

## Tara 老师的口语文本+音频资料

请学生找到对应音频 循环收听 努力脱稿影子跟读

### 健康

Disease 和 illness 的区别是？

首先，两者紧密相。Disease 是具体的疾病，感染、发炎、中毒、受伤等；而 illness 往往是有 disease 引发的患者自身的主观病痛感受，疼痛、不适、疲劳等。“Disease is something that needs to be cured, such as infection, injury, toxic exposure, etc. Illness is something that needs to be managed such as feelings of pain, discomfort, distress, weakness, fatigue, etc.”

#### 1. 感受类描述：

- I'm feeling ill/sick/awful/miserable/dizzy (头晕) /drowsy (昏昏欲睡的) /fatigue (疲劳的) /extremely tired. (进行时、现在时、过去时，都可以使用，看具体语境)

- I'm not feeling well today/ I'm feeling unwell (形容不出来具体什么情况的时候使用)

- I feel a cold/ a flu is coming on.

to feel sth. is coming on: 感觉到自己要生病了

- 俚语: I'm (feeling) under the weather today. (有点小小的不舒服，甚至可以是情绪上的低落 feeling low. 经常是西方人放鸽子时使用的借口)

- 俚语: I feel a little off colour. (同上，也是一个俚语)

- 俚语: I'm sick as a dog. (病得像一条狗一样)

- I'm not myself today. (情绪上不对劲，感觉不是自己了)

- have sth.: 生病用的动词是 have

have a headache/a stomach ache/a cold/a fever/a cough (咳嗽) /a sore throat (嗓子疼) / a pulled muscle (肌肉拉伤) / muscle strains (肌肉拉伤) / ...

sth. hurts: 疼痛用的动词是 hurt

My eyes hurt/ my arm hurts/ my leg hurts/ my skin hurts.

或者 have/feel pain:

I have pain in my eyes/ in my back/in my (right/left) arm/...

I feel a sharp pain in my knees.

I'm in a lot of pain.

sore: 酸痛的 "I have a sore throat."

stiff: 僵直的 "My neck is very stiff and sore today."

itchy: 痒的 "I have itchy eyes."

"I have a rash (疹子) on my arm. It's really itchy."

## 2. 常见的感冒症状和表达:

have: a stuffy nose (鼻子不通) / a runny nose (流鼻涕) / a sore throat (嗓子疼) / a sore body (身体酸痛) / a (chesty) cough (咳嗽) / a (splitting) headache (加 splitting 表示特别严重的头疼, 脑仁炸裂) / a fever/ a temperature (和 fever 一样, 都是发烧) / a migraine (偏头疼) /

sneeze (打喷嚏) : I can't stop sneezing.

俚语: I have a frog in my throat. 嗓子不舒服 有痰、嘶哑。= sore throat

A throat drop

3. 常见的恶心想吐的表达: I feel nauseous/ I feel sick (sick 可以是想吐, 也可以是感到很反感, 也可以是不舒服, 不一定单纯指代想吐)

I feel like throwing up/puking/vomiting. (想吐, 马上就要吐出来的感觉)

俚语: I puked my guts out yesterday. (把内脏都吐出来了, 很严重的吐)

4. 常见的拉肚子症状和表达:

get/ have food poisoning: 食物中毒

have diarrhea: 拉肚子

get an upset stomach: 比较模糊, 很客气的说法, 可能拉稀, 但也可能只是肠胃不舒服

get a stomach bug: 也是客气+模糊的表达, 同上

get the runs: 非正式, 和朋友可以用, 考试别用

Something I ate disagreed with me: 很含蓄的表达, 非常好

I'm having a bad cramp because of the period.

5. 去看医生时的表达:

- go to the doctor/ visit the doctor

- symptoms: 症状

- diagnose: 确诊 "Tests are used to help diagnose the health problem."

make a diagnosis: 也是确诊 (动名词词组)

- tests: 测试 "We need to run some tests."

blood test (血检) / urine test (尿检) / ultrasound (B 超) / X-rays (X 光)

-prescription drugs: 处方药

“My doctor prescribed (动词词性) some antibiotics (抗生素) for me.”

-OTC drugs: over-the-counter drugs 非处方药

-cavity 蛀牙 I have a cavity. I need to go to the dentist.

