**活用教材词汇，靶向高考写作**

**——人教版新教材B2U5单词拓展 by 武汉光谷未来学校 尚洁**

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| **1.energy /ˈenədʒi/ n. 能源;能量;精力** | |
| 1. Music gives me **energy**. / Music makes me **energeti**c. 2. The bird **trilled** **an energetic song** as the first pale yellow rays of sunshine **peeked over the horizon**. 3. I **put/apply/devote all my energies into** basketball to become the best player. 4. We should conserve oil and gas by **making full use of other renewable energy**. 5. Seeing David **reach the final line**, the audience **was full of cheers and energy**. 6. “Come on! You can make it!” they shouted **energetically**. 7. She spoke **energetically** and her words **tripped over one another** as they **tumbled out**. | 1. 音乐给我能量/让我精力充沛。 2. 当第一缕淡黄色阳光掠过地平线时，这只鸟鸣唱了一首充满活力的歌。 3. 我把我的全部精力投入到篮球中以成为最佳球员。 4. 我们应该充分利用其他可再生能源来节约石油和天然气。 5. 看到David到达终点线，观众们充满了欢呼和活力。 6. “加油！你能做到！”他们积极地喊道。 7. 她精力充沛地说着话，滔滔不绝。 |
| ***Review：***  Music gave me happiness. When I listened to music, it **made my spirits fly like a kite** in the wind. Music **gave me strength and brought me relief**. **It was the rock I leant on** to become strong and to **get through those hard times**. Moreover , music gave me hope and **a sense of satisfaction**. It became my best friend. **It spoke words of encouragement to the deepest part of my being**. | ***Review：Benefits of music （应；书本P56）***  音乐给了我快乐。当我听音乐时，它使我的精神像风筝一样在风中飞翔。音乐给了我力量，并带给我宽慰。这是我依靠的岩石，让我变得坚强，度过那些艰难的时光。此外，音乐给了我希望和满足感。它成了我最好的朋友。它向我内心深处诉说着鼓励的话语。 |
| **2.soul /səʊl/ n. 灵魂;心灵;人** | |
| 1. Music can **touch my soul/ heart**. 2. Music gives **a soul** to the universe, wings to the mind, flight to the imagination and life to everything. 3. Her violin was like **a soulmate** that whispered words of wisdom to me. 4. The howling wind sounded like the wailing of **lost souls**. 5. There was a feeling of restlessness **deep in my soul**. 6. **With my mother’s words deeply rooted in my soul**, I never doubted we would succeed. 7. We had driven ten hours along the road but **there was not a soul in sight**. 8. **A strong-willed soul** can reach his goal. 9. After talking with Professor Devon, the author decided to **put his heart and soul into** the lab work. 10. They **threw themselves heart and soul into** the project. 11. Tu Youyou **committed herself body and soul to fighting for the cause**. | 1. 音乐能触动我的心灵。 2. 音乐赋予宇宙灵魂，赋予心灵翅膀，赋予想象力飞翔，赋予万物生命。 3. 她的小提琴就像一个灵魂伴侣，向我低语智慧的话语。 4. 怒吼的风如同迷失的灵魂在哀声恸哭。 5. 我内心深处感到焦躁不安。 6. 母亲的话深深植根于我的内心，我从未怀疑我们会成功。 7. 我们沿着这条路开了十个小时，但视线里一个人也没有。 8. 意志坚强的人可以实现目标。 9. 在与Devon教授交谈后，作者决定全心全意地投入到实验室工作中。 10. 他们全心全意地投入了这个项目。 11. 屠呦呦全身心投入到奋斗这项事业中去。 |
| **3.opportunity /ˌɒpəˈtju:nəti/ n.机会;时机** | |
