

星荣英语笔记

零基础学英语

(第 55 课)

Hello 你好，我是星荣，这是我们零基础学英语的第 55 课。

在上一课中，我们学习了一个非常重要的语法结构，叫做主语从句，也就是用“what + 句子”这个结构来代替原本的主语名词。通过这个结构，我们可以把一句完整的话当作一个“东西”来表达。

在第 55 课中，我们将在这个基础上继续升级——把“what”后面的内容变得更复杂一些，尝试使用各种时态，比如：

现在进行时：What I'm looking for is a new challenge.

过去进行时：What he was doing at midnight is still a mystery.

现在完成时：What I've learned is valuable.

现在完成进行时：What she has been doing is none of your business.

通过这些例句你会发现，不管句子多复杂，只要牢牢记住结构是“What + 一整句话”，然后加上“is + 某个结果”，你就能清楚地表达：

“我正在做/学/想的事情，是……”

“他之前正在做的事情，是……”

“我们一直在进行的，是……”

这一课的目标就是：让你能灵活地在主语从句中嵌入各种英文时态，把复杂的动作、状态、经历，都能打包成一句主语，从容说出口！

这就是我们第 55 课的全部内容，答案以及视频的 PDF 课件可以在微信公众号【Hi 要大声说来】回复课程序号获取，付费课程也可以在公众号里找到试听内容，下次再见，拜拜。

微信：xingrongyy



公众号：Hi 要大声说出来



中文	英文	K.K.音标
看	to look	/tə/ /lək/
寻找	to look for	/tə/ /lək/ /fɜ:/
寻找 (ing 形式)	looking for	/'ləkɪŋ/ /fɜ:/
正在寻找	be looking for	/bi/ /'ləkɪŋ/ /fɜ:/
我正在寻找	I am looking for	/aɪ/ /æm/ /'ləkɪŋ/ /fɜ:/
什么	what	/wət/
我正在寻找的东西	what I'm looking for	/wət/ /aɪ/ /æm/ /'ləkɪŋ/ /fɜ:/
挑战	challenge	/'tʃælɪndʒ/
新的	new	/nu/
一个新的挑战	a new challenge	/ə/ /nu/ /'tʃælɪndʒ/
我正在寻找的东西是一个新的挑战	what I'm looking for is a new challenge	/wət/ /aɪ/ /æm/ /'ləkɪŋ/ /fɜ:/ /ɪz/ /ə/ /nu/ /'tʃælɪndʒ/
完成	to finish	/tə/ /'fɪnɪʃ/
完成 (ed 形式)	finished	/'fɪnɪʃt/
已经完成	have finished	/hæv/ /'fɪnɪʃt/
我已经完成	I have finished	/aɪ/ /hæv/ /'fɪnɪʃt/
项目	project	/'prɒdʒekt/
最后	last	/læst/
最后的项目	the last project	/ðə/ /læst/ /'prɒdʒekt/
我已经完成了最后的项目	I have finished the last project	/aɪ/ /hæv/ /'fɪnɪʃt/ /ðə/ /læst/ /'prɒdʒekt/
我正在寻找的东西是一个新的挑战	what I'm looking for is a new challenge	/wət/ /aɪ/ /æm/ /'ləkɪŋ/ /fɜ:/ /ɪz/ /ə/ /nu/ /'tʃælɪndʒ/
我已经完成了最后的项目，所以我正在寻找的东西是一个新的挑战	I have finished the last project, so what I'm looking for is a new challenge.	/aɪ/ /hæv/ /'fɪnɪʃt/ /ðə/ /læst/ /'prɒdʒekt/ /so/ /wət/ /aɪ/ /æm/ /'ləkɪŋ/ /fɜ:/ /ɪz/ /ə/ /nu/ /'tʃælɪndʒ/
正在做	be doing	/bi/ /'duɪŋ/
他（现在）正在做	he is doing	/hi/ /ɪz/ /'duɪŋ/
他（过去）正在做	he was doing	/hi/ /wəz/ /'duɪŋ/
什么	what	/wət/
他（过去）正在做的事情	what he was doing	/wət/ /hi/ /wəz/ /'duɪŋ/
晚上	night	/naɪt/
午夜	midnight	/'mɪdnɑɪt/
在午夜	at midnight	/ət/ /'mɪdnɑɪt/
他（过去）正在做的事情	what he was doing	/wət/ /hi/ /wəz/ /'duɪŋ/
他在午夜正在做的事情	what he was doing at midnight	/wət/ /hi/ /wəz/ /'duɪŋ/ /ət/ /'mɪdnɑɪt/
谜	mystery	/'mɪstəri/
一个谜	a mystery	/ə/ /'mɪstəri/
他在午夜正在做的事情是一个谜	what he was doing at midnight is a mystery	/wət/ /hi/ /wəz/ /'duɪŋ/ /ət/ /'mɪdnɑɪt/ /ɪz/ /ə/ /'mɪstəri/
仍然	still	/stɪl/
他在午夜正在做的事情仍然是	what he was doing at midnight	/wət/ /hi/ /wəz/ /'duɪŋ/ /ət/ /'mɪdnɑɪt/

