

· 朗文常青树英语学习系列 ·

英语习语课堂： 提高篇 1



*Everyday Idioms for Reference and Practice
(Book One)*

Ronald Feare

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著

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世界图书出版公司

英语习语课堂

必修第1册



湖南教育出版社

朗文常青树英语学习系列

英语习语课堂：提高篇 1

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Preface 前言

《英语习语课堂：提高篇1》和《英语习语课堂：提高篇2》是为中等水平到高级水平的学生而设计的，目的是为了使学生更容易、更快速地学习和掌握地道美国习语。书中1200多个习语是从众多受欢迎的报纸、杂志、练习册、习语词典中精选出来的，习语例子由美国语言研究院、圣迭亚戈州立大学的学生收集。

本册包含700多个习语表达法，它们以主题为单位，有条理地安排在50个容易学习的类别中。这些类别包括英语中常见的情景、话题和功能。每个类别中的习语都有相同的意思或目的。这样的安排可以使学生很容易地找到、学习和牢记这些习语，帮助中等水平的学生提高英语的理解能力。

单元构成

每个单元的开始都有一组带释义和例句的习语，这些内容提供了习语用法的背景。括号内的习语部分是可供选择的。许多条目还提供了附加的同义词、反义词或相关习语并提供了语法和用法注解。

语法和用法导航

语法导航用来清晰地解释如何正确地使用习语。例如一些动词习语可带或不带宾语：

宾语			
They had to	wake up	George	before 6:30.
Ginger usually	wakes up		before her parents.

有些动词习语是可分的，即一个宾语可以将动词习语分开：

宾语		
I won't clean up	the bedroom	if you don't help me.
I won't clean	the bedroom	up if you don't help me.

有时一个动词习语必须被宾语分开。

宾语

A cup of coffee *gets* me *going* in the morning.

用法导航提供语体的正式程度、生活中的用法和搭配的信息。

练习

每个单元的练习提供听、说、读、写的机会。以控制性练习到开放式练习再到高难度的练习次序排列。

练习 A 要求学生填写在单句、段落或对话中习语空缺的部分，以检验学生是否认识习语。

练习 B 通过让学生互相讨论和写作，进一步引导其理解与使用习语。每个问题都要用到一个或多个本单元的习语。

练习 C 通过说和写，使学生在角色扮演、讨论、口头演示或自编与单元话题相关的对话中获得开发性练习习语的机会。

复习单元

每十个单元后有一个复习单元。每个复习单元通过多项选择题、判断正误题和填字谜等，让学生进一步练习习语。

复习单元可以作为学前测验以检验在此前的十个单元里学生能认识多少习语。这可以帮助我们决定先学哪个单元。如果不把它们用作学前测验，那么应该在学完其前十个单元后使用。

如何使用本书？

这本书可用作课堂教材、补充教材、自学教材或参考书使用，并可以以任何次序来学习，而且参考单元话题，这些单元可以很容易地被用作说和写的补充教材。目录清晰地罗列出了每个单元中相应的习语，学生很容易找到。书后还附有练习 A、练习 B 和复习单元的答案。

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Unit 1

In the Morning 早晨



wake up: to awake, to arise from sleep 醒来, 从睡梦中醒来

同义词: **get up**

语法导航: 这些词组可带宾语或不带宾语。如带宾语, 词组是可分的。(前言有关于可分动词词组和不可分动词词组的解释。) Get up 的字面意思是 “to get out of bed (从床上起来)”, 这个动作一般在 waking up 之后发生。

- Ginger usually **gets up** before her parents, but this morning they had to **wake** her up.
金格总是在她父母起来之前起床, 但今天早晨他们不得不叫醒她。
- Sometimes after **wake up**, I lie in bed for a while before finally **get up**.
我醒了之后, 有时会在床上躺一会儿再起床。

crack of dawn: the moment when sunlight is first seen in the morning sky 黎明, 破晓

- During the busy harvest season, farmers get up at the **crack of dawn** and don't stop working until dusk.
在繁忙的收割季节, 农民天不亮就起床, 一直不停地劳作到黄昏。

go off: to sound, to ring (爆竹、铃等) 响

语法导航: 主语一般是 alarm 或 buzzer。

- When the alarm **goes off** in the morning, I jump out of bed immediately.
听到早晨的闹钟响, 我马上从床上跳起来。
- Jack was late to work because he didn't hear the buzzer **go off**.
杰克没有听到蜂音器响, 所以上班迟到了。

not sleep a wink: to get no sleep (or very little sleep) during the night 一夜未眠, 失眠

