

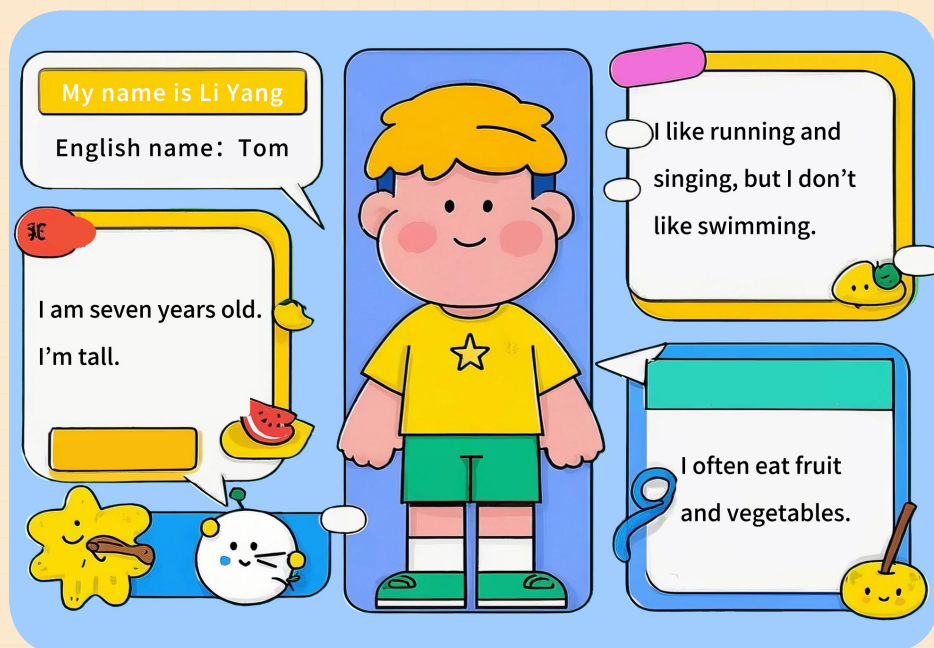
1

21天 | 997 词阅读计划

L1 入门: ★★★★★ (216 个核心词)



扫码听音频



文章词数 36

红色: 高频词 (5)

蓝色: 中频词 (3)

绿色: 低频词 (1)

name /neɪm/
名字

English /'ɪŋɡlɪʃ/
英语; 英国的

tall /tɔ:l/
高的

like /laɪk/
喜欢

running /'rʌnɪŋ/
跑步

singing /'sɪŋɪŋ/
唱歌

often /'ɔ:fən/
经常

fruit /fru:t/
水果

vegetable /vedʒtəbl/
蔬菜

This is me!

My **name** is Li Yang. My **English** name
名字 英语; 英国的

is Tom. I am seven years old. I'm **tall**.
高的

I **like** **running** and **singing**, but I don't
喜欢 跑步 唱歌

like swimming. I **often** eat **fruit** and
经常 水果

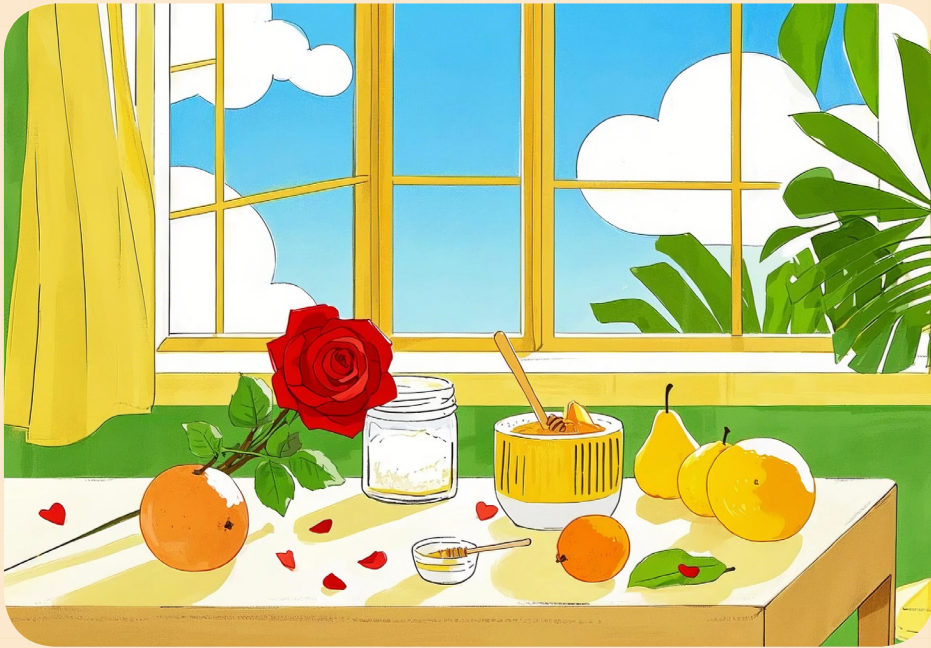
vegetables. This is me!
蔬菜



小白智慧打印
打印好搭档 学习好帮手



扫码听音频



Colours

What is **red**? A **rose** is red.

.....
红色 (的) 玫瑰

What is **white**? The **flour** is white.

.....
白色 (的) 面粉

What is **blue**? The **sky** is blue.

.....
蓝色 (的) 天空

What is **yellow**? **Pears** are yellow.

.....
黄色 (的) 梨

What is **orange**? An orange. **Nice** and

.....
橙子; 橙色 (的) 美好的

yummy.

.....
美味的

文章词数 35

红色: 高频词 (6)

蓝色: 中频词 (4)

绿色: 低频词 (1)

red /red/
红色 (的)

rose /rəʊz/
玫瑰

white /waɪt/
白色 (的)

flour /'flaʊə(r)/
面粉

blue /blu:/
蓝色 (的)

sky /skaɪ/
天空

yellow /'jeləʊ/
黄色 (的)

pear /peə(r)/
梨

orange /'ɒrɪndʒ/
橙子; 橙色 (的)

nice /naɪs/
美好的

yummy /'jʌmi/
美味的





扫码听音频



文章词数 36

红色: 高频词 (5)

蓝色: 中频词 (3)

绿色: 低频词 (1)

pencil case
铅笔盒lots of
许多thing /θɪŋ/
东西, 事物pencil /'pensl/
铅笔pen /pen/
钢笔new /nju:/
新的crayon /kreɪən/
蜡笔too /tu:/
也very much
非常

My pencil case

I have a nice **pencil case**. There are

铅笔盒

lots of **things** in it. There are three red

许多 东西, 事物

pencils and a black **pen**. There is a **new**

铅笔

钢笔

新的

crayon in it, **too**. It is pink. I like it **very**

蜡笔

也

非常

much.



扫码听音频



Look at this photo

There are three **people** in this **photo**.

人, 人们

照片

I **wear** a **pink** **T-shirt**. And pink is my

穿; 戴 粉色(的) T 恤衫

favourite **colour**.

最喜欢的

颜色

The boy is Bob and the girl is Helen.

Bob wears a green **shirt**. Helen wears a

衬衫

yellow **dress**. But she likes red **best**.

连衣裙

最; 最好地

文章词数 42

红色: 高频词 (5)

蓝色: 中频词 (3)

绿色: 低频词 (2)

people /'pi:pl/
人, 人们**photo** /'fəʊtəʊ/
照片**wear** /weə(r)/
穿; 戴**pink** /pɪŋk/
粉色(的)**T-shirt** /'ti:ʃɜ:t/
T 恤衫**favourite** /'feɪvərɪt/
最喜欢的**colour** /'kʌlə(r)/
颜色**shirt** /ʃɜ:t/
衬衫**dress** /dres/
连衣裙**best** /best/
最; 最好地



扫码听音频



文章词数 38

红色: 高频词 (5)

蓝色: 中频词 (3)

绿色: 低频词 (2)

from /frɒm/
来自England /'ɪŋɡlənd/
英格兰; 英国bread /bred/
面包Chinese /tʃaɪ'ni:z/
中国的; 中国人; 中文food /fu:d/
食物banana /bə'na:nə/
香蕉father /'fa:ðə(r)/
父亲mother /'mʌðə(r)/
母亲but /bʌt/
但是chicken /'tʃɪkɪn/
鸡肉

Favourite food

My name is Jim. I'm from England. I

来自 英格兰; 英国

like salad, bread and ice cream. I like

面包

Chinese food, too. But I don't like

中国的; 中国人; 中文 食物

bananas. My father and mother like

香蕉

父亲

母亲

hamburgers and Chinese food, but they

但是

don't like chicken.