一个谜	is still a mystery	/ɪz/ /stɪl/ /ə/ /'mɪstəri/
拒绝	to refuse	/tə/ /rɪ'fjuːz/
他拒绝	he refuses	/hi/ /rɪ'fjuːzɪz/
谈论	to talk	/tə/ /tɔːk/
他拒绝谈论	he refuses to talk	/hi/ /rɪ'fjuːzɪz/ /tə/ /tɔːk/
关于	about	/ə'baʊt/
他拒绝谈论此事	he refuses to talk about it	/hi/ /rɪ'fjuːzɪz/ /tə/ /tɔːk/ /ə'baʊt/ /ɪt/
而且他拒绝谈论此事	and he refuses to talk about it	/ənd/ /hi/ /rɪ'fjuːzɪz/ /tə/ /tɔːk/ /ə'baʊt/ /ɪt/
他在午夜正在做的事情仍然是一个谜	what he was doing at midnight is still a mystery	/wɒt/ /hi/ /wəz/ /'duːɪŋ/ /ət/ /'mɪdnɑːt/ /ɪz/ /stɪl/ /ə/ /'mɪstəri/
他在午夜正在做的事情仍然是一个谜，而且他拒绝谈论此事	what he was doing at midnight is still a mystery, and he refuses to talk about it	/wɒt/ /hi/ /wəz/ /'duːɪŋ/ /ət/ /'mɪdnɑːt/ /ɪz/ /stɪl/ /ə/ /'mɪstəri/ /ənd/ /hi/ /rɪ'fjuːzɪz/ /tə/ /tɔːk/ /ə'baʊt/ /ɪt/
试图	to try	/tə/ /traɪ/
试图 (ing 形式)	trying	/'traɪɪŋ/
我正在试图	I am trying	/aɪ/ /æm/ /'traɪɪŋ/
我正在试图	I'm trying	/aɪm/ /'traɪɪŋ/
说	to say	/tə/ /seɪ/
我正在试图说	I'm trying to say	/aɪm/ /'traɪɪŋ/ /tə/ /seɪ/
什么	what	/wɒt/
我正在试图说的内容	what I'm trying to say	/wɒt/ /aɪm/ /'traɪɪŋ/ /tə/ /seɪ/
需要	to need	/tə/ /niːd/
我需要	I need	/aɪ/ /niːd/
帮助	help	/help/
你的	your	/jɔːr/
你的帮助	your help	/jɔːr/ /help/
我需要你的帮助	I need your help	/aɪ/ /niːd/ /jɔːr/ /help/
我正在试图说的内容	what I'm trying to say	/wɒt/ /aɪm/ /'traɪɪŋ/ /tə/ /seɪ/
我正在试图说的内容是我需要你的帮助	what I'm trying to say is I need your help	/wɒt/ /aɪm/ /'traɪɪŋ/ /tə/ /seɪ/ /ɪz/ /aɪ/ /niːd/ /jɔːr/ /help/
打断	to interrupt	/tə/ /ɪntə'rʌpt/
抱歉	sorry	/'sɔːri/
不好意思打断一下	sorry to interrupt	/'sɔːri/ /tə/ /ɪntə'rʌpt/
我正在试图说的内容是我需要你的帮助	what I'm trying to say is I need your help	/wɒt/ /aɪm/ /'traɪɪŋ/ /tə/ /seɪ/ /ɪz/ /aɪ/ /niːd/ /jɔːr/ /help/
不好意思打断一下，但是我正在试图说的内容是我需要你的帮助	sorry to interrupt, but what I'm trying to say is I need your help.	/'sɔːri/ /tə/ /ɪntə'rʌpt/ /bʌt/ /wɒt/ /aɪm/ /'traɪɪŋ/ /tə/ /seɪ/ /ɪz/ /aɪ/ /niːd/ /jɔːr/ /help/
学习	to learn	/tə/ /lɜːn/
学习 (ed 形式)	learned	/lɜːnd/
已经学到	have learned	/hæv/ /lɜːnd/
我已经学到	I have learned	/aɪ/ /hæv/ /lɜːnd/
我已经学到的东西	what I have learned	/wɒt/ /aɪ/ /hæv/ /lɜːnd/

