



概要写作 语料库-1

Word bank for paraphrase

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01

—— 浙江省常山一中 吴俊峰 ——



形容词

01

重要的

important

02

富裕的；充足的

rich; enough

03

过多的

too much/many

04

贫乏的、缺少的

poor, lacking

05

坏的

bad, harmful

06

好的

good, best



occupy an important position

matter/ count

play a vital role in...

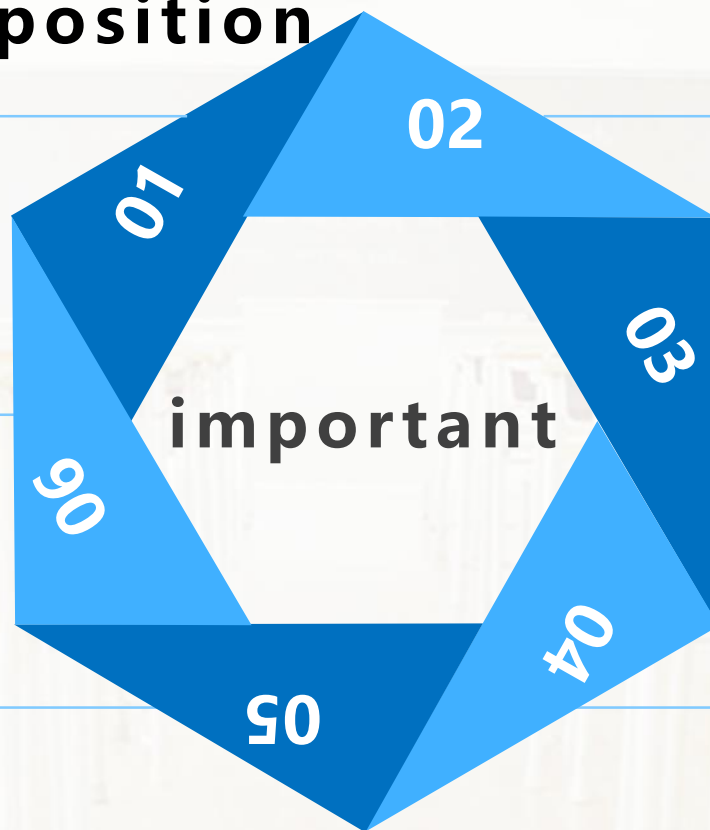
/ˈvaɪtl/ adj. 至关重要的; 生死攸关的

be essential to
indispensable
basic
vital
critical

life-and-death

significant */sɪgˈnɪfɪkənt/*

• be increasingly significant





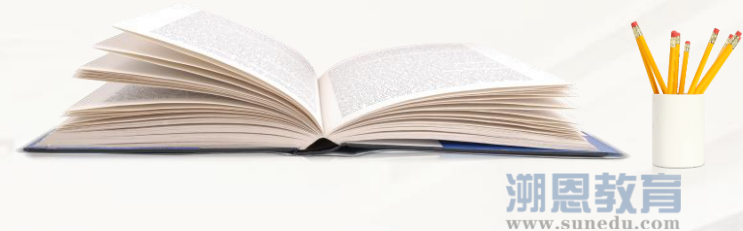
life-and-death

1. 生死攸关的事/问题/决定；生死存亡的斗争
2. 一些研究发现抑郁症在医生中很普遍，因为该职业需要面临处理和死的事件导致更有得抑郁症的倾向。

1. **life-and-death** affair/ issue / decision/ struggle

2. Some studies have suggested that depression is more common among doctors, as the high demands of a job dealing with **life-and-death** issues make them **prone**.

- /prəʊn/ adj. 有...倾向的



crucial /'kru:ʃl/ / significant/ be of vital significance

3. 毫无疑问，合作在当今极具竞争和活力的社会是相当重要的。为了更高效更有效益地完成任务，我们有必要具备团队合作精神。

4. 一个人可以是一个团体的关键要素，但一个人永远不能成为一个团队。

3. There is no denying that cooperation **is of vital significance** in the fiercely competitive and dynamic world. It's essential for us to be equipped with teamwork spirits in order to complete our task efficiently and effectively.

