

????600?

全英交流

背完这600句,足够了

一、日常问候

1. **Hello!** 你好!
2. **Hi!** 嗨!
3. **Good morning!** 早上好!
4. **Good afternoon!** 下午好!
5. **Good evening!** 晚上好!
6. **How are you?** 你好吗?
7. **I'm fine, thank you. And you?** 我很好, 谢谢。你呢?
8. **Long time no see!** 好久不见!
9. **What's up?** 最近怎么样?
10. **How have you been?** 你近来过得如何?

二、介绍

1. **I'm...** 我是.....
2. **Nice to meet you.** 很高兴见到你。
3. **This is...** 这是.....
4. **May I introduce you to...?** 我可以把你介绍给..... 吗?
5. **I'd like you to meet...** 我想让你认识.....
6. **What do you do?** 你是做什么工作的?
7. **I'm a/an...** 我是一名.....
8. **Where are you from?** 你来自哪里?
9. **I'm from...** 我来自.....
10. **My hometown is...** 我的家乡是.....

三、购物

1. **Can I help you?** 我能帮你吗? (常用于店员询问顾客)
2. **I'm just looking, thanks.** 我只是看看, 谢谢。
3. **How much is this?** 这个多少钱?
4. **Do you have this in another color/size?** 这个有其他颜色 / 尺寸吗?
5. **I'll take it.** 我买了。
6. **Do you accept credit cards?** 你们接受信用卡支付吗?
7. **Can I try it on?** 我可以试穿一下吗?
8. **Where is the fitting room?** 试衣间在哪里?
9. **It's too expensive. Do you have anything cheaper?** 太贵了。有便宜点的吗?

10. **Is there a discount?** 有折扣吗?

四、餐厅用餐

1. **A table for two, please.** 请给我一张两人桌。
2. **May I see the menu?** 我可以看一下菜单吗?
3. **What would you recommend?** 你有什么推荐的吗?
4. **I'd like...** 我想要.....
5. **Could I have some water, please?** 请给

我一些水好吗?

6. **How would you like your steak cooked?** 你的牛排要几分熟?
7. **Well - done, please.** 全熟, 谢谢。
8. **Medium - rare, please.** 三分熟, 谢谢。
9. **Can I have the bill, please?** 请给我账单。
10. **Check, please.** 结账。

五、问路

1. **Excuse me, where is...?** 打扰一下,在哪里?
2. **How can I get to...?** 我怎么去.....?
3. **Is it far from here?** 离这儿远吗?
4. **Go straight ahead.** 一直往前走。
5. **Turn left/right at the first intersection.** 在第一个十字路口左转 / 右转。
6. **It's on your left/right.** 它在你的左边 / 右边。

7. **You can take the bus/train/subway to...** 你可以坐公交车 / 火车 / 地铁去.....
8. **Which bus should I take?** 我应该坐哪路公交车?
9. **Is there a bank near here?** 这附近有银行吗?
10. **How long does it take to get there?** 到那里需要多长时间?

六、打电话

1. **Hello, this is... speaking.** 你好, 我是.....
2. **May I speak to...?** 我可以和..... 说话吗?
3. **Who's that?** 你是谁? (电话用语)
4. **Hold on, please.** 请稍等。
5. **I'm sorry, he/she is not available right now.** 很抱歉, 他 / 她现在不在。
6. **Can I take a message?** 我可以留言吗?

7. **Could you ask him/her to call me back?** 你能让他 / 她给我回个电话吗?
8. **What's your number?** 你的电话号码是多少?
9. **I'll call back later.** 我稍后再打过来。
10. **The line is busy.** 电话占线。

七、表达意见

1. **I think...** 我认为.....
2. **In my opinion,...** 在我看来.....
3. **I agree/disagree.** 我同意 / 不同意。
4. **That's a good idea.** 那是个好主意。
5. **I'm not sure about that.** 对此我不太确定。

6. **Why not?** 为什么不呢?
7. **It depends.** 视情况而定。
8. **I'm afraid I can't.** 恐怕我不能。
9. **I prefer...** 我更喜欢.....
10. **I'd rather...** 我宁愿.....

八、请求帮助

1. **Excuse me, could you help me?** 打扰一

下, 你能帮我一下吗?

2. **Can you do me a favor?** 你能帮我个忙吗?
3. **I need your help.** 我需要你的帮助。
4. **Could you pass me that book?** 你能把那本书递给我吗?
5. **Would you mind opening the window?** 你介意打开窗户吗?
6. **Sure, no problem.** 当然, 没问题。

九、道别

1. **Goodbye!** 再见!
2. **Bye!** 拜拜!
3. **See you later/tomorrow.** 一会儿见 / 明天见。
4. **Take care!** 保重!
5. **Have a nice day!** 祝你有美好的一天!

十、时间与日期

1. **What time is it?** 现在几点了?
2. **It's six o'clock.** 现在六点。
3. **It's half past seven.** 七点半。
4. **It's a quarter to ten.** 差一刻十点。
5. **When is your birthday?** 你的生日是什么时候?

十一、谈论天气

1. **What's the weather like today?** 今天天气怎么样?
2. **It's sunny.** 天气晴朗。
3. **It's cloudy.** 多云。
4. **It's raining.** 正在下雨。
5. **It's windy.** 有风。
6. **It's snowing.** 正在下雪。

十二、住宿

1. **I'd like to book a room.** 我想订一个房间。
2. **Do you have a single/double room available?** 你们有单人间 / 双人间吗?
3. **How much is it per night?** 每晚多少钱?
4. **I'd like a room with a view.** 我想要一间视野好的房间。

7. **I'm sorry, I'm busy right now.** 很抱歉, 我现在很忙。
8. **How can I help?** 我能怎么帮忙?
9. **Could you give me some advice?** 你能给我一些建议吗?
10. **Help!** 救命!

