

# 速查英语口语宝典

## 日常篇

主编 Findlay Nicol 刘成科



全国独创, 口语跟读软件  
随听随说, 学习口语最方便



齐鲁电子音像出版社

# Contents

## 目录

### 第一部分 日常生活

|                |    |
|----------------|----|
| 1. 每天的生活 ..... | 2  |
| 起床 .....       | 2  |
| 起床之后做的事情 ..... | 7  |
| 饮食 .....       | 12 |
| 家务 .....       | 16 |
| 回家 .....       | 21 |
| 晚饭后 .....      | 26 |
| 周末 .....       | 31 |
| 睡觉 .....       | 37 |
| 2. 人际关系 .....  | 42 |
| 问候 .....       | 42 |
| 介绍 .....       | 43 |
| 道歉 .....       | 46 |



|               |    |
|---------------|----|
| 邀请 .....      | 48 |
| 离别 .....      | 49 |
| 3. 打电话 .....  | 52 |
| 找人 .....      | 52 |
| 接电话 .....     | 53 |
| 留言 .....      | 55 |
| 打错了 .....     | 57 |
| 挂机 .....      | 59 |
| 电话预定 .....    | 61 |
| 4. 餐馆就餐 ..... | 64 |
| 选饭店 .....     | 64 |
| 订座 .....      | 66 |
| 点餐 .....      | 68 |
| 招待、敬酒 .....   | 70 |
| 埋单 .....      | 72 |
| 讨论饭菜 .....    | 73 |

|                 |    |
|-----------------|----|
| 5. 在银行 .....    | 76 |
| 开户 .....        | 76 |
| 存款、取款 .....     | 78 |
| 兑换货币、支付账单 ..... | 80 |
| 销户 .....        | 82 |
| 6. 购物 .....     | 84 |
| 超市 .....        | 84 |
| 附近商店 .....      | 86 |
| 买衣服 .....       | 88 |
| 砍价 .....        | 90 |
| 付款 .....        | 92 |
| 退款 .....        | 94 |



## 第二部分 时尚生活

|               |     |
|---------------|-----|
| 1. 穿出个性 ..... | 98  |
| 购物狂 .....     | 98  |
| 流行趋势 .....    | 100 |



|                 |     |
|-----------------|-----|
| 款式、质地 .....     | 101 |
| 品味 .....        | 103 |
| 颜色、精致 .....     | 105 |
| 搭配、配饰 .....     | 107 |
| 2. 化妆品和饮食 ..... | 110 |
| 剪发 .....        | 110 |
| 染发、烫发 .....     | 112 |
| 整容 .....        | 114 |
| 美容和美甲 .....     | 116 |
| 肥胖问题 .....      | 118 |
| 饮食、身材、减肥 .....  | 120 |
| 3. 新生代 .....    | 123 |
| 偶像 .....        | 123 |
| 信用卡 .....       | 125 |
| 网上购物 .....      | 127 |
| 驴友 .....        | 130 |
| 极限运动 .....      | 132 |
| 十二星座 .....      | 134 |
| 快餐王国 .....      | 136 |
| 月光族 .....       | 138 |

|                   |     |
|-------------------|-----|
| 宠物 .....          | 140 |
| 瑜伽 .....          | 142 |
| 爱车 .....          | 144 |
| 4. 数码网络 .....     | 147 |
| 手机,我们生活的一部分 ..... | 147 |
| 音乐播放器 .....       | 149 |
| 电脑系统崩溃 .....      | 151 |
| 网虫时代 .....        | 153 |
| 谷歌引擎 .....        | 155 |
| 5. 娱乐 .....       | 158 |
| 流行乐 .....         | 158 |
| 肥皂剧、真人秀 .....     | 159 |
| 电影 .....          | 161 |