• /daɪ'næmɪk/ adj. 动态的；有活力的

4. One man can be a **crucial** ingredient on a team, but one man cannot make a team.

• /ɪn'ɡri:diənt/ n. 原料；要素；组成部分



be increasingly significant/ play a vital role/ matter/ count

5. 更少的汽车出行意味着更少的空气污染，因此其好处将越来越显著。

6. 高等教育可以在某种程度上激发学生的想象力和创造力，这在他们未来的生活中起着至关重要的作用。

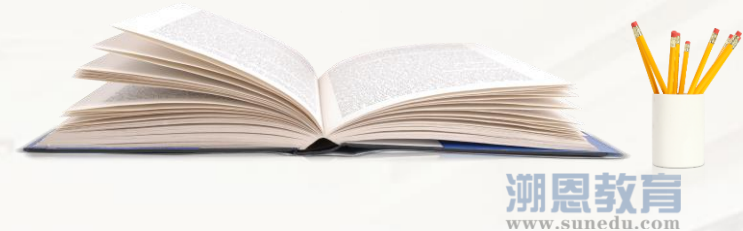
7. 真正重要的不是你来自哪里，而是你的工作能力。

5. Fewer car journeys mean less air pollution, so the benefit will **be increasingly significant**.

6. Advanced education can motivate students' imagination and creativity in some way, which **play a vital role** in their future life.

• /¹vɑ:tl/ adj. 至关重要的; 生死攸关的

7. It is not the place you are from but your ability to do the job that really **counts/matters**.



be essential/ indispensable/ basic/ vital to

8. 人们普遍认为计算机已经成为我们社会必不可少的一部分。它们使我们的生活更舒适，减少了大量劳动。

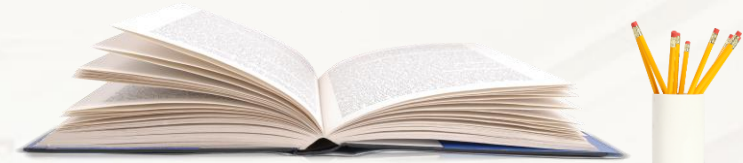
9. 这种本质上的差别是决定使用哪种技术的主要因素。

8. It is widely acknowledged that computers have become **indispensable** to our society, which make our life and work more comfortable and less laborious.

• /ɪˈndɪˈspensəbl/adj. 不可缺少的; 绝对必要的

9. This **essential** difference is the **primary** factor in determining which technology to use.

• /ɪˈsenʃl/adj. 基本的; 必要的; 本质的; 精华的
• /ˈpraɪməri/adj. 主要的; 初级的; 基本的 n. 最主要者



essential/ critical / crucial

10. 申请大学之前，调查研究做出正确决策很重要。

(2018年11月浙江高考文本原句:

