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实用英语口语速听速学丛书

# 地道美语 每天说

Everyday Oral American English

孟静 编著



天津科技翻译出版公司 天津外语音像出版社



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# 前 言

## FOREHEAD

本书是一本实用的美语会话读物，以当今美国的实际背景为主要题材，内容丰富，结构清晰，语言生动，形式活泼，涉及广泛的生活领域。它以会话的形式展现美式口语的风格，同时为读者提供多种信息，介绍美国人的文化、传统和生活方式。本书把各种情景下较常见的基本话语以醒目的形式分句列出，使读者一目了然，便于模仿和举一反三。另外，每一主题篇章内的生动会话可使读者对口语的实际应用更增加一层感受。我们相信，本书定能帮助您进一步地认识美国、了解美国并熟悉美国，您的英语口语水平也将随之飞速提高。愿本书成为您最好的朋友。//

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# Chapter 1 At Home

## 第 1 章 在家中

### 1.1 From Getting Up to Leave

#### 从起床到出门

#### Key Sentences · 重点句子

1. Good morning.  
早晨好!
2. Did the alarm clock ring?  
闹钟响了吗?
3. It's time to get up!  
该起床了!
4. I don't wanna get up.  
我真不想起床。
5. Get up soon!  
快点儿起床!
6. Are you awake?  
你醒了吗?
7. Are you feeling sick?  
你不舒服吗?
8. No, I'm just tired.  
没有,只是有点儿累。
9. Did you sleep well?  
睡得好吗?





- 10.** Yes, I slept very well.  
嗯,睡得挺好。
- 11.** No, I couldn't fall asleep.  
哪儿啊,几乎没睡着。
- 12.** Please turn off the alarm clock.  
请把闹钟关了。
- 13.** You finally got up.  
你终于起来了。
- 14.** I'm still sleepy.  
我还困着呢。
- 15.** It's a nice day!  
今天是个好天!
- 16.** It sure is.  
(天气)是不错啊。
- 17.** Did you stay up late last night?  
昨晚你熬夜了?
- 18.** Let's put the futon away.  
把被子收起来吧。
- 19.** You kept snoring last night.  
昨天晚上你打呼噜了。
- 20.** Did I keep you up?  
影响你睡觉了吗?
- 21.** I had a nightmare.  
我做了个可怕的梦。
- 22.** It's all right now.  
现在没事了。
- 23.** You forgot to turn off the light.  
你忘记关灯了。
- 24.** I have to go wash my face.  
我得洗脸了。



**25.** It's time to eat breakfast.

该吃早饭了。

**26.** I'm still yawning.

我还打哈欠呢。

**27.** I have a hangover.

昨天的酒还没醒呢。

**28.** I'm a night person.

我是个夜猫子。

**29.** I'm a morning person.

我喜欢早起。

**30.** Coffee wakes me up.

我是用咖啡来提神的。

**31.** Have you brushed your teeth?

刷牙了吗?

**32.** I have to comb my hair.

我得梳梳头了。

**33.** What should I wear?

穿什么好呢?

**34.** Hurry up and get dressed!

快换衣服!

**35.** Put those pajamas away!

把睡衣收好!

**36.** Oh, I'm washing those.

啊,我正要洗呢。

**37.** I'm leaving. Bye mom!

我走了。妈妈再见!

**38.** Study hard!

好好学习啊!

**39.** Let's play hooky today.

今天我们逃学吧。



**40.** You're wearing your sweater inside out.

你把毛衣穿反了。

**41.** Don't forget to take out the garbage!

可别忘了扔垃圾!

**42.** It's your turn to take out the garbage.

今天该你扔垃圾了。

**43.** What are you doing today?

今天你们干什么?

**44.** We're having a track and field meet.

今天我们开运动会。

**45.** If you don't hurry, we'll be late!

你快点儿,我们该迟到了!

**46.** Did you lock the door?

你锁门了吗?

**47.** Aren't you forgetting something?

没忘了什么东西吧?

**48.** I'm late!

我晚了!

**49.** Are you gonna be late today?

你今天会回来得晚吗?

**50.** No, I'll be home at the usual time.

不,和平常一样。

**51.** What time are you coming home?

几点回来?

**52.** Around seven o'clock.

大概7点左右吧。

**53.** Have you got your lunch box?

饭盒带了吗?

**54.** It might rain today!

今天好像要下雨。



55. Take your umbrella with you.

带上伞吧!

