

ENGLISH
挂在嘴边常用1000单字系列

1000
Most Useful English
Words for Everyday Life

刘 哲 主编

1000
Most Useful
English Words

日常生活
必备词汇

- 1 解析——化解难点，理解词义
- 2 速记——快速掌握，速记速成
- 3 突破——编排巧妙，例句丰富
- 4 拓展——汲取精华，温故知新



天津科技翻译出版公司

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**Most Useful English
Words for Everyday Life**

日常生活 必备词汇

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天津科技翻译出版公司

图书在版编目(CIP)数据

日常生活必备词汇：英汉对照/刘哲主编. — 天津：天津科技
翻译出版公司，2010.1
(挂在嘴边常用1000单字系列)
ISBN 978-7-5433-2438-1

I. 日… II. 刘… III. 英语-词汇-自学参考资料 IV. H313

中国版本图书馆CIP数据核字(2009)第146328号

出 版：天津科技翻译出版公司
出 版 人：蔡 颢
地 址：天津市南开区白堤路244号
邮政编码：300192
电 话：022-87894896
传 真：022-87895650
网 址：www.tsttpc.com
印 刷：天津泰宇印务有限公司
发 行：全国新华书店
版本记录：880×1230 32开本 13.625印张 379千字
2010年1月第1版 2010年1月第1次印刷
定价：22.00元

(如发现印装问题，可与出版社调换)



前言

为了帮助英语学习者和英语爱好者迅速提高英语口语水平，实现日常生活中的基本英语交际，我们编写了《挂在嘴边常用1000单字系列丛书》，本套书共分为三册：即日常生活篇、工作学习篇和休闲娱乐篇。每分册都精选了该领域内1000个最常用的单词，每个单字都配有音标、中文注释、例句以及情景对话。读者通过阅读本套丛书，可以在相对较短的时间内掌握这些单字的意义和用法，并在交际生活中灵活地运用它们。该丛书的特点是实用性较强，语言表达贴近生活，同时作者在选字过程中，参阅了大量的国内外书籍和网络资料，因此所选单字颇具时效性。

本分册《日常生活必备词汇》精选了日常生活中常用的1000个单词。内容涉及起居、饮食、家务、房屋、交通及情感等方面，使读者在熟悉的生活环境中轻松地进行英语学习。所选单词以字母排序，以便读者查阅。



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A

abandon [ə'bændən]

vt. 放弃, 沉溺 n. 放任

◆ Useful Expressions:

- 1.. In my eyes, he is absolutely an irresponsible guy who abandoned his family and promising career!

在我看来, 他就是一个抛弃家庭, 舍弃大好前程的不负责任的家伙!

2. Born in a well-off family, he squandered with abandon.

由于生于富裕之家, 他肆意挥霍着钱财。

◆ Dialogue:

A: What are you doing, Sandy?

桑迪, 你在干什么呢?

B: Nothing, I'm just surfing.

没什么, 我上网呢。

A: Well, you shouldn't abandon yourself to it any longer, my girl.

哎, 孩子, 你不能再沉迷于网络了!

able ['eɪbl]

a. 能干的, 能……的, 显示才能的

◆ Useful Expressions:

1. She is an able gardener. 她是一个能干的园艺师。
2. I was able to swim across the river within five minutes.

我只消用5分钟就可以游过河。

◆ Dialogue:

A: Can you put these pieces together?

你能把这些碎片拼起来吗?

B: I'm not able to do it.

我可做不了。



abound [ə'baund]

vi. 多, 大量存在, 富于, 充满

◆ **Useful Expressions:**

Different arts abound in our country. 我国拥有丰富的艺术形式。

◆ **Dialogues:**

A: I'm curious how she can abound with so many new ideas.

我很好奇她怎么会有这么多的新想法。

B: You may feel threatened, I guess.