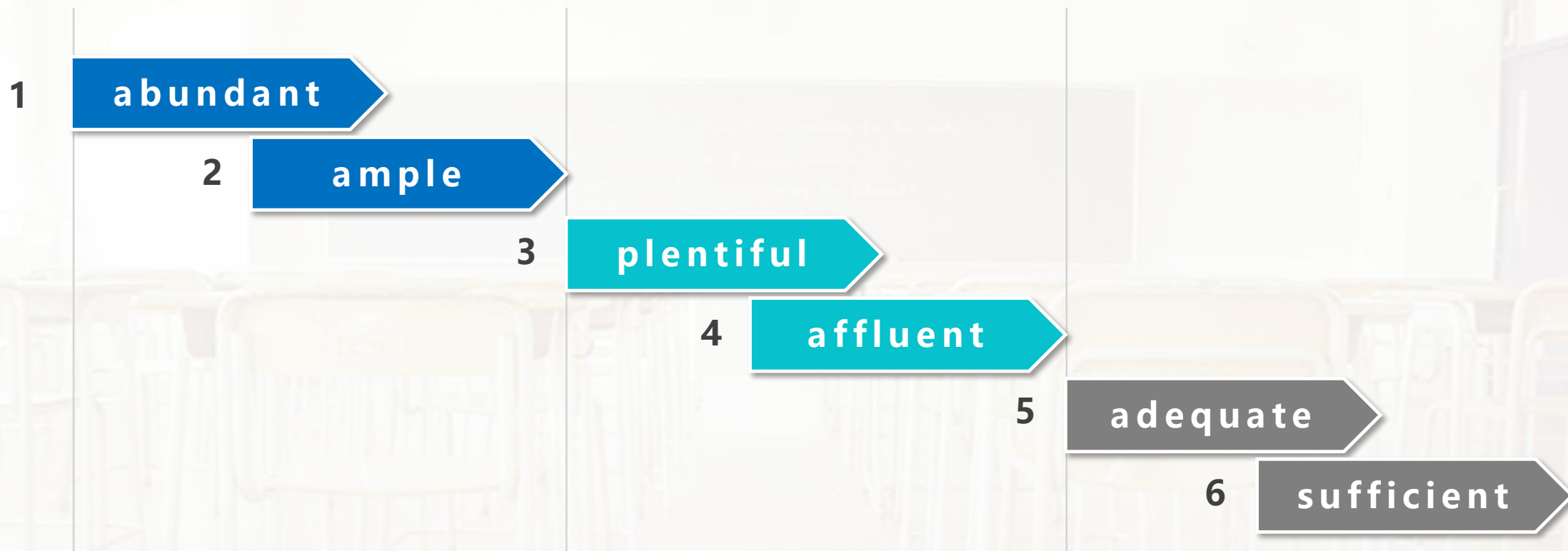
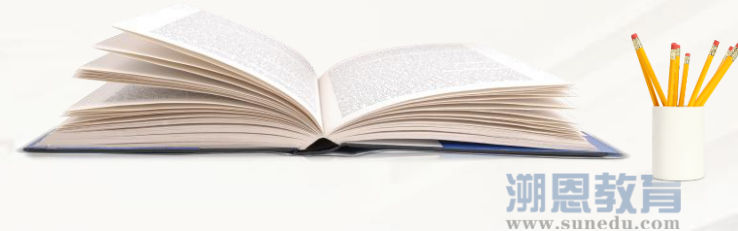
keep in mind that you are making decision about the next four years of your life, and do all the research you can to make sure you are making the right one.)

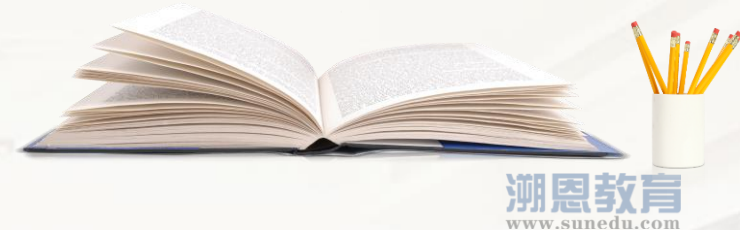
① Applying to colleges is a **crucial** decision in your life.

② It's **essential** for senior students to do research to make wise selection of the colleges they will apply for.

③ The senior students face a **critical** crossroad upon the college they will attend, which is bound to influence the next four years.

