



不小心 就背熟

4000 单词 袋走着

张耀飞◎著



独家嵌入式单词记忆法！ | 252篇当下最热门的短文话题，

单词就要灵活背！ | 4000个最实用的关键单词，
1200多个实战练习题！

从学校到职场→从大学英语四、六级到公务员考试→从面试到职称评定， | 美国人正在活用的口语素材。

| 报纸、杂志、广播、电视中常见的新闻点，
考试中的热门话题。

绝对都能看到这4000个单词的影子！ | 保证最地道，最经典！



小心！ 4000单词一辈子忘不掉！

图书在版编目(CIP)数据

不小心就背熟：4000单词袋着走 / 张耀飞著. — 长春：吉林出版集团有限责任公司，2012.3

ISBN 978-7-5463-8542-6

I. ①不… II. ①张… III. ①英语 - 词汇 IV. ①H313

中国版本图书馆CIP数据核字(2012)第022601号

不小心就背熟：4000单词袋着走

-
- | | |
|------|---------------------|
| 作 者 | 张耀飞 |
| 选题策划 | 含章行文 |
| 责任编辑 | 王 平 齐 琳 |
| 特约编辑 | 姜程程 |
| 开 本 | 787mm × 1092mm 1/32 |
| 字 数 | 449千字 |
| 印 张 | 16.25 |
| 版 次 | 2012年6月第1版 |
| 印 次 | 2012年6月第1次印刷 |
-
- | | |
|-----|---|
| 出 版 | 吉林出版集团有限责任公司 |
| 电 话 | 总编办：010-63109462-1104
发行科：010-63329002 |
| 印 刷 | 北京鑫海达印刷有限公司 |
-

ISBN 978-7-5463-8542-6

定价：45.00元


版权所有 侵权必究 举报电话：010-63109462-1104



使用说明

User's Guide

horizing 4000 vocabularies
the least effort

Essay 5 +  track 03

1. MP3 音轨标示

光碟音轨精确索引，要听哪就听哪，分秒不浪费！

2. 单词序号速查

标记单词序号左右对照，
词义瞬间一目了然！

3. 口译即时通

翻译逐句不逐字，拒绝中
式英文与英中文，母语外
语两得意！

4. 皇冠关键指南

关键词句提点，多一分留
意，深一点记忆！

According to the police, the deceiver was a beautiful girl, who always targeted **baseball** or **basketball** players. There were two **basic** tricks of her. One was pretending to be a **barber**, asking them to take a hot **bath** in her newly-built **bathroom** and charged a lot. The victims had to ransom their clothes in the locked **basket**, or they had to go home with naked bodies. Even though one had the cheek to walk out of the **bathroom**, she would scream loudly and accused him of exhibitionism until he paid. Since those **baseball** and **basketball** players were notables, their reputation was much more important than money.

Another was inviting them to the **bar** or **beach**. She would wear few clothes, and some **bears** would lose control beside such a sexy **beauty** and contribute their fortune. However, no one could avoid his wet shoes if he always walked along the riverside. **Based** on the information, a policeman **beat** her bodyguard with a **bat** and took her to **bathe** herself in the jail.

口译即时通

据警察说，这个骗子是个美女，目标大多是棒球或篮球选手。她的两个基本计谋是：第一，假装成理发师，要求他们在她新建的浴室里洗热水澡，然后收取高价。受害者必须把锁在篮子里的衣服赎回，不然他们就得光着身子回家。即使有人敢厚着脸皮走出浴室，她也会大声尖叫。指控对方是暴露狂。直到他付了钱了事。因为这些棒球和篮球选手都是名人，他们的名誉都比钱重要太多了。

另一个则是邀请他们去酒吧或海滩。她会穿得很少。某些鲁莽的家伙在这么性感的美女身边会难以自制而付出财产。然而，需沿河边走，怎能不湿鞋。根据这些信息，一个警员用球棒痛击她的保镖，然后带她去监狱里“受洗”了。

16

5. “一行绝学”微学习

用一行记忆学会单词用法，轻分量微
学习，成效渗透最彻底！

6. “记忆光谱”随堂考

每学完16个单词立刻进行填词复
习，高频检测不易忘！

单词一点灵

66 bar [bɑ:]

③ 棒; 沙洲; 酒吧

④ 拦住; 禁止

⑤ ⑥

同义句 obstruct ④ 禁止

67 barber ['bɑ:bə]

