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7天搞定
托福单词

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- 超强词频统计
- 最具效率的单词排列



中国人民大学出版社



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面包
记忆系列

● 最具效率的单词排列



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编写说明

1. 《7天搞定托福单词》这本书将所有托福真题文章的内容合并在一起进行词频统计。统计结束之后，无老师再将所有单词根据出现频率由高到低排列，使我们先背出现次数多的，保证了背诵的最高效率。为了提高新托福考试的单词在这本单词书中的排位，本书在统计之前就已经将新托福文章里的单词按照两次进行计算，保证考友们背的单词是最鲜活的单词。

2. 在词频统计结束之后，由无老师亲自筛选单词，将我们都已很熟悉的单词，比如apple、the等简单的单词全部去掉。这样极大地减少了考友们需要背的单词量。

3. 由于这本《7天搞定托福单词》里的单词是按照出现频率从高到低的次序排列的，因此极大地满足了不同考友的个性化需要。如果你需要考到100分以上，那么你就要把所有单词都背过，但是如果你仅需要考80分，那么你就可以不背出现频率为3次的单词，因为它们被考到的几率相对偏小。

4. 在同一出现频率上，《7天搞定托福单词》也是打破了传统的排列方法，采用由Z~A的排列方式。这样可以防止在背诵时产生疲劳感。

5. 无老师为了降低大家的劳动强度，还将同词根的所有单词放到了一起，以方便记忆。因为将单词进行扩展是很简单的，难就难在把这个单词背下来。把同词根的单词放到一起，保证了一个单词一旦背下来，相关的一系列单词也就记住了。

6. 本单词书为了保持原汁原味，将单词在托福考试之中最常出现的形式作为默认显示方式列出，括号（ ）之中的内容为单词的原形。

7. 托福考试力求贴近生活，与国内考试的考试目的完全不同，因此国内考试会涉及的很多选项，在托福考试当中都不会考到。但是很

多国内托福单词书，仅仅做了单词的罗列，根本没有列出考试之中常考什么不常考什么，结果就是我们经常有“这个单词背了，但是考试不考”的感觉。在这本书中，无老师对单词进行的解释均为在托福考试之中的常考意项，充分体现了“无老师了解托福界”这句话的本质。比如说since这个单词，在托福考试之中最常见的意思是“因为”，parallel这个单词有“相同，相似”的意项，等等，这些在其他托福单词书中都没有解决的问题，在本书之中一次性解决了。

8. 本单词书之中所有的例句均为托福考试真题中出现的原句，保证本书每一个细节都是最贴近托福考试的。

9. 某些单词虽然出现次数很多，但是要么是人名，要么是只在一篇文章之中出现，因而这部分单词其实是无效的，无老师将这些单词全部挑出，放在了单词书的最后面。这样做是为了减少大家的工作量，节省背单词的时间。

10. 由于本书单词是按照词频从高到低的顺序排列的，我们不仅可以用来背单词，也可以把它当成考前冲刺单词复习用书。

下面的“实例讲解”清晰地展示了本书的使用细节，方便广大考生阅读。

实例讲解

单词在真题中出现的次数

真题常考形式	单词原形	音标	单词释义
390 states	state	[stert]	n. 状况, 状态 v. 陈述
56 statements	statement	['steitmənt]	n. 陈述

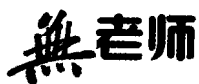
同词根单词

Example: In fact, various emotional states give rise to certain patterns of electrical activity in the facial muscles and in the brain.

例句，默认为第一个单词的例句

在本书编写过程中，吕蕾、张靖娴、贾玉梅、江源、杨志、贾新穎、陈婧婧、贾明、赵敏、殷博、付静文、周传明、卢丹、李英、付立明、姜淑华等也参与了资料收集及部分编写工作，在此一并感谢。

特别鸣谢：“shirley”、“lanmingda”，“微型诗”等一众大陆、台湾、香港及北美地区新托福考友的倾情助力。

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List 1 第一天

本天前测

在开始本章单词背诵之前，请先在10分钟之内完成下述单词的自我测试。注意：只写下第一反应，不要涂改。然后对照标准答案进行评测。

states	deformed
plants	produced
cause	sentence
fossils	term
mass	since
occur	sediment
objects	structure
ancient	nest
evidence	upper
urban	insects
manufacturing	established
relatively	colonial
meteorites	amount
goods	crafts
reflect	instruments
range	carbon
predators	gradually
democrats	projects
grain	rural
remove	currents
impulses	survive
skeletons	deposits
physical	acorns
spot	volcanic
renaissance	feathers
crust	