我猜, 你是不是有危机感了。

about [ə'baut]

adv. 附近, 大约, 转向 *prep.* 关于, 在……周围, 忙于

◆ **Useful Expressions:**

1. We left the farm at about ten o'clock. 我们大约十点离开了农场。

2. I'm going to read a story about love. 我要去读一个爱情故事。

◆ **Dialogue:**

A: What are you about?

你在干什么?

B: I'm searching for my suits for appointment.

正在找我赴约穿的西装。

above [ə'bʌv]

prep. 在……上方, 超出 *adv.* 在上面

◆ **Useful Expressions:**

1. Raise your hands above your head. 把手举到头上。

2. Children aged 12 and above are not allowed in the pool.

12岁及以上的孩子不可进入这个泳池。

◆ **Dialogue:**

1. A: He is above the average in his intelligence.

他的智力超群。

B: I learned it once.

我领教过。

2. A: Look at the plane above!

快看天上的飞机!

B: I've been dreaming to be a pilot.

我一直梦想着当一名飞行员。

abroad [ə'brɔ:d]

adv. 往国外, 到处, 广泛

◆ **Useful Expressions:**

1. I'm going abroad for my holidays. 我打算去国外度假。
2. It has been abroad that she will challenge the record holder.
传闻她要向记录保持者挑战。

◆ **Dialogue:**

- A: The earthquake arouses the attention abroad.
地震引起了大家广泛的关注。
- B: People not only give vocal support, but try to do something for the sufferers.
人们不仅口头鼓励受灾群众且尽力地为他们做些事情。

absorb [ə'bsɔ:b]

vt. 吸收, 并吞, 全神贯注, 同化

◆ **Useful Expressions:**

1. The housework is really tiresome and has absorbed all the strength of the housewife.
做家务很烦人, 它耗尽了主妇的体力。
2. When he was young, he absorbed the idea of equal opportunity.
他年轻时, 就接受了机会均等的思想。

◆ **Dialogues:**

1. A: Please be quiet. He is completely absorbed in his reading.
请安静点, 他正在专心看书。
B: Oh, I'm terribly sorry.
哦, 真对不起。
2. A: Finally! I found myself absorbed into my fellows in the new school.
终于, 我同新学校的同学打成一片了。
B: Congratulations!
恭喜!

accept [ək'sept]

v. 接受, 相信

◆ **Useful Expressions:**

1. We accepted his invitation and went to his wedding ceremony on time.
我们接受了他的邀请并且按时参加了他的婚礼。



2. It was really hard for her to accept the fact that her brother died in the accident.
她真的很难接受她的哥哥在交通事故中身亡这一事实。

◆ **Dialogues:**

A: Cheer up!

高兴起来!

B: I've tried, but I can't.

我试过了, 但就是高兴不起来。

A: Maybe I know what goes wrong. You have to accept your failure first.

也许我知道是怎么回事。你得先承认失败才行。

access ['ækses]

n. 通路, 访问, 入门

◆ **Useful Expressions:**

1. The police manage to gain access to the building through the upstairs windows.
警察设法从楼上的窗户进入了大楼。
2. There's no way for us to get access to the president. 我们没有办法见到主席。

◆ **Dialogues:**

1. A: With the help of one of my acquaintances, I'm able to gain access to the important witness. 在一个熟人的帮助下, 我得以见到这个重要的证人。

B: You have been taking pains to do that.

为此, 你一定煞费了一番苦心。

2. A: I think Stella is a girl of easy access.

我想斯特拉是一个容易接近的女孩。

B: Yeh, she is patient, too.

而且, 她还很有耐心。

accommodate [ə'kɒmədeɪt]

v. 容纳, (向……)供应, 使适应

◆ **Useful Expressions:**

1. This table can accommodate about ten people for dinner.
这张桌子可供大约10人用餐。
2. We need to be flexible enough to accommodate changes in the market abroad.
我们要随机应变以适应国外市场的变化。

◆ **Dialogues:**

A: You should soon accommodate yourself to the new environment.

你应该尽快适应新环境。

B: I've been trying, but words are always easier.

