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# 我要学



*I Need To Learn*

Daily Life English

盛丹丹 主编

# 时尚生活



# 英语



金盾出版社

# 我要学

# 时尚生活英语

## I Need To Learn Daily Life English

主编

盛丹丹

编委

李启成

王丹丹

张长会

田雨林

刘景东

于树军

靳冬梅

金盾出版社

## 内 容 提 要

生活类的口语书很多,版式上五花八门,内容上不外乎在外吃饭、去邮局和在银行……虽然这是生活的一部分,可是现在年轻人的生活已经更加丰富多彩了。现在的年轻人除了交流传统的话题之外还有更多的内容,譬如,我们会谈论小沈阳,谈论中西合璧的爱情故事,会去美体健身,会更多地关注健康话题和时事热点……本书分为7章58单元,内容包括:小家日子、大家生活、爱之蜜语、校园圣地、生活调味剂、青春永驻和社会广角,话题全面而丰富,内容实用而新鲜,语言地道而流畅,相信会是大家提高英语口语水平的得力助手。

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# 前 言

常常有人当众宣布：我要学英语啦！我要狠下心来学英语啦！

常常有人暗自思忖：我的英语太差了！我必须找本合适的自学教材！

常常有人自怨自艾：我的口语太烂了！我必须加把劲充充电啦！

常常有人心急如焚：我没有学习英语的语境！我怕我的努力都白费！

你也曾做过这样的心理斗争吧？

其实，学英语，没有想象中那么困难。

只要你有“我要学英语”这样的积极性，选对一本合适的教材，从头到尾跟读跟练，就等于请了一位贴心的外教，随传随到！

《我要学时尚生活英语》以日常生活大小事为主线，分为小家日子、大家生活、爱之蜜语、校园圣地、生活调味剂、青春永驻和社会广角。话题涵盖日常生活吃穿住用行以及社会热点关注问题。新鲜和时尚的内容设置让读者在了解传统话题之外知晓了更加异彩缤纷的世界。书中每个单元设置“单元目标”——本单元重点要学会的内容；“语音集训”——绕口令热身，挑战自我；“先听为主”——流畅地道的英语对话；“IN 语点拨”——剖析对话中使用的时髦用法、时尚俚语、常用习语；“高频用语”——对话所未能言尽的使用频率高的经典表达；“开心一笑”——双语对照小幽默。这样的版块安排是我们精心设计的，可以使读者在重点学习之外有更多的收获。

本书在编写过程中得到了北师大和首师大诸位同仁以及外教老师们的大力支持,感谢他们为本书所作的辛勤笔耕和细致审校工作!

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# Chapter 1 Home Life

## 小 家 日 子

### Unit 1 Keep Good Hours 早睡早起

#### 单元目标

1. 学会用英语描述睡眠质量
2. 学会有关 stay 的习惯用语

#### 语音集训

1. Canners can can what they can can but can not can things can't be canned.
2. Ted sent Fred ten hens yesterday so Fred's fresh bread is ready already.

及格时间:14 秒

你的记录:\_\_\_\_\_

#### 先听为主

#### Dialogue 1

#### Disciplinary sleep is important

A: Helen, it's nine o'clock. You have to get up.

B: I know, mum. But I still feel sleepy and I have a headache.

A: When did you go to bed last night? Did you stay up late again?

B: Yes, I have to work out a program plan and hand it in this afternoon.



A: You must didn't have enough sleep. You should come down and have a glass of milk, then have a good sleep later.

B: I think so, mum.

A: You know disciplinary sleep is very important for our health or we won't have enough energy for daily activities.

B: Yeah, I know. But I always have emergent work to do.

A: That's why you always have headache and still feel sleepy after awaking.

B: Maybe you're right, mum.

A: Have the milk and go back to have a good sleep. I'll wake you up at noon.

B: OK. Thank you, mum.

### 对话 1

#### 有规律的睡眠很重要

A: 海伦, 九点了。该起床了。

B: 我知道, 妈妈。但是我还是觉得困, 而且头疼。

A: 昨晚你几点睡的啊? 又熬夜了吗?

B: 是的, 我必须做出项目企划并且在下午上交。

A: 你一定是没睡够。你应该下楼来喝杯牛奶然后再好好地睡一觉。

B: 我也是这么想的, 妈妈。

A: 你知道有规律的睡眠对我们的健康是很重要的。否则我们就没有精力进行日常活动了。

B: 是的, 我知道。但是我总是有紧急的事情要做。

A: 这就是你经常会头疼, 并且醒了之后仍然会困的原因。

B: 也许你是对的, 妈妈。

A: 喝杯牛奶然后再去好好睡一觉。我中午叫你。

B: 好的。谢谢你, 妈妈。

## Dialogue 2

### A sound sleep

A: Good morning!

