的，有钱的；富饶的；（in）充足的，丰富的 |  |  |  |  |  |  |  |
| 3 | ride | [raid] | v.／n.骑，乘 |  |  |  |  |  |  |  |
| 4 | ring | [ri]] | n.戒指；环；铃声；（打）电话 v.按（铃），敲（钟） |  |  |  |  |  |  |  |
| 5 | riot | ['raiet] | n.暴（骚）乱，蔓延，彩色缤纷 v.骚乱，暴动 |  |  |  |  |  |  |  |
| 6 | ripe | [raip] | a.熟的，成熟的：（for）时机成熟的 |  |  |  |  |  |  |  |
| 7 | rise | [raiz] | v.升起；起立；上涨；起义 n.上涨，增高；起源 |  |  |  |  |  |  |  |
| 8 | risk | [risk] | v.冒···的危险 n.冒险；风险 |  |  |  |  |  |  |  |
| 9 | road | [reud] | n.路，道路，途径 |  |  |  |  |  |  |  |
| 10 | roar | [ro:(r)] | n.／v.吼叫，怒号；轰鸣，咆哮 |  |  |  |  |  |  |  |
| 11 | robe | [reub] | n.长袍，上衣 |  |  |  |  |  |  |  |
| 12 | rock | [rok] | n.岩石，石块v.摇，摇动 |  |  |  |  |  |  |  |
| 13 | role | [reul] | n.角色，作用，任务，职责 |  |  |  |  |  |  |  |
| 14 | roll | [reul] | v.滚动；使摇摆；卷，卷起n.卷，卷形物；名单 |  |  |  |  |  |  |  |
| 15 | roof | [ru:f] | n.屋顶，顶 |  |  |  |  |  |  |  |
| 16 | room | [ru:m;rum] | n.房间，室，空间，地方：余地 |  |  |  |  |  |  |  |
| 17 | root | [ru:t] | n.根，根部；根本，根源v.（使）生根，（使）扎根 |  |  |  |  |  |  |  |
| 18 | rope | [reup] | n.绳，索 |  |  |  |  |  |  |  |
| 19 | rose | [rəuz] | n.玫瑰，蔷薇 |  |  |  |  |  |  |  |
| 20 | ruby | ['ru:bi] | n.红宝石 |  |  |  |  |  |  |  |
| 21 | rude | [ru:d] | a.粗鲁的；猛烈的，残暴的；粗糙的，粗陋的 |  |  |  |  |  |  |  |
| 22 | ruin | ['ru:m] | v.毁灭；（使）破产n.毁灭，崩溃；（pl.）废墟 |  |  |  |  |  |  |  |
| 23 | rule | [ru:1] | v.统治；支配；裁定n.规章，条例；习惯；统治 |  |  |  |  |  |  |  |
| 24 | rush | [rA]] | v.（使）冲；奔n.冲，急速行进a.（交通）繁忙的 |  |  |  |  |  |  |  |
| 25 | rust | [rAst] | n.铁锈v.（使）生锈 |  |  |  |  |  |  |  |
| 26 | sack | [sæk] | n.袋，包，麻袋v.解雇 |  |  |  |  |  |  |  |
| 27 | safe | [seif] | a.安全的，牢靠的；谨慎的，可靠的n.保险箱 |  |  |  |  |  |  |  |
| 28 | sail | [seil] | n.帆，航行v.航行 |  |  |  |  |  |  |  |
| 29 | sake | [seik;'so:ki] | n.缘故，理由 |  |  |  |  |  |  |  |
| 30 | sale | [seil] | n.出售，上市；贱卖，廉价出售；销售额 |  |  |  |  |  |  |  |

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|  | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 序号 |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | salt | [so:lt;splt] | n.盐，盐，类v.腌，盐渍 |  |  |  |  |  |  |  |
| 2 | same | [setm] | a.相同的pron.相同的人（或物）ad.同样地 |  |  |  |  |  |  |  |
| 3 | sand | [sænd] | n.沙；（pl.）沙滩，沙地 |  |  |  |  |  |  |  |
| 4 | sane | [setn] | a.心智健全的，神志清醒的，明智的，稳健的 |  |  |  |  |  |  |  |
| 5 | save | [setv] | v.救，拯救；储蓄，贮存；节省 |  |  |  |  |  |  |  |
| 6 | scan | [skæn] | v.细看，审视；浏览；扫描 n.扫描 |  |  |  |  |  |  |  |
| 7 | scar | [ska:(r)] | n.疤，疤痕；创伤v.使留下伤痕，创伤 |  |  |  |  |  |  |  |
| 8 | seal | [si:1] | n.封铅，封条；印，图章；海豹v.封，密封 |  |  |  |  |  |  |  |
| 9 | seam | [si:m] | n.缝，接缝 |  |  |  |  |  |  |  |
| 10 | seat | [si:t] | n.座位，底座；所在地，场所v.使坐下 |  |  |  |  |  |  |  |
| 11 | seed | [si:d] | n.种子v.播种；结实，结籽 |  |  |  |  |  |  |  |
| 12 | seek | [si:k] | v.（after，for）寻找，探索；试图，企图 |  |  |  |  |  |  |  |
| 13 | seem | [sim] | v.好像，似乎 |  |  |  |  |  |  |  |
| 14 | self | [self] | n.自我，自己（pl.selves） |  |  |  |  |  |  |  |
| 15 | sell | [ sel] | v.卖，出售 |  |  |  |  |  |  |  |
| 16 | send | [send] | v．（sent，sent）1．打发：派遣 2．送：寄出 |  |  |  |  |  |  |  |
| 17 | sham | [fam] | n.／a.假冒（的），虚伪（的） |  |  |  |  |  |  |  |
| 18 | shed | [fed] | v.流出；发散，散发，脱落，脱去n.棚，小屋 |  |  |  |  |  |  |  |
| 19 | ship | [jip] | n.船舶，舰艇v.装运，航运，运送：发货 |  |  |  |  |  |  |  |
| 20 | shoe | [fu:] | n.鞋 |  |  |  |  |  |  |  |
| 21 | shop | [fop] | n.商店，店铺；工厂，车间v.买东西 |  |  |  |  |  |  |  |
| 22 | shot | [1a]] | n.开枪，射击；投篮；弹丸，炮弹，子弹 |  |  |  |  |  |  |  |
| 23 | show | [Jəu] | n.节目，表演v.上演（戏剧等），放映（电影） |  |  |  |  |  |  |  |
| 24 | shut | [1V]] | v.关，关闭 |  |  |  |  |  |  |  |
| 25 | sick | [sik] | a.有病的，患病的；恶心的，想吐的 |  |  |  |  |  |  |  |
| 26 | side | [said] | n.旁边，侧面：坡，岸；一边／侧／方 vi.支持 |  |  |  |  |  |  |  |
| 27 | sigh | [sai] | n.叹息，叹息声v.叹息，叹气 |  |  |  |  |  |  |  |
| 28 | sign | [samn] | n.标记，招牌；征兆，迹象v.签名（于），署名（于） |  |  |  |  |  |  |  |
| 29 | silk | [silk] | n.丝，绸 |  |  |  |  |  |  |  |
| 30 | sing | [st]] | v.唱，演唱；鸡叫 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | sink | [sink] | v.（使）下沉，下落n.水槽，水池 |  |  |  |  |  |  |  |
| 2 | site | [sait] | n.位置，场所，地点 |  |  |  |  |  |  |  |
| 3 | size | [saiz] | n.大小，尺寸，规模；尺码 |  |  |  |  |  |  |  |
| 4 | skim | [skim] | vt.撇去（液体表面）之漂浮物vi.轻轻掠过 |  |  |  |  |  |  |  |
| 5 | skin | [skin] | n.皮，皮肤；兽皮，皮毛；外皮，外壳v.剥皮 |  |  |  |  |  |  |  |
| 6 | skip | [skip] | vi.略过，跳过n.跳跃 vt.故意忽略：略过 |  |  |  |  |  |  |  |
| 7 | slam | [slam] | v.（门、窗等）砰地关上n.猛然关闭的声音 |  |  |  |  |  |  |  |
| 8 | slap | [slæp] | n.／v.拍，掌击 |  |  |  |  |  |  |  |
| 9 | slim | [slim] | a.苗条的；（机会）少的v.减轻体重，变苗条 |  |  |  |  |  |  |  |
| 10 | slip | [slip] | v.滑，滑倒；滑掉；溜走n.疏忽，小错，口误，笔误 |  |  |  |  |  |  |  |
| 11 | slit | [slit] | v.切开，截开，纵割n.细长裂缝，狭长切口 |  |  |  |  |  |  |  |
| 12 | slot | [slot] | n.狭缝：空位vt.放入狭缝中：把···纳入 |  |  |  |  |  |  |  |
| 13 | slow | [ sləu] | a.慢的，不活跃的v.（down）（使）放慢，减速 |  |  |  |  |  |  |  |
| 14 | slum | [slAm] | n.贫民窟，贫民区，陋巷 |  |  |  |  |  |  |  |
| 15 | smog | [smDg] | n.烟雾 |  |  |  |  |  |  |  |
| 16 | snap | [snæep] | v.啪地移动：（使）突然断开，断开（成两截） |  |  |  |  |  |  |  |
| 17 | snow | [neus] | n.雪，下雪 vi.下雪：如雪一般地落下 |  |  |  |  |  |  |  |
| 18 | soak | [ seuk] | v.浸泡，浸湿，浸透 |  |  |  |  |  |  |  |
| 19 | soap | [ seup] | n.肥皂 |  |  |  |  |  |  |  |
| 20 | soar | [so:(r)] | vi.（指鸟等）高飞，翱翔；飞涨；高耸 |  |  |  |  |  |  |  |
| 21 | sock | [spk] | n.（pl.）短袜 |  |  |  |  |  |  |  |
| 22 | soda | [epnes.] | n.苏打，汽水 |  |  |  |  |  |  |  |
| 23 | sofa | ['seufə] | n.长沙发，沙发 |  |  |  |  |  |  |  |
| 24 | soft | [spft] | a.软的；温柔的；细嫩的，光滑的；不含酒精的 |  |  |  |  |  |  |  |
| 25 | soil | [soil] | n.泥土，土地，土壤v.弄脏，（使）变脏 |  |  |  |  |  |  |  |
| 26 | sole | [seul] | a.单独的，唯一的n.脚垫，鞋底 |  |  |  |  |  |  |  |
| 27 | solo | ['soulou] | n.独奏 a.＆ad.单独的（地）：独唱的（地） |  |  |  |  |  |  |  |
| 28 | some | [sem;sAm] | a.几个；一些；有些；某（人或物）pron.一些 |  |  |  |  |  |  |  |
| 29 | song | [sD]] | n.歌唱，（虫、鸟等）鸣声；歌曲，歌词 |  |  |  |  |  |  |  |

soon

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|  | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 序号 |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | sore | [so:(r)] | a.疼痛的；痛心的n.痛处，疮口 |  |  |  |  |  |  |  |
| 2 | sort | [so:t] | n.种类，类别v.分类，整理 |  |  |  |  |  |  |  |
| 3 | soul | [seul] | n.灵魂，心灵；精神，精力；人 |  |  |  |  |  |  |  |
| 4 | soup | [su:p] | n.汤 |  |  |  |  |  |  |  |
| 5 | sour | [ (x)enes, ] | a.酸的；发酸的；酸痛的；脾气坏的；刻薄的 |  |  |  |  |  |  |  |
| 6 | span | [spen] | n.跨度，跨距 |  |  |  |  |  |  |  |
| 7 | spin | [spin] | v.旋转；纺纱；织网，吐丝 n.旋转；自转 |  |  |  |  |  |  |  |
| 8 | spit | [spit] | v.吐（唾沫），吐痰n.唾液 |  |  |  |  |  |  |  |
| 9 | spot | [sppt] | n.斑点；地点 v.认出，认清，发现；玷污，弄脏 |  |  |  |  |  |  |  |
| 10 | spur | [sp3:(r)] | n.靴刺，马刺；刺激，刺激物v.刺激，激励 |  |  |  |  |  |  |  |
| 11 | stab | [stæb] | v.／n.刺，戳 |  |  |  |  |  |  |  |
| 12 | star | [sta:(r)] | n.星：恒星：明星v.用星号标出：扮演主角 |  |  |  |  |  |  |  |
| 13 | stay | [stei] | vi.逗留：保持 vt.停止，延缓n.逗留，停留 |  |  |  |  |  |  |  |
| 14 | stem | [stem] | n.茎，干vt.堵（挡）住vi.起源于，由···造成 |  |  |  |  |  |  |  |
| 15 | step | [step] | n.步；台阶，梯级；步骤，措施 v.踏，走，举步 |  |  |  |  |  |  |  |
| 16 | stir | [st3:(r)] | v.搅拌，搅动；动，摇动；激动；轰动；煽动，鼓动 |  |  |  |  |  |  |  |
| 17 | stop | [stpp] | v.停止；塞住；阻止，阻挠；逗留n.停车站；停止 |  |  |  |  |  |  |  |
| 18 | stun | [stan] | vt.使···失去知觉：使目瞪口呆，使吃惊 |  |  |  |  |  |  |  |
| 19 | such | [satf] | a.这样的；上述的ad.那么pron.这样的人／事物 |  |  |  |  |  |  |  |
| 20 | suck | [sAk] | v.＆n.吸，舐；吸收（取） |  |  |  |  |  |  |  |
| 21 | suit | [ su:t; sju:t] | v.合适，适合；相配，适应n.一套西服；诉讼 |  |  |  |  |  |  |  |
| 22 | sure | [Jue(r):fo:(r)] | a.肯定的；一定会···的；有信心的，有把握的 |  |  |  |  |  |  |  |
| 23 | swan | [swon] | n.天鹅vi.闲荡，游荡 |  |  |  |  |  |  |  |
| 24 | sway | [swei] | vi.摇动：倾斜 vt.使摇动 n.摇动：影响力 |  |  |  |  |  |  |  |
| 25 | swim | [swim] | vi.游泳；游；漂浮；眩晕；充溢vt.游过 n.游泳 |  |  |  |  |  |  |  |
| 26 | tail | [tell] | n.尾巴；尾部；跟踪者vt.尾随，跟踪 |  |  |  |  |  |  |  |
| 27 | take | [teik] | v.拿取：吃：记录：取得；花费；捕获：认为 |  |  |  |  |  |  |  |
| 28 | tale | [tell] | n.故事，传说 |  |  |  |  |  |  |  |
| 29 | talk | [to:k] | n.谈话：聊天：讲话：演讲 v.说话：交谈 |  |  |  |  |  |  |  |
| 30 | tall | [to:l] | a.（身材）高的，高大的：夸大的，离谱的 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | tame | [telm] | a.驯服的，温顺的；沉闷的，乏味的vt.驯服 |  |  |  |  |  |  |  |
| 2 | tank | [tangk] | n.罐，槽，箱；坦克vt.储于槽中 |  |  |  |  |  |  |  |
| 3 | tape | [teip] | n.带（子）；录音带，磁带 v.录音；系，捆 |  |  |  |  |  |  |  |
| 4 | task | [ta:sk] | n.任务，作业，工作 |  |  |  |  |  |  |  |
| 5 | taxi | ['taksi] | n.出租汽车v.［指飞机］（使）滑行 |  |  |  |  |  |  |  |
| 6 | team | [ti:m] | n.小队，小组v.协同工作 |  |  |  |  |  |  |  |
| 7 | tear | [(for v.)'te:;(for m | n.(pl.)眼泪 vt.撕裂;使···分裂 vi.破裂 |  |  |  |  |  |  |  |
| 8 | te11 | [tel] | vt.告诉，讲述；告诫；吩咐，命令：辨／区别 |  |  |  |  |  |  |  |
| 9 | tend | [tend] | v.趋向，往往是；照料，看护 |  |  |  |  |  |  |  |
| 10 | tent | [tent] | n.帐篷 |  |  |  |  |  |  |  |
| 11 | term | [t3:m] | n.学期；期限，期间；（pl.）条件，条款；术语 |  |  |  |  |  |  |  |
| 12 | test | [ test] | n.／vt.试验；检验；测验 |  |  |  |  |  |  |  |
| 13 | text | [tekst] | n.正文，文本：原文：教科书 |  |  |  |  |  |  |  |
| 14 | than | [ðen;ðæn] | conj.（用于形容词，副词的比较级之后）比 |  |  |  |  |  |  |  |
| 15 | that | [ðet] | a.／pron.那，那个ad.那么 conj.［引导从句］ |  |  |  |  |  |  |  |
| 16 | them | [ðem;ðem] | pron.他们／她们／它们（they 的宾格形式） |  |  |  |  |  |  |  |
| 17 | then | [ðen] | ad.当时，在那时；然后，于是：那么，因而 |  |  |  |  |  |  |  |
| 18 | they | [ðei] | 商店。（一般人经常用复数 they 来指一家商店） |  |  |  |  |  |  |  |
| 19 | thin | [θm] | a.薄的，细的；稀薄的，淡的；瘦的v.变薄；变稀 |  |  |  |  |  |  |  |
| 20 | this | [ðis] | pron.这（个）a.这（个）；今ad.这（样） |  |  |  |  |  |  |  |
| 21 | thus | [OAS] | ad.如此：像这样；于是；因此 |  |  |  |  |  |  |  |
| 22 | tick | [tik] | n.滴答声；勾号v.滴答响；打勾号于 |  |  |  |  |  |  |  |
| 23 | tide | [taid] | n.潮，潮汐；潮流，趋势 |  |  |  |  |  |  |  |
| 24 | tidy | ['taidi] | a.整洁的，整齐的v.整理，收拾 |  |  |  |  |  |  |  |
| 25 | tile | [tail] | n.瓦片，瓷砖vt.铺瓦于，贴砖于 |  |  |  |  |  |  |  |
| 26 | till | [tul] | prep.直到，直到···为止，与until 意思相同 |  |  |  |  |  |  |  |
| 27 | tilt | [tilt] | v.（使）倾侧：（使）倾斜 n.倾侧：倾斜 |  |  |  |  |  |  |  |
| 28 | time | [talm] | n.时间，时刻：次，回：时代，时期：倍，乘 |  |  |  |  |  |  |  |
| 29 | tiny | ['tamni] | a.极小的，微小的 |  |  |  |  |  |  |  |
| 30 | tire | [(1)ere1.] | v.（使）疲倦，（使）厌倦n.（＝tyre）轮胎，车胎 |  |  |  |  |  |  |  |

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| 序号 |
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| 1 | tol1 | [ təul] | n.（道路、桥等的）通行费；牺牲：死伤人数 |  |  |  |  |  |  |  |
| 2 | tomb | [tu:m] | n.坟，冢 |  |  |  |  |  |  |  |
| 3 | tone | [taun] | n.音调，音色；风气，气氛；腔调，语气；色调 |  |  |  |  |  |  |  |
| 4 | tool | [tu:1] | n.工具，用具：方法，手段 |  |  |  |  |  |  |  |
| 5 | toss | [tos] | vt.向上掷／扔；摇摆，颠簸n.投，扔：摇动 |  |  |  |  |  |  |  |
| 6 | tour | [tuə(r);to:(r)] | n.旅游，旅行；巡回演出／比赛 v.旅游 |  |  |  |  |  |  |  |
| 7 | town | [taun] | n.市镇；市民：城市商业区，闹市区 |  |  |  |  |  |  |  |
| 8 | tram | [tram] | n.有轨电车 |  |  |  |  |  |  |  |
| 9 | trap | [træp] | n.陷阱，圈套vt.诱捕；使中圈套vi.设圈套 |  |  |  |  |  |  |  |
| 10 | tray | [trei] | n.盘，碟，托盘 |  |  |  |  |  |  |  |
| 11 | tree | [tri:] | n.树，树状物vi.爬上树 |  |  |  |  |  |  |  |
| 12 | trim | [trim] | a.整齐的，整洁的v.／n.整理，修整，装饰 |  |  |  |  |  |  |  |
| 13 | trip | [trip] | n.旅行，远足v.绊倒；失足；犯错 |  |  |  |  |  |  |  |
| 14 | TRUE | [tru:] | a.真实，不假的；忠实，可靠的；正确无误的 |  |  |  |  |  |  |  |
| 15 | tube | [tju:b] | n.管，软管；电子管，显像管；地铁 |  |  |  |  |  |  |  |
| 16 | tuck | [tak] | v.卷起；塞进 |  |  |  |  |  |  |  |
| 17 | tune | [tju:n] | n.调子，曲调；和谐，协调vt.调音，调节，调整 |  |  |  |  |  |  |  |
| 18 | turn | [t3:n] | v.／n.（使）转动；（使）旋转；（使）转变n.机会 |  |  |  |  |  |  |  |
| 19 | twin | [twin] | a.双的，成对的，孪生的n.孪生子，双生子 |  |  |  |  |  |  |  |
| 20 | type | [taip] | n.型式，类型；印刷字体；活／铅字 v.打字 |  |  |  |  |  |  |  |
| 21 | ugly | ['Agli] | a.丑陋的，难看的；丑恶的，讨厌的 |  |  |  |  |  |  |  |
| 22 | undo | [An'du:] | v.松开，解开 |  |  |  |  |  |  |  |
| 23 | unit | ['ju:nit] | n.单位，单元；部件，元件；机组，装置 |  |  |  |  |  |  |  |
| 24 | upon | [e'pon] | prep.在···上；在···旁［＝on］ |  |  |  |  |  |  |  |
| 25 | urge | [3:d3] | vt.催促；怂恿；强调 n.强烈欲望，迫切要求 |  |  |  |  |  |  |  |
| 26 | used | [ju:st] | a.用旧了的，旧的；习惯于···；过去惯／经常 |  |  |  |  |  |  |  |
| 27 | vain | [vein] | a.徒劳的，徒然的；自负的，爱虚荣的 |  |  |  |  |  |  |  |
| 28 | vary | ['veari] | vt.改变，变化；使多样化 |  |  |  |  |  |  |  |
| 29 | vase | [vo:z] | n.花瓶，瓶 |  |  |  |  |  |  |  |

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vast

a.巨大的，辽阔的，大量的；巨额的

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | veil | [veil] | n.面纱，遮蔽物v.用面纱掩盖，掩饰 |  |  |  |  |  |  |  |
| 2 | vein | [vein] | n.血管；静脉；叶脉；纹理；情绪vt.使成脉络 |  |  |  |  |  |  |  |
| 3 | verb | [v3:b] | n.动词 |  |  |  |  |  |  |  |
| 4 | very | ['veri] | ad.很，非常；完全a.正是的：真正，真实的 |  |  |  |  |  |  |  |
| 5 | vest | [vest] | n.背心，马甲；汗衫，内衣 |  |  |  |  |  |  |  |
| 6 | veto | [nei:A,] | n.／v.否决 |  |  |  |  |  |  |  |
| 7 | vice | [vals] | n.邪恶；恶习；（pl.）台钳，老虎钳 |  |  |  |  |  |  |  |
| 8 | view | [vju:] | n.视野；风景；观察；见解；照片vt.观察；认为 |  |  |  |  |  |  |  |
| 9 | visa | ['vi:zə] | n.（护照等的）签证：维萨信用卡 vt.签证 |  |  |  |  |  |  |  |
| 10 | void | [void] | a.空虚的；没有的；无效的 |  |  |  |  |  |  |  |
| 11 | volt | [voult] | n.伏特 |  |  |  |  |  |  |  |
| 12 | vote | [inen] | n.投票，表决；选票，选票数v.投票，表决 |  |  |  |  |  |  |  |
| 13 | wage | [weid3] | n.（常pl.）工资，报酬vt.进行，开展 |  |  |  |  |  |  |  |
| 14 | wait | [weit] | v.（for）等待；（on）侍候n.等候，等待时间 |  |  |  |  |  |  |  |
| 15 | wake | [weik] | v.醒来，唤醒；使觉醒，激发，引起 |  |  |  |  |  |  |  |
| 16 | walk | [ wo:k] | v.走，步行，散步；走遍n.走，步行，散步 |  |  |  |  |  |  |  |
| 17 | wall | [wo:l] | n.墙，壁，围墙vt.筑墙围住，用墙隔开 |  |  |  |  |  |  |  |
| 18 | want | [wont] | vt.想要；希望；需要；缺，缺少n.需要；短缺 |  |  |  |  |  |  |  |
| 19 | ward | [wo:d] | n.病房；行政区；监护；被监护人 vt.挡住 |  |  |  |  |  |  |  |
| 20 | warm | [wo:m] | a.温暖的，热心的，热情的v.（使）变暖 |  |  |  |  |  |  |  |
| 21 | warn | [wo:n] | vt.警告 vi.发出警告 |  |  |  |  |  |  |  |
| 22 | wash | [wof] | n.洗：洗的衣物vt.冲刷，洗：冲出vi.洗澡 |  |  |  |  |  |  |  |
| 23 | watt | [wpt] | n.瓦，瓦特 |  |  |  |  |  |  |  |
| 24 | wave | [weiv] | n.波浪；（挥手）示意：飘扬 v.（挥手）示意，致意 |  |  |  |  |  |  |  |
| 25 | weak | [wi:k] | a.虚弱的，软弱的；不够标准的；淡薄的，稀的 |  |  |  |  |  |  |  |
| 26 | wear | [ wea(r)] | v.穿着，戴着：磨损，用旧 n.穿，戴：磨损 |  |  |  |  |  |  |  |
| 27 | weed | [ wi:d] | n.杂草，野草v.除草，锄草 |  |  |  |  |  |  |  |
| 28 | week | [wi:k ] | n.星期，周 |  |  |  |  |  |  |  |
| 29 | weep | [wi:p] | v.哭泣，流泪；滴下n.哭泣 |  |  |  |  |  |  |  |
| 30 | weld | [weld] | v.焊接n.焊接，焊缝 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 背诵时间及检查日期 | | | | | | | | |
| 音标 词义 | | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | well | [wel] | ad.好，令人满意地；很int.哎呀，好啦，嗯 |  |  |  |  |  |  |  |
| 2 | west | [west] | n.／a.西，西方（的），西部（的）ad.向西 |  |  |  |  |  |  |  |
| 3 | what | [wpt] | pron.什么a.多么，何等：什么；尽可能多的 |  |  |  |  |  |  |  |
| 4 | when | [wen] | ad.／pron.何时：当时 conj.那时；然后；而 |  |  |  |  |  |  |  |
| 5 | whip | [wip] | n.鞭子；车夫v.鞭打，抽打；突然移动 |  |  |  |  |  |  |  |
| 6 | whom | [hum] | pron.谁：哪个人（who的宾格） |  |  |  |  |  |  |  |
| 7 | wide | [waid] | a.宽阔的；睁大的；远离的ad.广阔地；偏差地 |  |  |  |  |  |  |  |
| 8 | wife | [waif] | n.妻子，夫人，太太 |  |  |  |  |  |  |  |
| 9 | wild | [waild] | a.野性的，野生的；野蛮的；狂热的：荒芜的 |  |  |  |  |  |  |  |
| 10 | will | [ml] | aux.／v.将；会；愿意 n.意志；决心；愿望 |  |  |  |  |  |  |  |
| 11 | wind | [wind] | n.风；气息 v.转动；缠绕；上发条，；蜿蜒而行 |  |  |  |  |  |  |  |
| 12 | wine | [wamn] | n.葡萄酒，果酒 |  |  |  |  |  |  |  |
| 13 | wing | [[m] | n.翅，翅膀；翼，机翼；派别vt.装以翼 |  |  |  |  |  |  |  |
| 14 | wink | [wigk] | v.（使）眨眼：眨眼示意 n.眨眼；小睡，打盹 |  |  |  |  |  |  |  |
| 15 | wipe | [waip] | v.／n.擦，揩，抹 |  |  |  |  |  |  |  |
| 16 | wire | [(I)erem.] | n.金属线，电线；电报，电信v.发电报（给） |  |  |  |  |  |  |  |
| 17 | wise | [waiz] | a.有智慧的，聪明的 |  |  |  |  |  |  |  |
| 18 | wish | [wf] | v.希望；但愿；祝n.愿望，希望；［pl.］祝愿 |  |  |  |  |  |  |  |
| 19 | with | [wið;θ] | prep.跟···一起；用；具有：关于；因；随着 |  |  |  |  |  |  |  |
| 20 | wolf | [wulf] | n.狼 |  |  |  |  |  |  |  |
| 21 | wood | [wud] | n.木材，木头，木料：（pl.）森林，林地 |  |  |  |  |  |  |  |
| 22 | wool | [wul] | n.羊毛，毛线，毛织品 |  |  |  |  |  |  |  |
| 23 | word | [w3:d] | n.词，词语：言语，话：谈话：消息，信息 |  |  |  |  |  |  |  |
| 24 | work | [w3:k] | n.工作（量）：作品：［pl.］工厂v.工作；运转 |  |  |  |  |  |  |  |
| 25 | worm | [w3:m] | n.虫，蠕虫 |  |  |  |  |  |  |  |
| 26 | wrap | [ræp] | v.裹，缠，卷，包n.披肩，围巾 |  |  |  |  |  |  |  |
| 27 | yard | [ja:d] | n.院子，场地；码 |  |  |  |  |  |  |  |
| 28 | yawn | [jo:n] | v.打呵欠n.呵欠 |  |  |  |  |  |  |  |
| 29 | year | [jiə(r);j3:(r)] | n.年，年度，学年a.／ad.每年，一年一次 |  |  |  |  |  |  |  |
| 30 | yell | [jel] | vi.大叫；呼喊vt.叫着说n.叫声；喊声 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | your | [ jo:(r); jə(r)] | pron.［you的所有格］你的，你们的 |  |  |  |  |  |  |  |
| 2 | zeal | [zi:l] | n.热心，热忱，热情 |  |  |  |  |  |  |  |
| 3 | zero | [nereiz.] | n.零，零度num.零 |  |  |  |  |  |  |  |
| 4 | zinc | [zink] | n.锌 |  |  |  |  |  |  |  |
| 5 | zone | [zeun] | n.地区，区域v.分区，划分地带 |  |  |  |  |  |  |  |
| 6 | zoom | [zu:m] | vi.（飞机）陡升 n.陡升；嗡嗡声 |  |  |  |  |  |  |  |
| 7 | abide | [ə'bald] | vi.（abode，abided）（by）遵守；坚持 |  |  |  |  |  |  |  |
| 8 | about | [ə'baut] | ad.在周围：大约 prep.关于：在周围 a.准备 |  |  |  |  |  |  |  |
| 9 | above | [Avq.e] | a.上述的ad.在上面prep.在..之上，高于 |  |  |  |  |  |  |  |
| 10 | abuse | [ə'bju:s] | vt.滥用；辱骂；诋毁 n.滥用；恶习；弊端 |  |  |  |  |  |  |  |
| 11 | actor | ['æktə(r)] | n.男演员；演员，行动者 |  |  |  |  |  |  |  |
| 12 | acute | [a'kju:t] | a.剧烈的；敏锐的；成锐角的；尖的，高音的 |  |  |  |  |  |  |  |
| 13 | adapt | [1dæp.e] | vt.使适应，使适合：改编；改写vi.适应 |  |  |  |  |  |  |  |
| 14 | admit | [əd'mit] | vt.承认，供认：准许···进入，准许...加入 |  |  |  |  |  |  |  |
| 15 | adopt | [1dap.e] | vt.采用，采取（态度等）；选定：收养 |  |  |  |  |  |  |  |
| 16 | adore | [ə'do:r] | vt.崇拜，敬慕，爱慕：非常喜欢 |  |  |  |  |  |  |  |
| 17 | adult | [ædalt;edalt] | n.成年人a.成年的，充分长成的，成熟的 |  |  |  |  |  |  |  |
| 18 | after | ['a:ftə(r)] | 以后 |  |  |  |  |  |  |  |
| 19 | again |  | prep.在...:在...后面adv.以后,后来 |  |  |  |  |  |  |  |
| 20 | agent | o'gen; a'gein ]  ['eid3ənt | n.代理人：代理商：产生作用的人或事物 |  |  |  |  |  |  |  |
| 21 | agony | ['ægeni] | n.（精神或肉体的）极大痛苦，创伤 |  |  |  |  |  |  |  |
| 22 | agree | [ə'gri:] | vi.答应，赞同：适合，一致；商定，约定 |  |  |  |  |  |  |  |
| 23 | ahead | [ə'hed] | ad.在前面（头）：向（朝）前：提前 |  |  |  |  |  |  |  |
| 24 | aisle | [ail] | n.（教堂、教室、戏院等里的）过道，通道 |  |  |  |  |  |  |  |
| 25 | alarm | [ə'lo:m] | n.惊恐：警报（器）vt.惊动，惊吓：向···报警 |  |  |  |  |  |  |  |
| 26 | album | ['ælbəm] | n.（同一表演者的）集锦密纹唱片；集邮册，相册 |  |  |  |  |  |  |  |
| 27 | alert | [e'la:t] | a.机警的，警觉的：机灵的vt.使···警觉 |  |  |  |  |  |  |  |
| 28 | alien | ['ellien] | n.外侨，外国人：外星人a.外国的：相异的 |  |  |  |  |  |  |  |
| 29 | alike | [ə'laik] | a.同样的，相像的ad.一样地；同程度地 |  |  |  |  |  |  |  |
| 30 | alive | [ə'latv] | a.活着的；存在的；活跃的：（to）敏感的 |  |  |  |  |  |  |  |

