



英语国际人 知性英语·自信表达

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# 100 Topics for Daily English Situations



# 生活英语 情景口语 100主题

Carol Rueckert 王恩波 著



外文出版社  
FOREIGN LANGUAGES PRESS



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图书在版编目 (CIP) 数据

生活英语情景口语 100 主题 / (美) 罗克特 (Rueckert, C.), 王恩波著.  
—北京: 外文出版社, 2007

(英语国际人)

ISBN 978-7-119-04838-3

I. 生… II. ①罗…②王… III. 英语—口语 IV. H319.9

中国版本图书馆 CIP 数据核字 (2007) 第 082532 号

英语国际人

生活英语情景口语 100 主题

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©外文出版社

出版发行 外文出版社

地 址 中国北京西城区百万庄大街 24 号 邮政编码 100037

网 址 <http://www.flp.com.cn>

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(010) 68995844/68995852 (发行部/门市邮购)

(010) 68320579/68996067 (总编室)

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印 制 北京佳信达艺术印刷有限公司

经 销 新华书店/外文书店

开 本 小 16 开

印 张 23

印 数 0001—8000 册

字 数 360 千字

装 别 平

版 次 2007 年 6 月第 1 版第 1 次印刷

书 号 ISBN 978-7-119-04838-3

定 价 38.00 元

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## Foreword

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Students studying English today do so for a variety of reasons—to get a better job, to study abroad, to travel, to make friends with other English-speakers, or simply to learn something new. No matter what the reason is for learning English, most students want the same thing—materials with useful English. With this book, *100 Topics for Daily English Situations*, students will not only have access to a wealth of vocabulary words organized by useful everyday topics, but they will also learn how these words can be used in “real English” dialogues.

This book includes 100 chapters. Each chapter is based on a useful topic for daily English and includes a list of important sentences, key words/phrases, and two dialogues. As the English that is used in today’s world is becoming increasingly mixed (ie. neither British English nor American English), there is a mix of both American English and British English phrases and words used throughout the book. Also, the names used in the book include some of the most popular names, so if students are looking for a new English name, this might be a useful resource!

In order to make use of this book, it is recommended that instead of working through the book in order, students find the topics that are of most interest to them to study first. After choosing a topic, it is advised that students first brainstorm what they know about the topic first by listing words, phrases, and ideas that they are already familiar with. Then, students can read through the key words and add the new words to a “vocabulary notebook” so that the words can be reviewed in an orderly fashion in the future in order for them to be moved from short-term memory to long-term memory. Students can then preview the dialogues by reading through the key phrases and reading through the main dialogues with a partner.

While students might find memorizing some of the key phrases useful, it should be noted that the goal of communicating in another language is to be able to deal with spontaneous speech and not to recite memorized pieces. Therefore, students should focus more on understanding how to use the words in a sentence than on memorizing the dialogues in full. In order to practice spontaneous speech, students might find it useful to come up with their own dialogues, using

some of the key words and phrases from each chapter, by either writing new dialogues down on paper or, ideally, by orally producing their own dialogues with another English-speaking student or tutor.

Finally, this book can be used in a variety of ways. Independent learners might choose to use this book for self-study purposes. Those who have access to a “language exchange partner” or a private tutor might find it useful to practice the dialogues in their English sessions. Teachers might also find this book to be a useful core textbook, especially those teaching “Conversational English”. Whatever your goal in learning English, the more fun you have with the language, the more likely it is that you will be successful! Hopefully, this book will allow you to have fun—and at the same time, to achieve your English language learning goals.

Good luck!

Carol Rueckert

## 前言

如今，学生们学习英语的原因多种多样：找个好工作、出国留学、旅游、和讲英语的人交朋友，或者只是单纯地想学些新东西。无论学习的动机是什么，大部分学生所共同需要的都是同一样东西——一本实用的英语书。《生活英语情景口语 100 主题》正是这样一本书，你不仅可以从中获得按照日常话题编排的丰富实用的词汇，还能够掌握这些词汇在真实英语对话环境中的使用方法。

本书共包含 100 个章节。每章都对应一个常见的生活场景，收入常用词汇及短语、重点句型以及两段模拟实景的对话。当代英语本身已经越来越趋于融合（英式英语和美式英语的界线不再那么泾渭分明），为此，本书收纳了英式和美式两种英语的句型和词汇。同时，本书还附上了最新统计的英美国家常用人名表，如果你想为自己选个英文名，这将是个很好的资料！

