

实用英语

English

与 词汇 口语

— Vocabulary —

金小红 编著

— Speaking —



高等教育出版社

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导语

Introduction

Who is this book for?

本书为谁而写？

English Vocabulary and Speaking is written to help English learners at the pre-intermediate or intermediate level to enlarge their vocabulary and improve their spoken English. It is designed for learners who are studying on their own, but it can also be used by a teacher in the classroom with students.

《实用英语词汇与口语》旨在帮助初级或中级水平的英语学习者增加词汇量，提高英语口语水平。本书的设计既适合学习者自学，又可供教师课堂教学之用。

How is the book organized?

本书是如何编排的？

The book has 27 units, corresponding to 27 daily topics (for example, Unit 11 talks about shopping and Unit 22 is about holidays). Each unit consists of useful words, phrases, expressions, and Q&As related to its topic.

本书共分 27 个单元，对应 27 个日常话题（比如第 11 单元谈购物，第 22 单元讲假期）。各单元由与其话题相关的实用词汇、短语、表达及问答组成。

All the words, examples and explanations in this book are provided in both English and Chinese, just as this Introduction. And all the new words in the Useful Words part are illustrated with pictures. This can help learners to better understand the content and facilitate self-teaching.

与本导读的体例一样，书中的所有词汇、例句及阐释均以中英双语呈现。此外，Useful Words 部分的所有词汇还配有示意图片。这样的编排可以帮助学习者更好地理解书中内容，为自学提供便利。

The Useful Questions and Answers part in each unit lists 15 questions

regarding the unit topic and are followed by some common answers. The answers are introduced by an arrow sign (⇨). Take Question 7 in Unit 1 for example:

各单元的 Useful Questions and Answers 部分均列出了 15 个与单元话题相关的提问，并在问题后提供了一些常见的回答方式。每种回答前都用箭头标志 (⇨) 标出。以第 1 单元的问题 7 为例：

07

What do you usually do after dinner?

吃完晚饭后你通常做什么？

- ⇨ I'd like to go for a walk.
我喜欢散步。
- ⇨ I prefer sitting in the sofa and watching TV.
我喜欢坐在沙发上看电视。
- ⇨ My favourite thing is to sit in front of the computer to surf the Internet.
我最喜欢的事是坐在电脑前上网。



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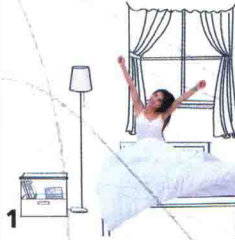
UNIT

1

Daily Routines

Useful Words

- ① get (up) 起床
- ② bathroom 卫生间
- ③ shower 淋浴



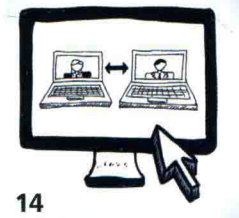
- ④ dress 穿衣
- ⑤ breakfast 早饭
- ⑥ school 学校

- ⑦ (by) subway (乘) 地铁
- ⑧ cook 做饭
- ⑨ homework 作业



- ⑩ surf (the web) 上网
- ⑪ wash 洗
- ⑫ listen (to music) 听 (音乐)

- ⑬ walk 散步
- ⑭ chat (online) 网聊
- ⑮ (go to) bed 上床睡觉



Useful Phrases

1 go v. 去……

◆ go to school: 去上学

I go to school at 7 o'clock in the morning everyday.

我每天早晨七点去上学。

◆ go to work: 去上班

My parents usually go to work at 7 o'clock.

我父母通常七点去上班。

◆ go to bed: 上床睡觉

I go to bed at 10 o'clock in the evening.

我晚上十点钟睡觉。

◆ go to the bathroom: 去卫生间

I go to the bathroom every morning after I get up.

我每天早晨起床后都去趟卫生间。

◆ go home: 回家

I go home with my friends.

我和我的朋友一起回家。

虽然一般情况下都用 go to……，但是表示“回家”时，我们说 go home。

◆ go for a walk: 去散步

Let's go for a walk. The weather is really nice today.

今天天气真是不错，让我们去散散步吧。

2

do *v.* 做……

◆ do homework: 做作业

After school, I usually do my homework first.

放学后, 我通常先做我的作业。

◆ do housework: 做家务

At weekends, I usually help my mom do some housework.

周末, 我通常会帮我妈妈做些家务。

3

have *v.* 吃; 进行

◆ have breakfast: 吃早饭

I usually have breakfast at home.

我通常在家吃早饭。

◆ have lunch: 吃午饭

I have lunch at 12:00 at school everyday.

我每天中午 12 点在学校吃午饭。

◆ have supper / dinner: 吃晚饭

My friends usually have a big dinner at weekends.

我的朋友们通常周末都会吃一顿丰盛的晚餐。

◆ have a shower: 洗澡

I usually have a shower before I go to bed.

我通常在睡觉前洗个澡。

◆ put on 穿上衣服

Tom, put on your coat, it's cold outside.

汤姆，外边挺冷的，穿上你的外套。

◆ take off 脱下衣服

Take off your T-shirt, it's so dirty!