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| 1 | allow | [ə'lau] | vt.允许，准许；承认；给予：（for）考虑到 |  |  |  |  |  |  |  |
| 2 | alloy | ['aloi] | n.合金vt.将···铸成合金 |  |  |  |  |  |  |  |
| 3 | alone | [ə'ləun] | a.单独的，孤独的ad.单独地，独自地；仅仅 |  |  |  |  |  |  |  |
| 4 | along | [a'lon]] | ad.向前：和...一起，一同prep.沿着，顺着 |  |  |  |  |  |  |  |
| 5 | aloud | [ə'laud] | adv.出声地，大声地 |  |  |  |  |  |  |  |
| 6 | alter | ['■lter] | vt.改变，更改：改做（衣服）vi.改变，变化 |  |  |  |  |  |  |  |
| 7 | amaze | [ə'meiz] | vt.使惊奇，使惊愕：使困惑 vi.表现出惊奇 |  |  |  |  |  |  |  |
| 8 | amend | [ə'mend] | vt.修改，修订，改进 |  |  |  |  |  |  |  |
| 9 | among | [[ivm,e] | prep.在···之中；在一群（组）之中：于···之间 |  |  |  |  |  |  |  |
| 10 | ample | [ampl] | a.充分的，富裕的：宽敞的，宽大的 |  |  |  |  |  |  |  |
| 11 | amuse | [ə'mju:z] | vt.向···提供娱乐，使···消遣：引人发笑 |  |  |  |  |  |  |  |
| 12 | angel | ['emnd3l] | n.天使，安琪儿 |  |  |  |  |  |  |  |
| 13 | anger | [(1)e6.] | n.愤怒，气愤vt.使发怒，激怒vi.发怒 |  |  |  |  |  |  |  |
| 14 | angle | [201】 | n.角，角度v.钓鱼：（采用各种方法）取得 |  |  |  |  |  |  |  |
| 15 | angry | [116] | a.生气的，愤怒的：（天气）风雨交加的 |  |  |  |  |  |  |  |
| 16 | ankle | [ægkl] | n.足踝，踝关节 |  |  |  |  |  |  |  |
| 17 | annoy | [cu,e] | vt.使恼怒，使生气：打扰vi.招人讨厌 |  |  |  |  |  |  |  |
| 18 | apart | [a'po:t] | ad.分离，离开，隔开a.分离的，分隔的 |  |  |  |  |  |  |  |
| 19 | appal | [I:cd,e] | v.使惊骇，使恐怖 |  |  |  |  |  |  |  |
| 20 | apple | ['æpl] | n.苹果，苹果树 |  |  |  |  |  |  |  |
| 21 | apply | [a'plai] | vi.（以书面形式）申请；请求vt.应用：实施 |  |  |  |  |  |  |  |
| 22 | April | ['eipra1] | （名）四月 |  |  |  |  |  |  |  |
| 23 | argue | ['a:gju:] | vi.辩论，争论vt.辩论，论证：说服，劝说 |  |  |  |  |  |  |  |
| 24 | arise | [ə'raiz] | v.出现，发生：（from）由···引起，由···产生 |  |  |  |  |  |  |  |
| 25 | array | [ə'rei] | n.大量：排列；盛装v.列阵；装扮；排列 |  |  |  |  |  |  |  |
| 26 | arrow | ['ærəu] | n.箭，矢，箭状物：箭头符号 |  |  |  |  |  |  |  |
| 27 | aside | [a'said] | ad.在旁边，到一边n.旁白：离题的话 |  |  |  |  |  |  |  |
| 28 | asset | ['æset] | n.（pl.）资产，财产；有价值的物品；天赋 |  |  |  |  |  |  |  |
| 29 | audio | ['odiəu] | n.／a.音频（响）（的）：声音（的），听觉（的） |  |  |  |  |  |  |  |

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| 1 | aural | ['orəl] | a.听觉的，听力的 |  |  |  |  |  |  |  |
| 2 | avail | [ə'veil] | n.［一般用于否定句或疑问句中］效用，利益 |  |  |  |  |  |  |  |
| 3 | avert | [a'va:t] | v.防止，避免；转移（目光、注意力等） |  |  |  |  |  |  |  |
| 4 | avoid | [pics,e] | vt.防止，避免：逃避，避开 |  |  |  |  |  |  |  |
| 5 | await | [a'weit] | vt.等候，期待：（事情等）降临于 |  |  |  |  |  |  |  |
| 6 | awake | [ə'weik] | a.醒着的vt.唤醒，使觉醒vi.醒来，醒悟到 |  |  |  |  |  |  |  |
| 7 | award | [p:Cm,e] | vt.授予，给予：判定n.奖，奖金；仲裁 |  |  |  |  |  |  |  |
| 8 | aware | [ə'wea(r)] | a.知道的，意识到的： |  |  |  |  |  |  |  |
| 9 | awful | [IJ:C.] | a.极度的，极坏的：威严的，可怕的 |  |  |  |  |  |  |  |
| 10 | bacon | ['beikən] | n.咸猪肉，熏猪肉 |  |  |  |  |  |  |  |
| 11 | badge | [bæed3] | n.徽章，像章；标记；象征：记号 |  |  |  |  |  |  |  |
| 12 | badly | ['badli] | ad.非常，严重地；坏地，差地，拙劣地 |  |  |  |  |  |  |  |
| 13 | basic | ['beisik] | a.基本的，基础的 |  |  |  |  |  |  |  |
| 14 | basin | ['beisn] | n.盆，脸盆；内海，盆地 |  |  |  |  |  |  |  |
| 15 | basis | ['beists] | n.基础，根据 |  |  |  |  |  |  |  |
| 16 | batch | [bætf] | n.一批，一组，一群 |  |  |  |  |  |  |  |
| 17 | bathe | [beið] | v.游泳，洗澡，浸，弄湿 |  |  |  |  |  |  |  |
| 18 | beach | [bi:tf] | n.海滩，湖滩，河滩 |  |  |  |  |  |  |  |
| 19 | beard | [ biad] | n.胡须 |  |  |  |  |  |  |  |
| 20 | beast | [bi:st] | n.兽，牲畜；凶残的人，举止粗鲁的人 |  |  |  |  |  |  |  |
| 21 | begin | [bi'gmm] | v.（began，begun）开始，着手 |  |  |  |  |  |  |  |
| 22 | being | ['bi:ng] | n.生物，生命，存在； |  |  |  |  |  |  |  |
| 23 | belly | ['beli] | n.肚子，腹部；（像肚子一样）鼓起的部分，膛 |  |  |  |  |  |  |  |
| 24 | below | [bi'ləu] | prep.在···下面，在···以下ad.在下面，向下 |  |  |  |  |  |  |  |
| 25 | bench | [bentf] | n.长凳，条凳；（工作）台，座 |  |  |  |  |  |  |  |
| 26 | Bible | ['baibl] | n.圣经 |  |  |  |  |  |  |  |
| 27 | birth | [b3:θ] | n.出生，诞生；出身，血统；起源；出现 |  |  |  |  |  |  |  |
| 28 | black | [blæk] | a.黑（色）的；黑暗的n.黑（色）；黑暗；黑人 |  |  |  |  |  |  |  |
| 29 | blade | [bleid] | n.刀刃，刀片；桨叶；草叶，叶片 |  |  |  |  |  |  |  |
| 30 | blame | [bletm] | v.责备：怪，把···归咎于n.责任，过错；责备 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | blank | [blagk] | a.空白的，空着的：失色的n.空白；表格 |  |  |  |  |  |  |  |
| 2 | blast | [bla:st] | n.一阵（风）；爆炸冲击波：管乐器声v.爆炸 |  |  |  |  |  |  |  |
| 3 | blaze | [bletz] | n.火焰：火光：闪光，光辉v.燃烧，冒火焰 |  |  |  |  |  |  |  |
| 4 | bleak | [bli:k] | a.荒凉的：冷酷的：没有希望的 |  |  |  |  |  |  |  |
| 5 | bleed | [bli:d] | v.出血，流血 |  |  |  |  |  |  |  |
| 6 | blend | [blend] | n.混合（物）v.混和，混杂 |  |  |  |  |  |  |  |
| 7 | bless | [bles] | v.祝福，保佑 |  |  |  |  |  |  |  |
| 8 | blind | [blaind] | a.盲的，瞎的：盲目的vt.使失明n.百叶窗 |  |  |  |  |  |  |  |
| 9 | block | [blpk] | n.大块木（石）料：街区：障碍物v.阻塞，拦阻 |  |  |  |  |  |  |  |
| 10 | blood | [blad] | n.血液，血：血统，血亲：血气 |  |  |  |  |  |  |  |
| 11 | bloom | [blum] | n.花（朵）：开花（期）v.开花 |  |  |  |  |  |  |  |
| 12 | blunt | [blant] | a.率直的：钝的v.（使）钝；（使）迟钝 |  |  |  |  |  |  |  |
| 13 | blush | [blAf] | v.／n.脸红 |  |  |  |  |  |  |  |
| 14 | board | [bo:d] | n.板，木板；全体委员：伙食v.上船（车，飞机） |  |  |  |  |  |  |  |
| 15 | boast | [beust] | v.（of，about）自夸，夸耀n.自夸，大话 |  |  |  |  |  |  |  |
| 16 | bonus | ['beunes] | n.奖金，红利 |  |  |  |  |  |  |  |
| 17 | boost | [bu:st] | n.／vt.提升：增加：抬高（价格）：支援： |  |  |  |  |  |  |  |
| 18 | booth | [bu:ð] | n.电话亭，货摊 |  |  |  |  |  |  |  |
| 19 | bosom | ['buzem] | n.胸，胸部：胸怀：内心：a.亲密的 |  |  |  |  |  |  |  |
| 20 | bound | [baund] | v.／n.跳（跃）a.被束缚的，一定的：n.界限 |  |  |  |  |  |  |  |
| 21 | bowel | ['bauel] | n.肠：［pl.］内部，深处 |  |  |  |  |  |  |  |
| 22 | brace | [brets] | v.使防备；支撑；使（手，足，肩等）绷紧 n.托架 |  |  |  |  |  |  |  |
| 23 | brain | [brein] | n.（大）脑，骨髓；（pl.）脑力，智能 |  |  |  |  |  |  |  |
| 24 | brake | [breik] | v.／n.制动（器），闸，刹车 |  |  |  |  |  |  |  |
| 25 | brand | [brænd] | n.商标，标记，牌子 v.使铭记：打火印，打烙印 |  |  |  |  |  |  |  |
| 26 | brass | [bra:s] | n.黄铜，铜器 |  |  |  |  |  |  |  |
| 27 | brave | [bretv] | a.勇敢的v.勇敢地面对（危险等） |  |  |  |  |  |  |  |
| 28 | bread | [bred] | n.面包 |  |  |  |  |  |  |  |
| 29 | break | [bretk] | vt.打破：中止：违反 vi.破（裂）n.休息时间 |  |  |  |  |  |  |  |
| 30 | breed | [bri:d] | v.（使）繁殖，生殖：产生；教养，抚养 n.品种 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词文 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | bribe | [braib] | n.贿赂v.向一行贿，买通 |  |  |  |  |  |  |  |
| 2 | brick | [brik] | n.砖块，砖：v.用砖围砌，用砖填补 |  |  |  |  |  |  |  |
| 3 | bride | [bratd] | n.新娘 |  |  |  |  |  |  |  |
| 4 | brief | [bri:f] | a.简短的，简洁的x.简短介绍，简要汇报 |  |  |  |  |  |  |  |
| 5 | bring | [brtg] | v.拿来，带来；产生，引起：使处于某种状态 |  |  |  |  |  |  |  |
| 6 | brisk | [brisk] | a.轻快的：生气勃勃的：兴隆的 |  |  |  |  |  |  |  |
| 7 | broad | [bro:d] | a.宽的，广阔的：广大的：宽宏的，豁达的 |  |  |  |  |  |  |  |
| 8 | brook | [bruk] | n.小溪vt.［常用于否定句或疑问句］容思 |  |  |  |  |  |  |  |
| 9 | broom | [brum] | n.扫帚 |  |  |  |  |  |  |  |
| 10 | brown | [braun] | m.／a.褐色（的），棕色（的） |  |  |  |  |  |  |  |
| 11 | brush | [braf] | n.刷（子），毛刷：画笔x.刷，擦，押，拂；掠过 |  |  |  |  |  |  |  |
| 12 | build | [bild] | vt.建造，建筑；建设，建立vi.增大，增强 |  |  |  |  |  |  |  |
| 13 | bully | [T[nq.] | n.恃强欺弱者，小流氓 vt.威胁，欺侮 |  |  |  |  |  |  |  |
| 14 | bunch | [jiuvq] | n.（一）簇，束，捆，串 |  |  |  |  |  |  |  |
| 15 | burst | [ba:st] | v.爆裂，炸破：突然发生 n.突然破裂，爆发 |  |  |  |  |  |  |  |
| 16 | cabin | [kæbm] | n.客舱，机舱；小（木）屋 |  |  |  |  |  |  |  |
| 17 | cable | ['keibl] | n.电报：电缆：缆，索，钢丝绳v.拍电报 |  |  |  |  |  |  |  |
| 18 | camel | [kæml] | n.骆驼 |  |  |  |  |  |  |  |
| 19 | canal | [ko'næl] | n.运河：（沟）果 |  |  |  |  |  |  |  |
| 20 | candy | [kandi] | n.糖果 |  |  |  |  |  |  |  |
| 21 | canoe | [ke'nu:] | n.独木舟，小游艇 |  |  |  |  |  |  |  |
| 22 | cargo | [neb:oy.] | n.船货，货物 |  |  |  |  |  |  |  |
| 23 | carry | ['kæri] | v.运送，搬运：传送，传播：领，带 |  |  |  |  |  |  |  |
| 24 | carve | [ko:v] | v.（雕）刻 |  |  |  |  |  |  |  |
| 25 | catch | [kætf] | v.捕捉，捕获：赶上；感染：理解，听到 |  |  |  |  |  |  |  |
| 26 | cater | [keite(r)] | vi.（for／to）满足，迎合；（for）提供饮食及服务 |  |  |  |  |  |  |  |
| 27 | cause | [ko:z] | n.原因；事业，事件，奋斗目标v.使产生，引起 |  |  |  |  |  |  |  |
| 28 | cease | [si:s] | v.／n.停止，中止 |  |  |  |  |  |  |  |
| 29 | chain | [tfem] | n.链（条）：（pl.）镣铐；一连串 v.用链条拴住 |  |  |  |  |  |  |  |
| 30 | chair | [tfee(r)] | n.椅子：（会议的）主席 vt.当一的主席，主持 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词文 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | chalk | [tfp:k] | n.粉笔，白至 |  |  |  |  |  |  |  |
| 2 | chaos | ['keips] | n.混乱，紊乱 |  |  |  |  |  |  |  |
| 3 | charm | [tfo:m] | n.吸引力，魅力v.迷人，（使）陶醉：施魔法于 |  |  |  |  |  |  |  |
| 4 | chart | [tfo:t] | n.图表：航海图：航行图 vt.绘图表，制图表 |  |  |  |  |  |  |  |
| 5 | chase | [tfets] | v.／n.追逐，追求 |  |  |  |  |  |  |  |
| 6 | cheap | [fip] | a.便宜的：低劣的，不值钱的 |  |  |  |  |  |  |  |
| 7 | cheat | [tfi:t] | v.欺骗：作弊 n.骗子：欺诈，欺骗行为 |  |  |  |  |  |  |  |
| 8 | cheek | [tfi:k] | n.面颊，脸 |  |  |  |  |  |  |  |
| 9 | cheer | [(1)e1] | v.（使）振奋，（使）高兴v.／n.喝彩，欢呼 |  |  |  |  |  |  |  |
| 10 | chess | [tfes] | n.棋，国际象棋 |  |  |  |  |  |  |  |
| 11 | chest | [tfest ] | n.胸腔，胸膛；箱，柜 |  |  |  |  |  |  |  |
| 12 | chief | [tfi:f] | a.主要的，首要的n.首领，领袖 |  |  |  |  |  |  |  |
| 13 | child | [P[] | n.（［pl.］children）小孩，儿童，儿女 |  |  |  |  |  |  |  |
| 14 | chill | ［血］ | n.寒冷，寒气，寒战v.使寒冷 |  |  |  |  |  |  |  |
| 15 | china | [tfam] | n.瓷器 |  |  |  |  |  |  |  |
| 16 | choke | [tfouk] | v.窒息，噎住：闷塞，堵塞，阻塞 |  |  |  |  |  |  |  |
| 17 | cigar | [si'go:(r)] | n.雪茄烟 |  |  |  |  |  |  |  |
| 18 | civil | ['swl] | a.公民的，市民的：民间的：民用的：有礼貌的 |  |  |  |  |  |  |  |
| 19 | claim | [kletm] | v.要求：声称：索赔 n.要求：断言：索赔：权利 |  |  |  |  |  |  |  |
| 20 | clash | [klæf] | v.／n.碰撞 n.碰撞声 |  |  |  |  |  |  |  |
| 21 | clasp | [klo:sp] | n.扣子，钩子：握手 v.扣住，钩住：紧握，紧抱 |  |  |  |  |  |  |  |
| 22 | class | [klo:s] | n.班级，年级：种类，等级，阶级：（一节）课 |  |  |  |  |  |  |  |
| 23 | clean | [kli:m] | a.清洁的，干净的v.除去..污垢，把...弄干净 |  |  |  |  |  |  |  |
| 24 | clear | [kliə(r)] | a.／ad.清晰的（地）vt.清除：使清楚 vi.变清澈 |  |  |  |  |  |  |  |
| 25 | clerk | [kla:k] | n.职员，办事员：店员 |  |  |  |  |  |  |  |
| 26 | click | [klik] | n.滴答声：vi.发出滴答声 |  |  |  |  |  |  |  |
| 27 | cliff | [klif] | n.悬崖；峭壁 |  |  |  |  |  |  |  |
| 28 | climb | [klamm] | v.／n.攀登，爬 |  |  |  |  |  |  |  |
| 29 | cling | [klm]] | v.（to）粘住：依附：坚持 |  |  |  |  |  |  |  |
| 30 | cloak | [kleuk] | n.斗蓬，披风：掩饰，幌子vt.掩盖，掩饰 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | |
| 第一遍 | 1h 1天 2天 6天 14天 30天 |
| 1 | clock | [klok] | n.钟vt.记录（时间、速度等），为···计时 |  |  |
| 2 | clone | [kleun] | n.无性繁殖，克隆；复制品v.克隆 |  |  |
| 3 | close | [kleus] | v.／n.关：结束 a.／ad.近的（地）；紧密的（地） |  |  |
| 4 | cloth | [klp0] | n.（一块）布，织物，衣料 |  |  |
| 5 | cloud | [klaud] | n.云（状物）：遮暗物.阴影：一大群 |  |  |
| 6 | coach | [keutf] | n.长途公共汽车：教练 vt.训练，指导，培训 |  |  |
| 7 | coast | [keust] | n.海岸，海滨 |  |  |
| 8 | color | ['kale(r)] | n.（＝colour）颜色：颜料：肤色v.给···若色 |  |  |
| 9 | comic | ['komk] | a.喜剧的，滑稽的n.连环漫画杂志：喜剧演员 |  |  |
| 10 | couch | [kautf] | n.长沙发：（病人躺的）长榻vt.表达 |  |  |
| 11 | cough | [kof] | v.／n.咳嗽 |  |  |
| 12 | could | [ked;kud] | v.aux.（口语）（表示许可或请求）可以....行 |  |  |
| 13 | count | [kaunt] | v.数，计算；算入：看作，认为n.计数，总数 |  |  |
| 14 | court | [ko:t] | n.法院，法庭；宫廷，朝廷；院子：球场 |  |  |
| 15 | cover | [kAve(r)] | v.覆盖，包括，涉及n.盖子，套子；（书的）封面 |  |  |
| 16 | crack | [kræk ] | n.裂纹，缝隙：破裂声v.（使）破裂，砸开 |  |  |
| 17 | craft | [kro:ft] | n.工艺，手艺，技巧：飞机，飞船 |  |  |
| 18 | crane | [krem] | n.起重机，鹤 |  |  |
| 19 | crash | [kraf] | v.／n.碰撞，坠落，摔坏 n.失败，瓦解：爆裂声 |  |  |
| 20 | crawl | [kro:1] | v.／n.爬行，蠕动：缓慢（的）行进 |  |  |
| 21 | crazy | ['kretzi] | a.疯狂的，古怪的，蠢的；（about）狂热的 |  |  |
| 22 | cream | [krim] | n.乳脂。（鲜）奶油；奶油色 |  |  |
| 23 | creep | [kri:p] | v.爬，爬行；（植物）蔓延 |  |  |
| 24 | crime | [kramm] | n.罪行，犯罪 |  |  |
| 25 | crisp | [krisp] | a.脆的，易碎的；简明扼要的：（空气）清爽的 |  |  |
| 26 | cross | [kros] | n.十字（架）：苦难 a.交叉的：发怒的v.穿过 |  |  |
| 27 | crowd | [kraud] | n.人群：一群，一伙v.聚集，群集：挤满，拥挤 |  |  |
| 28 | crown | [kraun] | n.王冠，冕；君权，君王v.为···加冕 |  |  |
| 29 | crude | [kru:d] | a.天然的，未加工的：未熟的：粗鲁的，粗野的 |  |  |

30

cruel

['kru:əl]

a.残忍的，残酷的

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | crush | [krAf] | n.／v.压碎，压坏 v.压服，压垮 |  |  |  |  |  |  |  |
| ~ | crust | [krAst ] | n.外皮，壳：地壳 |  |  |  |  |  |  |  |
| 3 | curse | [ka:s] | n.诅咒，咒语，祸因 vt.诅咒，咒骂，使受罪 |  |  |  |  |  |  |  |
| 4 | curve | [ka:v] | n.曲线，弯曲（物）v.弄弯，成曲形 |  |  |  |  |  |  |  |
| 5 | cycle | ['saikl] | n.自行车；周期，循环 v.骑自行车；循环 |  |  |  |  |  |  |  |
| 6 | daily | [deili ] | a.每日的ad.每日，天天n.日报 |  |  |  |  |  |  |  |
| 7 | dairy | [deeri] | n.牛奶场，奶店 |  |  |  |  |  |  |  |
| 8 | dance | [da:ns] | n.舞（蹈）：舞曲，舞会 v.跳舞；跳动 |  |  |  |  |  |  |  |
| 9 | death | [de@] | n.死，死亡：灭亡，毁灭，死因 |  |  |  |  |  |  |  |
| 10 | decay | [di'kei] | v.／n.腐朽，腐烂；衰减，衰退 |  |  |  |  |  |  |  |
| 11 | delay | [dr'let] | v.／n.耽搁，延迟 |  |  |  |  |  |  |  |
| 12 | dense | [dens] | a.浓厚的，密集的，稠密的 |  |  |  |  |  |  |  |
| 13 | depth | [dep0] | n.深，深度，深奥，深刻 |  |  |  |  |  |  |  |
| 14 | devil | [devl] | n.魔鬼 |  |  |  |  |  |  |  |
| 15 | diary | ['daieri] | n.日记，日记簿 |  |  |  |  |  |  |  |
| 16 | dirty | ['da:ti] | a.弄脏的：下流的v.弄脏，玷污 |  |  |  |  |  |  |  |
| 17 | ditch | [ditf] | n.沟，沟渠，水沟 |  |  |  |  |  |  |  |
| 18 | dizzy | [1zp.] | a.头晕目眩的，眩晕的：（可能）使人头晕的 |  |  |  |  |  |  |  |
| 19 | doubt | [daut] | n.／v.怀疑，疑虑 |  |  |  |  |  |  |  |
| 20 | dozen | [uzvp.] | n.一打，十二个 |  |  |  |  |  |  |  |
| 21 | draft | [dra:ft] | n.草稿，草案，草图 v.起草，草拟 |  |  |  |  |  |  |  |
| 22 | drain | [drem] | n.排水沟，阴沟；消耗，负担v.排去，放干 |  |  |  |  |  |  |  |
| 23 | drama | [drome] | n.剧本，戏剧：戏剧性事件或场面 |  |  |  |  |  |  |  |
| 24 | dread | [dred] | v.／n.恐惧，担心 |  |  |  |  |  |  |  |
| 25 | dream | [dri:m] | n.／v.梦，梦想，幻想 |  |  |  |  |  |  |  |
| 26 | dress | [dres] | n.服装，童装，女装v.穿衣，打扮 |  |  |  |  |  |  |  |
| 27 | drift | [drift] | v.／n.漂，漂流（物） |  |  |  |  |  |  |  |
| 28 | drill | [dril] | v.练习：操练；钻孔 n.操练；练习：钻孔（机） |  |  |  |  |  |  |  |
| 29 | drink | [drigk] | v.（drank，drunk）喝，饮 n.饮料：喝酒 |  |  |  |  |  |  |  |
| 30 | drive | [dratv] | v.开（车）；驱；驱动，把（钉，桩）打入n.驾驶 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 41 | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | drown | [draun] | v.溺死，淹没 |  |  |  |  |  |  |  |
| 2 | drunk | [dragk] | a.醉酒的：（喻）陶醉的n.酗酒者，醉汉 |  |  |  |  |  |  |  |
| 3 | dwarf | [dwo:f] | n.矮子，侏儒，矮小的动植物 vt.使···矮小 |  |  |  |  |  |  |  |
| 4 | dwell | [dwel] | v.住，居留 |  |  |  |  |  |  |  |
| 5 | eager | [(1)e6.1.] | a.（for）渴望的，热切的 |  |  |  |  |  |  |  |
| 6 | eagle | [igl] | n.鹰 |  |  |  |  |  |  |  |
| 7 | early | ['a:li] | a.早的，早期的，及早的ad.早，在初期 |  |  |  |  |  |  |  |
| 8 | earth | [3:8] | m.地球：陆地：泥土，土壤：尘世，人间 |  |  |  |  |  |  |  |
| 9 | eight | [eit] | mum.八 pron.八（个，只...） |  |  |  |  |  |  |  |
| 10 | eject | [r'd3ekt] | v.喷射，排出：驱逐 |  |  |  |  |  |  |  |
| 11 | elbow | ['elbau] | n.肘，（衣服的）肘部vt.用肘推，用肘挤 |  |  |  |  |  |  |  |
| 12 | elder | ['elda(r)] | a.年长的，资格老的n.长辈 |  |  |  |  |  |  |  |
| 13 | elect | [rlekt] | v.选举，推选：选择，作出选择 |  |  |  |  |  |  |  |
| 14 | elite | [er'li:t:rli:t] | n.法＞［集合名词］精华；精锐：中坚分子 |  |  |  |  |  |  |  |
| 15 | embed | [m'bed] | vt.把··嵌（埋、插）入，扎牢：使深留脑中 |  |  |  |  |  |  |  |
| 16 | empty | ['empti] | a.空的；空洞的v.倒空，使成为空的 |  |  |  |  |  |  |  |
| 17 | endow | [mm'dau] | vt.资助，捐赠：（with）给予，赋予 |  |  |  |  |  |  |  |
| 18 | enemy | ['enami] | n.敌人，仇敌，反对者：敌人，敌军，敌国 |  |  |  |  |  |  |  |
| 19 | enjoy | [m'd3o] | vt.享受···的乐趣：欣赏；喜爱 |  |  |  |  |  |  |  |
| 20 | enter | ['enta(r)] | vt.进入；参加，加入：写入vi.进去，进来 |  |  |  |  |  |  |  |
| 21 | entry | ['entri] | n.进入，入口；通道；记载，条目 |  |  |  |  |  |  |  |
| 22 | epoch | [i:pok] | n.新纪元：时代：时期；【地质】世，纪，期 |  |  |  |  |  |  |  |
| 23 | equal | [[e].] | a.相等的：胜任的n.相等的事务；对手v.等于 |  |  |  |  |  |  |  |
| 24 | equip | [rkwip] | v.（with）装备，配备；训练 |  |  |  |  |  |  |  |
| 25 | erase | [I'retz] | v.擦掉：删去；消磁 |  |  |  |  |  |  |  |
| 26 | erect | [rrekt] | v.树立，建立，使竖立a.直立的，垂直的 |  |  |  |  |  |  |  |
| 27 | error | ['ere(r)] | n.错误，过失 |  |  |  |  |  |  |  |
| 28 | erupt | [I'rApt] | v.（尤指火山）爆发 |  |  |  |  |  |  |  |
| 29 | essay | ['esei] | n.文章，短文 |  |  |  |  |  |  |  |
| 30 | evade | [r'vead] | vt.逃避，回避：避开，躲避 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | event | [r'vent] | n.事件，事情 |  |  |  |  |  |  |  |
| 2 | every | ['evri] | a.每一个的，每个的；每隔···的；全部的 |  |  |  |  |  |  |  |
| 3 | evoke | [I'veuk] | vt.唤起（回忆、感情等）；引起 |  |  |  |  |  |  |  |
| 4 | exact | [tg'zakt] | a.确切的，正确的，精确的 |  |  |  |  |  |  |  |
| 5 | excel | [Ik'sel] | vi.胜过其他：擅长 vt.胜过，优于 |  |  |  |  |  |  |  |
| 6 | exert | [1g'z3:t] | v.尽（力），施加（压力等），努力 |  |  |  |  |  |  |  |
| 7 | exile | ['eksail;'egzail] | n.流放：被流放者 vt.流放，放逐，把···充军 |  |  |  |  |  |  |  |
| 8 | exist | [1g'zist] | v.存在：生存；生活 |  |  |  |  |  |  |  |
| 9 | expel | [ik'spel] | v.把···开除；驱逐；排出：发射 |  |  |  |  |  |  |  |
| 10 | extra | ['ekstre] | a.额外的，附加的n.附加物，额外的东西 |  |  |  |  |  |  |  |
| 11 | fable | [feibl] | n.寓言 |  |  |  |  |  |  |  |
| 12 | faint | [femt] | a.微弱的；不明显的：暗淡的 n.／v.昏倒：昏晕 |  |  |  |  |  |  |  |
| 13 | fairy | ['feeri] | a.幻想中的；虚构的；优雅的n.仙女：精灵 |  |  |  |  |  |  |  |
| 14 | faith | [fei0] | n.信任，信用：信仰，信条 |  |  |  |  |  |  |  |
| 15 | FALSE | [fo:ls] | a.谬误的，虚伪的，伪造的，假的 |  |  |  |  |  |  |  |
| 16 | fancy | [fænsi] | n.爱好，迷恋v.想象，幻想a.花式的，奇特的 |  |  |  |  |  |  |  |
| 17 | fatal | [feitl] | a.致命的，毁灭性的 |  |  |  |  |  |  |  |
| 18 | fault | [fo:lt] | n.过失，过错；缺点，毛病 |  |  |  |  |  |  |  |
| 19 | favor | [fever] | n.（favour）好感：喜爱；关切 v.赞成，支持，偏爱 |  |  |  |  |  |  |  |
| 20 | feast | [fi:st] | n.节日：宴会 |  |  |  |  |  |  |  |
| 21 | fence | [fens] | n.篱笆：围栏；剑术v.用篱笆瓦围住：击剑 |  |  |  |  |  |  |  |
| 22 | ferry | [feri] | n.摆渡：渡船；渡口 v.摆渡：渡运（人，车或物等） |  |  |  |  |  |  |  |
| 23 | fetch | [fetf] | v.取来：接来：引出；售得；吸引 n.取得：拿 |  |  |  |  |  |  |  |
| 24 | fever | ['fi:ve(r)] | n.发热，狂热 |  |  |  |  |  |  |  |
| 25 | fiber | ['faibe] | n.（fibre）纤维；构造：纤维制品 |  |  |  |  |  |  |  |
| 26 | field | [fi:ld] | n.田野；运动场：（电或磁）场：领域，范围 |  |  |  |  |  |  |  |
| 27 | fifty | [fifti] | num.五十，五十个 |  |  |  |  |  |  |  |
| 28 | fight | [fait] | v.／n.打（仗），搏斗，斗争，战斗 |  |  |  |  |  |  |  |
| 29 | final | [faml] | a.最终的，决定性的n.结局：决赛；期末考试 |  |  |  |  |  |  |  |
| 30 | first | [f3:st] | a.／ad.第一：最初：首次 n.开始 pron.第一名 |  |  |  |  |  |  |  |

