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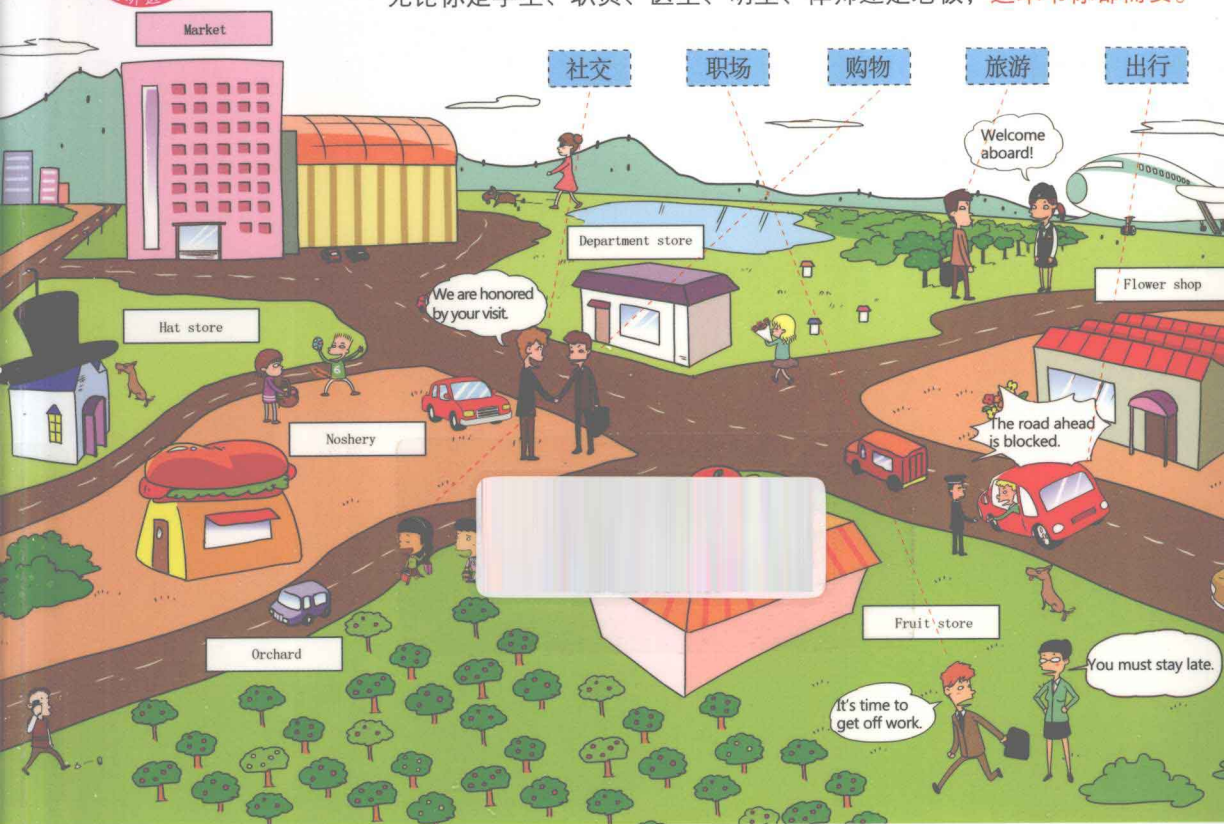
# 看这本，秒杀 英语会话

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李文昊 金姆◎著

# 看这本,秒杀 英语会话

李文昊 金姆◎著



吉林出版集团有限责任公司

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# 前言

自开始学英语的那天起，我们就踏上了漫长的征程。然而很多人学了十几年，英语水平仍不见提高。见到老外不敢上前搭讪，日常对话更是表述不出来。难道我们学了这么多年英语，到头来连句简单的对话都不会说？难道我们天天读、日日背仍不能和老外简单交流？是英语太难学，还是我们太笨，根本学不好英语？两者皆不是。

举世公认，中文是世界上最难学的语言。我们能流利自如地说中文，就一定能攻克英文。那么怎样才能把英文学好，如何才能与外国人流利地交流呢？除了每天坚持学习之外，最重要的是要有一个好的“老师”——一本系统、全面的英语会话书。人们用语言交流，而句子是语言的基本单位。因此，掌握一定的句子量，就是语言学习进阶的基础。

