高频短语

陈宝贵 编著 David Ludwig 审订

☑ 升学系列 学测适用!

储备











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700 FREQUENTLY USED IDIOMS & PHRASES

高弧弧圈

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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



400¢

高频短语700

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Unit 1:

1.	a bed of roses	安逸舒适的环境,称心如意的境遇
2.	a bit of	少量的,一点点
3.	a bunch of	一串;一束;一群
4.	a close call	死里逃生,幸免于难
5.	a couple of	几个,两三个。
6.	a flock of	一群。然外最级改善等的
7.	a fly in the ointment	美中不足,煞风景
8.	a handful of	一把
9.	a matter of	事情,问题
10.	a narrow escape	九死一生
11.	a pie in the sky	空想,虚幻的梦想,不实际的承诺
12.	a series of	一连串的
13.	access to	接近、进入的机会、途径、门路
14.	acquaintwith	让了解,让认识
15.	add to	增加,添加
16.	add up to	总计达到;结果,意味着
17.	adjust to	适应,调整
18.	agree with	意见一致;符合;适合
19.	aim at maga xisw of	瞄准;针对
20.	all of a sudden	突然地
21.	all over the world	全世界
22.	all the more	更加,愈
23.	and so forth	等等,诸如此类
24.	anything but	除了之外;绝不是
25.	apart from	除了之外

1 a bed of roses 安逸舒适的环境,称心如意的境遇

Working for such a big company isn't a bed of roses 在这么一家大公司里工作不是容易的差事。

② 举一反三 look at sth. through rose-colored glasses (以乐观的态度看事情)

My sister always looks at life through rose-colored glasses.

我妹妹总是乐观地看待人生。

2 a bit of 少量的,一点点

There is a bit of water in the bottle. 瓶子里有少量的水。

② 举一反三 a bit of = a little of = a small amount of

3 a bunch of 一串; 一束; 一群

- 1. Tom gave his mother a bunch of flowers on her birthday. 汤姆在妈妈生日时送给她一束花。
- There are a bunch of gangsters over there.
 那里有一群流氓。

4 a close call 死里逃生,幸免于难

Wendy had a close call this morning. She was knocked off her bicycle, but she wasn't hurt.

温迪今天早上真是死里逃生。她骑脚踏车被撞倒,还好没受伤。

② 準一反三 a close call = a close shave = a narrow escape

5 a couple of 几个,两三个

The doctor told John that he would be able to walk again in a couple of days.

医生告诉约翰他再过两三天就能走路了。

园 历届考题

- 1 He had been on an exercise program where he regularly rode a bicycle for five miles, swam 500 meters, and walked a couple of miles each day.
- **2** The postal (邮局的) special delivery service is very efficient. A package sent can be received in a couple of hours.

6 a flock of 一群

A flock of birds flew overhead.

一群鸟飞过头顶。

a herd of + animals/cattle/elephants/goats

a school of + fish/dolphins/whales

a group of + people

命 历届考题

Some hunters drove a herd of animals like horses or buffaloes over steep cliffs (悬崖) , and others waited at the bottom of the cliffs to finish the kill.

7 a fly in the ointment 美中不足, 煞风景

He got a good job with high pay. The only fly in the ointment is that it is a little far from his house.

他找到一个高薪的好工作, 美中不足的是离家有点远。

8 a handful of 一把

I pulled out a handful of coins from my backpack. 我从背包里抓出一把硬币。

② 举一反三 a handful = a small number (少量的,一些)

Ruth invited many friends to her birthday party, but only **a handful** came. 鲁思邀请很多朋友参加她的生日派对,但只有少数前来。

9 a matter of 事情, 问题

- 1. This is a matter of life and death; we must take it seriously. 这是个生死攸关的问题,我们必须认真严肃地对待。
- 2. It is only a matter of time before the tribal traditions fade away. 部落传统的凋零只是时间早晚的问题。
- ② 挙一反三 a matter of life and death (生死攸关的问题)