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| 序号 单词 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 flame [fletm] | n.火焰，火苗；热情；光辉v.发火焰，燃烧 |  |  |  |  |  |  |  |
| 2 flare [flee(r)] | v.／n.闪耀，闪烁 |  |  |  |  |  |  |  |
| 3 flash [flaf] | n.／a.闪光（的）v.发闪光，闪亮：闪现 |  |  |  |  |  |  |  |
| 4 fleet [fli:t] | n.舰队，船队 |  |  |  |  |  |  |  |
| 5 flesh [flef] | n.肉，肌肉 |  |  |  |  |  |  |  |
| 9 fling [flm] | v.（用力地）扔，抛，丢 |  |  |  |  |  |  |  |
| 7 float [fleut] | n.飘浮：漂流物 v.浮动：漂浮：传播：动摇 |  |  |  |  |  |  |  |
| 8 flock [flok] | n.（一）群，（禽，畜等的）群：大量v.群集，成群 |  |  |  |  |  |  |  |
| 9 flood [flAd] | n.洪水，水灾v.淹没，发大水，泛滥 |  |  |  |  |  |  |  |
| 10 floor [flo:(r)] | n.地板，（楼房）的层 |  |  |  |  |  |  |  |
| 11 flour ['flaua(r)] | n.面粉 |  |  |  |  |  |  |  |
| 12 fluid ['fluad] | a.流动的，液体的n.流体，液体 |  |  |  |  |  |  |  |
| 13 flush [fIA]] | n.脸红 v.发红：奔流 a.洋溢的；富裕的：齐平的 |  |  |  |  |  |  |  |
| 14 focus [seyne].] | n.焦点。（活动，兴趣等的）中心v.（on）使聚集 |  |  |  |  |  |  |  |
| 15 force [fo:s] | n.力量，力；势力；（pl.）（总称）军队v.强迫 |  |  |  |  |  |  |  |
| 16 forge [fo:d3] | v.锻造，伪造n.锻工车间；锻炉 |  |  |  |  |  |  |  |
| 17 forth [fo:0] | ad.向前：向外，往外 |  |  |  |  |  |  |  |
| 18 forty [fo:ti] | num.／a.四十 pron.四十（个，只...） |  |  |  |  |  |  |  |
| 19 forum [forem] | n.论坛，讨论会 |  |  |  |  |  |  |  |
| 20 found [faund] | vt.建立；创立：创办；使有根据；铸造：熔制 |  |  |  |  |  |  |  |
| 21 frame [fretm] | n.框架：体格：骨架；组织；机构 v.设计：制定 |  |  |  |  |  |  |  |
| 22 frank [frægk] | a.坦白的，直率的 |  |  |  |  |  |  |  |
| 23 fraud [frod] | n.欺诈，诈骗：欺骗（行为）；骗子：假货 |  |  |  |  |  |  |  |
| 24 fresh [fref] | a.新鲜的，无经验的 |  |  |  |  |  |  |  |
| 25 front [frant] | a.前面的，前部的n.正面：前线，战线v.面对 |  |  |  |  |  |  |  |
| 26 frost [frost] | n.霜，霜冻，严寒 |  |  |  |  |  |  |  |
| 27 frown [fraun] | v.皱眉 |  |  |  |  |  |  |  |
| 28 fruit [frut] | n.水果，果实：成果，效果 |  |  |  |  |  |  |  |
| 29 funny [ tuv3.] | a.滑稽的，可笑的 |  |  |  |  |  |  |  |
| 30 gauge [geid3] | n.标准尺寸；规格：量规，量表v.测量 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 背通时间及检查日期 | | | | | | | |
| 词文 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | ghost | [geust] | n.鬼魂，幽灵 |  |  |  |  |  |  |  |
| 2 | giant | [d] | n.巨人a.巨大的 |  |  |  |  |  |  |  |
| 3 | glare | [glea(r)] | vi.怒目而视：发射强光 n.强光：怒视：炫耀 |  |  |  |  |  |  |  |
| 4 | glass | [gla:s] | n.玻璃：玻璃杯；镜子：（pl.）眼镜 |  |  |  |  |  |  |  |
| 5 | glide | [glaid] | n.／v.溜，滑行：（时间）消逝 |  |  |  |  |  |  |  |
| 6 | globe | [gleub] | n.球体，地球仪：地球，世界 |  |  |  |  |  |  |  |
| 7 | glory | ['glori] | n.光荣，荣誉 |  |  |  |  |  |  |  |
| 8 | glove | [glav] | n.手套 |  |  |  |  |  |  |  |
| 9 | goods | [gudz] | n.（pl.）货物，商品 |  |  |  |  |  |  |  |
| 10 | goose | [gu:s] | n.（pl.geese）鹅，维鹅，鹅肉 |  |  |  |  |  |  |  |
| 11 | grace | [grets] | n.优美，文雅；恩惠，思泽；宽限，缓刑；感恩祷告 |  |  |  |  |  |  |  |
| 12 | grade | [gretd] | n.等级，级别：年级；分数 v.分等，分级 |  |  |  |  |  |  |  |
| 13 | grain | [grem] | n.谷物，谷类：颗粒，细粒 |  |  |  |  |  |  |  |
| 14 | grand | [grænd ] | a.盛大的，豪华的：重大的，主要的 |  |  |  |  |  |  |  |
| 15 | grant | [gro:nt] | v.同意，准予：授予 n.授予物：津贴：转让证书 |  |  |  |  |  |  |  |
| 16 | grape | [gretp] | n.葡萄 |  |  |  |  |  |  |  |
| 17 | graph | [gro:f] | n.图表，曲线图 |  |  |  |  |  |  |  |
| 18 | grasp | [gro:sp] | v.／n.抓住，抓紧：掌握，领会 |  |  |  |  |  |  |  |
| 19 | grass | [gro:s] | n.草，草地 |  |  |  |  |  |  |  |
| 20 | grave | [gretv] | n.坟墓a.严肃的，庄重的 |  |  |  |  |  |  |  |
| 21 | graze | [gretz] | vi.吃青草 vt.放牧：擦伤：掠过，n.擦伤（处） |  |  |  |  |  |  |  |
| 22 | great | [greit] | a.伟大的：重要的：大量的：很好的：美好的 |  |  |  |  |  |  |  |
| 23 | green | [gri:n] | a.绿色的：生的；未成熟的 n.绿色；蔬菜：植物 |  |  |  |  |  |  |  |
| 24 | greet | [gri:t] | v.致敬，敬意，迎接：扑（鼻），入（耳），触（目） |  |  |  |  |  |  |  |
| 25 | grief | [gri:f] | n.悲伤，悲痛：悲伤的事，悲痛的缘由 |  |  |  |  |  |  |  |
| 26 | grind | [graind] | v.磨（碎），碾（碎） |  |  |  |  |  |  |  |
| 27 | groan | [groun] | v.／n.呻吟 |  |  |  |  |  |  |  |
| 28 | grope | [greup] | n.／v.摸索，探索 |  |  |  |  |  |  |  |
| 29 | gross | [greus] | a.总的，毛（重）的；粗鲁的，粗俗的n.总额 |  |  |  |  |  |  |  |
| 30 | group | [gru:p] | n.群，组v.分组 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | guard | [ga:d] | v.／n.保卫，守卫，提防n.哨兵，警卫，看守 |  |  |  |  |  |  |  |
| 2 | guess | [ges] | v.／n.猜测，推测：以为：猜想［同］surmise |  |  |  |  |  |  |  |
| 3 | guest | [gest] | n.客人，宾客，旅客 |  |  |  |  |  |  |  |
| 4 | guide | [gaid] | n.领路人：指南，导游 v.领路：指导：支配：管理 |  |  |  |  |  |  |  |
| 5 | guilt | [gilt] | n.罪过，内疚 |  |  |  |  |  |  |  |
| 6 | habit | ['hæbit] | n.习惯，习性，脾性 |  |  |  |  |  |  |  |
| 7 | handy | [hendi] | a.手边的，近便的；方便的 |  |  |  |  |  |  |  |
| 8 | happy | ['hapi] | a.快乐的，幸福的：乐意的：令人满意的 |  |  |  |  |  |  |  |
| 9 | harsh | [haf] | a.粗糙的：（声音）刺耳的：苛刻的，严酷的 |  |  |  |  |  |  |  |
| 10 | haste | [heist] | n.匆忙，急速；草率 v.赶快；匆忙 |  |  |  |  |  |  |  |
| 11 | hasty | ['hetsti] | a.匆忙的，仓促的：草率的 |  |  |  |  |  |  |  |
| 12 | hatch | [hætf] | v.孵，孵出：策划，图谋 n.舱口，小门 |  |  |  |  |  |  |  |
| 13 | heart | [ha:t] | n.心（脏）；内心，感情；热忱；中心，要点 |  |  |  |  |  |  |  |
| 14 | heave | [hi:v] | v.（用力）举，提，拉：扔：拖：呕吐 n.举起 |  |  |  |  |  |  |  |
| 15 | heavy | ['hevi] | a.重的，重型的：沉重的，大量的，猛烈的 |  |  |  |  |  |  |  |
| 16 | hedge | [hed3] | n.篱笆，树篱，障碍物v.用树篱围住 |  |  |  |  |  |  |  |
| 17 | hello | [he'leu] | int.英（美）喂，你好（用来打招呼或引起注意） |  |  |  |  |  |  |  |
| 18 | hence | [hens] | ad.从此，今后：因此 |  |  |  |  |  |  |  |
| 19 | hinge | [hmnd3] | n.合页，铰链vi.依···而定 |  |  |  |  |  |  |  |
| 20 | hobby | ['hobi] | n.业余爱好，嗜好，兴趣 |  |  |  |  |  |  |  |
| 21 | hoist | [hoist] | v.举起，升起，吊起 |  |  |  |  |  |  |  |
| 22 | honey | [hani] | n.蜜，蜂蜜 |  |  |  |  |  |  |  |
| 23 | honor | ['one(r)] | n.（honour）尊敬，敬意：荣誉，光荣v.尊敬 |  |  |  |  |  |  |  |
| 24 | horse | [ho:s] | n.马：跳马，鞍马v.骑马 |  |  |  |  |  |  |  |
| 25 | hotel | [hou'tel] | n.旅馆 |  |  |  |  |  |  |  |
| 26 | hound | [haund] | n.猎狗：卑鄙的人vt.用猎狗追，追逐 |  |  |  |  |  |  |  |
| 27 | house | [haus] | n.房屋；商业机构；［H-］议院 v.给...房子住 |  |  |  |  |  |  |  |
| 28 | hover | [hove(r)] | vi.（鸟）盘旋，翱翔，（人）逗留在附近徘徊 |  |  |  |  |  |  |  |
| 29 | human | ['hju:men] | a.人的，人类的n.人 |  |  |  |  |  |  |  |
| 30 | humid | [hju:md] | a.湿的，湿气重的 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | Latin | ['lætin] | a.拉丁的，拉丁文的n.拉丁语 |  |  |  |  |  |  |  |
| 2 | laugh | [la:f] | v.笑：（on）讥笑 n.笑，笑声 |  |  |  |  |  |  |  |
| 3 | layer | ['lele(r);leə(r)] | n.层，层次：铺设者 |  |  |  |  |  |  |  |
| 4 | learn | [13:n] | v.学习，学，学会：（of，about）听到，获悉 |  |  |  |  |  |  |  |
| 5 | lease | [li:s] | vt.出租，租用 n.租借，租期，租赁物 |  |  |  |  |  |  |  |
| 6 | least | [li:st] | a.最小的：最少的 ad.最小：最少 |  |  |  |  |  |  |  |
| 7 | leave | [li:v] | v.离开；留下，忘带；让，听任：交付 n.许可；假期 |  |  |  |  |  |  |  |
| 8 | legal | ['li:gl] | a.法律的，法定的：合法的，正当的 |  |  |  |  |  |  |  |
| 9 | lemon | [lemen] | n.柠檬 |  |  |  |  |  |  |  |
| 10 | level | ['levl] | n.水平，水准，等级v.弄平，铺平a.水平的 |  |  |  |  |  |  |  |
| 11 | lever | ['li:ve(r)] | n.杆，杠杆，手段，途径，工具 |  |  |  |  |  |  |  |
| 12 | light | [lait] | n.光：灯v.点燃：照亮a.轻（快）：淡：明亮 |  |  |  |  |  |  |  |
| 13 | limit | [.] | n.界限，限度，范围v.（to）限制，限定 |  |  |  |  |  |  |  |
| 14 | linen | ['1min] | n.亚麻布，亚麻布制品 |  |  |  |  |  |  |  |
| 15 | liner | ['lainə(r)] | n.班机，定期轮船，邮船 |  |  |  |  |  |  |  |
| 16 | litre | ['li:ter] | n.（liter）升：公升（容量单位） |  |  |  |  |  |  |  |
| 17 | liver | ['livə(r)] | n.肝，肝脏 |  |  |  |  |  |  |  |
| 18 | lobby | [!qa1.] | n.门廊，门厅，（会议）休息厅 |  |  |  |  |  |  |  |
| 19 | local | ['ləukl] | a.地方的，当地的；局部的 |  |  |  |  |  |  |  |
| 20 | lodge | [lod3] | v.临时住宿，寄宿，寄存，容纳 n.传达室，小旅馆 |  |  |  |  |  |  |  |
| 21 | lofty | [lpfti] | a.崇高的，高尚的：高傲的：极高的 |  |  |  |  |  |  |  |
| 22 | logic | ['lod3ik] | n.逻辑，逻辑学 |  |  |  |  |  |  |  |
| 23 | loose | [lu:s] | a.（宽）松的：不精确的：自由的，散漫的 |  |  |  |  |  |  |  |
| 24 | lorry | ['lori] | n.卡车，运货汽车 |  |  |  |  |  |  |  |
| 25 | lover | [lAve(r)] | n.爱好者：（pl.）情侣 |  |  |  |  |  |  |  |
| 26 | lower | ['leue] | a.较低的，下级的，下游的v.降下，放低 |  |  |  |  |  |  |  |
| 27 | loyal | [ [eici.] | a.（to）忠诚的，忠贞的 |  |  |  |  |  |  |  |
| 28 | lucky | ['1Aki] | a.幸运的，侥幸的 |  |  |  |  |  |  |  |
| 29 | lunar | ['lu:ne(r)] | a.月亮的 |  |  |  |  |  |  |  |
| 30 | lunch | [lAntf] | n.午餐，（美）便餐 |  |  |  |  |  |  |  |

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| 号 单词 音标 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 magic ['msed3ik] n.魔术，魔（魅）力，巫术a.有魔力的，魔术的 |  |  |  |  |  |  |  |
| 2 major ['meid3ə(r)] a.主要的n.成年人，专业学生，主修课程v.主修 |  |  |  |  |  |  |  |
| 3 march [ma:tf] v.（使）行军，（使）行进n.行军，行程 |  |  |  |  |  |  |  |
| 4 March [ ma:t]] n.三月（略作 Mar.） |  |  |  |  |  |  |  |
| 5 marry ['meri] v.结婚，嫁，娶 |  |  |  |  |  |  |  |
| 6 match [msetf] n.火柴：比赛，竞赛；对手，配偶v.匹配，相称 |  |  |  |  |  |  |  |
| 7 maths [mseθs] n.（mathematics／math）数学 |  |  |  |  |  |  |  |
| 8 maybe ['metbi] adv.可能；大概：也许 |  |  |  |  |  |  |  |
| 9 mayor ['meler] n.市长 |  |  |  |  |  |  |  |
| 10 means [mi:nz] n.方法，手段 |  |  |  |  |  |  |  |
| 11 medal ['medl] n.奖章，勋章，纪念章 |  |  |  |  |  |  |  |
| 12 melon ['melen] n.甜瓜 |  |  |  |  |  |  |  |
| 13 mercy ['m3:si] n.仁慈，怜悯，宽恕 |  |  |  |  |  |  |  |
| 14 merge [m3:rd3] v.（使）结合，（使）合并，（使）合为一体 |  |  |  |  |  |  |  |
| 15 merit ['merit] n.优点，价值，功绩v.值得，应得 |  |  |  |  |  |  |  |
| 16 merry ['meri] a.欢乐的，愉快的 |  |  |  |  |  |  |  |
| 17 metal ['metl] n.金属，金属制品 |  |  |  |  |  |  |  |
| 18 metre ['mi:ter] n.（meter）米，公尺；仪表，计量器 |  |  |  |  |  |  |  |
| 19 midst [mdst] n.中间，当中 |  |  |  |  |  |  |  |
| 20 might [mait] aux.v.可能，也许n.力量，威力，权力 |  |  |  |  |  |  |  |
| 21 minor [maine(r)] a.较小的，较小的n.兼修学科v.（in）兼修 |  |  |  |  |  |  |  |
| 22 minus [maines] a.负的，减的prep.减去n.负号，减号 |  |  |  |  |  |  |  |
| 23 model [Tpam.] n.样式，型；模范；模型，原型；模特 v.模仿 |  |  |  |  |  |  |  |
| 24 moist [most] a.潮湿的，湿润的，多雨的 |  |  |  |  |  |  |  |
| 25 money ['mani] n.货币，钱 |  |  |  |  |  |  |  |
| 26 month [man8] n.月，月份 |  |  |  |  |  |  |  |
| 27 moral [morel] a.道德（上）的，精神上的n.寓意，教育意义 |  |  |  |  |  |  |  |
| 28 motel [meu'tel] n.（附有停车场的）汽车旅馆 |  |  |  |  |  |  |  |
| 29 motor [meute(r)] n.发动机，电动机 |  |  |  |  |  |  |  |
| 30 mould [meuld] n.（mold）模子，铸型v.浇铸，造型，塑造 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | mount | [maUnt] | v.登上；安装n.支架，底板；（用于山名前）山峰 |  |  |  |  |  |  |  |
| 2 | mourn | [mo:n] | v.哀悼，忧伤 |  |  |  |  |  |  |  |
| 3 | mouse | [maus] | n.（pl.mice）鼠，耗子 |  |  |  |  |  |  |  |
| 4 | mouth | [mauθ] | n.口，嘴 |  |  |  |  |  |  |  |
| 5 | movie | ['mu:vi] | n.电影，电影院 |  |  |  |  |  |  |  |
| 6 | music | ['mju:zik] | n.音乐，乐曲，乐谱 |  |  |  |  |  |  |  |
| 7 | naive | [nai'i:v] | a.天真的 |  |  |  |  |  |  |  |
| 8 | naked | ['neikid] | a.裸体的，无遮敝的，无掩饰的 |  |  |  |  |  |  |  |
| 9 | nasty | ['na:sti] | a.肮脏的，卑劣的，下流的；令人厌恶的 |  |  |  |  |  |  |  |
| 10 | naval | ['netvl] | n.海军的，军舰的 |  |  |  |  |  |  |  |
| 11 | Negro | ['ni:grou] | n.黑人a.黑人的 |  |  |  |  |  |  |  |
| 12 | nerve | [n3:v] | n.神经：勇敢，胆量 |  |  |  |  |  |  |  |
| 13 | never | ['neve(r)] | ad.永不，从不，决不：从来没有：不，没有 |  |  |  |  |  |  |  |
| 14 | niece | [ni:s] | n.侄女，甥女 |  |  |  |  |  |  |  |
| 15 | night | [nait] | n.夜间：夜：晚（上） |  |  |  |  |  |  |  |
| 16 | noble | [Iqneu.] | a.高尚的；贵族的，高贵的n.贵族 |  |  |  |  |  |  |  |
| 17 | noise | [noiz] | n.喧闹声，噪声，吵嚷声 |  |  |  |  |  |  |  |
| 18 | noisy | [nozi] | a.吵闹的，喧闹的 |  |  |  |  |  |  |  |
| 19 | north | [no:0] | n.北，北方a.北方的，北部ad.向北方，在北方 |  |  |  |  |  |  |  |
| 20 | novel | [[Aau.] | n.（长篇）小说 a.新奇的，新颖的 |  |  |  |  |  |  |  |
| 21 | nurse | [s:εu] | n.护士，保姆v.护理，看护 |  |  |  |  |  |  |  |
| 22 | nylon | ['nailon] | n.尼龙 |  |  |  |  |  |  |  |
| 23 | occur | [ə'k3:(r)] | v.发生，出现；存在；想起，想到 |  |  |  |  |  |  |  |
| 24 | ocean | [une,] | n.海洋 |  |  |  |  |  |  |  |
| 25 | offer | [ (1)eja.] | v.提供，提议，出现n.出价，提议，意图 |  |  |  |  |  |  |  |
| 26 | often | [ofn;'often] | ad.常常，经常，通常 |  |  |  |  |  |  |  |
| 27 | onion | ['Anjen] | n.洋葱 |  |  |  |  |  |  |  |
| 28 | opera | ['opre] | n.歌剧 |  |  |  |  |  |  |  |
| 29 | orbit | ['o:bit ] | n.轨道v.（使）沿轨道行 |  |  |  |  |  |  |  |
| 30 | order | [ (1)ep:c.] | n.命令：次序；整齐：定货单；等级v.定制，订购 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | organ | [ue6:c.] | n.器官：机构，机关：风琴 |  |  |  |  |  |  |  |
| 2 | other | [(I)epv.] | a.另外的，其他的n.／pron.另一个人（或事） |  |  |  |  |  |  |  |
| 3 | ought | [o:t] | aux.应该（使用时，之后应接 to，再接动词原形） |  |  |  |  |  |  |  |
| 4 | ounce | [aUns] | n.盎司，英两 |  |  |  |  |  |  |  |
| 5 | outer | [ (I)eine,] | a.外部的，外面的，外层的 |  |  |  |  |  |  |  |
| 6 | owing | [[ine,] | a.欠的，未付的 |  |  |  |  |  |  |  |
| 7 | owner | [ (1)eune.] | n.物主，所有者 |  |  |  |  |  |  |  |
| 8 | oxide | ['oksatd] | n.［化］氧化物 |  |  |  |  |  |  |  |
| 9 | ozone | [unezne.] | n.臭氧：（海岸等的）新鲜空气 |  |  |  |  |  |  |  |
| 10 | paint | [peint] | n.油漆，颜料 v.油漆；涂，涂漆；画；描绘，描述 |  |  |  |  |  |  |  |
| 11 | panda | [epuad.] | 中 |  |  |  |  |  |  |  |
| 12 | panel | ['pænl] | n.面，板：控制板，仪表盘：专门小组 |  |  |  |  |  |  |  |
| 13 | panic | ['pinik] | n.／a.恐慌（的），惊慌（的）vt.使惊慌，使害怕 |  |  |  |  |  |  |  |
| 14 | pants | [pænts] | n.裤子，短裤 |  |  |  |  |  |  |  |
| 15 | paper | [ (1)ediad,] | n.纸：纸制品：报纸：（pl）文件：试卷：论文 |  |  |  |  |  |  |  |
| 16 | party | ['pa:ti] | n.聚会，政党，当事人 v.举行（参加）社交聚会 |  |  |  |  |  |  |  |
| 17 | paste | [ petst] | n.糊，浆糊v.粘，贴 |  |  |  |  |  |  |  |
| 18 | patch | [pætf] | n.补丁，斑点，碎片小块v.补，修补，掩饰 |  |  |  |  |  |  |  |
| 19 | pause | [z:cd] | v.／n.中止，暂停 |  |  |  |  |  |  |  |
| 20 | peace | [pi:s] | n.和平；平静，安宁 |  |  |  |  |  |  |  |
| 21 | peach | [pi:tf] | n.桃，桃树 |  |  |  |  |  |  |  |
| 22 | pearl | [p3:1] | n.珍珠 |  |  |  |  |  |  |  |
| 23 | pedal | ['pedl] | n.踏板 v.踩踏板，骑自行车 |  |  |  |  |  |  |  |
| 24 | penny | ['peni] | n.便士，美分 |  |  |  |  |  |  |  |
| 25 | petty | ['peti] | a.小（器、规模）的，不重要的，细微的，卑鄙的 |  |  |  |  |  |  |  |
| 26 | phase | [feiz] | n.阶段，状态，时期：相，相位 |  |  |  |  |  |  |  |
| 27 | phone | [feun] | n.（telephone）电话，电话机，耳机v.打电话 |  |  |  |  |  |  |  |
| 28 | photo | ['feutau] | n.（photograph）照片 |  |  |  |  |  |  |  |
| 29 | piano | [pi'anou] | n.钢琴 |  |  |  |  |  |  |  |
| 30 | piece | [pi:s] | n.（一）件／片／篇；碎片 v.（together）拼合，拼凑 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | pilot | [pailet] | n.飞行员：领港员v.驾驶（飞机等）：领航，引水 |  |  |  |  |  |  |  |
| 2 | pinch | [pintf] | v.捏.掐，拧：收缩；紧急关头：匮乏；压力 |  |  |  |  |  |  |  |
| 3 | pitch | [pitf] | n.沥青：掷v.用沥青覆盖；投掷，扔 |  |  |  |  |  |  |  |
| 4 | place | [plets] | n.地方：名次；地位：寓所 v.安排；放置；投（资） |  |  |  |  |  |  |  |
| 5 | plain | [pletn] | a.明白的：朴素的；坦率；平凡 n.平原，旷野 |  |  |  |  |  |  |  |
| 6 | plane | [pletn] | n.飞机；平面，水平面 |  |  |  |  |  |  |  |
| 7 | plant | [pla:nt] | n.植物，作物：工厂；装置v.栽种，播种，栽培 |  |  |  |  |  |  |  |
| 8 | plate | [pleit] | n.金属板，片：盘子，盆子；板，钢板v.镀，电镀 |  |  |  |  |  |  |  |
| 9 | plead | [pli:d] | v.恳求，请求：为···辩护；提出···为理由 |  |  |  |  |  |  |  |
| 10 | point | [point] | n.尖：点；条款；分数，得分：论点v.（at，to）指 |  |  |  |  |  |  |  |
| 11 | polar | ['peulə(r)] | a.两极的，极地的，南辕北辙的n.极线，极面 |  |  |  |  |  |  |  |
| 12 | porch | [po:tf] | n.门廊，入口处 |  |  |  |  |  |  |  |
| 13 | pound | [paund] | n.磅：英镑 v.（连续）猛击。（猛烈）敲打，捣碎 |  |  |  |  |  |  |  |
| 14 | power | [(1)ened,] | n.力，精力：功率，电力：（数学）幂：权力，势力 |  |  |  |  |  |  |  |
| 15 | press | [pres] | v.压：压榨；紧迫，催促n.报刊，通讯社；压榨机 |  |  |  |  |  |  |  |
| 16 | price | [prats] | n.价格，价钱：代价v.标价 |  |  |  |  |  |  |  |
| 17 | prick | [prik] | n.／v.刺伤，刺痛，刺孔 |  |  |  |  |  |  |  |
| 18 | pride | [prand] | n.自豪；自满：引以自豪的东西v.使自豪 |  |  |  |  |  |  |  |
| 19 | prime | [pratm] | a.首要的：最好的，第一流的n.青春，全盛期 |  |  |  |  |  |  |  |
| 20 | print | [print] | n.印刷，印刷品，字体v.印刷，出版；洗印 |  |  |  |  |  |  |  |
| 21 | prior | ['prate(r)] | a.优先的，在前的：（to）在···之前 |  |  |  |  |  |  |  |
| 22 | prize | [praiz] | n.奖赏，奖金，奖品v.珍视，珍惜 |  |  |  |  |  |  |  |
| 23 | probe | [preub] | n.探针，探测器v.（以探针等）探查，穿刺，查究 |  |  |  |  |  |  |  |
| 24 | prone | [prəun] | a.倾向于，俯伏的，倾斜的，陡的 |  |  |  |  |  |  |  |
| 25 | proof | [pru:f] | n.证据，证明：校样，样张 |  |  |  |  |  |  |  |
| 26 | prose | [zne.id] | n.散文 a.散文的 |  |  |  |  |  |  |  |
| 27 | proud | [praud] | a.（of）自豪的；引以自豪的；妄自尊大的 |  |  |  |  |  |  |  |
| 28 | prove | [pruv] | v.证明，证实：检验；考验；鉴定；结果是，表明是 |  |  |  |  |  |  |  |
| 29 | pulse | [pals] | n.脉搏，脉冲 |  |  |  |  |  |  |  |
| 30 | punch | [pantf] | n.冲压机，冲床；穿孔机 v.冲压，穿孔 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | pupil | ['pju:pl] | n.学生，小学生；瞳孔 |  |  |  |  |  |  |  |
| 2 | purse | [p3:s] | n.钱包 |  |  |  |  |  |  |  |
| 3 | quart | [kwo:t] | n.夸脱 |  |  |  |  |  |  |  |
| 4 | queen | [kwi:n] | n.女王，皇后，王后 |  |  |  |  |  |  |  |
| 5 | queer | [kmə(r)] | a.奇怪的，古怪的 |  |  |  |  |  |  |  |
| 6 | quest | [kwest] | n.探寻，探求：寻求，追求 |  |  |  |  |  |  |  |
| 7 | queue | [kju:] | n.行列，长队v.（up）排队，排队等待 |  |  |  |  |  |  |  |
| 8 | quick | [kwik] | a.快的；灵敏的，伶俐的：敏锐的ad.快，迅速地 |  |  |  |  |  |  |  |
| 9 | quiet | [kwalet] | a.安静的，平静的n.安静v.使安静，平静 |  |  |  |  |  |  |  |
| 10 | quilt | [kmlt] | n.被子 |  |  |  |  |  |  |  |
| 11 | quite | [kwalt] | ad.十分，完全；相当，颇：的确，真正 |  |  |  |  |  |  |  |
| 12 | quota | ['kwoute] | n.（生产、进出口等的）配额，（移民的）限额 |  |  |  |  |  |  |  |
| 13 | quote | [kweut] | v.引用，援引 |  |  |  |  |  |  |  |
| 14 | radar | ['reida:(r)] | n.雷达 |  |  |  |  |  |  |  |
| 15 | radio | ['reidieu] | n.收音机：无线电报，无线电话 v.无线电通讯 |  |  |  |  |  |  |  |
| 16 | raise | [retz] | v.举起，提升：增加；饲养；引起；竖起；提出 |  |  |  |  |  |  |  |
| 17 | rally | ['ræli] | v.重整，恢复，振作 n.聚集，集会，拉力赛 |  |  |  |  |  |  |  |
| 18 | range | [reind3] | n.范围，领域；排列，连续；（山）脉 v.排列成行 |  |  |  |  |  |  |  |
| 19 | rapid | ['ræpid] | a.快，急速的n.（pl.）急流，湍滩 |  |  |  |  |  |  |  |
| 20 | ratio | ['relfiəu] | n.比，比率 |  |  |  |  |  |  |  |
| 21 | razor | ['reize(r)] | n.剃刀 |  |  |  |  |  |  |  |
| 22 | reach | [ri:tf] | v.抵达；（out）伸手，够到n.能达到的范围 |  |  |  |  |  |  |  |
| 23 | react | [ri'akt] | v.反应，起作用：（against）反对，起反作用 |  |  |  |  |  |  |  |
| 24 | ready | ['redi] | a.（for）准备好的，现成的；甘心的 |  |  |  |  |  |  |  |
| 25 | realm | [relm] | n.王国，国土；领域 |  |  |  |  |  |  |  |
| 26 | rebel | [[qax,] | v.反抗，反叛，起义n.叛逆者，起义者 |  |  |  |  |  |  |  |
| 27 | recur | [r'k3:(r)] | v.（尤指不好的事）一再发生；重现 |  |  |  |  |  |  |  |
| 28 | refer | [r'f3:(r)] | v.参考，查询；提到，引用，涉及；提交，上呈 |  |  |  |  |  |  |  |
| 29 | reign | [rein] | n.／v.统治，支配，盛行 n.统治时期 v.占优势 |  |  |  |  |  |  |  |
| 30 | relax | [r'laks] | v.（使）松驰，放松 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | relay | ['ri:lel;r'let] | v.中继，转播，接力 n.接替人员，替班 |  |  |  |  |  |  |  |
| 2 | renew | [r'nju:] | v.（使）更新，恢复，重新开始，继续 |  |  |  |  |  |  |  |
| 3 | repay | [r'pei] | v.偿还，报答 |  |  |  |  |  |  |  |
| 4 | repel | [r'pel] | v.击退，抵制，使厌恶，使不愉快 |  |  |  |  |  |  |  |
| 5 | reply | [r'plai] | v.／n.（to）回答，答复，以···作答 |  |  |  |  |  |  |  |
| 6 | ridge | [rid3] | n.岭，山脉；屋脊：鼻梁 |  |  |  |  |  |  |  |
| 7 | rifle | ['raifl] | n.步枪 |  |  |  |  |  |  |  |
| 8 | right | [rait] | a.右的，正确的n.右，权利ad.在右边，正确地 |  |  |  |  |  |  |  |
| 9 | rigid | ['rd3id] | a.刚性的；刻板的；严厉的 |  |  |  |  |  |  |  |
| 10 | rival | ['ratvl] | n.竞争者，对手v.竞争，对抗a.竞争的 |  |  |  |  |  |  |  |
| 11 | river | ['rive(r)] | n.河流 |  |  |  |  |  |  |  |
| 12 | roast | [reust] | v.烤，炙，烘 |  |  |  |  |  |  |  |
| 13 | robot | ['raubot] | n.机器人，自动机械 |  |  |  |  |  |  |  |
| 14 | rough | [raf] | a.粗糙的：粗略的，大致的：粗野的，粗暴的 |  |  |  |  |  |  |  |
| 15 | round | [raund] | a.圆的 prep.围绕ad.在周围v.绕行n.（一）回合 |  |  |  |  |  |  |  |
| 16 | rouse | [rauz] | vt.／vi.唤醒，唤起；激励；激起 |  |  |  |  |  |  |  |
| 17 | route | [ru:t] | n.路线，路程 |  |  |  |  |  |  |  |
| 18 | royal | [rl] | a.王室的，皇家的；第一流的，高贵的 |  |  |  |  |  |  |  |
| 19 | ruler | ['ru:1e(r)] | n.统治者，支配者：尺，直尺 |  |  |  |  |  |  |  |
| 20 | rumor | ['ru:me] | n.（rumour）传闻，谣言 |  |  |  |  |  |  |  |
| 21 | rural | ['rueral] | a.乡下的，田园的，乡村风味的 |  |  |  |  |  |  |  |
| 22 | saint | [seint; snt] | n.圣人，基督教徒：（S-或St.用于人，地名前）圣 |  |  |  |  |  |  |  |
| 23 | salad | ['sæled] | n.色拉，凉拌菜 |  |  |  |  |  |  |  |
| 24 | sauce | [so:s] | n.酱汁，调味汁 |  |  |  |  |  |  |  |
| 25 | scale | [skeil] | n.刻度：天平，磅秤；比例尺；规模；音阶；鱼鳞 |  |  |  |  |  |  |  |
| 26 | scare | [skee(r)] | n.惊恐，恐慌 v.惊吓，受惊 |  |  |  |  |  |  |  |
| 27 | scarf | [ska:f] | n.围巾，头巾，领巾，领带 |  |  |  |  |  |  |  |
| 28 | scene | [si:n] | n.景色，景象，舞台：（戏）一场 |  |  |  |  |  |  |  |
| 29 | scent | [ sent] | n.气味，香味，香水，线索，嗅觉v.嗅，发觉 |  |  |  |  |  |  |  |
| 30 | scold | [skeuld] | v.责骂，训斥 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | scope | [skeup] | n.（活动）范围：机会，余地 |  |  |  |  |  |  |  |
| 2 | score | [sko:(r)] | n.得分，分数：二十v.得（分），记（···的）分数 |  |  |  |  |  |  |  |
| 3 | scorn | [sko:n] | v.／n.轻蔑，藐视 |  |  |  |  |  |  |  |
| 4 | scout | [skaut] | n.侦察员，侦察机（舰）v.搜索，侦察 |  |  |  |  |  |  |  |
| 5 | scrap | [skræp] | n.碎片：废料 v.废弃，报废 |  |  |  |  |  |  |  |
| 6 | screw | [skru:] | n.螺旋，螺丝（钉）v.拧，拧紧 |  |  |  |  |  |  |  |
| 7 | seize | [si:z] | v.抓住，逮住；夺取，占领；没收，查封 |  |  |  |  |  |  |  |
| 8 | sense | [sens] | n.感官：感觉；判断力；意义v.觉得，意识到 |  |  |  |  |  |  |  |
| 9 | serve | [s3:v] | v.服务，尽责；招待，侍候；符合，适用 |  |  |  |  |  |  |  |
| 10 | seven | ['sevn] | num.七，七个（人或物） |  |  |  |  |  |  |  |
| 11 | shade | [feid] | n.荫，阴影；遮光物，罩v.遮蔽，遮光 |  |  |  |  |  |  |  |
| 12 | shady | [Jeidi] | a.成荫的，多荫的；可疑的，靠不住的 |  |  |  |  |  |  |  |
| 13 | shaft | [Jo:ft] | n.轴；杆状物 |  |  |  |  |  |  |  |
| 14 | shake | [Jeik] | n.／v.摇动，摇：颤抖，震动 |  |  |  |  |  |  |  |
| 15 | shall | [■:[e] | aux.v.（我，我们）将要，会：必须，应该 |  |  |  |  |  |  |  |
| 16 | shame | [fetm] | n.羞耻，耻辱；可耻的人（或事物）v.使羞愧 |  |  |  |  |  |  |  |
| 17 | shape | [d]] | n.形状，外形；情况，状态；种类v.成型，塑造 |  |  |  |  |  |  |  |
| 18 | share | [(1)e] | v.（with）分配，共用：分担n.一份，份额：股份 |  |  |  |  |  |  |  |
| 19 | shark | [ja:k] | n.鲨鱼 |  |  |  |  |  |  |  |
| 20 | sharp | [Jo:p] | a.锋利的；轮廓分明的；急转的ad.（指时刻）正 |  |  |  |  |  |  |  |
| 21 | shave | [A]] | v.剃，刮，刨，削n.刮脸 |  |  |  |  |  |  |  |
| 22 | shear | [ (a)e] | v.剪，修剪 |  |  |  |  |  |  |  |
| 23 | sheep | [fi:p] | n.（绵）羊：易受人摆布的人 |  |  |  |  |  |  |  |
| 24 | sheer | [jie(r)] | a.纯粹的，十足的，全然的；陡峭的，险峻的 |  |  |  |  |  |  |  |
| 25 | sheet | [fi:t] | n.被单：（一）张，（一）片，薄片：大片 |  |  |  |  |  |  |  |
| 26 | shelf | [J]] | n.架子，搁板 |  |  |  |  |  |  |  |
| 27 | shell | [fel] | n.壳，贝壳：炮弹 |  |  |  |  |  |  |  |
| 28 | shift | [jift] | v.替换，转移 n.转换，转变；（轮）班，（换）班 |  |  |  |  |  |  |  |
| 29 | shine | [fam] | v.照耀，发光；擦亮 n.光泽，光 |  |  |  |  |  |  |  |
| 30 | shirt | [[3:t] | n.衬衫 |  |  |  |  |  |  |  |