为了帮助大家更好地学习地道英语，我们推出了这本《看这本，秒杀英语会话》。本书分为 17 个部分、156 个小节，基本上涵盖了生活的方方面面，从衣食住行到休闲娱乐等等。每个部分又细分为若干场景。场景以对话开篇，配有插图、单词和短语，以增强内容的丰富性和趣味性。对话之后是本书的重点，即在类似的情景下会用到的核心句型。

本书在编排时，以史蒂文为中心人物，通过他的生活、工作、学习、休闲娱乐等来引出场景，并以他与周围人的对话引出生活中常用的句子。发生在史蒂文身上的事情，就是我们现实生活的写照，如购物、旅游、交通出行等等。所选话题与人们的日常生活贴近，这样，当遇到类似的场景时，我们就能联想起学到的句子，并把它们用到生活中去。在生活场景中重复记忆相关句子，就能极大地提高记忆效率。一旦积累了一定数量的句子，相信你的英语学习就会突飞猛进。

最后，真心希望本书能为广大读者带来切实的帮助。

李文昊

# 使用说明

## ① 情景对话，美音朗读

本书每个小节都设置了一个情景，并根据情景编排了简短会话。随书附赠标准美音朗读的MP3光盘，让读者火速熟悉老外的准确发音，全方位学习英语会话。

1

烹饪

## ② 中心人物，贯穿全书

本书以史蒂文为中心人物，书中所涉及的所有情节都是发生在史蒂文身边的事情，令读者身临其境。

对话 Dialogue

01-01

Steven wants to eat dumplings today. And his wife Julia asks him to help her in the kitchen.

史蒂文今天想吃饺子，他的妻子茱莉娅让他到厨房帮忙。

Julia: What do you want to eat today?

茱莉娅：今天你想吃什么？

Steven: I feel like having some dumplings. Let's go out to eat.

史蒂文：我挺想吃饺子。咱们出去吃吧。

Julia: No need! I know how to make dumplings. Let's do it from scratch. Can you give me a hand in the kitchen? I don't think I can finish everything by myself.

茱莉娅：不用了。我会包饺子。我们自己做吧。能到厨房搭把手吗？我一个人干不过来。

Steven: Of course! What do you want me to do?

史蒂文：“当然可以”你让我做什么？

Julia: Just trim vegetables for cooking. I will cut up the meat.

茱莉娅：择菜吧。我去剁肉。

Steven: I can do that. And I would like to make dumplings later.

史蒂文：我会做这些。稍后我还要包饺子呢。

Julia: Yeah, you are my good helper, Steven.

茱莉娅：是啊，史蒂文，你真是我的好助手啊。

Steven: Absolutely.

史蒂文：那是当然。

## ③ 中英对照，词汇补充

在每段对话后精选出该情景下最实用、最重点的单词和短语，并给出音标和释义。词词精华，拓展你的词汇量。

单词和短语 Vocabulary and Phrases

02

dumpling ['dʌmpŋ] n. 饺子

kitchen ['kɪtʃn] n. 厨房

from scratch 从 scratch 处，从 scratch 处

trim vegetables 择菜

002

看这本，秒杀英语会话

## 核心句型 Key Sentences

### 烹饪前征求意见

- What should we eat today?  
我们今天做什么?
- What do you want to eat today?  
今天你想吃什么?
- How about a bacon scrambled egg?  
咸肉炒蛋怎么样?
- Which kind of eggs do you prefer, boiled, fried, poached, or omelets?  
你喜欢吃煮的、煎的、荷包蛋, 还是煎蛋卷?
- Do you want to eat stewed beef today?  
今天你想吃炖牛肉吗?
- Do you want your vegetables cooked or raw? You can choose whether to eat them.  
你要把蔬菜煮熟还是生吃?
- I feel like having some dumplings.  
我想吃饺子。
- Please cook some rabbit soup for me.  
为我炖点兔汤吧。
- We'll have roodies.  
我们吃煎蛋卷。
- I want to eat scrambled eggs with tomatoes.  
我想吃西红柿炒鸡蛋。

### 烹饪事宜

- I am busy cooking dinner.  
我正忙着做饭。
- I am cooking chicken with the microwave.  
我正在用微波炉炖鸡。
- This meat cooks at least half an hour.  
这肉至少要煮半个小时。
- The vegetables are being cooked.  
蔬菜正在锅里煮着。
- I will cook some scrambled eggs for you.  
我给你炒点鸡蛋。
- These sweet potatoes aren't properly cooked! These red ones haven't been!  
这些红薯还没熟透! 这些红的还没熟透!