价值	value	/'vælju/
有价值的	valuable	/'væljuəbl/
我已经学到的东西是有价值的	what I have learned is valuable	/wɒt/ /aɪ/ /hæv/ /lɜːnd/ /ɪz/ /'væljuəbl/
做	to make	/tə/ /mek/
做 (ed 形式)	made	/med/
已经做	have made	/hæv/ /med/
我已经做	I have made	/aɪ/ /hæv/ /med/
错误	mistake	/mɪ'stek/
一些	some	/səm/
一些错误	some mistakes	/səm/ /mɪ'steks/
我已经犯了一些错误	I have made some mistakes	/aɪ/ /hæv/ /med/ /səm/ /mɪ'steks/
我已经学到的东西是有价值的	what I have learned is valuable	/wɒt/ /aɪ/ /hæv/ /lɜːnd/ /ɪz/ /'væljuəbl/
我已经犯了一些错误, 但是我 已经学到的东西是有价值的	I have made some mistakes, but what I have learned is valuable	/aɪ/ /hæv/ /med/ /səm/ /mɪ'steks/ /bʌt/ /wɒt/ /aɪ/ /hæv/ /lɜːnd/ /ɪz/ /'væljuəbl/
修	to fix	/tə/ /fiks/
修 (ed 形式)	fixed	/fɪkst/
被修	be fixed	/bi/ /fɪkst/
需要	to need	/tə/ /nid/
它需要	it needs	/ɪt/ /nidz/
它需要被修	it needs to be fixed	/ɪt/ /nidz/ /tə/ /bi/ /fɪkst/
什么	what	/wɒt/
需要被修的东西	what needs to be fixed	/wɒt/ /nidz/ /tə/ /bi/ /fɪkst/
加热	to heat	/tə/ /hit/
加热 (ing 形式)	heating	/'hiːtɪŋ/
系统	system	/'sɪstəm/
供暖系统	the heating system	/ðə/ /'hiːtɪŋ/ /'sɪstəm/
需要被修的东西	what needs to be fixed	/wɒt/ /nidz/ /tə/ /bi/ /fɪkst/
需要被修的东西是供暖系统	what needs to be fixed is the heating system	/wɒt/ /nidz/ /tə/ /bi/ /fɪkst/ /ɪz/ /ðə/ /'hiːtɪŋ/ /'sɪstəm/
这个房子	the house	/ðə/ /haʊs/
看	to look	/tə/ /lʊk/
这个房子看起来	the house looks	/ðə/ /haʊs/ /lʊks/
很好	fine	/faɪn/
这个房子看起来很好	the house looks fine	/ðə/ /haʊs/ /lʊks/ /faɪn/
外	out	/aʊt/
面	side	/saɪd/
外面	outside	/aʊt'saɪd/
在外面	on the outside	/ɒn/ /ði/ /aʊt'saɪd/
这个房子在外面看起来很好	the house looks fine on the outside	/ðə/ /haʊs/ /lʊks/ /faɪn/ /ɒn/ /ði/ /aʊt'saɪd/
尽管	although	/ɒl'dəʊ/
尽管这个放在在外面看起来很	although the house looks fine	/ɒl'dəʊ /ðə/ /haʊs/ /lʊks/ /faɪn/ /ɒn/ /ði/

