



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*

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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 from, 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, in consequence

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



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