6. **I have to go now.** 我现在得走了。
7. **It was nice talking to you.** 和你聊天很愉快。
8. **Until next time.** 下次见。
9. **Farewell!** 再会! (较为正式)
10. **Safe travels!** 一路平安!

6. **My birthday is on May 1st.** 我的生日是五月一日。
7. **What day is it today?** 今天星期几?
8. **It's Monday.** 今天星期一。
9. **What's the date today?** 今天几号?
10. **It's December 25th.** 今天是 12 月 25 日。

7. **It's hot/cold today.** 今天热 / 冷。
8. **The weather is getting warmer.** 天气越来越暖和了。
9. **I hope it will be fine tomorrow.** 我希望明天天气好。
10. **What's the temperature?** 气温是多少?

5. **Check - in, please.** 请办理入住手续。
6. **What time is check - out?** 退房时间是几点?
7. **The air - conditioner in my room doesn't work.** 我房间的空调坏了。
8. **Could you send someone to fix it?** 你能

派人来修一下吗?

9. I left my key in the room. 我把钥匙落在

十三、情感表达

1. I'm happy/glad. 我很开心。
2. I'm sad. 我很难过。
3. I'm angry. 我很生气。
4. I'm excited. 我很兴奋。
5. I'm bored. 我很无聊。

十四、交通出行

1. I usually go to work by bus. 我通常坐公交车上班。
2. He drives to school every day. 他每天开车去学校。
3. She rides a bike to the park. 她骑自行车去公园。
4. I took a taxi because I was in a hurry. 因为赶时间, 我打了出租车。
5. How long does it take to get there by

十五、兴趣爱好

1. What are your hobbies? 你的爱好是什么?
2. I like reading books. 我喜欢读书。
3. He enjoys playing basketball. 他喜欢打篮球。
4. She loves listening to music. 她喜欢听音乐。
5. My hobby is painting. 我的爱好是绘画。
6. Do you like watching movies? 你喜欢看

十六、学习相关

1. I'm studying English. 我正在学习英语。
2. How do you learn English? 你是怎么学习英语的?
3. I learn by listening to tapes. 我通过听磁带带来学习。
4. What subject do you like best? 你最喜欢什么学科?
5. Math is too difficult for me. 数学对我来

房间里了。

10. Is breakfast included? 含早餐吗?

6. That's amazing! 太神奇了!
7. I'm disappointed. 我很失望。
8. I'm worried. 我很担心。
9. It's frustrating. 真令人沮丧。
10. I feel relaxed. 我感觉很放松。

train? 坐火车到那里要多久?

6. The subway is very convenient. 地铁非常方便。
7. Where is the bus stop? 公交车站在哪里?
8. I missed the bus. 我错过了公交车。
9. The traffic is heavy. 交通很拥堵。
10. I need to buy a ticket for the plane. 我需要买一张机票。

电影吗?

7. I'm interested in traveling. 我对旅行感兴趣。
8. They are fond of dancing. 他们喜欢跳舞。
9. I like collecting stamps. 我喜欢集邮。
10. What kind of music do you like? 你喜欢什么类型的音乐?

说太难了。

6. I have an exam tomorrow. 我明天有一场考试。
7. I need to prepare for the test. 我需要为考试做准备。
8. Where is the library? 图书馆在哪里?
9. I want to borrow a book. 我想借一本书。
10. The teacher is very strict. 老师很严格。

十七、描述事物

1. This is a beautiful flower. 这是一朵美丽的花。
2. The house is very big. 这房子很大。
3. The dress looks nice on you. 这条裙子你穿很好看。
4. What does he look like? 他长什么样?
5. He is tall and thin. 他又高又瘦。
6. The food tastes delicious. 这食物尝起来

很美味。

7. The movie is really interesting. 这部电影真的很有趣。
8. The city is very modern. 这座城市非常现代化。
9. The book is very useful. 这本书很有用。
10. What color is your car? 你的车是什么颜色的?

十八、邀请与回应

1. Would you like to come to my party? 你愿意来参加我的派对吗?
2. I'd love to. 我很乐意。
3. I'm sorry, I have other plans. 很抱歉, 我有其他安排。
4. Can you come over for dinner tonight? 你今晚能过来吃晚饭吗?
5. Sure, what time? 当然, 几点?
6. Thanks for the invitation, but I can't make it. 谢谢你的邀请, 但我来不了。

7. We are having a barbecue this weekend. Do you want to join us? 我们这个周末要去烧烤。你想加入我们吗?
8. That sounds great. Count me in. 听起来很棒。算我一个。
9. I'm afraid I'm busy then. Maybe another time. 恐怕那时我很忙。也许下次吧。
10. How about going to the concert together? 一起去听音乐会怎么样?

十九、建议与提议

1. Why don't we go for a walk? 我们为什么不去散步呢?
2. Let's watch a movie. 咱们看场电影吧。
3. You should get more sleep. 你应该多睡会儿。
4. If I were you, I'd talk to her. 如果我是你, 我会和她谈谈。
5. Maybe you could try this new restaurant. 也许你可以试试这家新餐厅。
6. Shall we have a picnic this Sunday? 这个

周日我们去野餐好吗?

