

Small Words
Great Worth
Key to Successful
Spoken English



高级英语 口语小词

门顺德 主编

基础篇

“小人物用大词，大人物用小词！”
每天半小时，60天驾驭口语“小词”，向
native speaker靠近一步，口语、听力、
翻译、文化同步提高。

适合以下读者阅读：经常与外国人士
或公司打交道的人士、外企员工、英语专
业学生、希望从事口译的学生或口译工作
者、英语教师、希望出国留学或工作的人
士以及任何已经能进行英语会话但仍想进
一步提高英语表达能力的人。



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高级英语口语小词

——基础篇

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机械工业出版社

“小词”的作用并不小。地道的英语口语能力尤其以小词的运用能力见高低。只有善于运用小词，也就是说能够使用貌似简单、但含义丰富的词语或词组搭配，才能真正做到表述清晰到位。

本书选材多样，编排生动活泼，旨在通过大量例句、文章和对话提高读者英语口语的实际运用能力。此外，每个单元还围绕核心“小词”设计了相应的练习，并提供了核心文章的译文。

本书适合已具有中高级英语水平，想超越英语学习和使用的基本层面，实现英语运用自如、表述清晰到位的读者使用。具体包括：经常与外国人士或公司打交道的人士、外企员工、英语专业学生、希望从事口译的学生或口译工作者、英语教师、希望出国留学或工作的人士以及任何已经能进行英语会话但仍想进一步提高英语表达能力的人。

《基础篇》和《进阶篇》在难易程度上有些递增，但涵盖的“小词”有所不同。因此，读者可以先选择前者或同时选择二者进行学习。

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序

“小词” (small words) 的作用并不小。英国第二次世界大战时期的首相丘吉尔 (Winston Churchill) 有句名言: “小人物用大词, 大人物用小词!” (Small men use big words and big men use small words!) 英文的文风以“简洁明了” (simple and clear) 为上, 写作以“恰如其分” (proper words in proper places) 为佳。书面语言尚且如此, 口语更是以小词当家。地道的英语口语能力尤其以小词的运用能力见高低。只有善于运用小词, 也就是说能够使用貌似简单, 但含义丰富的词语或词组搭配, 才能真正做到表述清晰到位。

“小词”的运用并不容易。随便举个例子, 要表示“不知怎么的”、“邪门啦”(竟然会出现这样的结果) 的时候, 你可能一下子找不到适当的表达方式。其实英语里有个习惯的用法 “by strange work”, 这个小小的短语就帮助你解决了问题。在《牛津高阶英语词典》中, make 一词的动词就有 19 个义项, 有 make merry, make as if to do sth., make good, make it through, make it with sb., make the most of sth., make much of sth., make or break sth., make sth. of yourself 等成语, 还有 make for sth., make sb. / sth. into sb. / sth., make sth. of sb. / sth., make off, make off with sth., make out, make sth. over to sb. / sth., make towards sth., make up, make up for sth., make up to sb. 等动词短语。简直可以说, “小词”是英语学习的最大障碍。

由门顺德教授主编的《高级英语口语小词——基础篇》和《高级英语口语小词——进阶篇》旨在帮助英语学习者提高英语口语的实用能力, 从小词入手解决大问题。全书编排生动活泼, 从大量例句、文章、对话等多方面提高使用者的实际能力, 值得一读。

汪榕培

2009 年 1 月于大连

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Chapter 1 Men and Women

accuse sb. of*

to say that sb. has done wrong, is guilty (of sth.) or has broken the law 指责某人有错、犯(某)罪或犯法

1. The report accused the government of shirking its responsibilities.
报告指责政府推卸责任。
2. He accused his boss of having broken his word.
他指责老板不守信。
3. She accused him of stealing her watch.
她控告他偷她的表。
4. He was accused of murder.
有人指控他谋杀。

* 注意: **accuse of** 与 **charge with** 都可表示指控。**accuse** 指的是指责严重程度不等的犯罪或冒犯行为, **accuse** 与介词 **of** 连用; **charge** 指的是正式控告或指责具有违法性质的行为, **charge** 与介词 **with** 搭配, 例如:

1. If you do good, people will accuse you of selfish motives. Do good anyway.
你如果做好事, 人们会指责你, 说你必定是出于自私的动机。但还是要做好事。
2. Hard-core Diana fans, who accuse Camilla of destroying Diana's marriage, were relieved at the news.
戴安娜王妃的铁杆“粉丝”们一直抨击卡米拉破坏了戴妃的婚姻。听到这一消息后, 这些“粉丝”们都松了口气。
3. He is brought to court and charged with rape.
他被绳之以法并被指控犯有强奸罪。

make sense*

to have an understandable meaning; sensible 有意义的, 有道理的, 讲得通的; 明智的, 合情理的

1. What you say makes no sense.
你说的话没有道理。

2. These words are jumbled up and don't make sense.
这些词藻堆砌在一起讲不通。
3. It doesn't make sense to buy that expensive coat when these cheaper ones are just as good.
这些便宜的大衣也很好，何必非买那件贵的不可。
4. It would make sense to leave early.
还是早点儿走好。

* 注意: make sense of 的意思是 to understand 了解, 懂得, 例如: Can you make any sense of what the writer was saying? 你能理解这位作者在说什么吗?

tease*

to make fun of (sb.) in a playful or unkind way 取笑, 嘲弄 (某人); 逗弄, 招惹 (某人)

1. Don't take what she said seriously — she was only teasing.
别拿她的话当真——她不过是在逗弄人。
2. The other boys used to tease him because of / about his accent.
别的男孩子常拿他的口音取笑他。
3. Stop teasing the cat by pulling its tail.
不要再拉猫的尾巴逗弄它了。

* 注意: tease 还有一层意思是“哄, 向……强求”, 例如: She has been teasing her mother all morning for a new dress. 她整个上午缠着妈妈要一件新连衣裙。

dominate

to have control of or a very strong influence on (people, events, etc.) 支配, 统治, 控制, 影响 (人、事等)

1. He has authority, but he doesn't try to dominate (others).
他有权威, 但并不想控制别人。
2. She dominated the meeting by sheer force of character.
她单凭个人气势就镇住了会场。
3. Price tends to dominate all other considerations.
首先考虑的往往是价格问题。
4. My weekend was dominated by housework.
我的周末全用在做家务上了。



STATEMENT

Secrets of the Opposite Sex

Many jokes, problems and conversations revolve around communication differences between men and women. Women are often **teased** for gabbing, nagging and chattering on about nothing. Men are often **accused of** not listening, not paying attention, or **dominating** the conversation when conversing with a woman. These problems occur because each gender routinely misinterprets the other's nonverbal¹ and verbal² listening cues.

During conversation, most women tend to give considerable nonverbal communication feedback, such as nodding and smiling, as well as frequent verbal feedback, like "I know what you mean", "Uh, huh", "Right. Exactly!"

This type of feedback lets the speaker know he or she is **making sense**. It is the typically feminine communication style developed from childhood onward.

Most men, on the other hand, do not provide much nonverbal communication feedback, tending to remain silent when listening to a speaker. They focus on what the speaker is saying, and consider it to be polite to be expressionless and silent. This is the typically male communication style learned from early childhood.

These differences in listening styles often cause dysfunctional³ communication between men and women.

NOTES

1. nonverbal *adj.* 非言语的
2. verbal *adj.* 言语的, 口头的
3. dysfunctional *adj.* 功能障碍的



DIALOGUE

Someone Has a Crush on Jenny

Ted: Hey, Jack, is Jenny coming with us?

Jack: Yes. Why?

Ted: Nothing. I'm just asking.



Jack: Just asking? But why is your face burning like mad? Ah, huh, someone has a crush on¹ Jenny, doesn't he?

Ted: Who has a crush?

Jack: Come on, Ted, don't be such a chicken². If you like her, you've got to tell her. Maybe she likes you.

Ted: Well, I don't have the guts³ to ask her out.

Jack: What're you afraid of? Just tell her what you're feeling about her.

Ted: I'd totally die if she turned me down.

Jack: But that's better than keeping everything to yourself. You've got to let her know. Come on! You've got to take a chance! Even though you are rejected, it's not the end of the world! There's nothing to lose, is there?

Ted: I don't know. Well, maybe you're right, but how am I going to tell her?

NOTES

1. have a crush on sb. 喜欢上某人, 对某人着迷
2. Don't be such a chicken. 别那么胆小。
3. gut *n.* 勇气

EXERCISE

Choose the correct word from those in *italics*.