- Keep the stew on the stove for another 30 minutes because the meat is rather tough.  
把炖菜放在火上再炖30分钟, 因为肉还不太烂。
- He put some wingtips in the soup.  
他在这里放了些翅。
- My mother is scrambling eggs for breakfast.  
妈妈正在为早餐炒鸡蛋。
- I made some gravy soups for my daughter.  
我为女儿做了一些肉羹。
- Spinkle a little salt on the rice.  
在米饭上撒点盐。
- The rice is done.  
饭已经熟了。
- I feed the soup to see if it's hot enough.  
我尝碗汤, 看是否够热。
- Can you help me in the kitchen?  
你能到厨房帮忙吗?
- I have some troubles to finish everything by myself.  
我一个人忙不过来。
- What on earth do you want me to do?  
你到底想让我做什么?
- Let's start it from scratch.  
让我们从头做起吧。

### 谈论烹饪

- Susan is progressing in the art of cooking.  
苏珊的烹饪手艺正在提高。
- I was just praising your cooking, Nancy.  
我刚才在称赞你的烹饪手艺, 南希。
- My cooking is rather slapdash.  
我的烹饪手艺马马虎虎。
- Jack is not good at sports, but when it comes to cooking, he's excellent.  
杰克对运动不拿手, 但是做饭很厉害, 他可是烹饪大师。

核心句型 003

## ④ 核心句型, 分类细致

每个主题下收录了大量的核心句型, 这些核心句型按照侧重点的不同, 又细分成几个部分。将各种情景下的会话句型一网打尽, 句句经典实用。

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## Unit 1

# 日常生活

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## 1

## 烹饪

## 对话

## Dialogue



01-01

Steven wants to eat dumplings today. And his wife Julia asks him to help her in the kitchen.

史蒂文今天想吃饺子，他的妻子茱莉娅让他在厨房里帮忙。

**Julia:** What do you want to eat today?

**Steven:** I feel like having some dumplings. Let's go out to eat.

**Julia:** No need! I know how to make dumplings. Let's do it from scratch. Can you give me a hand in the kitchen? I don't think I can finish everything by myself.

**Steven:** Of course. What do you want me to do?

**Julia:** Just trim vegetables for cooking. I will cut up the meat.

**Steven:** I can do that. And I would like to make dumplings later.

**Julia:** Yeah, you are my good helper, Steven.

**Steven:** Absolutely.

茱莉娅：今天你想吃什么？

史蒂文：我很想吃饺子。那咱们出去吃吧。

茱莉娅：不用了。我会包饺子，我们自己做吧。能到厨房搭把手吗？我一个人忙不过来。

史蒂文：当然可以了。你让我做什么？

茱莉娅：择菜吧。我去剁肉。

史蒂文：我会做这些。稍后我还要包饺子呢。

茱莉娅：是啊，史蒂文，你真是我的好助手啊。

史蒂文：那是当然。

## 单词和短语

## Vocabularies and Phrases



dumpling ['dʌmplɪŋ] *n.* 饺子

from scratch 从头做起，从零开始

kitchen ['kɪtʃɪn] *n.* 厨房

trim vegetables 择菜

看这本, The book

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## 烹饪前征求意见

- \* What should we cook today?  
我们今天做什么?
- \* What do you want to eat today?  
今天你想吃什么?
- \* How about bacon scrambled eggs?  
咸肉炒蛋怎么样?
- \* Which kind of eggs do you prefer, boiled, fried, poached, or omelets?  
你喜欢吃煮的、煎的、荷包蛋, 还是煎蛋饼?
- \* Do you want to eat stewed beef today?  
今天你想吃炖牛肉吗?
- \* Do you want your vegetables cooked or raw? 你要把蔬菜煮熟还是生吃?
- \* I feel like having some dumplings.  
我很想吃饺子。
- \* Please cook some sweet soups for me.  
为我做些甜汤吧。
- \* We'll have noodles.  
我们吃面条吧。
- \* I want to eat scrambled eggs with tomatoes.  
我想吃西红柿炒鸡蛋。

## 烹饪事宜

- \* I am busy cooking dinner.  
我正忙着做晚饭。
- \* I am cooking chicken with the microwave.  
我正在用微波炉烧鸡。
- \* This meat cooks at least half an hour.  
这肉至少要煮半个小时。
- \* The vegetables are being cooked.  
菜正在锅里煮着呢。
- \* I will cook some scrambled eggs for you.  
我给你炒点鸡蛋吧。
- \* These sweet potatoes aren't properly cooked! 这些红薯还没熟透!

