**活用教材词汇，靶向高考写作**

**——人教版新教材XB4U4单词拓展**

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| **1. parcel /pɑːʳsəl/ n.包裹 vt.裹好;打包** |
| 1.Into the room came father with a large brown paper parcel under his left arm. “Surprise!” He grinned. 2.The products the customers ordered would be parcelled up and delivered the next day.Relevant Idiomspart and parcel of sth：an essential part of sth1.The customer satisfaction is part and parcel of the service.2. As part and parcel of sustainable tourism, cultural heritage revival may not be such a tall order. Resources are readily available. | 1.父亲左臂下夹着一个棕色的大包裹走进了房间。“惊喜！”他咧嘴笑着说。续写2.顾客们订购的商品将被打包好，与第二天发出。应用文Relevant Idioms1.服务的核心就是要让客户满意。2.作为可持续旅游业的重要部分，文化遗产复兴可能并非一项艰巨的任务。资源唾手可得 。  |
| **2.jam /dʒæm/ n.果酱;堵塞** |
| 1.Scooters are very convenient for commuting and can help navigate traffic jams, so more and more young people enjoy riding them.2.Since the east doorway is under repair, jams usually occurs at other exits recently. Therefore, I suggest that the dinner time for different grades be adjusted accordingly.3.The city explodes into parties and reunions during the Spring Festival, while the streets are jammed with delighted crowds.  | 1.小型摩托车通勤方便而且便于应对交通拥堵，因此越来越多的年轻人喜欢骑它们。2.由于食堂东门在维修，最近其他出入口常常发生拥堵。因此我建议相应地调整不同年级的就餐时间。应用文-建议信3.春节时，城市里满是欢聚和团圆，而街道上则挤满了兴高采烈的人群。2017年11月浙江高考应用文“邀请老外过春节” |
| **3.jam /dʒæm/ n.果酱;堵塞** |
| 1.He jammed his finger in the door. 2.After a day’s walk, it’s not surprising to get blisters on feet.3.She slipped in the bathroom so that she got bruises here and there. 4.James fell down on the ground in the football match and got scrapes on his knees. Fortunately, he didn’t sprain his ankles  | 1.他的手指被门夹了。 续写2.走了一整天，脚上起泡也就不稀奇了。续写3.她在浴室滑倒了以至于现在身上到处是淤青。续写4.詹姆斯在足球赛中摔倒了，擦伤了膝盖。庆幸地是，他没有扭伤脚踝。续写 |
| **4.mail /meɪl/ n.邮件;信件;邮政 vt.邮寄** |
| in the mail/post by mail mail a letter/parcel to ...  1.Currently, almost all the products are available by mail order. 2.The work must be electronically mailed （emailed）to the Students' Union before next Friday.  | 在邮递途中 通过邮递的方式 寄信或包裹给/到  1.当今几乎所有的产品都可以邮购。2.作品须在周五之前电邮发给学生会。应用文  |
| **5.secondary /ˈsekəndri/ a.中学的;次要的** |
| 1.Both projects will help to bridge the gap between primary and secondary education that can be challenging and stressful for many pupils.2.Difficulties are just a secondary consideration, compared to the gains.3.After the floods, local government’s efforts are being focused on investigating the high-risk sections of rivers to prevent secondary disasters.  | 1.这两个项目都将有助于弥合中小学教育之间的差距，这对许多学生来说可能是一个挑战和压力。应用文2.和收获相比，困难只是次要因素。3.水灾发生后，当地政府正在努力调查河流的高风险部分，以防止次生灾害。 |
| **6. clay /kleɪ/ n.黏土;陶土** |
| 1.Classrooms made of bamboo with clay floors and roofs of grass2.Focusing on the process of creating, our new clay classes are designed for craft-lovers,which also help strengthen fine motor skills and self-expression. 3.Welcome to Xingji’s clay pot kitchen.This restaurant has been opened for 43 years. The reason why you can have the unique clay pot rice with the crispy rice bottom here is because what you're tasting is technique and craftsmanship.Relevant Idiomsfeet of clay/ have clay feet/ have feet of clay : A weakness or failing in someone. （The phrase originated in the Bible.）- I know it's hard to believe, but anyone you admire surely has feet of clay. | 1.环境描写2.我们新的黏土课程专注于创作过程，是为工艺爱好者设计的，这也有助于加强精细运动技能和自我表达能力。应用文3.欢迎来到兴记煲仔饭厨房。这家餐厅已经开业43年了。你之所以能在这里吃到独特的带有锅底脆米饭的煲仔饭，是因为你品尝的是技术和手艺。应用文Relevant Idioms某人的弱点或失败。（源自《圣经》）-我知道这很难让人相信，但任何你钦佩的人都是有缺点的。 |
| 1. **dust /dʌst/ n.沙土;灰尘 vi.&vt.擦灰**
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| 1. Metaphor - When/After the dust settles,....I know you don't understand my motivation for this decision, but after the dust settles you'll see that it all makes sense.2. Analogy - as dry as dust: I followed the recipe exactly, and yet my cake is as dry as dust.3. Alliteration - be done and dusted: I'm exhausted, but at least that workout is done and dusted.1. Simile

The dust devil swirled across the canyon like a rattlesnake on the hunt.  | 1.比喻 -尘埃落定 我知道你不理解我做这个决定的动机，但是等尘埃落定你就知道意义何在。2.类比 -干的/枯燥乏味的我严格依照食谱来做，可蛋糕仍旧干得要命。3.头韵 -完成了的我已经筋疲力尽了，但至少锻炼已经完成了。4.明喻 沙尘暴像一条正在狩猎的响尾蛇一样在峡谷中盘旋。续写 |