The Natural Superiority of Women

^①(*Considerable / Considered / Considerate / Considering*) facts show that physically and mentally women are by ^②(*more / far / so / away*) the superiority of men. The old ^③(*coconut / peanut / chestnut / walnut*) ^④(*laughing / teasing / ignoring / insulting*) women being more ^⑤(*dominating / emotional / strong / shy*) than men has been forever ^⑥(*destroyed / tested / teased / proved*) by the facts of two great wars. Women under blockade, heavy bombardment, concentration camp confinement, and ^⑦(*familiar / same / similar / likewise*) rigors withstand them vastly more successfully than men. The psychiatric casualties of civilian populations under such conditions are mostly masculine populations, and there are far more men in our mental hospitals than there are women. The steady hand at the helm is the hand that has had the practice at rocking the cradle. Because of their great size and weight, men are physically more powerful than women, which is not the same thing as saying they are stronger. A man of the same size and weight as a woman of a

comparable background and occupational status would probably not be any more powerful than a woman. As far as constitutional strength is ^①(mentioned / concerned / talked / said), women are stronger than men. Many diseases from which men ^②(get / have / involve / suffer) can be shown to be largely influenced by their relation to the male Y-chromosome. More males die than females. Deaths from almost all causes are more frequent in males of all ages. Though women are more frequently ill than men, they ^③(recover / get / cure / regain) from illness more easily and more frequently than men.



异性的秘密

有许多围绕着男女交流差异的笑话、问题和对话。女人由于有事无事爱唠叨、挑剔和喋喋不休而受讥笑，男人在和女人谈话时由于不倾听、漫不经心或主宰话题而受责备。出现这些问题主要是由于男性或女性习以为常地曲解另一方的非语言或语言的倾听暗示。

在谈话中，大部分女人往往会给予大量的非语言的交流反馈，比如点头和微笑，也会有经常性的语言反馈，比如“我知道你的意思”，“哦，嗯”，“是啊，对啊！”

这种类型的反馈让说话的人感觉自己说明白了。这就是女性自童年起就养成的交流方式。

相反，大多数男人都只提供少量的非语言的交流反馈，听人说话时常常一言不发，他们的注意力集中在说话人说的话，他们认为不带表情、一言不发是礼貌的。这是男人自孩提时就学会的男性交流方式。

这些在倾听方式方面的差异常常导致男女在交流时发生障碍。



- | | | | | |
|----------------|-----------|-------------|-----------|-------------|
| ① Considerable | ② far | ③ chestnut | ④ teasing | ⑤ emotional |
| ⑥ destroyed | ⑦ similar | ⑧ concerned | ⑨ suffer | ⑩ recover |

Chapter 2 Coke and Caffeine

watch out for*

on one's guard; to keep looking out for possible trouble, etc. 戒备, 提防 (可能发生麻烦等)

1. The staff were asked to watch out for forged banknotes.

已经要求职员留意伪钞。

2. Watch out for a tall man in a black hat.

注意一个戴黑帽子的高个男人。

* 注意: watch out for sth. / sb. 的意思是 to be careful of sb. or sth. 密切注意, 提防; watch out for sb. 还表示 to make sure that nothing bad happens to someone 照看, 看护某人, 例如:

1. We will be discussing street crime and what you should watch out for.

我们将讨论街头犯罪以及你们应提防的事。

2. People in my family have always watched out for one or another.

我们家的人一直以来都是相互照看。

* 注意: watch out 一般用于祈使句, 非正式用语, 表示提醒某人注意或小心, 例如: Watch out! There's a car coming! 注意! 有辆车开过来了!

cut back*

to reduce sth. considerably 大量削减某物

1. He is cutting back a rose bush.

他在给玫瑰剪枝。

2. If we don't sell more goods, we'll have to cut back (on) production.

若不能增加货物的销量, 我们就必须大幅降低产量。

3. We oppose any plans to cut back (on) the education budget.

我们反对一切削减教育预算的计划。

* 注意: cutback 是名词, 意思是 a planned decrease; reduction to an earlier rate 削减, 裁减, 例如: More cutbacks in public expenditure will decrease support from the people. 公共开支的进一步削减将会导致支持率下降。

addict

a person who is unable to stop taking drugs, alcohol, etc. 离不开麻醉药、酒类等的人, 有瘾的人

1. They are rock music addicts.
他们是摇滚乐迷。
2. My wife is a typical soap opera addict.
我太太是个标准的连续剧迷。
3. I can't go too often, because I'm a shopping addict.
我不能去得太勤, 因为我是一个购物狂。

* 注意: addict 做动词用, 表示 to devote or give (oneself) habitually or compulsively 使沉溺, 热衷于, 例如:

