

# TOEFL 听力习语必备

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# 前 言

托福听力，中国考生取得高分最大的拦路虎。

我们中学六年，大学四年学了这么长时间的英文，为什么考起听力，还是那么难？

新东方学校托福听力的教学实践使我产生了一个想法：为我们的考生做点事情，尽快帮助他们实现听力突破和飞跃的心愿。这也是本书成型的初衷。

托福听力是现代美国口语，而习语大量涌现本身就是口语的重要特征。因此托福听力要想得高分，解决习语问题至关重要。本书收录了大量托福听力常见习语，这些习语在真题当中不断出现，具有极高的重复率，是同学必须下大功夫解决的习语。此外，我们还补充了一些在日常生活中经常可以碰到的习语，这些习语在未来托福听力考试中出现的可能性极大，各位同学也应注意掌握。

真诚感谢新东方学校俞敏洪校长，他的指导是本书成型的重要原因。

**祝大家学业有成，前途无量。谢谢！**

许 杨

二〇〇〇年三月于北京新东方学校

# 托福听力核心习语

## A

### a big sale 大减价

托福听力当中,学生总是没钱,因此对减价总是极重视的。听说哪儿减价总会极有兴趣的。对照: on sale 在减价出售, for sale 在出售。

A: Those are great sneakers. Were they very expensive?

B: I never could have bought them if the shoe store wasn't having a big sale. 96. 1b - 26

A: 这旅游鞋可太漂亮了。贵吗?

B: 要不是鞋店在大减价我是永远也不可能买的。

### a bite to eat 一口(饭), 一点儿(吃的东西)

bite 这个字动词是咬的意思,但托福中一般用作名词, a bite to eat 本身是一个习语,极像中文里“一口”的意思。可以省略 to eat。

1) We stopped at the snack bar for a bite to eat. 92. 10 - 15  
我们在快餐店停下来吃了点儿东西。

2) A: There's a nonstop train for Washington leaving here at 2:15.

B: That will be faster than taking the one that leaves at 2:00 and it will give us time to get a bite to eat. 96. 10 - 29

A: 2点15分有一趟去华盛顿的直达快车。

B: 那会比两点出发的那一趟要快。这样我们就会有时间吃点儿东西了。

### **a bunch of** 一束；一群，一伙

另记忆：a bunch of flowers, 一束花, a bunch of boys 一群男孩，  
以及习语：a bunch of fives 拳头。

A bunch of us are getting together to go to the auto show. Care to join us? 98. 10 - 1

我们几个准备一起去看汽车展览，一块儿去吗？

### **a change of pace** 节奏的改变

托福听力中的学生学习都很努力，有时需要改变一下节奏，消遣一下。

You can't do these chemistry experiments all day long. You certainly need a change of pace. 97. 12 - 27

你不能整天总做化学实验。你需要消遣消遣。

### **a couple of** 两三个

1) A: Should I help clean up by throwing away these newspapers?

B: I want to clip a couple of articles first. 95. 5 - 32

A: 我帮你大扫除，把这些报纸扔了。

B: 我想先剪几篇文章。

2) A: I hope I'll be able to find Fred's sister at the bus station, all I know is that she's got brown hair and blue eyes.

B: I could go with you. I met her a couple of years ago.

96. 12 - 4

**A:** 我希望能在汽车站找到弗雷德的姐姐。我只知道她有棕色的头发, 蓝色的眼睛。

**B:** 我可以和你一起去。几年前我见过她。

3) The discussion was dominated by a couple of people. 19 - 16  
讨论由几个人控制着。

4) **A:** Has the city airport ever been closed because of the fog?

**B:** Only a couple of times. 93 . 3 - 27

**A:** 城里的机场有没有因为大雾而关闭?

**B:** 只不过两三次。

5) I have two exams and three papers to get done in the next couple of days. 97 . 12 - 30

在以后的几天里, 我有两个考试和三篇论文要做。

### **a far cry from** 离…差得老远, 有很大的差别

The published book is a far cry from the early manuscript.

书出版以后和以前的手稿相差很远。

### **a great deal** 很不错的买卖, 很划算的买卖

托福听力当中的学生总是没钱, 因此这东西买得好不好也是经常讨论的话题。除此之外, 另外的表达法也应一并掌握, 如: a great buy, a good buy, it is a bargain 等都表达东西买得很好。

I thought this shirt was a great deal but I washed it once and it's shrunk so much that I can't wear it. 96 . 10 - 2

我以为这件衬衫买得很不错, 但我洗了一次, 它缩水缩得很厉害, 我已经没法穿了。

### **a heart of gold** 金子般的心, 是说某人心特好, 特慷慨大度

of gold 是英文中的一个修辞手法，叫 metaphor，中文意为暗喻，比喻东西很好都可以用这个暗喻。比如说：她的声音特好听。

我们就可以说：She has a voice of gold.