| 1. **dusty /ˈdʌsti/ a.布满灰尘的**
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| 1.a pile of dusty books2.History is much more than the study of dusty old objects and events long past ． 3.Dusty and bumpy roads in the city are making the life o f residents miserable. After the rain, slush(泥浆) on the roads has dried up and transformed into dust. The dust is raising up due to vehicular movement.  | 1.一堆满是灰尘的书2.历史不仅仅是研究尘土飞扬的老物件和过去的大事件。2019年6月高考天津卷3.城市里尘土飞扬、崎岖不平的道路使居民的生活变得悲惨。雨后，路上的稀泥浆干涸，变成了尘土。由于车辆的移动，灰尘越来越大。 |
| **9.weed /wi:d/ n.杂草;野草 vt.&vi.除杂草** |
| 1.Often, Solar developers will end up filling the area with small stones and using chemicals to control weeds.2.Turning soil, pulling weeds, and harvesting cabbage sound like tough work for middle and high school kids. Related Idioms:(deep) in the weeds：totally immersed in the details or complexities (of something)1.Though I wanted to share my ideas with him fully, it seemed that he had been deep in the weeds analyzing his own data about the hypothesis. | 1.通常，太阳能开发商最终会用小石头填满这个区域，并使用化学物质来控制杂草。2023年1月高考英语浙江卷2.对中学生和高中生来说，翻土、拔草、收割卷心菜听起来都是一项艰巨的工作。2023年6月全国高考英语新课标II卷Related Idioms:全神贯注于（某事）的细节或复杂性1.尽管我想和他充分分享我的想法，但他似乎一直在深入分析他自己设想的相关数据。2022年1月高考英语浙江卷 读后续写 |
| **10. chorus /ˈkɔ:rəs/ n.合唱曲;合唱团 vt.合唱****a chorus of 齐声;异口同声** |
| 1.At halftime, an ethnic Dong chorus captivated the audience with their a cappella rendition of folk songs. "I didn't understand any of the lyrics, but I was deeply moved by their beautiful voices, and I can feel their love for life," said a tourist hailing from Xi'an, in Shaanxi province.2.Ask any group of gardeners about their least favorite task, and you’re bound to hear a chorus of “Weeding!” Rampant weeds steal water and valuable nutrients from the soil that beneficial plants could be receiving, and their less-than-lovely heads detract from lawn and garden design. | 1.中场休息时，一支侗族合唱团以无伴奏合唱的民歌吸引了观众。一位来自陕西省西安的游客说: “我一句歌词都听不懂，但我被他们美丽的声音深深打动了，我能感受到他们对生活的热爱。”2.问任何一组园丁他们最不喜欢的任务，你一定会听到他们异口同声地说“除草！”。猖獗的杂草从有益植物可能接受的土壤中窃取水分和宝贵的营养物质，而它们不那么可爱的头会影响草坪和花园的设计。 |
| **11.cotton /ˈkɒtn/ n.棉布;棉花** |
| 1.Wearing a pink woolen hat and dressed in a cotton jacket that was too dirty to tell the color, she usually pushed a cart bearing a bubbling pot to sell boiled corn at the station.2. Symbolism: pure, soft, fluffy,in a fogIt looks as soft as cotton.Her head felt heavy and like it was stuffed with cotton, the way she felt when she came to after surgery.1. cotton candy/candy floss

The cotton candy clouds had dissipated leaving us with a blank canvas.-Her voice was as sweet as cotton candy.-His monsters are tearing through our warriors like they're made of cotton candy. | 1.她戴着一顶粉红色的羊毛帽，穿着一件脏得看不出颜色的棉质夹克，通常推着一辆装着一口沸腾锅的手推车在车站卖煮玉米。续写2.象征：纯净、柔软、蓬松、混沌的 续写它看起来像棉花一样柔软。她的头感觉很重，好像塞满了棉花一般混沌，这是她手术后苏醒过来的感觉。3.棉花糖 续写-棉花糖云消散了，只剩下一块空白的画布。-她的声音像棉花糖一样甜美。-他的怪物像撕裂棉花糖一样摧毁着我们的战士。 |
| **12.uniform /ˈju:nɪfɔ:m/ n.校服;制服 a.—致的** |
| Affix：uni- + form 1.The chief looked at his uniform shirt in disgust.2.The residential buildings were uniform in appearance.3.Thanks to the uniform and continuous writing system, a shared identity in China has survived and boomed. | 词缀：uni- 一，单一的+ form 形式1.经理厌恶地看着他的制服衬衫。 续写2.居民楼看起来外表都一致。3.由于统一和连续的书写系统， 在中国一种共同的身份得以幸存并蓬勃发展。 |
| 1. **not to mention /nɒt tə ˈmenʃn/ 更不用说;且不说**
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| 1.Life was suddenly full of possibilities, not to mention a few unexpected surprises.2.Shopping online allows you to compare features and functionality, not to mention prices.3.Pollution has a negative effect on the health of everyone living in the city, not to mention the damage to the environment. | 功能：表达递进关系1.生活突然充满了可能性，更不用说一些意想不到的惊喜了。续写2.网上购物可以让你比较功能和特点，更不用说价格了。应用文3.污染对城市里每个人的健康都有负面影响，更不用说对环境的破坏了。应用文 |
| 1. **tablet /ˈtæblət/ n.平板电脑;便笺本;药片**