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| 序号 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 shock | [] | n.震动；电击，触电；休克v.（使）震动／震惊 |  |  |  |  |  |  |  |
| 2 shoot | [] | v.发射；掠过，疾驰而过n.嫩枝，苗，射击 |  |  |  |  |  |  |  |
| 3 shore | [fo:(r)] | n.海滨，湖滨 |  |  |  |  |  |  |  |
| 4 short | [1:c]] | a.短的，矮的；（of）缺乏，不足n.（pl.）短裤 |  |  |  |  |  |  |  |
| 5 shout | [Jaut] | v.大声叫，喊，呼出n.呼喊，叫 |  |  |  |  |  |  |  |
| 6 shove | [AVJ] | vt.乱推：乱塞vi.用力推，挤n.猛推 |  |  |  |  |  |  |  |
| 7 shrug | [frng] | vt.／n.耸肩（表示冷淡、怀疑、无奈、不满等） |  |  |  |  |  |  |  |
| 8 siege | [si:d3] | n.包围，围攻，围困 |  |  |  |  |  |  |  |
| 9 sight | [salt] | n.视力；望见，瞥见；视域；眼界；情景，奇观 |  |  |  |  |  |  |  |
| 10 silly | ['sili] | a.傻的，糊涂的，愚蠢的 |  |  |  |  |  |  |  |
| 11 since | [sins] | prep.自从conj.自从：因为，既然 ad.后来 |  |  |  |  |  |  |  |
| 12 siren | ['satrən] | n.警报声，警报器 |  |  |  |  |  |  |  |
| 13 skate | [skeit] | v.溜冰，滑冰 n.冰鞋 |  |  |  |  |  |  |  |
| 14 skill | [skil] | n.技能，技巧，手艺；熟练 |  |  |  |  |  |  |  |
| 15 skirt | [ska:t] | n.裙子：边缘，郊区 |  |  |  |  |  |  |  |
| 16 skull | [skal] | n.头盖骨，颅骨 |  |  |  |  |  |  |  |
| 17 slack | [slak] | a.懈怠的，松驰的；萧条的 n.淡季：（pl.）便裤 |  |  |  |  |  |  |  |
| 18 slave | [sletv] | n.奴隶，苦工v.做苦工，拼命地干 |  |  |  |  |  |  |  |
| 19 sleep | [sli:p] | v.（slept，slept）睡n.睡眠 |  |  |  |  |  |  |  |
| 20 slice | [slats] | n.薄片，切片；一份：部分切（片） |  |  |  |  |  |  |  |
| 21 slide | [slaid] | v.（使）滑动 n.滑坡，滑道；滑，滑动；幻灯片 |  |  |  |  |  |  |  |
| 22 slope | [sleup] | n.斜坡，斜面：倾斜，斜度 v.（使）倾斜 |  |  |  |  |  |  |  |
| 23 small | [smo:1] | a.小的；年幼的：不重要的；小规模（经营）的 |  |  |  |  |  |  |  |
| 24 smart | [sma:t] | a.漂亮的：聪明的：巧妙的v.剧痛，刺疼 |  |  |  |  |  |  |  |
| 25 smash | [smf] | v.／n.打碎，粉碎 |  |  |  |  |  |  |  |
| 26 smell | [smel] | n.气味；嗅觉 v.嗅，闻到：散发（···的）气味 |  |  |  |  |  |  |  |
| 27 smile | [smail] | n.微笑，笑容vi.微笑，露出笑容 |  |  |  |  |  |  |  |
| 28 smoke | [ynems] | n.烟，烟尘；吸烟，抽烟 v.抽（烟）；冒烟，冒气 |  |  |  |  |  |  |  |
| 29 snack | [snæk] | n.快餐，小吃，点心 |  |  |  |  |  |  |  |
| 30 snake | [snetk] | n.蛇 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | sneak | [sni:k] | vi.偷偷地走，溜vt.偷偷地做（或拿、吃） |  |  |  |  |  |  |  |
| 2 | sniff | [snif] | vi.嗅···味道：抽鼻涕：对嗤之以鼻，蔑视 |  |  |  |  |  |  |  |
| 3 | sober | ['seube(r)] | a.清醒的：认真的，冷静的，适度的 |  |  |  |  |  |  |  |
| 4 | solar | ['seule(r)] | a.太阳的，日光的 |  |  |  |  |  |  |  |
| 5 | solid | ['solid] | a.固体的：结实的，稳固的，可靠的n.固体 |  |  |  |  |  |  |  |
| 6 | solve | [splv] | v.解决，解答 |  |  |  |  |  |  |  |
| 7 | sorry | ['spri] | a.对不起，抱歉的：难过，悔恨的：使人伤心 |  |  |  |  |  |  |  |
| 8 | sound | [saund] | n.声音v.发声，响a.健全的，完好的；正当的 |  |  |  |  |  |  |  |
| 9 | south | [sauθ] | n.南，南方，南部a.南方的，南部的 |  |  |  |  |  |  |  |
| 10 | space | [spets] | n.间隔：空地，余地；空间 v.留间隔，隔开 |  |  |  |  |  |  |  |
| 11 | spade | [sped] | n.铁锹，铲子 |  |  |  |  |  |  |  |
| 12 | spare | [spee(r)] | a.多余的，备用的v.节约，节省；抽出（时间） |  |  |  |  |  |  |  |
| 13 | spark | [spa:k] | n.火花，火星v.发火花，发电花 |  |  |  |  |  |  |  |
| 14 | speak | [spi:k] | v.说话，讲话：演说，发言：（in）说某种语言 |  |  |  |  |  |  |  |
| 15 | spear | [ (1)eids ] | n.矛，枪 |  |  |  |  |  |  |  |
| 16 | speed | [spi:d] | n.速度，快v.迅速，前进，急行；加速，使加速 |  |  |  |  |  |  |  |
| 17 | spell | [spel] | v.拼写 |  |  |  |  |  |  |  |
| 18 | spend | [spend] | v.花费：消耗，用尽；度过，消磨 |  |  |  |  |  |  |  |
| 19 | spicy | ['spaisi ] | a.加很多香料的：（口味）浓郁的 |  |  |  |  |  |  |  |
| 20 | spill | [spil] | v.溢出，溅出n.捧下，跌下 |  |  |  |  |  |  |  |
| 21 | spine | [spain] | n.脊柱，脊椎：（动植物的）刺：书脊 |  |  |  |  |  |  |  |
| 22 | spite | [spait] | n.恶意；怨恨 |  |  |  |  |  |  |  |
| 23 | split | [split] | v.裂开，劈开；分裂，分离n.分化，分裂，裂口 |  |  |  |  |  |  |  |
| 24 | spoil | [spal ] | v.损坏，搞错：宠坏，溺爱 |  |  |  |  |  |  |  |
| 25 | spoon | [spu:n] | n.匙，调羹 |  |  |  |  |  |  |  |
| 26 | sport | [spo:t] | n.（体育）运动（pl.）运动会vi.开玩笑：玩耍 |  |  |  |  |  |  |  |
| 27 | spray | [sprei] | n.喷雾，飞沫，浪花，水花v.喷，喷射 |  |  |  |  |  |  |  |
| 28 | stack | [stæk] | n.堆，一堆v.堆积，堆起 |  |  |  |  |  |  |  |
| 29 | staff | [sta:f] | n.全体职工：杠，棒；参谋部v.配备工作人员 |  |  |  |  |  |  |  |
| 30 | stage | [stetd3] | n.舞台，戏剧；阶段，时期 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | stain | [stet] | n.污点，瑕疵 v.沾污；染色 |  |  |  |  |  |  |  |
| 2 | stair | [stea(r)] | n.（pl.）楼梯 |  |  |  |  |  |  |  |
| 3 | stake | [steik] | n.桩，标桩；赌注，利害关系 |  |  |  |  |  |  |  |
| 4 | stale | [steil] | n.变质的，不新鲜的：陈旧的，陈腐的 |  |  |  |  |  |  |  |
| 5 | stalk | [sto:k] | n.茎，梗vt.悄悄地跟踪 vi.高视阔步地走 |  |  |  |  |  |  |  |
| 6 | stall | [sto:1] | n.货摊：畜栏，既v.（使）停转，（使）停止 |  |  |  |  |  |  |  |
| 7 | stamp | [stamp] | n.邮票；印：跺脚；标志 v.跺脚，顿足；盖章 |  |  |  |  |  |  |  |
| 8 | stand | [stænd] | vi.站立：位于：经受 n.台，座：货摊：立场 |  |  |  |  |  |  |  |
| 9 | stare | [ster] | v.（at）町，凝视 |  |  |  |  |  |  |  |
| 10 | start | [sta:t] | v.开始：动身；吃惊；开办，开动 n.开端：惊起 |  |  |  |  |  |  |  |
| 11 | state | [steit] | n.状态，情况；国，州v.陈述，说明 |  |  |  |  |  |  |  |
| 12 | steak | [steik] | n.牛排：大块肉（或鱼）片 |  |  |  |  |  |  |  |
| 13 | steal | [sti:l] | v.偷，窃取；偷偷地做，巧取 |  |  |  |  |  |  |  |
| 14 | steam | [sti:m] | n.水汽，蒸汽，水蒸气 v.蒸发：蒸；用蒸汽开动 |  |  |  |  |  |  |  |
| 15 | steel | [sti:l] | n.钢 |  |  |  |  |  |  |  |
| 16 | steep | [sti:p] | a.陡峭的：险峻的：急剧升降的vt.浸泡，沉浸 |  |  |  |  |  |  |  |
| 17 | steer | [stie(r)] | vt.驾驶，为··操舵；引导vi.驾驶 |  |  |  |  |  |  |  |
| 18 | stern | [st3:n] | a.严厉的；坚决的，坚定的n.船尾，舟尾 |  |  |  |  |  |  |  |
| 19 | stick | [stik] | n.棍，棒，手杖v.刺，戳，扎：粘贴 |  |  |  |  |  |  |  |
| 20 | stiff | [stif] | a.硬的，僵直的；拘谨的；呆板的；艰难的 |  |  |  |  |  |  |  |
| 21 | still | [stil] | a.静止的，寂静的ad.还，仍然：更：安静地 |  |  |  |  |  |  |  |
| 22 | sting | [stig] | v.／n.刺，刺痛，剧痛：刺，叮 |  |  |  |  |  |  |  |
| 23 | stock | [stpk] | n.备料，库存，现货：股票，公债v.储存 |  |  |  |  |  |  |  |
| 24 | stone | [steun] | n.石，石头：岩石，矿石：（水果的）核、子 |  |  |  |  |  |  |  |
| 25 | stool | [stu:l] | n.凳子：（pl.）大便 |  |  |  |  |  |  |  |
| 26 | stoop | [stu:p] | v.弯腰，俯身n.弯腰，曲背 |  |  |  |  |  |  |  |
| 27 | store | [sto:(r)] | n.商店，店铺：贮藏，贮备品v.贮藏，贮备 |  |  |  |  |  |  |  |
| 28 | storm | [stom] | n.暴风雨，暴风雪：激动，爆发 v.猛攻，直捣 |  |  |  |  |  |  |  |
| 29 | story | ['stori] | n.故事，传说，小说：（＝storey）楼层 |  |  |  |  |  |  |  |
| 30 | stove | [steuv] | n.炉子，火炉 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | strap | [stræp] | n.皮带，带子v.用带扣住，束率：用绷带包扎 |  |  |  |  |  |  |  |
| 2 | straw | [stro:] | n.稻草，麦杆；吸管 |  |  |  |  |  |  |  |
| 3 | strip | [strip] | v.剥，剥去n.窄条，条纹 |  |  |  |  |  |  |  |
| 4 | study | ['stadi] | vt.学习：研究：细看vi.读书 n.学习：研究 |  |  |  |  |  |  |  |
| 5 | stuff | [JV1S] | n.原料，材料，东西v.填满，塞满 |  |  |  |  |  |  |  |
| 6 | style | [stail] | n.风格，文体：式样，时式，类型 |  |  |  |  |  |  |  |
| 7 | sugar | [juge(r)] | n.糖，食糖vt.加糖于 |  |  |  |  |  |  |  |
| 8 | suite | [swi:t] | n.套间：一套家具：套，组，系列 |  |  |  |  |  |  |  |
| 9 | super | ['su:pə(r);'sju:pe( | ra.极好的,超级的 |  |  |  |  |  |  |  |
| 10 | surge | [s3:d3] | vi.汹涌：彭湃：蜂拥而至 n.巨浪：汹涌；彭湃 |  |  |  |  |  |  |  |
| 11 | swamp | [swDmp] | n.沼泽：湿地 vt.浸没：使···应接不暇 |  |  |  |  |  |  |  |
| 12 | swarm | [swom] | n.蜂群；一大群 vi.涌往；挤满；云集；成群移动 |  |  |  |  |  |  |  |
| 13 | swear | [swee(r)] | v.（at）诅咒，骂人：宣誓，发誓 |  |  |  |  |  |  |  |
| 14 | sweat | [swet] | n.汗v.（使）出汗 |  |  |  |  |  |  |  |
| 15 | sweep | [swi:p] | v.扫，打扫：席卷，冲光：扫过，掠过 |  |  |  |  |  |  |  |
| 16 | sweet | [swi:t] | a.甜的：可爱的，美好的n.（常pl.）糖果；甜食 |  |  |  |  |  |  |  |
| 17 | swell | [swel] | n.／v.肿胀；膨胀；增大；增加； |  |  |  |  |  |  |  |
| 18 | swift | [swift] | a.／ad.快的（地）：敏捷的（地）a.立刻的n.雨燕 |  |  |  |  |  |  |  |
| 19 | swing | [[MS] | v.摇摆，摇荡，回转，旋转 n.秋千：摇摆，摆动 |  |  |  |  |  |  |  |
| 20 | sword | [so:d] | n.剑，刀：武力 |  |  |  |  |  |  |  |
| 21 | table | ['teibl] | n.桌子；餐桌；工作台；表格 vt.搁置：提交讨论 |  |  |  |  |  |  |  |
| 22 | taste | [tetst] | v.品尝：（of）有···味道；体验 n.滋味；味觉 |  |  |  |  |  |  |  |
| 23 | teach | [ti:tf] | vt.教，讲授：教导（训）vi.讲课，当教师 |  |  |  |  |  |  |  |
| 24 | tease | [ti:z] | v.戏弄，取笑；挑逗n.（爱）戏弄他人者：戏弄 |  |  |  |  |  |  |  |
| 25 | tempo | [nodma1.] | n.节奏，行进速度；（音乐的）速度 |  |  |  |  |  |  |  |
| 26 | tempt | [tempt] | v.诱惑，引诱；吸引，使感兴趣 |  |  |  |  |  |  |  |
| 27 | tense | [tens] | n.时态 v.拉紧，（使）紧张 a.绷紧的，紧张的 |  |  |  |  |  |  |  |
| 28 | thank | [0ak] | vt.感谢 int.［-s］谢谢n.［pl.］感谢（意） |  |  |  |  |  |  |  |
| 29 | theft | [θeft] | n.偷窃（行为），偷窃罪 |  |  |  |  |  |  |  |
| 30 | their | [ðee(r)] | pron..［they的所有格］他（她、它）们的 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | theme | [0im] | n.题目，主题：主旋律，基调 |  |  |  |  |  |  |  |
| 2 | there | [ðee(r)] | ad.在那儿：往那儿：［作引导词表示“存在”］ |  |  |  |  |  |  |  |
| 3 | these | [ði:z] | pron.＆a.［this的复数］这些：这些人（东西） |  |  |  |  |  |  |  |
| 4 | thick | [θik] | a.厚的，粗的，稠的，浓的ad.厚，浓，密 |  |  |  |  |  |  |  |
| 5 | thief | [θi:f] | n.（thieves）贼：小偷 |  |  |  |  |  |  |  |
| 6 | thigh | [@at] | n.大腿：股骨 |  |  |  |  |  |  |  |
| 7 | thing | [[e] | n.物，东西：事，事情：所有物：局面，情况 |  |  |  |  |  |  |  |
| 8 | think | [θigk] | v.想，思索：认为，以为：想要：料想，预料 |  |  |  |  |  |  |  |
| 9 | third | [03:d] | num.第三（个），三分之一（的） |  |  |  |  |  |  |  |
| 10 | thorn | [uCe] | n.刺，荆棘 |  |  |  |  |  |  |  |
| 11 | those | [ðeuz] | pron.／a.［that的复数］那些：那些人（东西） |  |  |  |  |  |  |  |
| 12 | three | [θri:] | num.三 pron.／a.三（个，只...） |  |  |  |  |  |  |  |
| 13 | throw | [θreu] | vt.扔：使突然陷入：使困惑n.投掷（距离） |  |  |  |  |  |  |  |
| 14 | thumb | [0Am] | n.拇指v.示意要求搭车：迅速翻阅 |  |  |  |  |  |  |  |
| 15 | tiger | ['talge(r)] | n.虎：老虎 |  |  |  |  |  |  |  |
| 16 | tight | [tait] | a.紧的：紧身的，装紧的：密封的 ad.紧紧地 |  |  |  |  |  |  |  |
| 17 | timid | ['timad] | a.胆怯的，怯懦的 |  |  |  |  |  |  |  |
| 18 | tired | [pere1.] | a.疲劳的：厌倦的 |  |  |  |  |  |  |  |
| 19 | title | [[] | n.书名，标题：头衔，称号 |  |  |  |  |  |  |  |
| 20 | toast | [ teust ] | n.烤面包，吐司：祝酒（词）v.烘，烤：（向···）祝酒 |  |  |  |  |  |  |  |
| 21 | today | [te'dei] | ad.在今天：现今，在当代n.今天：现在 |  |  |  |  |  |  |  |
| 22 | token | ['teuken] | n.表示；标志：记号：代用硬币 a.象征性的 |  |  |  |  |  |  |  |
| 23 | tooth | [tu:8] | n.（pl.teeth）牙齿：齿状物； |  |  |  |  |  |  |  |
| 24 | topic | [toplk] | n.话题，主题，题目 |  |  |  |  |  |  |  |
| 25 | torch | [to:tf] | n.手电筒；火炬，火把 |  |  |  |  |  |  |  |
| 26 | total | ['teutl] | n.总数，合计a.总的，全部的v.合计，总数达 |  |  |  |  |  |  |  |
| 27 | touch | [tatf] | v.触，碰，摸；感动；涉及n.触动，碰到：少许 |  |  |  |  |  |  |  |
| 28 | tough | [JV1] | a.坚韧的，棘手的：强健的，吃苦耐劳的；粗暴的 |  |  |  |  |  |  |  |
| 29 | towel | [Tene1.] | n.毛巾 vt.用毛巾擦或擦干 |  |  |  |  |  |  |  |
| 30 | tower | ['taue(r)] | n.塔v.高耸 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | toxic | ['toksik] | a.有毒的：中毒的 |  |  |  |  |  |  |  |
| 2 | trace | [trets] | n.痕迹，踪迹；极少量v.描绘；跟踪，追踪 |  |  |  |  |  |  |  |
| 3 | track | [trak] | n.跑道，小路：轨迹，轮迹v.跟踪，追踪 |  |  |  |  |  |  |  |
| 4 | trade | [treid] | n.贸易，商业；职业，行业v.经商，交易 |  |  |  |  |  |  |  |
| 5 | trail | [treil] | n.踪迹，痕迹；小路 v.追踪，跟踪；拖，拖曳： |  |  |  |  |  |  |  |
| 6 | train | [trein] | n.列车：行列，系列，一串 v.训练，培养 |  |  |  |  |  |  |  |
| 7 | trait | [treit] | n.特征，特点，特性 |  |  |  |  |  |  |  |
| 8 | tramp | [tramp] | n.／v 步行：沉重的脚步声（走）v.践踏n.流浪者 |  |  |  |  |  |  |  |
| 9 | trash | [traf] | n.垃圾：拙劣的作品：渣滓，败类 |  |  |  |  |  |  |  |
| 10 | treat | [tri:t] | v.对待；治疗；论述：款待，请客n.款待，请客 |  |  |  |  |  |  |  |
| 11 | trend | [trend] | n.倾向，趋势 vi.伸向，倾向 |  |  |  |  |  |  |  |
| 12 | trial | ['traiel] | n.讯问，审讯：试验；试用；尝试 |  |  |  |  |  |  |  |
| 13 | tribe | [traib] | n.种族，部落；（植物，动物）族，类 |  |  |  |  |  |  |  |
| 14 | trick | [trik] | n.诡计，骗局：恶作剧；窍门 vt.欺骗，哄骗 |  |  |  |  |  |  |  |
| 15 | troop | [tru:p] | n.（pl.）部队，军队：（一）群／队v.群集，集合 |  |  |  |  |  |  |  |
| 16 | truck | [trak] | n.卡车，载重汽车 |  |  |  |  |  |  |  |
| 17 | trunk | [tragk] | n.大衣箱，皮箱：（汽车后部）行李箱；树干，躯干 |  |  |  |  |  |  |  |
| 18 | trust | [trAst] | vt.信任：盼望；委托n.（in）信任，依赖；委托 |  |  |  |  |  |  |  |
| 19 | truth | [tru:θ] | n.真实，真相：真实性；真理 |  |  |  |  |  |  |  |
| 20 | tutor | ['tju:te(r)] | n.导师：家庭教师 v.辅导：当导师；当家庭教师 |  |  |  |  |  |  |  |
| 21 | twice | [twats] | ad.两次，两倍 |  |  |  |  |  |  |  |
| 22 | twist | [twist] | v.捻；拧：扭曲；蜿蜒曲折而行 n.拧：歪曲；曲折 |  |  |  |  |  |  |  |
| 23 | uncle | [agkl] | n.伯父，叔父，舅父，姑父，姨父 |  |  |  |  |  |  |  |
| 24 | under | [(1)epuv.] | prep.在···下面：在···以下 ad.在下面：少于 |  |  |  |  |  |  |  |
| 25 | unify | [ju:nifai] | v.使联合，统一：使相同，使一致 |  |  |  |  |  |  |  |
| 26 | union | ['ju:niən] | n.联合，团结：联盟，联邦；协会，社团；和谐 |  |  |  |  |  |  |  |
| 27 | unite | [ju'nait] | vi.联合，团结；统一，合并vt.使联合 |  |  |  |  |  |  |  |
| 28 | unity | [Teu:nf.] | n.团结：统一，一致，整体 |  |  |  |  |  |  |  |
| 29 | until | [en'tul] | conj.＆prep.直到···为止，在···以前：直到··· |  |  |  |  |  |  |  |
| 30 | upper | [ (x)edv.] | a.上面的；上部的，较高的 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | upset | [Ap'set] | v.使···心烦意乱；打翻，推翻a.难过的；不安的 |  |  |  |  |  |  |  |
| 2 | urban | ['3:ben] | a.城市的，市内的 |  |  |  |  |  |  |  |
| 3 | usage | [ 'ju:sid3:'ju:zid  3] | n.使用，用法：习惯，习俗：惯用法 |  |  |  |  |  |  |  |
| 4 | usual | ['ju:3uəl:'ju:3  a əl] | a.通常的，平常的 |  |  |  |  |  |  |  |
| 5 | utter | [ (x)eiv.] | v.说.发出（声音）a.彻底的，完全的 |  |  |  |  |  |  |  |
| 6 | vague | [ velg] | a.不明确的，含糊的，暧昧的 |  |  |  |  |  |  |  |
| 7 | valid | ['vælid] | a.有效的；有根据的：正当的 |  |  |  |  |  |  |  |
| 8 | value | ['vælju:] | n.价格：价值：实用性 v.评价，估价：尊重 |  |  |  |  |  |  |  |
| 9 | valve | [vælv] | n.阀：（英）电子管，真空管；（心脏的）瓣膜 |  |  |  |  |  |  |  |
| 10 | verge | [v3:d3] | n.边，边缘v.濒临 |  |  |  |  |  |  |  |
| 11 | verse | [v3:s] | n.韵文，诗；诗节，诗句 |  |  |  |  |  |  |  |
| 12 | video | ['vidieu] | n.电视，视频；录像a.电视的，视频的：录像的 |  |  |  |  |  |  |  |
| 13 | virus | ['vaires] | n.病毒；（精神，道德方面的）有害影响 |  |  |  |  |  |  |  |
| 14 | visit | ['vizit] | n.访问，参观v.访问，参观；视察；降临：闲谈 |  |  |  |  |  |  |  |
| 15 | vital | ['vaitl] | a.生死攸关的，重大的；生命的，生机的 |  |  |  |  |  |  |  |
| 16 | vivid | [vivid] | a.鲜艳的：生动的，栩栩如生的 |  |  |  |  |  |  |  |
| 17 | vocal | ['veukl] | a.声音的；有声的：歌唱的n.元音：声乐作品 |  |  |  |  |  |  |  |
| 18 | voice | [vos] | n.声音；噪音；发音能力；意见，发言权：语态 |  |  |  |  |  |  |  |
| 19 | vowel | [TeneA.] | n.元音，元音字母 |  |  |  |  |  |  |  |
| 20 | wagon | ['sagen] | n.运货马车，运货车：敞蓬车厢 |  |  |  |  |  |  |  |
| 21 | waist | [wetst] | n.腰，腰部 |  |  |  |  |  |  |  |
| 22 | waken | ['weiken] | v.醒，弄醒，唤醒 |  |  |  |  |  |  |  |
| 23 | waste | [weist] | v.浪费 a.无用的：荒芜的n.浪费；废物 |  |  |  |  |  |  |  |
| 24 | watch | [wDtf] | v.观看：看守：（for）窥伺，等待 n.看管；表 |  |  |  |  |  |  |  |
| 25 | watch | [wDtf] | v.观看：注视；看守：警戒n.注视；手表；守护 |  |  |  |  |  |  |  |
| 26 | water | [w:te(r)] | n.水vt.浇灌：给···饮水 vi.流泪，加水 |  |  |  |  |  |  |  |
| 27 | weary | ['meri] | a.疲倦的；令人厌烦的v.使疲倦，使厌倦 |  |  |  |  |  |  |  |
| 28 | weave | [wi:v] | v.编（织）n.编织法，编织式样 |  |  |  |  |  |  |  |
| 29 | wedge | [wed3] | n.楔，楔形vt.楔牢，楔入，挤进 |  |  |  |  |  |  |  |
| 30 | weigh | [wei] | v.称···重量，称；重达；考虑，权衡 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | weird | [ wad] | a.古怪的，离奇的：怪诞的，神秘而可怕的 |  |  |  |  |  |  |  |
| 2 | whale | [weil] | n.鲸：庞然大物 |  |  |  |  |  |  |  |
| 3 | wheat | [wi:t] | n.小麦 |  |  |  |  |  |  |  |
| 4 | wheel | [wi:1] | n.轮，车轮 |  |  |  |  |  |  |  |
| 5 | where | [wea(r)] | ad.在哪／那里 conj.／pron.哪里 conj.然而 |  |  |  |  |  |  |  |
| 6 | which | [mtf] | a.／pron.哪个，哪些：什么样的；那个，那些 |  |  |  |  |  |  |  |
| 7 | while | [wail] | conj.当···的时候：而：虽然：尽管n.一会儿 |  |  |  |  |  |  |  |
| 8 | whirl | [w3:1] | v.（使）旋转，打转 n.旋转；-连串快速的活动 |  |  |  |  |  |  |  |
| 9 | white | [walt] | a.白色的；苍白的：白种的n.白色：白种人 |  |  |  |  |  |  |  |
| 10 | whole | [heul] | n.全部a.全体的：全部的：完整的：无缺的 |  |  |  |  |  |  |  |
| 11 | whose | [hu:z] | pron.谁的：哪（个）人的，那些（人）的 |  |  |  |  |  |  |  |
| 12 | widow | [nepu.] | n.寡妇 |  |  |  |  |  |  |  |
| 13 | width | [mdθ;wit θ] | n.宽度；宽阔，广阔 |  |  |  |  |  |  |  |
| 14 | witch | [mtf] | n.女巫，巫婆，巫师 |  |  |  |  |  |  |  |
| 15 | woman | [uemns.] | n.（pl.）women 妇女，成年女子 |  |  |  |  |  |  |  |
| 16 | world | [w3:ld] | n.世界，地球：···界，领域：世间：全世界 |  |  |  |  |  |  |  |
| 17 | worry | ['wAri] | v.烦恼：（about）对··感到烦恼 n.烦恼，焦虑 |  |  |  |  |  |  |  |
| 18 | worse | [w3:s] | a.／ad.更坏，更差（的／地） |  |  |  |  |  |  |  |
| 19 | worst | [w3:st] | a.／ad.最坏（的），最差（的） |  |  |  |  |  |  |  |
| 20 | worth | [w3:8] | n.价值a.值···的，价值···的，值得···的 |  |  |  |  |  |  |  |
| 21 | would | [wud;wed;ed] | aux.／v.将：可能：将会；总是，总会；宁愿 |  |  |  |  |  |  |  |
| 22 | wound | [wu:nd] | n.创伤，伤口v.伤，伤害 |  |  |  |  |  |  |  |
| 23 | wreck | [rek] | n.失事船（或飞机）v.（船等）失事，遇难；破坏 |  |  |  |  |  |  |  |
| 24 | wrist | [rist] | n.腕，腕关节 |  |  |  |  |  |  |  |
| 25 | write | [rait]  ] | v.写，书写，写字：写作：写信（给），函告 |  |  |  |  |  |  |  |
| 26 | wrong | [rDg] | a.错的ad.错误地，不正确地n.错误v.委屈 |  |  |  |  |  |  |  |
| 27 | X-ray | ['eks rei] | n.X射线.X光 |  |  |  |  |  |  |  |
| 28 | yield | [ ji:ld] | v.出产，生长；（to）屈服，服从n.产量，收获 |  |  |  |  |  |  |  |
| 29 | young | [jAn] | a.年轻的，幼小的：没经验的n.青年人 |  |  |  |  |  |  |  |
| 30 | yours | [jo:z] | pron.［you的物主代词］你（们）的（所有物） |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | youth | [ju:0 ] | n.青年；年轻人 |  |  |  |  |  |  |  |
| 2 | zebra | [eiq:z,:eiqaz,] | n.斑马 |  |  |  |  |  |  |  |
| 3 | aboard | [ə'bo:d] | ad.＆prep.在船（飞机、车）上：ad.上船（飞机） |  |  |  |  |  |  |  |
| 4 | abound | [ə'baund] | vi.大量存在；（in，with）充满，富于 |  |  |  |  |  |  |  |
| 5 | abroad | [ə'bro:d] | ad.到国外，在国外：在传播，在流传 |  |  |  |  |  |  |  |
| 6 | abrupt | [idv.iq.e] | a.突然的，出其不意的；（行为等）粗鲁无礼的 |  |  |  |  |  |  |  |
| 7 | absent | ['æbsent] | a.缺席的；缺乏的，不存在的；心不在焉的 |  |  |  |  |  |  |  |
| 8 | absorb | [q:cs.qe:q:cz,qe] | vt.吸收（水、光、蒸汽等）；使全神贯注 |  |  |  |  |  |  |  |
| 9 | absurd | [ab's3:d] | a.荒谬的，荒诞的，荒唐可笑的：不合理的 |  |  |  |  |  |  |  |
| 10 | accent |  |  |  |  |  |  |  |  |
| 11 | accept | aksent; ym sent ]  [ək'sept] | n.口音，腔调：重音（符号）vt.重读  vt.接受，领受；认可，同意vi.同意，认可 |  |  |  |  |  |  |  |
| 12 | access | ['ækses] | n.进入；接入；到达；享用权：入口 vi.存取 |  |  |  |  |  |  |  |
| 13 | accord | [ə'ko:rd] | vt.给予（欢迎、称颂等）vi.＆n.符合，一致 |  |  |  |  |  |  |  |
| 14 | accuse | [ə'kju:z] | vt.控告，指责 vi.指控，指责 |  |  |  |  |  |  |  |
| 15 | across | [ə'krps] | prep.横过，越过；在的对面ad.横过，穿过 |  |  |  |  |  |  |  |
| 16 | action | ['ækfn] | n.行动，动作；作用；运转：行为；战斗 |  |  |  |  |  |  |  |
| 17 | active | ['æktiv] | adj.活跃的，敏捷的，积极的；在活动中的 |  |  |  |  |  |  |  |
| 18 | actual | ['æktfual] | a.实际的：现实的，真实的，目前的 |  |  |  |  |  |  |  |
| 19 | addict | ['ædikt] | v.使沉溺：使上瘾n.沉溺于不良嗜好的人 |  |  |  |  |  |  |  |
| 20 | adhere | [ (I)eiy.pe] | vi.（to）粘着：坚持，遵守：依附，追随 |  |  |  |  |  |  |  |
| 21 | adjoin | [uicEp.e] | v.临近，靠近：贴近，毗连 |  |  |  |  |  |  |  |
| 22 | adjust | [1sv£p.e] | vt.调节：整顿，调整vi.适应（to）：使调节 |  |  |  |  |  |  |  |
| 23 | admire | [əd'maie(r)] | vt.钦佩，赞赏，羡慕；称赞，夸奖 |  |  |  |  |  |  |  |
| 24 | advent | ['ædvent] | n.（重要事件等的）到来，来临 |  |  |  |  |  |  |  |
| 25 | adverb | ['ædv3:b] | n.副词 a.副词的 |  |  |  |  |  |  |  |
| 26 | advice | [ed'vais] | n.劝告，忠告，（医生等的）意见 |  |  |  |  |  |  |  |
| 27 | advise | [əd'vaiz] | vt.忠告，劝告，建议；通知，告知 |  |  |  |  |  |  |  |
| 28 | aerial | ['eəriəl] | a.（在或来自）空中的，航空的n.天线 |  |  |  |  |  |  |  |
| 29 | affair | [ (1)eaj.e] | n.［pl.］事务：事情（件）：（个人的）事 |  |  |  |  |  |  |  |
| 30 | affect | [ə'fekt] | vt.影响：（疾病）侵袭：感动 n.情感，感情 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 背诵时间及检查日期 | | | | | | | | |
| 音标 词义 | | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | affirm | [ə'f3:m] | vt.断言，坚持声称；肯定：证实，确认： |  |  |  |  |  |  |  |
| 2 | afford | [ə'fo:d] | vt.担负得起（损失、费用、后果等），买得起 |  |  |  |  |  |  |  |
| 3 | afraid | [ə'freid] | adj.害怕的，恐惧的；犯愁的，不乐意的 |  |  |  |  |  |  |  |
| 4 | agency | ['eldgənsi] | n.代理（处）：代办处：［美］（政府的）机关，厅 |  |  |  |  |  |  |  |
| 5 | agenda | [ə'd3endə] | n.议事日程，记事册 |  |  |  |  |  |  |  |
| 6 | allege | [ə'led3] | v.断言，宣称：指控 |  |  |  |  |  |  |  |
| 7 | almost | [1snem[:c.] | adv.几乎，差不多 |  |  |  |  |  |  |  |
| 8 | always | ['0:lwetz] | ad.总是，无例外地；永远，始终 |  |  |  |  |  |  |  |
| 9 | amount | [ə'maunt] | n.总数，数量；数额v.共计；等同，接近（to） |  |  |  |  |  |  |  |
| 10 | anchor | ['ænke(r)] | n.／v.锚；危难时可依靠的人或物；用锚泊船 |  |  |  |  |  |  |  |
| 11 | animal | ['ænim] | n.动物，野兽，牲畜 a.动物的，野兽的 |  |  |  |  |  |  |  |
| 12 | annual | ['anjuel] | a.每年的，一年生的n.年刊；一年生植物 |  |  |  |  |  |  |  |
| 13 | answer | ['a:nse(r)] | vt.回答，答复，答案v.回答，答复，响应 |  |  |  |  |  |  |  |
| 14 | anyhow | ['enihau] | ad.不管怎么说，无论如何：不论用何种方法 |  |  |  |  |  |  |  |
| 15 | anyone | ['eniwan] | pron.（用于疑问句，否定式）任何人 |  |  |  |  |  |  |  |
| 16 | anyway | ['eniwel] | ad.不管怎么说，无论如何；不论以何种方式 |  |  |  |  |  |  |  |
| 17 | appeal | [ə'pi:l] | vi.呼吁，恳求：申诉n.呼吁；申诉；吸引力 |  |  |  |  |  |  |  |
| 18 | appear | [(1)eid.e] | vi.出现：出场；问世：仿佛；出版，发表 |  |  |  |  |  |  |  |
| 19 | around | [ə'raund] | ad.在...周围，到处 prep.在..四周（或附近） |  |  |  |  |  |  |  |
| 20 | arouse | [ə'rauz] | vt.唤醒，叫醒：唤起，激起 |  |  |  |  |  |  |  |
| 21 | arrest | [a'rest] | n.逮捕，扣留vt.逮捕，扣留；阻止；吸引 |  |  |  |  |  |  |  |
| 22 | arrive | [ə'ralv] | vi.到达：（时间、事件）到来，发生：达到 |  |  |  |  |  |  |  |
| 23 | artery | ['a:təri] | n.动脉；干线，要道 |  |  |  |  |  |  |  |
| 24 | artist | [a:tist] | n.艺术家，美术家：（某方面的）能手 |  |  |  |  |  |  |  |
| 25 | ascend | [ə'send] | vi.渐渐上升，升高vt.攀登，登上 |  |  |  |  |  |  |  |
| 26 | ashore | [e'fo:(r)] | ad.上岸；在岸上，向岸上 |  |  |  |  |  |  |  |
| 27 | asleep | [ə'sli:p] | a.睡觉，睡着（用作表语） |  |  |  |  |  |  |  |
| 28 | aspect | ['æspekt] | n.样子，外表，面貌，（问题等的）方面 |  |  |  |  |  |  |  |
| 29 | aspire | [ə'spaie(r)] | vi.（to，after）渴望，追求，有志于 |  |  |  |  |  |  |  |
| 30 | assert | [ə'sa:t] | vt.断言，宣称：坚持；主张（权利、权威等） |  |  |  |  |  |  |  |