7. What about going swimming? 去游泳怎么样?
8. It might be a good idea to take a break. 休息一下可能是个好主意。
9. You'd better take an umbrella. It looks like rain. 你最好带把伞, 看起来要下雨了。
10. Consider buying a new computer. 考虑买台新电脑吧。

二十、抱怨与不满

1. This coffee is too cold. 这咖啡太凉了。
2. I'm tired of waiting. 我等得不耐烦了。
3. The service here is really bad. 这里的服务真差。

4. The noise is driving me crazy. 这噪音快把我逼疯了。
5. Why are you always late? 你怎么总是迟到?
6. I can't stand his rudeness. 我受不了他的

粗鲁。

7. This shirt shrank after I washed it. 这件衬衫洗后缩水了。
8. The traffic in this city is a nightmare. 这个城市的交通简直是噩梦。

二十一、表示惊讶

1. Really? 真的吗?
2. Are you kidding me? 你在跟我开玩笑吧?
3. Oh my god! 天哪!
4. That's incredible! 太不可思议了!
5. Unbelievable! 难以置信!

二十二、鼓励与安慰

1. Come on! You can do it. 加油! 你能行的。
2. Don't worry. Everything will be okay. 别担心, 一切都会好起来的。
3. Keep it up! 坚持下去!
4. I'm sure you'll succeed. 我相信你会成功的。
5. It's not the end of the world. 这又不是世界末日。
6. Cheer up! 振作起来!

二十三、给予与接受

1. Here you are. 给你。
2. Thank you. It's very kind of you. 谢谢你, 你真好。
3. You're welcome. 不客气。
4. I'd like to offer you a drink. 我想请你喝一杯饮料。
5. That's very nice of you, but I'm fine. 你真好, 但我不用了。
6. Can I have a piece of cake? 我可以吃一块蛋糕吗?

二十四、请求许可

1. May I use your phone? 我可以用一下你的电话吗?
2. Can I have a look at your magazine? 我能看一下你的杂志吗?

9. I'm fed up with this job. 我受够这份工作
- 了。
10. They never clean up after themselves. 他们从不收拾自己弄乱的东西。

6. What a surprise! 真是个惊喜!
7. I can't believe it. 我简直不敢相信。
8. You don't say! 不会吧!
9. Holy cow! 哇塞!
10. It's hard to believe. 很难相信。

7. You've made great progress. 你已经取得了很大的进步。
8. Everyone makes mistakes. 每个人都会犯错。
9. Hang in there. 挺住。
10. You're better than you think. 你比你想象的要好。

7. Sure, help yourself. 当然, 随便吃。
8. Accept this gift as a token of our friendship. 收下这份礼物, 作为我们友谊的象征。
9. I can't accept this. It's too expensive. 我不能收下这个, 太贵了。
10. Thank you for your help. I really appreciate it. 感谢你的帮助, 我真的很感激。

3. Is it all right if I sit here? 我坐这儿可以吗?
4. Do you mind if I open the window? 你介意我打开窗户吗?
5. I wonder if I could borrow your pen. 不

- 知我是否可以借你的钢笔。
6. Sure, go ahead. 当然可以，用吧。
 7. I'm afraid not. 恐怕不行。
 8. You'd better not. 你最好别这样。

二十五、询问进展

1. How's the project going? 项目进展得怎么样了?
2. Have you finished your work yet? 你完成工作了吗?
3. What stage is the plan at? 计划进行到什么阶段了?
4. Are you making progress? 你有进展吗?
5. How far have you got with the report?

二十六、表达可能性与不确定性

1. It might rain later. 一会儿可能会下雨。
2. Maybe he's at home. 也许他在家。
3. I'm not sure if she will come. 我不确定她是否会来。
4. There's a possibility that we'll be late. 我们有可能会迟到。
5. It could be true. 这可能是真的。
6. He may not know the answer. 他可能不知道答案。

二十七、比较与对比

1. This book is more interesting than that one. 这本书比那本书更有趣。
2. My sister is taller than me. 我姐姐比我高。
3. The new model is much better than the old one. 新模型比旧模型好得多。
4. In contrast, his brother is very quiet. 相比之下，他弟弟很安静。
5. This restaurant has better food, but that one has a nicer atmosphere. 这家餐厅食物更好，但那家氛围更好。
6. My job is as challenging as yours. 我的

二十八、因果关系

9. Permission granted. 准许。
10. I'm sorry, it's not allowed. 很抱歉，这是不允许的。

你的报告写得怎么样了?

6. We're on schedule. 我们按计划进行。
7. There have been some delays. 出现了一些延误。
8. It's coming along well. 进展得很顺利。
9. I'm still working on it. 我还在做呢。
10. We've completed half of it. 我们已经完成一半了。

7. I doubt whether he can finish the task on time. 我怀疑他是否能按时完成任务。
8. It's likely that he's forgotten about the meeting. 很可能他忘记了这次会议。
9. Perhaps we should take a different route. 也许我们应该走另一条路。
10. Chances are they've already left. 很有可能他们已经离开了。

工作和你的一样有挑战性。

7. The weather here is different from that in my hometown. 这里的天气和我家乡的不同。
8. She is more outgoing than her classmates. 她比她的同学更外向。
9. Cars are faster than bicycles, but bicycles are more environmentally friendly. 汽车比自行车快，但自行车更环保。
10. The two cities are similar in some ways. 这两个城市在某些方面很相似。