答案与精进

在核对答案的时候,请再巩固一下单词的意思,并发现自己在“潜意识”里的很多模糊记忆。

states (state [steɪt]) <i>n.</i> 状况	deformed (deform [di:'fɔ:m]) <i>v.</i> 使变形
plants (plant [plɑ:nt]) <i>n.</i> 工厂	produced (produce [prə'dju:s]) <i>v.</i> 生产
cause [kɔ:z] <i>n.</i> 原因	sentence ['sentəns] <i>v.</i> 宣判
fossils (fossil ['fɒsl]) <i>n.</i> 化石	term [tɜ:m] <i>v.</i> 把……称为
mass [mæs] <i>n.</i> 块	since [sɪns] <i>conj.</i> 因为
occur [ə'kɜ:] <i>v.</i> 发生	sediment ['sedɪmənt] <i>n.</i> 沉淀物
objects (object ['ɒbdʒɪkt]) <i>v.</i> 反对	structure ['strʌktʃə] <i>n.</i> 结构
ancient ['eɪnʃənt] <i>adj.</i> 远古的	nest [nest] <i>n.</i> 巢
evidence ['eɪvɪdəns] <i>v.</i> 证明	upper ['ʌpə] <i>adj.</i> 上面的
urban ['ɜ:bən] <i>adj.</i> 都市的	insects (insect ['ɪnsekt]) <i>n.</i> 昆虫
manufacturing (manufacture [ˌmænʃu'fæktʃə]) <i>vt. / n.</i> (大量)制造	established (establish [ɪs'tæblɪʃ]) <i>v.</i> 建立
relatively [relə'tɪvli] <i>adv.</i> 相当地	colonial [kə'ləʊnjəl] <i>adj.</i> 殖民地的
meteorites (meteorite [mi:tɜjərt]) <i>n.</i> 陨石	amount [ə'maʊnt] <i>n.</i> 数(量)
goods [gʊdz] <i>n.</i> 货物	crafts (craft [krɑ:ft]) <i>n.</i> 技艺, 手工艺
reflect [rɪ'flekt] <i>v.</i> 反射; 反映	instruments (instrument ['ɪnstɹəmənt]) <i>n.</i> 乐器; 器具
range [reɪndʒ] <i>n.</i> 山脉	carbon ['kɑ:bən] <i>n.</i> 碳
predators (predator [predətə]) <i>n.</i> 掠夺者	gradually [grædʒuəli] <i>adv.</i> 慢慢地
democrats (democrat ['deməkræt]) <i>n.</i> 民主主义者	projects (project ['prɒdʒekt]) <i>n.</i> 计划 <i>v.</i> 计划; 投掷; 突出; 预计; 推断
grain [greɪn] <i>n.</i> 小颗粒	rural ['ruərəl] <i>adj.</i> 乡下的
remove [rɪ'mu:v] <i>v.</i> 去掉	currents (current ['kʌrənt]) <i>n.</i> 气流
impulses (impulse ['ɪmpʌls]) <i>n.</i> 冲动	survive [sə'vaɪv] <i>v.</i> 幸存
skeletons (skeleton ['skelɪtən]) <i>n.</i> 骨骼	deposits (deposit [dɪ'pɒzɪt]) <i>n.</i> 存款
physical ['fɪzɪkəl] <i>adj.</i> 身体的	acorns (acorn ['eɪkɔ:n]) <i>n.</i> 橡树果
spot [spot] <i>n.</i> 斑点	volcanic [vɒl'kænɪk] <i>adj.</i> 火山的
renaissance [rə'neɪsəns] <i>n.</i> 复活	feathers (feather ['feðə]) <i>n.</i> 羽毛
crust [krʌst] <i>n.</i> 地壳	

390 states (state [steɪt]) *n.* 状况, 状态 *v.* 陈述

56 statements (statement ['steɪtmənt]) *n.* 陈述

Example: Various emotional states give rise to certain patterns of electrical activity in the facial muscles and in the brain.

311 form [fɔ:m] *n.* 形状 *v.* 形成

5 deformed (deform [di:'fɔ:m]) *v.* 使变形; 使成畸形

3 reform [rɪ'fɔ:m] *v.* 改造; 改革 *n.* 改良

Example: Some mountains were formed as a result of these plates crashing into each other and forcing up the rock at the plate margins.

