

Chapter 1

Daily Life 日常生活

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Weather 天气



“逻辑树”词汇思维导图

weather
天气

天气 · 风霜雨雪 · 晴朗多云 · 温度湿度

climate

气候

meteorology

气象学

observatory

气象台

wind

风

breeze

微风

**rain**

雨

shower

阵雨

downpour

倾盆大雨

snow

雪

**frost**

霜

cloud

云

cloudy

多云的

clear

晴朗的

storm

暴风雨

thunder

雷声

lightning

闪电

temperature

温度

hot

热

cold

冷

humidity

湿度

wet

湿的

dry

干的

monsoon

季风

hail

冰雹

hurricane

飓风

■ Weather 主题词汇 · 释义

★ weather ['weðə] ① 天气；气象；暴风雨

eg. There will be bad weather in three or four days. 三四天之后，天气就要变坏了。(*The Old Man and the Sea* 《老人与海》)

② 晒干；平安渡过，挨过

eg. Ms. Moore has seen the magazine industry evolve, and weather technological shifts, for over three decades. 30 多年来，穆尔女士目睹了杂志业的演变过程，经受住了技术转变的冲击。(*The Economist* 《经济学人》)

★ under the weather 身体不适；微恙；意志消沉



“逻辑树” 词汇点睛

- **climate** ['klaɪmɪt] ⑦ 气候；氛围；状况

eg. Climate change can indirectly increase risks of violent conflicts. 气候变化会间接增加暴力冲突的可能。(The Guardian 《卫报》)

- **wind** [waɪnd] ⑦ 风；气流；吞下的气；管乐器

eg. In the evening I sat by my fire, listening to the wind blowing outside. 晚上，我坐在炉边，听着屋外呼啸的风声。

(Jane Eyre 《简·爱》)

[waɪnd] ⑦ 蜿蜒；缠绕；上发条

eg. Winding between Zhangjiajie's peaks, crystal clear mountain streams are home to what is perhaps China's strangest creature. 清澈见底的溪流在张家界的山峰间蜿蜒流淌，这里居住着一种中国最奇怪的生物。(BBC Wild China 《美丽中国》)

同根词：winding；windy；windless

- ★ a wind of change 产生变化的影响或趋势
- ★ wind up 结束；使紧张；卷起

- **rain** [reɪn] ⑦ 雨；(热带地区的)雨季，雨天

eg. Luckily it was a warm night, with no rain. 所幸夜晚很温暖，没有下雨。(Jane Eyre 《简·爱》)

(Jane Eyre 《简·爱》)

⑦ (雨) 降下，(使) 降落

eg. Chandler is sitting in front of a window while it's raining outside. 钱德勒坐在窗前，外面正下着雨。(Friends 《老友记》)

同根词：rainy；rainless

- ★ rain cats and dogs 倾盆大雨
- ★ it never rains but it pours 祸不单行

meteorology [ˌmi:tjə'ɒlədʒɪ]

⑦ 气象学

observatory [əb'zɜ:vətərɪ]

⑦ 天文台；气象台；瞭望台



breeze [bri:z] ⑦ 微风；轻而易举的事

★ typhoon [taɪ'fu:n] ⑦ 台风

shower ['ʃaʊə] ⑦ 阵雨；淋浴；淋浴器

downpour ['daʊnpɔ:(r)] ⑦ 倾盆大雨；(日光的)照射



■ **snow** [snəʊ] ❷ 雪，雪花；积雪；雪季

eg. She wore a light silk dress and thin shoes, which did not seem at all suitable for a long walk in the snow. 她穿着一件薄薄的丝绸外衣和一双单鞋，这装束看着根本不适合在雪地里走远路。(*Wuthering*

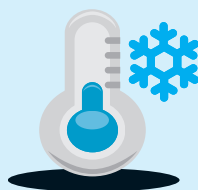
Heights 《呼啸山庄》)

❶ 使纷纷落下；使变白；下雪

eg. When St John left, it was beginning to snow, and it continued snowing all night and all the next day. 圣约翰离开时，天下起雪来，持续了一整晚，第二天又下了一整天。(*Jane Eyre* 《简·爱》)

同根词：snowy

★ as white as snow 像雪一样白



frost [frɔːst] ❶ 结霜；受冻

❷ 霜冻，结霜；严寒，寒冷；冷淡

复合词：frostbite

★ snow flake 雪花，雪片



■ **cloud** [klaʊd] ❷ 云；云状物；一团；阴影

eg. There were high cumulus clouds and enough cirrus above them so that the old man knew the breeze would last all night. 云堆积得很高，上面还有许多卷云，老人知道微风将会彻夜地吹着。(*The*