| 1. Imagine **having the opportunity to sing** together with hundreds of other people while you are at home alone. 2. I’d like to **take this opportunity to talk** about how I learn English on the Internet. 3. Keeping your eye on the landscape will ensure you don’t **miss an amazing opportunity**. 4. Working in groups at school **provides an opportunity for students to learn** about teamwork. 5. Economies in developing countries will benefit from **golden opportunities** for small and home-based business. 6. He decided to leave school **at the first/ earliest opportunity**. | 1. 想象一下，当你独自一人在家时，有机会和数百名其他人一起唱歌。 2. 我想借此机会分享我是如何在互联网上学习英语。 3. 密切关注风景将确保你不会错过一个绝佳的机会。 4. 在学校分组工作为学生提供了学习团队合作的机会。 5. 发展中国家的经济体将受益于小型和家庭企业的黄金机遇。 6. 他决定尽早离开学校。 |
| ***Collocation:***   1. have/ get/ take/ use/ seize/ grasp/ grab/ the opportunity to do sth. 2. miss/ lose/ waste the opportunity 3. give sb. opportunity to do sth. 4. (a(n)) good/ great/ wonderful/ perfect/ golden/ ideal/ rare/ unique/ once-in-a-lifetime opportunity | 1. 抓住机会做某事 2. 错过机会 3. 为某人提供机会做某事 4. 好的机会 |
| **4.perform /pəˈfɔ:m/ vi.&vt.表演;履行;执行** | |
| 1. Born to a Jewish family in Florence, she moved to Paris where she worked as a physician and **performed surgery**. 2. Artificial Intelligence is not a person and that generative A.I. cannot replace **the duties performed by members**. 3. So please don’t believe that I can **perform miracles**. Instead, believe that I am not afraid of difficulties and adversity. 4. Most students didn’t **perform well** in academic study before the school was established. 5. With the day of the new **performance** approaching, I grew increasingly upset. 6. The **performers** presented the audience with a dance feast of diverse styles and colourful performances. | 1. 出生于佛罗伦萨的一个犹太家庭，她搬到巴黎当医生并做手术。 2. 人工智能不是一个人，生成性人工智能不能取代成员履行的职责。 3. 所以请不要相信我能创造奇迹，而是相信我不怕困难和逆境。 4. 在学校成立之前，大多数学生在学业上表现不佳。 5. 随着新演出的日子来临，我越来越沮丧。 6. 表演者们为观众呈现了一场风格多样、表演丰富多彩的舞蹈盛宴。 |
| ***Collocation:***   1. perform a study/ an experiment/ an analysis/ an operation/ surgery 2. perform work/ a job/ a duty/ a task | 1. 做研究/ 实验/ 分析/ 手术 2. 履行工作/ 职责/任务 |
| 5.**ordinary /ˈɔ:dnri/ adj.普通的;平凡的** | |
| 1. Yet in modern society somebody has to **do ordinary jobs** such as cleaning streets because this is the way society is organized. 2. No matter **how ordinary a person is**, he plays a part in society and therefore deserves our due respect. 3. Such is a sweet potato, **an ordinary-looking plant** with tough characteristics. | 1. 然而，在现代社会中，有人不得不做一些普通的工作，比如打扫街道，因为这是社会的组织方式。 2. 无论一个人多么平凡，他都在社会中起着重要作用，因此值得我们应有的尊重。 3. 这就是红薯，一种长相普通、品性坚韧的植物。 |
| 6.**prove /pru:v/ vt.证明;展现** | |
