

300 MOST
FREQUENTLY USED
IDIOMS & PHRASES

超高频短语

陈宝贵 编著

David Ludwig 审订

300

☒ **升学系列 学测适用!**

储备实力 ⊕ 考前突击

湖北长江出版集团
湖北教育出版社

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前言

如何正确和有效率地学习和运用英语里众多繁杂的短语和惯用语，对于英语学习者而言一直是个头疼的问题。看到学生们常为掌握英语短语和惯用语不得其法而考试丢分，或因遍寻不到一本好用的相关书籍而烦恼，我们下决心编了这套书。

本套书精心挑选了1000个各类考试和教科书里经常出现的短语和惯用语，并将它们按照出现频率的高低分成《高频短语700》和《超高频短语300》两册。其中，《高频短语700》有28个单元，适合平时储备实力，增加英语功力；《超高频短语300》有12个单元，适合考前时间紧迫时密集复习，临阵磨枪，既快又光。

为了使读者更好使用此书，兹附上如下说明：

1. 每单元分别介绍25个英美人日常生活和国内考试中经常涉及的短语及惯用语；
2. 所有短语及惯用语皆附有中文释义及例句，并通过“举一反三”将相关短语一网打尽；
3. “历届考题”归纳考试中曾经出现的相关句子；
4. “单元练习”用于检测和自我评价；
5. 每册书附索引与参考页数，既可检索本册出现的所有短语和惯用语，又方便读者中英文对照和记忆。
6. 所有例句均由外籍老师审订，不但注重语法和语用，而且更符合英美人的语言习惯。
7. 全书双色印刷，一目了然，轻松呈现。

最后，希望本书能够得到广大读者的认可，至于书中存在的疏漏之处，还望读者海涵和不吝赐教。

编者 谨识

2010年4月

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UNIT 1

1.	a great deal of	大量的, 很多的
2.	a number of	一些
3.	a sense of duty	责任感
4.	a variety of	各式各样的, 各种的
5.	above all	尤其是, 最重要的是
6.	according to	根据, 依照
7.	account for	解释, 说明; 占有……比例
8.	after all	毕竟, 终究
9.	ahead of	在……之前
10.	along with	与……在一起; 连同
11.	amount to	总计; 达到; 相当于
12.	appeal to	吸引; 诉诸; 恳求
13.	apply for	申请
14.	around the clock	日以继夜
15.	as a result	因此
16.	as a result of	由于, 因为
17.	as far as...be concerned	就……看来, 就……而言
18.	as soon as	一……就……, 立即
19.	as to	至于; 关于
20.	as well	也
21.	as well as	也; 和; 而且
22.	at a loss	困惑, 不知所措
23.	at all costs	不惜任何代价
24.	at first	首先, 一开始
25.	at last	最后, 终于

1 a great deal of 大量的, 很多的

I spent **a great deal of** my spare time wandering around the ancient city.
我花了**很多**空闲时间在这个古老的城市漫步。

 **举一反三** a great deal of + N (不可数名词)


a great deal of = a good deal of = a lot of = plenty of
= a heap of = heaps of = a great quantity of

历届考题

- 1➤ These buildings collapsed in heaps of dust and sand.
- 2➤ The igloo (爱斯基摩人的冰屋) walls were solid and airtight, whereas those of the tepee (印第安人的圆锥形帐篷) permitted a great deal of air to enter.
- 3➤ As a result, an e-mail writer enjoys a great deal of freedom in communicating with anyone in any place of the world at any time.

2 a number of 一些

Due to water rationing, **a number of** citizens suffered from water shortage.
因为限水, **一些**市民饱受缺水之苦。

 **举一反三** a number of + N-s (可数复数名词)


a large number of = a great number of = a good number of = a lot of
= a good many = a great many = plenty of = heaps of = a heap of (许多)

历届考题

- 1➤ Red imported fire ants can cause a number of problems.
- 2➤ Potatoes were peeled by a large number of cooks.
- 3➤ A number of major industries and more than twenty leading colleges have become concerned about our bad listening habits.

3 a sense of duty 责任感

We should all have **a sense of duty** toward the society we live in.
我们都应该对我们生活的社会有一份**责任感**。

 **举一反三** a sense of duty = a sense of responsibility

a sense of humor (幽默感) a sense of direction (方向感)
a sense of self-respect (自尊) a sense of self-worth (自重)
a sense of wonder (充满惊奇)

历届考题

- 1➤ She had a strong sense of duty and worked very hard at all her tasks.