1. I was late because of the traffic jam. 因为交通堵塞我迟到了。
2. Since it's raining, we'd better stay at home. 既然在下雨，我们最好待在家里。
3. He didn't study hard, so he failed the exam. 他学习不努力，所以考试不及格。
4. The reason why he is so happy is that he got a promotion. 他这么高兴的原因是他升职了。
5. Due to the bad weather, the flight was cancelled. 由于天气恶劣，航班取消了。
6. As a result of his hard work, he achieved

great success. 由于他的努力工作，他取得了巨大的成功。

7. Her carelessness led to the accident. 她的粗心导致了这场事故。
8. Because he was ill, he couldn't attend the party. 因为他生病了，所以不能参加派对。
9. Owing to the lack of funds, the project had to be stopped. 由于缺乏资金，这个项目不得不停止。
10. The heavy snow caused the delay of the train. 大雪导致了火车晚点。

二十九、数量与程度

1. There are a lot of people in the park. 公园里有很多人。
2. I have a few friends in this city. 我在这个城市有几个朋友。
3. He has little money left. 他没剩多少钱了。
4. She is very good at singing. 她非常擅长唱歌。
5. The problem is rather difficult. 这个问题相当难。

6. It's extremely hot today. 今天极其炎热。
7. I'm a bit tired. 我有点累。
8. There are several books on the table. 桌子上有几本书。
9. The movie is so boring that I almost fell asleep. 这部电影太无聊了，我几乎睡着了。
10. He ate too much and felt sick. 他吃得太多，感觉不舒服。

三十、强调与肯定

1. I really mean it. 我是认真的。
2. It's definitely a good idea. 这绝对是个好主意。
3. I'm positive that he will come. 我肯定他会来。
4. You must be careful. 你一定要小心。
5. Absolutely! 绝对是！
6. Without a doubt, she is the best student

in the class. 毫无疑问，她是班上最优秀的学生。

7. I do like this song. 我确实喜欢这首歌。
8. It's really important. 这真的很重要。
9. Certainly! 当然！
10. I strongly believe that we can make it. 我坚信我们能做到。

三十一、工作职场

1. I got a promotion last month. 我上个月升职了。
2. How's your new job? 你的新工作怎么样？
3. I'm swamped with work these days. 这些天我工作忙得不可开交。

4. We have a tight deadline for this project. 这个项目我们的截止日期很紧迫。
5. I need to attend a meeting this afternoon. 今天下午我需要参加一个会议。
6. Can you help me with this task? It's

beyond my capacity. 你能帮我做这个任务吗? 它超出我的能力范围了。

7. My boss is very demanding. 我的老板要求很高。
8. I'm looking for a job change. 我正在考虑

三十二、健康与就医

1. I don't feel well. I think I have a fever. 我感觉不舒服, 我想我发烧了。
2. My head hurts. 我头疼。
3. I've got a cough that just won't go away. 我咳嗽一直好不了。
4. You should go to see a doctor. 你应该去看医生。
5. I made an appointment with the dentist. 我和牙医预约好了。
6. What's wrong with me, doctor? 医生,

三十三、家庭生活

1. How many people are there in your family? 你家有几口人?
2. My parents are retired. 我父母退休了。
3. I have an elder brother and a younger sister. 我有一个哥哥和一个妹妹。
4. We usually have dinner together as a family. 我们一家人通常一起吃晚餐。
5. My husband/wife is very supportive. 我的丈夫/妻子很支持我。
6. My kids are growing up so fast. 我的孩

三十四、旅游出行

1. I'm planning a trip to Paris. 我正在计划去巴黎旅行。
2. How do you like this place? 你觉得这个地方怎么样?
3. This is a popular tourist attraction. 这是一个热门的旅游景点。
4. We stayed in a cozy hotel by the beach. 我们住在海边一家舒适的酒店。
5. I love exploring new places and

换工作。

9. The company is downsizing. 公司正在裁员。
10. I'm responsible for marketing in the company. 我在公司负责市场营销。

我怎么了?

7. You need to take some medicine and rest. 你需要吃些药并休息。
8. I have a stomachache. Maybe I ate something bad. 我肚子疼, 可能吃坏东西了。
9. The doctor prescribed some antibiotics for me. 医生给我开了一些抗生素。
10. I need to get a physical examination annually. 我需要每年做一次体检。

子们长得真快。

7. We had a family gathering last weekend. 上周末我们举行了一次家庭聚会。
8. I help my parents with the housework. 我帮父母做家务。
9. My family is the most important thing to me. 我的家人对我来说是最重要的。
10. My grandparents live in the countryside. 我的祖父母住在乡下。

experiencing different cultures. 我喜欢探索新地方, 体验不同的文化。

6. The scenery here is breathtaking. 这里的风景令人惊叹。
7. We took a lot of pictures during the trip. 旅行期间我们拍了很多照片。
8. I'm going on a business trip next week. 我下周要去出差。
9. What's the best time to visit this city? 参

观这个城市的最佳时间是什么时候?