| 1. Just give me a chance and I'll **prove it to you**. 2. He heard a voice telling him that he should **prove himself to the world**. 3. Unfortunately, we forgot to weigh them before taking out their insides, but I was determined to **prove my point**. 4. Some of her coworkers worried about having to take on extra work to make up for what she couldn’t do, but the older woman **proved them all wrong**. 5. The rise of ALife will **prove (to be) unavoidable**. 6. Lang Ping, the legendary volleyball coach and former player, is **living proof that** hard work can lead to extraordinary achievements, both on and off the court. | 1. 只要给我个机会，我会证明给你看。 2. 他听到一个声音告诉他，他应该向世界证明自己。 3. 不幸的是，我们忘记了在取出它们的内瓤（insides）之前称重，但我决心证明我的观点。 4. 她的一些同事担心不得不承担额外的工作来弥补她做不到的事情，但这位年长的女士证明他们都错了。 5. ALife的崛起将被证明是不可避免的。 6. 郎平，这位传奇的排球教练和前运动员，是一个活生生的证明——无论是场上还是场下，努力工作都能带来非凡的成就。 |
| 7.**award /əˈwɔ:d/ vt.授予 n.奖品** | |
| 1. The panel of judges **awarded our class the first prize/ awarded first prize to our class**. 2. This year’s Nobel Prize **has been awarded to** Tu Youyou, whose research led to the discovery of artemisinin. 3. Li Hua **was nominated for the best actor award**. 4. Li Hua **won/received/got/picked up/scooped up the best actor award** for his striking performance. 5. Li Hua **was presented with/given the best actor award**. 6. **The best actor** **award went to** Li Hua. | 1. 评委会授予我们班一等奖。 2. 今年的诺贝尔奖被颁给屠呦呦，她的研究发现了青蒿素。 3. 李华被提名为最佳男主角。 4. 李华因其出色的表现而获最佳男主角。 5. 李华被颁发最佳男演员奖。 6. 最佳男主角奖颁给了李华。 |
| **V.S. reward v. /n. be rewarded = pay off**   1. Our efforts made in the rehearsals were rewarded. (= paid off) 2. Virtue is its own reward. | 1. 我们在排练中所做的努力得到了回报。 2. 施恩无他图，有德便是报 |
| 8.**stage /steɪdʒ/ n.舞台;(发展或进展的)时期;阶段** | |
| 1. I would surpass anything he had accomplished by the time I **walked** **across the stage** at high school graduation. 2. But however easily I acted at home, the moment I **stepped on stage**, every word disappeared from my head. 3. Lots of other technologies have **gone through stages of excitement**. 4. While high school does not generally encourage students to explore new aspects of life, college **sets the stage for** that exploration. | 1. 当我高中毕业走过舞台时，我会超越他所实现的任何成就。 2. 但无论我在家里表演得多么轻松，当我走上舞台的那一刻，每一句话都从我的脑海中消失了。 3. 许多其他技术也经历了激动人心的阶段。 4. 虽然高中通常不鼓励学生探索生活的新方面，但大学为这种探索奠定了基础。 |
| 9.**capable /ˈkeɪpəbl/ adj.有能力的;有才能的** | |
| 1. Though he was affected by gradual blindness soon after the performance, Henry **was still capable of writing compositions**. 2. When hiring committees see this, they see a candidate who **is capable of working** in a variety of environments. 3. Smartphones **have the capability to track your fitness activities**, making it easier to monitor your health and exercise progress. 4. I can speak French, but simultaneous translation **is beyond my capabilities**. | 1. 尽管演出后不久Henry就逐渐失明，但他仍然能够作曲。 2. 当招聘委员会看到这一点时，他们看到一个能够在各种环境中工作的候选人。 3. 智能手机能够跟踪你的健身活动，从而更容易监测你的健康和锻炼进度。 4. 我会说法语，但同声传译超出了我的能力。 |
| 10.**relief /rɪˈli:f/ n.(焦虑、痛苦)减轻或消除** | |