③ 理发师

⑤ ⑥

同义句 haircutter

68 base [beɪs]

③ 基础

④ 基于……

⑤ ⑥

用法 base on N 奠基于某物之上

69 baseball ['beɪsbɔ:l]

③ 棒球

⑤ ⑥

70 basic ['beɪsɪk]

③ 基本的

⑤ ⑥

同义句 fundamental

71 basket ['bɑ:skɪt]

③ 篮子; 篮子

⑤ ⑥

72 basketball ['bɑ:skɪtbɔ:l]

③ 篮球

⑤ ⑥

73 bat [bæt]

③ 球棒

⑤ ⑥

④ 眨眼

74 bath [bɑ:θ]

③ 洗澡

⑤ ⑥

同义句 take a bath 洗澡

75 bathe [beɪð]

③ 洗澡

⑤ ⑥

76 bathroom ['bɑ:θrʊm]

③ 浴室

⑤ ⑥

77 beach [bi:tʃ]

③ 海滩

⑤ ⑥

78 bear [beə]

③ 熊; 饲养之人

⑤ ⑥

④ 支持; 承受; 生小孩

⑤ ⑥

动词三态 bear, bore, born

79 beat [bi:t]

③ 敲击

⑤ ⑥

④ 敲击

⑤ ⑥

动词三态 beat, beat, beaten

80 beautiful ['bjʊtəfʊl]

③ 美丽的

⑤ ⑥

同义句 pretty

81 beauty ['bjʊti]

③ 美人

⑤ ⑥

记忆
光谱

1. These poor people lack the _____ necessities of life.
2. Sally put on her clothes after taking a _____ in a bathtub.
3. He could not _____ that his friends should laugh at him.
4. Little children like to _____ drums.
5. The view from the top of the mountain is _____.

1. basic
2. bathe
3. bear
4. beat
5. bare

ANSWERS

7. 多词性+词字义衍伸

精选常用词性与词义, 并将中文使用者以粗体标示, 学得又不错乱!

8. 防窥设计解答

颠倒式防窥设计, 答案不外泄, 思考更深入!

作者序 PREFACE

拜托！不用根本背不熟！

目前坊间单词书琳琅满目，从1000词、2000词、3000词……到10000词都有，绝大多数的结构都是一个单词、一个音标、一个词义配一个例句，但是，这样的编排，真的有可能帮助读者熟背单词吗？并且很多例句都是鱼目混珠，完全没有显示出该单词的“精准度”。例如：tomato，最糟糕的例句就是My mother bought me a tomato. 这里的tomato，换成cake, computer, shoes等风马牛不相及的单词通通都可以，这样读者要怎么做联想来记忆单词呢？相比较来说，Bloody Mary is a popular cocktail containing vodka, tomato juice, and other spices. 这个句子就让tomato更“有存在感”了！

鉴于此，我以教育部公布的大学入学考试必备4000单词为基础，设计出共252篇的情境式文章，让读者从情境中深入学会怎么“用”一个单词——要加什么介词？通常与什么词组合用？过去式和过去分词是什么？……从而把这4000个单词镌刻脑海，成为像吃饭喝水一样自然的语言。这4000个单词就现在英语的普及度而言，已经堪称全民必备，所以，不管你是否要考大学，请将这4000个单词用我的方法嵌入你的日常生活吧！

张耀东



【使用说明】 User's Guide

【作者序】 Preface 拜托！不用根本背不熟！

Level1 Essay1 ~ Essay636

Level2 Essay64 ~ Essay126134

Level3 Essay127 ~ Essay189.....262

Level4 Essay190 ~ Essay252.....390



Essay 1 ~ Essay 63

E s s a y 1 ~

词性介绍

● 名 名词

● 介 介词

● 动 动词

● 代 代词

● 形 形容词

● 冠 冠词

● 副 副词

● 连 连词

● 助 助动词

● 感 感叹词

Essay 1 +



track 001

Rebecca was a beautiful and popular **actress**⁸. She was **able**¹ to date with three different **actors**⁷ in one **afternoon**¹⁴. She considered it a common place in **adults'**¹¹ world, so she's not **afraid**¹² of men's fight out of jealousy.

One day, Rebecca drove her car **across**⁴ the fast traffic lane **against**¹⁶ the traffic rules. She bumped into the medial island and was severely injured, so she could not **act**⁵ completely. All of her lovers ran straight to the hospital **after**¹³ they heard **about**² it. The **action**⁶ of anesthetic tranced her for several hours. When she woke up and looked **above**³, only the nurse was **adding**⁹ water to her glass. She asked whether her boyfriend had come or not.