281 plants (plant [plɑ:nt]) *n.* 植物, 工厂 *v.* 种植

10 plantation [plæn'teɪʃən] *n.* 种植园, 大农场

3 transplanted (transplant [træns'plɑ:nt]) *v.* 移居, 迁移

Example: Animal dung enriches the soil by providing nutrients for plant growth.

275 mentioned (mention ['menʃən]) *v.* 提到

Example: In 1875 one biologist pointed out the diversity of butterflies in the Amazon when he mentioned that about 700 species were found within an hour's walk, whereas the total number found on the British islands did not exceed 66, and the whole of Europe supported only 321.

274 century ['sentʃurɪ] *n.* 世纪; 百年

Example: Even though the fine arts in the twentieth century often treat materials in new ways, the basic difference in attitude of artists in relation to their materials in the fine arts and the applied arts remains relatively constant.

274 author ['ɔ:θə] *n.* 作者

11 authority [ɔ:'θɔ:rtɪ] *n.* 专家, 威信

Example: The author presents two theories for a historical phenomenon.

248 species ['spi:ʃɪz] (单复数同型) *n.* 种类; 人类

3 subspecies ['sʌb.spɪ:'ʃi:z] *n.* 亚种

Example: Some species of tuna have specialized grooves in their tongue.

226 art [ɑ:t] n. 艺术

Example: Tunas, mackerels, and billfishes have made streamlining into an art form. Their bodies are sleek and compact.

191 produced (produce [prə'dju:s]) v. 生产 n. 产品

69 production [prə'dʌkʃən] n. 生产

53 products (product ['prɒdʌkt]) n. 产品

25 reproduction [ri:prə'dʌkʃən] n. 生殖; 复制

16 reproduce [ri:prə'dju:s] v. 繁殖; 翻拍; 复制

10 productivity [prɒdʌk'tɪvətɪ] n. 生产力

6 productive [prə'dʌktrɪv] adj. 多产的

6 reproductive [ri:prə'dʌktrɪv] adj. 再生的; 复制的

Example: Other...may be raised by earthquakes, which fracture the Earth's crust and can displace enough rock to produce block mountains.

167 increase [ɪn'kri:s] v. 增加

Example: To increase the society's prosperity...

150 cause [kɔ:z] v. 导致 n. 原因

Example: Wind velocity also increases with altitude and may cause serious stress for trees, as is made evident by the deformed shapes at high altitudes.

136 regions (region ['ri:dʒən]) n. 区域

Example: It ranges from sea level in the Polar Regions to 4, 500 meters in the dry subtropics and 3, 500~4, 500 meters in the moist tropics.

131 sentence ['sentəns] v. 宣判 n. 句子

Example: Where would the sentence best fit?

129 population [ˌpɒpjʊ'leɪʃən] n. 居民; 人口

Example: Have populations that are unstable been in response to climate conditions?

124 study ['stʌdɪ] v. 研究 n. 研究

Example: It is conceivable that before going hunting the hunters would draw

or study pictures of animals and imagine a successful hunt.

124 fossils (fossil ['fɒsəl]) *n.* 化石

9 fossilization [ˌfɒsələɪ'zeɪʃən] *n.* 化石作用

7 fossilized (fossilize ['fɒsələɪz]) *v.* 使成化石

Example: Pakicetus is the oldest fossil whale yet to be found.

121 theory ['θɪəri] *n.* 理论, ……论

11 theorists (theorist ['θɪərɪst]) *n.* 理论家

4 theorized (theorize ['θɪəraɪz]) *v.* 建立理论; 理论化

Example: According to psychodynamic theory, the best ways to prevent harmful aggression may be to encourage less harmful aggression.

121 term [tɜ:m] *v.* 把……称为 *n.* 学期, 任期

Example: During Jackson's second term, his opponents had gradually come together to form the Whig Party.

121 artists (artist ['ɑ:tɪst]) *n.* 艺术家

40 artistic [ɑ:'tɪstrɪk] *adj.* 艺术的; 美术的

Example: For example, some early societies ceased to consider certain rites essential to their well-being and abandoned them, nevertheless, they retained as parts of their oral tradition the myths that had grown up around the rites and admired them for their artistic qualities rather than for..

117 design [dɪ'zaɪn] *v.* 设计

6 designers (designer [dɪ'zaɪnə]) *n.* 设计者

Example: Architecture is the art and science of designing structures that organize and enclose space for practical and symbolic purposes.