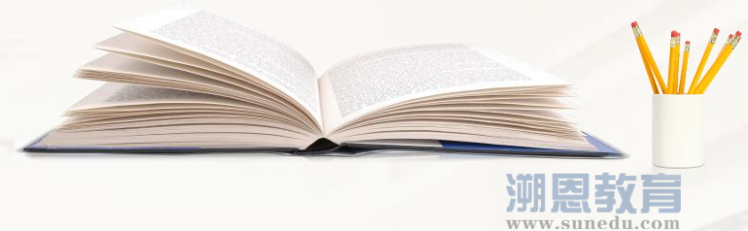
富裕的；充足的 | rich; enough



**abundant/ ample** /'æmp(ə)l/ / **plentiful/ affluent** /'æflʊənt/ adj. 富裕的

1. 有足够的证据表明气候模式正在改变。
2. 美国人出生时的平均预期寿命大约是78岁，这比大多数富裕国家的国民寿命要低。
3. 多年来，许多海洋专家一直在说，我们需要开始热爱水母——因为在不远的将来，它们也许是我们周围最丰富的海洋物种。

1. There is **ample/abundant** evidence that climate patterns are changing.
2. An American's life expectancy at birth is about 78 years, which is lower than in most other **affluent** countries.
3. Many marine experts have been saying for several years that we need to start loving jellyfish – because in the not too distant future, they may be the most **plentiful** marine species around.



adequate(ly) /'ædɪkwət/ / sufficient(ly) /sə'fɪʃəntli/

1. 这些理由不足以证明实施禁令有理。
2. 虽然这些定义中的每一种都包含对治理的重要观点，但是没有一个 是充分的。
3. 丰富的相关经验，良好的沟通能力和团队合作精神可以增强对工作的信心。