Old Man and the Sea 《老人与海》)



cloudy ['klaʊdi] ❷ 多云的；阴天的；朦胧的

clear [kliə] ❷ 晴朗的；清楚的；明亮的

eg. With a clear view of the endless plateau below, vultures are quick to spot any opportunity. 从高空俯视着广袤无垠的高原，秃鹫们不会放过任何一个机会。(*BBC Wild China* 《美丽中国》)

❶ 通过；清除；使干净

eg. Sometimes our vision clears only after our eyes are washed away with tears. 有时候，唯有一场眼泪能彻底清晰我们的视线。(*China Daily* 《中国日报》)



■ **storm** [stɔ:m] ㊟ 暴风雨, 暴风雪; 骚乱; 动荡

eg. He no longer dreamed of storms...
他早已不再梦见暴风雨…… (The Old Man and the Sea 《老人与海》)

★ a storm in a teacup 小事引起的轩然大波; 小题大做; 大惊小怪

★ the calm before the storm 暴风雨前的平静

★ ride out/weather the/a storm 经受住考验; 渡过难关

■ **temperature** [ˈtempɪtʃə(r)] ㊟ 温度; 体温; 气温

eg. Tyre temperatures can reach as high as 80°C and as low as -40°C. 轮胎温度可以高达 80 摄氏度, 也可能低至零下 40 摄氏度。 (The Economist 《经济学家》)

★ get/ have/run a temperature 体温过高; 发烧

★ take someone's temperature 量……体温

■ **humidity** [hju:'mɪdɪtɪ] ㊟ (空气中的) 湿度; 潮湿, 高温潮湿

eg. The forecast in the Amazon region next week is for extreme humidity and storms. 据天气预报说, 亚马逊地区下周天气极度潮湿, 而且暴风雨频繁。 (The Times 《泰晤士报》)

■ **monsoon** [mɒn'su:n] ㊟ (印度洋的) 季风; 季风雨; 夏季季风

eg. Thanks to the annual monsoon, the whole landscape is covered in lush forest. 因为季风的作用, 整个地方森林覆盖, 苍翠繁茂。 (BBC Wild China 《美丽中国》)

thunder [ˈθʌndə] ㊟ 雷声; 隆隆的响声

⚡ 打雷

lightning [ˈlaɪtnɪŋ] ㊟ 闪电, 雷电

hot [hɒt] ㊟ 热的; 辣的; 激动的
cold [kəʊld] ㊟ 寒冷的; 冷淡的, 无情的

㊟ 寒冷; 感冒, 伤风

wet [wet] ㊟ 湿的; 下雨的; 懦弱的

dry [draɪ] ㊟ 干的, 干燥的, 干旱的; 干旱的

★ home and dry 完好无损; 大功告成

hail [heɪl] ㊟ 冰雹; 一阵

⚡ 下冰雹; 打招呼

★ hail a taxi 招呼/叫出租车

hurricane [ˈhʌrɪkən,-kɪn] ㊟ 飓风, 十二级风

Unit 2

Diet 饮食



“逻辑树” 词汇思维图

diet
饮食

饮食 · 食物 · 饮品 · 果蔬

food

食物

staple

主食

grain

谷物

meal

餐

lunch

午餐

dinner

正餐

bread

面包

egg

鸡蛋



eat

吃

appetite

胃口

hunger

饥饿

kitchen

厨房

cook

烹饪

cooker

厨具

vegetable

蔬菜

potato

土豆

tomato

番茄

bean

豆

pea

豌豆

spinach

菠菜

fruit

水果

apple

苹果

banana

香蕉

dessert

甜品

cake

蛋糕

cookie

饼干

drink

饮品



milk

牛奶

■ Diet 主题词汇 · 释义

★ diet ['daɪət] ① 日常饮食；规定饮食

eg. At least a thousand species are already part of the human diet. 至少有千余种物种已成为人类饮食的一部分。 (National Geographic 《国家地理》)