鸡肉





扫码听音频



文章词数 47

红色: 高频词 (4)

蓝色: 中频词 (3)

绿色: 低频词 (2)

friend /frend/
朋友speak English
说英语dance /da:ns/
跳舞swimming /'swimɪŋ/
游泳animal /'æniml/
动物panda /'pændə/
熊猫play football
踢足球on weekends
在周末sport /spɔ:t/
运动

My new friends

Hello! I'm Xia Yu. I have three new friends.

朋友

Amy: I'm six years old. I speak English. I

说英语

can sing and dance.

跳舞

Lucy: I'm six. I like swimming. My favourite

游泳

animal is the panda.

动物

熊猫

Sam: I'm seven. I often play football on

踢足球

weekends. It's my favourite sport.

在周末

运动





扫码听音频



Big and little

There are **many** big animals and little.....
许多的, 大量的animals **around** us......
在……周围The **elephant** is big, but the **mouse**.....
大象.....
老鼠is little. A **bear** is big. An **ant** is little......
熊.....
蚂蚁A **panda** is big. A **bee** is little. A **lion** is.....
熊猫.....
蜜蜂.....
狮子big. A **ladybird** is little......
瓢虫

文章词数 43

红色: 高频词 (6)

蓝色: 中频词 (3)

绿色: 低频词 (1)

many /'meni/
许多的, 大量的**around** /ə'raʊnd/
在……周围**elephant** /'elɪfənt/
大象**mouse** /maʊs/
老鼠**bear** /beə(r)/
熊**ant** /ænt/
蚂蚁**panda** /'pændə/
熊猫**bee** /bi:/
蜜蜂**lion** /'laɪən/
狮子**ladybird** /'leɪdɪbɜ:d/
瓢虫



扫码听音频



Who am I?

Hello, my name is Qiqi.

I'm tall and big. I have a long nose

长的 鼻子

and two big eyes. My mouth is not very

嘴巴

small. I have two long teeth. My body

小的

牙齿 (tooth 的复数)

身体

looks like a wall. I have strong legs and

看起来像

墙

腿

a short tail.

短的 尾巴

Who am I?

文章词数 46

红色: 高频词 (5)

蓝色: 中频词 (4)

绿色: 低频词 (2)

long /lɒŋ/
长的nose /nəʊz/
鼻子mouth /maʊθ/
嘴巴small /smɔ:l/
小的teeth /ti:θ/
牙齿 (tooth 的复数)body /'bɒdi/
身体look like
看起来像wall /wɔ:l/
墙leg /leg/
腿short /ʃɔ:t/
短的tail /teɪl/
尾巴



扫码听音频



We like fruit!

We like fruit! **Sour** or **sweet**!

酸的

甜的

Does Mike like **mangoes**? No, he doesn't.

芒果

Does Amy like **peaches**? Yes, she does.

桃子

Does Peter like **watermelons**? Yes, he does.

西瓜

Does Sarah like **lemons**? No, she doesn't.

柠檬

Does Billy like **grapes**? Yes, he does.

葡萄

Fruit is very good to eat!

文章词数 49

红色: 高频词 (4)

蓝色: 中频词 (2)

绿色: 低频词 (1)

sour /'saʊə(r)/
酸的**sweet** /swi:t/
甜的**mango** /'mæŋɡəʊ/
芒果**peach** /'pi:tʃ/
桃子**watermelon** /wɔ:təmelən/
西瓜**lemon** /'lemən/
柠檬**grape** /greɪp/
葡萄



扫码听音频



Mother's Day

Today is **Mother's Day**.

母亲节

It's on the **second** Sunday in **May**. On

第二

五月

Mother's Day, some mothers **get** beautiful

得到

flowers. Some mothers get **cards**. Some mothers

卡片

get **warm hugs**. Many families **go out** for a **big**

温暖的 拥抱

出去

大餐

meal. **Children** always **say**, "I love you, Mum!"

孩子们 (child 的复数形式)

说

文章词数 43

红色: 高频词 (7)

蓝色: 中频词 (3)

绿色: 低频词 (1)

Mother's Day

母亲节

second /'sekənd/

第二

May /meɪ/

五月

get /get/

得到

card /kɑ:d/

卡片

warm /wɔ:m/

温暖的

hug /hʌg/

拥抱

go out

出去

big meal

大餐

children /'tʃɪldrən/

孩子们 (child 的复数形式)

say /seɪ/

说





扫码听音频



文章词数 47

红色: 高频词 (6)

蓝色: 中频词 (3)

绿色: 低频词 (2)

hide-and-seek
捉迷藏behind /bɪ'haɪnd/
在……后面box /bɒks/
盒子in /ɪn/
在……里面door /dɔː(r)/
门in front of /ɪn frʌnt əv/
在……前面on /ɒn/
在……上面chair /tʃeə(r)/
椅子under /'ʌndə(r)/
在……下面light /laɪt/
灯oops /ʊps/
(语气词) 哎哟

Hide-and-seek

Bird and Dog are playing **hide-and-seek**.

捉迷藏

Where is Bird?

Is she **behind** the **box**? Is she **in** the box?

在……后面

盒子

在……里面

Is she behind the **door**? Is she **in front of**

门

在……前面

the door?

Is she **on** the **chair**? Is she **under** the chair?

在……上面 椅子

在……下面

“**Oops!**” Bird is on the **light**!

(语气词) 哎哟

灯





扫码听音频



文章词数 46

红色: 高频词 (7)

蓝色: 中频词 (2)

绿色: 低频词 (0)

Miss /mis/
小姐, 女士o'clock /ə'klɒk/
点钟art /'ɑ:t /
美术, 艺术lesson /'lesn/
课find /faɪnd/
找到crayon /'kreɪən/
蜡笔where /weə(r)/
在哪里schoolbag /sku:l'bæg/
书包You are welcome.
不客气。

I can't find my red crayon

Miss Green: Hello, Mike. It's ten o'clock. It's time for

小姐, 女士

点钟

art lesson.

美术, 艺术 课

Mike: Yes. But I can't find my red crayon.

找到

蜡笔

Miss Green: Where is it? Is it in your schoolbag?

在哪里

书包

Mike: No, it isn't.

Miss Green: Look! It's under the chair.

Mike: Oh, it's my red crayon. Thank you, Miss Green.

Miss Green: You are welcome.

不客气





扫码听音频



My birthday boxes

I get a green box on my **birthday**.

生日

What's **inside**? A pair of **shoes**.

在里面

一双, 一副

鞋子

I get a **purple** box on my birthday.

紫色 (的)

What's inside? A **sweater**.

毛衣

I get a yellow box on my birthday.

What's inside? A **coat**.

外套

I get a **brown** box on my birthday.

棕色 (的)

What's inside? A pair of **pants**.

裤子

I like my new **clothes**.

衣服

文章词数 57

红色: 高频词 (6)

蓝色: 中频词 (3)

绿色: 低频词 (1)

birthday /'bɜ:θdeɪ/
生日

inside /ɪn'saɪd/
在里面

a pair of
一双, 一副

shoes /ʃu:z/
鞋子

purple /'pɜ:pl/
紫色 (的)

sweater /'swetə(r)/
毛衣

coat /kəʊt/
外套

brown /braʊn/
棕色 (的)

pants /pænts/
裤子

clothes /kləʊðz/
衣服





扫码听音频



Our new PE teacher

We have a new **PE teacher**. We **call** him

体育 老师 称呼; 叫

Mr White. He's very tall and **strong**. He is

先生 强壮的

35 years old. He gets to school very **early**

早早地

in the morning and **leaves** at five in the

离开

afternoon. He **lives** **far from** our school,

居住 远离

so he comes to school **by car**. He teaches

所以, 因此

乘小汽车

well. We **all** like him.