语法导航: 否定词 hardly 可以替换 not。

- The Wilsons couldn't **sleep a wink** the first night they spent in their new house.
威尔逊一家彻夜未眠, 在新房度过了第一晚。
- The children were so excited about opening presents on Christmas Day that they **hardly slept a wink** on Christmas Eve.
能在圣诞节拆礼物, 孩子们觉得十分开心, 平安夜里几乎一夜未眠。

sleep like a log: to sleep very well 睡得很香, 睡得很好

同义词: sleep like a baby

- I didn't wake up once last night. I must have **slept like a log**.
我一觉睡到天亮。我一定睡得很香(睡得像个木头)。
- Maria can **sleep like a baby** in almost any place, including airplanes and cars.
玛利亚几乎可以在任何地方都睡得很香,包括在飞机和汽车上。

take a shower: to shower 洗淋浴

相关词语: take a bath (to bathe)

- After easy exercise I **take a shower**, but after serious exercise I **take a bath** to relax my muscles.
在简单锻炼之后,我洗淋浴;但是在强度较大的运动之后,我就泡澡来放松肌肉。

get ready: to prepare oneself by getting dressed, eating breakfast, and so on 准备好,如穿好衣服,吃早饭等

- It takes Linda about an hour to **get ready** for work if she hurries.
如果抓紧时间,琳达大约要准备一个小时的时间才能去上班。
- The first thing I do to **get ready** in the morning is to shave.
我早上起来要做的第一件事就是刮胡子。

get someone going: to stimulate into action 激发某人做某事

语法、用法导航:这个习语用于早晨某人动作很慢。可以使用反身代词。

- There's nothing like a good cup of coffee to **get me going** in the morning.
没有什么比一杯好咖啡更能让我在早晨迅速进入工作状态。
- Charlie likes to jog every morning to **get himself going**.
查理每天早晨慢跑使自己保持充沛的精力。

start the day off (right): to begin the day with something good 开门红,以好事开始一天

- I usually **start the day off** by having some tea and reading the newspaper.
清晨起来,我要做的第一件事就是喝茶和看报纸。
- Some people like to exercise to **start the day off right**.
有些人喜欢每天运动来给日子开个好头。

sleep in: to stay in bed late in the morning 睡懒觉

- On the weekends, many people like to **sleep in**.
许多人喜欢周末睡懒觉。
- Josh chose to **sleep in** after staying up late the night before.
由于昨天晚上熬夜,乔希决定睡个懒觉。

EXERCISES

A. Fill in each blank with the part of the idiom that is missing.

1. The Thompsons were so excited about their new baby that they didn't sleep a _____ the night they got back home from the hospital.
2. For some reason the alarm didn't _____ off this morning. I must have forgotten to set it.
3. My Dad and I got up at the _____ of dawn to go fishing.
4. A loud noise made Nellie wake _____ in the middle of the night.
5. Matt is so tired when he gets home that he usually _____ like a log at night.
6. You're all hot and sweaty from working outside. Be sure to _____ a shower before dinner.

7. Every Sunday morning the Jonnas like to sleep _____ until eleven o'clock.
8. A quick jog and cool shower really _____ me going in the morning.
9. Andrew starts the day _____ by taking a shower.
10. How much longer will it take you to get _____ to leave?