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| 1.Due to the influence of economic and social development, children today have become increasingly dependent on smartphones, tablets and computers for both learning and entertainment. This not only harms their eyesight but also diminishes their opportunities to connect with nature and social life.2.The inscription on the stone tablet has been rubbed away by the hands of countless tourists over the centuries.3.When he handed her the tablet, she read the shaky handwriting.4.The drug is now available in tablet and capsule form. | 1.由于经济和社会发展的影响，今天的儿童越来越依赖智能手机、平板电脑和电脑进行学习和娱乐。这不仅损害了他们的视力，还减少了他们与自然和社会生活联系的机会。应用文2.几个世纪以来，石碑上的铭文被无数游客的手擦掉了。3.当他把便签本递给她时，她看到了歪歪扭扭的字迹。续写4.这种药物现在有片剂和胶囊两种形式。 |
| **15. rubber /ˈrʌbə(r)/ n.橡皮;黑板擦;橡胶** |
| 1.A rubber duck floated in the bath.2.In Post Offices, virtually every document that's passed across the counter is stamped with a rubber stamp.3.Most foreign trading companies in West Africa deals in rubber, cocoa and vegetable oil.4.I always keep a rubber eraser handy in my pencil case to fix any errors in my drawings. | 1.浴缸里漂浮着一只橡皮鸭。续写2.在邮局，几乎每一份通过柜台的文件都盖上了橡皮图章。3.西非的大多数外贸公司经营橡胶、可可和植物油。4.我总是在铅笔盒里放一块橡皮，用来修正我画的任何错误。续写 |
| **16.washroom /ˈwɒʃru:m/ n.洗手间;厕所** |
| Common Expression:I need to use the washroom.I want to go to the restroom.Can I use the toilet(s)?Where is the ladies’s room/men’s room?Some Slangs:I have to pee.Take a piss/leak.I need to go to the loo.I need to relieve oneself.Pay a visit to Mrs. John.Sb. be in the John.Visit the conveniences.I need to powder my nose.Gotta answer the call of nature.He grabbed at the excuse of using the washroom to avoid answering my question. | 上厕所的日常表达1.他以上厕所为借口逃避回答我的问题。续写 |
| **17.rigid /ˈrɪdʒɪd/ a.死板的;固执的** |
| 1. rigid methods of education
2. His works are inspired not by ideas but by the construction of traditional objects — which is not a rigid imitation of Chinese elements — and by drawing new ideas from the perspective of functionality and deconstruction.
3. His body went rigid, and confusion crossed his features.
4. On the way home Alex was unusually quiet, his lips a thin line and his jaw rigid.
5. The actors of dragon dance in the lion tail have to be strong, since they often have to lift people at the head which, if not done properly, can make the performance appear rigid and sluggish.
 | 1.死板的教育方法 2.他的作品灵感不是来自突发奇想，而是来源于对传统物体的构建，并从功能和解构的角度汲取新思想，这不是对中国元素的刻板模仿。3.他的身体僵硬了，满脸困惑。续写4.在回家的路上，亚历克斯异常安静，他的嘴唇抿成一条线，下巴僵硬。续写5.由于在狮尾部分的舞狮演员需要托举头部的演员，所以他们需要强壮的体魄，不然的话，就会令得表演僵硬而迟缓。 |
| **18.bubble /ˈbʌbl/ vi.起泡;沸腾** |
| 1.Dean didn't want to pop his bubble, so he remained quiet.2.Tom's serves strawberry, honey dew and other bubble tea flavors if you are looking for sweet flavors to go with savory dishes.3.This outfit brand has bubble dresses, animal print, sequins, and more.4.She felt panic bubbling and tears stinging her eyes once again.5.Taran felt anger bubbling within him. | 1.迪恩不想打破他的幻想，所以他保持沉默。续写2.如果你想在美味的菜肴中搭配甜味，Tom’s餐厅供应草莓、蜜露和其他气泡茶口味。3.这个服饰品牌有泡泡裙、动物印花、亮片等等。4.她感到一阵恐慌，泪水再次刺痛了她的眼睛。续写5.塔兰感到愤怒在他心中翻腾。续写 |
| 1. **tube /tju:b/ n.管子;管状物**
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| 1.Typically featuring a cylindrical tube encased in a square prism, cong is the type of ritual jade most representative of the Liangzhu civilization, which existed in the Yangtze River Delta region between 3300 BC and 2300 BC.2.His attention was distracted momentarily as the feeding tube was switched to the other side. | 1.琮是公元前3300年至公元前2300年之间的长江三角洲地区良渚文明最具代表性的礼玉类型，其特征是一个圆柱形的管被包裹在一个方棱柱中。2.当食管被切换到另一侧时，他的注意力被分散了。续写 |
| 1. **circus /ˈsɜ:kəs/ n.马戏团**
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| 1.We took Helen to the circus, and had "the time of our lives"!Relevant Idiomsbe in/like a three-ring circus Not my circus, not my monkeys. 1.The whole situation was like a three-ring circus after the two vehicles crashed into each other on the highway.2.I felt like I was in a three-ring circus when I babysat my neighbor's three noisy, mischievous children.-- Don't you think we should try to help him fix the problem. -- He's the one who caused it to begin with. Not my circus, not my monkeys. | 1.我们带海伦去了马戏团，玩得很开心！续写Relevant Idioms乱成一团 和我无关1.两辆车在高速公路上相撞后，整个情况乱成一团糟。2.当我照顾邻居的三个吵闹、顽皮的孩子时，我感觉自己就像在一个三环马戏团里，乱成一团。续写3.--你不认为我们应该设法帮他解决这个问题吗。--是他造成了这一切。和我没关系 续写 |
| **21.chemist /ˈkemɪst/ n.化学家;药剂师;药房** |