B: Good morning! You look very tired. What's wrong with you?

A: I don't know. I have a bad headache.

B: Did you have a good sleep last night?

A: I'm afraid not. I dreamed the whole night and was aroused by the nightmare at midnight.

B: Maybe that's the reason. You have a headache just because you didn't sleep well.

A: I always dreamed a lot these days and can not have a good rest.

B: Are you busier with your work or is there any pressure in your daily life?

A: Er, I have just accepted a new program and I've been working on it.

B: That's it. You should take it easy, and then you can sleep well.

A: Does it work?

B: Of course. You can wash your feet with hot water before sleeping, and that'll help you have a sound sleep.

A: Thank you for your advice. I'll try it tonight.

B: You're welcome.

## 对话 2

### 睡个好觉

A: 早上好!

B: 早上好! 你看起来很累。怎么了?

A: 我不知道。我头很疼。

B: 你昨晚睡得好吗?



A:恐怕不是很好。我整晚都在做梦,并且半夜还被噩梦惊醒了。

B:也许这就是原因。你头疼是因为你没有睡好。

A:最近我总是做梦,而且休息不好。

B:你工作是不是更忙了?还是生活有压力?

A:哦,我刚刚接手了一个项目,正努力做呢。

B:这就是原因了。你应该放轻松点儿,那样就能睡好了。

A:这样有效吗?

B:当然。你可以睡觉前用热水泡泡脚,那会帮你睡个好觉的。

A:谢谢你的建议。我今晚会试试的。

B:不客气。

## IN 语点拨

### stay up 熬夜,不睡

“stay”为动词,意思是“停留,逗留”,后引申出“坚持,与……并驾齐驱”的意思。在英语中,关于“stay”的习惯用语很多,并且在口语中广泛应用,比如“stay clear of(避开,不与……接触)”,“stay out of(不参与,不插手,置身于……之外)”等。“stay up”是其中的一个,意思是“熬夜,不睡”,经常用于谈论关于睡眠和休息的话题。

“stay by”是美国口语中经常用到的短语,意思是“呆在……的旁边,留在……的旁边”,例如:“You once made this promise to stay by my side. But after some time you just pushed me aside. (曾经你许下承诺要留在我的身边,但只过了不久你就把我推到一旁。)”

## 高频用语

### \* 睡眠质量

1. Did you sleep well last night? 你昨晚睡得好吗?
2. Did I snore again last night? 我昨晚又打呼噜了吗?
3. You look awful and have black eyes. What happened to you? 你看起来很不好,还有黑眼圈。怎么了?

4. Yeah, I slept like a dog. And I even dreamed I have passed the exam. 是的,我睡得很熟。我甚至梦到考试通过了。
5. Yes. And I couldn't get to sleep because of you. 是的。因为你我无法入睡。
6. I didn't go to bed until midnight because of the final exam. 因为期末考试我直到半夜才睡。

### ✱ 睡眠时间

1. When do you usually go to bed and get up? 你通常什么时候睡觉,什么时候起床?
2. How long should adults sleep to keep healthy every day? 成年人每天应睡多久以保持健康?
3. Is the sleep the longer, the better? 觉是睡得越多越好吗?
4. I usually go to bed at ten and get up at six. 我通常十点睡觉,六点起床。
5. The latest newspaper said seven hours would be enough for adults each day. 最新的报纸说成年人每天有七个小时的睡眠就足够了。
6. The statement is not scientific. High quality of sleep is the most important. 这种说法不科学。高质量的睡眠才是最重要的。

### 开恩一笑

#### A Big E-mail Mistake

An Illinois man left the snowballed streets of Chicago for a vacation in Florida. His wife was on a business trip and was planning to meet him there the next day. When he reached his hotel, he decided to send his wife a quick e-mail.

Unable to find the scrap of paper on which he had written her e-mail address, he did his best to type it in from memory. **Unfortunately**, he missed one letter, and his note was directed instead to an

elderly **preacher**'s wife whose husband had passed away only the day before. When the **grieving** widow checked her e-mail, she took one look at the monitor, let out a piercing scream, and fell to the floor dead.

At the sound, her family rushed into the room and saw this note on the screen:

*Dearest wife,*

*I've just come here, and everything is prepared for your arrival tomorrow.*

*Sure is hot down here.*

*Your loving husband*

Note: Illinois is a state of East America, and it's cold in winter. While Florida is a state of South America and it's hot the whole year.