10 a narrow escape 九死一生

We got out of the blazing building in time, but it was really a narrow escape. 我们及时从燃烧中的大楼里逃离,真是九死一生。 ② 举一反三 a narrow escape = a close call

11 a pie in the sky 空想,虚幻的梦想,不实际的承诺

Lillian's plan to open a coffee shop is just a pie in the sky. 莉莲要开咖啡馆的计划不过是个空想而已。

② 举一反三 a castle in the air = a castle in Spain (空中楼阁, 白日梦)

12 a series of 一连串的

There have been a series of terrorist attacks in the capital of this country. 在这个国家的首都发生了一连串的恐怖袭击。

13 access to 接近、进入的机会、途径、门路

 The new search engine gives its users quick access to the information they need.

新的搜索引擎给使用者提供了能更快得到所需信息的途径。

2. The only access to the stricken area is now by helicopter. 现在进入灾区唯一的途径是动用直升机。

命 历届考题

These museums have provided access to these artistic objects.

14 acquaint... with... 让……了解, 让……认识

The students watch this documentary to acquaint themselves with the history of World War II.

学生们看这部纪录片来让自己了解第二次世界大战的历史。

6 历届考题

The professor did his best to acquaint the students with new ideas.

15 add to 增加, 添加

The heavy rain added to the difficulties of searching for the missing mountain climbers.

大雨增加了搜寻失踪登山者的难度。

命 历届考题

This story adds to the value of the book.

16 add up to 总计达到;结果,意味着

- 1. Mr. Wang's debts add up to several million dollars. 王先生的债务总计达好几百万美元。
- 2. The efforts by all the players added up to a strong team performance. 所有队员的卖力演出,结果使演出呈现出了强大的团队表现效果。

17 adjust to 适应, 调整

My eyes are weak; it takes me a long time to adjust to bright light. 我的眼睛不好,我需要比较长的时间来适应亮光。

 → 反三 adjust to = adjust oneself to = adapt to

 Mark must adjust himself to the college life in the U.S.
 马克必须使自己适应美国的大学生活。

局 历届考题

- 1 At Tsavo National Park, Zoe had been taught to adjust to life in the wild.
- **2** This system must constantly adjust to a new environment and new situations to survive and flourish (兴旺).
- **3** During the process of evolution (进化), man has shown remarkable ability to adapt to the environment.

18 agree with 意见一致;符合;适合

- The couple don't agree with each other on many things.
 这对夫妻在很多事情上意见不一致。
- 2. The actual cost of this trip did not agree with my original estimate. 旅行的实际花费和我当初的预算不相符。
- 3. Country life agrees with my parents; they feel content and happy. 乡村生活适合我的父母亲,他们觉得快乐而满足。

命 历届考题

She always thought that she was right, and she expected everyone to agree with her.

19 aim at 瞄准: 针对

- 1. During the Cold War, many nuclear missiles were aimed at major cities. 在冷战期间,有很多核弹**瞄准**主要城市。
- 2. The commercial for this new product is mainly aimed at housewives. 这个新产品的广告目标主要是**针对**家庭主妇。

命 历届考题

Some of the designs aim at evil spirits, because ghosts cannot lift their feet over barriers, nor can they make 90-degree turns.

20 all of a sudden 突然地

The accident happened all of a sudden, and nobody knew what to do. 意外突然发生,没有人知道该怎么办。

② 举一反三 all of a sudden = suddenly

命 历届考题

It seemed like any afternoon in the village, but all of a sudden, people and animals lost consciousness.

21 all over the world 全世界

Soon, news of the terrorist attack had spread all over the world. 很快地,恐怖袭击的新闻就传遍全世界。

② 举一反三 all over the world = around the world = throughout the world

命 历届考题

- **2** The first aim of the IMO (国际数学奥林匹克竞赛) is to discover, to encourage and, most important of all, to challenge mathematically gifted people all over the world.
- 3 They gradually spread all over the world, and have remained popular ever since.

