第一天

1 依靠：rely on, depend on, reliance on, be based on, draw on, underlie, place great importance on, standard of…  
  
2 恰当的：suitable, appropriate, proper, if necessary, （反义）inappropriate, hard, difficult   
  
3 停止：stop, halt, pause, prevent, hinder, hamper, impede  
  
4 祖先：ancestor, early tribes, early generation, early incarnation, forebear, forefather, predecessor, the past  
  
5 居民：inhabitant, resident, citizen, civilian, occupant, dweller, native/local/indigenous people, community

第二天

①不同的：distinct, distinctive, differing, different, distinction, difference  
  
②气味：smell, scent, aroma, odour(odor), olfaction  
  
③导致：prompt, cause, lead to, result in, contribute to, trigger, engender, as a result  
  
④由于：because of, due to, result from, thanks to, as a result of  
  
⑤病：medical conditions, medical complaints, medical problems, illness, disease, disorder, physical discomfort, syndrome

第三天

①大：huge, large, vast, giant, gigantic, titanic, tremendous, massive, immense, enormous, significant, immeasurable, colossal, big  
  
②成功：success, achievement, attainment, performance, accomplishment  
  
③使用：use, exert, utilise, manipulate, take advantage of, harness, employ, exploit  
  
④否定：little, barely, hardly, scarcely, rarely, seldom, merely = NO  
  
⑤区分：distinguish, differ, differentiate, discriminate, recognise, realise, tell the difference between A and B, tell, divide, fork, split

第四天

①现实可行的：realistic, valid, viable, practical, feasible, achievable   
  
②（创造）术语：coin, known as, name, call, refer to(as), describe, talk about, term   
  
③表示并列：and, as well as, in addition(to), besides, other than, along with, accompanying, coupled with, apart from, not only…but also…  
  
④寿命：life expectancy, longevity, life time, life span(lifespan), live long, human life  
  
⑤限制：limited, restricted, minimal, confined, constricted, restrained

第五天

①相似的：similar, resemble, like, look like, be compared to, same in essence（注意：不能和same替换）  
  
②损伤：impair, damage, destroy, deteriorate, weaken, worsen  
  
③建立，开始：establish, create, introduce, launch, initiate, embark, start, begin, found  
  
④下降：downward, not rising, fall, diminish, decline, slow, decrease, slump, crash, reduce, drop, vanish  
  
⑤上升：upward, rise, raise, increase, soar, higher, growth, heightened

第六天

①改变：change, alter, shift, transform, convert, revise(revision), never be the same again, low/high, fast/slow, more/less  
  
②重要的：important, key, critical, crucial, essential, necessary, paramount, momentous, indispensable, vital, principal, significant  
  
③发达的：developed, advanced, improved, perfected. expanded, sophisticated, complicated, perfect  
  
④表明：show, suggest, demonstrate, illustrate, indicate  
  
⑤技巧：skill, technique, practice, ability, capacity, capability, faculty, feat  
  
⑥可能性：potential, chance, likelihood, possibility, odd, prospect, be liable to, could/perhaps/maybe

第七天

①模仿：emulate, mimic, imitate, reproduce, duplicate, replicate, forge, copy  
  
②代替：replace, take over, supersede, substitute, later, instead of, take the place of, rather than, more advanced A…the earlier B/ A than B (比较关系)  
  
③合法的：legal, lawful, justified, legitimate   
  
④复杂的：complex, sophisticated, complicated, compound, comprehensive, puzzled, ambiguous  
  
⑤通过：by…, by means of, by way of, via, through, as the means of, rely on, depend on, resort to; cite, quote

第八天

①标准：criteria, norm, rule, standard, formulate, formulation, prescribe, prescription, provision  
  
②解决：deal with, cope with, solve, resolve, dispose  
③环保：low-carbon, eco-friendly, environmental-friendly, economical  
  
帮大家串一下题目看到污染可能原文的表述方式  
  
Ps: 这就是我给大家说的做题该有的思路，阅读想快速提分，需要带着你们训练的就是这个东西！  
  
污染相关的表达：pollution, environmental cost, physical conditions (C12 65)  
污染的种类：  
land土地污染：laid waste遍布废料（C11 20） unwanted（C7 68）  
materials 原材料污染：chemicals, pesticides, fertilizers, fungicide  
water 水污染：open water( water source: lake, river, sea loch)  
air空气污染：greenhouse gases(carbon dioxide, methane), sulfur, nitrogen  
  