| 1.He studied in the institute’s laboratory, and there began a lifelong friendship with the Swedish chemist.2.He was well known as a field botanist but had spent most of his academic life as a physical and industrial chemist.3.This is a syrupy liquid which you can buy cheaply from your local chemist. | 1.他在研究所实验室学习，并与这位瑞典药剂师建立了终身友谊。2.他是一位著名的野外植物学家，但他的大部分学术生涯都是作为一名物理和工业化学家度过的。3.你可以从当地药店便宜地买到这种糖浆。 |
| **22.shade /ʃeɪd/ vt.给…遮挡光线 n.阴凉处** |
| 1.Carmen turned and lifted a hand to shade her eyes from the sun.2.The old Apple tree spread a blanket of shade in the grass beside the pond.3.He paused, his face turning a darker shade of red.4.Her eyes were the same shade as Darkyn's, her skin pale. | 1.卡门转过身来，举起一只手遮挡阳光。续写2.那棵老苹果树在池塘边的草地上披上了一层树荫。3.他停顿了一下，脸变成了更深的红色。4.她的眼睛和达金的一样黑，皮肤苍白。（色度） |
| **23.jaw /dʒɔ:/ n.额;下巴** |
| 1.It’s jaw-dropping how much perfectly good food is thrown away - from “ugly” (but quite eatable) vegetables rejected by grocers to large amounts of uneaten dishes thrown into restaurant garbage cans. 2.Later, our jaws changed to an overbite structure, making it easier to produce such sounds.3.His jaw clenched at the question. 4.There was so much kindliness and simplicity in his singsong voice that Pierre tried to reply, but his jaw trembled and he felt tears rising to his eyes. | 1.令人瞠目结舌的是，有多少非常好的食物被扔掉了——从被杂货商拒绝的“丑陋”（但很容易吃）的蔬菜，到被扔进餐馆垃圾桶的大量未吃完的菜。22年新课标卷I2.后来，我们的颌骨变成了覆岩结构, 使得更容易产生这样的声音。22年新课标卷I3.他一听到这个问题就咬牙切齿。续写4.他的歌声中充满了亲切和质朴，皮埃尔试图回答，但他的下巴颤抖着，眼泪夺眶而出。续写 |
| **24.wrinkle /ˈrɪŋkl/ v.(使脸上)起皱纹 n.皱纹** |
| 1.Brilliant though it is, Project Debater has some weaknesses. It takes sentences from its library of documents and prebuilt arguments and strings them together. This can lead to the kinds of errors no human would make. Such wrinkles will no doubt be ironed out, yet they also point to a fundamental problem. 2.The sweet scent of rotting seaweed made her nose wrinkle.3.I wish this shirt didn't wrinkle up so badly whenever I hang it out to dry.Related Idioms:(add) a new wrinkle iron the wrinkles out (of/in something) 1.If proven to be true, the discovery could add a new wrinkle to the way we think about the evolutionary process.2.Your friends and family are great means of support when you need to iron the wrinkles out in your life. | 1.辩论者计划虽然很精彩，但也有一些不足。它从文档库和预先构建的参数中提取句子，并将它们串在一起。这可能会导致任何人都不会犯的错误。毫无疑问，这些小问题会被消除，但它们也指出了一个根本问题。 23年1月高考浙江卷2.腐烂的海藻散发出的味道使她的鼻子皱了起来。续写3.每当我把这件衬衫挂在外面晾干时，我真希望它不要皱得那么厉害。续写Related Idioms:带来的新的，出乎意料的发展/维度 解决问题/麻烦1.如果被证明是真的，这一发现可能会给我们思考进化过程的方式增添新维度。2.当你需要消除生活中的小困难时，你的朋友和家人是很好的支持手段。 |
| **25.forehead /ˈfɔ:hed/ n.额;前额** |
| 1.They also have high-pitched voices, high foreheads, and wrinkled skin.2.Mr Creakle was scary, with thick veins in his forehead, mean, small eyes and a large chin. （David Copperfield） | 1.他们的嗓音也很高，额头很高，皮肤也有皱纹。续写2.克里克先生很可怕，额头上有厚厚的青筋，刻薄，小眼睛和大下巴。续写 |
| **26.hut /hʌt/ n.简陋的小房子(棚/舍)** |
| 1.He built him a little hut for shelter at night and in stormy weather.2.Unwilling to leave without learning something of him, he went to the hut.3.We thank Tom for many years of dedication and contributions to hut affairs. | 1.他给他盖了一间小茅屋，以便在夜间和暴风雨天气时有栖息之所。续写2.他不愿在不了解他的情况下离开，于是就去了小屋。续写3.我们感谢汤姆多年来对小屋事务的奉献和贡献。 应用文 |
| **27.housing /ˈhaʊzɪŋ/ n.住房;住宅** |
| 1.This trouble may be guarded against by feeding the bees in the early autumn with good food made from cane sugar, and housing them in well-ventilated hives kept warm and dry by suitable coverings. 2.The tour finished with a buffet lunch in a sheltered housing complex in the county.3.Young families who can no longer afford to buy homes on the open market more urgently need housing association accommodation. | 1.这种麻烦可以通过在初秋用蔗糖制成的优质食物喂养蜜蜂，并将它们安置在通风良好的蜂箱中，用合适的覆盖物保持温暖和干燥来解决。2.参观结束时，在小镇的一个有遮挡的住宅综合体吃了一顿自助午餐。3.在公开市场上买不起房子的年轻家庭更迫切地需要住房协会的住房。 |
| 1. **platform /ˈplætfɔ:m/ n.平台;站台;舞台**
 |
| 1.Meet on the lower platform at Artist Point on the South Rim Drive for this short talk.2.Almost before I knew it, the train stopped at the station, and there on the platform stood the whole family.3.The lantern show's debut next week will offer a good platform to showcase China's rich traditional culture to audience from all walks of life. | 1.在South Rim路Artist Point较低的平台上会面，进行简短的交谈。23年新课标卷II2.我几乎还未察觉，火车便在车站停了下来，整家人都站在那儿。续写3.下周首次亮相的灯会将为各界观众提供一个绝佳的平台展示中国丰富的传统文化。应用文 |