### 第三部分 情感世界

|             |     |
|-------------|-----|
| 1. 心事 ..... | 165 |
| 约会 .....    | 165 |



|                 |     |
|-----------------|-----|
| 梦中情人 .....      | 167 |
| 恋爱与失恋 .....     | 169 |
| 分手 .....        | 172 |
| 2. 婚姻 .....     | 175 |
| 谈婚论嫁 .....      | 175 |
| 爱情和婚姻是两码事 ..... | 177 |
| 跨国婚姻 .....      | 179 |
| 不忠 .....        | 181 |
| 离婚 .....        | 183 |
| 3. 新生代爱情 .....  | 187 |
| 一无所有 .....      | 187 |
| “丁克”一族 .....    | 189 |
| 性格婚检 .....      | 191 |
| 办公室恋情 .....     | 193 |
| 网络恋情 .....      | 195 |
| 同性恋情 .....      | 197 |

### 第四部分 海外留学

|               |     |
|---------------|-----|
| 1. 留学准备 ..... | 201 |
|---------------|-----|

|                  |     |
|------------------|-----|
| 寻求建议 .....       | 201 |
| 申请 .....         | 203 |
| 奖学金和费用 .....     | 205 |
| 录取 .....         | 207 |
| 2. 出入境 .....     | 210 |
| 护照、签证 .....      | 210 |
| 预定机票 .....       | 212 |
| 登机、安检、入境 .....   | 214 |
| 飞机上 .....        | 216 |
| 入境 .....         | 217 |
| 3. 学校生活 .....    | 220 |
| 学习计划 .....       | 220 |
| 学习 .....         | 222 |
| 教室、实验室、图书馆 ..... | 225 |
| 宿舍 .....         | 227 |
| 协会、社团 .....      | 229 |



|               |     |
|---------------|-----|
| 兼职 .....      | 231 |
| 毕业 .....      | 233 |
| 4. 生活须知 ..... | 236 |
| 找房子 .....     | 236 |
| 租房子、见房东 ..... | 238 |
| 住宿问题 .....    | 240 |



## 第一节 每天的生活

### 起床



到点起床了。 **It's time to get up.**

Hey! It's time to get up.

嘿! 到点起床了。

But it's far too early.

可是也太早了点吧。

Don't forget you have an exam at 8.

别忘了八点钟你要考试。

我想睡个美容觉。

**I need my beauty sleep.**

It's time you got up. It's a quarter to eight.

该起床了, 差一刻钟就八点了。

But I need my beauty sleep.

但是我得睡美容觉呀。

Well, you could certainly do with some!

But we have a class in fifteen minutes.

你当然可以再睡一会儿了! 不过我们十五分钟以后可就要上课了。

★beauty sleep  
是晚上 10:00  
前就要入睡,  
各位爱美的  
MM 注意了!

你需要一个新闹钟!

**You need a new alarm clock!**

I was late for class again this morning and the teacher was very angry.

我今天早上上课又迟到了, 老师很生气。

Didn't your alarm wake you?

你没听到闹钟响吗?

It did but I switched it off and fell a sleep again.

听到了,但是我把它关掉后又继续睡了。



You need a new alarm clock, one with a loud ring to really wake you.

你需要一个新闹钟,声音超级大的能把你吵醒。

起床闹铃。

### Get a wake-up call.



I have a very important interview on Friday at 8:30. How can I be sure that I'll wake up in time?

我星期五早上八点半有个很重要的约会。我怎样才能准时醒来呢?



Why don't you get a wake-up call on your phone?

为什么不在电话上定个闹铃呢?



Hey, that's a good idea. Why didn't I think of that myself?

好主意哦,我怎么没想到呢?

我起不早。

### I'm not an early riser.



What time do you usually get up?

你早上一般几点起床?



Well, I'm not an early riser so I usually get up about 6:30.

我起不早,一般都得六点半左右才起来。



Wow! I call that rising early! I never get up till at least 7:30.

喔!我觉得那就已经很早了哦!我至少要到七点半才起来呢!

肯定是熬夜熬多了。

### Too many late nights.



I feel really sleepy these days.

