

最全面最地道口语语料库，跟老外学最鲜活英文

街头巷尾老外口语

想说就说

金利 / 主编

杨云云 高楠楠 / 副主编



化学工业出版社



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1

5大日常生活主题，细分近80个实用场景，体验老外街头巷尾常用口语

2

精彩主题预报，完美导读本节学习内容，便于掌握要点，提高效率

3

核心单句快问快答，举一反三，直接找到你想要说的那句话

4

实用对话脱口而出，精选3段实用情境对话，加深场景应变能力



Scene 1 起床



精彩预报

● 闹铃 ● 催促起床 ● 睡眠情况



快问快答核心单句



Questions

1. Are you awake? 你醒了吗?
2. Is it that time already? 怎么已经是这个点了?
3. Did the alarm go off? 闹钟响了吗?
4. Can you shut off the alarm clock? 能关掉闹钟吗?
5. Did you sleep well? 睡得好吗?
6. Why do you get up so late? 你为什么起那么晚?
7. What time did you go to bed last night? 你昨晚几点睡的?
8. Were you up late last night? 昨晚你熬夜了?



Answers

1. Yeah, barely. 嗯，差不多醒了。
2. Yes, you have to leave to work. 是的，你该去工作了。
3. Yes, you must have hit the snooze button. 是的，你肯定是把闹铃的按钮给按下去了。
4. No. Get up! Or you will be late. 不行，快起床！你再不起就要迟到了。
5. I was dreaming all night. 我一晚上都在做梦。
6. I'm not an early riser. 我不是个爱早起的人。
7. I got no sleep last night! 我昨晚没睡！
8. Yeah. I was up all night. 是啊，我一夜没睡。



实用对话 脱口而出

Conversation 1

A: Time to get up, now. 该起床了。

B: Let me sleep ten more minutes. I'm so tired. I only slept four hours last night. 让我再多睡10分钟吧，我好累啊，昨天晚上我只睡了四个小时。

A: Oh, you'd better take a day off. 哦，你最好请一天假。

Conversation 2

A: Oh, you're finally out of bed. 哦，你终于起床了。

B: I know! I slept in. Did the alarm go off? 我知道我睡过头了，闹钟响了吗？

A: Yes, you must have hit the snooze button. 响了，你肯定是把闹铃的按钮给按下去了。

B: I must be so tired. I stayed up very late last night. 我一定是太累了，我昨天晚上很晚才睡。

Conversation 3

A: Can you shut off the alarm clock? 能关掉闹钟吗？

B: No. I have to get up early even on Saturday. 不行，星期六我也得早起。

A: But I had been working almost the whole night yesterday. 可我昨晚几乎整个晚上都在工作。

B: Were you up late last night? 昨晚你熬夜了？

A: Yes. I had to finish my work. 是的，我必须完成工作。

B: You should pay attention to your health. 你得注意自己的身体。

A: I know. But I have no choice. Today is the deadline. 我知道，但是我没办法，今天就是最后期限。

**设定闹钟**

Was the alarm set? 定上闹钟了吗?

I set the alarm for eight last night. 我昨天晚上把闹钟定到了8点钟。

Why don't you turn your alarm on? 你为什么不把闹钟打开啊?

睡眠习惯

I never get up early. 我从来不早起的。

I'm not a morning person. 我不早起。

I'm a night owl. 我是个夜猫子。

睡过头

I overslept! 我睡过头了!

I had no idea it was so late. 我不知道已经这么晚了。

I can't get up without an alarm. 没有闹钟我爬不起来。

犯困

I still feel drowsy. 我还困着呢。(drowsy ['drauzi] *adj.* 昏昏欲睡的)

I can't stop yawning. 我忍不住地打哈欠。

Maybe he is napping. 他可能在打盹呢。

I stayed up for the whole night. 我一夜没睡。

睡眠不好

You were sawing logs last night. 你昨晚打呼噜了。

You snored so loudly last night. 你昨晚打呼噜很响。

Your snoring kept me up all night long. 你的呼噜声吵得我整晚不能睡。

I had so many dreams last night. 我昨天晚上晚都在做梦。

I have a hangover. 我昨天的酒还没醒呢。(hangover ['hæŋəʊvə] *n.* 宿醉)

5

地道表达补给站，
扩展相关口语表达
句型，成倍提高口
语表达水平

黄金 要点 笔记

**Conversation 1**

1. Time to get up, now. 该起床了。

- It's time to get up. 该起床了。
- Time to get out of bed. 该起床了。
- Rise and shine. 起床啦。