### 一个致命的邮件错误

一位伊利诺斯州男子离开街头能打雪仗的芝加哥到佛罗里达州度假。他的妻子正在外地公干,准备第二天在佛罗里达州与他会合。该男子到了酒店就急忙给妻子发电子邮件。

由于找不到写有妻子邮箱地址的纸条,他尽最大努力靠记忆输入了邮箱地址。不幸的是,他漏掉了一个字母,结果这封邮件发到了——一位年老的牧师太太手里。这位太太的丈夫前一天刚过世。当这位悲痛的新妇查看邮件时,她看了下显示器,尖叫一声,跌倒在地去世了。

听到叫声,她的家人急忙冲到屋子里,看到电脑屏幕上有这样的邮件:

亲爱的,

我刚来这里,一切都准备好了,以迎接你明天的到来。

这下面(南方这里)真的好热。

爱你的夫君

注:伊利诺斯州是美国东部的一个州,冬季寒冷。佛罗里达州在美国南部,全年炎热。

unfortunately [ʌn'fɔ:tʃənətlɪ] *ad.* 不幸地

preacher ['pri:tʃə(r)] *n.* 牧师

grieve [gri:v] *v.* 使悲伤;伤心,痛苦

## Unit 2 Home Cooking 巧手家常饭

### 单元目标

1. 学会用英语谈论家庭用餐
2. 学会有关 forward 的习惯用语

### 语音集训

1. Mike likes to write by the nice bright light at night.
2. I'd buy my ties before the price begins to rise.

及格时间:10 秒

你的记录:\_\_\_\_\_

### 先听为主

#### Dialogue 1

#### Breakfast

A: Hurry up, Mike. It's eight o'clock now. It's time to go to school.

B: All right. I'll be coming.

A: The breakfast is ready.

B: It smells good. I want a glass of milk and an egg.

A: All right, but you have to wait a minute.

B: OK, I know.

A: The milk and egg have come. Come here and have them!

B: It's delicious! I'm full and have to go to school, mum.

A: OK, have a good time.

## 对话 1

### 早餐

A: 快点, 迈克。8 点钟了, 该上学了。

B: 好的, 我就来。

A: 早餐准备好了。

B: 闻起来好香啊。我要一杯牛奶和一个鸡蛋。

A: 好的, 不过你要等一下。

B: 好, 我知道了。

A: 牛奶和鸡蛋来了, 过来吃吧。

B: 好吃! 我吃饱了, 要去上学了, 妈妈。

A: 好的, 过得愉快。

## Dialogue 2

### What do you want to eat for lunch

A: Mum, what are we going to eat this noon?

B: I am thinking about it. Any ideas or suggestions about what should I make?

A: How about potatoes?

B: That sounds good. Could you help me in the kitchen?

A: Of course. What should I do?

B: First, get some potatoes from the fridge, and then wash them.

A: OK. Like this?

B: Yes, very good. You are really smart, honey.

A: The potatoes are ready. What else can I do?

B: Nothing here. Set them on the table and the dish will be ready soon. You can go out to wait and watch TV.

A: I'm looking forward to it, mum.





## 对话 2

### 你中午想吃什么

A: 妈妈, 我们中午吃什么?

B: 我正在想, 有什么想法或建议吗?

A: 土豆怎么样?

B: 听起来不错, 你能来厨房帮我吗?

A: 当然可以。我该做些什么?

B: 首先, 把土豆从冰箱里取出来, 然后洗净。

A: 好的。像这样吗?

B: 是的, 很好, 你真聪明, 亲爱的。

A: 土豆准备好了。我还需要做什么?

B: 不需要了。把它们放在桌子上, 菜一会儿就好了。出去边看电视边等吧。

A: 我很期待呢, 妈妈。

### IN 语点拨

#### looking forward to 盼望, 期望

“forward”是形容词, 有很多意思, 但最常用也是最基本的意思是“前部的, 向前的”。它经常与其他的动词联合起来使用, 在口语中应用广泛。“looking forward to”是其中一个, 意思是“盼望, 期望”, 经常用于表达愿望的句子中。与“forward”相关的短语还有“put forward(提出), be forward with(在……方面先进)”等。

“backward(s) and forward(s)”是美国口语中经常用到的短语, 本意是“来回地, 往复地”, 引申含义是“透彻地, 充分地(了解)”。

### 高频用语

#### ✱ 询问何时吃饭

1. Is the breakfast ready? 早餐准备好了吗?
2. I'm very hungry. When will the supper be ready, honey?