我一直在努力。不过,说总是很容易的。

accompany [ə'kʌmpəni]

vt. 陪伴, 带有, 为……伴奏

Useful Expressions:

1. Last summer, I visited the five-colored pool and some other beautiful places accompanied by my parents.
去年夏天, 我和父母去了五彩池和一些其他景色秀丽的地方。
2. Thunder accompanies lightning. 雷鸣伴随着闪电。

Dialogues:

A: It's dark outside.

天黑了。

B: Could you give me the honor to accompany you to go back?

你能赏光让我送你回去吗?

account [ə'kaunt]

n. 说明, 帐目, 理由 *v.* 说明, 总计有

Useful Expressions:

1. He gives us a detail account of what happened. 他详细地给我们讲述了发生的事情。
2. He couldn't account for the fact that he took money. 他无法解释偷钱这个事实。

Dialogues:

1. A: My daughter has opened an account in Bank of Tianjin to deposit the money she received during the Spring Festivals.

我女儿在天津银行开了个户头, 把自己过年时收到的压岁钱存了起来。

B: That's a good habit.

好习惯。

2. A: In our daily life, we communicate mostly through body language which accounts for about 70% to 85%.

在我们的生活中, 我们更多地用身体语言进行交流, 这种交流大约占到70%至85%。

B: I see, you mean speaking is often overestimated and we usually send messages to others through our faces, attitudes, clothes and the like.

明白了, 你是说口头交流的作用往往被高估了。通常我们是通过脸部、姿态、服装等等来传递信息的。



accustom [ə'kʌstəm]

vt. 使习惯

◆ **Useful Expressions:**

1. You have to accustom yourself to the weather in this new city.
你已经习惯了这座新城市的天气。
2. I am not accustomed to going to bed so early. 我不习惯这么早就睡觉。

◆ **Dialogues:**

A: Jack, why do you have to stay up so late?

杰克,你为什么非要熬这么晚?

B: I have accustomed myself to working long hours.

我已经习惯了长时间的工作。

ache [eɪk]

vi. 觉得疼痛, 渴望 *n.* 疼痛

◆ **Useful Expressions:**

1. My head is aching. 我头痛。
2. Cindy has got a bit of ache in her back. 辛蒂的后背有点痛。

◆ **Dialogues:**

1. A: I'm aching for my hometown. You now, this is my first to go far from my parents.
我很思念家乡。你知道,这是我第一次远离父母。

B: I felt down too when I came here first, but now, you see, I enjoy my life here.
我刚来时,也很郁闷,但是你看,现在我已经很喜欢这里的生活了。

2. A: I saw John yesterday. He doesn't go well.
昨天我看到了约翰。他过得不好。

B: Stop! I feel aches and pains all over.
别说了!我已经觉得浑身不舒服了。

acquaint [ə'kweɪnt]

vt. 了解, 认识, 通知

◆ **Useful Expressions:**

1. She always takes the trouble to acquaint herself with her child's new hobbies.
她总是不厌其烦地去了解孩子的新爱好。
2. He led me around to acquaint me with the new surroundings.
他领着我逛逛,让我熟悉一下新环境。

◆ **Dialogue:**

A: It's surprising that he becomes famous overnight!

真令人吃惊，他竟迅速走红了！

B: Oh! Let me acquaint you with the facts, then you'll feel no surprise at all.
哦，让我来告诉你事实吧，你就不再惊讶的。

Note: acquaintance *n.* 了解，懂得，认识，熟人

Useful Expressions:

1. I have some acquaintance with English, but I do not know it well.
我稍懂些英语，但并不精通。
2. He has a large number of acquaintances in the entertainment circle.
他在娱乐界有很多熟人。

acquire [ə'kwaɪə]

vt. 获得，学到，养成(习惯等)

◆ **Useful Expressions:**

1. I have acquired a ticket for the concert. 我得到了一张音乐会的票。
2. We must work hard to acquire a good knowledge of English.
我们必须用功学习才能掌握英语。

◆ **Dialogue:**

A: I'm worrying about our child. I'm wondering how can he acquire those bad habits!
我很担心孩子。真奇怪，他怎么染上的那些坏毛病！

B: Maybe, we'd better move him into a better environment and help him throw them away.