| 1. Henry found that creating music was **a relief**. 2. At that moment, I began to understand what my friend meant by her words. **What a relief**! 3. Most of us volunteers **breathe a sigh of relief** when the season comes to a close. 4. **To our great relief**, Dad turned down the idea. 5. I **felt a huge surge/sense/feeling of relief and happiness**. 6. He watched **with/in relief** as the girl nodded. 7. **It was a great relief to see/know** that the children were safe. 8. However, just 12% of **disaster-relief** funding has gone on reducing risks in advance, rather than recovery and rebuilding afterwards. 9. I had to relax and **relieve your stress** while performing on stage. 10. As he gently applied the ointment, he could feel it start to **relieve the pain**. 11. **I was greatly relieved** and then an idea suddenly hit me. 12. One of the World Food Program’s purposes is to **relieve worldwide starvation**. | 1. 亨利发现创作音乐是一种宽慰。 2. 那一刻，我开始明白我朋友的话是什么意思。真是松了一口气！ 3. 当这个季节结束时，我们大多数志愿者还是松了一口气。 4. 让我们松了一口气的是，爸爸拒绝了这个主意。 5. 我感到如释重负和幸福。 6. 他宽慰地看着女孩点点头。 7. 非常欣慰得知孩子们是安全的。 8. 然而，只有12%的救灾资金用于提前降低风险，而不是事后的恢复和重建。 9. 我必须在舞台上表演时放松和释放压力。 10. 当他轻轻地涂上药膏时，他能感觉到它开始缓解疼痛。 11. 我感到十分宽慰，然后突然想到了一个主意。 12. 世界粮食计划署的目的之一是缓解全世界的饥饿。 |
| 11.**cure /kjʊə(r)/ n.药物;疗法;对策 vt.治愈;治好(疾病); 应对** | |
| 1. Henry found that creating music **was a cure for** his illness. 2. It aimed to f**ind/discover/search for a cure** **for** dementia. 3. Adding a little oil into the mechanism is **one of the best cures for** a noisy engine. 4. It **cured people of** cardiovascular disease. 5. People were looking to garden for a bunch of reasons: to supplement their budget, or just to **cure the boredom** that came with the lockdown. | 1. 亨利发现创作音乐是一种疗愈。 2. 它旨在找到治疗痴呆症的方法。 3. 在机械装置中加一点油是解决发动机噪音的最佳方法之一。 4. 它治愈了人们的心血管(cardiovascular)疾病。 5. 人们选择园艺有很多原因：为了补充预算，或者只是为了应对封锁带来的无聊。 |
| 12.**(be) absorbed in /əbˈsɔ:bd/ 被……吸引住;专心致志** | |
| 1. When he **got absorbed in** his world of music, he felt as if he could "see" the beauty of the world around him, like he had in his previous life. 2. Adults are portrayed alone in many settings — **absorbed in a volume, deep in thought or lost in a moment of leisure**. 3. You **absorb more information** while in the app and continue learning outside of it. | 1. 当他专注于自己的音乐世界时，他觉得自己好像可以“看到”周围世界的美丽，就像他之前的生活一样。 2. 成年人在许多场景被描绘为独自的——全神贯注于一卷书，陷入沉思，或者迷失在休闲的时刻。 3. 你在应用程序中吸收更多信息，并在它之外继续学习。 |
| 13.**previous /ˈpri:viəs/ adj.先前的;以往的** | |
| 1. When he got absorbed in his world of music, he felt as if he could "see" the beauty of the world around him, like he had in his **previous life**. 2. Instead of getting down to a new task as expected, we examined **the previous work** again. 3. **Previous to this**, she had always been well. 4. They can learn how to read each other’s body signals, suggesting that the two may have more in common than we **previously** suspected. | 1. 当他专注于自己的音乐世界时，他觉得自己好像可以“看到”周围世界的美丽，就像他之前的生活一样。 2. 没有像预期的那样着手完成一项新任务，我们再次检查了以前的工作。 3. 这以前，她身体一向很好。 4. 他们可以学习如何读取对方的身体信号，这表明两者可能比我们之前怀疑的有更多的共同点。 |
| 14.**unemployed /ˌʌnɪmˈplɔɪd/ adj.失业的;待业的** | |