1. She was addicted to rock music.
她热衷于摇滚乐。
2. He was addicted to cocaine.
他吸可卡因上瘾。

perform*

to do (a piece of work, or sth. one is ordered to do, or sth. one has agreed to do to entertain an audience) 做, 执行, 履行

1. The surgeon has performed the operation.
外科医生已经做了手术。
2. I have never seen *Othello* performed so brilliantly.
我从未看过《奥赛罗》一戏表演得如此精彩。
3. They always perform their duties faithfully.
他们总是忠实地履行自己的职责。
4. They are performing a graduation ceremony.
他们正在举行毕业典礼。

* 注意: 与副词连用时, perform 的意思是 (of a machine, an invention, etc.) to work or function (指机器等) 工作, 运转, 例如:

1. This car performs well on hills.
这种车的爬坡能力很强。
2. Our team performed excellently in the match yesterday.
我们队在昨天的比赛中表现得很出色。

* 注意: performing arts 表示 drama, music, dance, etc. which are performed in front of an audience 表演艺术。



STATEMENT

Caffeine: Should You Cut Back?

Recent studies have failed to link caffeine to increased risk of cancer or heart disease. It's the subtler, more immediate effects on mood and energy that you need to **watch out for**. In moderate amounts, caffeine can boost alertness, heighten your sense of well-being and increase stamina¹, so you can exercise or **perform** other physical tasks longer. What's moderate? About 300 milligrams a day (which is the average intake), which is the equivalent of about three cups of coffee. Caffeine is mildly addictive but you should evaluate the extent to which you wish to be controlled by it. Should you **cut back**? Here are some unpleasant symptoms to consider. Restless sleep. If you have trouble falling asleep or feel tired after seven or eight hours' rest, caffeine—especially if consumed late in the day—could be the culprit². Stress. If you are stressed, caffeine can aggravate your symptoms, possibly to the point of panic. On days you are not under the gun³, caffeine can cause stress-like symptoms, making your heart pound and your nerves jangle. To severe PMS⁴, Caffeine has been linked to aggravated⁵ premenstrual symptoms such as depression, fatigue and irritability. If you decide to cut back, do so gradually. Abrupt withdrawal can produce headaches, fatigue, lethargy⁶, and sometimes muscle aches, nausea⁷ and vomiting.

NOTES

1. stamina *n.* 毅力, 持久力, 精力
2. culprit *n.* 犯人
3. under the gun 受到很大的压力
4. PMS (premenstrual syndrome) 经前综合症
5. aggravate *vt.* 使恶化, 加重
6. lethargy *n.* 无生气
7. nausea *n.* 反胃, 晕船, 恶心, 作呕



DIALOGUE

Coke Addict

Mike: Let's go get¹ a Coke. I gotta² have some caffeine.

Susan: How many Cokes have you had today?

Mike: This is my third. I have 3 or 4 Cokes every day. I'm a Coke addict³.

Susan: You should really try to cut down.

Mike: Why? I love it. Okay, I admit it. I'm hooked on⁴ caffeine.

Susan: It's not just the caffeine, but the amount of sugar that's in soft drinks. All that sugar and caffeine can't be good for you.

Mike: Oh, I know. But I just can't stop. I've had this caffeine habit for years.

Susan: Have you ever tried to cut down?

Mike: Actually I have. If I go a day⁵ without a Coke, my body gets shaky and I feel tense.

Susan: It sounds like you've got a real problem. But you're not alone. Have you ever gone to a doctor or tried to get help?

Mike: I never have. I've thought about it, but just haven't taken the time.

Susan: What are you doing after work? I'll take you to a place that can help you.

Mike: You sure seem to know a lot about addictive habits.

Susan: I do. I used to drink 5 Cokes a day myself!

Mike: Hey, I appreciate you helping me. I really do.

Susan: No problem. That's what friends are for.

NOTES

1. go get 口语非正式用语, 意为 go to get 去取, 去拿
2. gotta (美俚) (= have got to) 必须
3. Coke addict 喝可乐上瘾的人
4. be hooked on 沉迷于, 对……上瘾
5. go a day 口语非正式用语, 意为 go through a day 度过一日

EXERCISE

Choose the correct word from those in *italics*.

Coke Trying a New Caffeine Combination

Coke watchers say they're not sure yet whether it'll be another flavor failure from the beverage giant, which famously tinkered with its long-established formula in 1985 and has had mixed success with other brand ^①(*extensions / invasion / cooperation / combination*).