22 all the more 更加,愈

The accident made the task all the more challenging. 这个意外使得任务更具挑战性。

②

挙一反

■ all the more = all the better

23 and so forth 等等,诸如此类

This restaurant serves various kinds of food, like Italian, French, Mexican, and so forth.

这间餐厅供应很多种类的食物,像意式、法式、墨西哥式等等。

₽ 举一反三 and so forth = and so on

@ 历届考题

We can do many high-tech operations and so on, but when it comes to how the mind and body work together, we are really not very well-informed (熟悉的).

24 anything but 除了……之外; 绝不是

- 1. I will give you anything but this necklace. 除了这条项链之外,我什么都能给你。
- 2. Jerry is **anything but** a gentleman. 杰里**绝不是**一位绅士。

25 apart from 除了……之外

Apart from the rent, this apartment is quite acceptable. 除了租金问题以外,这间公寓还算可以。

₽ 举一反三 apart from = except for = not considering

6 历届考题

- 1 Apart from being kind of selfish, she is a charming girl.
- 2 Well, apart from that, we did everything we wanted.



7	oze Choice
4 6	072 6 10162

(A) a bed of roses	(B) a close call	(C) all the more	
(D) anything but	(E) all of a sudden	(F) a matter of time	
The car just missed to	the tree—what	The Angle of the A	
2. The gentleman is	a professor.	54 - Sanow (dabbe artifa db	
		ZA and palatyra AS	
4. The lights went off	; soon, severa	people in the room were	
screaming and shout	ing.		
5. The work is too tough	n; it's onlybefo	ore somebody quits.	
II Translat	ion		
		- 2.30 monthsqu (8)	
1. 网络提供给人们世界」	上最新的消息。	I four educates mage	
The Internet	people with	the latest	
information around th	e world.	110 Clinette St., 25 St.	
2. 不能适应这个快速改变	变的世界的人,要比其他人	(多了一些压力。	
People who are unat	ole to themsel	lves the rapidly	
changing world usuall	y experience more stress	than others.	
3. 除了膝盖上的擦伤以外	^队 ,这个小男孩很好。		
	_ a scrape on the knee, th	ne little boy was fine.	
4.斯蒂芬梦想中彩票,是		,	
	win the lottery is rea	llv	
	·		
5. 这个交换计划是针对那	" 些想要体验不同学校生活	的学生的。	
		students who would like	

1.	approve of	赞成,赞同	
2.	arise from	由所引起	
3.	arm oneself with	用武器装备,配备,携带	
4.	around the corner	在附近;即将来临	
5.	as a consequence	因此, 结果	
6.	as a matter of fact	事实上 describes and a mont parts. The state of the state o	
7.	as a token of	作为标识,表示	
8.	asas possible	尽可能	
9.	as easy as pie	轻而易举,易如反掌	
10.	as follows	如下。如本是是一种的人,但是一种一种一种一种一种一种一种一种一种一种一种一种一种一种一种一种一种一种一种	
11.	as if	犹如,好像	
12.	as is often the case	这是常有的事	
13.	as long as	只要	
14.	as scheduled	如预定的, 如期	
15.	as usual	如往常一般,照例	
16.	at a distance	有段距离。由于大学的大学的大学的大学的大学的大学的大学的大学的大学的大学的大学的大学的大学的大	
17.	at a rate of	以·····的速度	
18.	at a snail's pace	(如蜗牛般)慢吞吞,缓慢地	
19.	at any rate	无论如何;至少	
20.	at birth	出生时	
21.	at dawn	拂晓,黎明	
22.	at ease	e自在,放松 s s A grissoo si nooriqvi A	
23.	at eye level	在视线高度	
24.	at first sight	第一次见到	
25.	at hand	在手边	

1 approve of 赞成, 赞同

Linda's mother doesn't approve of Linda's marriage to James. 琳达的母亲不**赞成**琳达和詹姆斯结婚。

2 arise from 由……所引起

Jane's illness **arose from** a huge amount of stress that she was under. 简的病是由太大的压力**所引起**的。

② 举一反三 arise from = be caused by

3 arm oneself with 用武器装备,配备,携带

Hearing some noise, Mary armed herself with a tennis racket and went to see what had happened.