为了更好地使用本书，建议你不要按章节顺序依次学习，而是从你的兴趣出发，从最喜欢的章节开始学起。选好章节之后，你可以就这个话题展开头脑风暴，列出你自己能想到的所有相关词汇、短语和想法。然后再参照本书，为你的“词汇记忆库”里加入新词，这样可以保证这些新词能够有条不紊地从你的短期记忆里转移到长期记忆中去。最后，预习对话之前你可以先通读一遍关键短语，然后找个搭档一起朗读对话。

当然，也许你会在书中找到很多有用的短语，然后把它们背下来，但你也该明白，用另一种语言交流的目的是能够自然地对话，而并非背诵一些词句片断。因此，学习的重点应该是学会掌握这些词汇在句子中的用法，而不是把对话囫圇吞枣地整个背下来。如果你希望能流畅地用英语和他人进行交流，你就应该学会用每章提供的词汇和短语自己组织对话。你可以试着自己在纸上另编一段新对话，而更理想的状态是，找一位母语是英语的学生或老师，跟你一起在口语交流中让新对话自然生成。

本书的使用方法多种多样。读者可以用它来自学；有交谈搭档的或者有教练的读者可以在英语课上用它来进行对话练习；英语老师们，特别是口语交流课的老们，会发现本书是一本非常实用的教材。总之，无论你学习英语的目标是什么，只要你在这门语言中能够发现越多的乐趣，你就离成功越近！希望本书能够让你从中获得乐趣，同时，实现你的英语学习目标。

祝你好运！

## 学习指南

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巧学活用本书能达到以一当十的效果，你至少可以做以下练习：

**语音练习：**选取你最感兴趣的课文，尽力模仿录音中的语音语调，把自己的朗读录下来和录音比较，找出差距反复模仿，直到乱真。

**口语练习：**利用书中对话做两人对练，或者和录音对练。就书中的主题换一个论点或谈话思路进行开放式对话创作。

**听力练习：**利用随书的 MP3 录音做精听和泛听练习。常用的内容精听，即反复听直到听懂每一个字并能流利跟读为止；其他内容泛听，能听懂大意并基本能跟读即可。

**听写练习：**听写能力表现在做课堂笔记和讲座笔记、会议记录等。利用本书 MP3 可以做听写练习，反复听写直到没有错误为止。

**语汇练习：**利用书中的词汇表，并摘录课文中精彩实用的句型或用法，建立自己的主题词汇库。

**翻译练习：**利用书中句型和对话做汉译英或英译汉练习，口译或笔译均可。

你可以根据自己的英语水平、工作需要和学习习惯将各种方法融会贯通，形成最适合自己的学习方法。当然，如果仅限于书本，再多的练习也只是纸上谈兵。如果你有找人开练的强烈愿望并付诸行动，离你的学习目标也就不远了。

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## Top Girl and Boy Names

### *Girl Names*

1	Emma	26	Addison	51	Gabriella	76	Jayden
2	Madison	27	Mackenzie	52	Rachel	77	Kennedy
3	Ava	28	Natalie	53	Peyton	78	Jenna
4	Emily	29	Taylor	54	Brooklyn	79	Gracie
5	Isabella	30	Zoe	55	Brooke	80	Alexa
6	Kaitlyn	31	Sydney	56	Victoria	81	Kendall
7	Sophia	32	Anna	57	Claire	82	Molly
8	Olivia	33	Elizabeth	58	Abby	83	Lucy
9	Abigail	34	Isabelle	59	Audrey	84	Ellie
10	Hailey	35	Avery	60	Rebecca	85	Trinity
11	Hannah	36	Maya	61	Katie	86	Faith
12	Sarah	37	Savannah	62	Alexandra	87	Mckenna
13	Madeline	38	Makayla	63	Sophie	88	Amanda
14	Lily	39	Kayla	64	Camryn	89	Nevaeh
15	Ella	40	Julia	65	Kate	90	Nicole
16	Alyssa	41	Megan	66	Amelia	91	Gianna
17	Riley	42	Morgan	67	Paige	92	Maggie
18	Chloe	43	Jasmine	68	Caroline	93	Destiny
19	Lauren	44	Katherine	69	Leah	94	Jada
20	Grace	45	Ashley	70	Aubrey	95	Angelina
21	Kaylee	46	Allison	71	Lillian	96	Erin
22	Samantha	47	Kylie	72	Gabrielle	97	Marissa
23	Brianna	48	Arianna	73	Jessica	98	Juliana
24	Mia	49	Jordan	74	Ashlyn	99	Bailey
25	Alexis	50	Keira	75	Charlotte	100	Layla