- 2 ➤ To be able to give help restores their dignity, a sense of self-worth, and a basic change in their view of life.
- 3 ➤ Next to knowledge, we must retain and never lose a taste for life, a respect for life, a sense of wonder at life, and a proper and reasonable attitude toward life.

4 a variety of 各式各样的, 各种的

The new company provides a **wide variety of** products and services for consumers.

这家新公司为消费者提供各式各样的产品及服务。

 **举一反三** a variety of = a wide range of

历届考题

- 1 ➤ Stradivarius, the undeniable king of violin makers, could not resist creating a variety of guitars.
- 2 ➤ There are a variety of restaurants and social events in Bangkok.
- 3 ➤ The staff of the dead mail offices has a variety of ways to deal with all these dead mails.

5 above all 尤其是, 最重要的是

This TV program is educational, meaningful and, **above all**, interesting.

这个电视节目有教育性, 也很有意义, **最重要的是**, 十分有趣。

 **举一反三** above all = most important of all = most especially = mainly


历届考题

Above all, remember to hand in your application form.

6 according to 根据, 依照

The dressmaker can do special designs, **according to** customers' requests.

这位裁缝可以根据顾客的要求做特殊的设计。

 **举一反三** according to 表示信息来自别人, 不可以和 opinion 或 view 连用。

历届考题

- 1 ➤ The Internet has headlined the top 25 innovations of the past quarter century, according to a group of technology leaders assembled to promote inventiveness.
- 2 ➤ It is estimated that less than 20% of the teen population is innovative enough to drive fashion trends, according to a recent study by a marketing firm.

- 3▶ The Internet has replaced books as a major source of information for Taiwanese primary school students, according to a recent survey.

7 account for 解释, 说明; 占有……比例

1. Tom couldn't **account for** his absence yesterday.
汤姆无法解释昨天他缺席的原因。
2. Businessmen **account for** the majority of guests in this hotel.
商务人士占了这饭店顾客极大的比例。

历届考题

Currently, health care costs **account for** about twelve percent of the gross domestic product.

8 after all 毕竟, 终究

1. Don't be too strict with Jane. **After all**, she is only a child.
别对简太严厉, 毕竟她只是个孩子。
2. John called to say that he couldn't accept my offer **after all**.
约翰打电话告诉我他终究不能接受我的提议。

历届考题


Where did you stay _____?

- (A) at all (B) after all (C) above all (D) at most

9 ahead of 在……之前

Linda is running **ahead of** us.

琳达跑在我们的前面。

-  **举一反三** ahead of time = in advance (事先)
ahead of schedule (提前)

历届考题

- 1▶ Graduation from high school means that a new stage of life is ahead of you.
- 2▶ All these heroes have one thing in common, however. They put other people's safety ahead of their own.

10 along with 与……在一起; 连同

1. The missing girl was found **along with** her younger brother near a cave in the mountains.

这位失踪的女孩和她的弟弟一起在山中的洞穴附近被找到。

2. Chiang Kai Shek Memorial Hall, **along with** the National Palace Museum and the Presidential Office, is among the most popular tourist spots in Taipei.
中正纪念堂, 连同故宫博物院及总统府, 是台北最受欢迎的观光景点之一。



举一反三 along with = together with = as well as = in addition to



历届考题

1. He was far from being handsome. Along with a rather short stature (身材), he had a hunchback (驼背).
2. He sold Nintendo terminals together with teens' clothes in his stores.

11 amount to 总计; 达到; 相当于

1. By 2012, Internet users will **amount to** 45% of the whole population in this area.
到2012年, 这一地区的互联网使用者将**达到**总人口的百分之四十五。
2. The response **amounts to** a threat.
这回复**无异于**威胁。



举一反三 amount to = add up to (总计)
amount to = be equal to (等于)



历届考题

In fact, the food a bat eating every night amounts to one quarter of its own body weight.

12 appeal to 吸引; 诉诸; 恳求

1. What **appeals to** me about the movie is the special effects the director uses.
这电影**吸引**我的地方是导演所用的特殊效果。
2. The worried mother is **appealing to** the public for more information about her missing child.
这位焦虑的母亲**恳求**大众提供更多关于她失踪孩子的消息。




历届考题

The idea of becoming famous appeals to many people.
(A) attracts (B) enjoys (C) claims (D) requires

13 apply for 申请

Mr. White **applied for** the post in the computer company after seeing the advertisement.