听到一些声音,玛丽**带上**网球拍去看发生了什么事。

命 历届考题

Living in a highly competitive society, you definitely have to arm yourself with as much knowledge as possible.

4 around the corner 在附近; 即将来临

1. There is a supermarket around the corner; it's convenient for me to go shopping there.

附近有一家超市,我购物非常方便。

2. Christmas is around the corner. Have you prepared all the Christmas presents for your family?
圣诞节即将到来。你给家人的圣诞礼物准备齐了吗?

學 举一反三 around the clock (夜以继日)

5 as a consequence 因此, 结果

A typhoon is coming. As a consequence, we will have to cancel our trip to Kenting.

台风将要到来。因此,我们到垦丁的旅行将不得不取消。

② 挙一反三 as a consequence = as a result = consequently = therefore = thus

6 as a matter of fact 事实上

Jason isn't working now. As a matter of fact, he has never had a job. 贾森现在没工作。事实上,他从未工作过。

汤 历届考题

We haven't seen John for a long time. As a matter of fact, we have completely lost track of him.

7 as a token of 作为标识,表示

I want to give you a small gift as a token of my gratitude for all you have done. 我要送你一份小礼物,对你所做的一切表示感谢。

8 as...as possible 尽可能

This injured woman needs to be taken to hospital as soon as possible. 这位受伤的妇人需要尽快送到医院。

园 历届考题

- 1 Daphne would like to set up as many orphanages (孤儿院) as possible.
- By this time, the cook was angry and decided to do exactly what the dinner guest wanted: slice the potatoes as thin as possible.

9 as easy as pie 轻而易举,易如反掌

Richard is smart; answering that crossword puzzle is as easy as pie to him. 理查德很聪明,那个填字游戏对他来说易如反掌。

② 举一反三 as easy as pie = easy as pie = very easy

10 as follows 如下

The winners of competition are as follows — John, Henry, and Mike. 比赛的获奖者如下——约翰、亨利和麦克。

11 as if 犹如, 好像

After hearing my newest plan, my friends stared at me as if I had been crazy. 听完我最新的计划后,我的朋友们瞪着我,好像我疯了似的。

② 举一反三 as if = as though

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命 历届考题

Every time he sees his wife, which may be five minutes since he last saw her, he greets her with great joy, welcoming her back into his life as though she has gone for years.

12 as is often the case 这是常有的事

Cindy is late for school again, as is often the case with her. 辛迪上学又迟到了,这是常有的事。

② 挙一反三 as is the case (偶一情形); as is usual = as usual = usually (通常)

13 as long as 只要

You can use my car as long as you take good care of it. 你可以用我的车,只要你好好照料它。

② 举一反三 as long as 还可意为"一样久;一样长"。

命 历届考题

- As long as men and women are able to respect and accept their differences, love has a chance to blossom.
- As long as a language is alive, its cells will continue to change, forming new words and getting rid of the ones that no longer have any use.

14 as scheduled 如预定的, 如期

The competition will take place on Wednesday as scheduled. 比赛将会如期在星期三举行。

命 历届考题

It was then decided that Alan Shepard should relieve himself (解手) in his space suite, and continue with the mission as scheduled.

15 as usual 如往常一般,照例

As usual, I'll go to school by bus today. 如往常一般,我会乘坐公共汽车去上学。

16 at a distance 有段距离

The security forces kept the demonstrators at a distance from the White House. 保安部队把示威者挡在离白宫有段距离的地方。