Nobody could be more generous than Mrs. Jones. She really has a heart of gold. 97. 12 - 23

没有人会比琼斯夫人更慷慨了，她有一颗金子般的心。

### **a long way off** 还有好长一段距离，还早着呢

A: If this weather keeps up, I'm going to have to buy a warmer coat.

B: Sounds like a good idea. Spring is still a long way off, you know. 95. 12 - 12

A: 如果天气一直这样的话，我就要买一件暖和一点儿的外衣了。

B: 听起来是个不错的主意。你知道离春天还有很长一段时间呢。

### **a matter of time** 时间问题

通常用在习惯用法中：It is only a matter of time. 这只是时间问题。

It's only a matter of time before my car breaks down again.

94. 8 - 19

我的车再次发生故障只是个时间问题。

### **a million things** 一百万件事情，很多事情，通常想说某人很忙

美国人擅长夸张，相比中国人，有过之而无不及，中国人常说：

这可是百里挑一，说某人，某物极好，美国人对应的说法应是：

This is one in a million. 极尽夸张之能事。

A: You are looking a little overwhelmed.

**B:** No wonder. I've got a million things to do and all of them have to be finished in the next twenty minutes. 94. 1 - 21

**A:** 看上去你有些招架不住。

**B:** 这一点儿都不奇怪。我有太多的事情要做，而且都得在 20 分钟内完成。

### **a million times** 一百万次，很多次

可对照 a million things; 同义习语: a thousand times, 101 times。

I must've told my brother a million times to do the dishes, but he wouldn't listen to me. 91. 10 - 30

我跟我弟弟都已经说了很多次了，让他洗碗，他就是不听。

### **a must** 必须的条件，不可缺少的东西

1) **A:** What we need is a roommate who is neat and considerate.

**B:** Let's write it in the ad: neatness and consideration a must.

97. 1 - 19

**A:** 我们需要的室友得非常干净而且得体贴周到。

**B:** 那我们就把这个写到广告里吧，干净和体贴是必须的。

2) A good knowledge of French and Italian is a must for this job.

93. 3 - 21

这个工作必须有很好的法语和意大利语知识。

### **a phone call away** 一个电话之外，意为愿意帮忙，只要打个电话，另一方就会立刻跑过来帮忙

If you need my help, do let me know. Just remember I am a phone call away. 99. 5 - 31

如果你需要我的帮助，请告诉我。你记住你只要给我打个电话就可以了。



**a quarter of an hour 一刻钟**

Can you wait for me for a little while. I'll be back in a quarter of an hour. L2 - 16

你能不能等我一会儿？我一刻钟之后就回来。

**a roll of film 一卷胶卷**

常常出现在托福听力中的习语，尤以摄影场景中多见。另记忆：  
develop the film 冲胶卷。

- 1) My last roll of film turned out badly, could you please check my lens? L4 - 32

上个胶卷冲出来很糟糕，你能看一下我的镜头吗？

- 2) Are you nearly finished with that roll of film? L11 - 32

你那卷胶卷用完了吗？

- 3) Would you please drop off this film for developing? 97.5 - 14

你能不能把那个胶卷拿去冲一下？

**a sheet of paper 一张纸**

The place of the book was marked by a sheet of paper. 94.5 - 16  
书上的这个地方有一张纸做标记。

**a stack of 一堆，一摞**

常出现在课桌场景当中，学生的课桌总是特别乱，上面总有 stacks  
of books, stacks of mail, stacks of papers。

Sorry about your report. I didn't realize it was in that stack of papers. 96.10 - 30

对不起，你的报告。我没有想到它会在那堆文件里面。

**a waste of money 钱的浪费，浪费钱**

因为托福中的学生没钱，故经常讨论。对照 a waste of time 记忆。

I really felt the movie was a waste of money, didn't you?

94. 1 - 16

我认为看这部电影简直是浪费钱，你呢？

**a waste of time** 时间的浪费，浪费时间

This seminar is simply a waste of time. L19 - 2

这个课程简直就是浪费时间。

**a while back** 一段时间之前，不久以前

Sam won't be able to play in the basketball game this week, he hurt his knee pretty badly a while back. 91. 1 - 23

萨姆这个星期不能参加篮球比赛了。不久之前，他膝盖伤得很厉害。

**absent-minded** 心不在焉，健忘

He is really absent-minded. Whatever I say to him goes in one ear and out the other. L1 - 19

他总是心不在焉。跟他说什么都是一耳朵进，一耳朵出。

**absent-minded professor** 心不在焉的人，健忘的人

He is an absent-minded professor. He doesn't remember what he has said.