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|  | tot- | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | assess | [ə'ses] | vt.（为征税）评估（财产、收入）：征税：评价 |  |  |  |  |  |  |  |
| 2 | assign | [ə'sain] | vt.派给，分配：选定，指定（时间、地点等） |  |  |  |  |  |  |  |
| 3 | assist | [ə'sist] | vt.协助，帮助，促进vi.帮忙，参加 |  |  |  |  |  |  |  |
| 4 | assume | [ə'sju:m] | vt.假装；假定，设想：承担；呈现，采取 |  |  |  |  |  |  |  |
| 5 | assure | [e'fuə(r);əfo:(r)] | vt.使确信,使放心(of):向···保证 |  |  |  |  |  |  |  |
| 6 | attach | [ə'tætf] | v.系，贴，装，连接：使成为一部分：使依恋 |  |  |  |  |  |  |  |
| 7 | attack | [ə'tæk] | v.／n.攻击，抨击：着手，开始n.（病）发作 |  |  |  |  |  |  |  |
| 8 | attain | [ə'tein] | vt.达到；完成；获得vi.达到 |  |  |  |  |  |  |  |
| 9 | attend | [ə'tend] | vt.出席，参加：照顾，护理vi.注意：侍奉 |  |  |  |  |  |  |  |
| 10 | August | [1SV6.:C] | n．8月 |  |  |  |  |  |  |  |
| 11 | author | [ (I)ee:c.] | n.作者，作家，著作人：创始人，发起人 |  |  |  |  |  |  |  |
| 12 | autumn | [mei:c.] | n.秋，秋季；成熟期，渐衰期 |  |  |  |  |  |  |  |
| 13 | avenue | ['ævənju:] | n.林荫路，大街：（比喻）途径，渠道，方法 |  |  |  |  |  |  |  |
| 14 | ballet | ['bælei] | n.芭蕾舞，芭蕾舞剧：芭蕾舞团 |  |  |  |  |  |  |  |
| 15 | ballot | ['bælet] | n.（不记名）投票：投票总数；投票权 vi.投票 |  |  |  |  |  |  |  |
| 16 | banana | [be'na:ne] | n.香蕉 |  |  |  |  |  |  |  |
| 17 | banner | ['bæne(r)] | n.旗（帜） |  |  |  |  |  |  |  |
| 18 | barber | ['ba:be(r)] | n.理发师 |  |  |  |  |  |  |  |
| 19 | barely | ['beəli] | ad.赤裸裸地，无遮蔽地；仅仅，勉强，几乎没有 |  |  |  |  |  |  |  |
| 20 | barrel | ['bærəl] | n.桶；枪管，炮管 |  |  |  |  |  |  |  |
| 21 | barren | [bærən] | a.贫瘠的；不育的：（植物）不结果的；无用的 |  |  |  |  |  |  |  |
| 22 | basket | ['ba:skit] | n.筐，篮，篓 |  |  |  |  |  |  |  |
| 23 | battle | ['bætl] | n.战役，战斗；斗争v.战斗，斗争，搏斗 |  |  |  |  |  |  |  |
| 24 | beauty | [ 'bju:ti] | n.美，美丽：美人，美丽的事物 |  |  |  |  |  |  |  |
| 25 | become | [bi'kam] | vi.变成，开始变得vt.适合，同···相称 |  |  |  |  |  |  |  |
| 26 | before | [ bi'fo:(r)] | prep.（指时间）在···以前，在..前面，在..之前 |  |  |  |  |  |  |  |
| 27 | behalf | [bl'ha:f] | n.利益 |  |  |  |  |  |  |  |
| 28 | behave | [bl'heiv] | v.举止，举动，表现；运转，开动 |  |  |  |  |  |  |  |
| 29 | behind | [bi'haind] | prep.在...的背后，（遗留）在..后面；落后于 |  |  |  |  |  |  |  |
| 30 | belief | [br'li:f] | n.信任，相信，信念；信仰，信条 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | belong | [br'log] | v.（to）属于，附属，隶属；应归入（类别，范畴等） |  |  |  |  |  |  |  |
| 2 | benign | [bi'nain] | a.（病）良性的，（气候）良好的，仁慈的，和蔼的 |  |  |  |  |  |  |  |
| 3 | beside | [bi'said] | prep.在...旁边，在...附近：和...相比 |  |  |  |  |  |  |  |
| 4 | betray | [bi'trei] | v.背叛，出卖；暴露，流露，泄露 |  |  |  |  |  |  |  |
| 5 | better | ['beta(r)] | a.较好的ad.更好（地）v.改良 n.较佳者 |  |  |  |  |  |  |  |
| 6 | beware | [(1)eam,1q] | v.当心，谨防 |  |  |  |  |  |  |  |
| 7 | beyond | [bi'jond] | prep.在（或向）...的那边，远于：超出； |  |  |  |  |  |  |  |
| 8 | bitter | ['bite(r)] | a.（有）苦（味）的；痛苦的，厉害的 |  |  |  |  |  |  |  |
| 9 | bloody | ['bladi] | a.流血的，血腥的 |  |  |  |  |  |  |  |
| 10 | blouse | [blauz] | n.女衬衣，短上衣，宽阔的罩衫 |  |  |  |  |  |  |  |
| 11 | border | ['bo:də(r)] | n.边界，国界；边（沿）v.交界，与···接壤；接近 |  |  |  |  |  |  |  |
| 12 | borrow | ['bprəu] | vt.借，借入：（思想、文字等）采用，抄袭 |  |  |  |  |  |  |  |
| 13 | bother | ['bpðə(r)] | vt.打扰，麻烦vi.担心，烦恼n.烦恼，焦急 |  |  |  |  |  |  |  |
| 14 | bottle | [ 'bptl] | n.瓶（子）v.装瓶 |  |  |  |  |  |  |  |
| 15 | bottom | ['botəm] | n.底（部）；基础，根基；海底，湖底，河床 |  |  |  |  |  |  |  |
| 16 | bounce | [bauns] | n.／vi.（球）弹起，弹回；弹起，跳起：n.弹力 |  |  |  |  |  |  |  |
| 17 | branch | [bra:ntf] | n.（树）条，分支；分店；（学科）分科，部门；支流 |  |  |  |  |  |  |  |
| 18 | brandy | ['brændi] | n.白兰地酒 |  |  |  |  |  |  |  |
| 19 | breach | [bri:tf] | n.违反，不履行：破裂 vt.冲破，攻破 |  |  |  |  |  |  |  |
| 20 | breast | [brest] | n.胸膛，乳房 |  |  |  |  |  |  |  |
| 21 | breath | [breθ] | n.呼吸，气息 |  |  |  |  |  |  |  |
| 22 | breeze | [bri:z] | n.微风；轻而易举的事vi.来去匆匆，急速走 |  |  |  |  |  |  |  |
| 23 | bridge | [brid3] | n.桥；桥牌；鼻梁vt.架桥；渡过 |  |  |  |  |  |  |  |
| 24 | bright | [brait] | a.明亮的，辉煌的；聪明的；欢快的，美好的 |  |  |  |  |  |  |  |
| 25 | bronze | [bronz] | n.青铜：青铜色，古铜色：青铜制品，铜牌 |  |  |  |  |  |  |  |
| 26 | browse | [brauz] | vi.随意翻阅，浏览；（牛、羊等）吃草 |  |  |  |  |  |  |  |
| 27 | bruise | [bru:z] | n.青肿，挫伤：伤痕 vt.打青；挫伤 |  |  |  |  |  |  |  |
| 28 | brutal | ['bru:tl] | a.残忍的；严峻的；严酷的 |  |  |  |  |  |  |  |
| 29 | bubble | [[qvq.] | n.泡，水泡，气泡 v.冒泡，起泡，沸腾 |  |  |  |  |  |  |  |
| 30 | bucket | ['bakit] | n.水桶，吊桶 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | budget | ['bad3it] | n.预算 v.做预算 |  |  |  |  |  |  |  |
| 2 | buffet | ['bufei;'bafit] | n.自助餐 |  |  |  |  |  |  |  |
| 3 | bullet | ['bulit] | n.子弹，枪弹 |  |  |  |  |  |  |  |
| 4 | bundle | ['bandl] | n.捆，包，束 |  |  |  |  |  |  |  |
| 5 | burden | ['b3:dn] | n.担子，重担，负担vt.给予负担或麻烦 |  |  |  |  |  |  |  |
| 6 | bureau | [neien[q.] | n.署，局，司，处 |  |  |  |  |  |  |  |
| 7 | butter | ['bate(r)] | n.黄油，奶油v.涂黄油于···上 |  |  |  |  |  |  |  |
| 8 | button | ['batn] | n.纽扣，按钮（开关）v.扣紧；扣上纽扣 |  |  |  |  |  |  |  |
| 9 | bypass | ['baipa:s] | n.（by-pass）旁道：vt.绕过 |  |  |  |  |  |  |  |
| 10 | camera | ['kæmrə] | n.照相机，摄影机 |  |  |  |  |  |  |  |
| 11 | campus | ['kæmpes] | n.（大学）校园 |  |  |  |  |  |  |  |
| 12 | cancel | ['kænsl] | v.取消，把···作废；删去，划掉 |  |  |  |  |  |  |  |
| 13 | cancer | ['kænsə(r)] | n.癌 |  |  |  |  |  |  |  |
| 14 | candle | ['kændl] | n.蜡烛 |  |  |  |  |  |  |  |
| 15 | cannon | ['kænen] | n.大炮，火炮 |  |  |  |  |  |  |  |
| 16 | canvas | ['kænves] | n.帆布；帆布画布，（帆布）油画 |  |  |  |  |  |  |  |
| 17 | carbon | ['ka:bən] | n.碳 |  |  |  |  |  |  |  |
| 18 | career | [kə'riə(r)] | n.（个人的）事业：专业，生涯，职业，经历 |  |  |  |  |  |  |  |
| 19 | caress | [kə'res] | vt.／n.爱抚，抚摸 |  |  |  |  |  |  |  |
| 20 | carpet | [ka:pit] | n.地毯 |  |  |  |  |  |  |  |
| 21 | carrot | [kæret] | n.胡萝卜 |  |  |  |  |  |  |  |
| 22 | castle | ['ka:sl] | n.城堡；（国际象棋中的）车 |  |  |  |  |  |  |  |
| 23 | casual | ['kæ3uel] | a.偶然的，碰巧的；临时的，非正式的 |  |  |  |  |  |  |  |
| 24 | cattle | [kætl] | n.牛；牲口，家畜 |  |  |  |  |  |  |  |
| 25 | cellar | ['sela(r)] | n.地窑，地下室 |  |  |  |  |  |  |  |
| 26 | cement | [si'ment] | n.水泥；胶泥，胶接剂v.胶合；巩固，加强 |  |  |  |  |  |  |  |
| 27 | census | ['senses] | n.人口普查（调查） |  |  |  |  |  |  |  |
| 28 | centre | ['senta(r)] | n.中心，中央，中间vt.集中vi.以..为中心 |  |  |  |  |  |  |  |
| 29 | cereal | ['sieriəl] | n.加工而成的谷类食物；谷类植物，谷物 |  |  |  |  |  |  |  |
| 30 | chance | [tfo:ns] | n.机会；可能性；偶然性，运气v.碰巧，偶然发生 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | change | [tfeind3] | n.改变，变化；零钱v.更换，调换，交换；改变 |  |  |  |  |  |  |  |
| 2 | charge | [ tfa:d3] | v.索（价）；控告；充电n.（pl.）费用，代价；电荷 |  |  |  |  |  |  |  |
| 3 | cheese | [tfi:z] | n.干酪，乳酪 |  |  |  |  |  |  |  |
| 4 | cheque | [] | n.（check）支票，空白支票；总收入 |  |  |  |  |  |  |  |
| 5 | cherry | [tferi] | n.樱桃（树） |  |  |  |  |  |  |  |
| 6 | choice | [tfos] | n.选择（机会），抉择，选择项；入选者 a.精选的 |  |  |  |  |  |  |  |
| 7 | choose | [z:nf] | v.选择，挑选；甘愿 |  |  |  |  |  |  |  |
| 8 | chorus | [ 'ko:res] | n.合唱队；合唱v.异口同声地说，随声附和 |  |  |  |  |  |  |  |
| 9 | Christ | [kraist] | n.基督，救世主，耶稣 |  |  |  |  |  |  |  |
| 10 | church | [tj3:tf] | n.教堂：教会，教派：（宗教的）礼拜仪式 |  |  |  |  |  |  |  |
| 11 | cinema | [:oweus,:emeus,] | n.电影院；电影，影片 |  |  |  |  |  |  |  |
| 12 | circle | [[] | n.圆，圆周；集团；周期，循环v.环绕，旋转 |  |  |  |  |  |  |  |
| 13 | circus | ['s3:kes] | n.马戏团，杂技团；马戏场，杂技场 |  |  |  |  |  |  |  |
| 14 | clause | [klo:z] | n.（正式文件或法律文件的）条款；从句，分句 |  |  |  |  |  |  |  |
| 15 | clergy | ['kl3:d3i] | n.［总称］牧师，神职人员 |  |  |  |  |  |  |  |
| 16 | clever | ['klevə(r)] | a.聪明的，伶俐的，机敏的，精巧的 |  |  |  |  |  |  |  |
| 17 | client | [klaient] | n.律师等的当事人，委托人：商店的顾客 |  |  |  |  |  |  |  |
| 18 | climax | ['klamæks] | n.顶点，高潮 |  |  |  |  |  |  |  |
| 19 | clinic | ['klinik] | n.诊所 |  |  |  |  |  |  |  |
| 20 | closet | ['klpzit] | n.（壁）橱a.私下的vt.把···引进密室会谈 |  |  |  |  |  |  |  |
| 21 | clothe | [klauð] | v.（给···）穿衣，供给···衣服 |  |  |  |  |  |  |  |
| 22 | cloudy | ['klaudi] | a.多云的，阴（天）的；混浊的，模糊的 |  |  |  |  |  |  |  |
| 23 | clumsy | ['klAmzi] | a.笨拙的，愚笨的 |  |  |  |  |  |  |  |
| 24 | clutch | [klatf] | v.抓住，攫住，掌握n.离合器 |  |  |  |  |  |  |  |
| 25 | coarse | [ko:s] | a.粗糙的，粗劣的；粗鲁的，粗俗的 |  |  |  |  |  |  |  |
| 26 | coffee | ['kpfi] | n.咖啡（色） |  |  |  |  |  |  |  |
| 27 | collar | ['kplə(r)] | n.衣领；环状物 |  |  |  |  |  |  |  |
| 28 | colony | ['koləni] | n.殖民地；侨民：聚居区：（动植物的）群体 |  |  |  |  |  |  |  |
| 29 | column | ['koləm] | n.圆柱，柱状物；列；（报刊中的）专栏 |  |  |  |  |  |  |  |

v.／n.战斗，搏斗，格斗

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | comedy | ['komədi] | n.喜剧；喜剧性事件 |  |  |  |  |  |  |  |
| 2 | commit | [kə'mit] | v.把···交托给，提交；犯（错误），干（坏事） |  |  |  |  |  |  |  |
| 3 | common | ['komən] | a.普通的；共同的；一般的；n.公有地 |  |  |  |  |  |  |  |
| 4 | compel | [kem'pel] | v.强迫，迫使 |  |  |  |  |  |  |  |
| 5 | comply | [ kəm'plai] | v.（with）遵照，照做，应允：顺从，服从 |  |  |  |  |  |  |  |
| 6 | confer | [kən'f3:(r)] | v.商讨：授予，颁给（勋衔，学位等） |  |  |  |  |  |  |  |
| 7 | convey | [kən'vei] | v.运送，搬运，转运；传达，传播 |  |  |  |  |  |  |  |
| 8 | copper | ['kopə(r)] | n.铜；铜币，铜制器 |  |  |  |  |  |  |  |
| 9 | corner | ['ko:ne(r)] | n.角，街角：偏僻处：vt.将···逼入困境： |  |  |  |  |  |  |  |
| 10 | cosmic | ['kpzmik] | a.宇宙的：无比巨大的，无穷尽的 |  |  |  |  |  |  |  |
| 11 | costly | ['kpstli] | a.昂贵的，价值高的，豪华的 |  |  |  |  |  |  |  |
| 12 | cotton | ['kptn] | n.棉花；棉线，棉纱；棉制品 |  |  |  |  |  |  |  |
| 13 | county | ['kaunti] | n.（英国）郡，（美国）县 |  |  |  |  |  |  |  |
| 14 | couple | ['kapl] | n.（一）对，双；夫妇；v.连接，结合 |  |  |  |  |  |  |  |
| 15 | coupon | ['ku:pon] | n.证明持券人有某种权利的卡片，票证，赠券 |  |  |  |  |  |  |  |
| 16 | course | [ko:s] | n.课程，教程；过程，进程；路程，路线；一道菜 |  |  |  |  |  |  |  |
| 17 | cousin | ['kAzn] | n.堂（或表）兄弟，堂（或表）姐妹 |  |  |  |  |  |  |  |
| 18 | coward | ['kauad] | n.懦夫，胆怯者 |  |  |  |  |  |  |  |
| 19 | cradle | ['kreidl] | n.摇篮；发源地 |  |  |  |  |  |  |  |
| 20 | create | [kri'eit] | v.创造，创作；引起，造成，建立 |  |  |  |  |  |  |  |
| 21 | credit | ['kredit] | v.／n.信用，信任n.信用贷款，赊欠；名誉，名望 |  |  |  |  |  |  |  |
| 22 | crisis | [kralsis] | n.（pl.crises）危机，紧要关头 |  |  |  |  |  |  |  |
| 23 | critic | [kritik] | n.批评家，评论家 |  |  |  |  |  |  |  |
| 24 | cruise | [kru:z] | v.巡航：以节省燃料的速度前进 n.乘船巡游 |  |  |  |  |  |  |  |
| 25 | custom | ['kAstem] | n.习惯，风俗，惯例；（pl.）海关，关税 |  |  |  |  |  |  |  |
| 26 | damage | [dæmid3] | v.／n.损害，毁坏n.（pl.）损害赔偿费 |  |  |  |  |  |  |  |
| 27 | danger | ['deind3ə(r)] | n.危险；威胁；危险事物 |  |  |  |  |  |  |  |
| 28 | dazzle | [[zæp.] | v.使惊奇，使倾斜；耀（眼）n.耀眼的光 |  |  |  |  |  |  |  |
| 29 | deadly | ['dedli] | a.致命的；势不两立的；极度的；必定的 |  |  |  |  |  |  |  |
| 30 | dealer | ['di:lə(r)] | n.商人 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | debate | [di'beit] | v.／n.争论，辩论 |  |  |  |  |  |  |  |
| 2 | decade | ['dekeid;dr'keid] | n.十年 |  |  |  |  |  |  |  |
| 3 | deceit | [di'si:t] | n.欺骗，欺骗行为 |  |  |  |  |  |  |  |
| 4 | decent | ['di:snt] | a.体面的；正派的，合乎礼仪的；合适的 |  |  |  |  |  |  |  |
| 5 | decide | [di'said] | v.决定，下决心；解决，裁决 |  |  |  |  |  |  |  |
| 6 | deduce | [di'dju:s] | vt.（from）演绎，推断，推论 |  |  |  |  |  |  |  |
| 7 | deduct | [di'dakt] | vt.扣除；演绎（推理） |  |  |  |  |  |  |  |
| 8 | defeat | [di'fi:t] | n.击败，战胜，失败v.击败，战胜：使失败 |  |  |  |  |  |  |  |
| 9 | defect | ['di:fekt;di'fekt] | n.过失：缺点；不足 |  |  |  |  |  |  |  |
| 10 | defend | [di'fend] | v.防守，保卫；为···辩护，为···答辩 |  |  |  |  |  |  |  |
| 11 | define | [di'fain] | v.给···下定义：阐述：阐释：限定，规定 |  |  |  |  |  |  |  |
| 12 | degree | [di'gri:] | n.程度；度数；学位：等级 |  |  |  |  |  |  |  |
| 13 | delete | [dr'li:t] | vt.删除 |  |  |  |  |  |  |  |
| 14 | demand | [dr'ma:nd] | n.／v.要求，请求，需要（量）v.查问 |  |  |  |  |  |  |  |
| 15 | denial | [di'naiel] | n.否认：拒绝：否认某事或某事实的声明 |  |  |  |  |  |  |  |
| 16 | denote | [di'neut] | vt.表示，意味着 |  |  |  |  |  |  |  |
| 17 | dental | ['dentl] | a.牙齿的：牙科（用）的 |  |  |  |  |  |  |  |
| 18 | depart | [di'pa:t] | vi.离开，起程a.过去的，逝世的 |  |  |  |  |  |  |  |
| 19 | depend | [di'pend] | v.（on）取决于，依靠，信赖，相信 |  |  |  |  |  |  |  |
| 20 | depict | [di'pikt] | v.描绘；描写，描述 |  |  |  |  |  |  |  |
| 21 | deputy | ['depjuti] | n.代理人，代表a.副的，代理的 |  |  |  |  |  |  |  |
| 22 | derive | [di'raiv] | v.取得；导出；引申；来自；源自；出自 |  |  |  |  |  |  |  |
| 23 | desert | [(for v.)di'z3:t;( | fn.沙漠,不毛之地 v.抛弃,遗弃;擅离,开小差 |  |  |  |  |  |  |  |
| 24 | design | [di'zamn] | v.设计：构思：绘制：图案：企图 n.设计，图样 |  |  |  |  |  |  |  |
| 25 | desire | [di'zaie(r)] | v.／n.愿望，欲望，要求 |  |  |  |  |  |  |  |
| 26 | detach | [di'tætf] | vt.分开，分离，分遣，派遣（军队） |  |  |  |  |  |  |  |
| 27 | detail | ['di:teil] | n.细节，详情v.详述 |  |  |  |  |  |  |  |
| 28 | detain | [di'temn] | v.耽搁；扣押，拘留 |  |  |  |  |  |  |  |
| 29 | detect | [di'tekt] | v.察觉，发觉，侦察，探测 |  |  |  |  |  |  |  |
| 30 | device | [di'vals] | n.装置，设备，仪表：方法，设计 |  |  |  |  |  |  |  |

