

朗文英语

Short Stories

妙语连珠

750 词英汉对照幽默小品

第 2 辑



吉林出版集团有限责任公司

—— 外语教育出版社 ——



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750 词英语幽默小品

朗文英语妙语连珠

Short Stories

2

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The Diet

1

UNIT



Mrs. Stewart was worried about her weight.

"I'm much too fat," she told her friend. "I need to lose a lot of weight but I don't know how to do it."

"Go and see Dr. Coffey," her friend said. "He'll tell you how to lose weight."

Mrs. Stewart visited Dr. Coffey and told him her problem.

"It isn't difficult to lose weight," he told her. "All you need to do is go on a **diet**. I'll give you one."

He began to write on a piece of paper.

"Eat lots of fruit and vegetables. Also eat a lot of **lean** meat and **grains**."

When he finished, he handed her the piece of paper.

"There you are," he said. "Eat all those things and you'll soon lose weight."

A few weeks later, Mrs. Stewart's friend called on her.

She was surprised to see that she was even fatter than before and that she was eating a **huge** sandwich with chocolate cake and ice cream.

"I thought you were on a diet," she said.

"Oh, I am," Mrs. Stewart replied. "I've already had all the food on my diet today. Now I'm eating my dinner."

The Diet



NEW WORDS

生词快车

diet /daret/ *n.* to try to lose weight by eating a limited amount of food

节食; 控制饮食

e.g. No sugar in my coffee, please—I'm *dieting*.

请不要在我的咖啡里放糖——我在节食。

lean /li:n/ *adj.* without much fat (used of meat) 瘦的; 脂肪少的

e.g. *lean* meat 瘦肉

grain /greɪn/ *n.* a crop like wheat, or rice that has seeds which we eat 谷粒

e.g. He lived on a few *grains* of rice a day. 那时他每天靠几粒米粒糊口。

huge /hju:dʒ/ *adj.* very big 非常大的; 巨大的

e.g. a *huge* house 巨大的房子



USAGE

用法点拨

• Diet

故事中, 斯图尔特夫人必须节食(*go on a diet*)。diet 这个词有以下几种用法。

- *go on a diet* 节食, 减肥

go 在短语中表示“开始”的意思。故事中, 医生告诉斯图尔特夫人应该节食(*go on a diet*)。

例: Do you think I need to **go on a diet**? 你认为我应该减肥吗?

My girlfriend is going to **go on a diet** soon.

我的女朋友要开始减肥了。

- *be on a diet* 正在节食

如果你正在节食(*be on a diet*), 意思是你已经开始节食, 正打算减肥。



例: She **has been on a diet** for two weeks. 她已经节食两周了。

I can't eat that cake! I **am on a diet**. 我不能吃那个蛋糕! 我正减肥呢。

• diet (v.) 节食

动词 **diet** 用法和其它动词一样,其过去形式是 **dieted**。

例: She **is dieting** today, so we shouldn't ask her to come out to dinner.
她今天正节食,我不能叫她出去吃饭。

He **dieted** for two months and lost 15 pounds.

他节食两个月,减掉了 15 磅。

• diet (n.) 饮食

作名词有两个意思。用在 **on a diet** 短语中,意为“减肥配置的专用饮食。”

例: The **diet** I am on is very difficult. 减肥真困难。

I can't eat any sugar because of my **diet**. 我在减肥,因此不能吃甜食。

diet 还可以表示吃的食物,既可指节食时的专用食物,也可指一般食物。

例: I ate a **diet** of only rice and vegetables in China.

在中国,我只吃大米和蔬菜。

Potatoes are an important part of any American's **diet**.

土豆是美国饮食中很重要的一部分。

• 即学即练:

用 **go on a diet**, **be on a diet**, **diet(v.)** 或 **diet(n.)** 的正确形式填空。

- I _____ that doesn't allow me to eat meat.
- Since she started her _____, she looks much better.
- When are you going to _____?
- To the Japanese, fish is a natural part of their _____.
- I can't eat chocolate. I _____ today.