| 1. Unexpectedly, **being unemployed** gave me back a sense of purpose. 2. The Young Inspirations mentoring program aims to **equip the unemployed with different skills**. 3. **Visions of unemployment** marched before my eyes. 4. A simple literal form that has been passed down through the ages can still **be employed** today to draw attention to important truths. | 1. 出乎意料的是，失业让我重新找回了目标感。 2. 青年激励辅导项目旨在为失业者提供不同的技能。 3. 失业的景象在我眼前浮现。 4. 一种流传多年的简单文字形式今天仍然可以被运用以引起对重要真理的关注。 |
| 15.**romantic /rəʊˈmæntɪk/ adj.浪漫的 n.浪漫的人** | |
| 1. The girl was moved by his **romantic words**, so she accepted his gift. 2. He is **a romantic at heart** and longs for adventure. 3. As the sun's rays pass through the dust kicked up by the horses, the romance of Africa comes to life. | 1. 女孩被他的浪漫话语打动了，所以她接受了他的礼物。 2. 他内心是一位浪漫的人，渴望历险。 3. 当阳光穿过马扬起的尘土时，非洲的浪漫变得生动起来。 |
| 16.**impact /ˈɪmpækt/ n.影响;撞击 v. 冲击;对...有影响** | |
| 1. **The impact of the blow** knocked Jack off balance. 2. It **had an enormous impact on** me, giving me the strength to keep going. 3. Every failing grade (F) significantly **impacts your GPA** for that academic year, limiting clubs, organizations and program choices, as competitive programs require top GPAs. 4. Her father's experience **impacted greatly on her career choices**. 5. To achieve her goals, she came up with **a practical but impactful idea**. | 1. 这一记猛击把Jack打倒失去了平衡。 2. 它对我产生了巨大的影响，给了我继续前进的力量。 3. 每一个不及格的分数（F）都会显著影响你在该学年的GPA，限制俱乐部、组织和项目选择，因为竞争性项目需要顶尖的GPA。 4. 父亲的经历对她的事业选择造成巨大影响。 5. 为了实现她的目标，她想出了一个实用但有影响力的主意。 |
| ***Collocations***   1. have/make an impact on/upon sth. 2. reduce/lessen/soften the impact 3. a great/huge/massive/major/significant impact 4. a profound/lasting/long-term impact 5. a positive impact 6. a minimal/negligible impact 7. a short-term/immediate impact 8. a negative/damaging/adverse/disastrous impact | 1. 对...有影响 2. 减轻影响 3. 大影响 4. 深远的影响 5. 正面影响 6. 小影响 7. 短期的影响 8. 负面影响 |
| 17. **aim /eɪm/ n.目的;目标 v.力求达到** | |
| 1. She went to London **with the aim of finding a job**. 2. The industry **has also taken aim at** the product that has appeared as its replacement. 3. Filled with team spirit, they act as a whole, always **aiming for/at glory**. 4. She started the Ladybug Foundation, an organization **aiming at** getting rid of homelessness. 5. The Young Inspirations mentoring program **aims to equip** the unemployed with different skills. 6. He **has always aimed high**. (= tried to achieve a lot) 7. These measures **are aimed at** preventing violent crime. 8. **Aimed at parents with young children**, this energetic magazine promises to enrich the lives of families. | 1. 她去伦敦的目的是找工作。 2. 该行业还瞄准了作为其替代品出现的产品。 3. 他们充满了团队精神，作为一个整体，总是以荣誉为目标。 4. 她创办了Ladybug基金会，这是一个力争做到消除无家可归者的组织。 5. 青年激励辅导项目争取为失业者提供不同的技能。 6. 他总是目标很高。 7. 这些措施的目的是防止暴力犯罪。 8. 针对有年幼孩子的父母，这本充满活力的杂志承诺丰富家庭生活。 |