"Potentially it makes a lot of sense. Coffee is this extraordinarily popular drink at the moment. The future of coffee is going to be in cold coffee beverages. But it's always a crap shoot with these things," said Mark Pendergrast, author of the Coke company history *For God, Country, and Coca-Cola* as well as *Uncommon Grounds: The History of Coffee and How It Transformed Our World*.

Blak, which hit U.S. store shelves last month priced between \$1.50 and \$2, packs twice the caffeine and half the calories of regular Coke. The drink is part of a flurry of recently ^②(sold / launched / designed / produced) products by the traditionally slow-moving and conservative Coca-Cola Company.

There's a new chocolate coffee drink in ^③(partner / partnership / relation / relationship) with Godiva, Coke Zero (reformulated Diet Coke), Coke C2 (a middle-ground between diet and regular Coke), Diet Coke with Splenda, and several varieties flavored with lemon and lime, ^④(enjoying / supporting / appealing / favoring) largely to Hispanics. Vanilla Coke was recently pulled from shelves after four years on the market.

"In the last year, Coke has ^⑤(watched / performed / spoke / increased) well in innovation," said John Sicher, editor and publisher of *Beverage Digest*, an industry news and data service.

The Atlanta-based behemoth, with a 43.1 percent share of the carbonated soft drink market, has ^⑥(changed / noticed / adapted / judged) to changing tastes. For example, in the last year overall shipments of carbonated soft drinks were ^⑦(cut down / cut back / cut in / cut away) to 10.2 billion cases, but energy drinks ^⑧(boosted / tried / risen / held) its sale of 79.1 percent to 113 million, according to *Beverage Digest*. Coke responded with Vault, now in stores nationwide.



你是否应该减少咖啡因的摄入量？

最近的研究没有显示咖啡因与癌症心脏病的发病率增高之间有何联系，但你要注意咖啡因对你的情绪和精力能产生较微妙而直接的影响，适量的咖啡因能使你变得更机敏，感到自己更健康，精力也更好。这样你可更长时间地运动或进行其他体力活动。那么多少为适量呢？平均每天 300 毫克，即 3 杯咖啡的量。咖啡因能使人上瘾，但即使是轻微上瘾，你也应估量一下你想怎样受控于它。你是否会减少咖啡因的摄入量？看看下述不良症状是否能让你引以为戒。睡不安稳。如果你难以入睡，或在休息了七八个小时之后仍感到困倦，咖啡因，尤其是在晚间饮用的，可能就是罪魁祸首。焦虑不安。如果你感到焦虑不安，咖啡因会加剧你的不安，甚至可能会令你感到恐慌。在你情绪低落时，咖啡因会引起焦虑不安的症状，使你心跳加剧，心烦意乱。对于严重的经前症状，咖啡因可能加剧经前的情绪低落、疲乏和易怒等症状。如果你决定减少咖啡因的摄入量，要逐步减少。突然减少会引起头痛、疲乏、无精打采，有时还会造成肌肉疾病、恶心、呕吐等后果。



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|--------------|------------|---------------|-------------|
| ① extensions | ② launched | ③ partnership | ④ appealing |
| ⑤ performed | ⑥ adapted | ⑦ cut down | ⑧ boosted |

Chapter 3 Food and Health

have effect (on / upon)*

to have a result or condition produced by a cause; sth. happens when one thing acts on another
对……有影响，起效果

1. The advertising campaign didn't have much effect on sales.
这些广告攻势对促进销售额的提升没起到多大作用。
2. The disclosures had the effect of reducing the government's popularity.
真相的揭发降低了政府的威信。
3. Did the medicine have any ill effect on the patients?
这种药对病人有副作用吗？

* 注意：take effect 的意思是 to produce the result intended or required 生效，或表示 to come into force or use; to become active 实施，实行；起作用，例如：

1. The aspirins soon took effect.
服下的阿司匹林很快见效了。
2. The new law takes effect from tomorrow.
新法令自明日起施行。

* 注意：have effect on 与 have influence on 的区别：have an influence on 多指潜移默化影响，例如：I wish she wouldn't go around with that boy; he's such a bad influence on her. 我希望她不要和那个男孩一起混，他对她有不良影响。而 have an effect on 则多指事物变化产生的后果，有时间因果的先后，倾向于“效果”的意思。

be prone to*

liable to sth. or likely to do sth.; inclined to do sth. 易于做某事，很可能做某事，有做某事的倾向

1. He is prone to lose his temper when people disagree with him.
人家一不同意他的意见，他就发脾气。
2. Passengers are prone to fall asleep on long car journeys.