SHORT STORIES



EXERCISES

能力测试

1 从 a, b, c, d 中选出最恰当的答案。

- A. Mrs. Stewart's problem was that she
- a. did not know her doctor very well.
 - b. did not like fruit and vegetables.
 - c. didn't know how to lose weight.
 - d. lost her diet.
- B. When Mrs. Stewart visited Dr. Coffey, he
- a. was very busy.
 - b. told her what to do.
 - c. gave her a good meal.
 - d. told her to stop eating.
- C. Mrs. Stewart didn't lose weight because she was eating
- a. lean meat.
 - b. grains.
 - c. fruit and vegetables.
 - d. cake and ice cream.
- D. Mrs. Stewart thought that
- a. Dr. Coffey did not know how to help her.
 - b. she was not really too fat.
 - c. her diet was something to eat before dinner.
 - d. it was easy to lose weight.

2 就下列答句提问。

a. Her weight. (What ... ?)

b. Dr. Coffey. (Whom ... ?)

c. To go on a diet. (What... ?)

d. She was still eating too much. (Why ... ?)

3 圈出节食时不应该吃的食品。

fruit

lean meat

chocolate cake

vegetables

grains

ice cream

4 在句子旁用 T 表示正确, 用 F 表示错误。

- a. Mrs. Stewart did not want to lose weight. _____
- b. Dr. Coffey told her how to lose weight. _____
- c. A few days later a friend visited Mrs. Stewart. _____
- d. Chocolate cake was part of the diet Mrs. Stewart's
doctor gave her. _____
- e. Mrs. Stewart didn't lose any weight. _____

5 从故事找出下列单词的反义词或短语。

- a. after _____
- b. small _____
- c. easy _____
- d. a little _____
- e. thinner _____

6 在空白处填入适当的单词。

Mrs. Stewart was (a) _____ fat. She asked her doctor (b) _____ to lose weight. He (c) _____ her a diet. The diet did (d) _____ work because Mrs. Stewart (e) _____ the food on her diet and (f) _____ had her usual meals!



CHINESE VERSION

译文赏析



节 食

斯图尔特夫人十分担心自己的体重。

她向朋友诉苦：“我太胖了，必须减肥，可又不知道如何减，怎么办啊！”

朋友建议她，“去问问高菲医生吧，他会给你些建议的。”

斯图尔特夫人去拜访了高菲医生，并向他倾诉了自己的烦恼。

医生说：“减肥并不难啊，你只要注意节食就好了，我会给你提供一份健康饮食的食谱。”

医生边说边在纸上写着，“多吃蔬菜和水果，多吃瘦肉和米饭。”

写完后，医生把那张纸递给她，“按照这个做，你很快就会瘦下来的。”

几周后，斯图尔特夫人的朋友来看她。她正在吃冰淇淋和一个巨型巧克力三明治，比以前更胖了，她的朋友惊呆了。

“我还以为你会按照食谱合理饮食呢，”她朋友说。

斯图尔特夫人回答说：“对啊，我正是遵照食谱做的。今天我已经把食谱上列的所有食物都吃了，现在正吃晚餐呢。”



A Holiday from School

2 UNIT



Tommy hated school and was always looking for excuses not to go.

If he **sneezed**, he asked his mother to write a note saying he had a cold.

If he had a headache, he asked his mother to take him to the doctor during school hours.

He spent more time at home than he did at school.

On the days that he did go to school, he looked for excuses to come home early.

One day he came home from school in the **middle** of the morning.

His father was surprised.

"You're home early," he said. "Is school closed today?"

"No, Dad," Tommy said. "It's open. I came home early."

"How did you do that?" his father asked him. "What did you say to the teacher?"

"I told her that I had a new baby brother and that I had to come home and help you."

"But your mother has had **twins**," his father said, "a boy and a girl. You've got a baby brother and a baby sister."

"Yes, I know, Dad," Tommy said. "I'm saving up my baby sister for next week."