好	on the outside	/aʊt'saɪd/
需要被修的东西是供暖系统	what needs to be fixed is the heating system	/wʌt/ /nɪdʒ/ /tə/ /bi/ /fɪkst/ /ɪz/ /ðə/ /'hɪtɪŋ/ /'sɪstəm/
尽管这个放在在外面看起来很好，需要被修的东西是供暖系统	although the house looks fine on the outside, what needs to be fixed is the heating system	/ɔl'ðo/ /ðə/ /haʊs/ /lʊks/ /fam/ /ən/ /ði/ /aʊt'saɪd/ /wʌt/ /nɪdʒ/ /tə/ /bi/ /fɪkst/ /ɪz/ /ðə/ /'hɪtɪŋ/ /'sɪstəm/
一直在做	have been doing	/hæv/ /bɪn/ /'duɪŋ/
她一直在做	she has been doing	/ʃi/ /hæz/ /bɪn/ /'duɪŋ/
她一直在做的事情	what she has been doing	/wʌt/ /ʃi/ /hæz/ /bɪn/ /'duɪŋ/
事情	business	/'bɪznəs/
你的事情	your business	/jʊr/ /'bɪznəs/
没有	none	/nʌn/
不关你的事	none of your business	/nʌn/ /əv/ /jʊr/ /'bɪznəs/
她一直在做的事情	what she has been doing	/wʌt/ /ʃi/ /hæz/ /bɪn/ /'duɪŋ/
她一直在做的事情与你无关	what she has been doing is none of your business	/wʌt/ /ʃi/ /hæz/ /bɪn/ /'duɪŋ/ /ɪz/ /nʌn/ /əv/ /jʊr/ /'bɪznəs/
有	to have	/tə/ /hæv/
你有	you have	/ju/ /hæv/
可以	can	/kæn/
你可以有	you can have	/ju/ /kæn/ /hæv/
看法	opinion	/ə'pɪnjən/
你的看法	your opinions	/jʊr/ /ə'pɪnjənz/
你可以有你的看法	you can have your opinions	/ju/ /kæn/ /hæv/ /jʊr/ /ə'pɪnjənz/
她一直在做的事情与你无关	what she has been doing is none of your business	/wʌt/ /ʃi/ /hæz/ /bɪn/ /'duɪŋ/ /ɪz/ /nʌn/ /əv/ /jʊr/ /'bɪznəs/
你可以有你的看法，但是她一直在做的事情与你无关	you can have your opinions, but what she has been doing is none of your business.	/ju/ /kæn/ /hæv/ /jʊr/ /ə'pɪnjənz/ /bʌt/ /wʌt/ /ʃi/ /hæz/ /bɪn/ /'duɪŋ/ /ɪz/ /nʌn/ /əv/ /jʊr/ /'bɪznəs/