1. These reasons are not **sufficient** to justify the ban.

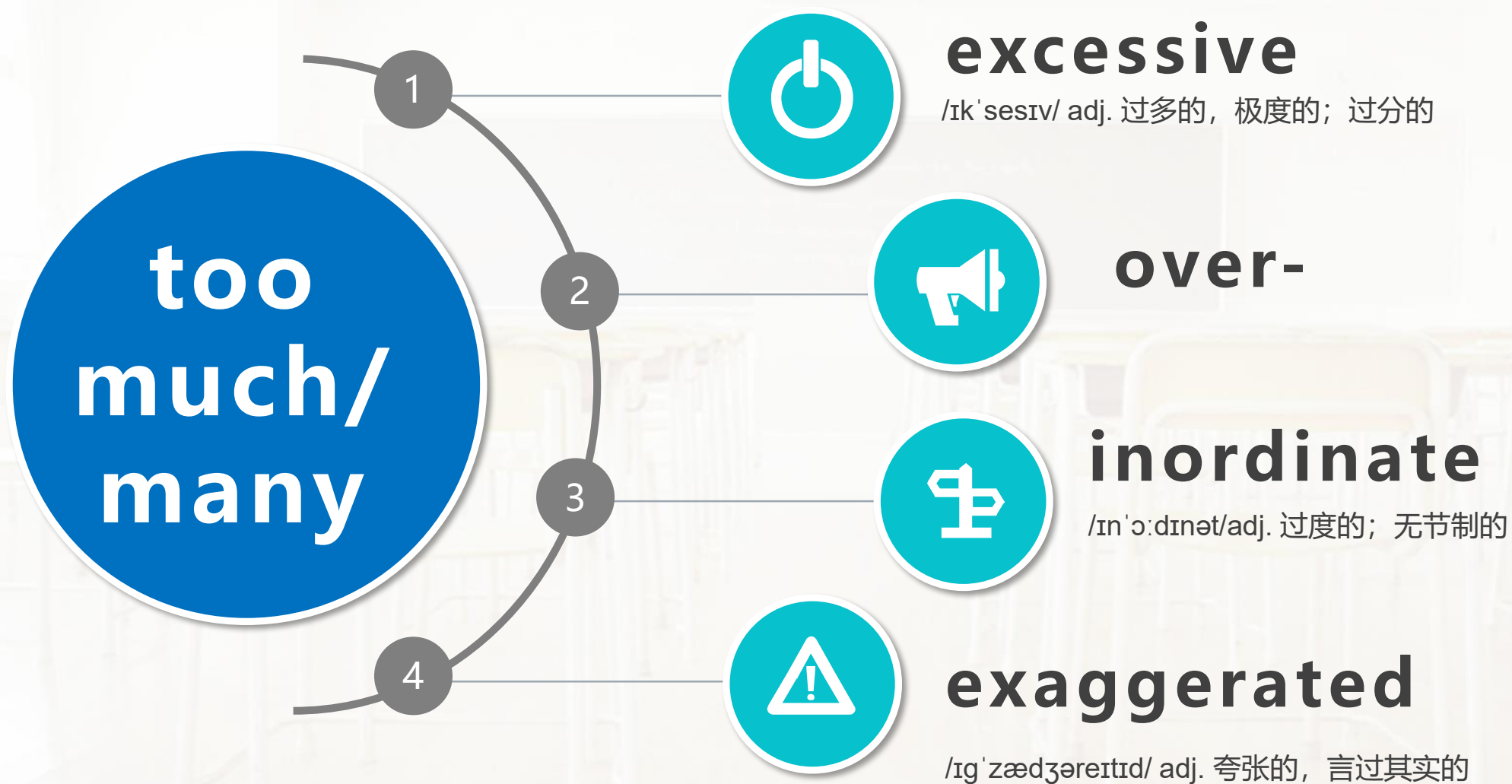
- /'dʒʌstɪfaɪ/vi. 证明合法；证明...是正当的

2. While each of these kinds of definitions contains an important perspective on governance, none of them is **sufficient**.

- /pə'spektɪv/ n. 观点

3. **Sufficient** relevant experience, communication skills and teamwork spirit can enhance confidence in the job.

- /'reləvənt/ adj. 相关的；切题的





excessive /ɪk'sesɪv/ adj. 过多的, 极度的; 过分的

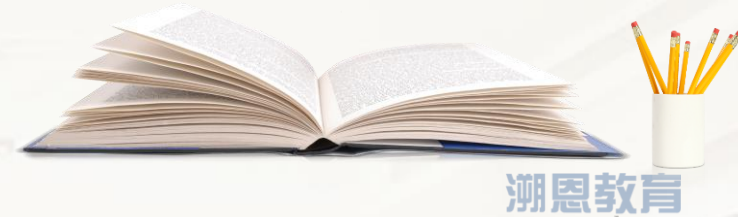
1. 过多的阳光会导致皮肤的变化, 其中一些可以是有害的。
2. 能源危机将会威胁到我们的生存, 因为我们过度地开采和人口的爆炸。

1. Excessive sunlight can lead to skin changes, some of which can be **detrimental**.

• /ɪ'detrɪ'mentl/adj. 不利的; 有害的 n. 有害的人 (或物)

2. Energy crises will threaten our existence because of our excessive exploitation and because of the growing population.

• /ɪ'eksplɔɪ'teɪʃn/ n. 开发, 开采; 广告促销



over- / inordinate /ɪnˈɔːdɪnət/adj. 过度的; 无节制的 / **exaggerated** /ɪɡˈzædʒəreɪtɪd/ adj. 夸张的, 言过其实的