- \* Keep the stew on the simmer for another 30 minutes because the meat is rather tough.  
把炖罐放在文火上再炖30分钟, 因为肉还不太烂。
- \* He put some vinegars in the soup.  
他在汤里放了些醋。
- \* My mother is scrambling eggs for breakfast.  
妈妈正为早餐而炒鸡蛋。
- \* I made some gravy soups for my daughter.  
我给女儿做了一些肉汤。
- \* Sprinkle a little salt on the rice.  
在米饭上撒点盐。
- \* The rice is done.  
饭已经熟了。
- \* I taste the soup to see if it's salty enough.  
我尝尝汤, 看是否够咸。
- \* Can you help me in the kitchen?  
你能到厨房搭把手吗?
- \* I have some troubles to finish everything by myself.  
我一个人忙不过来。
- \* What on earth do you want me to do?  
你想到底让我做什么?
- \* Let's start it from scratch.  
让我们从头做起吧。

## 谈论烹饪

- \* Susan is progressing in the art of cooking.  
苏珊的烹饪手艺正在提高。
- \* I was just praising your cooking, Nancy.  
我刚才在称赞你的烹饪手艺, 南希。
- \* My cooking is rather slapdash.  
我的烹饪手艺马马虎虎。
- \* Jack is not good at sports, but when it comes to cooking, he's excellent.  
杰克对运动不拿手, 但是说到厨艺, 他可是顶级的。

- \* Does your husband know how to cook?  
你的丈夫精通厨艺吗?
- \* She has excellent culinary skills.  
她厨艺一流。
- \* I've had some trainings in cooking.  
我接受过一些烹饪培训。
- \* Steven is not much of a cook.  
史蒂文做不好饭菜。
- \* Is she a good cook? 她做饭好吃吗?
- \* Cooking is an enjoyable task.  
做饭是件令人愉快的事。
- \* She wants to get your recipe.  
她想要你的烹饪秘诀。
- \* If you double all the quantities in the recipe,  
it'll be enough for ten people.  
把菜谱上的各种用料都增加一倍, 就够十个人吃了。
- \* She cooks as well as her mother does.  
她烧菜烧得跟她母亲一样好。
- \* I'm good at cooking.  
我擅长烹饪。  
**还能这样说** I know how to cook.  
I'm adept at cooking.
- \* Can you cook? 你会烹饪吗?
- \* The cooking fell off remarkably.  
烹饪质量大大降低。

- \* Mom knows the A to Z of cooking.  
妈妈对烹饪十分在行。
- \* Cooking is my long suit.  
烹饪是我的拿手好戏。
- \* Chicken can be cooked in many different ways.  
鸡肉有很多种烹饪方法。
- \* Tom is an appalling cook.  
汤姆的烹饪功夫实在蹩脚。
- \* Do you go for cooking?  
你对烹饪感兴趣吗?
- \* Pots and pans are cooking utensils.  
壶和锅是烹饪用具。
- \* I am economical in my use of salt when cooking.  
烹饪时, 我用盐很少。
- \* Starch is used in cooking as thickening.  
淀粉是烹饪用的增稠剂。
- \* In general, they can be grouped into about 30 kinds of ways of cooking.  
总的来说, 大约有30种烹饪方法。
- \* My wife loves to spend hours cooking in the kitchen.  
我妻子喜欢花时间在厨房里做饭。
- \* Daddy knows the recipe for this dish.  
爸爸知道这道菜的烹饪方法。