中文	原形	第三人称单数	过去式	ing 形式	ed 形式
想要	want	wants	wanted	wanting	wanted
喜欢	like	likes	liked	liking	liked
有; (+to)不得不	have	has	had	having	had
计划	plan	plans	planned	planning	planned
需要	need	needs	needed	needing	needed
做	do	does	did	doing	done
告诉	tell	tells	told	telling	told
说话	talk	talks	talked	talking	talked
是	be(am)	is	was	being	been
是	be(is)	is	was	being	been
是	be(are)	is	were	being	been
看到	see	sees	saw	seeing	seen
吃	eat	eats	ate	eating	eaten
喝	drink	drinks	drank	drinking	drunk
知道	know	knows	knew	knowing	known
忘记	forget	forgets	forgot	forgetting	forgotten
失去	lose	loses	lost	losing	lost
离开	leave	leaves	left	leaving	left
睡觉	sleep	sleeps	slept	sleeping	slept
明白	understand	understands	understood	understanding	understood
买	buy	buys	bought	buying	bought
洗	wash	washes	washed	washing	washed
打电话	call	calls	called	calling	called
帮助	help	helps	helped	helping	helped
相信	believe	believes	believed	believing	believed
学习	study	studies	studied	studying	studied
解释	explain	explains	explained	explaining	explained
问	ask	asks	asked	asking	asked
飞	fly	flies	flew	flying	flown

阅读	read	reads	read	reading	read
走路	walk	walks	walked	walking	walked
跳舞	dance	dances	danced	dancing	danced
回答	answer	answers	answered	answering	answered
工作	work	works	worked	working	worked
待在	stay	stays	stayed	staying	stayed
支付	pay	pays	paid	paying	paid
旅行	travel	travels	traveled	traveling	traveled
给	give	gives	gave	giving	given
到达	get	gets	got	getting	got
锁	lock	locks	locked	locking	locked
记得	remember	remembers	remembered	remembering	remembered
清理	clean	cleans	cleaned	cleaning	cleaned
找到	find	finds	found	finding	found
关闭	close	closes	closed	closing	closed
教	teach	teaches	taught	teaching	taught
展示	show	shows	showed	showing	shown
让	let	lets	let	letting	let
休息	rest	rests	rested	resting	rested
用	use	uses	used	using	used
做饭	cook	cooks	cooked	cooking	cooked
去	go	goes	went	going	gone
决定	decide	decides	decided	deciding	decided
驾驶	drive	drives	drove	driving	driven
改变	change	changes	changed	changing	changed
尝试	try	tries	tried	trying	tried
停止	stop	stops	stopped	stopping	stopped
参加	join	joins	joined	joining	joined
邀请	invite	invites	invited	inviting	invited
拒绝	refuse	refuses	refused	refusing	refused
接受	accept	accepts	accepted	accepting	accepted

学习	learn	learns	learnt/learned	learning	learnt/learned
完成	finish	finishes	finished	finishing	finished
看	watch	watches	watched	watching	watched
游泳	swim	swims	swam	swimming	swum
掌握	master	masters	mastered	mastering	mastered
购物	shop	shops	shopped	shopping	shopped
等待	wait	waits	waited	waiting	waited
讨论	discuss	discusses	discussed	discussing	discussed
面对	face	faces	faced	facing	faced
解决	solve	solves	solved	solving	solved
疑惑	wonder	wonders	wondered	wondering	wondered
递给	hand	hands	handed	handing	handed
玩	play	plays	played	playing	played
跑	run	runs	ran	running	run
挑战	challenge	challenges	challenged	challenging	challenged
希望	hope	hopes	hoped	hoping	hoped
见到	meet	meets	met	meeting	met
打开	open	opens	opened	opening	opened
认为	think	thinks	thought	thinking	thought
说话	speak	speaks	spoke	speaking	spoken
看	look	looks	looked	looking	looked
听	hear	hears	heard	hearing	heard
强迫	force	forces	forced	forcing	forced
操作	handle	handles	handled	handling	handled
握	hold	holds	held	holding	held
做	make	makes	made	making	made
承诺	promise	promises	promised	promising	promised
保持	keep	keeps	kept	keeping	kept
钓鱼	fish	fishes	fished	fishing	fished
保存	save	saves	saved	saving	saved
注意到	notice	notices	noticed	noticing	noticed