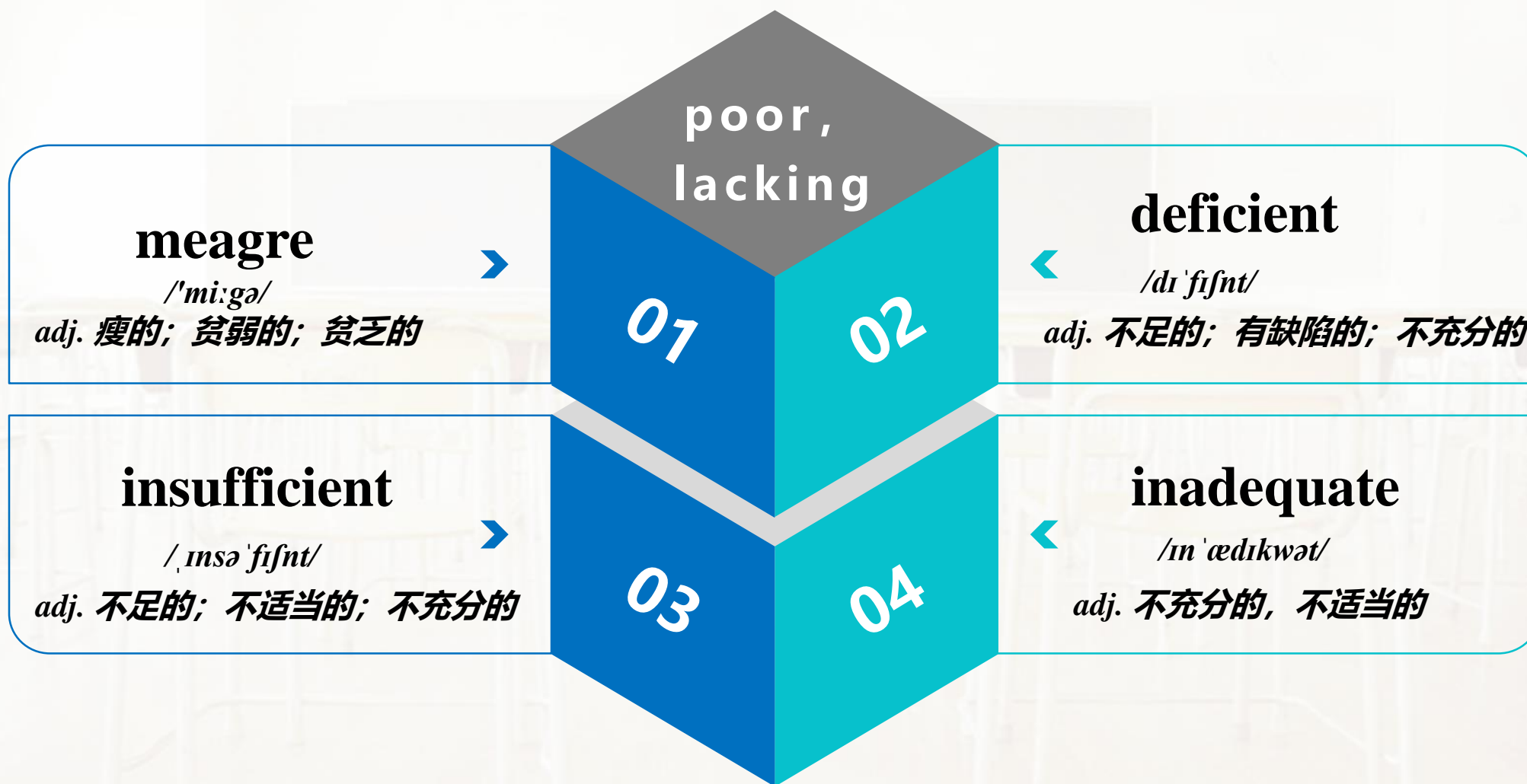
3. 与父母最初的期望相反, 过分表扬孩子可能会导致适得其反的结果, 如动机的衰减、没有成就感。

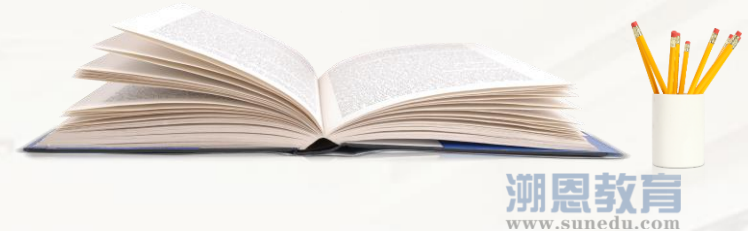
(2019年6月浙江高考文本原句: *By giving kids a lot of praise, parents think they're building their children's confidence, when, in fact, it may be just the opposite. Too much praise can backfire and, when given in a way that's insincere, make kids afraid to try new things or take a risk for fear of not being able to stay on top where their parents' praise has put them.*

① Contrary to parents' original expectations, **overpraising** one's child could contribute to unintended outcomes like a decline of motivation and non-fulfillment.