快脱掉你的T恤，它真是太脏了！

Useful Expressions

1. I usually get up at 6:30 in the morning.
我通常早晨 6:30 起床。
2. I usually have bread, egg and milk for breakfast.
我早饭通常吃面包、鸡蛋，喝牛奶。
3. I usually have steamed bread, egg and porridge for breakfast.
我早饭通常吃馒头，鸡蛋，喝粥。
4. I usually go for a walk after dinner.
晚饭后我通常出去散步。
5. I usually go to school by bus / by subway / by bike / on foot, but sometimes by taxi.
我通常是乘公交车 / 乘地铁 / 骑自行车 / 步行去上学，但是有时候我会打出租车。
6. When do you usually do your homework?
你通常什么时候做作业？

7. Where do you usually have lunch?
你通常在哪里吃午饭?
8. How often do you clean your room?
你多久打扫一次房间?
9. I call my friends once a week.
我每周给我朋友们打一次电话。
10. Do you cook often?
你经常做饭吗?
11. I usually surf the Internet with a computer.
我通常用电脑来上网。
12. I usually chat online with my friends.
我通常和朋友们在网上聊天。
13. I usually listen to music and watch TV in my free time.
我通常在闲暇的时候听听音乐，看看电视。
14. When do you usually go to bed?
你通常几点上床睡觉?
15. I normally go to bed at 10 o'clock in the evening.
我通常晚上 10 点上床睡觉。

Useful Questions and Answers

01

When do you
usually get up?
你通常几点起床?

- I usually get up at six o'clock.
我通常六点起床。
- I usually wake up at six o'clock,
but I won't get up until six thirty.
我通常早上六点就醒了，但是我直到
六点半才起床。

02

What do you usually have for breakfast?

早饭你通常吃什么？

→ I have bread, an egg, a glass of milk and a cup of coffee for breakfast.

我早餐吃面包、鸡蛋，喝一杯牛奶和一杯咖啡。

→ I have steamed bread, egg and porridge for breakfast.

我早餐吃馒头、鸡蛋，还喝了粥。

03

When do you normally go to school?

你通常几点去上学？

→ I normally go to school at half past six.

我通常六点半去上学。

→ I normally go to school at seven o'clock. But today I was 10 minutes late.

我通常七点去上学，但是今天我晚出发了10分钟。

04

How do you normally go to school?

你一般是怎么去上学的？

→ I normally go to school by bus / bike / subway / on foot.

我通常乘车 / 骑车 / 乘地铁 / 步行去上学。

→ I normally take bus / subway / taxi to go to school.

我通常乘车 / 乘地铁 / 打车去上学。

→ I walk to school.

我步行去上学。

05

Where do you usually have lunch?

你通常在哪吃午饭?

- ... I have lunch at school dining room / Our school offers us lunch.
我在学校食堂吃午餐 / 学校提供午餐。
- ... I have lunch at restaurants beneath our building.
我在楼下面的餐馆吃午餐。
- ... I have lunch inside the classroom.
我在教室里吃午饭。

007



Daily Routines

06

Do you cook dinner?

你做晚饭吗?

- ... No, my mother cooks dinner, but I help her wash the dishes.
不, 我妈妈做晚饭, 但是我帮她洗碗。
- ... Yes, but not very often, because I usually go back home late.
我做, 但是不经常做晚饭, 因为我通常回家较晚。

07

What do you usually do after dinner?

吃完晚饭后你通常做什么?

- ... I'd like to go for a walk.
我喜欢散步。
- ... I prefer sitting in the sofa and watching TV.
我喜欢坐在沙发上看电视。
- ... My favourite thing is to sit in front of the computer to surf the Internet.
我最喜欢的事是坐在电脑前上网。

08

What do you usually do with a computer?

你通常用电脑干什么?

- ... I usually store my documents with it.
我用电脑存文档。
- ... I usually download music or movies with it.
我用电脑下载音乐或电影。
- ... I usually chat online with my friends.
我通常用电脑网聊。

09

How often do you clean the house?

你多久打扫一次房子?

- ... I clean the house once a week.
我一周打扫一次屋子。
- ... I clean the house every month.
我每月打扫一次屋子。

10

What do you usually do on weekends?

你周末通常做什么?

- ... I usually read novels and listen to my favorite music.
我通常读读小说,听听我最喜欢的音乐。
- ... I usually call my friends and play computer games.
我通常给朋友们打打电话,玩玩电脑游戏。
- ... I usually help my mom wash the clothes and clean the house.
我通常帮妈妈洗洗衣服,打扫打扫屋子。

11

Do you play
computer games
every day?

你每天都玩电脑游戏
吗?

- ... No, I only play it at weekends.
不, 我只在周末玩。
- ... No, but I really like to play
computer games.
不, 但是我真的很喜欢玩电脑游戏。

12

Who do you often
play computer
games with?

你经常和谁一起玩电
脑游戏?

- ... I often play computer games with
my elder brother.
我经常跟我哥哥一起玩电脑游戏。
- ... I just play it myself.
我只是自己一个人打游戏。
- ... I usually play it with my
classmates, but sometimes I play
it with my dad.
我通常和同学们一起打游戏, 但有
时候会和我爸爸一起。

13

When do you
normally go to
bed?

你通常几点睡觉?

- ... I normally go to bed at 10:30 in
the evening.
我通常晚上 10:30 睡觉。
- ... No later than 11 o'clock.
不晚于 11 点。
- ... I won't go to bed until midnight,
although I know it's not a healthy
lifestyle.
我直到午夜才上床睡觉, 虽然我知道
这不是健康的生活方式。



14

Do you often stay
up late in the night?
你通常晚上熬夜吗?

- I never stay up late in the night.
我从不熬夜。
- I seldom stay up late.
我几乎不熬夜。

15

What kind of
lifestyle do you
prefer?
你偏向于哪种生活方
式?

- I prefer having a routine lifestyle.
我偏向于常规的生活方式。
- I would like to have a healthy
lifestyle.
我想要一个健康的生活方式。
- I enjoy a relaxing lifestyle.
我喜欢放松的生活方式。