这几天我真觉得好困。



Aha! Too many late nights!

啊!肯定是熬夜熬多了!



But what can I do? With the exams coming I need to study.

没办法啊,不熬夜怎么能行呢? 快要考试了,得好好学习啊。

 Yes but you don't need to play computer games too!

是啊,但是你也没必要玩游戏哦!

我星期六一般都睡到很晚才起。

### I usually sleep late on Saturdays.

 What did you do this weekend?

这个周末你做什么了?

 Well, I usually sleep late on Saturdays, but this weekend we climbed Tai Shan on Friday night. So when I would normally be fast asleep, I was watching the sunrise.

哦,我星期六一般都睡到很晚才起。但是这个星期五晚上我们去爬泰山了,所以本来是正常睡大觉的时候,我却在看日出呢。

 That's great! And Sunday?

哦听起来不错哦! 那星期天做什么啦?

 I was still in bed at 12. I was exhausted.

和以前一样睡到 12 点呀! 累死我了!

你晨练吗?

### Do you take some exercise in the morning?

 Some of our classmates make exercise every morning. How about you?

我们很多同学每天早上都做运动。你运动吗?

 The only exercise I take is getting out of my bed.

我唯一的运动就是从床上爬起来。

 Why not go jogging or even running?

为什么不去慢跑或跑步呢?

 Running leaves me breathless and jogging hurts my knees.

跑步让我喘不过气来,慢跑我膝盖疼。

睡眠不足!

### Too little sleep!



I find it hard to keep my eyes open in class these days.

我发现这些天上课的时候连眼睛都睁不开。



What's wrong with you is too little sleep. You'd do better to stay out of the net bar.

你是严重的睡眠不足。少去网吧会好点。



I guess you are probably right.

恩,我想也是。

★net bar 网吧。

早上起来喝一杯咖啡。

### A cup of coffee first thing.



You always seem very bright in the mornings.

你早上看起来总是很有精神。



Well maybe it's because I always have a cup of coffee first thing.

哦,可能是因为我早上起来都会喝一杯咖啡的关系吧。



Do you think that is good for your health?

你觉得这样子对身体好吗?



Maybe not, but it gets me through the boring classes.

也许不好吧,不过不喝的话上这些无聊的课就没有精神。

★get through, 这里的意思是完成,度过(无趣的、痛苦)的事情。

你每天睁开眼第一件事是干什么?

### How do you start the day?



How do you like to start the day?

你每天睁开眼第一件事是干什么?



Well, as soon as I wake up I spend a few minutes thinking over all the things I have to do that day. How about you?

哦,醒来的时候先想一想今天都要做些什么事情。你呢?



I tend to keep my thinking till I've had something to eat.

我必须先吃点东西才能开始思考要做什么。

我从床上勉强爬起来。

### I roll out of my bed.



Are you one of these people who are full of life in the morning?

你早上起来是不是精力充沛?



No, I'm afraid not. I roll out of my bed rather than jump out of it.

不,才不是呢。我早上都是勉强爬起来的。



Me too!

我也是!

精力充沛地迅速行动起来。

### Spring into action.



I hate people who spring into action in the early morning.

我讨厌那些早上一起来就特别活跃的人。



I know what you mean. One of my dorm-mates is like that. She is up cleaning the room and singing loudly while the rest of us are still trying to get our eyes open.

我理解你。我一个室友就这样。一大早起来边大声唱歌边打扫房间,我们眼睛都还没睁开呢。

清早一起就发脾气

### Get out of bed on the wrong side.



Why are you all making so much noise? It's giving me a headache!

你怎么这么吵啊?搞得我头疼死了!



Oh who's got out of bed on the wrong side this morning? Just because you had too much to drink last night there's no need to be in a bad mood with us.

哦!是谁大清早的发脾气啊?就因为你昨晚喝酒喝多了,你就可以搞得大家都不高兴啊。

大清早起床。

### Get up bright and early.



Let's go to the park tomorrow to have a picnic.