他真是健忘，总记不住他说了什么。

**account for** 解释，说明

How do you account for it?

这事你怎么解释？

### **act up** 发作, 尤指疾病的发作

Are your allergies acting up again? I thought your doctor gave you medication for that last week. 96.12-9

你又过敏了吗? 我记得上周医生为你开过药了。

### **add up** 加, 加起来, 加到一起

These figures don't add up right. Let's do the calculation over again. 92.8-22

这些数字加起来不对, 我们再算一遍吧!

### **address book** 通讯簿

对照 phone book。

A: Good morning, East Coast Data Process. May I help you?

B: Caroline? Oh, dear, I'm sorry. I thought I dialed Jack Easton, your number must be just above his in my address book.

96.10-28

A: 早上好, 东方海岸数据处理公司。有什么可以帮忙的?

B: 卡罗琳? 噢, 天哪, 是你啊, 很抱歉。我以为我是给杰克·伊斯顿打的电话。你的电话号码在我的通讯簿里一定在他的号码上面。

### **administration building** 行政楼, 指大学校园里老师的办公楼

Opposite the clinic is the administration building. L14-19

诊所对面是行政楼。

### **advanced course** 高级课程

和其他课程一起记忆, 这类说法常出现在选课场景当中: intro-

ductory course 初级课程, intermediate course 中级课程, seminar 研究班课程, workshop 研讨会, required course 必修课, optional course 选修课, selective course 选修课, elective 选修课。

An advanced course in theoretical chemistry is in the works.

L7 - 20

一门理论化学的高级课程正在准备阶段。

### **aerobics class** 健身操班

I feel so energetic since I started that aerobics class. 95 . 12 - 24

自从我开始上健身操班以后我感觉精力非常充沛。

### **after all** 毕竟, 终究, 到底, 终于

1) A: Mary won't be coming to work tomorrow. She's finally going to the photography exhibit.

B: Oh, so she managed to get tickets after all. 95 . 1 - 34

A: 玛丽明天不会来上班, 她最后还是要去那个摄影展了。

B: 噢, 这么说她终于还是搞到票了。

2) A: I talked to Philip today and he said he'd be coming to the party.

B: Oh, so he can come after all. 95 . 8 - 22

A: 今天我和菲利普谈过了, 他说要来参加晚会的。

B: 噢, 那么说他到底还是能来了。

3) A: I've just seen the X-rays and your teeth look just fine.

B: I see. Then there is nothing to worry about after all.

96 . 1b - 6

A: 我刚刚看过 X 光, 你的牙没问题。

B: 我知道了。那么根本没必要担心了。

4) A: I need to find a new roommate.

B: So John's going to California after all. 96 . 8 - 10

A: 我得找一个新的同屋。

B: 这么说约翰终于还是去了加州。

5) A: I'm so excited about my vacation plans.

B: Oh, so you can go after all. L24 - 32

A: 一想到假期计划我就很激动。

B: 噢, 这么说, 你终于是可以度假了。

6) A: Mark didn't win the science award after all.

B: Can you believe it? I thought for sure he would.

89 . 5 - 32

A: 马克最后还是没有赢得科学奖。

B: 你能相信吗? 我以为他肯定能得的。

7) A: Look outside and see how beautiful the snow is!

B: So we did get snow after all. 93 . 5 - 34

A: 看看外面雪多漂亮啊!

B: 这么说终于是下雪了。

### agree on 商定的, 达成一致的

Bill Smith has volunteered to write a summary of the proposals we've agreed on. 95 . 8 - 15

比尔·史密斯自愿为我们已达成一致的提议写个纲要。

### agree with 同意, 适合

A: Are you looking forward to going home?

B: Not really. The climate here really agrees with me. L75 - 73

A: 你盼着回家吗?