| **29.fireplace /ˈfaɪəpleɪs/ n.壁炉** |
| 1.There is a fireplace in the living room, with a cozy rocker next to it.2.He rose and crossed to the fireplace and began to bank the fire as the hall clock struck eleven times.3.She was waiting for him in his study, sitting beside a fireplace that burned with black flames. | 1.客厅里有一个壁炉，旁边有一个舒适的摇椅。续写2.当大厅的钟敲了十一下时，他站起身来，走向壁炉，开始封炉火。续写3.她在书房里等着他，坐在一个燃烧着黑色火焰的壁炉旁。续写 |
| **30.saucer /ˈsɔ:sə(r)/ n.茶碟;杯托** |
| 1.She cut a piece of the pie and served it to him on a clean saucer.2.You wouldn't have to make a big deal out of; like seeing a flying saucer, I added with a smile. | 1.她切了一块馅饼，放在一个干净的茶托上递给他。续写2你不必像看到飞碟那样大惊小怪，我笑着又说到。续写 |
| **31.kettle /ˈketl/ n.(烧水用的)壶;水壶** |
| 1.A tea kettle was already whistling when they entered, and the maid rushed across the kitchen to grab it.2.There's a high-pitched continuous whistle, like a steam train sounding it's whistle, or a singing kettle.Relevant Idiomsa different kettle of fish a storm in a teakettle the pot is calling the kettle black 1.I know you think you're some hotshot just because you worked in television once, but working on a film is a different kettle of fish.2.I really think you're making a storm in a teakettle over this. It's just a tiny scratch on the car!3.You're judging me for speaking too louder in the hall? That's the pot calling the kettle black, don't you think? | 1.他们进来的时候，一个茶壶已经在吹口哨了，女仆冲进厨房将它拎了起来。续写2.有一个持续的高音哨声，就像蒸汽火车吹响了汽笛，又或是一个正在唱歌的水壶。续写Relevant Idioms截然不同的事 小题大做锅嫌壶黑，五十步笑百步，半斤八两1.我知道你认为你是个炙手可热的人，只是因为你曾经在电视台工作过，但拍电影是另一回事。续写2.我真的认为你在这件事上小题大做。这只是车上的一个小划痕！续写3.你批评我在大厅里说话声音太大了？这是锅叫黑，你不觉得吗？ |
| **32.pan /pæn/ n.平底锅;烤盘** |
| 1.He squatted down, holding the pan in his two hands, and partly immersing it in the stream.2.She had biscuits in the oven and was heating up a pan to fry some eggs when Alex walked in.3.Tossing the hot pan holder on the counter, she untied the apron.4.One chore remained before I'd do so， though I was as nervous as a fly on a fry pan about it. | 1.他蹲下来，两只手拿着锅，把锅半浸在小溪里。续写2.亚历克斯走进来时，她在烤箱里烤着饼干，正在加热平底锅煎鸡蛋。续写3.她把热锅架扔到柜台上，解开围裙。续写4.在我这么做之前，还有一件家务事要做，尽管我对此非常紧张。续写 |
| 1. **jar /dʒɑ:(r)/ n.罐子;坛子**
 |
| 1.Zero waste was a radical lifestyle movement a few years back. I remember showing my parents a video of Bea Johnson, sharing how cool I thought it would be to buy groceries with jars, and have so little trash! 2.Boxes for donations and money jars were placed in every residence hall.3.Looking into that stern face, she felt like a child caught with her hand in the candy jar. | 1.零浪费在几年前是一场激进的生活方式运动。我记得我给父母看了一段比娅·约翰逊的视频，分享了我认为用罐子买杂货会有多酷，而且垃圾很少！23年1月高考英语浙江卷2.每个住宅大厅都摆放着募捐箱和钱罐。续写3.看着那张严厉的脸，她觉得自己就像一个把手伸进糖果罐的孩子。续写 |
| **34.ripe /raɪp/ a.成熟的;时机成熟的** |
| 1.She found the music club ripe for her solo concert.2.Imagine a plate holding two strawberries, identical in appearance. One came out of a supermarket box, meaning it was probably harvested when it was still unripe.3.The girls raced up the hill to the tree and filled the baskets with the ripest cherries. | 1.她觉得在音乐俱乐部进行她的个人音乐会的时机已成熟。续写2.想象一下，一个盘子里装着两个外观相同的草莓。其中一个是从超市的盒子里出来的，这意味着它可能是在未成熟时收获的。3.女孩们迅速爬上小山，来到树前，在篮子里装满了最成熟的樱桃。续写 |
| **35.grill /grɪl/ n.烤架;烤肉餐馆** |
| 1.Enjoy the entertainment while the chef chops, slices, dices and cooks the food on a grill right in front of you.2.The water was high. It lapped the grill like a child sucking a lollipop, lovingly, longingly.3.Alex and Jonathan planned to grill steaks for lunch. | 1.当厨师在你面前的烤架上切块、切条、切丁和烹饪食物时，尽情享受娱乐吧！续写2.水位很高。它拍打着烤架，就像一个孩子在吮吸棒棒糖，充满爱意，充满渴望。续写3.亚历克斯和乔纳森计划午餐烤牛排。续写 |
| **36.doorway /ˈdɔ:weɪ/ n.门口;出入口;门道** |
| 1.If you have, you are not alone. Psychologists believe that walking through a door and entering another room creates a “mental block” in the brain. This is generally referred to as the doorway effect.2.Jack stood awkwardly in the doorway of my ward. Without a word he placed a package beside me, inside which lay several bulbs.3.She sprinted down the hall and ducked into the doorway to the stairwell.4.Her father stood in the doorway of the house, framed against the light of the foyer. | 1.如果你有这样的情况，你并不孤单。心理学家认为，穿过一扇门进入另一个房间会在大脑中产生“心理障碍”。这通常被称为门口效应。2.杰克尴尬地站在我病房的门口。他一声不吭地把一个包裹放在我旁边，里面放着几朵花苞。续写3.她冲下大厅，躲进楼梯间的门道。续写4她的父亲站在房子的门口，门厅的灯光将其框入其中。续写 |