“You mean your boyfriends? They had a quarrel when knowing you have different **addresses**¹⁰. Then they left you alone out of anger.” Rebecca felt regretted and decided not to do that **again**¹⁵.



口译即时通

丽贝卡是个美丽又受欢迎的女演员。她能够一个下午和3个不同的男演员约会。她认为这在成人世界里是家常便饭，所以也不担心男人们争风吃醋。

有一天，丽贝卡违规开车穿越快车道。她撞到了中央分隔岛，受了重伤，完全不能演戏了。她所有的男朋友一听说这个消息就都冲往医院。麻醉药的作用让她昏睡了几个小时。当她醒来时发现，只有护士正在往她的杯子里加水。她向护士询问，她的男朋友是否来过。

“你是指你的‘男朋友们’吗？他们一知道你拥有不同的地址就吵了起来，然后就丢下你，气呼呼地走了。”丽贝卡很后悔，决定不再重蹈覆辙。

单词一点灵

1 able [eɪbəl]

形 能够；有能力的

用法 be able to 能，会

2 about [ə'baʊt]

介 关于；在附近；大约

副 大约；在附近；到处

3 above [ə'boʊv]

介 在……之上

副 在上；向上

形 上述的

词组 above all 最重要的

4 across [ə'krɒs]

介 横越

副 横过

5 act [ækt]

名 行动

动 行动；表演

6 action [ækʃən]

名 行动；作用

7 actor [ˈæktə]

名 男演员

8 actress [ˈæktɪs]

名 女演员

9 add [æd]

动 增加

10 address [ə'dres]

名 地址

动 致词

11 adult [ˈædʌlt]

形 成人的

名 成年人

12 afraid [ə'freɪd]

形 害怕的

用法 be afraid of 害怕……

13 after [ˈɑːftə]

连 在……之后

形 以后的

副 之后

反义词 before **连** 在……之前

14 afternoon [ˌɑːftə'nʊːn]

名 下午

15 again [ə'geɪn]

副 再一次

16 against [ə'geɪnst]

介 反对；违反；倚靠着

记忆光谱

1. There is a mirror ____ the washbasin.
2. Sixty people voted ____ the new project.
3. This film is suitable for both ____ and children.
4. The professor gave a speech ____ global warming.
5. Arnold was considered the best ____ in America.

Answers:
1. above
2. against
3. adults
4. about
5. actor

Essay2+



track 002

Almost²⁷ **all**²⁵ teenagers **agree**¹⁹ that it's embarrassing to admit being **alone**²⁸ when you are above a specific **age**¹⁷. If one **already**³⁰ has the love experiences, it seems easy for him/her to have a new relationship; however, if not, maybe he/she will **always**³² keep single.

Jimmy was **also**³¹ in such a situation. Three years **ago**¹⁸, he worked in the **airport**²⁴ and encountered a nice girl whose name was Lisa. Every time the **airplane**²³ she went aboard took off, Jimmy would run **along**²⁹ and waved her goodbye. Lisa knew very well that Jimmy really had a crush on her. One day, Lisa sent him an **airmail**²² letter and said she was married, so it's not **allowed**²⁶ to keep contact with him. He dashed to the airport **ahead**²⁰ of time, looking in the **air**²¹. Lisa did not show up in the end. Her firm attitude was quite cruel for Jimmy, which made him lose the courage to chase girls in the after years. Now Jimmy is thirty years old. He dares not to admit he's still a bachelor.



口译即时通

几乎所有的年轻人都一致认为，当你到了一定年纪，承认自己单身是很难为情的。如果一个人已经有了恋爱经验，要找到新对象似乎不难，反之，或许就会一直单身下去。

吉米也曾置身于这种情况。3年前，他在机场工作，邂逅了一名叫丽莎的女孩。每次她搭乘的飞机起飞后，吉米就会追逐上前，向她挥手道别。丽莎很清楚吉米已经迷恋上她了。某天，丽莎寄了一封航空邮件表明她已经结婚，所以不能再和他联系。他提前冲往机场向天空遥望，丽莎最后并没有出现。她坚决的态度对吉米来说很残忍，让他在之后的几年之中，都失去了追求其他女孩的勇气。现在吉米已经30岁了。他不敢承认自己还是个单身汉。