退出	quit	quits	quit/quitted	quitting	quit/quitted
抽烟	smoke	smokes	smoked	smoking	smoked
更喜欢	prefer	prefers	preferred	preferring	preferred
爱	love	loves	loved	loving	loved
打破	break	breaks	broke	breaking	broken
享受	enjoy	enjoys	enjoyed	enjoying	enjoyed
练习	practice	practices	practiced	practicing	practiced
改善	improve	improves	improved	improving	improved
分享	share	shares	shared	sharing	shared
假装	pretend	pretends	pretended	pretending	pretended
撒谎	lie	lies	lied	lying	lied
否认	deny	denies	denied	denying	denied
作画	paint	paints	painting	painting	painting
偷	steal	steals	stole	stealing	stolen
承认	admit	admits	admitted	admitting	admitted
避免	avoid	avoids	avoided	avoiding	avoided
感觉	feel	feels	felt	feeling	felt
复制	copy	copies	copied	copying	copied
保持	maintain	maintains	maintained	maintaining	maintained
伤害	hurt	hurts	hurt	hurting	hurt
乘坐	take	takes	took	taking	taken
保护	protect	protects	protected	protecting	protected
允许	permit	permits	permitted	permitting	permitted
禁止	prohibit	prohibits	prohibited	prohibiting	prohibited
笑	laugh	laughs	laughed	laughing	laughed
唱歌	sing	sings	sang	singing	sung
沉浸	immerse	immerses	immersed	immersing	immersed
骑自行车	cycle	cycles	cycled	cycling	cycled
参加	attend	attends	attended	attending	attended
举起	lift	lifts	lifted	lifting	lifted
设法做到	manage	manages	managed	managing	managed

写	write	writes	wrote	writing	written
克服	overcome	overcomes	overcame	overcoming	overcome
访问	visit	visits	visited	visiting	visited
居住	live	lives	lived	living	lived
遗弃	abandon	abandons	abandoned	abandoning	abandoned
修理	fix	fixes	fixed	fixing	fixed
收到	receive	receives	received	receiving	received
装饰	decorate	decorates	decorated	decorating	decorated
搬家	move	moves	moved	moving	moved
设计	design	designs	designed	designing	designed
达到	arrive	arrives	arrived	arriving	arrived
改编	adapt	adapts	adapted	adapting	adapted
出生	bear	bears	bore	bearing	born
发送	send	sends	sent	sending	sent
出版	publish	publishes	published	publishing	published
建造	construct	constructs	constructed	constructing	constructed
修复	repair	repairs	repaired	repairing	repaired
宣布	announce	announces	announced	announcing	announced
翻译	translate	translates	translated	translating	translated
疏散	evacuate	evacuates	evacuated	evacuating	evacuated
蔓延	spread	spreads	spread	spreading	spread
停车	park	parks	parked	parking	parked
纠正	correct	corrects	corrected	correcting	correct
提交	submit	submits	submitted	submitting	submitted
卖	sell	sells	sold	selling	sold
非法入侵	hack	hacks	hacked	hacking	hacked
准备	prepare	prepares	prepared	preparing	prepared
返回	return	returns	returned	returning	returned
集合	assemble	assembles	assembled	assembling	assembled
浇水	water	waters	watered	watering	watered
完成	complete	completes	completed	completing	completed

讨厌	hate	hates	hated	hating	hated
醒	wake	wakes	woke	waking	woken/waked
害怕	fear	fears	feared	fearing	feared
打断	interrupt	interrupts	interrupted	interrupting	interrupted
加热	heat	heats	heated	heating	heated

练习题

你现在做的事情将会改变你的未来。

What you do now will change your future.

答案