在看到报上的广告后，怀特先生**申请**电脑公司的职位。

 **举一反三** apply to (申请; 适用于, 应用于)


历届考题

- 1▶ When she applied for admission to a local music school in 1917, she was turned down because she was black.
- 2▶ Generally speaking, all foreigners coming to Taiwan should apply for entry visas through embassies or consulates of the ROC.
- 3▶ The new technology was applied to farming.

14 around the clock 日以继夜

They have been working **around the clock** to get the project done.

为了完成这个项目，他们**日以继夜**地工作。

 **举一反三** around the clock = round the clock

历届考题


The power workers had to work _____ to repair the power lines since the whole city was in the dark.

(A) around the clock (B) in the extreme (C) on the house (D) in the majority

15 as a result 因此

He didn't prepare for the speech contest well; **as a result**, he didn't win any prize.

他没有好好准备演讲比赛，**因此**，他并没有得到任何奖项。

 **举一反三** as a result = thus = therefore = consequently

历届考题

- 1▶ Thousands of people flooded into the city to join the demonstration (示威); as a result, the city's transportation system was almost paralyzed (瘫痪).
- 2▶ Therefore, much of the salt melted in the water, ruining the salt for Amir but lightening the load for the donkey.
- 3▶ Thus, an e-mail writer enjoys a great deal of freedom in communicating with anyone in any place of the world at any time.
- 4▶ I missed the bus and consequently was late for work.

16 as a result of 由于, 因为

The flight to Tokyo was delayed **as a result of** the snow.

由于大雪, 往东京的航班晚点了。



举一反三 as a result of = because of = owing to = due to = on account of

**历届考题**

- 1▶ He was late for the meeting _____ the heavy rain.
(A) as a result of (B) in accordance with (C) in spite of (D) apart from
- 2▶ As a result of all the newspaper and television attention, the problem of child abuse has become well-known.

17 as far as...be concerned 就……看来, 就……而言

1. **As far as I'm concerned**, the whole plan is totally impractical.
就我看来, 这个计划完全不切实际。
2. **As far as Internet use is concerned**, the critical problem is how to prevent personal information from being stolen.
就网络的使用而言, 最重要的问题是如何预防个人资料被窃取。



举一反三 as far as...be concerned = so far as...be concerned

**历届考题**

- 1▶ However, if we travel west, we will be in advance of ourselves as far as our internal clock is concerned, and problems may arise.
- 2▶ And as far as performance and price are concerned, they're still no match for conventional appliances.
- 3▶ So far as the "rock" is concerned, it was decorated in such a way as to add beauty to its originality.

18 as soon as 一……就……, 立即

As soon as I entered the room, I knew that something was wrong.

我一进这个房间就知道什么地方不对劲。

**历届考题**

- 1▶ Therefore, government authorities usually undertake aggressive emergency control measures as soon as an outbreak is detected.
- 2▶ As soon as the couple realized that they didn't love each other anymore, they broke up.
- 3▶ As soon as you finish, I'd like to talk to you for a few minutes.

19 as to 至于, 关于

We just finished the outline of the plan. **As to** when the work might start, we haven't decided yet.

我们刚完成计划的大纲, 至于工作何时开始, 我们尚未决定。

 **举一反三** as to = as for

20 as well 也

I am coming to Jane's wedding, and Tina is coming **as well**.

我要参加简的婚礼, 蒂娜也要。

 **举一反三** as well = too


历届考题

And it is clear that, in addition to the emotional benefits, the shedding of tears has a specific biological function **as well**.

21 as well as 也; 和; 而且

The good news cheered the students **as well as** the teachers in the stricken area.

这个好消息让灾区的学生和老师感到振奋。

 **举一反三** as well as (一样好)

历届考题

- 1▶ The release of his new album has brought the pop singer a huge fortune as well as worldwide fame.
- 2▶ Some say that the ancient Greek and Roman gods, as well as the fairies and dwarfs in many classical tales, were in fact "space people" living here.
- 3▶ The group of patients receiving only painkillers without natural sounds and sights did not do as well as the trial group in pain control.

22 at a loss 困惑, 不知所措

I am **at a complete loss** as to how to find out a solution to this problem.

我完全不知道如何找出这问题的答案。

 **举一反三** at a loss = at sea = all at sea

I'm **all at sea** with this puzzle.

我完全不知道这个难题怎么解。

**历届考题**

A friend is one who you think of when you are at a loss.

23 at all costs 不惜任何代价

The celebrities will avoid criticism and scandals **at all costs**.