好 都, 全部

文章词数 57

红色: 高频词 (9)

蓝色: 中频词 (3)

绿色: 低频词 (1)

PE /'pi: i:/
体育

teacher /'ti:tʃər/
老师

call /kɔ:l/
称呼; 叫

Mr /'mɪstə(r)/
先生

strong /strɒŋ/
强壮的

early /ɜ:li/
早早地

leave /li:v/
离开

live /lɪv/
居住

far from
远离

so /səʊ/
所以, 因此

by car
乘小汽车

well /wel/
好

all /ɔ:l/
都, 全部





扫码听音频



文章词数 50

红色: 高频词 (7)

蓝色: 中频词 (2)

绿色: 低频词 (1)

kind /kaɪnd/
善良的quiet /'kwaɪət/
安静的hair /heə(r)/
头发bright /braɪt/
明亮的friendly /'frendli/
友好的hard-working
勤奋的shy /ʃaɪ/
害羞的thin /θɪn/
瘦的wear /weə/
穿着; 戴着glasses /'glɑːsɪz/
眼镜

Helen's family

Helen, Helen!

What's your mother like?

She's **kind** and **quiet**.
善良的 安静的Her **hair** is long and she has **bright** eyes.
头发 明亮的

What's your father like?

He's **friendly** and **hard-working**.
友好的 勤奋的

His hair is short and his legs are long.

What's your brother like?

He's **shy** and **thin**.
害羞的 瘦的He **wears** a pair of **glasses**.
穿着; 戴着 眼镜



扫码听音频



My grandma's garden

This is my grandma's **garden**. A lot of
 flowers **come out**. They are **colourful**. I
 can **smell** the flowers in the garden. I like
 them very much. My friends like to play
 in the garden **with** me. We often **help** my
 grandma **water** the flowers. But we **never**
pick the flowers.

花园

(花) 开放

五颜六色的

闻

和……一起

帮助; 帮忙

奶奶; 外婆

浇水

从不

采摘

文章词数 52

红色: 高频词 (6)

蓝色: 中频词 (2)

绿色: 低频词 (2)

garden /'ga:dn/
花园come out
(花) 开放colourful /'kʌləf(ə)l/
五颜六色的smell /smel/
闻with /wɪð/
和……一起help /help/
帮助; 帮忙grandma /'grænma:/
奶奶; 外婆water /'wɔ:tə(r)/
浇水never /'nevə(r)/
从不pick /pɪk/
采摘



扫码听音频



Animals in the zoo

Sarah and her friends are at the **zoo**.

动物园

They see **eleven giraffes**. They're so tall.

十一

长颈鹿

They see some **koalas**. They're **lazy** and **cute**.

考拉

懒惰的

可爱的

And there are two **baby** pandas. How **lovely**!

婴儿; 宝宝

可爱的

Oh, where's Sarah's banana? Haha, a little

monkey is eating it in the tree. What a **naughty**

猴子

淘气的

monkey!

They **have a good time** at the zoo.

玩得开心

文章词数 57

红色: 高频词 (7)

蓝色: 中频词 (3)

绿色: 低频词 (1)

zoo /zu:/
动物园

eleven /ɪ'levn/
十一

giraffe /dʒɪ'ra:f/
长颈鹿

baby /'beɪbi/
婴儿; 宝宝

lovely /'lʌvli/
可爱的

koala /kəʊ'aɪlə/
考拉

lazy /'leɪzi/
懒惰的

cute /kju:t/
可爱的

monkey /'mʌŋki/
猴子

naughty /'nɔ:ti/
淘气的

have a good time
玩得开心





扫码听音频



I can see you!

Peter has a **parrot**. Every day Peter says

鹦鹉

to it, "I can see you!" One day, Peter

is not **at home**. He goes for a **walk** in the

在家

散步

park. A **thief** comes into Peter's **house**.

小偷

房子

He **wants** to **steal** **something**. A **voice**

想要

偷

某物

声音

comes, "I can see you!" The thief is

afraid. He **runs away**.

害怕的

逃跑

文章词数 55

红色: 高频词 (6)

蓝色: 中频词 (3)

绿色: 低频词 (2)

parrot /'pærət/
鹦鹉at home /æt'həʊm/
在家walk /wɔ:k/
散步thief /θi:f/
小偷house /haʊs/
房子want /'wɒnt/
想要steal /sti:l/
偷something /'sʌmθɪŋ/
某物voice /vɔɪs/
声音afraid /ə'freɪd/
害怕的run away
逃跑



扫码听音频



文章词数 50

红色: 高频词 (10)

蓝色: 中频词 (2)

绿色: 低频词 (0)

parents /'peərənts/
父母housework /'haʊswɜ:k/
家务Saturday /'sætədeɪ/
星期六finish /'fɪnɪʃ/
完成homework /'həʊmwɜ:k/
家庭作业begin /bɪ'ɡɪn/
开始bedroom /'bedru:m/
卧室sweep the floor
扫地clean the windows
擦窗户lunch /lʌntʃ/
午餐wash /wɒʃ/
洗tired /'taɪəd/
疲惫的

Doing housework

My name is Jane. I often help my **parents**

父母

do **housework**. Today is **Saturday**. I **finish**

家务

星期六

完成

my **homework** first, then I **begin** to clean

家庭作业

开始

my **bedroom**. I **sweep the floor** and **clean**

卧室

扫地

the windows. After **lunch**, I water the

擦窗户

午餐

flowers and **wash** the clothes. I'm very

洗

tired but happy today.

疲惫的





扫码听音频



Feelings

I have **different** **feelings**. Some are good.

不同的 感觉 (feeling 的复数)

Some are not good.

I'm **sad** **when** I'm **ill**. But I'm happy when

难过的 当……时候 生病的

my sister plays with me. I'm afraid when the

room is **dark**. But I'm **brave** when my friends

黑暗的 勇敢的

need me. I'm **excited** when we **win** a **game**.

需要 兴奋的 赢 游戏; 比赛

But I'm tired when I do the housework.

文章词数 55

红色: 高频词 (7)

蓝色: 中频词 (3)

绿色: 低频词 (1)

different /'dɪfrənt/
不同的

feelings /'fi:liŋz/
感觉 (feeling 的复数)

sad /sæd/
难过的

when /wen/
当……时候

ill /ɪl/
生病的

dark /dɑ:k/
黑暗的

brave /breɪv/
勇敢的

need /ni:d/
需要

excited /ɪk'saɪtɪd/
兴奋的

win /wɪn/
赢

game /geɪm/
游戏; 比赛





扫码听音频



The rainy day

The **rainy** day is **fun**!

下雨的

有趣的

When it is rainy, the sky is **gray**.

灰色 (的)

We can play games at home.

When it is rainy, **clouds** **fill** the sky.

云

充满

Raindrops **fall** from the clouds.

雨滴

落下

When it is rainy, rabbits **hide**.

躲藏

Ducks swim in the rain.

When it is rainy, we **put on** **raincoats**.

穿上

雨衣

We **open** **umbrellas**.

打开

雨伞

文章词数 50

红色: 高频词 (7)

蓝色: 中频词 (3)

绿色: 低频词 (2)

rainy /'reɪni/
下雨的**fun** /fʌn/
有趣的**gray** /greɪ/
灰色 (的)**cloud** /klaʊd/
云**fill** /fɪl/
充满**raindrop** /'reɪndrɒp/
雨滴**fall** /fɔ:l/
落下**hide** /haɪd/
躲藏**put on**
穿上**raincoat** /'reɪnkəʊt/
雨衣**open** /'əʊpən/
打开**umbrella** /ʌm'brelə/
雨伞



扫码听音频



Alice's pet

Alice has a **pet**. It's a **parrot**. Her name is Mary. She's very **beautiful**. Her **feathers** are red, green and blue. Every morning, Mary **wakes** Alice **up**. **Then** Alice **gets up** and **gives** Mary some rice to eat. Mary can **speak**. She can **say** "Thank you!" and "**Goodbye!**" Alice likes her very much.

文章词数 55

红色: 高频词 (9)

蓝色: 中频词 (1)

绿色: 低频词 (1)

pet/pet/
宠物parrot/'pærət/
鹦鹉beautiful/'bjʊ:tɪfl/
美丽的feather/'feðə/
羽毛wake up
叫醒then/ðen/
然后get up
起床give/gɪv/
给speak/spi:k/
说话say/seɪ/
说goodbye/gʊd'baɪ/
再见



扫码听音频



About me

Hello! My name is Peter. I'm ten years old.

I'm 1.5 metres tall. I like blue best. Now I'm

米

最; 最好地

wearing a blue T-shirt. I like English. It's my

favourite subject. I like pizza and dumplings.