我们明天去公园野餐吧。



Well, we'd better get up bright and early to get there before there are too many people, so we can find a good spot.

嗯,那我们还是大清早就起床去公园吧,不然人太多了找不到好地儿。



You are right. Let's meet at the main gate at 6:15.

说得对。我们 6 点 15 分在大门口见吧。

## 起床之后做的事情



晨练。

### Doing morning exercise.



Do you do any regular morning exercise?

你做任何有规律的晨练吗?



Yes. I always go for a brisk walk before I do anything else.

是的,我总是在做其他事之前先轻快地散步。



Wow! I admire your energy.

哇,我真佩服你的精力。

我朋友打太极。

### My friend does tai chi.



Do you think some exercise in the morning is good for you?

你认为做一些晨练对你的身体有好处吗?



Yes, I do and you should too.

是的。你也应该晨练。



My friend does tai chi. Maybe I'll start going to his class with him.

我朋友打太极,也许我该跟他一起。

呼吸新鲜空气。

### Get some fresh air.



I see you go out walking every morning.

我看你每天早晨都出去散步。

 Yes. I like to get some fresh air before I start my day.

是的, 在开始新的一天之前, 我喜欢呼吸一些新鲜空气。

 A good idea. Maybe I'll join you one day soon.

好主意, 也许我也应该找一天跟你一起去。

 How about tomorrow?

明天怎样?

洗个凉水澡比什么都管用。

**There's nothing like a brisk shower.**

 How do you always manage to look so bright and fresh every morning?

你为什么每天都看起来很有精神?

 I find there's nothing like a brisk shower to wake you up.

我发现每天早上起来洗个凉水澡比什么都管用。

 What a terrible idea! I think I'll just keep on saving China's water!

什么馊主意! 我想还是给我们中国省点水吧!

你用什么牙膏?

**What toothpaste do you use?**

 Your teeth are so white and regular. You must look after them well.

你的牙齿洁白整齐, 你一定打理地很仔细。

 Yes, I give them a good brushing every morning and evening.

是的, 我早晚都会仔细刷牙。

 What toothpaste do you use?

你用什么牙膏?

 Nothing special. The cheapest I can find, as they are all the same really.

没什么特别的, 即使再便宜我也觉得都一样。

化妆打扮。

### Doing her face.



Why is your roommate always late for class?

为什么你的室友总是上课迟到?



She spends so long doing her face every morning.

每天早晨她会花很长时间化妆打扮。



I think that girls today all wear too much make-up.

我觉得现在女孩子们的妆都化得太过了。



I agree with you. That's why I go for the natural look.

我同意,这就是为什么我崇尚素颜。

你听哪个台?

### What do you tune in to?



Do you listen to the radio in the morning?

早晨你听广播吗?



Yes I do. I don't understand every word but it's a good way to practice my English listening.

听了,虽然有些单词我听不懂,但是这对练习听力很有帮助。



What do you tune in to?

你听哪个台?



In the morning I listen to VOA and at night I try the BBC.

早上我听 VOA,晚上我听 BBC。

你每天早晨背  
诵课文吗?

### Do you recite some passage every morning?



When I was in first year of college I used to read some English aloud every morning.

上大一时,我经常在早晨大声读英语。



Why did you stop?

你咋不读了呢?



Because all my neighbours complained about the noise.

因为所有邻居们都抱怨,嫌有噪音。

只是梳梳头。

### Just drag a comb through it.



It takes me so long to wash my hair in the morning.

早上我总是花很长时间洗头发。



That is why you always look very neat and tidy.

所以你看起来总是既干净又整洁。



Don't you wash your hair every day?

你每天都洗头吗?



No I only have time to drag a comb through it.

不,我只有梳头发的空。

匆匆随便穿了一件。

### Throw on the first thing that comes to hand.



My goodness Your clothes look a bit unusual today!

天呐,你今天穿看起来有点另类!



I got up so late that I had to just throw on the first thing that came to hand.

