

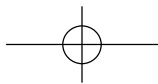
Part 1

老外最热聊的135个 日常生活话题

本部分真实再现了大量日常生活英语对话场景，同时收录了大量例句，深入分析日常交流时常用的经典表达，帮你从根本上掌握口语，继而灵活运用。此模块包含135个常用话题，囊括了日常生活英语方方面面的话题，堪称口语小百科。对话场景主题细分如下：

宅在家里	家庭关系	吃吃喝喝
便利生活	逛街购物	路上出行
有病就医	健康生活	品质休闲
爱的天地	缤纷校园	社交礼仪
情绪表达		





话题1 洗漱问题

洗漱通常是指洗脸、刷牙、洗澡、刮胡子，有些人有早晚洗漱的习惯，有些人只是早晨洗漱，根据个人习惯各不相同。

超经典给力

情景会话看这里 1 Conversation

A: Do you usually take a shower or bath?

B: I usually don't have time for a bath in the morning, so I just take a shower. Sometimes, I need a cold shower to wake me up and sometimes I need a hot one, especially if it's winter and I need to warm up.

A: Do you shave every morning?

B: I shave every workday, but I only shave at weekends if I'm going out somewhere. If I'm staying at home, I don't shave.

A: Do you brush your teeth twice a day as dentists recommend?

B: I do! I brush my teeth in the morning, just before I go to work. It's actually the last thing I do before leaving. Then I brush again before bed.

A: Your dentist must be proud of you!

A: 通常你是淋浴还是泡澡?

B: 早上我没时间泡澡，只是冲一冲。有时我需要冲凉水澡，让自己清醒。有时要热水，尤其是在冬天，我需要让自己暖和暖和。

A: 你每天早晨都刮胡子吗?

B: 在工作日我每天都刮，在周末如果我去哪儿的话就刮，如果在家就不刮。

A: 你是像牙医建议的那样每天刷两次牙吗?

B: 是的。早上上班前我会刷牙，事实上这是我出发前做的最后一件事。然后睡觉前再刷。

A: 你的牙医一定为你感到骄傲!

一句顶万句

换句话讲也可以 2 Useful Sentences

I need to have a shave before I go to work.

I can't bear going out without a brush.

I'm shaving.

My breath stinks.

I looked at myself in the mirror.

Do you usually shower or take a bath?

Do you shave every morning?

I need a cold shower to wake me up.

出门前我要修一下面。

我不能忍受不刷牙就出门。

我在刮胡子。

我的嘴很臭。

我照了照镜子。

通常你是洗淋浴还是泡澡?

你每天早晨刮胡子吗?

我需要冲个凉水澡让自己清醒。

拓展小天地

多学一点常用语 3 Words & Phrases

deodorant

除臭剂

take a shower

冲凉

mousse

摩丝

styling gel

发胶

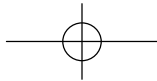
smoker's tooth paste

能去烟渍的牙膏

hair lotion

发乳





话题2 出门之前

家人出门之前通常要出门相送，询问当天的活动与回来的时间，嘱咐相关事宜，提醒要带的东西等等。



超经典给力

情景会话看这里 1 Conversation

A: What are you doing today?

B: We are having a track and field meet.

A: Are you gonna be late today?

B: No, I'll be home at the usual time.

A: What time are you coming back?

B: Around seven o'clock. Don't wait up for me.

A: It might rain today. Take your umbrella with you.

B: OK, I'm leaving. Bye, mom!

A: 今天你干什么?

B: 我们今天开运动会。

A: 你今天会回来得晚吗?

B: 不会，和往常一样。

A: 你几点回来?

B: 7点左右，不用等我了。

A: 今天好像要下雨，带上你的伞。

B: 好的，我走了。妈妈，再见！

一句顶万句

换句话也可以 2 Useful Sentences

Be careful about the traffic!

Remember to come back with some fruit.

Hurry up, or you'll miss the last bus.

Don't forget to take out the trash.

If you don't hurry, we'll be late.

Are you gonna be late today?

It might rain today.

Aren't you forgetting something?