113 source [sɔ:s] *n.* 来源, 根源

Example: This unprecedented development of a finite groundwater resource with an almost negligible natural recharge rate—that is, virtually no natural water source to replenish the water supply—has caused water tables in the region to fall drastically.

110 environment [ɪn'vaɪrənmənt] *n.* 环境

7 environmentalists (environmentalist [ɪn,vaɪrən'mentəlɪst]) *n.* 环境保护论者

Example: Many ecologists now think that the relative long-term stability of climax communities comes not from diversity but from the “patchiness” of the environment, an environment that varies from place to place supports more kinds of organisms than an environment that is uniform.

108 period ['pɪəriəd] *n.* 时期

6 periodic [pɪəri'ɒdɪk] *adj.* 定期的

5 periodically [pɪəri'ɒdɪk(ə)li] *adv.* 周期性地; 偶尔

Example: In the long run, electricity from large wind farms in remote areas might be used to make hydrogen gas from water during periods when there is less than peak demand for electricity.

107 society [sə'saɪəti] *n.* 社会

Example: Some theories of theater development focus on how theater was used by group leaders to govern other members of society.

107 activities (activity [æk'tɪvɪti]) *n.* 行动; 活动

Example: There is little doubt, however, that desertification in most areas results primarily from human activities rather than natural processes.

106 mass [mæs] *n.* 块 *adj.* 大规模的

Example: The cinema did not emerge as a form of mass consumption until its technology evolved from the initial “peepshow” format to the point where images were projected on a screen in a darkened theater.

105 since [sɪns] *conj.* 因为, 从……至今

Example: Since the raising of most crops necessitates the prior removal of the natural vegetation, crop failures leave extensive tracts of land devoid of a plant cover and susceptible to wind and water erosion.

105 emotions (emotion [ɪ'məʊʃən]) *n.* 情绪

35 emotional [ɪ'məʊʃənl] *adj.* 情绪的

Example: In psychodynamic theory, the purging of strong emotions or the relieving of tensions...

105 communities (community [kə'mju:nɪtɪ]) *n.* 人群, 很多个体的集合体, 社区

Example: Each SMSA would contain at least one central city with 50,000 inhabitants or more or two cities having shared boundaries and constituting, for general economic and social purposes, a single community with a combined population of at least 50,000, the smaller of which must have a population of at least 15,000.

104 organisms (organism ['ɔ:gənɪzəm]) *n.* 生物

5 microorganisms (microorganism ['maɪkrəʊ'ɔ:gənɪz(ə)m]) *n.* 微生物

Example: We can say that the properties of an ecosystem are more stable than the individual organisms that compose the ecosystem.

102 process [prə'ses] *n.* 过程 *v.* 加工; 处理, 办理

Example: In fact, damage to the environment by humans is often much more severe than damage by natural events and processes.

101 individual [ˌɪndɪ'vɪdʒuəl] *n.* 个人, 个体 *adj.* 个别的

4 individualism [ɪndɪ'vɪdʒuəlɪz(ə)m] *n.* 利己主义

Example: Because each individual is short-lived, the population of an opportunist species is likely to be adversely affected by drought, bad winters, or floods.

101 effect [ɪ'fekt] *n.* 结果 *v.* 造成

34 effective [ɪ'fektɪv] *adj.* 有效的

4 effectiveness [ɪ'fektɪvnrɪs] *n.* 效力

Example: But for the black-tailed deer, human pressure has had just the opposite effect.

101 culture ['kʌltʃə] *n.* 文化; 耕种 *v.* 耕种

35 cultural ['kʌltʃərə(ə)] *adj.* 有修养的, 有文化的

Example: The arch was used by the early cultures of the Mediterranean area chiefly for underground drains, but it was the Romans who first developed and used the arch extensively in aboveground structures.

99 occur [ə'kɜ:ɪ] *v.* 发生, 出现

8 occurrences (occurrence [ə'kɜ:rəns]) *n.* 发生, 事件

Example: They occur at the end of a succession.

99 include [ɪn'klu:d] *v.* 包括, 包含

4 inclusion [ɪn'klu:ʒən] *n.* 内含, 内含物

Example: Some drawbacks to wind farms include visual pollution and noise, although these can be overcome by improving their design and locating them in isolated areas.

98 provide [prə'vaɪd] *v.* 提供

Example: The land under wind turbines can be used for grazing cattle and other purposes, and leasing land for wind turbines can provide extra income for farmers and ranchers.