| **37.leftover /ˈleftəʊvə(r)/ a.吃剩的;残留的 n.吃剩食物** |
| 1.Remember you will have to store leftover turkey in the fridge afterward.2.If you have leftover paint from the walls and don't want to purchase additional colors, add a little white to your leftover until you get the right shade.3.In the end, he had amazing success, receiving 34 scholarships worth $1.3 million—enough to pay for years of school, plus cover his living expenses with some leftover to invest. | 1.记住你必须把剩下的火鸡放在冰箱里保存。2.如果你有刷墙剩下的油漆，又不想购买额外的颜色，可以在剩下的油漆里加一点白色，直到得到合适的色调。3.最终，他取得了惊人的成功，获得了总额130万美元的34项奖学金，这些足以支付他多年的学费，还有一些剩余的可用来支付生活费。续写 |
| **38.handshake /'hændʃeɪk/ n.握手** |
| 1.Rob boldly looked him up and down, his handshake firm and lingering.2.Smiling on the platform is a bit like offering a handshake to your audience.3.When he greeted you with that great smile and hearty handshake, you knew you were home.4.I felt the twinkle of his eye in his handshake.Relevant Idiom(one's) handshake is (one's) word 1.Tom's handshake is his word, so if he said he'd help you out with it, he will be. | 1.罗伯大胆地上下打量着他，他的握手坚定而持久。续写2.在讲台上微笑有点像向观众握手。续写3.当他用灿烂的微笑和真诚的握手迎接你时，你就知道你回家了。续写4.我感觉到他握手时眼神闪烁。续写Relevant Idiom握手即承诺1.汤姆的握手是他的保证，所以如果他说他会帮你的，他会的。 |
| **39.drag /dræg/ vt.拖;拽 vt.缓慢费力地移动** |
| 1.He physically dragged over 40 recycled computers that had been donated to them by various tech companies to Kenya in suitcases.2.He laid his fishing pole down and dragged his feet, moving toward me at a snail's pace.3.The small crowd was still enthusiastic enough to drag several encores out of the band.4.I know cleaning out the garage is a drag, but it has to be done. | 1.他把40多台由多家科技公司捐赠给他们的回收电脑装在行李箱里拖到肯尼亚。2.他放下鱼竿，拖着脚，像蜗牛一样向我走来。续写3.那一小群人仍然热情高涨，使得乐队又加唱了几首。续写4.我知道清理车库很麻烦，但这是必须要做的。续写 |
| 1. **privilege /ˈprɪvəlɪdʒ/ n.优惠待遇;特权**
 |
| 1.If you want to tell the history of the whole world, a history that does not privilege one part of humanity, you cannot do it through texts alone. 2.I'm privileged to share a traditional Chinese cuisine—red braised pork.3.I am exceedingly glad that I am to have the privilege of another gem from Annie. | 1.如果你想讲述整个世界的历史，一段不偏袒人类的历史，你不能仅仅通过文本来完成。23年6月全国乙卷2.我很荣幸与大家分享一道中国传统美食——红烧肉。应用文3.我非常高兴能从安妮那里得到另一颗宝石。续写 |
| 1. **plug /plʌg/ vt.封堵;补足 n.堵塞物;插头**
 |
| 1.Before you press the play button on the machine, you should first check the power plug.2.Work is of great importance in our life indeed, yet we also should know when to pull the plug on ourselves.3.Once you own your own copy, the only thing left is to plug in and enjoy.4.After the performance, we unplugged our instruments and went backstage. | 1.在按下机器上的播放按钮之前，你应该首先检查电源插头是否插好。2.工作在我们的生活中确实非常重要，但我们也应该知道什么时候该停止工作。应用文3.一旦你拥有了自己的唱片/拷贝/副本，剩下的就是插上电源享受。4.演出结束后，我们拔下乐器，走到后台。续写 |
| 1. **disabled /dɪsˈeɪbld/ a.有残疾的;丧失能力的**
 |
| 词缀：dis-否定前缀词形变换：disable v.-disability n.1.There are disabled parking bays adjacent to the Museum entrance.2.A " live-in caregiver " is someone who provides unsupervised care of children, the elderly or the disabled in a private household.3.The discussion is themed on: How can we adapt the curriculum to the needs of disabled learners?4.Once she disabled her translator, he couldn't communicate with her. | 词缀：dis-否定前缀词形变换：disable v.-disability n.1.博物馆入口附近有残疾人停车位。应用文2.“住家照顾者”是指在私人家庭中为儿童、老人或残疾人提供无人监督的照顾服务的人。3.这次讨论的主题是：我们如何使课程适应残疾学生的需求？应用文4.一旦她禁用了她的翻译，他就无法与她交流。续写 |
| 1. **resign /rɪˈzaɪn/ vi.&vt.辞职;辞去**
 |
| 1.If you have decided to resign from your job, you'll need to write and submit a formal letter of resignation to your employer.2.Buying used books online doesn't mean you have to resign yourself to receiving books below standard.3.Even his friend Mark thought he was too rash, and was, moreover, himself discouraged and wished to resign. | 1.如果你决定辞职，你需要给雇主写一封正式的辞职信。2.在网上购买旧书并不意味着你必须接受低于标准的书籍。3.就连他的朋友马克也认为他太鲁莽了，而且他自己也很沮丧，希望辞职。续写 |
| 1. **deserve /dɪˈzɜ:v/ vt.值得;应得;应受**
 |
| 1.Small children are easy to throw up in the air and catch--and they deserve it.2.The guests deserve a quiet and peaceful visit.3.It's been so long since I've satisfied my cravings and I deserve a reward for my diligence.4.Even though she didn't deserve it, her mother graciously took away the punishment. | 1.小孩子很容易被抛到空中再被抓住，这是他们应得的快乐。 22年6月浙江卷2.客人应享有一个安静而平和的旅程。3.我已经很久没有满足我的渴望了，我的勤奋值得奖励。续写4.尽管她本应该接受惩罚，但她的母亲还是欣然取消了。 续写  |