| ***Collocations***   1. have/set out/pursue an aim 2. achieve/fulfil the aim 3. the main/ primary/principal aim 4. the ultimate/eventual/long-term aim 5. the immediate/initial/short-term aim | 1. 设立/追求目标 2. 实现目标 3. 主要目标 4. 长远目标 5. 短期目标 |
| 18.**equipment /ɪˈkwɪpmənt/ n.设备;装备** | |
| 1. Mik’s job was to **carry my equipment** up the mountain, set up the tent, and carry everything back down after reaching the peak. 2. The Young Inspirations mentoring program aims to **equip the unemployed with** different skills. 3. All riders **are equipped with** reflective vests and safety lights. 4. The course is designed to **equip students for** **a career** in nursing. | 1. Mik的工作是把我的装备带上山，搭建帐篷，到达顶峰后把所有东西都搬回来。 2. 青年激励辅导项目争取为失业者提供不同的技能。 3. 所有骑手都配备了反光背心和安全灯。 4. 该课程旨在为学生提供从事护理工作的能力。 |
| 19.**talent /ˈtælənt/ n.天才;天资;天赋** | |
| 1. You were the teacher who helped me **discover my talent for math**. 2. Many teenagers love using their **artistic talents** to collage pictures from the magazine. 3. In which an origami artist invites **a teenage talent** and his teacher into her studio. 4. The first attempt of even **the most talented artists**, musicians, and writers is seldom a masterpiece. | 1. 你是帮助我发现数学天赋的老师。 2. 许多青少年喜欢用他们的艺术才能来拼贴杂志上的图片。 3. 在剧中，一位折纸艺术家邀请一位青少年天才和他的老师进入她的工作室。 4. 即使是最有才华的艺术家、音乐家和作家的第一次尝试也很少是杰作。 |
| 20.**assume /əˈsju:m/ vt.以为;假设** | |
| 1. **I assume that** the aim of the festival is to raise money. 2. A bit later, they spotted **what they, too, assumed was** a dog running alongside a man on a bike. 3. **It was assumed that** those people for whom the role of volunteer was most part of their personal identity would also be most likely to continue volunteer work. 4. The rest of the system **is assumed to be** functioning well. 5. Don't always **assume the worst** (= that sth bad has happened). 6. The court **assumed responsibility** for the girl's welfare. 7. In the story the god **assumes the form of an eagle**. 8. Andy **assumed a(n) manner/air/expression of indifference** whenever her name was mentioned. 9. I hope to go to college next year, always **assuming that** I pass my exams. 10. A systems approach to creating change **is also built** **on the assumption tha**t everyone in the system has equal power. | 1. 我认为这个节日的目的是筹集资金。 2. 过了一会儿，他们发现了他们也以为是一只狗在和一个骑自行车的男人一起跑的东西。 3. 据推测，那些志愿者角色是其个人身份的绝大部分的人也最有可能继续从事志愿者工作。 4. 系统的其余部分被认为运行良好。 5. 别总往最坏处想。 6. 法庭承担了保障这个女孩福利的责任。 7. 在这个故事中神以鹰的形象出现。 8. 每当提到她的名字，Andy就表现出一副漠不关心的样子。 9. 我希望明年上大学，当然是在我通过考试的前提下。 10. 创造变革的系统方法也建立在系统中每个人都拥有平等权力的假设之上。 |
| 21.**ache /eɪk/ vi.&n.疼痛** | |