98 indicate [ɪn'dɪkət] *v.* 指出

11 indications(indication [ɪn'dɪkətʃən]) *n.* 指出; 迹象

Example: To indicate that trance states were often associated with activities that took place inside caves, ...

96 sediment ['sedɪmənt] *n.* 沉淀物, 沉积

10 sedimentary [ˌsedɪ'mentəri] *adj.* 沉积的

7 sedimentation [ˌsedɪ'men'teɪʃən] *n.* 沉淀作用; 沉降

Example: Petroleum, consisting of crude oil and natural gas, seems to originate from organic matter in marine sediment.

96 pressure ['preʃə(r)] *n.* 压力 *v.* 对……施加压力; 迫使

Example: Continued sedimentation—the process of deposits' settling on the sea bottom—buries the organic matter and subjects it to higher temperatures and pressures, which convert the organic matter to oil and gas.

96 particular [pə'tɪkjələ] *adj.* 特别的, 独有的

Example: She needed to test whether the birds preferred having the food at any particular point of the compass.

95 influence ['ɪnfluəns] *v.* 影响 *n.* 影响

3 **influential** [ˌɪnflu'entʃəl] *adj.* 有影响的

Example: Impacts by meteorites represent one mechanism that could cause global catastrophes and seriously influence the evolution of life all over the planet.

94 modern ['mɒdən] *adj.* 现代的, 时髦的

Example: To contrast the relative sophistication of modern artists in solving problems related to the laws of physics, ...

94 impact ['ɪmpækt] *v.* 影响; 撞击 *n.* 作用, 冲击

Example: If an impact is large enough, it can disturb the environment of the entire Earth and cause an ecological catastrophe.

93 heat [hi:t] *v.* 把……加热; 使激动 *n.* 热, 高潮, 热度

Example: Increase pressure and heat from the weight of the sediment and turn the organic remains into petroleum.

93 objects (object ['ɒbdʒɪkt]) *v.* 反对, 抗议 *n.* 物体; 目标

3 **objective** [əb'dʒektɪv] *adj.* 客观的, 外在的 *n.* 目的, 实物

Example: They engraved animal figures on the shafts of spears and other objects.

90 types (type [taɪp]) *n.* 类型 *v.* 作为代表, 打字

Example: They may have used figurines to portray an ideal type or to express a desire for fertility.

90 power ['paʊə] *n.* 力; 势力; 权力 *v.* 使……有力量, 激励

4 **hydropower** ['haɪdrəʊ,pauə] *n.* 水力发出的电力

Example: In the future, wind power is likely to become a major source of the world's energy supply.

90 major ['meɪdʒə] *adj.* 主要的, 大部分的 *n.* 主修专业

12 majority [mə'dʒɔrɪtɪ] *n.* 多数, 大多数

Example: The technology is in place for a major expansion of wind power worldwide.

90 gas [gæs] *n.* 气体

4 gasoline ['gæsəli:n] *n.* 汽油

3 outgassing ['aʊtgæsɪŋ] *n.* 除气作用

Example: These periods are times when wind turbines are powered by hydrogen gas.

88 cave [keɪv] *n.* 洞穴 *v.* 挖洞

5 caverns (cavern ['kævən]) *n.* 巨穴

Example: Scholars have wondered about the meaning of the subjects, location, and overpainting of Lascaux cave images.

87 techniques (technique [tek'ni:k]) *n.* 技巧; 技法

Example: Artists developed special techniques for painting the walls.

87 structure ['strʌktʃə] *n.* 结构, 构造 *v.* 建筑, 组织

15 structural ['strʌktʃərəl] *adj.* 结构的, 建筑的

Example: The Long-Term Stability of Ecosystems Plant communities assemble themselves flexibly, and their particular structure depends on the specific history of the area.

87 rapid ['ræpɪd] *adj.* 迅速的, 急促的 *n.* 急流

Example: A very dehydrated person, ...cannot drink enough water to rehydrate at one session, because the human stomach is not sufficiently big and because a too rapid dilution of the body fluids causes death from water intoxication.

86 ocean ['əʊʃən] *n.* 海洋

8 oceanic [ˌəʊʃɪ'ænɪk] *adj.* 海洋的

3 oceanographers (oceanographer [ˌəʊʃɪə'nɒgrəfə(r)]) *n.* 海洋学者

Example: It has been suggested that Pakicetus fed on fish in shallow water and