56. Don't forget to lock the door when you leave.

出门的时候,可别忘了锁门。

 **Dialogue A·对话A**

(M=Mom 妈妈;T=Tom 汤姆)

**M:** Good mornig, Tom. It's time to get up.

汤姆,早安,该起床了。

**T:** Oh, mom, do I have to?

噢,妈妈,一定要起来吗?

**M:** Yes, you do. It's time for school.

是的,你一定要起来,该上学了。

**T:** Okay then. I'm getting up.

好吧,我这就起来。

 **Dialogue B·对话B**

(J=John 约翰;M=Mary 玛丽)

**J:** I'm going to take my shower.

我要去洗个淋浴。

**M:** All right, but to try to hurry.

好的,但是要快一点。

**J:** Why? Aren't you already dressed?

怎么?你不是穿好了吗?

**M:** I still have to put on my make-up and brush my teeth.

我还要化妆和刷牙。





### Dialogue C·对话C

(J=*John* 约翰;M=*Mary* 玛丽)

**J:** What's for breakfast?

早餐吃什么?

**M:** How about French toast?

法国吐司怎么样?

**J:** That sounds good.

很好。

**M:** Have a seat and I'll make you some.

你坐一会儿,我给你做。



### Dialogue D·对话D

(J=*John* 约翰;M=*Mary* 玛丽)

**J:** I'm off now.

我要去上班了。

**M:** Will you be home for lunch?

你会回来吃午饭吗?

**J:** Probably not but I should be home early tonight.

可能不会,但是我今晚应该会早一点回来。

**M:** Okay, I'll see you then. Have a nice day.

好的,晚上见,祝你今天愉快。



### Notes·注释



shower	n.	淋浴
nightmare	n.	噩梦
sleepy	a.	想睡的,困的
lunch box		饭盒



## 1.2 From Returning to Go to Bed

### 从回到家到就寝

#### Key Sentences · 重点句子

- 1. I'm home.**  
我回来了。
- 2. Did you have a good time?**  
今天过得愉快吗?
- 3. How did it go today?**  
今天怎么样?
- 4. Can I go out to play?**  
我可以出去玩儿会儿吗?
- 5. After you finish your homework.**  
写完作业再去吧。
- 6. I'm hungry.**  
我饿了。
- 7. We have some snacks.**  
吃点儿点心吧。
- 8. Where are the snacks?**  
点心在哪儿?
- 9. They're in the cupboard.**  
在碗橱里。
- 10. I'm going to cram school now.**  
我去补习学校了啊。
- 11. Make a phone call when you finish.**  
下课后来个电话。
- 12. May I have my allowance?**  
能给我点儿零花钱吗?



- 13.** What do you want to buy?  
你要买什么呀?
- 14.** I'm exhausted.  
我精疲力尽了。
- 15.** What would you like for dinner?  
晚饭你想吃什么?
- 16.** How about steak?  
吃牛排怎么样?
- 17.** Would you help me set the table?  
你能帮我准备餐具吗?
- 18.** I'd be happy to.  
乐意之至。
- 19.** Help me set up the table, will you?  
你能帮我把餐具摆好吗?
- 20.** What should I make for dinner?  
晚饭做什么好呢?
- 21.** There's no place like home.  
还是家好啊。
- 22.** Would you run to the store?  
你能不能快点儿去趟商店?
- 23.** In just a minute.  
稍等一下。
- 24.** It's been a long day.  
今天真累呀!
- 25.** The bath is ready.  
洗澡水烧好了。
- 26.** I'm taking a shower.  
我要冲个澡。
- 27.** Is dinner ready?  
晚饭好了吗?





- 28.** Is it time for dinner yet?  
该吃晚饭了吧?
- 29.** Have you made dinner?  
晚饭做好了吗?
- 30.** What's for dinner?  
晚饭吃什么?
- 31.** Salisbury steak.  
吃汉堡牛肉饼。
- 32.** We're having curry today.  
今天吃咖喱饭。
- 33.** How soon can you get it ready?  
还要多久才能做好呀?
- 34.** In about five more minutes.  
再有5分钟吧。
- 35.** Shall we begin?  
可以吃了么?
- 36.** This knife cuts well, doesn't it?  
这刀挺好使的,是不是?
- 37.** The water is boiling!  
水开啦!
- 38.** Come and get it!  
开饭啦!
- 39.** It's time for dinner!  
该吃晚饭啦!
- 40.** I'll be right there.  
我马上去。
- 41.** Did you wash your hands well?  
手洗干净了吗?
- 42.** Don't spill it!  
别弄洒了。