| 1. **My body ached** all the time and thus I thought I didn’t have much longer to live. 2. **My tooth was aching**, and I’d been in an argument with a friend. 3. **I’m aching for** sleep. 4. He **ached to reach out** and hold her close. 5. Apart from **a dull ache in his leg**, Larsen has completely recovered from the crash. 6. You may experience mild discomfort as you begin to exercise regularly, but this is your body adapting to the positive changes in your lifestyle and the **aches** should disappear relatively quickly. 7. Anya listened **with a profound ache** of understanding in her heart. 8. The endless series of steps highlights the whole adventure and offers a place where you can sit down to **rest your aching legs**. | 1. 我的身体一直疼痛，所以我想我活不了多久了。 2. 我的牙齿正疼，而且我和一个朋友吵架了。 3. 我渴望睡觉。 4. 他渴望伸出手并紧紧地抱着她。 5. 除了腿部隐隐作痛外，Larsen已经完全从车祸中康复。 6. 当你开始定期锻炼时，你可能会感到轻微的不适，但这是你的身体适应了生活方式的积极变化，疼痛应该会相对较快地消失。 7. Anya听着，心里因理解感到深深的疼痛。 8. 无尽的一系列台阶突显了整个冒险过程，并为您提供了一个可以坐下来休息酸痛的双腿的地方。 |
| 22.**treatment /ˈtri:tmənt/ n.治疗;对待;处理** | |
| 1. I had to go through **a two-hour medical treatment**. 2. Opened in 1992, ALRL specializes in the development of new medicines for **the treatment of/for heart diseases**. 3. We were not singled out for **special treatment** at school. 4. Lately, my friend Kyra has been giving me **the silent treatment**. 5. I didn’t think the book **gave the issue serious treatment**. | 1. 我不得不接受两个小时的医疗治疗。 2. ALRL成立于1992年，专门从事治疗心脏病的新药开发。 3. 我们在学校没有单独挑出来接受特殊待遇。 4. 最近，我的朋友Kyra一直对我沉默以待。 5. 我认为这本书没有认真处理这个问题。 |
| 23.**lean /li:n/ vt.依靠;倾斜 leaned/leant - leaned/leant** | |
| 1. It was the rock I **leant on/against** to become strong and to get through those hard times. 2. He **leant his bicycle on/against** the fence. 3. **Leaning forward**, Dave pedaled harder and faster. 4. **Leaning back**, she put her feet onto the sofa to get comfortable. 5. He **leaned over** and whispered to the sad donkey as if it were a trusted friend. 6. I feel optimistic, and **I’m leaning toward(s)/to a union job**. | 1. 它是我依靠的岩石去变得坚强并度过那些艰难时期。 2. 他把自行车靠在栅栏上。 3. Dave身体前倾，蹬得更猛更快。 4. 她向后靠着，把脚放在沙发上以感到舒适。 5. 他俯身，对那头悲伤的驴子轻声说，好像它是一个值得信赖的朋友。 6. 我感到乐观，倾向于一份工会工作 |
| 24.**get through /get θru:/ (设法)处理;完成;熬过(困难时期);通过** | |
| 1. It was the rock I leant on/against to become strong and to **get through those hard times**. 2. I finally **got through this homework assignment**. 3. We've **got through a lot of tyres**. 4. I called Hnnah many times yesterday evening, but I couldn’t **get through**. 5. As Windsor Castle is a working royal palace, visitors and their belongings should **get through airport style security checks**. 6. Once again we failed to **get the Bill through Parliament**. 7. An old friend might well be able to **get through to her** and help her. | 1. 它是我依靠的岩石去变得坚强并度过那些艰难时期。 2. 我终于完成了这项家庭作业。 3. 我们已经消耗了很多轮胎。 4. 昨天晚上我给Hnnah打了很多电话，但都打不通。 5. 由于温莎城堡是一座正在使用的皇家宫殿，游客和他们的物品应该通过机场式的安全检查。 6. 我们再一次未能在议会获得通过该法案。 7. 一位老朋友很可能会理解她并帮助她。 |
| 25.**satisfaction /ˌsætɪsˈfækʃn/ n.满足;满意;欣慰** | |
| 1. Moreover, music **gave me hope and a sense/feeling of satisfaction**. 2. The inspector waved his arms to **show his satisfaction** with the floor. 3. It is hard to see how the issue can be resolved **to everyone's satisfaction**. | 1. 此外，音乐给了我希望和满足感。 2. 检查员挥动双臂表示对地板的满意。 3. 很难想象这个问题如何能被解决得令每个人都满意。 |