| 1. **lately /ˈleɪtli/ ad.最近;不久前;近来**
 |
| 形似词辨析：late adj.& adv. e.g. be late for，his late fatherlater adj.& adv. latest adj.& n. at the latest adv. 1.Lately, the idea has been applied in our own backyard.2.Lately her curiosity had been going beyond the usual questions about his mysterious family tree.3.She'd learned a lot lately about how obligation held more sway in the daily life. | 形似词辨析：晚的/地,迟的/地；已故的 后来; 后来地最新的;最新事物迟，晚1.最近，这个想法在我们自己的后院得到了应用/实践。2.最近，她的好奇心已不满足于只对他的神秘家谱提一些常见问题。3.她最近学到了很多关于义务如何在日常生活中发挥更大作用的知识。 |
| 1. **input /ˈɪnpʊt/ n.情况;信息;投入 vt.输入**
 |
| 1.To do this easily, input your chosen keyword, e.g. baseball, and use the search option.2.I guess I'd like a little input from you guys, if you don't mind. 3.We are now looking to appoint an experienced member to provide related input into our coming event. | 1.要轻松做到这一点，请输入您选择的关键词，例如棒球，并使用搜索选项。2.如果你们不介意的话，我想我想听听你们的意见。续写3.我们现在希望任命一位经验丰富的成员为我们即将举行的活动提供相关意见。续写 |
| 1. **tune /tju:n/ n.曲调;曲子vt.调音;调节**
 |
| 1.She smiled, grateful that Alex didn't know he was out of tune.2.The cell phone rang, its jangling tune startling her out of her thoughts.3.Shadows danced in tune with a slight breeze from the inch of open window and a sentinel pine tree beyond.4.Summer camp students tune into musical tradition.5.Scanning a summary can let you know what you missed so that when you tune in again, you're caught up. | 1.她微笑着，庆幸亚历克斯不知道他跑调了。续写2.手机响了，刺耳的铃声把她吓得魂不附体。续写3.伴着窗户缝隙中传来的阵阵微风，他们的身影摇曳着掠过远处一棵哨兵松树。续写4.夏令营的学生们融入了音乐传统。 应用文5.浏览摘要可以让你知道你错过了什么，这样当你再次参与时，你就能跟上进度。 |
| 1. **contract /ˈkɒntrækt/ vt.感染(疾病);与…订立合同**
 |
| 1.This contract is usually renewed from year to year.2.College graduates were affected by the temporary contract workers flooding the job market.3.You are supposed to include all the new rules in your construction contract.4.She has contracted to serve 10 hours a week in the community center. | 1.通常每年都要续签这份合同。2.大学毕业生受到了涌入就业市场的临时合同工的影响。3.你应该在你的建筑合同中囊括所有的新规则。4.她已在社区中心签约每周服务10小时。 |
| 1. **grant /grɑ:nt/ vt.同意;准许 n.拨款**
 |
| 1.He says that being a teacher grants a sense of accomplishment and happiness.2.She began to learn the dance around a decade ago，granted the title of inheritor of the art.3.With a grant from Mom, my loyal supporter, I went to work on my volunteering career. | 1.他说，当一名教师会给人一种成就感和幸福感。续写2.她大约10年前开始学习舞蹈，被授予艺术传承人的称号。3.在我的忠实支持者妈妈的资助下，我开始了我的志愿者生涯。续写 |
| 1. **take for granted /teɪk fə(r) ˈgrɑːntɪd/ 认为…是理所当然**
 |
| 1.Many viewers left comments saying they never realized geography could be so enjoyable and how the videos have helped them see things they used to take for granted in a fresh light.2."This competition has let me see the charm of short videos and how they can help us better appreciate things we might take for granted and give us food for thought," a participant says. | 1.许多观众留下评论说，他们从未意识到地理可以如此令人愉快，以及这些视频如何帮助他们从新的角度看待他们过去认为理所当然的事情。应用文2.一位参与者说：“这次比赛让我看到了短视频的魅力，以及它们如何帮助我们更好地欣赏我们认为理所当然的东西，并给我们思考的素材。”。应用文 |
| 1. **cardiac /ˈkɑ:diæk/ a.心脏病的;心脏的**
 |
| 1.Lessons provided in the coming first aid club event cover topics ranging from muscle features to cardiac activities.2.The professor, who is about to deliver a lecture in the event is a surgeon with a specialty in cardiac weakness. | 1.在即将到来的急救俱乐部活动中提供的课程涵盖了从肌肉特征到心脏活动的各个主题。应用文2.将在活动中发表演讲的教授是一位擅长心脏衰弱的外科医生。应用文 |
| 1. **circuit /ˈsɜ:kɪt/ n.巡回;环形线路**
 |
| 1.It is surrounded by its ancient walls, which for the greater part of the circuit are fairly well preserved.2.As he was led in, the man first made a slow circuit of the room. 3.Be patient! It’s Circuit Breaker, everybody is ordering in. The home delivery app must be swamped.Circuit Breaker   | 1.它被古老的城墙包围，这些环形的城墙都保存得相当完好。2.当被带领进来之后，这个人先在房间里慢慢地转了一圈。续写3.耐心点！这是阻断时期，每个人都在订购。外卖程序一定是应接不暇，不堪重负。续写[电] 断路器，断路开关自202年4月7日起，新加坡引入“阻断器”（Circuit Breaker）”限制居民非必要活动的外出，以阻止疫情升级。  |
| 1. **disability /dɪsəˈbɪləti/ n.缺陷;障碍**
 |