最喜欢的

学科

披萨

饺子

They're my favourite food. But I don't like

hamburgers. I like playing football, and I often

汉堡

踢足球

watch football matches on TV with my father.

观看

比赛

在电视上

文章词数 59

红色: 高频词 (8)

蓝色: 中频词 (2)

绿色: 低频词 (1)

metre/'mi:tə(r)/
米

best/best/
最; 最好地

favourite/'feivərit/
最喜欢的

subject/səb'dʒekt/
学科

pizza/'pi:tə/
披萨

dumpling/'dʌmplɪŋ/
饺子

hamburger/'hæmbɜ:gə(r)/
汉堡

play football
踢足球

watch/wɒtʃ/
观看

match/'mætʃ/
比赛

on TV
在电视上





扫码听音频



文章词数 59

红色: 高频词 (9)

蓝色: 中频词 (1)

绿色: 低频词 (0)

Maths /mæθs/
数学Chinese /tʃaɪ'ni:z/
语文; 中文Music /'mju:zɪk/
音乐Art /ɑ:t/
美术What about
...怎么样too /tu:/
也together /tə'geðə(r)/
一起sound like
听起来像a lot of
很多; 许多fun /fʌn/
乐趣; 快乐

What subjects do you like?

Tim: What subjects do you have, Tina?

Tina: We have many subjects. **Maths**, English,
数学**Chinese** and...

语文; 中文

Tim: What subjects do you like?

Tina: I like **Music** and **Art**. **What about** you, Tim?
音乐 美术 ...怎么样Tim: I like Music and Art, **too**. But I like PE best!
也Tina: Oh, Ken and Ann have PE today. They will
play football **together**.

一起

Tim: That **sounds like** **a lot of** **fun**.

听起来像

很多; 许多

乐趣; 快乐





扫码听音频



文章词数 64

红色: 高频词 (8)

蓝色: 中频词 (2)

绿色: 低频词 (1)

friend/frend/
朋友same/seim/
相同的class/kla:s/
班级; 课on Fridays
在 (每个) 星期五sports/spo:ts/
体育运动study hard
努力学习usually/'ju:zuəli/
通常helpful/'helpfl/
有用的; 愿意帮忙的help /help/
帮忙wash the dishes
洗碗after dinner
晚餐后

Three good friends

Bill, Mike and Tim are good **friends**. They're in

朋友

the **same class**. **On Fridays**, they have PE. They

相同的 班级; 课 在 (每个) 星期五

often play **sports** together. And basketball is

体育运动

their favourite sport. Bill **studies hard**. He **usually**

努力学习

通常

reads books in the morning. Mike is very **helpful**

有用的; 愿意帮忙的

at home. He often **helps** to **wash the dishes** **after**

帮忙

洗碗

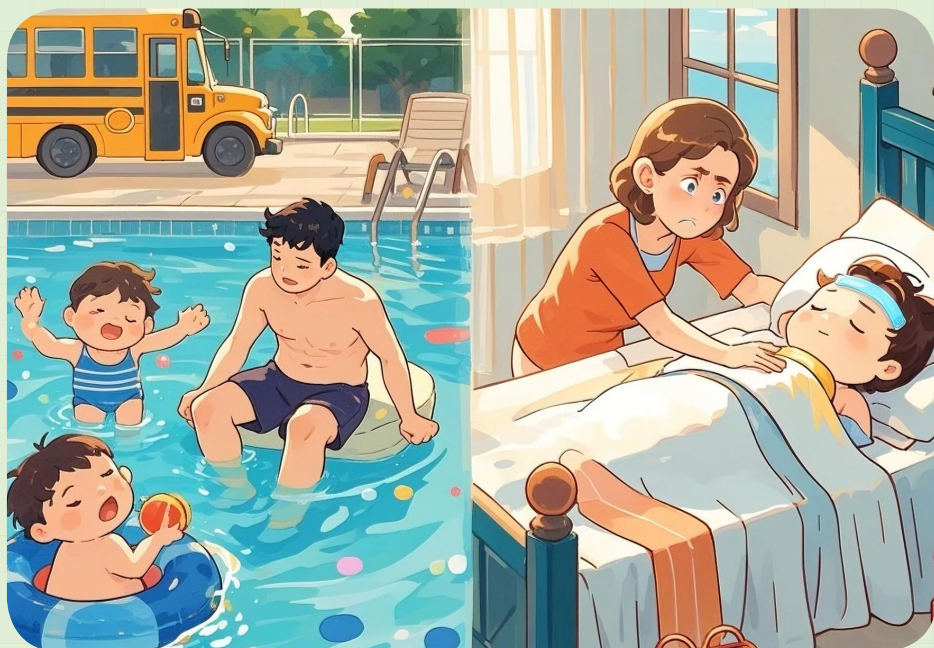
dinner. Tim likes drawing very much. He can draw

晚餐后

very well.







文章词数 75

红色: 高频词 (11)

蓝色: 中频词 (2)

绿色: 低频词 (1)

pupil/'pju:pl/
小学生play ping-pong
打乒乓球go swimming
去游泳on Sundays
在 (每个) 星期日from...to...
从...到...Monday/'mʌndeɪ/
星期一Friday/'fraɪdeɪ/
星期五ill/ɪl/
生病的fever/'fi:və(r)/
发烧headache/'hedeɪk/
头痛take/teɪk/
带; 拿see a doctor
看医生stay at home
待在家里week
周

Jack is ill

Jack is a **pupil**. He's eight years old. He likes English. He can **play ping-pong** and he often **goes swimming** with his father **on Sundays**. He goes to school **from Monday to Friday**. He usually goes by school bus.

Today is Monday. But Jack can't go to school. He is **ill**. He has a **fever** and a bad **headache**. His mother **takes** him to **see a doctor**. He has to **stay at home** for a **week**.





扫码听音频



A thank-you letter

Dear Sally,

I'm so **busy** with my **job** that I have no time for
 my **son**, Pat. Thank you for **taking care of** him. Pat
 likes to eat **fried chicken wings**. He doesn't like
 pear or **onions**. Oh, hamburgers are his favourite
 food. He eats one every day. Fruits **are good for**
 his **health**. He likes apples very much. Pat eats
 two apples a day. **Please** don't give any **alcoholic**
 drinks to Pat. A **soft drink** is just OK.

Love,
Jim

文章词数 81

红色: 高频词 (8)

蓝色: 中频词 (2)

绿色: 低频词 (2)

busy/'bɪzi/
忙碌的

job/dʒɒb/
工作

son/sʌn/
儿子

take care of
照顾

fried/fraɪd/
油炸的

chicken wings
鸡翅

onion/'ʌnjən/
洋葱

be good for
对...有好处

health/helθ/
健康

please/pli:z/
请

alcoholic /ælkə'hɒlɪk/
含酒精的

soft drink
软饮料





扫码听音频



文章词数 82

红色: 高频词 (11)

蓝色: 中频词 (2)

绿色: 低频词 (1)

camera /'kæməɾə/
相机thing /θɪŋ/
事情; 东西colour /'kʌlə/
颜色around /ə'raʊnd/
在周围; 围绕if /ɪf/
如果; 假如may /meɪ/
可能; 也许get hurt
受伤protect /prə'tekt/
保护had better
最好sunglasses /'sʌŋglɑ:sɪz/
太阳镜bad /bæd/
坏的; 有害的should /ʃʊd/
应该stay /steɪ/
停留; 保持close /klaʊs/
近的

Protecting our eyes

Our eyes are very important. They are like

cameras. We can see beautiful things and colours
相机 事情; 东西 颜色around us with our eyes. But if we don't take care
在周围; 围绕 如果; 假如of them, they may get hurt. How can we protect
可能; 也许 受伤 保护

our eyes?

On sunny days, we had better wear sunglasses.
最好 太阳镜Reading in the sun is bad for our eyes. When we
坏的; 有害的read, we should not stay too close to the books.
应该 停留; 保持 近的We shouldn't read in bed. We shouldn't play video
games for a long time.