2. Let me sleep ten more minutes. 让我再多睡十分钟吧。

- I want to sleep longer. 我想再多睡一会儿。
- I want to sleep more. 我还想多睡一会儿。

3. You'd better take a day off. 你最好请一天假。

- You'd better... 常用来给别人提出建议，后面加动词原形。
- You'd better get to bed early. 你最好早点睡觉。

Conversation 2

1. sleep in 睡过头

- Oh, I overslept! 哦，我睡过头了。

2. Did the alarm go off? 闹钟响了没?

- go off 发出巨响
- Did you hear the alarm? 你听见闹钟响了吗?
- How early should I set my alarm? 我该把闹钟定多早呢?
- Don't set it any later than 8. 定得不能晚于八点。

3. Yes, you must have hit the snooze button.

是的，你肯定是把闹钟的按钮按下去了。

- snooze [snu:z] *n.* 小睡
- hit the snooze button 把按钮按下去

4. stay up 不睡觉；熬夜

- Staying up late will do you harm at your age. 像你这样的年纪，太晚睡不好。
- You should not have stayed up late. 你不该那么晚睡。
- I am really a night person. 我是个夜猫子。

Conversation 3

1. Can you shut off the alarm clock? 能关掉闹钟吗?

- shut off 停止，关掉
- Turn off the alarm clock. 关掉闹钟。

2. Were you up late last night? 昨晚你熬夜了?

- be up 熬夜，起床
- I was just tossing and turning last night. 昨晚我辗转反侧，睡不着觉。(toss 原指“推动”，turn 原指“转动”，在这里指“辗转反侧”。)
- I didn't sleep a wink last night. 我昨晚一夜都没合眼。(wink [wɪŋk] *n.* 眨眼)
- I didn't get to sleep last night. 昨晚我没睡。

6

针对3段对话提炼黄金
知识要点，囊括单词、
口语、语法等多角度语
言点，全面强化你的英
语表达能力

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Part 1

拥抱崭新的一天





Scene 1 起床



精彩预报

- 闹铃
- 催促起床
- 睡眠情况



快问快答核心单句



Questions

1. **Are you awake?** 你醒了吗?
2. **Is it that time already?** 怎么已经是这个点了?
3. **Did the alarm go off?** 闹钟响了吗?
4. **Can you shut off the alarm clock?** 能关掉闹钟吗?
5. **Did you sleep well?** 睡得好吗?
6. **Why do you get up so late?** 你为什么起那么晚?
7. **What time did you go to bed last night?** 你昨晚几点睡的?
8. **Were you up late last night?** 昨晚你熬夜了?



Answers

1. **Yeah, barely.** 嗯, 差不多醒了。
2. **Yes, you have to leave to work.** 是的, 你该去工作了。
3. **Yes, you must have hit the snooze button.** 是的, 你肯定是把闹铃的按钮给按下去了。
4. **No. Get up! Or you will be late.** 不行, 快起床! 你再不起就要迟到了。
5. **I was dreaming all night.** 我一晚上都在做梦。
6. **I'm not an early riser.** 我不是个爱早起的人。
7. **I got no sleep last night!** 我昨晚没睡!
8. **Yeah. I was up all night.** 是啊, 我一夜没睡。



实用对话 脱口而出



Conversation 1

A: Time to get up, now. 该起床了。

B: Let me sleep ten more minutes. I'm so tired. I only slept four hours last night.

让我再多睡10分钟吧，我好累啊，昨天晚上我只睡了四个小时。

A: Oh, you'd better take a day off. 哦，你最好请一天假。



Conversation 2

A: Oh, you're finally out of bed. 哦，你终于起床了。

B: I know I slept in. Did the alarm go off? 我知道我睡过头了，闹钟响了吗？

A: Yes, you must have hit the snooze button. 响了，你肯定是把闹铃的按钮给按下去了。

B: I must be so tired. I stayed up very late last night. 我一定是太累了，我昨天晚上很晚才睡。



Conversation 3

A: Can you shut off the alarm clock? 能关掉闹钟吗？

B: No. I have to get up early even on Saturday. 不行，星期六我也得早起。

A: But I had been working almost the whole night yesterday. 可我昨晚几乎整个晚上都在工作。

B: Were you up late last night? 昨晚你熬夜了？

A: Yes. I had to finish my work. 是的，我必须完成工作。

B: You should pay attention to your health. 你得注意自己的身体。

A: I know. But I have no choice. Today is the deadline. 我知道，但是我没办法，今天就是最后期限。



Conversation 1

1. Time to get up, now. 该起床了。
 - It's time to get up. 该起床了。
 - Time to get out of bed. 该起床了。
 - Rise and shine. 起床啦。
2. Let me sleep ten more minutes. 让我再多睡十分钟吧。
 - I want to sleep longer. 我想再多睡一会儿。
 - I want to sleep more. 我还想多睡一会儿。
3. You'd better take a day off. 你最好请一天假。
 - You'd better... 常用来给别人提出建议, 后面加动词原形。
 - You'd better go to bed early. 你最好早点睡觉。