I hate going to the dentist. I only ever go if I have a bad toothache so it usually means I have to have a filling (补牙) or even have a tooth out (拔牙).

-Do you have any allergies? 你有任何过敏吗?

be allergic to sth.: I'm allergic to...

-What are my options for treatment? 我的病有几种治疗方案?

-Do I need surgery? 我需要做手术吗?

注意: surgery 为不可数

-I'm going to have surgery tomorrow.

或者 I'm going to have an operation tomorrow.

-anesthesia: 麻醉 general anesthesia: 全身麻醉

-get anesthesia/ go under anesthesia

或者更简单的说法: put someone under

I was put under before the surgery. / The doctor put me under before the surgery.

## 6. 和健康有关的俚语

① as fit as a fiddle 倍儿健康 very very healthy/ to be in excellent physical condition

I'm feeling as fit as a fiddle.

my grandfather is 94 years old but generally he's as fit as a fiddle.

② alive and kicking 生龙活虎

**My grandmother is still alive and kicking at 89 years old. She never slows down!**

**③ under the weather 身体欠佳**

**I'm a bit under the weather now. I won't come to your party tonight.**

**④ to be back on one's feet 身体恢复**

**The surgery was tough. But it's great to be back on my feet!**

**⑤ full of beans 状态特别好、精神十足**

**I'm feeling full of beans today!**

**⑥ in the pink of health=in very good health**

**It's so good to see you in the pink of health again!**

**⑦ have a frog in throat 嗓子不舒服、嘶哑**

**I'm tired of feeling like I've a frog in my throat. I can barely talk.**

**⑧ on the mend 恢复健康中**

**My uncle had a flu, and he's on the mend now.**

## **天气**

### **1. HOT:**

**-It's scorching hot outside/today! It's a scorcher!**

**-It's baking!**

**-It's roasting!**

**-It's boiling!**

-This room is like an oven!  
-It's so hot you can fry an egg on the stone!  
-We are experiencing/having a heat wave.  
-It's like a sauna in here!  
-It's like an oven in here!  
-It's suffocating in here!  
-It's very humid! 闷热的  
-It's sticky! 粘呼呼的  
-It's muggy! 闷热的  
-It's sweltering! 闷热的  
-balmy 温和湿润 pleasantly warm.  
-I'm sweating like a pig!  
-I'm burning up!  
-I'm boiling!  
-I'm sweltering  
-I'm roasting  
-It's so hot, I think I'm going to faint / pass out!

-to catch the sun / to catch some rays

to go outside and enjoy the sunshine

-Sun screen / sun lotion / sun tan lotion

-Sunbathe – to lie in the sun deliberately (usually with the aim of getting a tan)

-Sun tan / tanned skin / a tan

Welcome back! Woo! You've got a nice tan!

- Sunburn: get a sunburn/ get sunburned

To be as red as a lobster – to be sunburned

## 2. COLD:

-Cool (adj) – mildly cold (cool air can often be pleasantly refreshing)凉爽

-Chilly (adj) – quite cold (非冬季的) 小冷

-Crisp (adj) – quite cold 同上

-Brisk – cold 冷飕飕的 A brisk wind

-Freezing (adj) – very cold 超级冷

-Biting (adj) – extremely cold 超级超级冷

It's biting cold outside!

-Bitter (adj) – extremely cold

It's bitterly cold!!

-There's a nip in the air! 凌冽

It's nippy outside!

-a cold snap 骤冷 (短暂的)

Winter here is quite mild, with occasional cold snaps.

There was a cold snap last night.

-cold wave 寒流

We are having a cold wave.

-cold spell 一段时间很冷

We are in a cold spell.

-Bleak – cold, dull, unpleasant 无趣的、惨白的、冰冷的

**The weather is so bleak today.**

**In the winter, the landscape is bleak.**

### **3. 其他天气:**

**-Snowy (adj) a snowy day 下雪天**

**-Sleet (n./v.) 雨夹雪 It's sleeting outside.**

**-Frost (n./v.) 结霜**

**It frosted last night.**

**We had a heavy frost this morning.**

**-Drizzle (n./v.) 毛毛雨、下毛毛雨/ drizzly (adj)**

**She was soon soaked by a light drizzle.**

**It's drizzling outside.**

**-pouring 倾盆大雨 (pour 本身是倾倒的意思)**

**It's pouring outside.**

**类似的表达:**

**It's showering outside.**

**It's bucketing outside.**

**It's really coming down out there!**

**-Downpour/shower 急雨，雷阵雨，**

**We got caught in a downpour.**

**-Scattered showers 零星阵雨**

**The weather forecast calls for scattered showers.**

-Sunny, cloudy, gloomy, windy, foggy, hailing (下冰雹的) ,

Weather 除了具体晴天雨天, 还可以是: dry/ wet weather; hot/ cold weather; hot and humid

-What's the weather like in your country?