扫码听音频



The goose with gold eggs

There is a **farmer** in a small **town**. He works
农民; 农夫 城镇
 hard on his **farm**. One morning he goes to his
农场
goose's **nest**, and sees a **gold** egg there.
鹅 巢; 窝 金的; 黄金

Every morning the **same** thing **happens**, and
相同的; 同样的 发生
soon he **becomes** **rich** by **selling** the eggs.
不久; 很快 变得 富有的 卖

The farmer becomes **greedy**. He **wants** all
贪婪的 想要
 the gold eggs **at once**, so he **kills** the goose.
立刻; 马上 杀死

But when he looks **inside** the goose, he **finds**
在……里面 找到; 发现
nothing in its body.
没有什么; 无物

文章词数 74

红色: 高频词 (14)

蓝色: 中频词 (3)

绿色: 低频词 (2)

farmer /'fɑ:mə(r)/ 农民; 农夫

town /taʊn/ 城镇

farm /fɑ:m/ 农场

goose /gu:z/ 鹅

nest /nest/ 巢; 窝

gold /gəʊld/ 金的; 黄金

same /seɪm/ 相同的; 同样的

happen /'hæpən/ 发生

soon /su:n/ 不久; 很快

become /bɪ'kʌm/ 变得

rich /rɪtʃ/ 富有的

sell /'sel/ 卖

greedy /'ɡri:di/ 贪婪的

want /wɒnt/ 想要

at once 立刻; 马上

kill /kɪl/ 杀死

inside /ɪn'saɪd/ 在……里面

find /faɪnd/ 找到; 发现

nothing /'nʌθɪŋ/ 没有什么; 无物





扫码听音频



My favourite sport

My favourite sport is **table tennis**. I often play it **after class**.
 Table tennis is one of the **most popular** sports in **China**. It's a good **way** of doing **exercise**, and it's **easy** to play. You don't need many **skills**. But if you want to play it well, it's not so easy. Your eyes, your hands and your **steps** are all **important**. I want to play it well. So I have my **own** teacher to **teach** me. I work **hard** on it.

文章词数 86

红色: 高频词 (9)

蓝色: 中频词 (3)

绿色: 低频词 (2)

table tennis/'teɪbl 'tenɪs/
乒乓球after class/'ɑ:ftə klɑ:s/
课后most/məʊst/
最; 最多popular/'pɒpjələ(r)/
受欢迎的China/'tʃaɪnə/
中国way/'weɪ/
方式exercise/'eksəsaɪz/
锻炼easy/'i:zi/
容易的skill/skɪl/
技能step/step/
步伐important/ɪm'pɔ:tənt/
重要的own/əʊn/
自己的; 拥有teach/ti:tʃ/
教hard/ha:d/
努力地



扫码听音频



My English teacher

My English teacher is Miss White. She is **twenty-two** years old. She is tall and **thin**. She has long **blonde** hair. She is **funny**. To **make** her class **more interesting**, she often tells stories to us, sings English songs to us and plays games with us. Sometimes she is very **strict**. We must **listen to** her **carefully** and **finish** our homework **on time**. But after class, she is a good friend of us. She often **skips** with girls and plays basketball with boys. We really like her very much.

文章词数 89

红色: 高频词 (10)

蓝色: 中频词 (1)

绿色: 低频词 (2)

twenty-two

二十二

thin /θɪn/

瘦的; 薄的

blonde /blɒnd/

金黄色的

funny /'fʌni/

有趣的

make /meɪk/

使; 制作

more /mɔ:(r) /

更

interesting /'ɪntrəstɪŋ/

有趣的

strict /strɪkt/

严格的

listen to

听

carefully /'keə(r) fəli/

认真地

finish /'fɪnɪʃ/

完成

on time

按时; 准时

skip /skɪp/

跳绳





扫码听音频



My week

Sunday is the **first** day of a week. On Sunday, I stay
 at home with my **parents**. I always help my mother do
housework. Monday is the **second**. I **start** school and
 have many classes. Tuesday is the **third**. I often play
 football with my **classmates** after school. Wednesday
 is the **fourth**. I sometimes **fly kites** with my friends in
 the park. Thursday is the **fifth**. I usually have PE in the
 afternoon. Friday is the **sixth**. I often read **storybooks**
 at school. Saturday is the **seventh**. I usually watch TV
 after dinner.

文章词数 93

红色: 高频词 (11)

蓝色: 中频词 (2)

绿色: 低频词 (0)

first /fɜ:(r) st/
第一parents /'peərənts/
父母housework /'haʊsw:(r) k/
家务second /'sekənd/
第二start /sta:(r) t/
开始third /θɜ:(r) d/
第三classmate /'kla:smet/
同班同学fourth /fɔ:(r) θ/
第四fly kites /flaɪ kaɪts/
放风筝fifth /fɪfθ/
第五sixth /sɪksθ/
第六storybook /'stɔ:ri:bʊk/
故事书seventh /'sevnθ/
第七



扫码听音频



I love the village

Hello, I'm Jenny. I live in a big **city** with my
 parents. But my **grandparents** are in a **village**.
 My mother likes the city. In the city, there are
 tall **buildings** and big **supermarkets**. She can **buy**
 many **kinds** of things and do many kinds of things.
 But I don't like city **life**.
 The village is so beautiful. The sky is very
 blue. The **air** is so **fresh**. The **river** is clean and I
 can swim in it. I can do **morning exercises** with my
 grandparents in the **yard**. I love the village!

文章词数 93

红色: 高频词 (10)

蓝色: 中频词 (2)

绿色: 低频词 (1)

city /'sɪti/
城市

grandparents /'grænpəərənts/
祖父母; 外祖父母

village /'vɪlɪdʒ/
村庄; 乡村

building /'bɪldɪŋ/
建筑物

supermarket
/'su:pəma:kɪt/ 超市

buy /baɪ/
买

kind /kaɪnd/
种类

life /laɪf/
生活

air /eə(r)/
空气

fresh /frefʃ/
新鲜的

river /'rɪvə(r)/
河流

morning exercises
早操; 晨练

yard /jɑ:d/
院子





扫码听音频



The wolf is coming

A **naughty** boy **looks after** many **sheep** **near**
 淘气的 照顾 绵羊 在……附近
 a village. One day, he **lies** to the **villagers**, "The
 说谎 村民
wolf is coming! The wolf is coming!" But when the
 狼
 villagers come to help him, he just **laughs at** them.
 嘲笑

A year later, a wolf **really** comes. The naughty
 真正地
 boy is so **afraid** that he **shouts**, "The wolf is
 害怕的 呼喊
 coming! The wolf is coming!" But **no one** **believes**
 没有人 相信
 him, and no one comes to help him. Many sheep **die**
 死亡

at last. And the boy will not lie **again**.
 最后 再一次; 又

文章词数 86

红色: 高频词 (12)

蓝色: 中频词 (3)

绿色: 低频词 (1)

naughty/'nɔ:ti/
淘气的

look after/'lʊk a:ftə/
照顾

sheep/ʃi:p/
绵羊

near/niə(r)/
在……附近

lie/laɪ/
说谎

villager/'vɪlɪdʒə/
村民

wolf/wʊlf/
狼

laugh at
嘲笑

really/'ri:əli/
真正地

afraid/ə'freɪd/
害怕的

shout/ʃaʊt/
呼喊

no one
没有人

believe/bɪ'li:v/
相信

die/daɪ/
死亡

at last
最后

again/ə'geɪn/
再一次; 又





扫码听音频



Seeing a doctor

(Kitty is now in the **hospital**. She is seeing a doctor.)

医院

Doctor: **What's wrong** with you, **poor** little girl?

怎么了

贫穷的; 可怜的; 差的

Kitty: Oh, Mr Doctor. **Something** is **wrong** with one of my **teeth**. Could you please **have a look**?

某事; 某物

错误的; 有毛病的; 不正常的

牙齿 (复数形式)

看一看

Doctor: The **tooth** is bad. I have to **pull it out**. Please

牙齿 (单数形式)

拔出来

don't eat **too many sweets**.

太多

糖果

Kitty: OK. But I don't want you to pull the tooth out.

It **hurts**.

疼痛; 伤害

Doctor: Well, be **brave**. It will not hurt for long. And

勇敢的

you will **feel better** soon.

感觉好点

Kitty: **All right**! Thank you!