B. Use the Idioms in your spoken or written answers to the following questions.

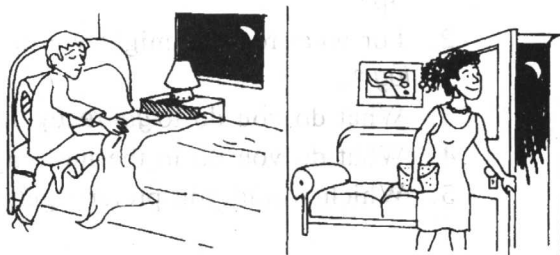
1. When do you usually *wake up* in the morning? Do you always *get up* as soon as you wake up?
2. For what reasons might you not sleep a wink? For what reasons might you *sleep like a log*?
3. What do you do to *get ready* in the morning?
4. What do you do in the morning to *get yourself going*?
5. Which would you prefer—getting up at the *crack of dawn*, or *sleeping in*? Why?

C. Using the Idioms from this unit, develop a dialogue about your typical morning routine. You may include the following information:

- what time you wake up, and whether you get up immediately;
- whether you use an alarm clock;
- how well you usually sleep;
- whether you take a shower, a bath, or neither;
- how long it takes you to get ready;
- what you do to start the day off right.

Unit 2

In the Evening 晚上



go out: to leave home to do an activity (usually in the evening) 出门, 出去 (通常在晚上)

- Marco **went out** with his friends very often until he got married.
马可结婚以前经常和他的朋友们晚上一起出去玩。
- Mr. and Mrs. Faulk **go out** for a walk almost every evening.
福克夫妇几乎每晚都出去散步。

stay out: to remain away from home at night 晚上未回家

反义词: stay in (留在家里)

- On New Year's Eve many people **stay out** late at night.
元旦前夜许多人都在外面待到很晚。
- There was such a bad storm last night that we decided to **stay in** instead of going out.
昨夜下了一场大暴风雨, 我们决定留在家里不外出。

stay up: to remain awake at night 熬夜, 整夜不睡觉

相关习语: wait up

用法导航: Wait up 经常用在当一个人不得不等待另一个人的时候, 例如: 孩子, 晚上回家。Stay up 可以用于这个目的, 但它有更广泛的含义。

- Lisa was too tired to **stay up** for the late-night movie that she had planned to see.
莉莎太累了, 不能熬夜看她想看的晚场电影。
- I can't believe that my parents are going to **wait up** until I get home tonight.
直到我今晚回家, 我才相信我的父母会通宵熬夜等着我。

be tired out: to be completely tired (usually at the end of the day) 太疲劳, 太累了 (通常在一天
的结束之际)

同义词: be tuckered out

用法导航: be tuckered out 与 be tired out 相比前者更加非正式。

- I'm sorry that I'm too **tired out** to attend the lecture with you tonight.
抱歉, 我太累了, 不能和你一起去听今晚的讲座。
- After a hard day's work in the yard, Mr. Coulson said, "I'm **tuckered out**!"
库尔森先生在花园里辛苦工作了一天, 他说: "我太累了!"

fall asleep: to begin sleeping 开始入睡

同义词: drop off to sleep, doze off

- Terence **fell asleep** on the couch while watching a boring movie on TV.
特伦斯在看电视上播出的一部无聊的肥皂剧,百无聊赖地躺在长沙发上睡着了。
- I like to read in the evening until I **drop off to sleep** around 10:00 P. M.
我喜欢晚上看书,直到 10:00 左右才去睡觉。
- One person in the theater audience starting snoring after he **dozed off**.
剧场里有个观众睡着后开始打鼾。

turn in: to retire, to enter one's bed 上床睡觉

同义词: go to sleep, go to bed

- The Fares always **turn in** after watching the eleven o'clock news.
法里一家总是在看完晚间 11 点的新闻后才上床睡觉。
- When do you generally **go to sleep** at night?
你晚上一般什么时候睡觉?
- Nancy was so tired that she couldn't wait to **go to bed**.
南茜太累了,她太想马上就睡个觉。

hit the sack: to sleep 睡觉

同义词: hit the hay, crash out

用法导航: 这些习语与 turn in, go to sleep, go to bed 相比语气更非正式。

- I'm so tired that the only thing I want to do is take a shower and **hit the sack**.
我太疲劳了,惟一想做的事就是冲个淋浴,然后上床睡觉。
- Arnold stumbled into the house at midnight and said, "Time to **hit the hay**!"
深夜阿诺德磕磕绊绊地走进房间,然后说:“该睡觉啦!”
- Carla didn't mind **crashing out** in her friend's living room during her visit.
卡拉不介意造访时睡在朋友的客厅里。