10. I need to book a flight and a hotel in

三十五、社交活动

1. I went to a party last night. It was so much fun. 我昨晚去参加了一个派对, 非常有趣。
2. Do you often go to the gym? I want to meet new people there. 你经常去健身房吗? 我想在那里结识新朋友。
3. I joined a club to make friends with people who have the same interests. 我加入了一个俱乐部, 以便和有相同兴趣的人交朋友。
4. We had a great conversation at the coffee shop. 我们在咖啡店聊得很愉快。
5. She is very sociable and makes friends easily. 她很善于社交, 很容易交到朋友。
6. I was introduced to a lot of new people

三十六、文化与艺术

1. I love classical music. It's so soothing. 我喜欢古典音乐, 它非常舒缓。
2. Have you seen the latest art exhibition? It's amazing. 你看过最新的艺术展览吗? 太精彩了。
3. Shakespeare's plays are classics of world literature. 莎士比亚的戏剧是世界文学的经典之作。
4. I'm interested in learning about different cultures. 我对了解不同文化很感兴趣。
5. The museum has a large collection of ancient artifacts. 这个博物馆收藏了大量的古代文物。

三十七、科技与网络

1. My smartphone is running out of battery. 我的智能手机快没电了。
2. I can't access the internet. There might

advance. 我需要提前预订机票和酒店。

at the networking event. 在社交活动上我被介绍认识了很多新朋友。

7. We are planning a get-together with old classmates. 我们正计划和老同学聚一聚。
8. Making small talk is an important skill in social situations. 在社交场合中, 闲聊是一项重要的技能。
9. I don't feel like going out tonight. I'd rather stay in and relax. 我今晚不想出去, 我宁愿待在家里放松。
10. He is the life of the party. Everyone likes him. 他是派对的活跃分子, 每个人都喜欢他。

6. Chinese calligraphy is a unique art form. 中国书法是一种独特的艺术形式。
7. I enjoy watching ballet performances. They are so elegant. 我喜欢看芭蕾舞表演, 它们非常优雅。
8. The film industry is booming in this country. 这个国家的电影产业正在蓬勃发展。
9. She is a talented painter. Her works are very expressive. 她是一位有才华的画家, 她的作品很有表现力。
10. Literature can broaden our horizons and enrich our minds. 文学可以拓宽我们的视野, 丰富我们的思想。

be something wrong with the Wi-Fi. 我连不上网, Wi-Fi 可能有问题。

3. You can use this app to order food

online. 你可以用这个应用程序在线订餐。

4. The latest computer software has many new features. 最新的计算机软件有很多新功能。
5. I store all my photos in the cloud to save space on my device. 我把所有照片都存到云端, 以节省设备空间。
6. Technology has made our lives much more convenient. 科技让我们的生活便利多了。
7. Have you heard about the new breakthrough in artificial intelligence?

三十八、运动健身

1. I go jogging every morning to keep fit. 我每天早上慢跑以保持健康。
2. He is really into playing tennis. He plays it every weekend. 他非常热衷于打网球, 每个周末都打。
3. I joined a fitness club to work out regularly. 我加入了健身俱乐部以便定期锻炼。
4. Do you know how to do yoga? It's good for flexibility. 你知道怎么做瑜伽吗? 它对提高柔韧性有好处。
5. We had a basketball game yesterday. Our team won. 我们昨天有一场篮球赛, 我们队赢了。

三十九、饮食与烹饪

1. I'm starving. Let's find a place to eat. 我饿死了, 咱们找个地方吃饭吧。
2. What's your favorite cuisine? I like Italian food. 你最喜欢什么菜系? 我喜欢意大利菜。
3. I'm trying to cook more at home to eat healthier. 我试着多在家做饭, 吃得更健康些。
4. This dish is delicious. What's in it? 这道菜真好吃, 里面都有什么?

你听说人工智能领域的新突破了吗?

8. I need to update my antivirus program to protect my computer. 我需要更新杀毒软件来保护我的电脑。
9. Online shopping has become increasingly popular in recent years. 近年来, 网购越来越流行。
10. The digital age has brought about a lot of changes in the way we communicate. 数字时代给我们的交流方式带来了许多变化。

6. Running a marathon requires a lot of training and endurance. 跑马拉松需要大量的训练和耐力。
7. I usually lift weights three times a week to build muscle. 我通常一周举三次重, 以增强肌肉。
8. Swimming is a great full-body workout. 游泳是一项很棒的全身运动。
9. I need to buy a new pair of running shoes for my exercise. 我需要为锻炼买一双新跑鞋。
10. Playing sports not only keeps you healthy but also reduces stress. 运动不仅能让你保持健康, 还能减轻压力。

5. Can you teach me how to make a simple salad? 你能教我怎么做一份简单的沙拉吗?
6. I'm allergic to seafood, so I can't eat shrimp. 我对海鲜过敏, 所以不能吃虾。
7. We usually have bread and milk for breakfast. 我们早餐通常吃面包喝牛奶。
8. I'm on a diet, so I'm avoiding high-calorie foods. 我在节食, 所以避免吃高热量食物。
9. The chef here is famous for his steak. 这

里的厨师以他做的牛排而闻名。

10. I like to add some honey to my tea. 我

四十、时间管理

1. I need to manage my time better to get everything done. 我得更好地管理时间，才能把所有事做完。
2. I make a to-do list every day to stay organized. 我每天都列一个待办事项清单，让一切井井有条。
3. Don't waste your time on unimportant things. 别把时间浪费在不重要的事情上。
4. Time flies! I can't believe it's already the end of the year. 时光飞逝！我不敢相信已经到年底了。
5. I always set deadlines for myself to ensure I complete tasks on time. 我总是

四十一、环境与环保

1. We should do something to protect the environment. 我们应该做点什么来保护环境。
2. The air quality in this city is getting worse. 这个城市的空气质量越来越差了。
3. Recycling is a great way to reduce waste. 回收利用是减少垃圾的好方法。
4. We need to conserve water. Turn off the tap when you're not using it. 我们需要节约用水，不用水的时候把水龙头关上。
5. Planting trees can help improve the environment. 植树有助于改善环境。
6. The use of plastic bags should be