好的; 好吧

文章词数 92

红色: 高频词 (13)

蓝色: 中频词 (1)

绿色: 低频词 (1)

hospital /'hɒspɪtl/
医院

What's wrong
怎么了

poor /pɔ:(r)/
贫穷的; 可怜的; 差的

something /'sʌmθɪŋ/
某事; 某物

wrong /rɒŋ/ 错误的;
有毛病的; 不正常的

teeth /ti:θ/
牙齿 (复数形式)

have a look
看一看

tooth /tu:θ/
牙齿 (单数形式)

pull out
拔出来

too many
太多

sweet /swi:t/
糖果

hurt /hɜ:t/
疼痛; 伤害

brave/brev/
勇敢的

feel better
感觉好点

all right
好的; 好吧





扫码听音频



The Spring Festival

The Spring Festival is the Chinese New Year. It usually comes in January or February. It's a very important festival for Chinese because the family can get together. Each year gets a name. It may be called the year of the Snake instead of 2025. When the Spring Festival comes, people clean their houses, go shopping, put up New Year's pictures and have a big dinner. They usually eat dumplings with some other delicious food. Children can wear new clothes and get lucky money from their parents. They are so happy.

文章词数 91

红色: 高频词 (13)

蓝色: 中频词 (2)

绿色: 低频词 (1)

Spring Festival
春节Chinese New Year
中国新年January /'dʒænjuəri/
一月February /'februəri/
二月festival /'festɪvəl/
节日because /bɪ'kɒz/
因为get together
团聚each /i:tʃ/
每个; 各自snake /sneɪk/
蛇instead of
而不是people /'pi:pl/
人们put up
张贴picture /'pɪktʃə(r)/
图片; 图画other /'ʌðə(r)/
其他的delicious /dɪ'liʃəs/
美味的lucky money
压岁钱



扫码听音频



Father's Day

The third Sunday of **June** is **Father's Day**. On that day, **wherever** you are, you should **express** your **thanks** to your father. If you live with your father, you should buy a **gift** or **cook** for your father or **spend** a day with him. Talking with your father will make him very happy. If you work in other **places**, you should **give a call** to your father or **send** a gift to him. Many fathers don't like to express their **love** to their **children**. And they don't know how to say. So we should express our love to them. And **remember** to say "Happy Father's Day!" to your father.

文章词数 110

红色: 高频词 (11)

蓝色: 中频词 (1)

绿色: 低频词 (2)

June /dʒu:n/
六月

Father's Day
/fa:ðəz dei/ 父亲节

wherever /weər'evə(r)/
无论在哪里

express /ɪk'spres/
表达

thanks /θæŋks/
感谢; 谢谢

gift /gift/
礼物

cook /kʊk/
烹饪; 厨师

spend /spend/
度过; 花费

place /pleɪs/
地方; 地点

give a call
打电话

send /send/
送; 寄

love /lʌv/
爱; 热爱; 喜欢

children /'tʃɪldrən/
孩子们 (child 的复数形式)

remember
/rɪ'membə(r)/ 记得





扫码听音频



Animals' homes

People have **homes**. **Animals** **also** have homes. People live in many **different** kinds of **houses**. Animals have different kinds of homes, too. Some animals live in **holes** under the **ground**. The **woodchuck** lives under the ground. **Its** home has two doors. If an **enemy** **comes into** one door, the woodchuck goes out **through the other**. Some animals live in holes in the trees. Some **squirrels** **build** nests **high** in the trees. Some birds live in holes in the trees, too. Most of the birds live in nests. **Crows** build their nests high in the trees. But **hawks** build their nests high in the **mountains**.

文章词数 104

红色: 高频词 (14)

蓝色: 中频词 (3)

绿色: 低频词 (2)

home /həʊm/ 家; 家庭

animal /'æniml/ 动物

also /'ɔ:lsəʊ/ 也; 而且

different /'dɪfrənt/ 不同的

house /haʊs/ 房子; 住宅

hole /həʊl/ 洞; 孔; 坑

ground /graʊnd/ 地面; 土地

woodchuck /'wʊdʃʌk/ 土拨鼠

its/its/ 它的

enemy /'enəmi/ 敌人; 仇敌

come into 进入

through /θru:/ 通过; 穿过

the other 另一个

squirrel /'skwɪrəl/ 松鼠

build /bɪld/ 建造; 建筑

high /haɪ/ 高的; 在高处

crow /krəʊ/ 乌鸦

hawk /hɔ:k/ 鹰

mountain /'maʊntən/ 山; 山脉





扫码听音频



Three pigs

There are three **little pigs** in the **forest**. **Their** mother wants to **go shopping**. She **tells** them to play in the **mud pool**. The pigs **jump** into the mud pool. **Suddenly**, a big wolf sees them. He wants to eat them. He tells them he will take them to a beautiful place. The **youngest** pig is very **clever**. He tells the wolf they will **take a bath** first. The wolf **thinks** it is **better** to eat **clean** pigs. So he has a **rest** under a tree and then **falls asleep**.

The pigs **tie** the wolf with a **rope**. When their mother **comes back**, they tell their mother the **event**. Their mother is very happy.

文章词数 114

红色: 高频词 (17)

蓝色: 中频词 (3)

绿色: 低频词 (2)

little/'lɪtl/ 小的; 少量的

pig/pɪɡ/ 猪

forest/'fɒrɪst/ 森林

their/ðeə(r)/ 他们的; 她们的; 它们的

go shopping 去购物

tell /tel/ 告诉

mud/mʌd/ 泥; 泥浆

pool/pu:l/ 水池; 池塘

jump/dʒʌmp/ 跳; 跳跃

suddenly/'sʌdənli/ 突然

youngest/'jʌŋgɪst/ 最年轻的; 最小的

clever/'klevə(r)/ 聪明的

take a bath 洗澡; 沐浴

think/θɪŋk/ 想; 思考; 认为

better/'betə(r)/ 更好的; 较好地

clean/kli:n/ 干净的; 清洁

rest/rest/ 休息

fall asleep 入睡

tie/taɪ/ 系; 捆; 扎

rope/rəʊp/ 绳子

come back 回来; 返回

event/ɪ'vent/ 事件; 大事





扫码听音频



Four seasons

There are four **seasons** in a year. They're **spring**, **summer**,
 季节 春天; 春季 夏天; 夏季

autumn and **winter**.
 秋天; 秋季 冬天; 冬季

Spring is green, because the trees and **grass** **begin** to **grow**.
 草; 草地 开始 生长; 成长

Spring is the **symbol** of new **life**. If you like spring, you may love
 象征; 符号 生活; 生命
 your life very much.

Summer is red, because the sun **keeps** **burning** in the sky and
 保持; 保留 燃烧的

people **feel** very hot. It often rains in summer. The rain **brings**
 感觉; 觉得 带来; 拿来

enough water to **plants**. The plants will not **flourish** **without** water.
 足够的; 充足地 植物 繁荣; 兴旺 没有; 缺乏

Autumn is yellow, because the **crops** **mature** and the **leaves**
 庄稼; 作物 成熟 叶子 (leaf 的复数)
 turn yellow. Farmers are very happy because they have a good

harvest.
 收获; 收成

Winter is white, because it snows and the **snow** is white.
 下雪; 雪

文章词数 111

红色: 高频词 (17)

蓝色: 中频词 (3)

绿色: 低频词 (3)

season/'si:zn/ 季节

spring/sprɪŋ/ 春天; 春季

summer/'sʌmə(r)/ 夏天; 夏季

autumn/'ɔ:təm/ 秋天; 秋季

winter/'wɪntə(r)/ 冬天; 冬季

grass/gra:s/ 草; 草地

begin/bɪ'gɪn/ 开始

grow/grəʊ/ 生长; 成长

symbol/'sɪmbəl/ 象征; 符号

life/lɑ:f/ 生活; 生命

keep/ki:p/ 保持; 保留

burning/'bɜ:nɪŋ/ 燃烧的

feel/fi:l/ 感觉; 觉得

bring /brɪŋ/ 带来; 拿来

enough/ɪ nʌf/ 足够的; 充足地

plant /plɑ:nt/ 植物

flourish/'flaʊrɪʃ/ 繁荣; 兴旺

without /wɪ'ðəʊt/ 没有; 缺乏

crop /krɒp/ 庄稼; 作物

mature/mə'tʃʊə(r)/ 成熟

leaves/li:vz/ 叶子 (leaf 的复数)

harvest/'hɑ:vɪst/ 收获; 收成

snow/snəʊ/ 下雪; 雪





扫码听音频



Water

Water is very important to people. We **must** drink water every day. We can't live without water. Water is **everywhere** around us. At home, we **use** water to **wash clothes**, to wash the dishes, to **cook meals**, to clean the rooms, to **have showers**, to make drinks, to **brush** our teeth **and so on**. **At work**, people use water to **put out fires**, to grow vegetables, to make things in **factories** and so on. Water is important to us, isn't it?