② 节食；进规定饮食

★ (be/go/put sb.) on a diet 用规定食谱，控制饮食，节食



- **food** [fu:d] ⑦ 食物，食品；粮食
eg. As a result of poor food and bad living conditions, many girls died. 由于伙食差，生活条件恶劣，许多女孩都死了。
(Jane Eyre 《简·爱》)



staple ['steɪpl] ⑦ 主食；主要产品；钉书钉
⑦ 用钉书钉钉住
grain [greɪn] ⑦ 谷物，粮食

- **meal** [mi:l] ⑦ 餐，饭；进餐（时间）
eg. Andrew, I spent 3 hours cooking this meal. 安德鲁，我花了三个小时准备晚餐。(Desperate Housewives 《绝望主妇》)



lunch [lʌntʃ] ⑦ 午餐
dinner ['dɪnə] ⑦ 正餐，主餐；宴会；晚餐

- **bread** [bred] ⑦ 面包；食物；生计
eg. All I ate that day was a piece of bread, which I begged from a farmer eating his supper. 一整天我只吃了一片面包，是从一个正吃晚饭的农民那里讨来的。
(Jane Eyre 《简·爱》)



egg [eg] ⑦ 鸡蛋，蛋；卵
★ put all one's eggs in one basket 寄希望于一件事上；孤注一掷



- ★ bread and water 简单的饮食
- ★ bread and butter 生活，生计

- **eat** [i:t] ⑦ 吃，喝；（如酸）腐蚀
eg. We were delighted, and all rushed out into the garden to eat our lunch. 我们很高兴，都跑到花园中去吃午饭。(Jane Eyre 《简·爱》)



appetite ['æpɪtaɪt] ⑦ 胃口；欲望；食欲；嗜好，爱好
同根词：appetizing；appetitive
hunger ['hʌŋgə] ⑦ 饥饿；欲望
同根词：hungry
★ hunger for/after sth. /sb. 渴望得到某事物/某人

- ★ eat like a horse 大吃大喝；狼吞虎咽
- ★ eat one's words 收回前言；承认错误

- **kitchen** ['kɪtʃɪn] ⑦ 厨房
eg. I've told Julie a million times not to play in the kitchen. 我跟朱莉说了很多次要她别在厨房里玩。(Desperate Housewives 《绝望主妇》)



cook [kʊk] ⑦ 烹饪；编造；篡改
⑦ 厨师；厨子
★ cook the books 篡改数据；做假账
cooker ['kʊkə] ⑦ 厨具



■ **vegetable** ['vedʒɪtəbl̩] ⑦ 蔬菜；植物人

eg. One explanation is that environmentalism and thriftiness have made growing vegetables trendy. 其中一个解释是环保主义和勤俭节约之风使得种植蔬菜成为潮流。 (《The Economist》《经济学人》)

■ **bean** [bi:n] ⑦ 豆；豆形种子；毫无价值的东西

eg. He gave up something but then he got those magic beans. 他(杰克)放弃某些东西，但是得到了魔豆。 (《Friends》《老友记》)

复合词：beanpole

■ **fruit** [fru:t] ⑦ 水果；果实

eg. Do we have any fruit? 我们有水果可吃吗? (《Friends》《老友记》)

★ forbidden fruit 禁果

★ bear fruit 取得成果；奏效；产生好的结果

■ **dessert** [di'zɜ:t] ⑦ 甜品；餐后甜食；甜点

eg. Now the basket with the red ribbon is filled with desserts for your guests. 这个扎红带子的篮子里装了一些甜点，餐后你可以拿给客人们享用。 (《Desperate Housewives》《绝望主妇》)

■ **drink** [drɪŋk] ⑦ 饮品；一杯或一份酒

eg. Do you want a drink of any kind? 你要不要喝点什么东西? (《The Old Man and the Sea》《老人与海》)

⑦ 喝(酒)；饮；喝酒

eg. Am I allowed to drink anything? 我可以喝点东西吗? (《Friends》《老友记》)

★ drink like a fish 豪饮

★ drink sb. 's health/ drink a health to sb. 向某人祝酒

potato [pə'tetəʊ] ⑦ 土豆，马铃薯，洋芋

★ a hot potato 棘手的问题；烫手山芋

tomato

[tə'mɑ:təʊ, (US) tə'metəʊ]

⑦ 番茄，西红柿

pea [pi:] ⑦ 豌豆，豌豆类

★ like as two peas 一模一样

spinach ['spɪnɪdʒ; (US) 'spɪnɪʃ]

⑦ 菠菜；<俚>胡说八道

apple ['æpl̩] ⑦ 苹果；苹果树；苹果公司

★ the apple of one's eye 心肝宝贝；掌上明珠

banana [bə'nɑ:nə] ⑦ 香蕉；芭蕉属植物；喜剧演员

cake [keɪk] ⑦ 蛋糕；糕饼；块状物

★ a piece of cake 小事一桩，易如反掌，小菜一碟

cookie ['kʊki] ⑦ 饼干；小甜点



milk [mɪlk] ⑦ 奶；乳液；母乳

⑦ 挤奶；榨取

★ cry over split milk 为已经发生而无法补救的事懊悔