



大学英语语音教程

丛丽 李琳琳 主编

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第一章 元音

一、定义

元音，是音素的一种，和辅音相对，是在发音过程中，由气流由肺部经过口腔而不受到任何阻碍、没有任何摩擦而发出的音素。英语中有 20 个元音。

二、分类

英语中有 12 个单元音和 8 个双元音。其中单元音根据发音时舌部的前部、中部和后部隆起的程度不同分为前元音、中元音和后元音；双元音根据发音时移动的方向和口形的开合分为集中双元音和合口双元音。

元音	单元音	前元音：[i:],[ɪ],[e],[æ]
		中元音：[ɜ:],[ə],[ʌ]
		后元音：[u:],[ʊ],[ɔ:],[ɒ],[ɑ:]
	双元音	合口双元音：[eɪ],[aɪ],[ɔɪ],[əʊ],[aʊ]
		集中双元音：[ɪə],[eə],[ʊə]

记忆口诀

英语元音二十个，有单有双仔细听；
单元音，十二个，舌部隆起辨分明；
前四中三后有五，注意长短和口型；
双元音，有八个，滑动过程不可缺；
合口集中五和三，头响尾弱要分清。

单元音

单元音发音的特点：

舌位不发生任何移动；

在发音过程中，没有任何摩擦；

不受到任何发音器官的阻碍。

前元音

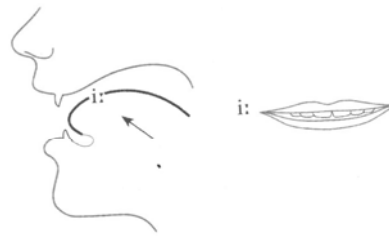
前元音发音的特点：

舌端靠近下齿，

舌前部抬高。

前元音 1

[i:]



发音要领

英语元音[i:] 是长元音。

发音时口腔肌肉紧张，舌尖抵下齿，口型扁平，上下齿稍微分开；

舌中部要略低并且往回缩，然后舌部向前滑动，并上抬至口腔上部；

发音时双唇扁平、紧绷，呈“一”字型、微笑状。

发音练习

beam	beneath	breed	conceal
concrete	convenience	creep	deceit
decent	delete	exceed	fatigue
feasible	feature	feedback	frequent
genius	guarantee	heap	intermediate

绕口令练习

Steve keeps the cheese in the freezer.

Do you see the golf tee by the big tree?

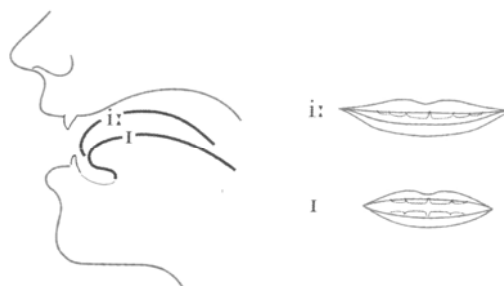
Do you feel as if your feet will freeze?

I can see three deer in the green weeds.

Can we eat cream on the beach by the sea?

前元音 2

[ɪ]



发音要领

英语中的[ɪ]是短元音。

发此音时舌尖抵在下齿上，舌位比[i:]低，略回缩，比发[i:]时略微松弛。

口型扁平，中度张开，上下齿间的距离略大于[i:]。

发音练习

accomplish	acid	admission	aggressive
attribute	brilliant	chill	civilize
consist	define	delivery	dimension
disclose	disguise	dispose	dispute
edition	efficient	endure	exceed

绕口令练习

Tim bit a bit of Kitty's biscuit.

Kim has a dish of fish on the ship.

Listen and imitate the English teacher.

Silly Billy! Silly Billy! Silly Billy loves Lily.

The big pig was grunting in the middle of the pit.

前元音 3**发音要领**

英语中的[e]是短元音。

发音时舌尖向前抵住下齿，舌前部稍稍抬起，

舌位比[ɪ]低，舌部比发[ɪ]时要紧张，口型扁平。

发音练习

academic	aggressive	architecture	assemble
assess	ceremony	compel	compress
density	dimension	domestic	estimate
expense	genuine	intensive	penetrate
perspective	pessimistic	possess	reference

绕口令练习

It's best to rest, said the vet to the pet.

Mick fell on the step and his leg bled.

Elizabeth has eleven elves in her elm tree.

Fred fed Ted bread, and Ted fed Fred bread.

Whether leopards have feathers or not, it's hens that always end up in a pot

前元音 4



发音要领

英语中的[æ]是半长元音。

发音时口腔肌肉紧张，下颌放低，口完全张开；

舌尖抵下齿，舌前部微微抬起，向前向上推，双唇中度张开。

发音练习

abandon	accuracy	adequate	altitude
capacity	capture	classify	collapse
democratic	dynamic	embarrass	evaluate
evaporate	exaggerate	expansion	faculty
fragment	hazard	manual	plaid

绕口令练习

The cat catchers can't catch the cats.

