

精品学习资源复习备考宝典

——考前迅速提升——

（辅导资料、习题资源、知识点训练等）

Key Words & Expressions of Text B

Unit 1

1. **outlook** *n.* [usually sing.] the attitude to life and the world of a particular person, group or culture
人生观；世界观 (Para. 1)

e.g. He had a practical outlook on life.

他的人生观很实际。

Exercise will improve your looks and your outlook.

运动将会改善你的外在形象和人生态度。

2. **optimism** *n.* [U] a feeling that good things will happen and that sth will be successful; the tendency to have this feeling 乐观；乐观主义 (Para. 1)

e.g. There was a note of optimism in his voice as he spoke about the company' s future.

谈到公司的未来，他语气里带着乐观情绪。

Judging from your examination results, I think you have reason for cautious optimism about getting a university place.

从你的考试成绩来看，我认为你对是否被大学录取需要持谨慎的乐观态度。

3. **symptom** *n.* a change in your body or mind that shows you are not healthy 症状 (Para. 3)

e.g. He' s complaining of all the usual flu symptoms — a high temperature, headache and so on.

他诉称自己有高烧、头痛等一切常见的流感症状。

Look out for symptoms of depression.

留心看有无抑郁症状。

4. **setback** *n.* a difficulty or problem that delays or prevents sth, or makes a situation worse 挫折；阻碍 (Para. 3)

e.g. Sally had been recovering well from her operation, but yesterday she experienced a setback.

莎莉手术后一直恢复良好，但昨天她的病情再度发作。

There has been a temporary setback in our plans.

我们的计划遭到了暂时的挫败。

5. **far-reaching** *a.* likely to have a lot of influence or many effects (影响) 深远的；广泛的 (Para. 3)

e.g. These new laws will have far-reaching benefits for all working mothers.

这些新法律影响深远，将惠及所有在职母亲。

The intimacy between man and Nature began with the birth of man on the earth, and becomes each century more far-reaching.

人与自然的亲密关系从人类诞生在地球上就开始了，并且随着时间变得愈发深远。

6. **frame** *vt.* to express sth in a particular way (以某种方式) 表达 (Para. 4)

e.g. The interview would have been more productive if the questions had been framed more precisely.

如果当时问题提得更确切些，采访就会更有成效。

You' ll have to be careful how you frame your experience.

对于如何讲述你的经历，你得慎重。

7. **immune** *a.* of or relating to the body' s ability to avoid or not be affected by disease 免疫的 (Para. 5)

e.g. Most people who have had chicken pox once are immune to it for the rest of their lives.
大多数出过水痘的人终生都对此病具有免疫力。

He seems to be immune to colds — he just never gets them.
他好像对感冒具有免疫力——他从不感冒。

8. **ward off** to protect or defend yourself against danger, illness, attack, etc. 抵御（危险、疾病、攻击等） (Para. 5)

e.g. If you do it right, you can ward off post-vacation depression, too.
如果你做得对，你也能避免假期后抑郁症。
Don't forget to ward off the mosquitoes.
别忘记驱蚊。

9. **unrealistically** *ad.* in a way that does not show or accept things as they are 不切实际地；不现实地 (Para. 7)

e.g. Our expectations have become unrealistically high.
我们的期望已经高得不切实际。
Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love.
健康的饮食不是指严格的营养哲学、不切实际的瘦身或是不吃自己爱吃的食物。

10. **upsetting** *a.* making you feel unhappy, anxious or annoyed 令人不快（或忧虑、苦恼）的 (Para. 8)

e.g. Seeing her again would be an upsetting experience after so many years.
时隔这么多年再见到她将是一次令人不快的经历。
We heard some upsetting news.
我们听到了让人不快的新闻。

11. **harsh** *a.* cruel, severe and unkind 残酷的；严厉的 (Para. 8)

e.g. The children had had a harsh upbringing.
孩子们的家教很严。

We thought the punishment was rather harsh for such a minor offence.
我们认为对这样的小错而言，这种惩罚太严酷了。

12. **judgmental** *a.* tending to judge people too quickly and critically 动辄评头论足的；妄加批评的 (Para. 8)

e.g. I'm trying not to be judgmental about my daughter's new boyfriend.
我努力不对我女儿的新男朋友品头论足。
They are not judgmental or impatient.
他们从不妄议别人或者不耐心。

13. **identify** *vt.* to recognize sb/sth and be able to say who or what they are 确认；认出 (Para. 9)

e.g. Even the smallest baby can identify its mother by her voice.
就连年龄最小的婴儿也能根据声音分辨出自己的母亲。
The research will be used to identify training needs.
该研究将用来确定培训的需求。

14. **suspend** *vt.* to officially stop sth from continuing, especially for a short time 暂停；中止 (Para. 9)

e.g. The ferry service has been suspended for the day because of bad weather.
因为天气恶劣，渡船服务暂停一日。
I'm suspending judgment on the book until I've finished it.

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