也许我们真应该给他换一个好些的环境，让他改掉那些毛病。

Note: acquisition *n.* 获得，添加物品

Useful Expressions:

I love collecting albums of Jay Chou and recently I got my favorite acquisition.

我喜欢收集周杰伦的专辑，最近我得到了我最钟意的一张。



act [ækt]

v. 行动, 担当, 表现, 扮演

Useful Expressions:

1. Betty acts strangely these days. 这些天, 贝蒂的举动有些古怪。
2. My kid acted as a swan in the short play. 我的孩子在短剧中扮演一只天鹅。

Dialogues:

1. A: Read the specification.
读读说明书。
B: It says the pills don't take long to act on the nerve centers.
上面写着: 药丸很快就会对神经中枢产生作用。
2. A: Sarah seized any chance to act her dreams.
莎拉抓住一切机会实现她的梦想。
B: Now, she is at the top.
现在, 她出人头地了。

acute [ə'kju:t]

a. 敏锐的, [医]急性的, 剧烈

Useful Expressions:

1. She has an acute sense of hearing. 她有敏锐的听觉。
2. Liz got an acute attack of stomachache. 莉斯患了急性胃炎。

Dialogues:

- A: I feel acute pain in my lower back.
我感觉后背的下半部痛极了。
- B: Uncover your shirt and let me have a look.
撩起衣服, 让我看看。

adapt [ə'dæpt]

v. 适应, 改装, 改编

Useful Expressions:

1. I can't adapt to the idea of having him as my colleague.
我不能接受他成为我同事。
2. He adapted the old car for a new use. 他改装了这部旧车, 以做他用。

Dialogues:

1. A: They can hardly adapt themselves to the colorful nightlife here, since they all come from the isolated mountain region.

他们都来自封闭的山区，一定不适应这里丰富的夜生活。

B: Yes and no. Initially, they may feel uneasy, but they'll accept it.

你说对了一半，最初他们也许感觉不适，但一定会适应的。

2. A: My little son is so crazy about *Journey to the West* that he has kept sitting before the TV set for hours.

我的小儿对《西游记》简直着迷了，在电视机前已经坐了好几个小时了。

B: Really? Oh, I love it too, and the story is adapted quite faithful to the origin.

哦，是吗？我也喜欢，改编的这个剧本比较忠实于原著。

Note: adaptation *n.* 适应，改装，改编，改编本

Useful Expressions:

1. The youngsters' adaptation to the new environment is easy and quick.
年轻人很容易且很快适应新的环境。
2. The movie is an adaptation of a novel. 这部影片是小说的改编本。

add [æd]

v. 增加，增添，做加法

✿ **Useful Expressions:**

1. Your presence adds to the attraction of our film festival.
您的出席使电影节更加生辉。
2. Add up these numbers. 把这些数字加起来。

Note: addition *n.* 增加，加法 additional *a.* 附加的，另外的

Useful Expressions:

1. In addition, I suffered much from the loss. 此外，我还遭受了不少损失。
2. He made an additional requirement that you should acknowledge your mistake. 他还提出了另外一个要求，要你承认错误。

✿ **Dialogue:**

A: Sam, why are you upset?



山姆，你怎么愁眉苦脸的？

B: The rise in oil prices has added to our burden and I'm thinking about cycling to work.

油价上涨增加了我们的负担，我正在考虑骑自行车上班呢。

addict [ə'dikt]

v. 上瘾，沉迷

addict ['ædikt]

n. 上瘾的人，沉迷的人

Useful Expressions:

1. He become addicted to alcohol. 他酗酒上了瘾。
2. He is hopelessly addicted to the computer games. 他无法自拔地迷上了网络游戏。
3. I am a sports addict. 我是一个体育迷。

Dialogue:

A: Where's Bob? Has he been ill for so long?