小心路上的车！

记得带点水果回来。

快点，不然就赶不上最后一班车了。

别忘了扔垃圾啊。

你快点儿，我们快迟到了。

你今天会回来得晚吗？

今天好像要下雨。

没忘了什么东西吧？

拓展小天地

多学一点常用语 3 Words & Phrases

umbrella 雨伞

forget 忘记

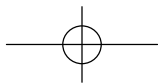
come back 回来

trash 垃圾

field meet 运动会

catch the bus 赶公交车





话题3 准备就寝

晚上人们习惯看一会电视，睡觉前要记得把电视关掉，检查门窗是否关好，还要洗漱。如果第二天有事的话通常要调好闹钟，或者要求家人叫自己起床。

超经典给力

情景会话看这里 1 Conversation

A: Time to go to sleep, Jack.

B: OK. Just a minute.

A: You left the TV on.

B: Sorry about that, mom.

A: Don't leave your stuff on the bed.

B: I will. Wake me up at 7 tomorrow.

A: Sure thing.

A: 该睡觉了，杰克。

B: 好的，马上就睡。

A: 你没关电视啊。

B: 对不起，妈妈。

A: 你别把东西都摊在床上。

B: 我这就收起来。妈妈，明天早上7点钟叫醒我。

A: 没问题。

一句顶万句

换句话也可以 2 Useful Sentences

Turn off the TV. It is time for bed.

You have to develop a habit of early hours.

If you miss it, you will be late for school.

Get straight into bed and have a good sleep.

Cover yourself up well.

Have you locked the door and closed the windows? 门窗关好了吗?

I am too tired today.

I am going to bed first.

You must get up early tomorrow morning to catch the school bus.

明天早晨你们必须早起赶校车。

别看电视了，该睡觉了。

你必须养成早睡早起的习惯。

要是你们赶不上，你们就会上学迟到。

马上下床好好睡一觉。

把被子盖好。

我今天太累了。

我先睡了。

拓展小天地

多学一点常用语 3 Words & Phrases

blanket

毛毯

brush one's teeth

刷牙

get the futon out

铺床

school bus

校车

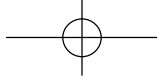
pillow

枕头

come back dead beat

筋疲力尽





话题4 家务劳动

家务劳动不仅使家庭关系和谐亲密，也提高个人的综合能力，大多数人都自己做家务劳动，很多孩子也自己整理房间、洗衣服，这也使得孩子的独立性增强。



超经典给力

情景会话看这里 1 Conversation

A: Is it your turn to wash the dishes?

B: No, I did it yesterday. It's Anna's turn today.

A: Anna is busy preparing for tomorrow's meeting. Can you help her out?

B: OK. But you should have your share of the housework too.

A: Sure, what do you want me to do?

B: Let me see. Dump the rubbish then.

A: 是不是轮到你洗盘子了?

B: 不是，我昨天洗了。今天轮到安娜了。

A: 安娜在忙着准备明天的会议。你能帮帮她的忙吗?

B: 好吧。但是你也要做你的那份家务。

A: 当然了，你想让我做什么?

B: 让我看看。那就倒垃圾吧。

一句顶万句

换句话也可以 2 Useful Sentences

Help me clean up the house.

It is your turn to wash clothes today.

Clean up your room.

Please mop the floor.

Please fold up the clothes.

Cook it over high heat.

I always help my mother do housework after school.

Each one of a family has the duty to do housework.