B: 不是很想。这儿的气候特适合我。

### ahead of time 提前

请对照记忆另外两个习语: in advance, before hand, 都同样表示

提前。

**A:** Did you have to do anything special to use the rare book collection?

**B:** I just had to tell them a day ahead of time what I needed.  
96. 12 - 19

**A:** 你使用珍藏书有没有什么特殊要求?

**B:** 我只需要提前一天告诉他们。

### **air conditioner** 空调

I turned on the air conditioner. 121 - 7

我打开了空调。

### **air-conditioned** 空调的; 有空调的

**A:** I heard on the radio that not only is it going to be super hot tomorrow but also the humidity is going way up.

**B:** Sounds like I'm going to have to find an air-conditioned place to be in. 99. 1 - 21

**A:** 我听收音机说明天会特热, 而且湿度也会特别高。

**B:** 好像我得找个空调房间待着了。

### **aisle seat** 过道旁边的座位

I preferred to sit in an aisle seat. 93. 8 - 4

我更喜欢坐过道旁边的座位。

### **alarm clock** 闹钟

1) **A:** Karen, don't you take an alarm clock with you when you travel?

**B:** No, I don't bother with that. I just have the hotel desk ring

my room in the morning. 16 - 30

**A:** 凯伦,你旅游时不带闹钟吗?

**B:** 不带,我才不用那个呢。我会让前台早上叫我的。

- 2) I missed the bus again today because I turned the alarm clock off in my sleep. I don't know what to do. 93 . 1 - 22

我今天又没赶上公共汽车,因为我睡觉的时候把闹钟给关了。  
我不知道该怎么办。

### **all along** 一直,始终

**A:** The dean just announced that Dr. Jeffery is going to take over as Chairperson of the English Department.

**B:** I knew it all along. He was the obvious choice. 94 . 5 - 33

**A:** 系主任刚刚宣布杰弗里博士会接替作英语系系主任。

**B:** 我早就知道会是这样。他是当然的选择。

### **allergic to** 对...过敏

Oh man! Something in this room is making my eyes itch. I must be allergic to something. 99 . 1 - 8

噢,天哪!这屋里的什么东西让我眼睛发痒。我一定是对什么东西过敏。

### **and how** 对,正确,是这样的

- 1) **A:** This lemonade sure hits the spot.

**B:** And how! 14 - 34

**A:** 这柠檬汁真很棒。

**B:** 的确是这样的。

- 2) **A:** The concert pianist is fantastic.

**B:** And how! 97 . 1 - 30

**A:** 音乐会的钢琴家真棒。

B: 的确是这样的。

**annual checkup** 年度体检

Hello! This is Dr. Grey's office. We're calling to remind you of your 4:15 appointment for your annual checkup tomorrow.

95.8-11

你好! 这里是格雷医生办公室。我们打电话是提醒你明天4点15分做年度体检。

**antique car** 古董车, 老爷车

Say, Richard. If you like antique cars, we've got an extra ticket for the auto show on Saturday. Care to join us? 97.12-20

嘿, 理查德。如果你喜欢老爷车的话, 礼拜六的汽车展览我们还有一张多余的票。一块儿去吗?

**antique show** 古玩展览

There is a great antique show at the grand auditorium. Let's go see it this evening. 96.8-12

大礼堂有一个大型古玩展览。今晚我们一块儿去看吧。

**anything but** 单单除…之外; 恰恰不

需对照习语: nothing but, nothing but 意为正是, 只是, 不过。

如: She is nothing but poor. 她很穷。

Susan is anything but poor. 95.1-17

苏珊一点儿也不穷。

**apartment building** 宿舍楼

对照 administration building “办公楼”一并记忆。同义词: dorm



building。

- 1) I wish I know what kind of tree that was, growing in front of the apartment building. 95 . 5 - 35

我要是知道那是棵什么树就好了，长在宿舍楼前的那棵树。

- 2) I've lost my keys again. So I have to call the apartment manager. 98 . 1 - 4

我又丢了钥匙，所以我得给宿舍管理员打电话了。

### **apple pie 苹果派**

apple pie 是纯美国的东西。有意思的是：在托福听力中，只要提到 apple pie，它就必然好吃。这应该和美国人的传统有关。apple pie 是最具美国特色的东西，有习语为证：as American as apple pie。意为像苹果派一样具有美国特征的东西。

- 1) Have you tried Susan's apple pie? 95 . 10 - 3

你吃过苏珊做的苹果派吗？

- 2) A: How about some more apple pie, Bob?

B: You wouldn't have to force me to take another helping.

L2 - 33

A: 再来点儿苹果派怎么样，鲍勃？

B: 你没有必要强迫我再吃一份(意即我自己就会吃的)。

### **apply for 申请**

- 1) None of the people who applied for the job has the required credentials. 93 . 10 - 8

申请这份工作的人都没有所需的文凭。

- 2) Because he brought the wrong documents, my cousin couldn't apply for this driver's license. 95 . 5 - 9

因为他带的文件不对，我的表弟申请不了驾照。

- 3) Why is Alex applying for financial aid? Does he have a lot of