四十二、理财相关

1. I need to create a budget to control my expenses. 我需要制定一个预算来控制开支。
2. I'm saving money for a new car. 我在存钱买一辆新车。
3. He invested a lot of money in stocks, but he lost a fortune. 他在股票上投资了

喜欢在茶里加些蜂蜜。

给自己设定最后期限，以确保按时完成任务。

6. How do you spend your free time? 你空闲时间都做什么？
7. I'm running out of time. I have to hurry. 我没时间了，得赶紧了。
8. It's important to balance work and leisure time. 平衡工作和休闲时间很重要。
9. I usually use my commute time to listen to podcasts. 我通常利用通勤时间听播客。
10. Make the most of your time while you're young. 趁年轻要充分利用时间。

restricted. 应该限制塑料袋的使用。

7. Many animals are losing their habitats due to environmental pollution. 由于环境污染，很多动物正在失去它们的栖息地。
8. We should encourage the use of renewable energy sources. 我们应该鼓励使用可再生能源。
9. The government is taking measures to deal with environmental problems. 政府正在采取措施解决环境问题。
10. Everyone can make a difference in protecting the environment. 每个人在保护环境方面都能有所作为。

很多钱，但亏了一大笔。

4. You should open a savings account to earn some interest. 你应该开一个储蓄账户来赚点利息。
5. I'm in debt because I overspent last month. 我上个月超支了，所以现在负债了。

6. The cost of living is rising. We need to be more careful with our money. 生活成本在上升，我们得更精打细算地用钱。
7. I'm thinking about taking out a loan to buy a house. 我在考虑贷款买房。
8. Financial planning is important for a stable life. 财务规划对稳定的生活很重要。

四十三、法律与规则

1. You should abide by the law. It's everyone's responsibility. 你应该遵守法律，这是每个人的责任。
2. Jaywalking is against the traffic rules. 乱穿马路违反交通规则。
3. The new law aims to protect the rights of consumers. 这项新法律旨在保护消费者权益。
4. What are the regulations regarding smoking in public places here? 这里关于公共场所吸烟有哪些规定？
5. If you break the law, you will be

9. I always compare prices before I make a purchase to get the best deal. 我买东西前总是比较价格，以获得最划算的交易。
10. She is good at managing her finances and always has some money left at the end of the month. 她很擅长理财，每个月底总是能剩下一些钱。

四十四、观点辩论

1. I take the view that technology has more negative impacts than positive ones. 我认为科技的负面影响大于正面影响。
2. Some people argue that students should be allowed to use mobile phones at school. What's your opinion? 有些人认为学生应该被允许在学校使用手机，你怎么看？
3. On the contrary, I believe that hard work is the key to success, not talent alone. 相反，我认为努力工作是成功的关键，而不仅仅是天赋。
4. I understand your point, but don't you think we should consider the cost? 我理解你的观点，但你不觉得我们应该考虑成本吗？
5. My opponent's argument lacks solid

- punished. 如果你违法，就会受到惩罚。
6. The company has strict rules about punctuality. 公司对守时有严格规定。
7. I'm not sure if this action is legal. 我不确定这个行为是否合法。
8. We need to follow the rules of the game. 我们需要遵守游戏规则。
9. The law prohibits discrimination in employment. 法律禁止在就业方面存在歧视。
10. The police are responsible for enforcing the law. 警察负责执法。

- evidence. 我对手的论点缺乏确凿证据。
6. We can't ignore the fact that environmental protection is urgent. 我们不能忽视环境保护刻不容缓这一事实。
7. I'd like to counter your statement with some real - life examples. 我想用一些实际生活中的例子来反驳你的说法。
8. His view is one - sided. We need to look at the issue from multiple perspectives. 他的观点很片面，我们需要从多个角度看待这个问题。
9. The core of our debate is whether we should invest more in space exploration. 我们辩论的核心是是否应该在太空探索上投入更多。
10. I stand firm in my belief that education should be free for all. 我坚定地认为教育₁

应该对所有人免费。

四十五、未来展望

1. I hope to travel around the world in the future. 我希望未来能环游世界。
2. In the coming years, I think technology will develop at an even faster pace. 在未来几年，我认为科技将以更快的速度发展。
3. I'm looking forward to starting my own business someday. 我期待有一天能创办自己的企业。
4. What do you think the future of transportation will be like? 你认为未来的交通会是什么样？
5. I believe that in the future, people will pay more attention to mental health. 我相信未来人们会更加关注心理健康。
6. The future of renewable energy looks promising. 可再生能源的未来看起来很有前景。
7. I plan to further my studies abroad in the near future. 我计划在不久的将来出国留学深造。
8. Maybe one day, we will be able to colonize other planets. 也许有一天，我们能够在其他星球上开拓殖民地。
9. I'm optimistic about the future of our society. 我对我们社会的未来持乐观态度。
10. The next generation will face new challenges and opportunities. 下一代将面临新的挑战 and 机遇。