什么导致的污染：  
fossil based fuel: coal, firewood, oil, petrol  
如何解决污染：  
non-fossil based fuel: renewable/sustainable/clean energy

第九天

①分开：separate, divide, isolate, insulate, independent, inaccessible  
  
②快/立即：rapid, swift, prompt, quick, sharp, sudden, immediate  
  
③忍受：tolerate, put up with sth, accept, bear, stand, endure, withstand, weather   
  
④破坏：damage, destroy, ravage, demolish, wreck, devastate, obliterate, flatten, ruin  
  
⑤转折： though, although, in spite of, despite, while, even, yet, nonetheless, nevertheless, ironically, but, however

第十天

①骤减：slump, plummet, plunge, dive, crash, fall, drop  
  
②严峻：hardship, collapse, tough, demanding, severe, serious, deteriorate, strict, burdensome, rigid, rigorous, arduous, exacting  
  
③停止：curb, confine, restrict, constrict, ban, bar, prohibit, prevent, forbid, deter, proscribe, do not allow, do not permit, stop, halt   
  
④消失：perish, vanish, disappear, eradicate, eliminate, turn off, die out, extinct(extinguish), exterminate, wipe off  
  
⑤条件： if/whether, while/once/when, with/without, after, unless

第十一天

①句子中出现没什么用的词：find, claim, illustrate, suggest, trace, uncover, figure out, work out, demonstrate, show, indicate, argue, conclude, belief, assert, consider, reveal, observe, convince, take into  
  
②著名：（好）famous, well-known, outstanding, legendary, prominent, eminent, renowned, popular, prevailed(prevail, prevalence)   
（坏）notorious（notoriety）, infamous  
  
③展望：future, potential, possibility, underlying, has far to go, hope, with, will do sth   
  
④相同：as…as, same, equal to  
  
⑤结果：in the end, in final, finally, at last, consequence, conclusion, eventually, ultimately

第十二天

①来源：come form, stem from, originate from, derive from, root in, begin with, at the outset  
  
②古代：ancient, older, earlier, in the past, centuries ago, ancestor, antique, prior to, precedent, beforetime, fossil   
  
③感知：perceive, sense, know, aware, conscious, realise, recognise  
  
④猜想：presume, assume(assumption), reckon, estimate, assess, hypothesis  
  
⑤分析（测试）：analyse, examine, test, detect, experiment, research, study, survey, investigation(investigate), trial

第十三天

①修改：proofread, revise, alter, amend, correct, improve, rewrite, adjust, modify, adapt  
  
②改变：change, alter, shift, transform, convert, turn  
  
③可能：possible, probably, predictable, expected, foreseeing, inevitable, anticipate, unavoidable, be likely to   
  
④主要/重要/基本/首要：(不分词性)main, primary, prime, principal, dominant, dominate, predominant, predominate, core, elemental, central, key, important, magnificent, significant, considerable, crucial, vital, critical, chief, leading, basic, underlying, fundamental, give priority to, initial, original  
  
（“副词”常见）：mainly, originally, primarily, principally, initially   
  
⑤多：various, different, versatile, many, much, diversity(diversified), massive, numerous, considerable, several, all-around, many-sided, a raft of, a variety of, a lot of, lots of, a kind of, kinds of, plenty of, a scale of, a range of, a host of, a mass of, an amount of, amounts of, a couple of, a great deal of, sorts of, a number of, a load of, loads of

第十四天

①充足，大量，繁荣：adequate, abundant, sufficient, enough, prosper(prosperous prosperity), nourishing(nourish nourishment), flourishing(flourish), thriving(thrive), booming  
  
②发展（提高）：evolve, develop, upgrade, progress, advance, grow, promote, improve, boost, encourage, increase  
  
③超过：exceed, transcend, over, beyond, in excess of, surpass, overtake, more than  
  
④强调：furthermore, what's more, moreover  
  
⑤因果关系：  
Ⅰ. 原因和结果中至少有一边是完整句:   
   因为：because, since, thanks to, owing to, due to, as  
   所以：therefore, so, as the result, hence, thus, inconsequence  
Ⅱ. 原因结果是一句话： 原因是主语；结果是宾语:   
cause, affect, trigger, help, encourage, stimulate, result, determine, lead to, pose to, have impact on, have effect on, have responsibility of, be responsible for, be/become the forcing house of, play a role in