A big black bear sat on a big black mat.

Can you can a can as a canner can can a can?

How many cans can a canner can if a canner can can cans?

A canner can can as many cans as a canner can if a canner can can cans.

综合练习

单词辨音练习

[i:]	[ɪ]
sheep	ship
seat	sit
heel	hill

feel fill
sleep slip

[ɪ] [e]
bill bell
pin pen
chicks checks
wrist rest
spill spell
bitter better

[e] [æ]
pen pan
men man
left laughed
said sad
dead Dad

[i:]	[ɪ]	[e]	[æ]
bean	bin	Ben	ban
beat	bit	bet	bat
bead	bid	bed	bad
peak	pick	peck	pack
peaty	pity	petty	patty

组句辨读练习

1. Try not to sleep.
Try not to slip.
2. I want to live.
I want to leave.
3. They want to buy a sheep.
They want to buy a ship.
4. Those heels are very high.
Those hills are very high.
5. You should take the left.
You should take the lift.
6. Can you fill it?
Can you feel it?

7. Who drop the litter?
Who drop the letter?
8. Did you see the men?
Did you see the man?
9. Where did you put the pen?
Where did you put the pan?
10. They are said to be leaving.
They are sad to be leaving.

中元音

中元音发音的特点:

舌端离开下齿,

舌中部抬高。

中元音 1



发音要领

英语中的[ɜ:]是长元音。

发音时牙床半开合，双唇扁平，喉部肌肉较为紧张；

舌尖抵住下齿槽，舌身放平，上下齿之间隙缝很窄。

[ɜ:]出现在重读音节中。

发音练习

circulate	conservative	conversion	deserve
excursion	furnish	furthermore	nurture
occurrence	permanent	personnel	purchase
reserve	reverse	spur	surgery
terminal	transfer	version	vertical

绕口令练习

The girl heard the nurse work.

The dirty girl's dirty skirt is dirty.

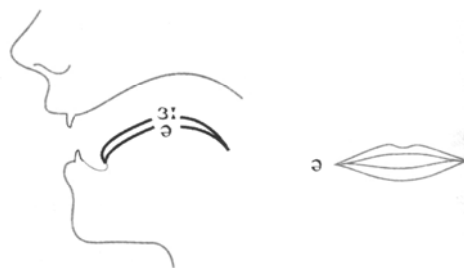
Earnest turned to journey service.

I prefer to have my birthday parties at home.

The police searched further for the murder weapon.

中元音 2

[ə]



发音要领

英语中[ə]是短元音，

发音时牙床半开合，双唇放松，呈中度扁平，

喉部肌肉较为松弛，口型比[ɜ:]稍大，舌位比[ɜ:]稍低。

[ə]只出现在非重读音节中，在所有元音中发音最轻松。

发音练习

abuse	affection	assume	canal
community	confirm	consent	entertain
grocer	helicopter	horizon	incident
interval	layer	liquor	marvelous
memorial	nevertheless	offend	render

绕口令练习

It's such a comfortable sofa.

That's an excellent question.

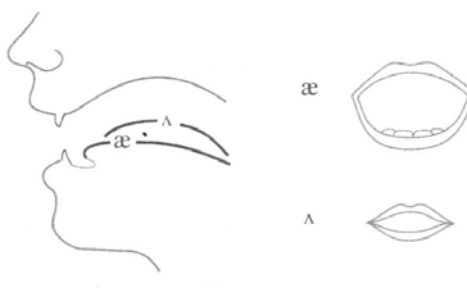
The first person in dirt works in first firm.

There are a number of oases in the Sahara Desert.

I ate an apple and a banana in a cinema in Canada.

中元音 3

[ʌ]



发音要领

英语的[ʌ]是短元音。

发音时牙床半开，舌尖向后缩，

舌面中部略微抬起，舌后部略微抬高，舌位比[ɜ:]低。

发音练习

abundant	accompany	clumsy	consult
crust	cultivate	current	dump
flourish	govern	industrialize	insult
jungle	luggage	luxury	multiply
punch	punctual	subsequent	substitute

绕口令练习

Double bubble gum bubble double.

Does Russell have a younger brother?

My brother needs some money to buy some honey.

Her young husband spent all the money in a month.

My mother's brother's my uncle; my uncle's son's my cousin.