四十六、回忆往昔

1. Remember the first time we met? It was at a concert. 还记得我们第一次见面吗？那是在一场音乐会上。
2. I often look back on my childhood with fond memories. 我常常带着美好的回忆回顾我的童年。
3. We had so much fun during our college days. 我们大学时光玩得很开心。
4. That trip to the mountains was an unforgettable experience. 那次山区之旅是一次难忘的经历。
5. I used to play football with my friends every weekend when I was young. 我小时候每个周末都和朋友们一起踢足球。
6. The old house where I grew up was full of memories. 我长大的那座老房子充满了回忆。
7. Thinking back, I realize how much I've changed over the years. 回想起来，我意识到这些年来我改变了很多。
8. I cherish the memories of spending time with my grandparents. 我珍惜和祖父母共度时光的回忆。
9. Do you still remember the song we used to listen to all the time? 你还记得我们以前经常听的那首歌吗？
10. Those were the good old days. 那些是过去的美好时光。

四十七、假设与虚拟

1. If I had enough money, I would buy a big house. 如果我有足够的钱，我会买一栋大房子。
2. What would you do if you won the lottery? 如果你中了彩票，你会怎么做？
3. If it were not for his help, I couldn't have finished the project on time. 要不是他的帮助，我不可能按时完成这个项目。
4. I wish I could speak fluent French. 我希望我能说一口流利的法语。

5. Suppose you were in my position, what would you do? 假设你处在我的位置, 你会怎么做?
6. If I were you, I would take this opportunity. 如果我是你, 我会抓住这个机会。
7. She acts as if she knew everything. 她表现得好像什么都知道。

四十八、语言学习

1. Learning a new language is not easy, but it's rewarding. 学习一门新语言不容易, 但很有收获。
2. I'm having trouble with grammar. Can you give me some tips? 我语法有困难, 你能给我一些建议吗?
3. What's the best way to improve my listening skills? 提高听力技能的最佳方法是什么?
4. I try to practice speaking English with native speakers whenever I can. 我尽可能地尝试和以英语为母语的人练习说英语。
5. Reading English books is a great way to expand your vocabulary. 读英语书是扩大词汇量的好方法。

四十九、商品评价

1. I bought this product last week, and I'm really impressed with its quality. 我上周买了这个产品, 其质量给我留下了深刻印象。
2. The design of this phone is very sleek, but the battery life is disappointing. 这款手机的设计很时尚, 但电池续航令人失望。
3. This brand of coffee has a rich flavor and a pleasant aroma. 这个品牌的咖啡味道浓郁, 香气宜人。
4. I've been using this laptop for a month, and so far, it's been very reliable. 我用这台笔记本电脑一个月了, 到目前为止, 它

8. If only I had studied harder in high school. 要是我在高中时学习更努力就好了。
9. Had I known the truth earlier, I would have made a different decision. 如果我早点知道真相, 我就会做出不同的决定。
10. I would go for a picnic if the weather were fine tomorrow. 如果明天天气好, 我就去野餐。

6. I'm considering taking a language course to enhance my language proficiency. 我在考虑参加一个语言课程来提高我的语言能力。
7. How long have you been learning Chinese? 你学中文多久了?
8. I find it difficult to remember new words. Do you have any tricks? 我觉得记新单词很难, 你有什么窍门吗?
9. Using language learning apps can be very helpful. 用语言学习应用程序会很有帮助。
10. The more you practice, the better your language skills will be. 你练习得越多, 你的语言技能就会越好。

非常可靠。

5. The price of this dress is a bit high, but it's made of high - quality materials. 这条裙子价格有点高, 但它是用高品质材料制作的。
6. The service of this online store is excellent. They replied to my inquiry very quickly. 这家网店的服务非常好。他们很快就回复了我的咨询。
7. I'm not satisfied with the size of this shirt. It runs a bit small. 我对这件衬衫的尺码不满意。它有点偏小。
8. This TV has a great picture quality, but it

the sound could be better. 这台电视画面质量很棒，但声音可以再好些。

9. The durability of this product is remarkable. It has withstood a lot of wear and tear. 这个产品的耐用性很出色。

五十、情感与人际关系

1. I'm really grateful to have such a supportive friend like you. 有你这样一个支持我的朋友，我真的很感激。
2. I'm in a bit of a conflict with my roommate. We have different living habits. 我和室友有点矛盾。我们生活习惯不同。
3. She has a warm heart and always makes people around her feel comfortable. 她心地善良，总是让周围的人感到舒适。
4. I'm falling in love with him gradually. He's so charming. 我渐渐爱上他了。他太有魅力了。
5. Our friendship has gone through a lot, but it remains strong. 我们的友谊历经了许多，但依然坚固。
6. I'm really hurt by what he said. He didn't

五十一、商业与经济

1. The market for electric cars is growing rapidly. 电动汽车市场正在迅速增长。
2. Our company is facing tough competition from rival firms. 我们公司正面临来自竞争对手的激烈竞争。
3. The economic situation is unstable, so we need to be cautious with our investments. 经济形势不稳定，所以我们投资要谨慎。
4. They're planning to expand their business overseas. 他们计划在海外拓展业务。
5. The government's new policies have a significant impact on the economy. 政府

它经受住了大量的磨损。

10. I would recommend this product to others. It's really worth buying. 我会向其他人推荐这个产品。它真的值得购买。

mean to be so harsh. 他说的话真的伤了我。他并非有意如此刻薄。

7. I'm trying to mend my relationship with my parents. We had a big argument last week. 我在努力修复和父母的关系。上周我们大吵了一架。
8. She's jealous of her sister's success. It's affecting their relationship. 她嫉妒妹妹的成功。这影响了她们的关系。
9. I feel a deep connection with her. We seem to understand each other without words. 我和她有一种很深的默契。我们似乎无需言语就能理解对方。
10. Building good relationships requires mutual respect and understanding. 建立良好的人际关系需要相互尊重和理解。