## ***Boy Names***

1	Aiden	26	James	51	Jordan	76	Jason
2	Jacob	27	Daniel	52	Liam	77	Parker
3	Ethan	28	Gavin	53	Thomas	78	Charlie
4	Ryan	29	Evan	54	Justin	79	Devin
5	Matthew	30	Luke	55	Dominic	80	Cooper
6	Jack	31	Joseph	56	Ian	81	Blake
7	Noah	32	Landon	57	Jake	82	Eric
8	Nicholas	33	Christopher	58	Colin	83	Xavier
9	Joshua	34	Mason	59	Hayden	84	Sebastian
10	Logan	35	Cameron	60	Jonathan	85	Brian
11	Andrew	36	Anthony	61	Isaiah	86	Henry
12	Michael	37	Owen	62	Cole	87	Seth
13	Caden	38	Gabriel	63	Adam	88	Steven
14	Dylan	39	Austin	64	Tristan	89	Brody
15	Tyler	40	Lucas	65	Isaac	90	Bryce
16	Connor	41	Christian	66	Max	91	Will
17	Jackson	42	John	67	Kyle	92	Brendan
18	Caleb	43	Sean	68	Aaron	93	Patrick
19	Jayden	44	Elijah	69	Nathaniel	94	Sam
20	Alexander	45	David	70	Wyatt	95	Julian
21	Nathan	46	Samuel	71	Robert	96	Drew
22	Brayden	47	Carter	72	Chase	97	Miles
23	Zachary	48	Hunter	73	Riley	98	Kevin
24	Benjamin	49	Brandon	74	Carson	99	Peyton
25	William	50	Alex	75	Brady	100	Ben

# 生活英语 情景口语100主题

100 Topics  
for Daily English  
Situations

# 1. Stages of Life

## 人生的阶段

### Words Storm

adolescence 青春期  
birth 出生  
bring up 抚养  
childhood 童年  
career 职业

self-employed 自己经营  
puberty 发育期  
single 单身  
turning-point 转折点  
the lowest point 最低潮

marriage 婚姻  
in his/her twenties 二十来岁  
quite elderly 上了年纪  
old and grey 头发灰白

### Useful Expressions

- I spent my childhood in Paris. 我的童年在巴黎度过。
- I was brought up in Paris so it took a long time to get used to living in London. 我在巴黎长大，所以需要很长时间来熟悉伦敦的生活。
- I had a very strict upbringing. 我小时候受的教育非常严格。
- I graduated from Cambridge University. 我毕业于剑桥大学。
- My major is English literature. 我主修英国文学。
- The day I decided to change my career was the big turning-point in my life. 我决定换一种职业的那天是我人生的一个重要转折点。
- I'll never forget the day I got married. It was the best day of my life. 我永远忘不了结婚那天。那是我这辈子最美好的日子。
- Will you still love me when I'm old and grey? 当我老了，头发白了，你是否会一直爱我？
- My first marriage unfortunately only lasted a couple of years. 我的第一次婚姻不幸维持了没几年。
- I'm self-employed. 我自己开公司。
- The lowest point in my life was probably when I lost my job at the BBC. 我这辈子最倒霉的时候恐怕就是丢了 BBC 的工作。
- When Paul left university he applied for a job in the accounts department of a local engineering company. 保罗大学毕业后在当地一家工程公司的会计部门找到一份工作。
- His prospect looked good. 他的事业前途光明。
- By the time he was 30, he decided he wanted a fresh challenge. 30 岁时，他觉得自己应该寻求一些新的挑战。
- He resigned from his company. 他辞职了。
- Now that I'm over 40, I can feel middle age approaching. 40 岁以后，我能感觉到中年在逼近。
- I want to stop work when I'm 60 and have a long and happy retirement. 我希望 60 岁就不用工作了，尽情享受一个悠长快乐的退休时光。