帮我打扫打扫卫生。

今天轮到你洗衣服了。

把你的屋子收拾收拾。

请拖一下地板。

请把衣服叠起来。

用高温煮。

放学后我经常帮妈妈做家务活。

每一个家庭成员都有义务做家务活。

拓展小天地

多学一点常用语 3 Words & Phrases

pigsty

脏乱的地方

fold up

折叠

mess

混乱，凌乱的状态

iron

熨，烫平

rubbish

垃圾

prepare for

准备

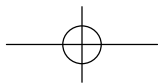
dust

除去...的灰尘

sweep

扫，清扫





话题5 我的邻居

在西方，邻里一般不乱串门，去朋友家也要预约。事实上，邻里之间不戒备、以邻为善、以邻为友、以邻为爱，这是任何社会任何居住环境都渴望的生活形态。

超经典给力

情景会话看这里 1 Conversation

- A: Excuse me, can these gloves be yours?
B: Oh, yes. Thank you.
A: I saw them in the phone booth immediately after you left.
B: I was in a great hurry, and I wasn't aware that I had left them behind.
A: My name is Frank Sullivan. I live in this apartment building. Do you live here, too? You must be new here.
B: Yes. I moved in only yesterday. My name is Alice.
A: So we're neighbors. Call me Frank. I live in No. 303, and you?
B: I live in No. 403.
A: How interesting! That's right over us. Why not drop in for a drink this evening? My wife Kathy would be most pleased to meet you. You can shoot the breeze with her. She is an easy-going person.
B: Thank you. I'd love to. See you in the evening then, Frank.
- A: 打扰了，这副手套是你的吗？
B: 哦，是的，谢谢你。
A: 你一离开电话亭，我就发现了。
B: 我很匆忙，没有意识到把他们落下了。
A: 我叫弗兰克·沙利文，住在这幢楼。你也住在这儿吗？你一定是刚来这儿吧。
B: 对，我昨天刚搬来。我叫艾丽斯。
A: 这么说我们是邻居了。叫我弗兰克好了。我住在303号，你呢？
B: 我住在403号。
A: 真巧！正好在我们楼上。今天晚上到我那儿喝点什么吧？我妻子凯西会非常高兴见到你的。你可以和她聊聊天。她是个很好相处的人。
B: 谢谢。好的。那么今晚见，弗兰克。

一句顶万句

换个话说也可以 2 Useful Sentences

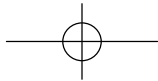
- I just met our new neighbors.
My neighbor is a man of highest virtue.
She petitioned her neighbor to turn down the radio.
She resigned her children to the care of a neighbor.
His neighbor is a doctor.
He lives somewhere in the neighborhood.
He has a very good neighbor.
- 我刚刚遇到我们的新邻居了。
我的邻居是一个品德高尚的人。
她请求邻居把收音机关小点声。
她委托邻居照顾她的孩子。
他的邻居是一个医生。
他住在附近某处。
他有一个好邻居。

拓展小天地

多学一点常用语 3 Words & Phrases

- | | | | | | | | |
|----------|----|----------|----|---------------|----|--------|-----|
| greening | 绿化 | dustman | 保洁 | real property | 物业 | cellar | 地下室 |
| garage | 车库 | elevator | 电梯 | stairs | 楼梯 | floor | 楼梯 |





话题1 家庭成员

介绍家庭成员通常要介绍家庭成员各是谁、年龄、住址、单位、兴趣爱好等。



超经典给力

情景会话看这里 1 Conversation

- A: Is this a photo of your family?
B: Yes, it is. It was taken two years ago.
A: You look so lovely.
B: Everyone is lovely with his family.
A: What does your mother do?
B: She is a teacher in a middle school.
A: Is she busy?
B: Yes, she is always very busy. We hope she can spend more time staying with us.
A: This must be your sister. What a pretty girl!
B: Pretty. She won the beauty contest in her college.
A: Who is that young man beside you?
B: He is my elder brother.
- A: 这是你家人的照片吗?
B: 是的。是两年前照的。
A: 你看上去很可爱。
B: 每个人和家人在一起的时候都很可爱。
A: 你母亲做什么工作?
B: 我母亲是一个中学教师。
A: 她很忙吗?
B: 是的, 她总是很忙。我们希望她能花更多的时间与我们在一起。
A: 这肯定是你姐姐。多漂亮呀!
B: 漂亮! 她是她们大学的选美冠军。
A: 你旁边的小伙子是谁?
B: 是我哥哥。

一句顶万句

换句话也可以 2 Useful Sentences

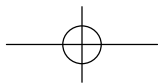
- When there is a family, there is a god.
East, west, home is best.
There is a skeleton in every house.
We can't live without our family.
My daughter gets my nose.
My mother is very gentle.
My younger brother is still at high school.
You can tell your family everything because they are like your best friends.
你可以向家人敞开心扉, 因为他们就像你最好的朋友一样。
We never know the love of the parents until we become parents ourselves. 养儿方知父母恩。
- 有家的地方就是天堂。
金窝银窝, 不如自家的草窝。
家家都有一本难念的经。
我们不能没有家。
我女儿的鼻子长得随我。
我的母亲非常温柔。
我弟弟还在上高中。
你可以告诉家人一切, 因为他们就像你最好的朋友一样。