NEW WORDS

生词快车

sneeze /sni:z/ *v.* to suddenly push air out of your nose and mouth, making a noise, usually because you have a cold 打喷嚏

e.g. The dust made him *sneeze*. 灰尘使他打喷嚏

middle /'mɪdl/ *n.* the centre of something 中间; 当中

e.g. He was the *middle* child of the five. 他是五个孩子中的老三。

twin /twin/ *n.* two children born to the same mother at the same time 双胞胎

e.g. Jean and John are *twins*. 琼和约翰是双胞胎。



USAGE

用法点拨

• **Save (up)**

- **Save up** 与 **save** 的意思相近, 都解释为“节省, 保留”。但提及金钱时更常用 **save up**。

例: I've **saved up** over \$1,000 for my vacation.

我省下了 1000 美元, 准备去度假。

She wants to **save** that food until tomorrow.

她想把食物留到明天吃。

- 在上面的例子中 **save up** 和 **save** 表示“留着将来备用”。故事中的汤姆也可以说 “I'm **saving** my baby sister for next week.”



- **save** 还可以表示“搭救,挽救”。

例: The police **saved** a woman who was in trouble.

警察搭救了一位遇到麻烦的妇女。

Help! **Save** my baby! He's going to be hit by a car!

救命! 救救我的孩子! 他要被车撞上了!

• 即学即练:

看下面句子中的 **save** 是表示第一个意思“节约”,还是第二个意思“搭救”。
在后面的横线上用 1 表示第一种意思,2 表示第二种意思。

a. Do you want me to **save** this milk? _____

b. We will **save** time if we drive instead of taking a bus.

c. The firemen **saved** my father when our house was
on fire. _____

d. I **saved** enough money to buy a car last year.

e. Fortunately, my sister **saved** my cat when it fell
out of a tree. _____





SHORT STORIES



EXERCISES

能力测试

1 从 a, b, c, d 中选出最恰当的答案。

- A. Tommy tried to find excuses for not going to school because
- a. it made him sneeze.
 - b. it gave him a headache.
 - c. he was too busy.
 - d. he didn't like it.
- B. Tommy spent most of his time
- a. at school.
 - b. at home.
 - c. at the doctor.
 - d. in bed.
- C. When he did go to school, he
- a. was always late.
 - b. tried to leave early.
 - c. was often in trouble.
 - d. was always sick.
- D. He did not tell his teacher about the twins because
- a. they were very young.
 - b. he didn't know about them.
 - c. he wanted to keep one of them for another excuse.
 - d. they were too new.

2 用(e)到(h)完成(a)到(d)的不完整的句子。

- | | | |
|---|-----|---|
| a. Tommy looked for
excuses | • • | e. an excuse to stay away
from school twice. |
| b. When he was at
school he looked for | • • | f. he tried to stay at home. |
| c. Whenever he sneezed
or had a headache | • • | g. excuses to come
home early. |
| d. He wanted the twins
to give him | • • | h. to stay away from
school. |

3 用括号内动词的正确形式填空。

- a. Tommy (to hate) _____ school.
- b. He (to spend) _____ more time at home than at school.
- c. He (to look for) _____ many excuses to come home early.
- d. His mother (to have) _____ twins.

4 在下列空白处填入恰当的词。

Tommy made many excuses (a) _____ stay away from school
 (b) _____ to come home (c) _____ school early.
 One day he came home early to (d) _____ his father take
 care of the twins. However, he only (e) _____ his
 teacher he had a baby brother.

5 就下列答句提问。

- a. Because he hated school. (Why ...?)

- b. Write a note saying he had a cold. (What ...?)

- c. In the middle of the morning. (When...?)

- d. He had to go home to help his father. (What ...?)

6 从故事找出含有下列意思的词。

- a. the early part of the day _____
- b. disliked very much _____
- c. two children born at the same time _____
- d. a small piece of paper with writing on it _____
- e. reasons for not doing something _____