鲍勃在哪里？他病了这么长时间吗？

B: As I know, he has addicted himself to television.

就我所知，他迷上了电视。

address [ə'dres]

vt. 写姓名地址，致辞 *n.* 地址，致辞，演讲

Useful Expressions:

1. The letter is wrongly addressed. 这封信的地址写错了。
2. You can send the letter to my home address in Beijing.
你可以把信寄到我在北京的地址。

Dialogues:

1. A: Mr. White was invited to address the crowd.
怀特先生应邀向公众致辞。
B: He must felt excited to return to the platform after his retirement.
他一定为退休后重返讲坛而兴奋不已。
2. A: Mr. White delivered a welcome address at the opening ceremony.
怀特先生在开幕式上致了欢迎词。
B: He has talent in speech.
他对演说很在行。

adequate ['ædikwɪt]

a. 足够的, 适当的

🌟 **Useful Expressions:**

1. This meal is adequate for two. 这份饭够两个人食用。
2. Jim is not adequate to the job. 吉姆不能胜任这项工作。

🌟 **Dialogues:**

1. A: We are not adequate in meeting the challenge.
我们还没准备好迎接挑战。
B: Then you'll miss an opportunity.
那你就错过了一次大好机会。
2. A: We'd better take adequate actions to stop our kids' childish idea.
我们最好采取适当行动打消孩子们的幼稚想法。
B: What we can do only is to talk with them.
我们唯一能做的就是跟他们谈一谈。

adjust [ə'dʒʌst]

v. 调整, (使)适应于, 校准

🌟 **Useful Expressions:**

1. I adjusted the color on the TV by turning this knob. 我旋转这个钮来调节电视的色彩。
2. He adjusted quickly to the climate here. 他很快适应了这里的气候。

🌟 **Dialogues:**

1. A: Why were you late for the appointment today?
今天你约会怎么晚了?
B: My watch went slow. I've adjusted it.
表慢了, 我已经把它调准了。
2. A: There is a hole in his pocket.
他花钱大手大脚。
B: I agree, he doesn't know how to adjust his expenses to income.
没错, 他不懂得量入为出的道理。

admire [əd'maɪə]

vt. 赞美, 钦佩, 喜欢

🌟 **Useful Expressions:**

1. We stopped halfway to admire the beautiful seascape.
我们中途停下来欣赏美丽的海景。



2. I admire her for her bravery. 我很钦佩她的勇敢。

Dialogue:

A: Yao Ming is my favorite basketball player.

姚明是我最喜欢的篮球运动员。

B: Yah, he is the athlete I admire, too.

是,他也是我喜欢的运动员。

admit [əd'mit]

v. 承认, 容许, 接纳

Useful Expressions:

He admitted cheating her. 他承认欺骗了她。

Dialogues:

1. A: Can the room big enough for our gathering?

这个房间足够容纳前来聚会的人吗?

B: Don't worry about that. It can admit more than 100 persons.

别担心那个。它可以容纳100多人。

2. A: The fact admits no doubt.

事实毋庸置疑。

B: But sometimes it's affected by your personal opinion.

可是,有时事实也受个人观点的影响。

adopt [ə'dɒpt]

vt. 采用, 收养

Useful Expressions:

The couple adopted a baby when they lost their own child.

这对夫妇在失去了孩子之后收养了一个婴儿。

Dialogues:

1. A: What do you think of the response of Lily to my requirement?

你怎么看待莉莉在我提出要求后做出的反应?

B: If you had adopted my idea, you wouldn't have felt so furious.

如果你采纳了我的意见,就不会这么恼火了。

2. A: Mr. White was adopted when he was only two.

怀特先生在两岁时就被收养了。

B: He's lucky to have the loving adoptive parents.

他很幸运能有这么慈爱的养父母。