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| 序号 单词 音标 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 devise [di'valz] vt.设计；发明；图谋；作出（计划）；想出（办法） |  |  |  |  |  |  |  |
| 2 devote [di'veut] v.（to）奉献，致力 |  |  |  |  |  |  |  |
| 3 dialog [Ba[erep.] n.（dialogue）对话，对白 |  |  |  |  |  |  |  |
| 4 differ [dife(r)] v.（from）与···不同：（with）与···意见不同 |  |  |  |  |  |  |  |
| 5 digest [ dar'd3est;dr'd3est ］vt.消化：领会，融会贯通n.文摘，摘要 |  |  |  |  |  |  |  |
| 6 dilute [ dar'lu:t;dar'lju:t vt.稀释，冲淡 a.稀释的，冲淡的 |  |  |  |  |  |  |  |
| 7 dinner ['dina(r)] n.正餐，宴会 |  |  |  |  |  |  |  |
| 8 direct [ də'rekt;dai'rekt ]a.／ad.径直的（地）v.管理，指导；（at，to）指向 |  |  |  |  |  |  |  |
| 9 dismay [dis'mel] n.／v.（使）沮丧：（使）惊慌：（使）失望，（使）绝望 |  |  |  |  |  |  |  |
| 10 divert [dar'v3:t] vt.使转向，使改道：转移（注意力）：使娱乐 |  |  |  |  |  |  |  |
| 11 divide [dr'vald] v.分，划分，分开；分配：（by）除 |  |  |  |  |  |  |  |
| 12 divine [dr'vain] a.神的，神授的，天赐的：极好的，极美的 |  |  |  |  |  |  |  |
| 13 doctor ['dokte(r)] n.医生：博士vt.授以博士学位：诊断：修改 |  |  |  |  |  |  |  |
| 14 dollar ['dole(r)] n.（美国，加拿大等国货币单位）美元，加元 |  |  |  |  |  |  |  |
| 15 domain [ de'mein;dau'metn] n.（活动，思想等）领域。范围：领地 |  |  |  |  |  |  |  |
| 16 donate [deu'neit] vt.损赠（金钱等）；赠予 |  |  |  |  |  |  |  |
| 17 donkey ['donki] n.驴子：蠢人：顽固的人 |  |  |  |  |  |  |  |
| 18 dragon [drægen] n.龙 |  |  |  |  |  |  |  |
| 19 drawer [dro:(r)] n.抽屉 |  |  |  |  |  |  |  |
| 20 driver ['draive(r)] n.驾驶员 |  |  |  |  |  |  |  |
| 21 during ['djuarin]] prep.在···期间 |  |  |  |  |  |  |  |
| 22 Easter [ste(r)] n.复活节 |  |  |  |  |  |  |  |
| 23 edible ['edaebl] a.可食用的 |  |  |  |  |  |  |  |
| 24 editor ['edite(r)] n.编辑，编者 |  |  |  |  |  |  |  |
| 25 effect [i'fekt] n.结果；效果；影响：印象 vt.招致；实现；达到 |  |  |  |  |  |  |  |
| 26 effort [efet] n.努力：成就；艰难的尝试 |  |  |  |  |  |  |  |
| 27 eighty ['eiti] num.／a.八十 pron.八十（个，只...） |  |  |  |  |  |  |  |
| 28 either [aðe(r):i:ðe(r) ad.也（不）pron.两者之一 a.（两者中）任一的 |  |  |  |  |  |  |  |
| 29 elapse [r'læps] vi.（时间）溜走：（光阴）逝去 |  |  |  |  |  |  |  |
| 30 eleven [rlevn] num.十一 pron.／a.十一（个，只...） |  |  |  |  |  |  |  |

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| 序号  1 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| e-mail | ['i,mel] | n.（electronic mail）电子信函，电子邮件 |  |  |  |  |  |  |  |
| 2 | embark | [tm'ba:k] | v.（使）上船（或飞机，汽车等）：着手，从事 |  |  |  |  |  |  |  |
| 3 | embody | [m'bodi] | vt.具体表达，使具体化：包含，收录 |  |  |  |  |  |  |  |
| 4 | emerge | [r'm3:d3] | vt.显现，浮现；暴露：形成： |  |  |  |  |  |  |  |
| 5 | empire | [ (2)eredma.] | n.帝国 |  |  |  |  |  |  |  |
| 6 | employ | [m'pla] | n.／v.雇用；用，使用 |  |  |  |  |  |  |  |
| 7 | enable | [I'neibl] | v.使能够，使成为可能；授予权利或方法 |  |  |  |  |  |  |  |
| 8 | ending | ['endny] | n.结尾，结局 |  |  |  |  |  |  |  |
| 9 | endure | [im'djue(r)] | v.忍受，持久，持续 |  |  |  |  |  |  |  |
| 10 | energy | ['enəd3i] | n.活力，精力：能，能量 |  |  |  |  |  |  |  |
| 11 | engage | [m'geid3] | v.（in）从事，着手；约定；使订婚；保证：雇用 |  |  |  |  |  |  |  |
| 12 | engine | ['end3in] | n.发动机，引擎；火车头 |  |  |  |  |  |  |  |
| 13 | enough | [I'nAf] | a.（for）足够的n.足够，充分ad.足够地 |  |  |  |  |  |  |  |
| 14 | enrich | [m'ritf] | v.使富足；使肥沃；装饰；加料于：浓缩 |  |  |  |  |  |  |  |
| 15 | enroll | [m'reul] | v.（enrol）招收；登记；入学；参军；成为会员 |  |  |  |  |  |  |  |
| 16 | ensure | [mfuə(r);m'fp:(r) | v.确保，保证：使安全 |  |  |  |  |  |  |  |
| 17 | entail | [m'tell] | vt.使承担：需要：把（疾病等）遗传给；限定 |  |  |  |  |  |  |  |
| 18 | entire | [m'taie(r)] | a.完全的，全部的，完整的 |  |  |  |  |  |  |  |
| 19 | entity | ['entəti] | n.实体；存在（物）；组织，机构：本质 |  |  |  |  |  |  |  |
| 20 | escape | [I'sketp] | n.逃跑，逃脱 v.逃跑；避开，避免 |  |  |  |  |  |  |  |
| 21 | escort | ['esko:t] | vt.护送（卫）：陪同n.警卫，护送者：仪仗兵 |  |  |  |  |  |  |  |
| 22 | estate | [I'steit] | n.房地产；不动产；所有权；地位：生活状况 |  |  |  |  |  |  |  |
| 23 | esteem | [I'sti:m] | n.尊敬，尊重vt.尊重，敬重：把···看作 |  |  |  |  |  |  |  |
| 24 | ethnic | ['eθnik] | a.种族的：人种学的 |  |  |  |  |  |  |  |
| 25 | evolve | [r'volv] | v.（使）发展：（使）进化：（使）进展 |  |  |  |  |  |  |  |
| 26 | exceed | [ik'si:d] | v.超过，胜过；越出 |  |  |  |  |  |  |  |
| 27 | except | [Ik'sept] | prep.除··之外v.除外；反对 |  |  |  |  |  |  |  |
| 28 | excess | [Ik'ses] | a.过量的，额外的n.过量；过剩：超额；无节制 |  |  |  |  |  |  |  |
| 29 | excite | [Ik'sait] | v.刺激，使激动；激发，激励 |  |  |  |  |  |  |  |
| 30 | excuse | [lk'skju:s] | v.原谅，宽恕，免除 n.借口，辩解 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | exempt | [lg'zempt] | a.免除的v.免除 n.免税者；被免除义务者 |  |  |  |  |  |  |  |
| 2 | exotic | [tg'zptik] | a.奇异的；异国情调的；外（国）来的 |  |  |  |  |  |  |  |
| 3 | expand | [ik'spænd] | v.（使）膨胀，（使）扩张；张开，展开 |  |  |  |  |  |  |  |
| 4 | expect | [lk'spekt] | v.预期：期望，指望 |  |  |  |  |  |  |  |
| 5 | expend | [ik'spend] | v.消费，花费 |  |  |  |  |  |  |  |
| 6 | expert | ['eksp3:t] | n.专家，能手a.熟练的，有经验的：专门的 |  |  |  |  |  |  |  |
| 7 | expire | [ik'spaia(r)] | v.期满，（期限）终止；呼气；断气，死亡 |  |  |  |  |  |  |  |
| 8 | export | ['ekspo:t] | v.／n.输出，出口 n.出口商品 |  |  |  |  |  |  |  |
| 9 | expose | [ Ik'speuz] | v.（to）使暴露，受到：使曝光 |  |  |  |  |  |  |  |
| 10 | extend | [ik'stend] | v.延长，延伸：扩充；给予；提供；估价 |  |  |  |  |  |  |  |
| 11 | extent | [ik'stent] | n.广度，宽度，长度：程度，限度 |  |  |  |  |  |  |  |
| 12 | fabric | [].] | n.织物；织品；结构：构造；建筑物 |  |  |  |  |  |  |  |
| 13 | factor | [fakta(r)] | n.因素，要素 |  |  |  |  |  |  |  |
| 14 | fairly | [feali] | ad.公正地，正当地；相当，还算 |  |  |  |  |  |  |  |
| 15 | family | ['fameli] | n.家，家庭成员：氏族，家庭：族，科 |  |  |  |  |  |  |  |
| 16 | famine | [famn] | n.饥荒，饥馑 |  |  |  |  |  |  |  |
| 17 | famous | [semaj.] | a.著名的 |  |  |  |  |  |  |  |
| 18 | farmer | ['fo:me(r)] | n.农民，农场主 |  |  |  |  |  |  |  |
| 19 | fasten | ['fa:sn] | v.扎牢，使固定 |  |  |  |  |  |  |  |
| 20 | father | ['fa:ðe(r)] | n.父亲；创始人，发明者：（Father）神父 |  |  |  |  |  |  |  |
| 21 | faulty | [fo:lti] | a.有错误的，有缺点的，不完善的 |  |  |  |  |  |  |  |
| 22 | feeble | ['fi:bl] | a.虚弱的，无力的 |  |  |  |  |  |  |  |
| 23 | fellow | ['feleu] | n.人，家伙：伙伴，同事 a.同样的，同事的 |  |  |  |  |  |  |  |
| 24 | female | [.] | n.女性；女人；雌兽 a.女性的；雌的：柔弱的 |  |  |  |  |  |  |  |
| 25 | feudal | ['fju:dl] | a.封建的；封地的；领地的 |  |  |  |  |  |  |  |
| 26 | fierce | [fies] | a.凶猛的，残忍的：狂热的，强烈的 |  |  |  |  |  |  |  |
| 27 | figure | [(1)eB.] | n.体形；轮廓；数字；图形v.描绘；计算：推测 |  |  |  |  |  |  |  |
| 28 | filter | [flte(r)] | n.滤器，滤纸 |  |  |  |  |  |  |  |
| 29 | finger | [(1)e6nj.] | n.手指：指状物：指针 |  |  |  |  |  |  |  |
| 30 | finish | ['finf] | n.完成；结束；磨光 v.完成；结束；用完；毁掉 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | finite | ['famnait] | a.有限的：［数］有穷的，限定的 |  |  |  |  |  |  |  |
| 2 | flavor | ['fletve] | n.（flavour）情味；风味：滋味 v.给···调味 |  |  |  |  |  |  |  |
| 3 | flight | [flait] | n.飞翔，飞行：航班；航程；逃跑；楼梯的一段 |  |  |  |  |  |  |  |
| 4 | flower | ['flaue(r)] | n.花：精华，精粹，精英：盛时 vi.开花 |  |  |  |  |  |  |  |
| 5 | fluent | ['flu:ent] | a.流利的，流畅的 |  |  |  |  |  |  |  |
| 6 | follow | [foleu] | v.跟随，接着；领会；沿着···前进，遵循：结果是 |  |  |  |  |  |  |  |
| 7 | forbid | [fe'bid] | v.禁止，不许 |  |  |  |  |  |  |  |
| 8 | forest | [fprist] | n.森林 |  |  |  |  |  |  |  |
| 9 | forget | [fe'get] | v.忘记，遗忘 |  |  |  |  |  |  |  |
| 10 | formal | [[mc].] | a.正式的；形式的 |  |  |  |  |  |  |  |
| 11 | format | [fo:met] | n.（出版物的）开本，版式。格式vt.设计：安排 |  |  |  |  |  |  |  |
| 12 | former | [fome(r)] | a.以前的，在前的pron.前者 |  |  |  |  |  |  |  |
| 13 | fossil | [[saj.] | n.化石 |  |  |  |  |  |  |  |
| 14 | foster | [ (1)eisaj.] | vt.养育：收养；怀抱：鼓励 a.收养的n.养育者 |  |  |  |  |  |  |  |
| 15 | freeze | [fri:z] | v.使结冰，使凝固 |  |  |  |  |  |  |  |
| 16 | Friday | ['fraidet;'fraidi] | n.星期五 |  |  |  |  |  |  |  |
| 17 | fridge | [frid3] | n.（refrigerator 的略语）冰箱 |  |  |  |  |  |  |  |
| 18 | friend | [frend] | n.朋友 |  |  |  |  |  |  |  |
| 19 | fright | [frait] | n.恐怖 |  |  |  |  |  |  |  |
| 20 | fringe | [frind3] | n.边缘：（窗帘）缘饰；额前垂发 vt.饰···的边 |  |  |  |  |  |  |  |
| 21 | futile | ['fjutail] | a.无效的，无用的，无希望的 |  |  |  |  |  |  |  |
| 22 | future | ['fju:tfe(r)] | n.将来，未来；前途，前景a.将来的，未来的 |  |  |  |  |  |  |  |
| 23 | galaxy | ['gæleksi] | n.星系：（the Galaxy）银河（系）；一群显赫的人 |  |  |  |  |  |  |  |
| 24 | gallon | [gælen] | n.加仑 |  |  |  |  |  |  |  |
| 25 | gallop | ['gælep] | v.／n.奔驰，飞奔 |  |  |  |  |  |  |  |
| 26 | gamble | [gmmbl] | n.／v.投机，冒险；赌博 |  |  |  |  |  |  |  |
| 27 | garage | ['gæro:3;'gæra:d3; | n.车库，飞机库：修车厂 |  |  |  |  |  |  |  |
| 28 | garden | ['ga:dn] | n.（菜，花）园：公园 |  |  |  |  |  |  |  |
| 29 | garlic | ['go:lik] | n.蒜，大蒜粉 |  |  |  |  |  |  |  |
| 30 | gather | ['gæðe(r)] | v.聚集，聚拢；推测，推断 |  |  |  |  |  |  |  |

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| 1 | gender | ['d3ende(r)] | n.（生理上的）性；（名词、代词等的）性 |  |  |  |  |  |  |  |
| 2 | genius | ['d3i:nies] | n.天才 |  |  |  |  |  |  |  |
| 3 | gentle | ['d3entl] | a.和蔼的，文雅的，有礼貌的 |  |  |  |  |  |  |  |
| 4 | gently | ['d3entli] | ad.文雅地，有礼貌地；轻轻地 |  |  |  |  |  |  |  |
| 5 | giggle | [[66.] | vi.／n.痴笑：咯咯地笑 vt.略略地笑着说 |  |  |  |  |  |  |  |
| 6 | glamor | ['glame] | n.（glamour）魅力：魔法 vt.迷惑 |  |  |  |  |  |  |  |
| 7 | glance | [glo:ns] | v.（at，over）扫视 n.匆匆看，一瞥，一眼 |  |  |  |  |  |  |  |
| 8 | global | ['gleubl] | a.球形的；全球的，全世界的：全面的 |  |  |  |  |  |  |  |
| 9 | gloomy | ['glu:mi] | a.阴暗的，阴沉的，令人沮丧的，阴郁的 |  |  |  |  |  |  |  |
| 10 | golden | ['geulden] | a.金黄色的；贵重的，极好的 |  |  |  |  |  |  |  |
| 11 | goodby | [gud'bai] | int.（goodbye）再见 |  |  |  |  |  |  |  |
| 12 | gossip | [ disas.] | n.／v.（说）闲话，闲聊 |  |  |  |  |  |  |  |
| 13 | govern | [uVB.]  'gAvn] | v.统治，管理；决定，支配 |  |  |  |  |  |  |  |
| 14 | gramme | [gram] | n.（gram）克 |  |  |  |  |  |  |  |
| 15 | grease | [gri:s] | n.动物脂，油脂，润滑脂 v.抹油，润滑 |  |  |  |  |  |  |  |
| 16 | greedy | ['gri:di] | a.贪吃的，贪婪的，渴望的 |  |  |  |  |  |  |  |
| 17 | grieve | [gri:v] | v.使悲伤，使伤心 |  |  |  |  |  |  |  |
| 18 | grocer | [(I)esne1B.] | n.食品商，杂货商 |  |  |  |  |  |  |  |
| 19 | ground | [graund] | n.地，地面，土地；场地，场所：理由，根据 |  |  |  |  |  |  |  |
| 20 | growth | [grəu θ] | n.生长，增长，发展 |  |  |  |  |  |  |  |
| 21 | guilty | ['gilti] | a.（of）有罪的，内疚的 |  |  |  |  |  |  |  |
| 22 | guitar | [gr'ta:(r)] | n.吉他 vi.弹吉他 |  |  |  |  |  |  |  |
| 23 | hammer | ['hame(r)] | n.铁锤，槌，榔头v.锤击，敲打 |  |  |  |  |  |  |  |
| 24 | hamper | ['hampe(r)] | v.妨碍，阻碍，牵制 |  |  |  |  |  |  |  |
| 25 | handle | ['hændl] | n.柄，把手，拉手v.处理，对待，操纵；触，抚养 |  |  |  |  |  |  |  |
| 26 | happen | ['hapen] | v.（偶然）发生：碰巧，恰好 |  |  |  |  |  |  |  |
| 27 | harbor | ['ha:be] | n.（harbour）海港；避难所 v.隐匿，窝藏 |  |  |  |  |  |  |  |
| 28 | harden | ['ha:dn] | v.（使）变硬 |  |  |  |  |  |  |  |
| 29 | hardly | [ho:dli] | ad.几乎不，简直不；仅仅 |  |  |  |  |  |  |  |
| 30 | hatred | [heitrid] | n.憎恨，憎恶，怨恨 |  |  |  |  |  |  |  |

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| 1 | hazard | [hæzed] | n.危险，冒险，危害v.冒险，拼命 |  |  |  |  |  |  |  |
| 2 | health | [helθ] | n.健康，健康状况；卫生 |  |  |  |  |  |  |  |
| 3 | heaven | ['hevn] | n.天，天空，天堂：（Heaven）上帝，神 |  |  |  |  |  |  |  |
| 4 | height | [hait] | n.高，高度；（常pl.）高地，高处 |  |  |  |  |  |  |  |
| 5 | helmet | [helmt] | n.头盔，钢盔 |  |  |  |  |  |  |  |
| 6 | heroic | [he'reuik] | a.英雄的，英勇的，崇高的 |  |  |  |  |  |  |  |
| 7 | heroin | ['herauin] | n.海洛因 |  |  |  |  |  |  |  |
| 8 | highly | ['haili] | ad.高度地，很，非常；赞许地 |  |  |  |  |  |  |  |
| 9 | hijack | ['haid3æk] | v.劫持，劫机，拦路抢劫 |  |  |  |  |  |  |  |
| 10 | hinder | [hinde(r)] | v.（from）阻止，妨碍 a.后面的 |  |  |  |  |  |  |  |
| 11 | holder | ['heulde(r)] | n.持有者，占有者：（台，架等）支持物 |  |  |  |  |  |  |  |
| 12 | hollow | [holeu] | a.空的，中空的；空洞的，空虚的v.挖空，凿空 |  |  |  |  |  |  |  |
| 13 | honest | ['Dnist] | a.诚实的，正直的，老实的 |  |  |  |  |  |  |  |
| 14 | horror | [hore(r)] | n.恐怖，战栗 |  |  |  |  |  |  |  |
| 15 | huddle | [[Pvq.] | n.／v.拥挤；聚集v.（因寒冷、害怕而）缩成一团 |  |  |  |  |  |  |  |
| 16 | humble | ['hambl] | a.谦卑的，恭顺的：地位低下的v.降低，贬低 |  |  |  |  |  |  |  |
| 17 | hunger | ['hagge(r)] | n.／v.饥饿：渴望 |  |  |  |  |  |  |  |
| 18 | hungry | ['hangri] | a.饥饿的，渴望的 |  |  |  |  |  |  |  |
| 19 | ignite | [ig'nait] | v.点火，引燃 |  |  |  |  |  |  |  |
| 20 | ignore | [ (1):cu,6] | v.不理，不顾，忽视 |  |  |  |  |  |  |  |
| 21 | immune | [r'mju:n] | a.免疫的，有免疫力的：有受影响的：豁免的 |  |  |  |  |  |  |  |
| 22 | impact | [mpakt] | n.冲击，碰撞；影响 v.影响；挤入，压紧 |  |  |  |  |  |  |  |
| 23 | impair | [mm'pea(r)] | v.损害，损伤：削弱，减少 |  |  |  |  |  |  |  |
| 24 | impart | [im'pa:t] | vt.传授，给予：告知，通知 |  |  |  |  |  |  |  |
| 25 | import | [mpot] | v.／n.进口，输入，（pl.）进口商品：要旨，含意 |  |  |  |  |  |  |  |
| 26 | impose | [zned.■] | v.征（税）：（on）把···强加给 |  |  |  |  |  |  |  |
| 27 | income | ['mnkAm;'inkem] | n.收入，收益，所得 |  |  |  |  |  |  |  |
| 28 | indeed | [m'di:d] | ad.确实，实在；真正地，多么 |  |  |  |  |  |  |  |
| 29 | indoor | [ndo:(r)] | a.室内的，户内的 |  |  |  |  |  |  |  |
| 30 | induce | [in'dju:s] | v.引诱，劝使：引起，导致：感应 |  |  |  |  |  |  |  |

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| 1 | infant | ['infent] | n.婴儿，幼儿 |  |  |  |  |  |  |  |
| 2 | infect | [m'fekt] | vt.传染，感染：影响（思想等） |  |  |  |  |  |  |  |
| 3 | inform | [mn'fom] | v.（of，about）通知，告诉，报告；告发，告密 |  |  |  |  |  |  |  |
| 4 | inhale | [m'heil] | v.吸入（气体等），吸（烟） |  |  |  |  |  |  |  |
| 5 | inject | [mn'd3ekt] | vt.注射（药液等）：注入 |  |  |  |  |  |  |  |
| 6 | injure | ['mnd3ə(r)] | v.损害，损伤，伤害 |  |  |  |  |  |  |  |
| 7 | injury | ['ind3ari] | n.伤害，损害 |  |  |  |  |  |  |  |
| 8 | inland | ['mnlənd;-lænd] | a.／ad.国内，内地，内陆 |  |  |  |  |  |  |  |
| 9 | insect | ['mnsekt] | n.昆虫 |  |  |  |  |  |  |  |
| 10 | insert | [m's3:t] | v.插入，嵌入；登载n.插入物 |  |  |  |  |  |  |  |
| 11 | inside | [m'sald] | a.里面的ad.在里面n.内部prep.在···里 |  |  |  |  |  |  |  |
| 12 | insist | [mn'stst] | vi.（on）坚持要求，坚决主张，坚持 |  |  |  |  |  |  |  |
| 13 | insult | [mm'sAlt] | vt.／n.侮辱，凌辱 |  |  |  |  |  |  |  |
| 14 | insure | [m'fua(r);m'fp:(r) | vt.保险，给···保险：保证 |  |  |  |  |  |  |  |
| 15 | intact | ［普日］ | a.完整无缺的，未经触动的，未受损伤的 |  |  |  |  |  |  |  |
| 16 | intend | [mn'tend] | vt.想要，打算，企图 |  |  |  |  |  |  |  |
| 17 | invade | [m'veid] | vt.入侵，侵略，侵袭，侵扰 |  |  |  |  |  |  |  |
| 18 | invent | [mn'vent] | v.发明，创造：捏造，虚构 |  |  |  |  |  |  |  |
| 19 | invert | [mm'v3:t] | v.倒置，倒转，颠倒 |  |  |  |  |  |  |  |
| 20 | invest | [mn'vest] | vt.投资，投入（精力、时间等） |  |  |  |  |  |  |  |
| 21 | invite | [in'vait] | vt.邀请，招待 |  |  |  |  |  |  |  |
| 22 | inward | [ pemu.] | ad.向内，在内a.向内的，在内的，里面的 |  |  |  |  |  |  |  |
| 23 | island | ['allend] | n.岛，岛屿：（道路上的）交通安全岛 |  |  |  |  |  |  |  |
| 24 | itself | [it'self] | pron.（it的反身代词）它自己，它本身 |  |  |  |  |  |  |  |
| 25 | jacket | [d3ækit] | n.短上衣，茄克衫 |  |  |  |  |  |  |  |
| 26 | jargon | [d3a:gen] | n.行话 |  |  |  |  |  |  |  |
| 27 | jungle | [[6Gv£p.] | n.丛林，生死地带 |  |  |  |  |  |  |  |
| 28 | junior | [d3uniə(r)] | a.／n.年少的／者，三年级的／学生，下级（的） |  |  |  |  |  |  |  |
| 29 | kettle | [ketl] | n.水壶 |  |  |  |  |  |  |  |
| 30 | kidnap | ['kadnæp] | vt.诱拐：绑架，劫持 |  |  |  |  |  |  |  |