-It's quite changeable (多变) really. We have periods of time with clear blue skies then all of a sudden, we'll have torrential rain (暴雨=pouring rain/downpour) .

-My hometown is in the north of China. It gets really freezing cold during the winter, it snows a lot. But it's really cool to see the city covered in a blanket of snow.

#### 4. 气候:

My hometown has very mild/moderate climate all year round.

My hometown has nice weathers all year round.

Shanghai has four different/distinct seasons.

We have very mild winter.

## 环境

### 1. 常见的环境问题

-Air pollution, water pollution, river pollution, light pollution, noise pollution, soil pollution

-global warming, climate change, extreme weather, acid rain, greenhouse effect,

-deforestation 森林开采 (变成农田道路等) forest degradation 森林退化

Deforestation is destroying large areas of tropical rain forest.

- Recycle waste, garbage and recycling, disposable product, landfill, organic
- energy conservation, renewable energy, sustainable development,
- oil spills 石油泄漏 ,
- biodiversity 生物多样性

North America is losing biodiversity at a huge rate.

-Extinction is when a plant or animal species dies out completely ; and an endangered species is a type of plant or animal that is in danger of becoming extinct.

One big cause of extinction in Australia is introduced species. They're plants and animals that were brought to Australia by European settlers.

-Fossil fuels 石化燃料: energy resources like gas, coal and oil, that are formed from ancient living things.

-Carbon emissions; molecules which are created by burning fossil fuels.

-Natural disaster: an event in nature that causes a lot of damage. It could be an extreme weather event like a flood or a fire, an earthquake or volcanic eruption.

earthquakes, floods, tsunami 海啸, volcanic eruption, cyclone

- Man-made disaster

Throwing rubbish into the ocean causes water pollution.

Throwing rubbish into the ocean leads to water pollution.

Throwing rubbish into the ocean results in water pollution.

Burning fossil fuels can cause air pollution.

Burning fossil fuels can lead to air pollution.

Burning fossil fuels can result in air pollution.

Air pollution is caused by burning fossil fuels.

Air pollution is a result of burning fossil fuels.

**Air pollution is due to burning fossil fuels.**

**Air pollution is an effect of burning fossil fuels.**

**Air pollution is a consequence of burning fossil fuels.**

**-exhaust gases 汽车尾气**

**-animals under threat 受到威胁的动物**

**animals in danger, endangered animals/species**

**-iconic animals (标志性动物)**

**Gorillas, leopards, rhinos. They're now listed as endangered species. They are in danger thanks to us, in some of the cases, it is due to the loss of habitat (栖息地消失)**

**-hunting and poaching (偷猎)**

**- People in power, the government, local authority, pressure group, environmental agency**

**It's lucky we have lots of organisations that focus on wildlife conservation (野生动物保护) . Hopefully with their help we can put pressure on those in power to do something to stop creatures like these dying out (死绝) .**

**-Do you or your family take steps to help the environment?**

**My parents have always tried to make us aware of our impact on the environment (对环境的影响) . They're really into energy conservation (能源保护) , and always try to buy environmentally friendly (环境友好型的) products if they have the chance.**

**-Do you take an interest in nature?**

**Well, I'm more of city person, and I don't get back to nature (回归自然) very often, to be frank. But like everyone else, I'm fascinated by the natural world and I like**

**watching documentaries showing wild animals in their natural habitats (自然栖息地) .**

**-In which ways do we respond well to environmental problems? (面对众多环境问题，我们人类社会都是如何积极回应的? )**

**Well, there are various worldwide environmental agencies that are always providing humanitarian aid (人道主义救援) after natural and man-made disasters; and on the other hand, we have environmental pressure groups that are constantly raising awareness of issues.**