我起得太晚了,就匆匆随便穿了一件。



It is certainly an interesting combination!

这确实是一个有趣的搭配。

看起来就像刚被炮炸过一样。

### It looks like a bomb hit it.



We'd better tidy this room up before we leave.

我们最好走之前收拾下这个房间。



But we don't have much time. It'll be OK but we time not much. Room is still OK, not very dirty.



No we have to do something about it. It looks like a bomb hit it.

不行,我们得收拾下。它看起来就像刚被炸过一样。

你能帮我收拾  
下床吗?

★ the very  
last time: 最  
后一次。

**Could you make my bed for me?**

 Mary, I have to rush out for my part-time job. Could you make my bed for me?

玛丽,我得马上去做兼职了。你能帮我收拾下床吗?

 Huh! Again! But this is the very last time! 啊? 又让我收拾。不过这可真是最后一次了。

 You are an angel! 你简直就是天使!

把所有热水都  
用光了。

**Don't use up all the hot water.**

 I'll need to wash my hair this morning. 我今天早晨得洗头。

 That's OK, but don't use up all the hot water like you usually do. 好吧,不过别像以前那样把所有热水都用光了。

邋邋透透。

**Like something the cat dragged in.**

 Hurry up! Let's get to class. 快点,得上课了。

 You had better tidy yourself up a bit first. 你最好先收拾一下自己。

 Why? What's wrong with me? 为什么? 我有什么不妥吗?

 You look like something the cat dragged in. 你看起来邋邋极了。

你最好快点。

**You'd better get a move on.**

 What time is it now? I have a class at 8. 几点了? 我八点有课。

 Well, you'd better get a move on, because it's five to eight now! 哦,那你最好快点,差五分八点了。

## 饮食



早饭我们吃什么？

**What will we do about breakfast?**



What will we do about breakfast to-day?

今天早饭我们吃什么？



Let's go out and buy something exciting.

我们出去买些好吃的吧。

我喜欢早晨喝些牛奶。

**I like to have some milk in the morning.**



What do you eat for your breakfast?

你早饭吃什么？



I don't bother too much about eating but I like to have some milk in the morning.

我就是随便吃点, 不过我喜欢早晨喝些牛奶。

吃了鸡蛋工作真带劲！

**Go to work on an egg!**



What do you think is the best thing to eat in the morning?

你认为早晨最好吃什么？



I believe in that old slogan: go to work on an egg!

我相信那句老话: 吃了鸡蛋工作真带劲！



Do you eat an egg every morning?

你每天都吃一个鸡蛋吗？



Most days anyway.

基本上每天都吃。

边跑边吃。

**Eat it on the run.**



Where do you go to get your breakfast?

你一般都去哪里吃早饭？



Usually I am so late that I just have to eat it on the run.

我一般起床都很晚,所以我都边跑边吃。



That's not very good for your health. You should have a proper breakfast. 那对你身体不好,你应该好好吃早饭。

随便吃点快餐。

### Just grab a quick snack.



I like to eat rice congee for breakfast. How about you?

我喜欢早上喝大米稀饭。你呢?



I'm afraid I usually just grab a quick snack at one of the food-stalls.

恐怕我一般都只能从小吃摊随便吃点快餐。

坐下来好好吃。

### A sit-down meal.



I really enjoy eating breakfast during the holidays...

我真的很享受在假期吃早饭。



Why's that?

为什么呢?



Because then my mother always insists on us having a proper sit-down meal.

因为在假期我妈总是要让我们坐下来好好吃早饭。



Yes, mine is just the same. But usually there is never enough time for that.

是啊,我妈也是。但是平时我们都没太有时间坐下来吃。

牛奶富含钙。

### Milk is rich in calcium.



Why do you always drink a bag of milk every morning?

为什么你每天早上都喝一包牛奶?



Well, a doctor told me that milk is rich in calcium and that calcium gives you strong bones.

哦,医生告诉我牛奶富含钙,而钙能让你变强壮。