## MEMO

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# 饮食

## 对话 Dialogue



01-02

**Julia had done the breakfast well. She called Steven to have it. Now they are at the table.**

史蒂文妻子茱莉娅已经做好了早餐。她喊史蒂文一起吃早餐。他们此刻正在饭桌上。

**Julia:** Steven, I am ready for breakfast.

**Steven:** OK. But where is my favorite coffee?

**Julia:** It's in that pan there. Your boy Dean broke the silex yesterday, so I have to boil it in the pan.

**Steven:** It tastes like crankcase oil, but delicious.

**Julia:** That's good. You can make breakfast yourself if you don't like it.

**Steven:** What is there besides coffee?

**Julia:** I warmed a couple of snails, and your eggs are in the frying pan.

**Steven:** Oh, my God. It's nearly eight. I have no time to have breakfast now. My watch says seven fifty.

**Julia:** Don't worry. It's only ten to seven. You must have forgotten to set your watch back.

**Steven:** Yes, it was. The clock on the wall says eight to seven.

**Julia:** Yeah. Keep on eating your breakfast. You can catch the early bus.

**Steven:** Gee. I could have slept another hour.

茱莉娅：史蒂文，可以吃早餐了。

史蒂文：好的。但是我最喜欢喝的咖啡在哪里？

茱莉娅：在那个锅里。儿子迪恩昨晚把咖啡壶打碎了，所以我只能用锅煮咖啡。

史蒂文：这味道有点儿像汽车里的机油，不过还不错。

茱莉娅：那好，如果你不喜欢，你可以自己动手做早餐。

史蒂文：除了咖啡还有什么？

茱莉娅：我热的两个面包卷。你的鸡蛋在煎锅里。

史蒂文：哦，天啊。将近8点了。我没时间吃早餐了。我的表已经7点50分了。

茱莉娅：不要担心，现在刚6点50分，你一定忘了把表拨快1小时了。

史蒂文：嗯，墙上的钟表是6点52分了。

茱莉娅：是啊。继续吃早餐吧。你能赶上早班车的。

史蒂文：唉！我本来可以再多睡1小时的。

## 单词和短语

## Vocabularies and Phrases



silex ['saileks] *n.* 玻璃制成的咖啡壶  
delicious [di'liʃəs] *adj.* 美味的, 可口的

crankcase oil 机油  
snail [sneil] *n.* 面包卷

## 核心句型

## Key Sentences



### 该吃饭了

- \* It's time for breakfast.  
吃早饭时间到了。  
**还能这样说** It's time to eat breakfast.
- \* Let's have supper.  
咱们吃晚饭吧。
- \* Steven, I am ready for breakfast.  
史蒂文, 可以吃早餐了。
- \* Is dinner ready?  
晚饭做好了吗?  
**还能这样说** Is it time for dinner yet?
- \* It's time to eat.  
该吃饭啦!
- \* It's dinner time now.  
该吃晚饭了。
- \* Let's sit down to have breakfast.  
我们坐下来吃早餐吧!

### 饭桌上

- \* Today, we're having curry.  
今天吃咖喱饭。
- \* Let's eat!  
吃饭吧!
- \* We have bacon and eggs for breakfast.  
我们早餐有腌猪肉和鸡蛋。
- \* Where is my favorite milk?  
我最喜欢喝的牛奶在哪里?
- \* Didn't you roast it?  
难道你没有烤吗?

- \* It's in the pan.  
在锅里。
- \* I will fill your bowl with rice.  
我给你盛点儿米饭。
- \* It is delicious. 很好吃。
- \* What is there besides coffee?  
除了咖啡还有什么?
- \* I warmed two pieces of pies.  
我热了两张饼。
- \* Your bread slices are in the frying pan.  
你的面包片在煎锅里。
- \* Keep on eating your breakfast.  
继续吃早餐吧。
- \* Are you on a diet?  
你在节食吗?
- \* Come over and taste this.  
快来尝尝这个。
- \* Can you ladle the soup out of this deep pan for me? 你能从这个深底锅里舀点汤给我吗?
- \* I'll eat whatever you can't finish.  
剩下的我包了。
- \* Please have some beeves.  
吃点儿牛肉吧。
- \* Taste this tomato soup.  
尝尝这个西红柿汤。
- \* How about another piece of pie?  
再吃一块馅饼吧?
- \* I'm full.  
我吃饱了。  
**还能这样说** I have had enough.