名人们会不惜任何代价避免批评和丑闻。



举一反三 at all costs = at any cost = at all rates = at any rate
at the cost of (以……为代价)

**历届考题**

For example, an outbreak of avian influenza (禽流感) in the USA in 1983-1984 resulted in the destruction of more than 17 million birds _____ nearly US\$65 million.

(A) with a view to (B) in regard to (C) at a cost of (D) on account of

24 at first 首先，一开始

At first Christine felt panic because she didn't know what had happened.
一开始克里斯廷觉得很惊慌，因为她不知道发生什么事了。



举一反三 from the very first = from the very beginning (从一开始)

**历届考题**

1 ➤ At first he was very gentle with the bird, but gradually he lost his temper.

2 ➤ George at first had difficulty swimming across the pool, but he finally succeeded on his fourth attempt.

25 at last 最后，终于

At last we found out who had stolen the money in the drawer.

我们终于查出谁偷了抽屉里的钱。



举一反三 at last = in the end = finally

**历届考题**

We work very hard to realize this dream. Then, at last, we find ourselves there.



Exercise

I Cloze Choice

(A) a great deal of	(B) At last	(C) ahead of
(D) as soon as	(E) As a result of	(F) above all

1. The restaurant is famous for its cuisine, interior decoration, and _____, service.
2. It will take _____ money and effort to finish the 10-year project.
3. _____ the heavy rain, the concert was cancelled.
4. _____ we reached the top of the mountain.
5. At the ticket counter, Paul got into line _____ his friends.

II Translation


1. 根据天气预报，下午会有雷雨。
_____ the weather forecast, there will be a thunderstorm this afternoon.
2. 搜救队日以继夜地搜寻被困在山区的民众。
The rescue team worked _____ to search for the people stranded in the mountains.
3. 玛丽很惊慌，她完全不知道接下来要做什么。
Mary was panicking; she was _____ for what to do next.
4. 我们公司不计任何代价，一定要得到这份合约。
Our company must get the contract _____.
5. 这个慈善机构恳求社会给予更多的帮助。
This charitable organization _____ society for more help.

Unit 2

1.	at times	有时候
2.	attend to	处理; 照顾
3.	be able to	有能力做……; 能够
4.	be about to	即将
5.	be accused of	被指控
6.	be attached to	连接; 附属于; 爱慕, 依恋
7.	be aware of	意识到; 知道, 了解
8.	be bound to	有义务; 受……约束的; 肯定会
9.	be concerned about	担心; 关心
10.	be confident of	有信心
11.	be covered with	被……覆盖
12.	be crazy about	对……着迷; 热衷
13.	be crowded with	挤满
14.	be envious of	羡慕, 嫉妒
15.	be equal to	等于; 胜任; 和……匹敌
16.	be exposed to	暴露于……之下
17.	be familiar with	对……熟悉
18.	be famous for	以……而闻名
19.	be fascinated by	对……着迷
20.	be fed up with	对……厌烦; 受够……
21.	be filled with	充满
22.	be fond of	喜爱
23.	be good at	擅长于
24.	be grateful for	感激
25.	be in charge of	负责, 掌管, 控制

1 at times 有时候

At times I think my dreams are hard to realize, but I always do my best.
有时候, 我认为我的梦想难以实现, 但我总是尽我所能去做。


 **举一反三** at times = sometimes = from time to time = occasionally
= every now and then = once in a while

历届考题

At times, it seems like there are not many things that we can give a student who has everything.

2 attend to 处理; 照顾

The doctor decided to **attend to** emergency cases first.
医生决定先处理紧急伤患。

 **举一反三** attend to = deal with


历届考题

1▶ Dooly keeps Peanuts company while the adults in the family attend to Grandfather.

2▶ You'd better attend to the patient first. It's an emergency.

3 be able to 有能力做……, 能够

I **am able to** do this difficult task by myself.
我有能力自己完成这个艰难的任务。

 **举一反三** be able to + V. = be capable of + V-ing/N. = have the ability to + V.
be unable to + V. = be incapable of + V-ing/N. (没有能力做……)

I **am capable of** solving this difficult task.
我有能力自己完成这个困难的任务。

历届考题

1▶ Animals are able to feel pain so that they can use it for self-protection.

2▶ As long as men and women are able to respect and accept their differences, love has a chance to blossom.

3▶ With a projector (放映机), this attractive radio-alarm-clock is able to display the time on a wall, ceiling, or anywhere else.

4 be about to 即将

The plane **is about to** take off. Please get back to your seat and fasten the seat belt.

飞机即将起飞, 请回到座位, 并系好安全带。