| 词缀：dis-否定前缀，abili 能力 + -ity …状态,性质1.This disease causes disability and death.2.Almost all children recover the ability to walk independently after a stroke, unless there is another condition that causes disability.3.More than one million children in special education classes are categorized as having a speech or language disability. | 词缀：dis-否定前缀，abili 能力 + -ity …状态,性质1.这种疾病会导致残疾和死亡。2.几乎所有的儿童在中风后都能恢复独立行走的能力，除非有其他导致残疾的情况。3.超过100万名特殊教育班的儿童被归类为言语或语言残疾。 |
| 1. **consultation /ˌkɒnslˈteɪʃn/ n.咨询;咨询会**
 |
| 1.There will be public consultation of the design of the school badge on the school website.2.This workshop today marks the start of informal consultation on the children's strategy.3.The consultation provided unparalleled learning experiences for the pupils. | 1.校徽的设计将在校园网上进行公众咨询。应用文2.今天的研讨会标志着关于儿童战略的非正式协商的开始。3.这次咨询为学生们提供了无与伦比的学习体验。应用文 |
| 1. **capsule /ˈkæpsju:l/ n.胶囊;太空舱**
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| 1.Apollo astronauts forced NASA to design a window into the capsule at a very high cost.2.The event was highlighted by creating a time capsule together with all the participant to make it a night to remember.3.Capsule hotels are one of Japan's best known and unique types of accommodation. | 1.阿波罗宇航员迫使美国国家航空航天局设计了一个进入太空舱的窗户，成本高昂。2.此次活动的亮点是通过与所有参与者一起制作一个时间胶囊来使其成为一个值得纪念的夜晚。应用文3.胶囊旅馆是日本最著名和独特的住宿类型之一。 |
| 1. **relay /ˈri:leɪ/ vt.转发;转播 n.接力赛**
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| 1.FUN DAY " will consist of a 4 person relay race within the grounds of the school.2.Nerves stimulated by his harsh words, she unconsciously relayed the ball to the member player beside her.3.Of primary note is that we need to relay the new instructions to the crew in the field. | 1.“趣味日”将在学校场地内举行四人接力赛。2. 他的话刺激了她的神经，她下意识地把球传给了旁边的队员。3.最重要的是，我们需要将新的指示传达给现场的工作人员。 |
| 1. **criterion /kraɪˈtɪəriən/ n.标准;准则;原则**
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| 复数: criteria 搭配：meet/ fulfill the criteria1.Reason is the ultimate criterion.2.It is important to understand clearly the criterion before we conduct the project.3.The poster competition has specific criteria on the submissions.4.He took up the greatest happiness principle not as an attractive philosophy, but as a criterion to distinguish good laws from bad. | 复数: criteria 搭配：meet/ fulfill the criteria1.理性是最终的标准。2.在我们进行项目之前，清楚地了解标准是很重要的。3.海报比赛对参赛作品有特定的标准。应用文4.他认为最大幸福原则不是一种有吸引力的哲学，而是一种区分良莠不齐的标准。 |
| 1. **stability /stəˈbɪləti/ n.稳定(性);稳固(性)**
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| 1.Developing good learning habits helps students maintain the stability of their study.2.These homes give hope and stability to people who need transitional living arrangements and are committed to healthy living.3.Brought up by their odd uncle, the sisters had assumed their mid-thirties would be a time of happiness and stability.4.They were like drunken men having no stability in themselves. | 1.养成良好的学习习惯有助于学生维持稳定的学习状态。应用文2.这些住房为那些需要过渡生活安排并致力于健康生活的人带来了希望和稳定。3.这对姐妹是由他们古怪的叔叔抚养长大的，她们本以为三十多岁将是一个幸福稳定的时期。续写4.他们好像喝醉酒的人一样，摇摇晃晃。续写 |
| 1. **pray /preɪ/ vi.&vt.企盼;祈祷**
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| 1.The poor woman has been to me begging and praying.2.People perform a dragon dance among splashed water. Performing with a straw-made-dragon is an intangible cultural heritage of Chongqing, which is often done in festive days to pray for a good harvest and fortune for the year.3.It's obvious that for him a freekick around there is like a penalty kick for another player. You have to pray that the ball goes out of bounds or he falls in the run to kick the ball.  | 1.那个可怜的女人一直到我这儿乞讨和祈祷。（蜂鸟/Hummingbird）续写2.人们在飞溅的水中表演舞龙。用稻草制作的龙表演是重庆的一项非物质文化遗产，通常在节日期间进行，以祈祷一年中有好收成和好运。应用文3.很明显，对他来说，那里的任意球就像另一名球员的点球。你必须祈祷球出界，或者他在跑动中踢球的过程中摔倒。 |
| 1. **hypothetical /ˌhaɪpəˈθetɪkl/ a.假设的;假定的**
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| 词形变换：hypothetical- adv. hypothetically- n. hypothesis (pl. hypotheses)1.a hypothetical question/situation/example 2.Hypothetical is a comedy game show, hosted by Josh Widdicombe and James Acaster, in which leading comedians are posed with increasingly absurd hypothetical situations. | 词形变换：hypothetical- adv. hypothetically- n. hypothesis (pl. hypotheses)1.假定的问题 / 情况 / 例子2.《假想》是一个喜剧游戏节目，由乔什·维迪科姆和詹姆斯·阿卡斯特主持，主要喜剧演员在节目中应对越来越荒谬的假想场景。 |