② Parents' **inordinate** praise, though assumed to promote confidence, tends to produce shrinking children.

③ **Exaggerated** praise may be counter-productive—kids are promoted on the summit, unwilling to take up challenges.





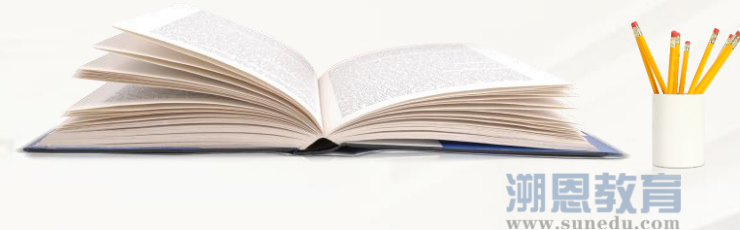
meagre /'mi:ɡə/ *adj.* 瘦的; 贫弱的; 贫乏的

deficiency /dɪ'fɪʃ(ə)nəsi/ *n.* 缺陷, 缺点; 缺乏 -- **deficient** *adj.* 不足的; 有缺陷的; 不充分的

1. 稀少的来源枯竭了。
2. 但是, 这一学说却存在着严重的理论缺陷。
3. 饮食中缺乏维生素可能导致疾病。
4. 对于人类, 不吃早餐会减低血糖水平, 因而可能被身体解释为环境贫乏恶劣和缺少食物供给的标志。

1. **Meagre** supply dried up.
2. But there exists very serious **deficiency** of the theory.
3. Vitamin **deficiency** in the diet can cause illness.
4. In humans, skipping breakfast depresses glucose levels and so may be interpreted by the body as indicating poor environmental conditions and **deficient** food availability.

- /skip/ *vt.* 跳过; 遗漏
- /dɪ'pres/ *vt.* 压抑; 使沮丧; 使萧条; 降低



insufficient/ inadequate

5.相反，不适当的表扬也同样有害，可能打击孩子取得更大成就的信心。

(2019年6月浙江高考文本原句：

Still, don't go too far in the other direction. Not giving enough praise can be just as damaging as giving too much. Kids will feel like they're not good enough or that you don't care and, as a result, may see no point in trying hard for their accomplishments.)

① Conversely, **inadequate** praise is equally damaging , for it may to a certain extent knock down kids' confidence to achieve far more .

② **Deficient** praise also impairs children's self-trust and motivation.

③ On the contrary, **insufficient** praise also casts a shadow impact on children.

④ **Inadequate** praise is also detrimental to them which results in no progress.

**bad,
harmful**

1

deteriorate

/di'tɪəriəreɪt/

v. 恶化, 变坏

deteriorated / deteriorating

2

detrimental

/,detrɪ'mentəl/

adj. 不利的; 有害的 n. 有害的人 (或物)

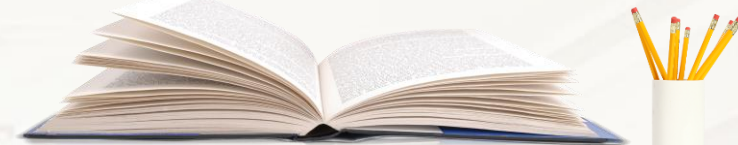
3

deleterious

/,delə'tɪəriəs/

adj. 有毒的, 有害的





deteriorate /di'tɪəriəreɪt/ v. 恶化, 变坏

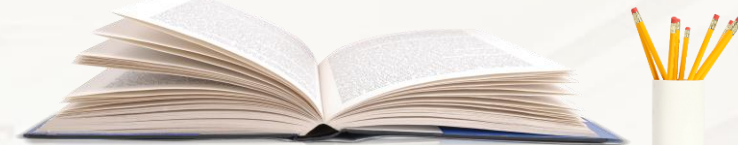
deteriorated adj. 恶化的; 已变质的 / **deteriorating** adj. 日益恶化的