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| 1 kidney ['kidni] n.肾，肾脏 |  |  |  |  |  |  |  |
| 2 ladder ['læde(r)] n.梯子，阶梯 |  |  |  |  |  |  |  |
| 3 laptop [læptop] n.膝上型电脑 |  |  |  |  |  |  |  |
| 4 lately ['leitli] ad.最近，不久前 |  |  |  |  |  |  |  |
| 5 latent ['lettnt] a.潜在的，潜伏的，不易察觉的 |  |  |  |  |  |  |  |
| 6 latter ['lætə(r)] a.后者的：后一半的，接近终了的n.后者 |  |  |  |  |  |  |  |
| 7 launch [lo:ntf] v.发射；使（船）下水，发动，开展n.发射，下水 |  |  |  |  |  |  |  |
| 8 lawyer [la(r)] n.律师 |  |  |  |  |  |  |  |
| 9 layman ['lemen] n.外行 |  |  |  |  |  |  |  |
| 10 layoff ['leiof] n.临时解雇，操作停止，活动停止期间，失业期 |  |  |  |  |  |  |  |
| 11 layout [] n.安排，布局，设计：规划图，布局图 |  |  |  |  |  |  |  |
| 12 league [li:g] n.同盟，联盟：联合会，社团 |  |  |  |  |  |  |  |
| 13 legacy ['legesi] n.遗产，遗赠：先人（或过去）留下的东西 |  |  |  |  |  |  |  |
| 14 legend ['led3and] n.传说，传奇 |  |  |  |  |  |  |  |
| 15 length [lege] n.长，长度；一段，一节，程度，范围 |  |  |  |  |  |  |  |
| 16 lesson ['lesn] n.（功）课；［pl.］课程；教训 |  |  |  |  |  |  |  |
| 17 letter [leta(r)] n.信，函件；字母，文字 |  |  |  |  |  |  |  |
| 18 liable [laiebl] a.有...倾向的：可能遭受...的：有责任的 |  |  |  |  |  |  |  |
| 19 likely [laikli] a.很可能的，有希望的 ad.大概，多半 |  |  |  |  |  |  |  |
| 20 linear ['Imie(r)] a.线的，直线的，线状的：长度的：线性的 |  |  |  |  |  |  |  |
| 21 linger Llmgge(r)] v.逗留，徘徊，拖延，留恋，浪费光阴，苟延残喘 |  |  |  |  |  |  |  |
| 22 liquid ['1ikwd] n.液体 a.液体的，液态的 |  |  |  |  |  |  |  |
| 23 liquor Llike(r)] n.酒；溶液。液剂 |  |  |  |  |  |  |  |
| 24 listen ['lisn] vi.倾听（与介词 to 并用，方可置宾语） |  |  |  |  |  |  |  |
| 25 litter ['lite(r)] n.垃圾，（杂乱的）废物v.使杂乱，乱丢  ' |  |  |  |  |  |  |  |
| 26 little [1it]] a.小，幼小：不多的ad.／n.不多，几乎没有 |  |  |  |  |  |  |  |
| 27 lively t.] a.活泼的，活跃的：栩栩如生的，真实的  laivli] |  |  |  |  |  |  |  |
| 28 living [[.] a.活的，有生命的，天然的，逼真的n.生活，生计 |  |  |  |  |  |  |  |
| 29 locate [leu'keit] v.查出，探出，查找···地点，使···坐落于，位于 |  |  |  |  |  |  |  |
| 30 locker [10ka(r)] n.更衣箱 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | lonely | ['leunli] | a.孤独的，寂寞的；荒凉的，人迹稀少的 |  |  |  |  |  |  |  |
| 2 | loosen | ['lu:sn] | v.解开，放松 |  |  |  |  |  |  |  |
| 3 | lounge | [laund3] | n.休息室，起居室，客厅 |  |  |  |  |  |  |  |
| 4 | lovely | [lavli] | a.可爱的，好看的：令人愉快的，美好的 |  |  |  |  |  |  |  |
| 5 | lumber | [1Ambe(r)] | n.木材，木料 |  |  |  |  |  |  |  |
| 6 | luxury | [ev.] | n.奢侈，华贵；奢侈品a.奢华的，豪华的 |  |  |  |  |  |  |  |
| 7 | madame | [mepa.] | n.（madam）夫人，太太，女士 |  |  |  |  |  |  |  |
| 8 | magnet | ['megnet] | n.磁体，磁铁 |  |  |  |  |  |  |  |
| 9 | maiden | ['meidn] | n.少女，处女a.未婚的，纯洁的，无经验的 |  |  |  |  |  |  |  |
| 10 | mammal | ['mseml] | n.哺乳动物 |  |  |  |  |  |  |  |
| 11 | manage | ['menid3] | v.经营，管理，处理；设法，对付；操纵，运用 |  |  |  |  |  |  |  |
| 12 | manner | ['mene(r)] | n.方式；举止：（pl.）风度，礼貌；规矩；风俗 |  |  |  |  |  |  |  |
| 13 | manual | [ten[uam.] | a.手的，手工做的，体力的n.手册，指南 |  |  |  |  |  |  |  |
| 14 | marble | ['mo:b1] | n.大理石，云石 |  |  |  |  |  |  |  |
| 15 | margin | [mo:d3in] | n.页边空白；边缘：余地：幅度 |  |  |  |  |  |  |  |
| 16 | marine | [me'ri:n] | a.海的，海生的；船舶的，航海的 |  |  |  |  |  |  |  |
| 17 | market | ['mo:kit] | n.集市，市场；销路，需求（量）v.销售 |  |  |  |  |  |  |  |
| 18 | master | [mo:stə(r)] | n.男主人：师傅；硕士v.精通，控制 a.主要的 |  |  |  |  |  |  |  |
| 19 | matter | ['metə(r)] | n.物质，物体；毛病，麻烦；事情v.有关系，要紧 |  |  |  |  |  |  |  |
| 20 | mature | [me'tfua(r);me'tjua | a.成熟的,熟的:成年人的v.(使)成熟 |  |  |  |  |  |  |  |
| 21 | meadow | ['medeu] | n.草地，牧场 |  |  |  |  |  |  |  |
| 22 | medium | ['mi:diem] | n.（pl.media）媒体，方法，媒介，介质 a.中等的 |  |  |  |  |  |  |  |
| 23 | melody | [meledi] | n.旋律，曲调：悦耳的音乐 |  |  |  |  |  |  |  |
| 24 | member | ['membe(r)] | n.成员，会员 |  |  |  |  |  |  |  |
| 25 | memory | [memeri] | n.记忆，记忆力；回忆：存储（器） |  |  |  |  |  |  |  |
| 26 | menace | ['menes] | vt.／n.有危险性的人（或物）：威胁，威吓 |  |  |  |  |  |  |  |
| 27 | mental | ['mentl] | a.精神的，思想的，心理的，智力的，脑力的 |  |  |  |  |  |  |  |
| 28 | merely | ['meli] | adv.仅仅，只不过 |  |  |  |  |  |  |  |
| 29 | method | ['me θ ed] | n.方法，办法 |  |  |  |  |  |  |  |
| 30 | metric | ['metrik] | a.米制的，公制的 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | middle | ['mdl] | n.／a.中间（的），当中（的） |  |  |  |  |  |  |  |
| 2 | mingle | [[6Gm,] | v.（使）混合 |  |  |  |  |  |  |  |
| 3 | minute | ['mmit] | n.分钟，片刻：（pl.）会议记录a.微小的 |  |  |  |  |  |  |  |
| 4 | mirror | [mre(r)] | n.镜子；反映，反射v.反映，反射 |  |  |  |  |  |  |  |
| 5 | misery | ['mzeri] | n.痛苦，悲惨，不幸 |  |  |  |  |  |  |  |
| 6 | mobile | ['meubail] | a.可动的，活动的，运动的 |  |  |  |  |  |  |  |
| 7 | modern | ['modn] | a.现代的，近代的，新式的 |  |  |  |  |  |  |  |
| 8 | modest | ['modist] | a.谦虚的，有节制的 |  |  |  |  |  |  |  |
| 9 | modify | ['modifal] | v.更改，修改，修饰 |  |  |  |  |  |  |  |
| 10 | module | ['modju:l] | n.组件，模块，模件：（航天器的）舱 |  |  |  |  |  |  |  |
| 11 | moment | ['meUment] | n.片刻，瞬间，时刻 |  |  |  |  |  |  |  |
| 12 | Monday | ['mAndei;'mAndi] | n.星期一 |  |  |  |  |  |  |  |
| 13 | monkey | ['manki] | n.猴子 |  |  |  |  |  |  |  |
| 14 | mortal | ['mo:tl] | a.致命的；终有一死的：人世间的n.凡人 |  |  |  |  |  |  |  |
| 15 | mosaic | [mou'zeak] | n.马赛克：镶嵌体 |  |  |  |  |  |  |  |
| 16 | mostly | ['meustli] | ad.几乎全部地；主要地，大部分，基本上 |  |  |  |  |  |  |  |
| 17 | mother | ['mAðe(r)] | n.母亲 |  |  |  |  |  |  |  |
| 18 | motion | [unem.] | n.运动，动：提议，动议v.提议，动议 |  |  |  |  |  |  |  |
| 19 | motive | [meutiv] | n.动机，目的a.发动的，运动的 |  |  |  |  |  |  |  |
| 20 | murder | ['m3:də(r)] | v.／n.谋杀，凶杀 |  |  |  |  |  |  |  |
| 21 | murmur | [m3:me(r)] | v.／n.小声说（话）；小声抱怨，咕哝 |  |  |  |  |  |  |  |
| 22 | muscle | ['mAs]] | n.肌肉，体力 |  |  |  |  |  |  |  |
| 23 | museum | [mju'zi:em] | n.博物馆，展览馆 |  |  |  |  |  |  |  |
| 24 | mutter | ['mater] | n.喃喃而语，小声低语；抱怨v.低声说，抱怨 |  |  |  |  |  |  |  |
| 25 | mutton | ['mAtn] | n.羊肉 |  |  |  |  |  |  |  |
| 26 | mutual | ['mju:tfual] | a.相互的，彼此的：共同的，共有的 |  |  |  |  |  |  |  |
| 27 | myself | [mai'self] | pron.［反身代词］我自己：我亲自 |  |  |  |  |  |  |  |
| 28 | namely | ['netmli] | ad.即，也就是 |  |  |  |  |  |  |  |
| 29 | napkin | ['næpkmn] | n.餐巾，餐巾纸，＜英尿布 |  |  |  |  |  |  |  |
| 30 | narrow | ['nr] | a.狭窄的，狭的，狭隘的 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | nation | ['neifn] | n.民族.国家 |  |  |  |  |  |  |  |
| 2 | native | ['neitiv] | a.本地的，本国的；天生的n.本地人，本国人 |  |  |  |  |  |  |  |
| 3 | nature | ['neitfe(r)] | n.自然界，大自然；性质，本性，天性 |  |  |  |  |  |  |  |
| 4 | nearby | [nie'bai] | a.附近的ad.在附近 prep.在···附近 |  |  |  |  |  |  |  |
| 5 | nearly | ['nieli] | ad.差不多，几乎 |  |  |  |  |  |  |  |
| 6 | needle | ['ni:d1] | n.针，指针，针状物 |  |  |  |  |  |  |  |
| 7 | nephew | ['nefju:;'nevju:] | n.侄子，外甥 |  |  |  |  |  |  |  |
| 8 | nickel | ['nkl] | n.镍：镍币：五美分 |  |  |  |  |  |  |  |
| 9 | ninety | ['nalnti] | num.九十，九十个 |  |  |  |  |  |  |  |
| 10 | nobody | ['neubadi] | pron.谁也不，无人n.小人物 |  |  |  |  |  |  |  |
| 11 | noodle | ['nu:dl] | n.（常用复数）面条 |  |  |  |  |  |  |  |
| 12 | normal | [no:ml] | a.正常的，普通的：正规的，标准的 |  |  |  |  |  |  |  |
| 13 | notice | [snneu,] | n.通知，通告，布告；注意，认识 v.注意到，注意 |  |  |  |  |  |  |  |
| 14 | notify | [rejnneu,] | v.通知，告知，报告 |  |  |  |  |  |  |  |
| 15 | notion | [uneu.] | n.概念，想法，意念，看法，观点 |  |  |  |  |  |  |  |
| 16 | number | ['nAmbe(r)] | n.数，数字，数量，号码，一群v.共计，编号 |  |  |  |  |  |  |  |
| 17 | object | ['pbd3ikt] | n.物体；客体，对象：目标：宾语 v.（to）反对 |  |  |  |  |  |  |  |
| 18 | oblige | [e'blaid3] | v.强迫，迫使：责成；（使）感激，施恩于 |  |  |  |  |  |  |  |
| 19 | obtain | [ab'tein] | v.获得，得到 |  |  |  |  |  |  |  |
| 20 | occupy | ['ok jupai] | v.占，占用：占据，占领；使忙碌，使从事 |  |  |  |  |  |  |  |
| 21 | offend | [e'fend] | v.犯罪，冒犯，违反，得罪，使...不愉快 |  |  |  |  |  |  |  |
| 22 | office | ['ofis] | n.办公室，办事处；职务，公职；部，局，处 |  |  |  |  |  |  |  |
| 23 | offset | ['Dfset] | n.分支，补偿v.抵消，补偿 |  |  |  |  |  |  |  |
| 24 | opaque | [eU'peik] | a.不透明（光）的；难理解的，晦涩的 |  |  |  |  |  |  |  |
| 25 | oppose | [zned.e] | v.反对，使对立，使对抗，使相对 |  |  |  |  |  |  |  |
| 26 | option | [uda,] | n.选择（权），［商］选择买卖的特权 |  |  |  |  |  |  |  |
| 27 | orange | ['Drind3] | n.柑，枯，橙 |  |  |  |  |  |  |  |
| 28 | orient | [■ient] | n.东方，亚洲v.使朝东，为··定位，使适应 |  |  |  |  |  |  |  |
| 29 | origin | ['orid3in] | n.起源，由来；出身，来历 |  |  |  |  |  |  |  |
| 30 | orphan | [uj:c.] | n.孤儿 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 outfit ['autfit] n.用具，机构，全套装配v.配备，（得到）装备 |  |  |  |  |  |  |  |
| 2 outing ['autig] n.外出，旅行，散步 |  |  |  |  |  |  |  |
| 3 outlet ['autlet] n.出路，出口：销路，市场；发泄方法：电源插座 |  |  |  |  |  |  |  |
| 4 output ['autput] n.产量，输出（量） |  |  |  |  |  |  |  |
| 5 outset ['autset] n.开始，开端 |  |  |  |  |  |  |  |
| 6 oxygen ['oksid3ən] n.氧，氧气 |  |  |  |  |  |  |  |
| 7 packet ['pækit] n.小包裹，小捆：盒：一捆，一扎：邮船，班轮 |  |  |  |  |  |  |  |
| 8 paddle ['pædl] n.桨v.用桨划 |  |  |  |  |  |  |  |
| 9 palace peles] n.宫，宫殿 |  |  |  |  |  |  |  |
| 10 parade [pe'reid] n.／v.游行，夸耀n.检阅，阅兵式v.使列队行进 |  |  |  |  |  |  |  |
| 11 parcel [od.] n.包裹，邮包，部分v.打包，捆扎，分配  pa:sl] |  |  |  |  |  |  |  |
| 12 pardon ['pa:dn] n.原谅，宽恕：请再说一遍v.原谅，饶恕，赦免 |  |  |  |  |  |  |  |
| 13 parent ['pearent] n.父母，母亲：（pl.）双亲；父母 |  |  |  |  |  |  |  |
| 14 partly ['pa:tli] ad.部分地，不完全地，在一定程度上 |  |  |  |  |  |  |  |
| 15 patent ['pæt(a)nt;'peit(e)a.专利的，特许的n.专利（权、品）v.批准专利 |  |  |  |  |  |  |  |
| 16 patrol n.d v.巡逻，巡查 n.巡逻，巡查；巡逻队  [pe'treul] |  |  |  |  |  |  |  |
| 17 patron ['peitren] n.赞助人：资助人：老顾客，老主顾 |  |  |  |  |  |  |  |
| 18 peanut [pi:m n.花生  nat] |  |  |  |  |  |  |  |
| 19 pebble [Tqad.] n.卵石 |  |  |  |  |  |  |  |
| 20 pencil [Isuad.] n.铅笔vt.用铅笔写 |  |  |  |  |  |  |  |
| 21 people pi:pl] n.人们，人：［the-］人民：一国人民，民族 |  |  |  |  |  |  |  |
| 22 Iedded )edad.] n.胡椒粉，胡椒；辣椒  [(1 |  |  |  |  |  |  |  |
| 23 period [peried] n.时期，时代；学时；周期，一段时间：句点 |  |  |  |  |  |  |  |
| 24 perish [perif] v.丧生；凋谢：毁灭，消亡 |  |  |  |  |  |  |  |
| 25 permit [pe'mt] v.许可，允许 n.许可证，执照 |  |  |  |  |  |  |  |
| 26 person ['pa:sn] n.人，喜欢（或适应）..的人：人物：人称 |  |  |  |  |  |  |  |
| 27 petrol ['petrel] n.汽油 |  |  |  |  |  |  |  |
| 28 phrase [fretz] n.短语，词语，习语 |  |  |  |  |  |  |  |
| 29 pickup [dvyd.] n.拾起，获得 |  |  |  |  |  |  |  |
| 30 picnic [yd.] n.野餐v.（去）野餐 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | pierce | [seid] | v.刺穿，刺破 |  |  |  |  |  |  |  |
| 2 | pigeon | [pad3in] | n.鸽 |  |  |  |  |  |  |  |
| 3 | pillar | ['pile(r)] | n.柱，台柱，栋梁 |  |  |  |  |  |  |  |
| 4 | pillow | [ne[id.] | n.枕头 |  |  |  |  |  |  |  |
| 5 | pirate | ['pairet] | n.／v.海盗，盗版（者） |  |  |  |  |  |  |  |
| 6 | pistol | [[is.] | n.手枪 |  |  |  |  |  |  |  |
| 7 | piston | ['pisten] | n.活塞 |  |  |  |  |  |  |  |
| 8 | plague | [pletg] | n.瘟疫，灾害，麻烦，苦恼vt.折磨，使苦恼 |  |  |  |  |  |  |  |
| 9 | planet | ['plænit] | n.行星 |  |  |  |  |  |  |  |
| 10 | please | [pli:z] | v.请：使愉快，使满意；喜欢，愿意 |  |  |  |  |  |  |  |
| 11 | pledge | [pled3] | n.誓约；保证 v.发誓；保证 |  |  |  |  |  |  |  |
| 12 | plenty | ['plenti] | n.丰富，大量 |  |  |  |  |  |  |  |
| 13 | plight | [plait] | n.情况，状态，困境，盟誓（婚姻）v.保证，约定 |  |  |  |  |  |  |  |
| 14 | plough | [plau] | n.（plow）犁，耕地，犁过的地v.犁，费力地前进 |  |  |  |  |  |  |  |
| 15 | plunge | [pland3] | v.（into）（使）投入，（使）插进，陷入；猛冲 |  |  |  |  |  |  |  |
| 16 | plural | ['plueral] | a.复数的n.复数 |  |  |  |  |  |  |  |
| 17 | pocket | ['pokit] | n.衣袋a.袖珍的，小型的v.把···装入袋内 |  |  |  |  |  |  |  |
| 18 | poetry | [ened] | n.诗歌，诗集 |  |  |  |  |  |  |  |
| 19 | poison | ['poizn] | n.毒物，毒药v.放毒，毒害，污染 |  |  |  |  |  |  |  |
| 20 | police | [pe'li:s] | n.警察，警察机关 a.警察的v.管辖 |  |  |  |  |  |  |  |
| 21 | policy | ['polasi] | n.政策，方针 |  |  |  |  |  |  |  |
| 22 | polish | ['polif] | v.磨光，擦亮；使优美，润饰n.擦光剂，上光蜡 |  |  |  |  |  |  |  |
| 23 | polite | [pe'lait] | a.有礼貌的，客气的：有教养的，文雅的 |  |  |  |  |  |  |  |
| 24 | ponder | [ (1)epuad.] | v.沉思，考虑 |  |  |  |  |  |  |  |
| 25 | porter | ['pota] | n.守门人，门房，行李搬运工，服务员 |  |  |  |  |  |  |  |
| 26 | poster | [ (1)eisned,] | n 海报，张贴的大幅广告 |  |  |  |  |  |  |  |
| 27 | potato | [pe'teitau] | n.马铃薯，土豆 |  |  |  |  |  |  |  |
| 28 | powder | ['paude(r)] | n.粉末，药粉；火药，炸药 |  |  |  |  |  |  |  |
| 29 | praise | [pretz] | v.赞扬，歌颂；表扬n.称赞，赞美：赞美的话 |  |  |  |  |  |  |  |
| 30 | prayer | [preə(r)] | n.祈祷，祷告，祷文 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | preach | [pri:tf] | v.宣讲（教义），布道；竭力鼓吹，宣传；说教 |  |  |  |  |  |  |  |
| 2 | prefer | [pri'f3:(r)] | v.（to）更喜欢，宁愿 |  |  |  |  |  |  |  |
| 3 | pretty | ['priti] | ad.相当，很a.漂亮的，俊俏的，标致的 |  |  |  |  |  |  |  |
| 4 | priest | [pri:st] | n.教士，神父 |  |  |  |  |  |  |  |
| 5 | prince | [prins] | n.王子，亲王 |  |  |  |  |  |  |  |
| 6 | prison | ['prizn] | n.监狱 |  |  |  |  |  |  |  |
| 7 | profit | ['profit] | n.利润，收益v.（by，from）得利，获益：有利于 |  |  |  |  |  |  |  |
| 8 | prompt | [prompt] | a.敏捷的，迅速的，即刻的v.激起，促进，推动 |  |  |  |  |  |  |  |
| 9 | propel | [pre'pel] | vt.推进，推动：激励，驱使 |  |  |  |  |  |  |  |
| 10 | proper | [(I)eda.ad, ] | a.适合的：合乎体统的：固有的：有礼貌的 |  |  |  |  |  |  |  |
| 11 | public | ['pAblik] | a.公共的，公用的：公开的，公然的n.公众，民众 |  |  |  |  |  |  |  |
| 12 | punish | [jruvd.] | v.惩罚，处罚 |  |  |  |  |  |  |  |
| 13 | puppet | [idvd.] | n.木偶，傀儡 |  |  |  |  |  |  |  |
| 14 | purify | ['pjuerifal] | v.使纯净，提纯 |  |  |  |  |  |  |  |
| 15 | purple | [[d:ed,] | a.紫的 n.紫色 |  |  |  |  |  |  |  |
| 16 | pursue | [pe'sju:] | v.追赶，追踪；继续，从事 |  |  |  |  |  |  |  |
| 17 | puzzle | [[zvd.] | n.难题，谜，迷惑v.（使）迷惑，（使）为难 |  |  |  |  |  |  |  |
| 18 | quartz | [kwo:ts] | n.石英 |  |  |  |  |  |  |  |
| 19 | quench | [kwentf] | v.熄灭，扑灭，压制，抑制，止渴 |  |  |  |  |  |  |  |
| 20 | quiver | ['kwive(r)] | v.／n.颤抖，抖动 |  |  |  |  |  |  |  |
| 21 | rabbit | ['ræbit] | n.兔子 |  |  |  |  |  |  |  |
| 22 | racial | ['relf]] | a.种的，种族的 |  |  |  |  |  |  |  |
| 23 | racket | ['rækit] | n.球拍 |  |  |  |  |  |  |  |
| 24 | radius | ['reidies] | n.半径，半径范围，有效航程，范围，界限 |  |  |  |  |  |  |  |
| 25 | random | ['randem] | a.随机的，随意的n.随机，随意 |  |  |  |  |  |  |  |
| 26 | rarely | [reeli] | ad.很少，难得，非常地 |  |  |  |  |  |  |  |
| 27 | rather | ['ra:ðe(r)] | ad.相当，有一点儿：宁愿，宁可 |  |  |  |  |  |  |  |
| 28 | reader | ['ri:de(r)] | n.读者：读本，读物：（英国的）大学讲师 |  |  |  |  |  |  |  |
| 29 | really | ['ri:əli;'rieli] | ad.确实，实在，真正地，果然 |  |  |  |  |  |  |  |
| 30 | reason | ['ri:zn] | n原因,理性,理智推理,说服,辩讨论 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | recall | [r'ko:l] | v.回忆，回想；撤消，收回 |  |  |  |  |  |  |  |
| 2 | recede | [n'si:d] | v.退回，后退；收回，撤回：跌落，缩减，贬值 |  |  |  |  |  |  |  |
| 3 | recent | ['ri:snt] | a.新近的，近来的 |  |  |  |  |  |  |  |
| 4 | recipe | ['resepi] | n.烹饪法，食谱；诀窍，方法 |  |  |  |  |  |  |  |
| 5 | recite | [ri'sait] | v.背诵，朗诵 |  |  |  |  |  |  |  |
| 6 | reckon | ['reken] | v.计算，总计，估计，猜想，依赖 |  |  |  |  |  |  |  |
| 7 | record | [reko:d] | n.记录；最高记录：履历：唱片 v.记录：录音 |  |  |  |  |  |  |  |
| 8 | reduce | [ ri'dju:s] | v.减少，缩小：简化，还原 |  |  |  |  |  |  |  |
| 9 | refine | [ r'famn] | v.精炼，精制，提纯；使文雅，使高尚 |  |  |  |  |  |  |  |
| 10 | reform | [r'fom] | v.／n.改革，改造，改良 |  |  |  |  |  |  |  |
| 11 | refuge | ['refju:d3] | n.避难处，藏身处 |  |  |  |  |  |  |  |
| 12 | refund | ['ri:fAnd] | n.归还，偿还额，退款v.退还，偿还，偿付 |  |  |  |  |  |  |  |
| 13 | refuse | [ri'fju:z] | v.拒绝，谢绝 n.废物，垃圾 |  |  |  |  |  |  |  |
| 14 | refute | [n'fju:t] | v.反驳，驳斥 |  |  |  |  |  |  |  |
| 15 | regard | [ri'go:d] | v.（as）把···看作为：考虑n.（pl.）敬重，问候 |  |  |  |  |  |  |  |
| 16 | regime | [rei'3im] | n.政体，制度 |  |  |  |  |  |  |  |
| 17 | region | ['ri:d3an] | n.地区，地带，行政区，（科学等）领域 |  |  |  |  |  |  |  |
| 18 | regret | [r'gret] | v.／n.遗憾，懊悔，抱歉 |  |  |  |  |  |  |  |
| 19 | reject | [n'd3ekt] | v.拒绝，抵制，丢弃，排斥，退掉n.落选者 |  |  |  |  |  |  |  |
| 20 | relate | [n'leit] | v.叙述，讲述；使互相关联 |  |  |  |  |  |  |  |
| 21 | relief | [n'li:f] | n.（痛苦等）减轻，解除：援救，救济 |  |  |  |  |  |  |  |
| 22 | relish | ['relf] | n.美味，味道，调味品，食欲，乐趣v.喜欢，品味 |  |  |  |  |  |  |  |
| 23 | remain | [ri'metn] | v.剩下，余留；留待，尚须：仍然是，依旧是 |  |  |  |  |  |  |  |
| 24 | remark | [r'mo:k] | n.（about，on）评语，意见v.（on）评论：注意到 |  |  |  |  |  |  |  |
| 25 | remedy | ['remedi] | n.药品：治疗措施 v.治疗，医治；纠正，补救 |  |  |  |  |  |  |  |
| 26 | remind | [ri'maind] | v.（of）提醒，使想起 |  |  |  |  |  |  |  |
| 27 | remote | [ri'meut] | a.远的，遥远的，疏远的，偏僻的，细微的 |  |  |  |  |  |  |  |
| 28 | remove | [r'mu:v] | v.移动，脱掉，调动，免职 |  |  |  |  |  |  |  |
| 29 | render | [ (1)epuai,] | v.使得，致使；提出，提供，呈报 |  |  |  |  |  |  |  |
| 30 | repair | [(1)ead,ur] | n.修理，修补 v.补救，纠正：修理 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | repeat | [n'pi:t] | v.重复，重说，重做 n.重复 |  |  |  |  |  |  |  |
| 2 | report | [1:cd,u] | n.／v.报告，汇报；传说，传阅 |  |  |  |  |  |  |  |
| 3 | rescue | ['reskju:] | v.／n.营救，援救 |  |  |  |  |  |  |  |
| 4 | resent | [ri'zent] | v.对···表示忿恨，怨恨 |  |  |  |  |  |  |  |
| 5 | resign | [ri'zain] | v.辞去，辞职，使听从（于），使顺从 |  |  |  |  |  |  |  |
| 6 | resist | [ri'zist] | v.抵抗，反抗；抗，忍得住，抵制 |  |  |  |  |  |  |  |
| 7 | resort | [r'zo:t] | v.凭借，求助，诉诸 n.度假胜地，常去之处，手段 |  |  |  |  |  |  |  |
| 8 | result | [ni'zalt] | n.结果，成绩v.结果，致使，导致，由···而造成 |  |  |  |  |  |  |  |
| 9 | resume | [ri'zjum] | n.个人简历v.再继续，重新开始；再用：恢复 |  |  |  |  |  |  |  |
| 10 | retail | ['ri:tell] | n.零售 |  |  |  |  |  |  |  |
| 11 | retain | [ni'tein] | v.保持，保留 |  |  |  |  |  |  |  |
| 12 | retire | [(1)e] | v.退休，引退；退却，撤退：就寝 |  |  |  |  |  |  |  |
| 13 | retort | [r'to:t] | n.／v.报复，反击，反驳 |  |  |  |  |  |  |  |
| 14 | return | [r't3:n] | v.／n.返回，回来；归还，送还；回答 |  |  |  |  |  |  |  |
| 15 | reveal | [n'vi:1] | v.展现，显示，揭示，揭露，告诉，泄露 |  |  |  |  |  |  |  |
| 16 | review | [r'vju:] | v.回顾，复习n.回顾，复习：评论 |  |  |  |  |  |  |  |
| 17 | revise | [ri'vaiz] | v.修订，校订：修正，修改 |  |  |  |  |  |  |  |
| 18 | revive | [rl'vaiv] | v.恢复：（使）复苏 |  |  |  |  |  |  |  |
| 19 | revolt | [r'veult] | v.／n.反抗，起义 |  |  |  |  |  |  |  |
| 20 | reward | [r'w] | n.（for）报酬，赏金v.（for）酬劳：酬谢 |  |  |  |  |  |  |  |
| 21 | rhythm | [rioem] | n.节奏，韵律 |  |  |  |  |  |  |  |
| 22 | ribbon | ['riban] | n.缎带，丝带，带，带状物 |  |  |  |  |  |  |  |
| 23 | riddle | [[PU,] | n.谜，谜语 |  |  |  |  |  |  |  |
| 24 | ritual | [] | a.宗教仪式的，典礼的n.（宗教）仪式，典礼 |  |  |  |  |  |  |  |
| 25 | robust | [reu'bast] | a.强健的，雄壮的，精力充沛的，坚固的，浓的 |  |  |  |  |  |  |  |
| 26 | rocket | ['rokit] | n.火箭 |  |  |  |  |  |  |  |
| 27 | rotary | [[ene.] | a.旋转的 |  |  |  |  |  |  |  |
| 28 | rotate | [reu'teit] | v.（使）旋转 |  |  |  |  |  |  |  |
| 29 | rotten | ['rotn] | a.腐烂的，腐朽的 |  |  |  |  |  |  |  |
| 30 | rubber | ['rabe(r)] | n.橡皮，橡胶；橡胶制品，胶鞋 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | sacred | ['seikrid] | a.神圣的：宗教的：庄严的 |  |  |  |  |  |  |  |
| 2 | saddle | [[pas.] | n.鞍，马鞍，鞍状物 |  |  |  |  |  |  |  |
| 3 | safety | ['seifti] | n.安全，保险：安全设备，保险装置 |  |  |  |  |  |  |  |
| 4 | sailor | ['seile(r)] | n.水手，海员 |  |  |  |  |  |  |  |
| 5 | salary | ['sæleri] | n.薪金，薪水 |  |  |  |  |  |  |  |
| 6 | salute | [se'lu:t] | v.／n.敬礼，鸣礼炮；迎接，欢迎 |  |  |  |  |  |  |  |
| 7 | sample | ['sa:mpl] | n.样品，实例，标本，抽样检查v.取样，采样 |  |  |  |  |  |  |  |
| 8 | satire | ['sætale(r)] | n.讽刺，讽刺文学，讽刺作品 |  |  |  |  |  |  |  |
| 9 | saucer | ['so:se(r)] | n.茶托，碟子 |  |  |  |  |  |  |  |
| 10 | savage | ['sævid3] | a.野蛮的：凶恶的，残暴的n.野人，未开化的人 |  |  |  |  |  |  |  |
| 11 | saving | ['selvirg] | n.挽救，救助，节约，储蓄；（pl.）储蓄金，存款 |  |  |  |  |  |  |  |
| 12 | scarce | [skees] | a.缺乏的，不足的：稀少的，罕见的 |  |  |  |  |  |  |  |
| 13 | scheme | [skim] | n.计划，方案；阴谋；配置v.计划，策划：阴谋 |  |  |  |  |  |  |  |
| 14 | school | [sku:l] | n.学校，（大学里的）学院；上学，学业：学派 |  |  |  |  |  |  |  |
| 15 | scrape | [skretp] | v.刮（掉），擦过，勉强通过n.刮，擦痕，刮擦声 |  |  |  |  |  |  |  |
| 16 | scream | [skrim] | v.／n.尖声叫，喊叫着说出。（风）呼啸 |  |  |  |  |  |  |  |
| 17 | screen | [skri:n] | n.屏幕，屏风：帘v.掩蔽，包庇：筛选 |  |  |  |  |  |  |  |
| 18 | script | [skript] | n.剧本（原稿）：手稿，原稿：笔迹，手迹 |  |  |  |  |  |  |  |
| 19 | search | [s3:tf] | v.／n.（for）搜索，寻找，探查 |  |  |  |  |  |  |  |
| 20 | season | ['si:zn] | n.季，季节，时节 |  |  |  |  |  |  |  |
| 21 | second | ['sek(e)nd] | a.第二：次等的，二等的n.秒v.赞成，附和 |  |  |  |  |  |  |  |
| 22 | secret | ['si:kret] | a.秘密的，机密的n.秘密 |  |  |  |  |  |  |  |
| 23 | sector | ['sekte(r)] | n.部门，部分：防御地段，防区：扇形 |  |  |  |  |  |  |  |
| 24 | secure | [si'kjue(r)] | a.（from，against）安全的，放心的v.得到：防护 |  |  |  |  |  |  |  |
| 25 | seldom | ['seldem] | ad.很少，不常 |  |  |  |  |  |  |  |
| 26 | select | [si'lekt] | v.选择，挑选 a.精选的，选择的 |  |  |  |  |  |  |  |
| 27 | senate | [teuas,] | n.参议院，上院 |  |  |  |  |  |  |  |
| 28 | senior | ['si:nie(r)] | a.年长的：地位较高的n.（大学）四年级学生 |  |  |  |  |  |  |  |
| 29 | serial | ['siəriəl] | n.连载小说，连续剧：连载刊物a.连续的 |  |  |  |  |  |  |  |
| 30 | series | [zes] | n.一系列，连续：丛书 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义  背通时间及检查日期 | | | | | | | |
|  | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | settle | ['setl] | v.安定，安顿；停息；定居；解决，调停 |  |  |  |  |  |  |  |
| 2 | severe | [st'vie(r)] | a.严厉的：剧烈的，严重的，严峻的，艰难的 |  |  |  |  |  |  |  |
| 3 | shabby | [[ebi] | a.简陋的，破旧的，卑鄙的，不公平的 |  |  |  |  |  |  |  |
| 4 | shadow | [fedeu] | n.阴影，影子，荫：暗处，阴暗 |  |  |  |  |  |  |  |
| 5 | shield | [fi:ld] | n.防护物，护罩：盾，盾状物v.保护，防护 |  |  |  |  |  |  |  |
| 6 | shiver | [Jive(r)] | v.／n.战栗，发抖 |  |  |  |  |  |  |  |
| 7 | should | [e:wd] | aux.v.应该；万一；可能，该：就：竟然会 |  |  |  |  |  |  |  |
| 8 | shower | [(1)enef.] | n.阵雨：沐浴：（一）阵／大批v.下阵雨，倾注 |  |  |  |  |  |  |  |
| 9 | shrewd | [fru:d] | a.机灵的，敏锐的：精明的 |  |  |  |  |  |  |  |
| 10 | shrink | [frigk] | v.起皱，收缩：退缩，畏缩 |  |  |  |  |  |  |  |
| 11 | signal | [ Teubis.] | n.信号，暗号v.发信号，用信号通知 |  |  |  |  |  |  |  |
| 12 | silent | ['sailent ] | a.寂静，沉默的 |  |  |  |  |  |  |  |
| 13 | silver | ['silve(r)] | n.银；银器；银币v.镀银 |  |  |  |  |  |  |  |
| 14 | simple | ['simpl] | a.简单的；单纯的，直率的；迟钝的，头脑简单的 |  |  |  |  |  |  |  |
| 15 | simply | ['stmpli] | ad.简单地：完全，简直：仅仅，只不过：朴素地 |  |  |  |  |  |  |  |
| 16 | single | ['stnsl] | a.单人的；单一的，单个的；未婚的，独身的 |  |  |  |  |  |  |  |
| 17 | sister | [ (1)eisis.] | n.姐，妹：护士长：修女，女教士 |  |  |  |  |  |  |  |
| 18 | sketch | [sketf] | n.素描：略图，草图：梗概v.绘略图，速写，写生 |  |  |  |  |  |  |  |
| 19 | sleeve | [sli:v] | n.袖子 |  |  |  |  |  |  |  |
| 20 | slight | [slait] | a.轻微的，微小的：纤细的，瘦弱的 |  |  |  |  |  |  |  |
| 21 | slogan | ['slaugan] | n.标语，口号 |  |  |  |  |  |  |  |
| 22 | smooth | [smu:ð] | a.光滑的：顺利的：柔和的v.（over）掩饰 |  |  |  |  |  |  |  |
| 23 | snatch | [snætf] | n.／v.攫取，抢夺 |  |  |  |  |  |  |  |
| 24 | sneeze | [sni:z] | vi.打喷嚏，发喷嚏声n.喷嚏 |  |  |  |  |  |  |  |
| 25 | soccer | [ (1)eyas. ] | n.足球 |  |  |  |  |  |  |  |
| 26 | social | [Ifnes.] | a.社会的：交际的 |  |  |  |  |  |  |  |
| 27 | solemn | ['splem] | a.庄严的，隆重的：严肃的 |  |  |  |  |  |  |  |
| 28 | sorrow | [neias.] | n.悲衰，悲痛 |  |  |  |  |  |  |  |
| 29 | source | [so:s] | n.源，源泉：来源，出处 |  |  |  |  |  |  |  |
| 30 | speech | [spi:tf] | n.演说，讲话：言语，语言 |  |  |  |  |  |  |  |