**Dialogue 1 E(Emma) A(Aiden)**

- Emma: You know, Aiden, I don't know much about you. Where were you born?
- Aiden: I was born in London, but I spent most of my childhood in Hong Kong.
- E: What was your childhood like?
- A: I had a pretty strict upbringing, and my parents and I were always fighting about it.
- E: Do you get along with your parents now?
- A: Oh sure. Once they reached middle age, they became a lot less uptight.
- E: Where did you go to university?
- A: My parents wanted me to stay in Hong Kong, but I decided to go back to England. I graduated from Oxford University with a degree in English Literature.
- E: What is your current occupation?
- A: I'm a freelance writer. I write magazine articles and fiction books.
- E: Did you always know that you wanted to be a writer?
- A: No, I didn't. I was an English teacher for about five years, but by the time I was 30, I decided I wanted a fresh challenge.
- E: How did you start writing?
- A: I started writing magazine articles for fun and eventually was asked to write a book, so I was pretty lucky.
- E: Are you writing a book now?
- A: Yes, it's about a group of friends living in a foreign country and all the strange experiences they have.
- E: Sounds interesting.

爱玛：你知道吗艾登，我不太了解你。你是在哪儿出生的？

艾登：我是在伦敦出生，在香港长大的。

A: 你小时候过得怎么样？

E: 小时候家教很严，那时我经常为这个和我父母对着干。

A: 那你现在跟父母相处得怎么样了？

E: 哦，好多了。人近中年，心态就平和多了。

A: 你在哪儿上的大学？

E: 我父母想让我留在香港，可是我自己决定回英国。后来我从牛津大学毕业并且拿到了一个有关英国文学的学位。

A: 那你现在做什么工作呢？

E: 我是个自由撰稿人。给杂志写点文章，也写些小说。

A: 当作家是你一直以来的愿望吗？

E: 不是。以前我做过5年的英语老师。后来30岁那年，我觉得自己需要一些新鲜的挑战。

A: 那你是如何踏上写作之路的呢？

E: 起初我只是给杂志写点小文章，写着玩。后来就有人请我写书。其实我挺幸运的。

A: 你手头上有正在写的书吗？

E: 有的。是一本关于几个朋友生活在异国他乡的奇特经历。

A: 听起来很有意思。



**Dialogue 2 E(Emma) A(Aiden)**

- A: What was the biggest turning point in your life?  
E: I guess I would say that would be moving out of my parents' house for the first time.  
A: Really? Why is that?  
E: After I moved out of my parents' home, I became a lot more independent.  
A: What would you say was the lowest point in your life?  
E: That would definitely be getting a divorce.  
A: What went wrong?  
E: We just weren't right for each other.  
A: How long were you married?  
E: That marriage only lasted about a year.  
A: Have you remarried since then?  
E: Yes, I got married to a man that I met shortly after I divorced my first husband.  
A: Do you think you'll ever get a divorce again?  
E: I hope not. My first marriage was a mistake, but this one isn't.  
A: How long have you been married?  
E: About 15 years now.  
A: Do you think you'll still love him when he's old and grey?  
E: I think so. Hopefully we'll have a long and happy life together.  
A: I'm sure you will.

- 
- A: 你这辈子最大的人生转折点是什么?  
E: 我想应该是第一次从我父母的家里搬出来的时候。  
A: 真的吗? 为什么这么说?  
E: 从我父母家搬出来意味着我开始独立了。  
A: 哪段日子可以算是你一生中最低潮的时光?  
E: 那一定是离婚的那段日子。  
A: 你们夫妻之间出了什么问题?  
E: 我们只是不适合彼此。  
A: 那段婚姻维持了多久?  
E: 大概一年吧。  
A: 后来你又再婚了吗?  
E: 我和我前夫离婚之后不久就遇到了这个人, 嫁给了他。  
A: 你觉得你还会再离婚吗?  
E: 我希望不会。我的第一次婚姻是个错误, 但这次可不是。  
A: 你们结婚有多久了?  
E: 已经有 15 年了。  
A: 你觉得等他老了, 头发白了你还会一直爱他吗?  
E: 我会的。希望我们俩能一起快乐、长久地生活下去。  
A: 我相信你们会的。
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