的新政策对经济有重大影响。

6. The cost of raw materials has increased, which has led to a rise in product prices. 原材料成本增加，导致产品价格上涨。
7. We need to conduct a market research before launching a new product. 在推出新产品之前，我们需要进行市场调研。
8. The company's profits have been declining in recent quarters. 公司近几个季度的利润一直在下降。
9. Small businesses play a crucial role in the local economy. 小企业在当地经济中起着至关重要的作用。
10. The trade deficit has become a major

concern for the country. 贸易逆差已成为

该国的一个主要担忧。

五十二、教育与成长

1. A good education can open up many opportunities for your future. 良好的教育能为你的未来开启许多机会。
2. The education system in this country is undergoing reform. 这个国家的教育体系正在进行改革。
3. I learned a valuable lesson from that experience. It helped me grow. 我从那次经历中学到了宝贵的一课。它帮助我成长。
4. Teachers should not only impart knowledge but also cultivate students' creativity. 教师不仅要传授知识，还要培养学生的创造力。
5. Extracurricular activities are an important part of a child's education. 课外活动是孩子教育的重要组成部分。
6. I'm self - studying to improve my professional skills. 我在自学以提高我的专业技能。
7. The quality of education in rural areas needs to be improved. 农村地区的教育质量需要提高。
8. Lifelong learning is essential in the rapidly changing modern world. 在快速变化的现代世界，终身学习至关重要。
9. He received a well - rounded education, which made him a versatile person. 他接受了全面的教育，这使他成为一个多才多艺的人。
10. Education is the key to breaking the cycle of poverty. 教育是打破贫困循环的关键。

五十三、文化差异

1. In some cultures, it's polite to take off your shoes before entering a house, while in others, it's not necessary. 在一些文化中，进屋前脱鞋是礼貌的，而在其他文化中则没有必要。
2. The concept of personal space varies greatly among different cultures. 不同文化中对个人空间的概念差异很大。
3. Gift - giving customs are quite different in Western and Eastern cultures. 西方和东方文化中的送礼习俗有很大不同。
4. In my culture, we value family bonds very highly. How about yours? 在我的文化中，我们非常重视家庭纽带。你们的文化呢？
5. Cultural differences can sometimes lead to misunderstandings in communication. 文化差异有时会在交流中导致误解。
6. Learning about cultural differences can broaden your horizons. 了解文化差异可以拓宽你的视野。
7. Some cultures have a more direct communication style, while others are more indirect. 一些文化的沟通方式更直接，而另一些则更含蓄。
8. When traveling abroad, it's important to respect the local culture and traditions. 出国旅行时，尊重当地文化和传统很重要。
9. The way people celebrate festivals reflects their unique cultural identities. 人们庆祝节日的方式反映了他们独特的文化身份。
10. We should embrace cultural differences and learn from each other. 我们应该接纳文化差异并相互学习。

五十四、自然与动物

1. The beauty of nature always amazes me. The mountains, the forests, everything is so wonderful. 大自然的美总是让我惊叹。山脉、森林，一切都如此美妙。
2. Many species of animals are endangered due to habitat destruction. 由于栖息地遭到破坏，许多动物物种濒临灭绝。
3. I love watching birds. They have such beautiful plumage and songs. 我喜欢观察鸟类。它们有着如此美丽的羽毛和歌声。
4. The waterfall is a magnificent natural wonder. 瀑布是壮丽的自然奇观。
5. We need to protect the natural environment to ensure the survival of wild animals. 我们需要保护自然环境，以确保野生动物的生存。
6. The ocean is home to a vast variety of marine life. 海洋是各种各样海洋生物的家园。
7. Have you ever seen a shooting star? It's a magical natural phenomenon. 你见过流星吗？那是一种神奇的自然现象。
8. Some animals hibernate during the winter to conserve energy. 一些动物在冬天冬眠以保存能量。
9. The changing seasons bring different sceneries in nature. 季节的变换给大自然带来不同的景色。
10. We should not hunt wild animals for sport or profit. 我们不应该为了娱乐或利益而猎杀野生动物。

五十五、日常生活琐事

1. I need to do the laundry today. The clothes basket is full. 我今天得洗衣服了，洗衣篮都满了。
2. I have to mow the lawn this weekend. It's getting too long. 我这个周末得修剪草坪了，草长得太长了。
3. Don't forget to take out the trash before you leave. 出门前别忘了倒垃圾。
4. I spent the whole morning cleaning the house from top to bottom. 我花了一上午把房子彻底打扫了一遍。
5. I need to iron my shirt for the meeting tomorrow. 我得把明天开会穿的衬衫熨一下。
6. Can you help me fix the leaky faucet? 你能帮我修一下漏水的水龙头吗？
7. I lost my keys again. I'm always so forgetful. 我又把钥匙丢了，我总是这么健忘。
8. I have to run some errands this afternoon, like going to the post office and the grocery store. 我今天下午得去办些事，比如去邮局和杂货店。
9. I need to change the sheets on my bed. They're dirty. 我得换一下床上的床单，它们脏了。
10. I'm trying to organize my closet. It's a complete mess. 我在试着整理我的衣柜，里面乱成一团了。

五十六、休闲娱乐

1. I often watch TV series in my free time. It's a great way to relax. 我空闲时间经常看电视剧，这是放松的好方法。
2. We went to the amusement park last weekend. The roller coaster was so exciting. 我们上周末去了游乐园，过山车

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