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| 序号 单词 音标 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 sphere [sfie(r)] n.球，球体；范围，领域 |  |  |  |  |  |  |  |
| 2 spider ['spaide(r)] n.蜘蛛 |  |  |  |  |  |  |  |
| 3 spiral ['spairəl] a.螺旋形的n.螺旋，螺线v.螺旋上升；盘旋 |  |  |  |  |  |  |  |
| 4 spirit ['spirit] n.精神；志气：（pl.）情绪，心情：（pl.）酒精 |  |  |  |  |  |  |  |
| 5 splash [splæf] v.溅，泼n.溅，飞溅声 |  |  |  |  |  |  |  |
| 6 sponge [spand3] n.海绵 |  |  |  |  |  |  |  |
| 7 spouse [ spaus;spauz n.配偶（指夫或妻）  ] |  |  |  |  |  |  |  |
| 8 spread [spred] v.／n.伸开，伸展；散布，传播 |  |  |  |  |  |  |  |
| 9 spring [sprin] n.春；跳；泉，源泉；弹簧，发条 v.跳，跳跃 |  |  |  |  |  |  |  |
| 10 sprout [eds] vi.发芽，抽条vt.使发芽 n.新芽，嫩苗 |  |  |  |  |  |  |  |
| 11 square [skwee(r)] n.正方形：广场a.正方形的v.使成方形 |  |  |  |  |  |  |  |
| 12 stable ['steibl] a.稳定的，安定的n.马厩，马棚 |  |  |  |  |  |  |  |
| 13 staple ['steipl] n.主要产品；名产；纤维；主要成分，主食 |  |  |  |  |  |  |  |
| 14 starve [sta:v] v.（使）饿死，饿得慌，挨饿 |  |  |  |  |  |  |  |
| 15 static ['stætik] a.（statical）静态的，静力的 |  |  |  |  |  |  |  |
| 16 statue ['stætfu:] n.塑像，雕像 |  |  |  |  |  |  |  |
| 17 status ['steites] n.地位，身份；情形，状况 |  |  |  |  |  |  |  |
| 18 steady ['stedi] a.稳定的，不变的：坚定的v.（使）稳固／稳定 |  |  |  |  |  |  |  |
| 19 stereo ['sterieu] n.立体声音响：立体声装置n.／a.立体声（的） |  |  |  |  |  |  |  |
| 20 sticky ['stiki] a.粘的，粘性的：棘手的；（道路）泥泞的 |  |  |  |  |  |  |  |
| 21 stitch [stitf] n.一针：（因跑步引起的）肋部剧痛v.缝（合） |  |  |  |  |  |  |  |
| 22 storey ['stori] n.（story）楼，层 |  |  |  |  |  |  |  |
| 23 strain [strem] v.拉紧：紧张；扭伤；竭尽全力 n.拉紧：负担 |  |  |  |  |  |  |  |
| 24 stream [stri:m] n.小河，溪流：流，一股，一串v.流出，涌 |  |  |  |  |  |  |  |
| 25 street [stri:t] n.街，街道：行车道 |  |  |  |  |  |  |  |
| 26 stress [stres] n.压力：重要性；应力；重音 vt.强调，重读 |  |  |  |  |  |  |  |
| 27 strict [strikt] a.（with）严格的，严厉的：严谨的，精确的 |  |  |  |  |  |  |  |
| 28 stride [straid ] vi.大踏步走；跨越n.一大步（pl.）长足进步 |  |  |  |  |  |  |  |
| 29 strife [ straif] n.争吵；冲突，斗争；竞争 |  |  |  |  |  |  |  |
| 30 strike [straik] n.／vi.罢工vt.打，击：攻击：给···深刻印象 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | string | [strig] | n.弦，线，细绳：（一串），（一行）v.缚，捆 |  |  |  |  |  |  |  |
| 2 | stripe | [straip] | n.长条，条纹：军服上表示军阶的臂章条纹 |  |  |  |  |  |  |  |
| 3 | strive | [stratv] | v.奋斗，努力 |  |  |  |  |  |  |  |
| 4 | stroke | [strauk] | n.击：报时的钟声；一击／划／笔：中风v.抚摸 |  |  |  |  |  |  |  |
| 5 | stroll | [streul] | n.＆v.漫步：散步；游荡 |  |  |  |  |  |  |  |
| 6 | strong | [stroy] | a.强壮的，强大的；强烈的，浓的 |  |  |  |  |  |  |  |
| 7 | studio | ['st ju:dieu] | n.画室；播音室；（电影）制片厂 |  |  |  |  |  |  |  |
| 8 | stupid | ['stju:pid] | a.愚蠢的，迟钝的 |  |  |  |  |  |  |  |
| 9 | sturdy | ['st3:di] | a.坚定的，不屈不挠的；强健的，结实的 |  |  |  |  |  |  |  |
| 10 | submit | [seb'mt] | v.（to）使服从，屈服：（to）呈送，提交 |  |  |  |  |  |  |  |
| 11 | subtle | ['sAtl] | a.精巧的，巧妙的：细微的，微妙的 |  |  |  |  |  |  |  |
| 12 | suburb | ['sAb3:b] | n.市郊，郊区 |  |  |  |  |  |  |  |
| 13 | subway | ['sAbwei] | n.地铁：地下行人隧道 |  |  |  |  |  |  |  |
| 14 | sudden | [upvs.] | a.出乎意料的，突然的 |  |  |  |  |  |  |  |
| 15 | suffer | [ (1)eJvs, ] | v.（from）受痛苦，患病：受损失；遭受；忍受 |  |  |  |  |  |  |  |
| 16 | sulfur | ['sAlfe] | n.（sulphur）硫 |  |  |  |  |  |  |  |
| 17 | summer | ['sAme(r)] | n.夏天，夏季a.夏季的 |  |  |  |  |  |  |  |
| 18 | summit | ['sAmt] | n.顶，最高点：颠峰，高峰：最高级会议 |  |  |  |  |  |  |  |
| 19 | summon | ['sAmen] | v.召唤：传讯，传唤；鼓起（勇气），振作（精神） |  |  |  |  |  |  |  |
| 20 | Sunday | ['sAndes;'sAndi] | n.星期日 |  |  |  |  |  |  |  |
| 21 | sunset | ['sAnset] | n.日落，傍晚：晚霞 |  |  |  |  |  |  |  |
| 22 | superb | [su:'pa:b;sju:'p3:b | a.极好的，杰出的：华丽的： |  |  |  |  |  |  |  |
| 23 | supper | ['sApe(r)] | n.晚餐 |  |  |  |  |  |  |  |
| 24 | supply | [se'plai] | v.（with，to）供给，供应，补足n.供应，供应量 |  |  |  |  |  |  |  |
| 25 | survey | ['s3:vel] | v.／n.俯瞰，眺望：全面审视，调查；测量图，勘定 |  |  |  |  |  |  |  |
| 26 | switch | [switf] | n.开关：转换：鞭子v.转变，转换；抽打 |  |  |  |  |  |  |  |
| 27 | symbol | [[qms,] | n.符号，标志；象征 |  |  |  |  |  |  |  |
| 28 | system | ['sistem] | n.系统，体系：制度：方法，方式，步聚 |  |  |  |  |  |  |  |
| 29 | tablet | ['tablet] | n.药片；碑，匾 |  |  |  |  |  |  |  |
| 30 | tackle | ['tækl] | n.滑车：用具，器械v.处理，解决；抱住，抓住 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 tactic ['tæktik] | n.（tactics）策略，战术 |  |  |  |  |  |  |  |
| 2 tailor ['teile(r)] | n.裁缝v.缝制，剪裁 |  |  |  |  |  |  |  |
| 3 talent ['tælant] | n.才能，天资：人才 |  |  |  |  |  |  |  |
| 4 tangle [tægl] | n.纠缠：缠结：混乱 v.（使）缠绕：变乱 |  |  |  |  |  |  |  |
| 5 tanker ['tanke(r)] | n.油船 |  |  |  |  |  |  |  |
| 6 target [116:01.] | n.目标，对象，靶子 |  |  |  |  |  |  |  |
| 7 tariff ['tærf] | n.关税，税率；（旅馆，饭店等）价目表，收费表 |  |  |  |  |  |  |  |
| 8 temper [(1)edma,] | n.脾气：韧度 vt.调和，使缓和；使回火 |  |  |  |  |  |  |  |
| 9 temple ['templ] | n.庙宇，神殿，寺；太阳穴 |  |  |  |  |  |  |  |
| 10 tenant ['tenant] | n.承租人：房客：佃户 vt.租借，承租 |  |  |  |  |  |  |  |
| 11 tender ['tenda(r)] | a.嫩的；敏感的：温柔的v.提出，提供：投标 |  |  |  |  |  |  |  |
| 12 tennis ['tents] | n.网球 |  |  |  |  |  |  |  |
| 13 terror ['tere(r)] | n.恐怖；可怕的人（事） |  |  |  |  |  |  |  |
| 14 theirs [ðeaz] | pron.［they 的物主代词］他（她、它）们的 |  |  |  |  |  |  |  |
| 15 theory θleri] | n.理论，原理：学说，见解，看法 |  |  |  |  |  |  |  |
| 16 thesis [01:sts] | n.（pl.theses）论文；论题；论点 |  |  |  |  |  |  |  |
| 17 thirst [03:st] | n.渴，口渴：（for）渴望，热望 |  |  |  |  |  |  |  |
| 18 thirty ['θ3:ti] | num.三十，三十个（人或物） |  |  |  |  |  |  |  |
| 19 though [ðeu] | ad.可是，然而，不过conj.尽管，虽然 |  |  |  |  |  |  |  |
| 20 thread [ored] | n.线，细丝；线索，思路：螺纹 v.穿线，穿过 |  |  |  |  |  |  |  |
| 21 threat [θret] | n.恐吓，威胁；坏兆头，危险迹象 |  |  |  |  |  |  |  |
| 22 thrift [θrift] | a.节约，节俭 |  |  |  |  |  |  |  |
| 23 thril1 [θrl] | n.一阵激动（恐惧）v.激动：（使）毛骨悚然 |  |  |  |  |  |  |  |
| 24 thrive [0ratv] | v.兴旺，繁荣 |  |  |  |  |  |  |  |
| 25 throat [inere] | n.咽喉，嗓子 |  |  |  |  |  |  |  |
| 26 throne [unere ] | n.御座，宝座；王位，王权 |  |  |  |  |  |  |  |
| 27 thrust [erAst] | vt.插入；猛推 n.插，推力vi.刺，戳，冲 |  |  |  |  |  |  |  |
| 28 ticket ['tukit] | n.票，入场券；票签；（交通违章）罚款传票 |  |  |  |  |  |  |  |
| 29 timber [tmbe(r)] | n.木材，木料 |  |  |  |  |  |  |  |
| 30 timely ['taimli] | a.及时的，适时的 |  |  |  |  |  |  |  |

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| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | tissue | ['tifu:;'tisju:] | n.织物，薄绢，纸巾：（动，植物的）组织 |  |  |  |  |  |  |  |
| 2 | toilet | [ec.] | n.厕所，盥洗室 |  |  |  |  |  |  |  |
| 3 | tomato | [tə'ma:tau] | n.西红柿 |  |  |  |  |  |  |  |
| 4 | tongue | [tAn] | n.舌；语言 |  |  |  |  |  |  |  |
| 5 | toward | [te'wo:d;two:d;to: | d prep.(towards)朝,向:将近:对于:为了 |  |  |  |  |  |  |  |
| 6 | tragic | ['trad3ik] | a.悲剧的，悲惨的 |  |  |  |  |  |  |  |
| 7 | travel | ['trævl] | n.旅行v.旅行：行进，传播 |  |  |  |  |  |  |  |
| 8 | treaty | ['tri:ti] | n.条约，协议，协商 |  |  |  |  |  |  |  |
| 9 | trench | [trentf] | n.＆v.（挖）沟，（挖）战壕 |  |  |  |  |  |  |  |
| 10 | trifle | [traifl] | n.少量：小事，琐事 v.玩弄；嬉要：忽视 |  |  |  |  |  |  |  |
| 11 | triple | [[dn.] | n.三倍数 a.三倍的：三部分构成的v.使成三倍 |  |  |  |  |  |  |  |
| 12 | tropic | ['troplk] | n.回归线：［the T-s］热带地区 |  |  |  |  |  |  |  |
| 13 | tumble | [tambl] | v.（使）摔倒；打滚，翻腾n.摔跤，跌倒 |  |  |  |  |  |  |  |
| 14 | tumour | [(1)em:nf1.] | n.（tumor）（肿）瘤，肿块 |  |  |  |  |  |  |  |
| 15 | tunnel | ['tanl] | n.隧道，山洞 |  |  |  |  |  |  |  |
| 16 | turkey | ['t3:ki] | n.火鸡（肉） |  |  |  |  |  |  |  |
| 17 | twelve | [twelv] | num.十二 pron.／a.十二（个，只...） |  |  |  |  |  |  |  |
| 18 | twenty | ['twenti] | num.二十pron.／a.二十（个，只...） |  |  |  |  |  |  |  |
| 19 | typist | ['taiptst] | n.打字员 |  |  |  |  |  |  |  |
| 20 | uneasy | [an'i:zi] | a.不安的，焦虑的 |  |  |  |  |  |  |  |
| 21 | unfold | [An'feuld] | vt.打开；显露；展示 vi.呈现；显示；展示 |  |  |  |  |  |  |  |
| 22 | unique | [ju'ni:k] | a.唯一的，独一无二的 |  |  |  |  |  |  |  |
| 23 | unless | [an'les] | conj.除非 prep.除··外 |  |  |  |  |  |  |  |
| 24 | unlike | [.An'laik] | a.不同的，不相似的 prep.不象，和···不同 |  |  |  |  |  |  |  |
| 25 | unload | [pnet.uv'] | vi.卸货：退子弹 vt.摆脱...之负担；倾销 |  |  |  |  |  |  |  |
| 26 | update | [.Ap'deit] | v.更新，使现代化 |  |  |  |  |  |  |  |
| 27 | uphold | [Ap'hauld] | vt.支持，赞成；举起；坚持 |  |  |  |  |  |  |  |
| 28 | uproar | ['Aprつ:(r)] | n.骚动，喧嚣，鼎沸 |  |  |  |  |  |  |  |
| 29 | upward | [pemdv.] | a.向上的，上升的ad.向上 |  |  |  |  |  |  |  |
| 30 | urgent | [3:d3ent] | a.急迫的，紧要的，紧急的 |  |  |  |  |  |  |  |

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| 1 | useful | ['ju:sfl] | a.有用的，实用的：有益的，有帮助的 |  |  |  |  |  |  |  |
| 2 | utmost | [1snemiv.] | a.最远的：极度的n.极限，极度，最大可能 |  |  |  |  |  |  |  |
| 3 | vacant | ['veikent] | a.空的，未占用的；空缺的：神情茫然的 |  |  |  |  |  |  |  |
| 4 | vacuum | ['vakjum] | n.真空，真空吸尘器 |  |  |  |  |  |  |  |
| 5 | valley | ['væli] | n.（山）谷；流域 |  |  |  |  |  |  |  |
| 6 | vanish | [vanf] | vi.突然不见：消失 |  |  |  |  |  |  |  |
| 7 | vanity | [væneti] | n.虚荣心，浮华 |  |  |  |  |  |  |  |
| 8 | vapour | ['veipe(r)] | n.（vapor）汽，（水）蒸气 |  |  |  |  |  |  |  |
| 9 | velvet | ['velvit] | n.丝绒，天鹅绒a.丝绒制的，柔软的 |  |  |  |  |  |  |  |
| 10 | verbal | ['v3:bl] | a.用言辞的，用文字的；口头的：动词的 |  |  |  |  |  |  |  |
| 11 | verify | ['verifal] | vt.证实，查证；证明 |  |  |  |  |  |  |  |
| 12 | versus | [ ses:EA.] | prep.（vs.）··对···（在诉讼，比赛等）；与···相对 |  |  |  |  |  |  |  |
| 13 | vessel | ['vesl] | n.容器，器皿；船，舰；管，血管 |  |  |  |  |  |  |  |
| 14 | victim | ['viktim] | n.牺牲品，受害者 |  |  |  |  |  |  |  |
| 15 | violet | ['valelet] | n.紫罗兰，紫色 a.紫色的 |  |  |  |  |  |  |  |
| 16 | violin | [ vaie'lmn] | n.小提琴 |  |  |  |  |  |  |  |
| 17 | virgin | [v3:d3n] | n.处女 a.处女的；纯洁的；原始的；未使用的 |  |  |  |  |  |  |  |
| 18 | virtue | [E] | n.德行，美德；贞操；优点；功效，效力 |  |  |  |  |  |  |  |
| 19 | vision | [v3n] | n.视力，视觉：远见：洞察力；幻想，幻影；想象力 |  |  |  |  |  |  |  |
| 20 | visual | [IenSi.] | a.看的，看得见的：视觉的 |  |  |  |  |  |  |  |
| 21 | volume | ['voljum] | n.容积，体积：卷，册；音量 |  |  |  |  |  |  |  |
| 22 | voyage | [] | n.航海：航行：旅行 |  |  |  |  |  |  |  |
| 23 | vulgar | [vAlger] | a.粗俗的，庸俗的，本土的，通俗的，普通的 |  |  |  |  |  |  |  |
| 24 | waiter | ['weite(r)] | n.侍者，服务员 |  |  |  |  |  |  |  |
| 25 | wallet | ['wolit] | n.皮夹，钱包 |  |  |  |  |  |  |  |
| 26 | wander | [(I)epuas.] | v.漫步，徘徊；迷路，迷失方向：离题 |  |  |  |  |  |  |  |
| 27 | warmth | [emcn] | n.暖和，温暖；热心，热情 |  |  |  |  |  |  |  |
| 28 | wealth | [wel θ] | n.财富，财产；大量 |  |  |  |  |  |  |  |
| 29 | weapon | [uedas.] | n.武器，兵器 |  |  |  |  |  |  |  |
| 30 | weekly | ['wi:kli] | a.每星期的，一周的ad.每周一次n.周刊，周报 |  |  |  |  |  |  |  |

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| 序号 | 单词 | 音标 | 词义 | 背诵时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | weight | [weit] | n.重量：负荷，重担；重要性，分量：砝码，秤砣 |  |  |  |  |  |  |  |
| 2 | whisky | ['wiski] | n.威士忌酒 |  |  |  |  |  |  |  |
| 3 | wholly | ['heulli] | ad.完全地，全部，一概 |  |  |  |  |  |  |  |
| 4 | wicked | [wkid] | a.坏的；邪恶的；不道德的；恶劣的：淘气的 |  |  |  |  |  |  |  |
| 5 | window | ['windeu] | n.窗，窗口 |  |  |  |  |  |  |  |
| 6 | winter | ['■intə(r)] | n.冬季，冬天 |  |  |  |  |  |  |  |
| 7 | wisdom | ['wzdem] | n.智慧，明智；名言，格言 |  |  |  |  |  |  |  |
| 8 | within | [mQ,] | prep.在···里面，在···以内ad.在内 |  |  |  |  |  |  |  |
| 9 | wonder | ['wande(r)] | n.惊奇，惊异；奇迹，奇事v.（at）诧异：想知道 |  |  |  |  |  |  |  |
| 10 | wooden | ['wudn] | a.木制的；呆笨的 |  |  |  |  |  |  |  |
| 11 | worker | ['w3:ke(r)] | n.工人，工作者，工作人员 |  |  |  |  |  |  |  |
| 12 | worthy | ['wa:ði] | a.（of）值得···的，配得上···的；有价值的 |  |  |  |  |  |  |  |
| 13 | wreath | [ri:θ] | n.花环，花圈 |  |  |  |  |  |  |  |
| 14 | wrench | [rentf] | v.猛拧：挣脱：使扭伤 n.扳手：痛苦，难受 |  |  |  |  |  |  |  |
| 15 | yearly | ['jiəli;'ja:li] | a.每年的，一年一度的ad.每年，一年一次地 |  |  |  |  |  |  |  |
| 16 | yellow | ['jeleu] | a.黄的，黄色的n.黄色 |  |  |  |  |  |  |  |
| 17 | zigzag | ['zigzzg] | n.／a.之字形（的）v.使曲折，曲折盘旋 |  |  |  |  |  |  |  |
| 18 | abandon | [əbanden] | vt.离弃，丢弃：遗弃，抛弃；放弃 |  |  |  |  |  |  |  |
| 19 | abdomen | ['abdamen] | n.腹，下腹（胸部到腿部的部分） |  |  |  |  |  |  |  |
| 20 | ability | [ə'biləti] | n.能力：本领；才能，才干：专门技能，天资 |  |  |  |  |  |  |  |
| 21 | abolish | [e'bolif] | vt.废除（法律、习惯等）：取消 |  |  |  |  |  |  |  |
| 22 | absence | ['absens] | n.缺乏，不存在：缺席，不在：缺席的时间 |  |  |  |  |  |  |  |
| 23 | academy | [ə'kædami] | n.（高等）专科院校：学术社团，协会，研究院 |  |  |  |  |  |  |  |
| 24 | acclaim | [a'kletm] | v.向···欢呼，公认 n.欢呼，喝彩，称赞 |  |  |  |  |  |  |  |
| 25 | account | [e'kaUnt] | a.叙述，说明：账目，账户 vi.说明，解释 |  |  |  |  |  |  |  |
| 26 | achieve | [fe] | vt.实现，完成：达到，得到vi.达到预期目的 |  |  |  |  |  |  |  |
| 27 | acquire | [ (I)eremy,e] | v.获得：学到（知识等）：养成（习惯） |  |  |  |  |  |  |  |
| 28 | acrobat | ['akrabæt] | n.特技演员，杂技演员 |  |  |  |  |  |  |  |
| 29 | actress | ['aktres] | n.女演员 |  |  |  |  |  |  |  |
| 30 | address | [e'dres] | n.住址：致词v.向...致词：在信封上写姓名 |  |  |  |  |  |  |  |

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| 1 | advance | [əd'va:ns] | n.前进，预付vi.前进，进展vt.促进，推进 |  |  |  |  |  |  |  |
| 2 | adverse | [s:EA pe:S:EAPE,] | a.逆的，相反的；敌对的；不利的；有害的 |  |  |  |  |  |  |  |
| 3 | against | [e'genst;ə'gemst ] | prep.对着，逆：反对：违反：紧靠着；对比 |  |  |  |  |  |  |  |
| 4 | agitate | [æd3iteit] | v.摇动（液体）：使焦虑不安；困扰：鼓动 |  |  |  |  |  |  |  |
| 5 | airline | ['eəlam] | n.（飞机）航线a.（飞机）航线的 |  |  |  |  |  |  |  |
| 6 | airport | [1:cdee.] | n.机场，航空站，航空港 |  |  |  |  |  |  |  |
| 7 | alcohol | ['ælkehol] | n.酒精，乙醇：含酒精的饮料 |  |  |  |  |  |  |  |
| 8 | already | [o:l'redi] | ad.已，已经，早已 |  |  |  |  |  |  |  |
| 9 | amateur | efie:(1)eiem,] | a.＆n.业余（水平）的（运动员、艺术家等） |  |  |  |  |  |  |  |
| 10 | amiable | ['emiəbl] | a.和蔼可亲的，友善的，亲切的 |  |  |  |  |  |  |  |
| 11 | amplify | ['amplifai] | vt.放大，增强：详述，详加解说 |  |  |  |  |  |  |  |
| 12 | analogy | [ə'næləd3i] | n.类似，相似，类比，类推 |  |  |  |  |  |  |  |
| 13 | analyse | [] | vt.（analyze）分析，分解 |  |  |  |  |  |  |  |
| 14 | ancient | ['emfent] | a.古代的，古老的，古式的 |  |  |  |  |  |  |  |
| 15 | anguish | ['angw]] | n.（尤指心灵上的）极度痛苦，烦恼 |  |  |  |  |  |  |  |
| 16 | another | [ (1)eQvu,e] | a.另一个，又，再pron.另一个，类似的一个 |  |  |  |  |  |  |  |
| 17 | antenna | [an'tene] | n.（无线电或电视的）天线 |  |  |  |  |  |  |  |
| 18 | antique | [æn'ti:k] | a.古式的，过时的n.有价值的古物，古董 |  |  |  |  |  |  |  |
| 19 | anxiety | [a'zaieti] | n.挂念，焦虑，焦急，忧虑：渴望，热望 |  |  |  |  |  |  |  |
| 20 | anxious | ['ænkfas] | a.焦虑的，担心的：急于（得到的），渴望的 |  |  |  |  |  |  |  |
| 21 | anybody | ['enibodi] | pron.（否定句）任何人：（肯定句）随便哪个人 |  |  |  |  |  |  |  |
| 22 | apology | [ə'poləd3i] | n.道歉，认错，辩解，辩护 |  |  |  |  |  |  |  |
| 23 | applaud | [p:c[d,e] | vt.鼓掌欢迎；赞同vi.鼓掌欢迎，欢呼 |  |  |  |  |  |  |  |
| 24 | appoint | [a'pant] | vt.任命，委派：指定，约定（时间、地点等） |  |  |  |  |  |  |  |
| 25 | approve | [e'pru:v] | v.（of）赞成，赞许，同意：批准，审议，通过 |  |  |  |  |  |  |  |
| 26 | arrange | [ə'remnd3] | v.安排，筹划：整理，使有条理，排列，布置 |  |  |  |  |  |  |  |
| 27 | arrival | [ə'raivl] | n.到达，到来：到达者，到达物 |  |  |  |  |  |  |  |
| 28 | article | ['a:tikl] | n.文章，论文：条款，条文：物件；冠词 |  |  |  |  |  |  |  |
| 29 | ashamed | [ə'femd] | a.惭愧的，羞耻的，害臊的 |  |  |  |  |  |  |  |
| 30 | assault | [a'so:lt] | v.猛烈地攻击，袭击n.突然而猛烈的攻击 |  |  |  |  |  |  |  |

背通时间及检查日期

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| 序号 | 单词 | 音标 | 词义 | 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | athlete | ['æθli:t] | n.运动员，体育家，身强力壮的人 |  |  |  |  |  |  |  |
| 2 | attempt | [ə'tempt] | vt.企图，试图n.努力，尝试，企图 |  |  |  |  |  |  |  |
| 3 | attract | [a'trakt] | vt.引起的注意（或兴趣等），吸引：引起：激起 |  |  |  |  |  |  |  |
| 4 | auction | [:c.] | n.／vt.拍卖 |  |  |  |  |  |  |  |
| 5 | augment | [o:g'ment] | vt.（使）增大，增加，增长，扩张 |  |  |  |  |  |  |  |
| 6 | average | ['æverid3] | n.平均，平均数a.平均的：普通的v.平均 |  |  |  |  |  |  |  |
| 7 | awkward | ['okwed] | a.笨拙的：尴尬的：使用不便的：难处理的 |  |  |  |  |  |  |  |
| 8 | baggage | [bægid3] | n.行李 |  |  |  |  |  |  |  |
| 9 | balance | ['bæləns] | v.称，（使）平衡n.天平；平衡，均衡；差额，余款 |  |  |  |  |  |  |  |
| 10 | balcony | ['bælkeni] | n.阳台：（电影院等的）楼厅，楼座 |  |  |  |  |  |  |  |
| 11 | balloon | [ba'lu:n] | n.气球，飞船：a.气球状的v.乘坐气球：膨胀 |  |  |  |  |  |  |  |
| 12 | bandage | [bæendid3] | n.绷带v.用绷带扎缚 |  |  |  |  |  |  |  |
| 13 | banquet | ['bænkwit] | n.（正式的）宴会vi.参加宴会vt.宴情 |  |  |  |  |  |  |  |
| 14 | bargain | ['ba:gen] | n.廉价货：交易，契约，合同v.议价，成交 |  |  |  |  |  |  |  |
| 15 | barrier | ['bæria(r)] | n.栅栏，屏障；障碍（物） |  |  |  |  |  |  |  |
| 16 | battery | ['bætri;'bætəri] | n.电池（组）：（器具等的）一组，一套：炮兵连 |  |  |  |  |  |  |  |
| 17 | bearing | ['bearig] | 轴承思受关系影响举止方向 |  |  |  |  |  |  |  |
| 18 | because | {bihes: ]r'koz] | n.:,,;;  因为于 |  |  |  |  |  |  |  |
| 19 | believe | comj.,由  vt.相信，认为vi.相信，信任，信奉 |  |  |  |  |  |  |  |
| 20 | beloved | [bi'lAvid;-'1Avd] | a.／n.受爱戴的，敬爱的：爱人，被心爱的人 |  |  |  |  |  |  |  |
| 21 | beneath | [bi'ni:0] | prep.在···下边，在···之下 ad.在下方 |  |  |  |  |  |  |  |
| 22 | benefit | [benifit] | n.利益，好处，恩惠v.有益于：（from，by）受益 |  |  |  |  |  |  |  |
| 23 | besides | [bi'saidz] | ad.此外：并且 prep.于···之外：除···以外 |  |  |  |  |  |  |  |
| 24 | between | [br'twi:n] | prep.在···之间，在（两者）之间 ad.在中间 |  |  |  |  |  |  |  |
| 25 | bicycle | ['baisikl] | n.（bike）自行车 vi.骑自行车 |  |  |  |  |  |  |  |
| 26 | billion | ['biljen] | num.／n.（美）十亿，（英）万亿 |  |  |  |  |  |  |  |
| 27 | biology | [bar'pləd3i] | n.生物学 |  |  |  |  |  |  |  |
| 28 | biscuit | ['biskit] | n.饼干，点心 |  |  |  |  |  |  |  |
| 29 | bizarre | [bi'za:(r)] | adj.异乎寻常的，稀奇古怪的 |  |  |  |  |  |  |  |
| 30 | blanket | ['blangkit] | n.毯子（可数）：厚厚一层（可数）vt.铺上一层 |  |  |  |  |  |  |  |

小哈整理，禁止转发

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| 序号 | 单词 音标 词义 | | | 背通时间及检查日期 | | | | | | |
| 第一遍 | 1h | 1天 | 2天 | 6天 | 14天 | 30天 |
| 1 | blossom | ['blosem] | n.花（簇）：花期：青春vi.开花：展开：繁荣 |  |  |  |  |  |  |  |
| 2 | blunder | ['blAnda(r)] | v.（因无知等而）犯大错：踉踉跄跄地走 n.大错 |  |  |  |  |  |  |  |
| 3 | bowling | ['baulng] | n.保龄球运动 |  |  |  |  |  |  |  |
| 4 | boycott | [ borkpt] | n.／v.（联合）抵制，拒绝参与 |  |  |  |  |  |  |  |
| 5 | bracket | [brakit] | n.（方）括号 |  |  |  |  |  |  |  |
| 6 | breadth | [brede] | n.宽度，幅 |  |  |  |  |  |  |  |
| 7 | breathe | [bri:ð] | v.呼吸，吸入 |  |  |  |  |  |  |  |
| 8 | brittle | ['britl] | a.易碎的：脆弱的：冷淡的：（声音）尖利的 |  |  |  |  |  |  |  |
| 9 | brother | [braðe(r)] | n.兄弟：同胞；教友 |  |  |  |  |  |  |  |
| 10 | burglar | ['ba:gle(r)] | n.（入室行窃的）盗贼 |  |  |  |  |  |  |  |
| 11 | butcher | ['butfe(r)] | n.屠夫，卖肉者 |  |  |  |  |  |  |  |
| 12 | cabbage | ['kæbid3] | n.洋白菜，卷心菜 |  |  |  |  |  |  |  |
| 13 | cabinet | [kæbinet] | n.内阁，内阁会议：（带玻璃门存物品的）橱柜 |  |  |  |  |  |  |  |
| 14 | calcium | ['kælsiem] | n.钙（化学符号 Ca） |  |  |  |  |  |  |  |
| 15 | calorie | ['kæleri] | n.卡路里（食物所产生的热量或能量单位） |  |  |  |  |  |  |  |
| 16 | canteen | [kmn'ti:n] | n.（工厂、办公室等）食堂或小卖部 |  |  |  |  |  |  |  |
| 17 | capable | ['ketpebl] | a.有本领的，有能力的：（of）可以···的，能···的 |  |  |  |  |  |  |  |
| 18 | capital | [[■] | n.首都：大写字母；资本 a.主要的，大写字母的 |  |  |  |  |  |  |  |
| 19 | capsule | ['kmpsju:1] | n.胶囊：太空舱 |  |  |  |  |  |  |  |
| 20 | captain | [kæptin] | n.首领，队长；船长；上尉v.做···的首领，指挥 |  |  |  |  |  |  |  |
| 21 | captive | [kaptiv] | n.俘虏a.被俘虏的，被监禁的 |  |  |  |  |  |  |  |
| 22 | capture | [kmptfe(r)] | v.／n.捕获，俘虏；夺得，攻占 |  |  |  |  |  |  |  |
| 23 | careful | [keefl] | a.小心的，仔细的：细致的，精心的 |  |  |  |  |  |  |  |
| 24 | carrier | ['kæriə(r)] | n.搬运人：载体 |  |  |  |  |  |  |  |
| 25 | cartoon | [ka:'tu:n] | n.漫画，幽默画；动画片 |  |  |  |  |  |  |  |
| 26 | cashier | [kajie(r)] | n.收银员，出纳员 |  |  |  |  |  |  |  |
| 27 | catalog | ['katalpg] | n.（catalogue）目录（册）v.编目（录） |  |  |  |  |  |  |  |
| 28 | caution | ［呼C.］ | n.谨慎：注意（事项），警告 vt.劝···小心 |  |  |  |  |  |  |  |
| 29 | ceiling | ['si:lng] | n.天花板：（规定价格、工资等的）最高限额 |  |  |  |  |  |  |  |
| 30 | central | ['sentrel] | a.中心的，中央的，中枢的：主要的 |  |  |  |  |  |  |  |