However, there isn't much water on the **earth**. It is very **valuable**. We must **save** it. If we **waste** too much water, one day, the **last drop** of water on the **planet** will be our **tears**.

文章词数 120

红色: 高频词 (15)

蓝色: 中频词 (3)

绿色: 低频词 (2)

must/mʌst/ 必须; 一定

everywhere/'evriweə(r)/ 到处; 处处

use/ju:z/ 使用

wash clothes 洗衣服

cook meals 做饭

have showers 洗澡; 淋浴

brush/bʃ/ 刷

and so on 等等

at work 在工作中

put out fires 灭火

factories/'fæktɪz/ 工厂 (factory 的复数形式)

however/haʊ'veə(r)/ 然而

earth/ɜ:θ/ 地球; 土地

valuable/'væljuəbl/ 宝贵的; 有价值的

save/seɪv/ 节约; 拯救

waste/weɪst/ 浪费

last/lɑ:st/ 最后的

drop/drɒp/ 滴; 落下

planet/'plæɪt/ 行星

tear/tɪə(r)/ 眼泪



1

21天 | 2358 词阅读计划

L3 进阶: ★★★☆ (330 个核心词)



扫码听音频



Linda



David and Nancy



Liu Tao



Lucy



Mike and Tom

What can they do ?

Lucy: What can you do, Linda?

Linda: I can sing. And I can dance. Can you sing **Chinese** songs, Lucy?

中文; 中国人; 中国的

Lucy: No, I can't. But I can play the **piano**.

钢琴

Linda: What can Mike do? Can he play the piano?

Lucy: I don't think so. But he can play the **guitar**.

吉他

Linda: Oh, my friend Tom can play the guitar, too.

Lucy: How about David and his sister Nancy ? What can they do?

Linda: David can **ski** and **skate** very well. Nancy can skate but she can't ski. They and their **parents** **often** go skating on **Sundays**.

滑雪

滑冰; 溜冰

父亲 (或母亲); 家长 经常

星期日

Lucy: The family all like skating, right?

Linda: Yes. Look, Liu Tao is coming. What can he do?

Lucy: Liu Tao is very **quiet**. He can make a **model plane**.

安静的; 轻声的

模型飞机

文章词数 96

红色: 高频词 (8)

蓝色: 中频词 (2)

绿色: 低频词 (0)

Chinese /tʃaɪ niːz/
中文; 中国人; 中国的

piano /pi'ænəʊ/
钢琴

guitar /gi'ta:(r)/
吉他

ski /ski:/
滑雪

skate /skeɪt/
滑冰; 溜冰

parent /'peərənt/
父亲 (或母亲); 家长

often /'ɒfn/
经常

Sunday /'sʌndeɪ/
星期日

quiet /'kwaɪət/
安静的; 轻声的

model plane
模型飞机



小白智慧打印
打印好搭档 学习好帮手



扫码听音频



Our school library

Hello! My name is Mike. There is a **library** in my school. The library is not big, but it is very nice. There are many books in the library. About 5,000 of them are Chinese books, and about 1,000 are English books.

I like reading very much. I go to the library every day. Miss Yang **works** in the library. She **always** helps students **find** the books they **want**.

We have a **computer** room in the library. Students need their student **cards** to go into it. **Sometimes** we have classes in the computer room, too.

Our library has a **Lost and Found**. Mrs Black works there. My friend Lucy helps her every afternoon. Mrs Black is very **glad** to help the students find their **lost** things.

Do you have a library in your school?

文章词数 134

红色: 高频词 (9)

蓝色: 中频词 (1)

绿色: 低频词 (1)

library /'laɪbrəri/
图书馆

work /wɜ:k/
工作

always /'ɔ:lweɪz/
总是

find /faɪnd/
找到

want /wɒnt/
想要

computer /kəm'pjʊ:tə(r)/
计算机

card /kɑ:d/
卡片

sometimes /'sʌmtaɪmz/
有时

Lost and Found
失物招领处

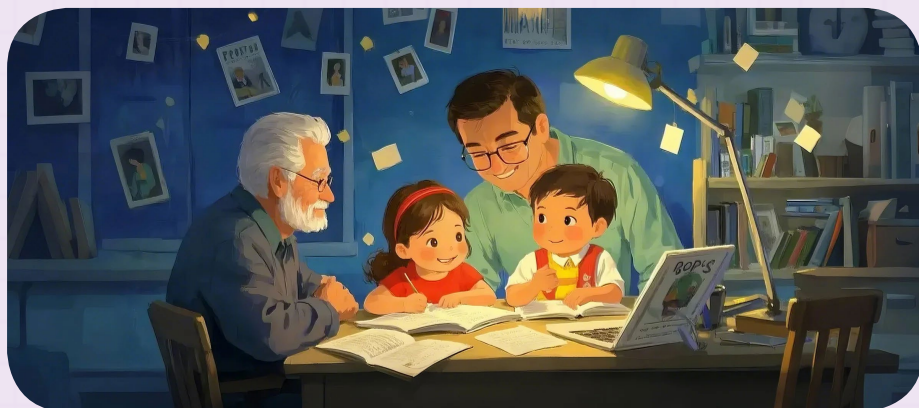
glad /glæd/
高兴的

lost /lɒst/
丢失的





扫码听音频



Father's Day

Father's Day is **usually** on the **third** Sunday in **June**. It is a day to thank fathers.
通常; 经常 第三 六月
 Today, over 50 **countries** **celebrate** Father's Day, but they **might** have **different** **dates** for it.
国家 庆祝; 庆贺 可能; 也许 不同的 日期

It is **important** to look at what fathers **bring** to our families. Every father is different. Does he **teach** you how to play games? Does he help with your homework? Does he read you **bedtime** stories? Thank him for all he does!
重要的 带来; 拿来 教; 讲授 就寝时间

Father's Day isn't just for our fathers. It's also for our grandfathers, **because** they are our parents' fathers.
因为

文章词数 92

红色: 高频词 (8)

蓝色: 中频词 (4)

绿色: 低频词 (1)

usually /'ju:zuəli/
通常; 经常third /θɜ:d/
第三June /dʒu:n/
六月country /'kʌntri/
国家celebrate /'selɪbreɪt/
庆祝; 庆贺might /maɪt/
可能; 也许different /'dɪfrənt/
不同的date /deɪt/
日期important /ɪm'pɔ:tnt/
重要的bring /brɪŋ/
带来; 拿来teach /ti:tʃ/
教; 讲授bedtime /'bedtaɪm/
就寝时间because /bɪ'kɒz/
因为



扫码听音频



Looking after your dog

Looking after your dog is important. A dog **needs** to be looked after every day. Here are some **ways** for you to **look after** your dog.

照顾; 照料

You need to **feed** your dog every day. Dogs need to eat and drink well to stay **healthy**. **Make sure** there is always water in the water **bowl**.

喂养

健康的

确保

碗

You need to keep your dog clean. **Brush** your dog often. Wash it about **once** a week.

刷

一次

Your dog needs a **warm** and **dry** place to sleep. A **kennel** is good for a dog to sleep.

温暖的

干燥的

狗窝

Dogs need **exercise** to keep them healthy. Walking your dog will keep it healthy.

锻炼

Dogs need to play. Playing keeps them happy. You can **throw** a ball and ask your dog to **fetch** it. **Remember** to **cuddle** your dog.