Conversation 2

1. sleep in 睡过头
 - Oh, I overslept! 哦, 我睡过头了。
2. Did the alarm go off? 闹钟响了吗?
 - go off 发出巨响
 - Did you hear the alarm? 你听见闹钟响了吗?
 - How early should I set my alarm? 我该把闹钟定多早呢?
 - Don't set it any later than 8. 定得不能晚于八点。
3. Yes, you must have hit the snooze button.

是的, 你肯定是把闹铃的按钮给按下去了。

 - snooze [snu:z] *n.* 小睡
 - hit the snooze button 把按钮按下去
4. stay up 不睡觉; 熬夜
 - Staying up late will do you harm at your age. 像你这样的年纪, 太晚睡不好。
 - You should not have stayed up late. 你不该那么晚睡。
 - I am really a night person. 我是个夜猫子。

Conversation 3

1. Can you shut off the alarm clock? 能关掉闹钟吗?
 - shut off 停止, 关掉
 - Turn off the alarm clock. 关掉闹钟。
2. Were you up late last night? 昨晚你熬夜了?
 - be up 熬夜, 起床
 - I was just tossing and turning last night. 昨晚我辗转反侧, 睡不着觉。(toss原指“摇动”, turn原指“转动”, 在这里指“辗转反侧”。)
 - I didn't sleep a wink last night. 我昨晚一夜都没合眼。(wink [wɪŋk] *n.* 眨眼)
 - I didn't get to sleep last night. 昨晚我没睡。



设定闹钟

Was the alarm set? 定上闹钟了吗?

I set the alarm for eight last night. 我昨天晚上把闹钟定到了8点钟。

Why don't you turn your alarm on? 你为什么不把闹钟打开啊?

睡眠习惯

I never get up early. 我从来不早起的。

I'm not a morning person. 我不早起。

I'm a night owl. 我是个夜猫子。

睡过头

I overslept! 我睡过头了!

I had no idea it was so late. 我不知道已经这么晚了。

I can't get up without an alarm. 没有闹钟我爬不起来。

犯困

I still feel drowsy. 我还困着呢。(drowsy ['drauzi] *adj.* 昏昏欲睡的)

I can't stop yawning. 我止不住地打哈欠。

Maybe he is napping. 他可能在打盹呢。

I stayed up for the whole night. 我一夜没睡。

睡眠不好

You were sawing logs last night. 你昨晚打呼噜了。

You snored so loudly last night. 你昨晚打呼噜很响。

Your snoring kept me up all night long. 你的呼噜声吵得我整晚不能睡。

I had so many dreams last night. 我昨天整晚都在做梦。

I have a hangover. 我昨天的酒还没醒呢。(hangover ['hæŋ,əʊvə] *n.* 宿醉)



Scene 2 洗漱装扮



精彩预报

- 清晨洗漱
- 使用卫生间
- 穿衣打扮



快问快答核心单句



Questions

1. Have you brushed your teeth? 你刷牙了吗?
2. What kind of clothes should I wear? 我穿什么样的衣服好呢?
3. Could you please hurry up in the bathroom? 你用厕所能不能快一点儿?
4. How long does it take you to get ready in the morning? 你早上起来准备要多长时间?
5. How do I look? 我看上去怎么样?
6. Have you seen my pink skirt? 你看见我的粉色裙子了吗?
7. Would you please hurry up? 请问你能快点儿吗?
8. Could you let me use bathroom first? 能让我先用厕所吗?



Answers

1. As soon as I get up, I brush my teeth and wash my face. 我一起床就去刷牙洗脸。
2. The casual clothes are OK. 休闲装就可以。
3. Sorry, but I have diarrhea. 抱歉，但是我拉肚子。
4. I always need half an hour. 我通常需要半个小时。
5. This shirt has a touch of country. 这件衬衣有点乡村风味。
6. It's on the couch. 它在沙发上。
7. I need some time to put on make-up. 我需要时间化妆。
8. Sure. But you need to hurry up. I have to take a shower. 当然，但是你得快点儿，我还得洗澡。



实用对话 脱口而出



Conversation 1

A: I'm leaving for work. 我去上班了。

B: Did you brush your teeth? 你刷牙了吗?