单词一点灵

17 age [eɪdʒ]

名 年龄

动 变老

一行
绝学

同义词 ripen 动 变老; 成熟

18 ago [ə'ɡəʊ]

副 之前

19 agree(ment) [ə'ɡri:(mənt)]

动 同意

名 协议

20 ahead [ə'hed]

副 预先; 在前

一行
绝学

词组 ahead of time 事先

21 air [ɛə]

名 空气; 大气; 天空

22 airmail ['ɛə,meɪl]

名 航空邮件

23 airplane ['ɛəpleɪn]

名 飞机

一行
绝学

同义词 plane

24 airport ['ɛəpɔ:t]

名 机场; 航空站

一行
绝学

同义词 airfield

25 all [ɔ:l]

形 全部的

代 全体

26 allow [ə'lau]

动 允许

27 almost ['ɔ:lmeʊst]

副 几乎

28 alone [ə'ləʊn]

形 单独的

副 独自地

一行
绝学

同义词 single 形 单独的

29 along [ə'lɒŋ]

介 沿着

副 一起; 面前

一行
绝学

词组 get along with
与……相处融洽

30 already [ɔ:l'redɪ]

副 已经

一行
绝学

反义词 yet 副 尚未

31 also ['ɔ:lsəʊ]

副 同样地

32 always ['ɔ:lweɪz]

副 总是; 永远

记忆 光谱

1. My dad drives a car ____ the river.
2. For years Mary lived ____ in New York.
3. Our grandmother's home is located on the hills ____.
4. John sent a letter by ____ last night.
5. Since you've accepted the invitation, I'll ____ accept it.

Answers:
1. along
2. alone
3. ahead
4. airmail
5. also

Essay 3+ track 003

In the **army**⁴⁷, Alex was the smallest **among**³³ his comrades. He looked like an **ant**⁴⁰ in front of the tallest person, who's like an **ape**⁴². Therefore, he avoided making **any**⁴¹ of them **angry**³⁶ **and**³⁴ **appeared**⁴³ very obedient, just like a tame **animal**³⁷ people breed in the cage.

In **April**⁴⁴, a game of physical fitness was going to be held. Alex was very anxious about that. He knew he was too weak to stand the physical training, **and** if he fainted or got hurt, people would laugh at him. He could even imagine a worse situation that people would bully him more impudently than before. He didn't want the nightmare to come true, but the solutions he thought of were not feasible. Finally, he found **another**³⁸ solution.

At that day, the commander went to wake him up.

"My right **arm**⁴⁶ got hurt. The doctor said it needs three days to recover." Alex **answered**³⁹, pretending that his **arm** hurt greatly. "OK. Then you have to patrol in the night **around**⁴⁸ the **area**⁴⁵." Alex stared at him in **anger**³⁵ but had no choice.



口译即时通

亚历克斯在军队的战友之中是最矮的。当他站在最高的人面前，就像蚂蚁面对猩猩。因此，他避免惹怒任何人，并且表现得很顺从，像只被豢养在笼子里的温驯动物。

4月份，有一场体能竞赛。亚历克斯对此非常焦虑。他知道自己太孱弱，无法承受体能训练，如果昏倒或是受伤，一定会遭人嘲笑。他甚至可以想象到一个更糟的情况，大家将变本加厉地欺凌他。他不希望噩梦成真，但是他想到的解决方案都不可行。最后，他找到另一个解决方法。

那一天，中校亲自来叫他起床。

"我的右臂受伤了，医生说要3天时间才能康复。"亚历克斯说着，假装手臂痛得很厉害。"好。那你晚上就得在这一区域附近巡逻。"亚历克斯忿忿地瞪着他，却也无可奈何。

单词一点灵

33 among [ə'mʌŋ]

一行
绝学

介 在……之中

用法 among 用于三者以上，
between 用于两者之间

34 and [ænd]

连 和；然后；而且

35 anger ['æŋɡə]

一行
绝学

名 生气

同义词 irritation

36 angry ['æŋɡrɪ]

一行
绝学

形 生气的

用法 be angry at/with/about sth.
对……生气

37 animal ['æniməl]

名 动物

38 another [ə'nʌðə]

形 另一个的

代 另一个

39 answer ['ɑ:nsə]

一行
绝学

名 答案

动 回答

用法 answer to... 某事的答案

40 ant [ænt]

名 蚂蚁

41 any ['eni]

代 任何一个

42 ape [eip]

名 大猩猩

43 appear [ə'piə]

动 出现；显露

44 April ['eiprəl]

一行
绝学

名 四月

缩写 Apr.