综合练习

单词辨音练习

[ɜ:]	[ʌ]
fern	fun
girl	gull
burn	bun
girl	gull

[ɜ:]	[e]
turn	ten
burn	Ben
bird	bed
worst	west

[ɜ:]	[ɔ:]
stir	store
turn	torn
shirt	short
worm	warm

[ɜ:]	[ɑ:]
fur	far

stir	star
burn	barn
hurts	hearts

[ʌ]	[æ]
hut	hat
truck	track
bun	ban
uncle	ankle

组句辨读练习

1. Fabulous fern!
Fabulous fun!
2. Look at the burn.
Look at the bun.
3. That's a tiny little bird.
That's a tiny little bud.
4. There's a girl on the beach.
There's a gull on the beach.
5. The butcher's shirt
The butcher's shut.
6. It's on the worst coast.
It's on the west coast.
7. The racer's finished.
The races finished.
8. The waiter's heavy.
The weight's heavy.
9. Take that away.
Take that way.
10. The team manager's well.
The team manages well.

后元音

后元音发音的特点：

舌端离开下齿，

舌后部抬高。

后元音 1



发音要领

英语的[u:]是长元音。

发音时牙床几乎全合，舌位很高，

舌身向后缩，抬高至口腔顶部，

舌后部尽量向软腭隆起，双唇收圆。

发音练习

accumulate	absolute	approval	bloom
chew	clue	conclude	crew
crude	exclude	issue	junior
loop	removal	route	screw
stoop	troop	waterproof	wound

绕口令练习

Give two true tools to the troops.

He is too foolish to understood the rule.

Sue knew too few new tunes on the flute.

Let me introduce you to my roommate, Sue.

On Tuesday afternoon, the pupils were picking up fruit.

后元音 2



发音要领

英语的[ʊ]是短元音。

发音时牙床半合，舌身后缩，

舌位比发[u:]时略低，且稍为松弛，双唇微圆。

发音练习

awful	bullet	century	childhood
continual	cookie	cushion	footstep
fulfill	grateful	hook	influential
input	instrument	neighbourhood	plural
sugar	shook	wolf	would

绕口令练习

She couldn't pull the hook.

I booked a room at a good hotel.

You could make good cookies without sugar.

The cook took a look at his cook book.

That cook couldn't cook if he didn't look at a cook book.

后元音 3**发音要领**

英语的[ɔ:]是长元音。

发此音时牙床半开，双唇呈圆形，

舌靠后放低，但要比发[ɔ]时抬得高一些，舌尖略微向后缩。

发音练习

border	broadcast	cord	core
corporation	corridor	course	court
enforce	exhaust	explore	extraordinary
forge	formation	formula	glorious
headquarter	import	inform	launch

绕口令练习

Laura's daughter bought a horse and called it Laura.

Mr. See owned a saw and Mr. Soar owned a seesaw. Now See's saw sawed Soar's seesaw before Soar saw See.

I thought a thought. But the thought I thought wasn't the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn't have thought so much.

后元音 4



发音要领

英语的[ɒ]是短元音。

发此音时牙床几乎全开，口腔开合度比[ɔ:]要大，

双唇呈微圆型，舌后部抬到最高，

舌身低平、尽量后缩，舌尖尽量向下压。

发音练习

accommodate	accomplish	appoint	bother
chop	colleague	colony	combination
comment	cot	commerce	concrete
dissolve	electron	evolve	flock
frost	poverty	prospect	soluble

绕口令练习

I thought Boston lost the game.

Tom got a lot of dots on his pocket.

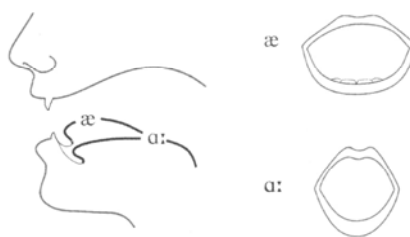
John wants to watch Walter wash the dog.

He went to shopping and spent a lot of money.

He got a teapot for his aunt and some socks for his cousin.

后元音 5

[ɑ:]



发音要领

英语的[ɑ:]是长元音。

发音时，牙床全开，双唇中度张开，

舌位很低，尽量后缩，只有舌后部略微抬至口腔上方。

发音练习

advance	arbitrary	architecture	artificial
barber	bargain	behalf	blast
carpenter	charge	command	fasten
garage	glance	grasp	harbour
harmony	harness	margin	parliament

绕口令练习

Charles was so smart last week.

Start the car and pass through the park.

I'd rather go to the party with Martin.

It's hard to park a car in a dark car park.

I can't pass the exam with a good mark.

综合练习

单词辨音练习

[u:]	[u]
fool	full
pool	pull
Luke	look
shoot	should
cooed	could

[ɔ:]	[]
dawn	don
cord	cod
short	shot
port	pot