A: Sure. I brushed my teeth as soon as I got up. 当然, 我一起床就刷牙了。



Conversation 2

A: Come on, let's go. 快点, 我们走吧。

B: Wait, I have to go to the bathroom. 等等, 我要上厕所。

A: We'll be late. Hurry up! 我们要迟到了, 快点儿!

B: OK. Just a minute. 好的, 就一会儿。



Conversation 3

A: What do you think of it? 你觉得这个怎么样?

B: This shirt has a touch of country. 这件衬衣有点乡村风味。

A: I like this fresh style. Have you seen my pink skirt? 我喜欢这种清新的风格, 你看见我的粉色裙子了吗?

B: It's on the couch. Do you have any important appointment today? 在沙发上, 你今天是有重要的约会吗?

A: Yes. I have a meeting today. 是啊, 我今天要参加一场会议。

B: Well. I think you'd better wear that blue dress. 嗯, 我觉得你最好穿那条蓝色的连衣裙。

A: The blue dress looks more formal, right? 蓝裙子看起来更正式, 是吗?

B: Yeah. You can wear the pink skirt when you attend a friend's party. 是呀, 你参加朋友的派对时可以穿那条粉色裙子。



Conversation 1

1. I'm leaving for work. 我去上班了。

- leave for work 去上班
- I'm leaving for school. 我要去上学了。

2. Did you brush your teeth? 你刷牙了吗?

- Are your teeth brushed? 你刷牙了吗?
- Have you combed your hair? 你梳头了吗?
- I have to clean my face. 我得去洗洗脸。
- My morning breath really stinks. 我刚起床嘴巴有异味。(stink [stɪŋk] v. 发出臭味)

Conversation 2

1. I have to go to the bathroom. 我要上厕所。

- I need to use the bathroom/ the restroom. 我得上厕所。
- I need to go to the bathroom. 我要用一下厕所。
- Where is the ladies/men's room? 女/男厕所在哪儿?

2. Hurry up! 快点儿!

- Quickly! 快点儿!
- Faster! 快点儿!
- Get a move on! 快点儿!
- Pick up the pace. 快点儿!
- I'm in a rush this morning. 我今天早上很赶。

Conversation 3

1. This shirt has a touch of country. 这件衬衣有点乡村风味。

- have a touch of 有一点……

2. What do you think of it? 你觉得这个怎么样?

- What kind of outfit should I wear? 我该穿什么样的衣服呢?
- What should I wear? 我该穿什么呢?
- I can't decide what to wear today. 我还没决定今天要穿什么。
- You should wear formal clothes when attending this kind of occasions. 出席这样的场合你应该穿正式的服装。

3. Do you have an important appointment today? 你今天是有有什么重要的约会吗?

- have an appointment 有约会 (appointment [ə'pɔɪntmənt] n. 约会)



洗漱

I washed my face. 我洗了脸。

I need to shave off my beard. 我需要把胡子刮掉。

I wake myself up while I am washing my face. 洗脸的时候我就完全睡醒了。

After washing my face, it gets very dry. 洗完脸后，我的皮肤非常干燥。

整理头发

Comb your hair. 把你的头发梳一下。

I blow-dried my hair straight. 我把头发吹直了。

护肤

You can't use body scrub every day. 你不能每天都使用磨砂膏。

Will it clog my pores? 它会堵塞毛孔吗?

Put some lotion on your face. 往脸上抹点护肤液吧。

I suggest you try to clear up acne with honey. 我建议你试试用蜂蜜清理痘痘。

I began to receive aromatherapy massage these days. 我最近开始接受芳香按摩疗法了。

Don't squeeze the blackheads. 不要挤黑头。

找衣服

I've no idea what to wear. 我不知道穿什么好。

I can't find anything good to wear. 我找不到一件合适的衣服穿。

It took me a long time to select my clothes. 我花了很长时间来挑选要穿的衣服。

I am looking for a belt to match my new jeans. 我正在找一条腰带来配我的新牛仔裤。

衣服出问题

You put your T-shirt on inside out. 你把T恤穿反了。

I don't have an ironed shirt. 我没有熨好的衬衫。

I forgot to pick my coat up from the dry cleaner. 我忘记从干洗店把大衣拿回来了。