45 area ['ɛəriə]

一行
绝学

名 地区；领域

同义词 region

46 arm [ɑ:m]

名 手臂

动 用武器装备

47 army ['ɑ:mi]

名 军队

48 around [ə'raʊnd]

介 大约；环绕；在……各处

副 各处

记忆
光谱

1. Flies buzzed _____ the dead cow.
2. I don't like this one. Please show me _____.
3. The defendant failed to _____ in court.
4. Tom has always been popular _____ his classmates.
5. There were over 2 inches of rain in coastal _____.

Answers:
1. around
2. another
3. appear
4. among
5. areas

Essay 4+



track 004

Three of my single **aunts**⁵³ form a rock **band**⁶³, “Naughty **Bananas**⁶²”, because they like this fruit. Although I call them “auntie”, they are not middle-aged women but young ladies whose average age is twenty five. They all work in the **banks**⁶⁴, so they could get off duty very early. Without husbands and **babies**⁵⁶, they are also freer than women at the same age, so there is plenty of time for their **band** practice. One of them plays bass, while the other two are guitarist and vocal. The vocal sometimes plays keyboard. The songs they perform are mostly composed by themselves, including various music styles.

As⁵⁰ the **bad**⁵⁸ economy results in high unemployment rate, **art**⁴⁹ seems an inspiration for people. The **band** was **asked**⁵¹ to hold a concert in **August**³². It was a pity that one member was **away**⁵⁵ and would get **back**⁵⁷ in **autumn**⁵⁴. I prepared **balloons**⁶¹, **bags**⁵⁹ and colorful **balls**⁶⁰ to root for them. My **aunts** were like two superstars on the stage, and their encore climaxed the concert. That was indeed a funny experience!



口译即时通

我的3个单身阿姨组成了一个摇滚乐团，名字叫做“淘气香蕉”，因为她们喜欢这种水果。虽然我叫她们“阿姨”，但她们并不是中年妇女，而是平均年龄在25岁的年轻小姐。她们都在银行工作，所以她们可以很早下班。因为没有丈夫和小孩，她们也比同龄的女性更自由，因而有充裕的时间练习。她们其中一位弹奏的是贝斯，其他两位分别是吉他和主唱。主唱有时候也会弹琴。她们表演的歌曲大多都是她们自创的曲子，包括了多种曲风。

由于经济衰退造成高失业率，艺术看似能够激励人心。这个乐团在8月份受邀开演唱会。很可惜其中一个成员不在，到秋天才能归队。我准备了气球、袋子和彩色球为她们加油。我的阿姨们就像舞台上的两个超级巨星一样，她们的返场曲更让演唱会达到高潮。那实在是一次有趣的经历！

单词一点灵

49 art [ɑ:t]

名 艺术；艺术品

50 as [æz]

介 作为

副 和……一样

连 当……时

一行
绝学

词组 as easy as pie 非常容易

51 ask [ɑ:sk]

动 询问；要求

52 August ['ɔ:gest]

名 八月

一行
绝学

缩写 Aug.

53 aunt [ɑ:nt]

名 姑妈；阿姨

一行
绝学

同义词 auntie, aunty

54 autumn ['ɔ:təm]

名 秋季

一行
绝学

同义词 fall

55 away [ə'wei]

副 离开；不在

56 baby ['beibi]

名 婴儿；宝贝

57 back [bæk]

形 后面的

名 背部

副 回原处

58 bad [bæd]

形 不好的；有害的

59 bag [bæg]

名 袋子

一行
绝学

同义词 sack

60 ball [bɔ:l]

名 球；球状体

动 使成球状

61 balloon [bə'lu:n]

名 气球

动 像气球般膨胀；乘气球上升

62 banana [bə'na:nə]

名 香蕉

63 band [bænd]

名 带子；乐团

动 用带子捆住；聚集

一行
绝学

同义词 tie 动 用带子捆住

64 bank [bæŋk]

名 银行；堤岸

记忆 光谱

1. Tony just came ____ from Japan yesterday.
2. An apple a day keeps the doctor ____.
3. The girl was startled when the ____ exploded.
4. Philip was called up in ____ last year.
5. I like spring better than ____.

Answers:
1. back
2. away
3. balloon
4. August
5. autumn