- \* I'll have a little bit.  
我再吃一小块。
- \* Eat all of your vegetables.  
把碗里的菜吃光。  
**还能这样说** Finish your vegetables.  
Finish up your vegetables.
- \* Don't spill it!  
不要洒了。  
**还能这样说** Don't tip it over.
- \* I don't like asparagus.  
我不喜欢吃芦笋。
- \* Don't be picky.  
不许挑食。
- \* I will pick up vegetables with chopsticks for you.  
我用筷子为你夹菜吃。
- \* Eat more and you will put on some weight.  
多吃点，你才能长胖。
- \* What would you rather eat, tomatoes or mushrooms?  
想吃什么，西红柿还是蘑菇？
- \* I can't eat any more.  
我吃不下了。  
**还能这样说** I couldn't eat another thing.
- \* Eat up your dinner. 把饭吃完。
- \* You eat like a bird. 你饭量真小。
- \* You eat like a horse. 你饭量真大。

## 谈论饮食

- \* We have breakfast at six thirty.  
我们六点半吃早饭。
- \* I have had breakfast, but they have not had it yet. 我吃过早饭了，但他们还没吃。
- \* We usually eat at home but sometimes we go out for lunch.  
我们通常在家吃饭，但是有时出去吃午餐。
- \* I will go out for lunch at twelve.  
我十二点出去吃午饭。
- \* She is a devil to eat. 她很能吃。
- \* We're having pasta for supper.  
晚饭我们吃面食。

- \* Our supper is the cold roast rabbit.  
我们晚饭吃的是凉的烤兔肉。
- \* Do you have supper at home?  
你在家吃晚饭吗？
- \* Once in a while we go to a restaurant but usually we eat at home.  
我们偶尔下馆子——但一般都在家吃。
- \* I have racked my brain to find a way to make my son eat more.  
为了能让儿子多吃点儿，我绞尽了脑汁。
- \* We can have cold dish for supper.  
我们晚饭可以吃凉菜。
- \* I had an orange juice for my breakfast.  
我早餐喝的橙汁。
- \* We breakfasted on toast and milk.  
我们早餐吃的是烤面包片和牛奶。
- \* We had a very tolerable lunch this noon.  
我们今天的午餐还算可以。
- \* Have you had your lunch?  
你吃过午饭了吗？
- \* Where do you usually have lunch?  
您平时在哪儿吃午饭？
- \* You've not eaten much supper.  
你晚饭吃得不多。
- \* We had a late supper yesterday.  
我们昨天很晚才吃晚饭。
- \* I have no time to have breakfast now.  
我没时间吃早饭了。
- \* When do you have breakfast?  
你们什么时候吃早饭？
- \* I never eat a big dinner.  
我向来饭量不大。
- \* I'm picky about what I eat because I am on a diet.  
我正在节食，对饮食很挑剔。
- \* I'm used to eating out all the time.  
我已经习惯在外面吃饭了。
- \* My father seldom eats breakfast.  
父亲很少吃早餐。





# 家务

对话

Dialogue



01-03

**Steven has just got home from work. He saw Julia was doing housework. Now he is talking about the housework with Julia.**

史蒂文刚刚下班回家，他看到茱莉娅正在做家务。此刻他正和茱莉娅谈论家务。

**Steven:** Darling, I am back. What are you doing?

**Julia:** I am washing clothes. Are you hungry now? Wait for a moment, I'll cook dinner for you. (Steven bends his brows)

**Steven:** Julia, should we get a maid?

**Julia:** I can do all the housework. We don't need a maid.

**Steven:** You have worked very hard in the office. If we can get someone to help you, you can have more rest.

**Julia:** We really don't need to.

**Steven:** You are a good wife, Julia. But you must take care of yourself.

**Julia:** Give me some time to think about it.

**史蒂文:** 亲爱的，我回来了。你在干什么？

**茱莉娅:** 我正在洗衣服呢。你现在饿吗？等一下啊，我这就去做饭。  
(史蒂文皱了皱眉头)

**史蒂文:** 茱莉娅，咱们请个保姆吧。

**茱莉娅:** 家务事我都能做，不需要请保姆。

**史蒂文:** 你在办公室工作已经很辛苦了，请个保姆帮你，你可以多休息一下啊。

**茱莉娅:** 真的不用。

**史蒂文:** 你是一个好妻子，茱莉娅。但是你该多关心一下自己。

**茱莉娅:** 嗯，那让我考虑一下吧。

单词和短语

Vocabularies and Phrases



hungry ['hʌŋɡri] *adj.* 饥饿的；渴望的

maid [meɪd] *n.* 女仆；侍女

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