bed down: to prepare a temporary place to sleep 准备一个临时睡觉的地方

用法导航: 这个习语用在临时睡在户外的一个地方。

- The hikers **bedded down** in a different place each night of their weeklong trip.
这些徒步旅行者在长达一周的旅行中,每晚都睡在不同的地方。
- The soldiers were told to **bed down** in the barn of an old farmhouse.
士兵们被告知要睡在旧农舍的谷仓内。

after hours: after the normal, or permitted, time 在一般正常的时间后,办公时间以后,营业时间过后,闭市后

用法导航: 加上连字符 (-) 后, after hours 可用作形容词。

- Most large cities have a part of town where people can go **after hours**.
多数大城市都有一些地方供人们下班后去消遣。
- The popular nightclub stayed open for a special **after-hours** party.
这个夜总会为一次特殊的深夜举办的晚会开放。

EXERCISES

A. Fill in each blank with the part of the idiom that is missing.

Last Saturday Jose went _____ with his college roommates. They _____ out

Unit 2

at a nightclub until after midnight and then went to a friend's apartment for an after –
_____ snack. When Jose finally _____ the sack at 2:30 A. M. , he was so tired
_____ that he _____ asleep immediately.

Before Jose went to college he lived with his parents, who would always stay
_____ until he came home. One time Jose was so late that his parents had already
_____ in, and all the doors were locked. Jose had forgotten to take his key and
_____ couldn't get into the house. He didn't want to disturb his parents, so he bedded
_____ on the patio until morning.

B. Use the Idioms in your spoken or written answers to the following questions.

1. Do you like to *go out* with friends? Where do you like to go?
2. For what reasons might someone prefer to *stay in* than to *go out*?
3. Have you ever *stayed up* all night? Why?
4. Have you ever *bedded down* outdoors? When and where?
5. Where can you go *after hours* in your town or city?

C. Using the Idioms from this unit, develop a dialogue about your typical evening routine. You may include the following information:

- how late you usually stay up in the evening;
- how often you go out;
- what nighttime activities make you tired out;
- when you usually hit the hay;
- how quickly you drop off to sleep.

Unit 3

Around the House 家务



keep house: to do the needed chores around the house 管理家务

相关词语: housekeeper (名词)

用法导航: housekeeper (管家) 是指雇来管理家庭的人。

- In modern societies, husbands and wives share in *keeping house*.
在现代社会, 丈夫和妻子共同分担家务。
- The Amantes hired a *housekeeper* to do most of the household chores.
阿马泰一家雇了一个管家来做大部分家务。

clean up: to arrange neatly, to put in order 整理, 收拾, 摆齐

同义词: pick up, tidy up, straighten up

语法/用法导航: 这些习语是可分的。它们用作住宅、房间、储藏室、工作地点等场所的清洁。

- Mrs. Potter told her son to *clean up* his room before going outside.
珀特太太要求她的儿子在出门之前打扫干净自己的房间。
- Didn't I tell you to *pick* your things *up* right away?
难道我没有告诉你马上把你自己的东西整理好吗?
- The Richards *tidied up* the house before their guests arrived.
理查德一家在客人到来之前把房间打扫干净。
- Look at the mess in your closet! *Straighten* it *up* right now.
看你的橱柜有多乱! 马上收拾好。

put back: to return to the proper place 放回原处, 整理好

同义词: put away

语法/用法导航: 这些习语是可分的。它们指家或房间内一个明确的物品。

- You're supposed to *put* the dictionary *back* on the shelf after you've used it.
用完词典后你应该将它放回书架。
- We *put away* the Christmas decorations until next year.
我们要放好这些圣诞节的装饰物, 说不定明年还用得上。

fix the meal: to prepare the meal 做饭

同义词: fix breakfast, fix lunch, fix supper, fix dinner

- Jack *fixed the meal* Saturday night because his wife was sick.