拓展小天地

多学一点常用语 3 Words & Phrases

- | | | | |
|--------------|-----------|---------------|------------|
| apartment | 公寓 | business | 商业, 生意, 商店 |
| housewife | 家庭主妇 | parents | 双亲 |
| grandparents | 祖父母, 外祖父母 | be married to | 娶……, 嫁给…… |





话题2 代沟问题

代沟是子女在走向社会的过程中背离父母传授的原则、有了新的观念和见解，往往是因为年龄和时代造成的。因此父母和子女在相处的过程中要互相尊敬和理解，把彼此当作朋友会更容易和谐相处。

超经典给力

情景会话看这里 1 Conversation

- A: Why are you so depressed?
B: My parents always want me to do what they wish.
A: Oh, I have made sure that there is a generation gap between your parents and you.
B: What is the generation gap?
A: In fact, your parents understand you, too.
B: Why did you say there is a generation gap?
A: The point is that they usually find faults in you.
B: What you said is true.
A: In my opinion, your parents should treat you as a friend rather than a baby.
B: Therefore, I should respect my parents.
A: You can say that again.
- A: 你为什么不开心?
B: 我父母总是想让我做他们所希望的。
A: 噢，我确信你和父母之间有代沟。
B: 代沟是什么?
A: 事实上，你父母也理解你。
B: 你为什么说有代沟呢?
A: 关键是他们经常挑剔你。
B: 你说得对。
A: 依我看来，你父母对待你应像一个朋友而不是像一个孩子。
B: 所以，我应该尊重父母。
A: 你说对了。

一句顶万句

换句话也可以 2 Useful Sentences

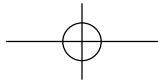
They can't understand my ideas. 他们不理解我的想法。
My father is a rigid and old-fashioned man. 我父亲很古板。
Because of generation gap, I always quarrel with my mother. 由于代沟问题，我经常和妈妈吵架。
The parents are trying to bridge the generation gap with their children. 父母都在设法弥合与儿女的代沟。
I am eighteen years old, but my parents always treat me as a little girl.
我已经18岁了，可是我的爸爸妈妈还是把我当小孩子看。
The generation gap makes it hard for children to relate to their parents.
代沟使得儿女们很难跟父母和睦相处。
My parents are kind and understanding. I don't think there is a generation gap between us.
我的父母和蔼并善解人意。我认为我们之间没有代沟。
For lack of knowledge about their children, some parents tend to project their wishful ideas on the children, thus widening the generation gap.
由于缺乏对孩子的了解，一些家长常常把自己的一厢情愿加在孩子身上，从而加大了代沟。

拓展小天地

多学一点常用语 3 Words & Phrases

bother	苦恼	forbid	禁止	interference	干涉
be anxious	担忧	harass	困扰	understand	理解





话题3 不想啃老

“啃老族”也叫“吃老族”或“傍老族”，他们并非找不到工作，而是主动放弃工作机会，闲在家，不仅衣食住行全靠父母，而且花销不菲。有些人却不甘心做个啃老族，或被人说成啃老族，于是自己搬出去，自己找工作，想要自食其力，证明自己的能力。



超经典给力

情景会话看这里 1 Conversation

- A: Mom, I want to move out.
B: Hey, sounds great to me, kid. What kind of job did you find?
A: Job?
B: Yes, job. If you're going to live on your own, you have to pay for rent and everything else.
A: I thought I could just get you and Dad to pay for an apartment. I found a cheap one.
B: When you move out, your father and I aren't paying for your rent, young man. Get a job.
A: You're right. If I'm going to live on my own, I have to be independent.
B: Well, the newspaper is over there. Look in the want ads, but I don't know what you're going to find without a college degree.
- A: 妈妈，我想搬出去住。
B: 嘿，听起来很不错，孩子，你找到了什么工作？
A: 什么工作？
B: 是呀，工作。如果你想一个人住，你必须自己付房租，还有所有的一切。
A: 我想让你和爸爸来付房租，我就找间便宜点的。
B: 你搬走的话，年轻人，你爸爸和我是不会给你付房租的，找一个工作吧。
A: 没错。如果要一个人住的话，我要学会独立。
B: 哦，那边有报纸。看看招聘专栏，但是我不知道没有大学文凭你可以找到什么工作。