1. 不断恶化的天气/ 经济/ 健康状况
2. 人们担心局势会恶化为全面战争。
3. 长时间工作的人的生活方式有可能随着时间的推移而恶化, 例如由于饮食不良或饮酒增加。

1. **deteriorating** weather conditions /economy /health

2. There are fears that the situation might **deteriorate** into full-scale war.

3. It was possible that the lifestyle of people working long hours **deteriorated** over time, for example as a result of poor diet or increased alcohol consumption.



detrimental /,detrɪ'mentəl/ adj. 不利的; 有害的 n. 有害的人 (或物)

deleterious /,delə'tɪəriəs/ adj. 有毒的, 有害的

4. 许多食物因所含的化学成分和添加剂被怀疑有害健康。

5. 之前做过的动物实验显示, 污染物质能对海洋生物产生有害作用。

6. 越来越多的证据表明, 过量的摄取某种微量营养素会对人体有害。

4. Many foods are suspected of being **detrimental** to health because of the chemicals and additives they contain.

• /'ædətɪv/ n. 添加剂, 添加物

5. Prior research on laboratory animals has shown that the pollutants can cause **deleterious** effects.

• /'praɪə(r)/ adj. (时间、顺序等) 先前的; 优先的

• /pə'lu:tənt/ n. 污染物

6. There is increasing evidence that excessive intake of certain micronutrients is **deleterious**.





optimal /'ɒptɪm(ə)l/ 最佳的; 最理想的 /**awesome** ['ɔ:səm] 极好的

fabulous ['fæbjʊləs] adj. 难以置信的; 传说的, 寓言中的; 极好的 / **amazing** 惊艳的

1. 智能手机是一项了不起的发明。
2. 在某些情况下, 可以用一个最理想的模式来验证每个“好的”消息并拒绝每个“坏的”消息。
3. 帮助拯救他人的生命会得到最好的心情。

1. Smart phones are an **amazing** and **awesome** invention.

2. In some cases, you can have an **optimal schema** that validates every "good" message and rejects every "bad" message.

/ˈski:mə/ n. [计][心理] 模式; 计划
/ˈvælideɪt/ vt. 证实, 验证; 确认

3. Helping save the life of another person will gain the most **fabulous** mood.



fascinating 迷人的; 吸引人的; 使人神魂颠倒的

fantastic 奇妙的; 不可思议的

4. 迷人的故事/ 趣味无穷的话题/ 迷人的魅力/ 引人入胜的书/ 迷人的历史遗迹/ 迷人的旅行/ 迷人的东方大都市

5. 旖旎的海滩/ 了不起的成就/ 宜人的天气/ 好消息/ 巨款/ 奇妙的颜色/ 奇妙的爱情故事

4. **fascinating** story/ subject/ charm/ book/ historical monuments/ journey/ oriental metropolis

5. **fantastic** beach/ achievement/ weather / news/ amount of money / colors/ love story.



spectacular [spek'tækjʊlə] adj. 壮观的, 惊人的; 公开展示的

6. 壮丽的景色/ 精彩的入球/ 了不起的成就/ 辉煌成绩/ 惊人的努力

7. 大幅上升/ 最引人注目的是

8. 本周发表在《科学》的一份研究报告以一种惊人的方式证实了那种趋势。

9. 测试结果显示, 中国已出色地重建了现代、高效和平等的教育系统, 至少在一些城市如此。

6. **spectacular** scenery/ goal/ achievement/ success/ efforts

7. increase **spectacularly**/ most **spectacularly**

8. A study published this week in *Nature* bears out that trend in a **spectacular** way.

9. But as the tests showed, education in China has been **spectacularly** rebuilt as a modern, high-performance and egalitarian system, at least in some cities.



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THANKS