| ***Collocations***   1. great/deep/immense/enormous/real/complete satisfaction 2. get/gain/derive/take satisfaction from sth.   sth. gives/brings sb. satisfcation   1. express/show satisfaction 2. a smile/look of satisfaction 3. the level of satisfaction | 1. 很满意 2. 从...获得满意 3. 表达满意 4. 满意的笑/表情 5. 满意程度 |
| 26.**various /ˈveəriəs/ adj.各种不同的;各种各样的** | |
| 1. At the same time, we all go through **various periods** when we feel sad or alone. 2. To help the freshman get adapted to the new environment, the Students’ Union organizes **various activities** every week. 3. The poor children who attended our church-supported Christmas party feasted on Christmas foods, enjoyed wonderful shows and received **various gifts** from Santa. When all the children had left, we breathed a sigh of relief with tiredness. | 1. 与此同时，当我们感到悲伤或孤独时，我们都会经历不同的时期。 2. 为了帮助新生适应新环境，学生会每周组织各种活动。 3. 参加我们教堂支持的圣诞派对的贫困儿童享用了圣诞食品，享受了精彩的表演，并收到了圣诞老人的各种礼物。当所有的孩子都离开了，我们疲惫地松了一口气。 |
| 27.**repetition /ˌrepəˈtɪʃn/ n.重复;重做** | |
| 1. Habits are built through learning and **repetition**. 2. We do not want to **see a repetition of** last year's tragic events. 3. Computers are now being brought into this profession to **perform repetitive tasks**. 4. The position was offered at the last minute, and I was given two weeks to prepare, a period I spent searching for briefcase and standing before my full-length mirror, **repeating the words**, “Hello, class. I’m Mr. Davis.” | 1. 习惯是通过学习和重复建立起来的。 2. 我们不想看到去年的悲剧重演。 3. 现在，计算机正被引入这一行业来执行重复性任务。 4. 这个职位在最后一刻被提供，并且我有两周的时间来准备，在这段时间我一直在寻找公文包，然后站在全身镜前，重复着“同学们，你好，我是戴维斯先生。” |
| 28.**outline /ˈaʊtlaɪn/ n.&vt.概述;概要** | |
| 1. I remember we came up to a crossroad, sand everywhere, and **the outline of** two intersecting roads. 2. She drew the figures **in outline**. 3. **The broad/rough/general outline** **of our plan** is as below. 4. Far above him, **outlined** against a vast pale moon, he thought he could see the shapes of gargoyles. | 1. 我记得我们走到一个十字路口，到处都是沙子，和两条交叉路口的轮廓。 2. 她简略地勾勒出人物的轮廓。 3. 我们计划的粗略大纲如下。 4. 在他头顶的远处，在一轮苍白的大月亮的衬托下，他以为自己可以看到滴水兽（gargoyle）的形状！ |
| 29.**reaction /riˈækʃn/ n.反应;回血** | |
| 1. Encouraged by this first performance and **the positive/favorable reaction of the audience**, I have continued to play the piano and enjoy it more every day. 2. Until now, psychological research has maintained that both men and women have **the same “fight or flight” reaction to stress**. 3. An emergency fund was set up **in reaction to** the famine. 4. She **had/suffer a severe allergic reaction to** the drug. 5. Certain foods are more likely than others to **bring on/cause/ trigger allergic reactions.** | 1. 在第一场演出和观众积极反应的鼓舞下，我继续弹钢琴，每天都更喜欢它。 2. 到目前为止，心理学研究一直认为，男性和女性对压力有着一样的反应，“战斗或逃避”。 3. 一个紧急基金被设立以应对饥荒。 4. 她对这种药有严重的过敏反应。 5. 某些食物比其他食物更容易引起过敏反应。 |