一句顶万句

换句话也可以 2 Useful Sentences

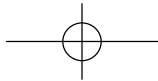
- I look down on the Net that depend on their parents and do nothing.
我看不起那些啃老族，只知道依靠父母，无所事事。
The youth should be independent and struggle for their future.
年轻人就应该学会独立，为自己的未来打拼。
This Net is already 30 years old but still lives off his parents.
这个啃老族已经30岁了，但仍然依靠他的父母生活。
My son can maintain himself now. 我儿子现在能自食其力了。
She had a yen to go away and be on her own for a while.
她渴望能够远走他乡并自食其力地生活一段时间。
I decide to move out from my parents and live alone. 我决定搬出去，自己住。
If you claim to be an Otaku, please feed yourself well. 如果你宣称自己是一个宅男，请先自食其力。

拓展小天地

多学一点常用语 3 Words & Phrases

- | | | | | | |
|---------|---------------|---------|--------|-------------|----|
| rent | 租金，租费 | pay for | 付...的钱 | independent | 独立 |
| live on | 靠...生活；以...为食 | claim | 宣称 | feed | 喂养 |





话题4 小气妈妈

父母经常为了孩子学习而限制孩子看电视或者玩游戏，甚至为了怕孩子上瘾而不给买。而小孩喜欢攀比，常常认为自己的父母小气、不满足自己的要求。一味地顺着孩子会把他们宠坏，但是过分限制也是不对的，所以应采取适当的方法。

超经典给力

情景会话看这里 1 Conversation

- A: Mom, can we get cable TV or a satellite dish?
B: It costs money, dear. What's wrong with the regular television stations?
A: The shows are dull and there're too many advertisements.
B: Well, you have already watched too much TV instead of doing your homework, anyway.
A: There are educational stations too. I could learn while watching TV.
B: Well, that's true, but you'd probably only watch cartoons and action movies.
A: Mom! Please. All my friends have had it for years.
B: Get new friends.
A: Why are you always so mean?
B: Because you'd end up spoiled rotten if I wasn't.
- A: 妈妈，我们可以装有线电视或者卫星电视吗？
B: 亲爱的，那很贵。一般的电视台有什么不好？
A: 这些节目都很没趣，而且广告太多了。
B: 哦，你已经看太多电视了，也不去做作业。
A: 卫星电视，也有教育电视台嘛。我可以一边看电视一边学习。
B: 哦，那倒是真的。可是你可能只会看卡通片或动作片哦。
A: 妈妈！拜托，我的朋友们几年前就有了。
B: 那就交一些新朋友。
A: 你为什么总是这么小气？
B: 如果我不这样的话你肯定会被我宠得不行的。

一句顶万句

换句话也可以 2 Useful Sentences

- My mother is quite mean.
My mother is never willing to buy me a MP3.
Mom! Please. All my friends have had it for years.
Don't pamper your little daughter.
My mother took drastic measures and canceled cable.
A miserly father makes a prodigal son.
Oh, my God, your mom can really reach a stingy person.
This is also small clothing to food to mouth opening to coddle the broken hand.
这也是从小饭来张口、衣来伸手地娇惯坏了。
- 我妈妈很小气。
我妈妈从来不舍得给我买一个MP3。
妈妈！拜托，我的朋友们几年前就有了。
别把你的小女儿娇惯坏了。
我妈妈采取激烈的手段，取消了有线电视。
有吝啬的父亲就有败家的儿子。
哦，我的上帝，你妈妈可真是个小气鬼。
这也是从小饭来张口、衣来伸手地娇惯坏了。

拓展小天地

多学一点常用语 3 Words & Phrases

- | | | | |
|---------|---------|----------|-----------------|
| mean | 吝啬的，小气的 | coddle | 悉心照料（病人、婴儿等），娇养 |
| pout | 撅嘴 | pamper | 纵容，姑息，娇养 |
| cartoon | 动画电影，动画 | prodigal | 非常浪费的，挥霍的 |