扔

取来; 拿来

记得

拥抱; 搂抱

文章词数 129

红色: 高频词 (12)

蓝色: 中频词 (2)

绿色: 低频词 (3)

need /ni:d/ 需要

way /wei/ 方法; 方式

look after 照顾; 照料

feed /fi:d/ 喂养

healthy /'helθi/ 健康的

make sure 确保

bowl /bəʊ/ 碗

brush /brʌʃ/ 刷

once /wʌns/ 一次

warm /wɔ:m/ 温暖的

dry /draɪ/ 干燥的

kennel /'kenl/ 狗窝

exercise /'eksəsaɪz/ 锻炼

throw /θrəʊ/ 扔

fetch /fetʃ/ 取来; 拿来

remember /rɪ'membə(r)/ 记得

cuddle /'kʌdl/ 拥抱; 搂抱





扫码听音频



Going to the zoo

It's **Friday** today. Our teacher is going to take us to the zoo **tomorrow**. We are **excited** now. The zoo is **far** from our school. We can take a bus to get there. The zoo is big. We can see many trees, flowers and **animals** in it. We are going to see some monkeys **first**. The monkeys are funny. They like eating bananas. And **then** we are going to see some tigers. Some girls are **afraid** of the tigers. They are so **strong** and they have **sharp** teeth. We are going to see some elephants, too. Elephants are **friendly**. They like eating fruit. I like pandas best. I think they are lovely. I like all of the animals. I want to be a **zookeeper** in the **future**. Then I can stay with the animals.

文章词数 134

红色: 高频词 (10)

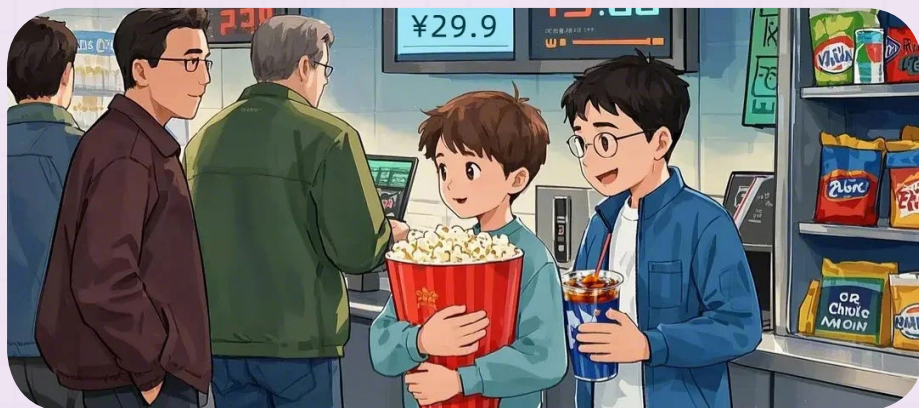
蓝色: 中频词 (3)

绿色: 低频词 (0)

Friday /'fraɪdeɪ/
星期五tomorrow /tə'mɒrəʊ/
明天excited /ɪk'saɪtɪd/
兴奋的; 激动的far /fɑ:(r)/
远的; 遥远的animal /'ænɪml/
动物first /fɜ:st/
首先; 第一then /ðen/
然后afraid /ə'freɪd/
害怕的; 畏惧的strong /strɒŋ/
强壮的sharp /ʃɑ:p/
锋利的; 尖锐的friendly /'frendli/
友好的zookeeper /'zu:ki:pə(r)/
动物园管理员future /'fju:tʃə(r)/
将来; 未来



扫码听音频



Seeing a film

Today is Jack's **birthday**. Uncle John takes Jack and Jack's friend Peter to see a **film**. They take a bus to the **cinema**. The boys are very happy.

When they get to the cinema, they see a long **queue** at the **ticket office**. Uncle John **joins** the queue to get the tickets for the film. He **asks** Jack and Peter to **buy** something to eat and drink. Jack buys some **popcorn** and Peter buys some drinks.

Soon, Uncle John gets the tickets and they go to see the film. They find their **seats** and sit down. At 3:00 p.m., the film begins. They **enjoy themselves**.

文章词数 105

红色: 高频词 (7)

蓝色: 中频词 (4)

绿色: 低频词 (0)

birthday /'bɜ:θdeɪ/
生日

film /fɪlm/
电影

cinema /'sɪnəmə/
电影院

queue /kju:/
队; 队列

ticket office
售票处

join /dʒɔɪn/
加入; 参加

ask /ɑ:sk/
要求; 请求; 询问

buy /baɪ/
买

popcorn /'pɒpkɔ:n/
爆米花

seat /si:t/
座位

enjoy themselves
玩得开心





扫码听音频



Mike's new school

Mike's family **move** to **another** place. Mike
 移动; 搬家 另一; 又一
 has to go to a new school. He is sad, because
 he doesn't have friends here. All **other** children
 其他的
 in his new class try to make him happy. By the
fourth day, he **begins** to like the school a little
 第四 开始
 bit.

The next day it is raining at **playtime**. Mike
 玩耍时间
 gets a **puzzle** to do. Some of the **pieces** are
 拼图; 谜 块; 片; 件
missing, so Mike **decides** to **sort out** all the
 丢失的; 缺少的 决定 分类
 puzzles. Everyone is **pleased**. Mike gets a
 高兴的; 满意的
badge for helping.
 徽章

Mike says, "I love my new school and new friends."

文章词数 96

红色: 高频词 (9)

蓝色: 中频词 (2)

绿色: 低频词 (2)

move /mu:v/
 移动; 搬家

another /ə'nʌðə(r)/
 另一; 又一

other /'ʌðə(r)/
 其他的

fourth /fɔ:θ/
 第四

begin /bɪ'ɡɪn/
 开始

playtime /'pleɪtaɪm/
 玩耍时间

puzzle /'pʌzl/
 拼图; 谜

piece /pi:s/
 块; 片; 件

missing /'mɪsɪŋ/
 丢失的; 缺少的

decide /dɪ'saɪd/
 决定

sort out
 整理; 分类

pleased /pli:zd/
 高兴的; 满意的

badge /bædʒ/
 徽章





扫码听音频



Plants

Plants are important to **living** things. **Life**
 植物 活着的; 活的 生命; 生活
could not go on **if** there were no plants on
 能; 可以 如果
 the **earth**. This is because plants can make
 地球
 food from **air**, water and **sunlight**. Animals
 空气 阳光
 and **humans** can't make food from them.

Some plants **grow** on **mountains**, some
 生长; 种植 山; 山脉
 plants grow in the **desert**, and some plants
 沙漠
 grow in the **ocean**. If you look **carefully** at
 海洋 仔细地; 小心地
 the plants **around** you, you will find there
 在周围; 环绕
 are different **types** of plants. Some plants
 类型
 are **large** and others are small. **Most** plants
 大的 大多数; 大部分
 are green, and some plants are yellow, red
 and so on.

文章词数 96

红色: 高频词 (15)

蓝色: 中频词 (2)

绿色: 低频词 (1)

plant /pla:nt/ 植物

living /'lɪvɪŋ/
活着的; 活的

life /laɪf/ 生命; 生活

could /kʊd/ 能; 可以

if /ɪf/ 如果

earth /ɜ:θ/ 地球

air /eə(r)/ 空气

sunlight /'sʌnlaɪt/ 阳光

human /'hju:mən/ 人

grow /grəʊ/ 生长; 种植

mountain /'maʊntən/
山; 山脉

desert /'dezət/ 沙漠

ocean /'əʊʃn/ 海洋

carefully /'keəfəli/
仔细地; 小心地around /ə'raʊnd/
在周围; 环绕

type /taɪp/ 类型

large /la:dʒ/ 大的

most /məʊst/
大多数; 大部分



扫码听音频

爱护眼睛
从我做起

Protecting our eyes

Our eyes are very important to us. We can see beautiful things and colours around us with our eyes. But if we don't **take care** of our eyes, they **may get hurt**. How do we **protect** our eyes?

照顾; 照料

可能; 也许 受伤

保护

当……时候

照耀; 发光 明亮地; 鲜明地

最好

太阳镜; 墨镜

光线; 灯

明亮的; 鲜明的

黑暗的; 深色的

擦; 摩擦

脏的

time.

文章词数 96

红色: 高频词 (12)

蓝色: 中频词 (1)

绿色: 低频词 (1)

take care of
照顾; 照料may /meɪ/
可能; 也许get hurt
受伤protect /prə'tekt/
保护when /wen/
当……时候shine /ʃaɪn/
照耀; 发光brightly /'braɪtli/
明亮地; 鲜明地had better
最好sunglasses /'sʌŋɡləsɪz/
太阳镜; 墨镜light /laɪt/
光线; 灯bright /braɪt/
明亮的; 鲜明的dark /dɑ:k/
黑暗的; 深色的rub /rʌb/
擦; 摩擦dirty /'dɜ:ti/
脏的



扫码听音频



The importance of fire

Fire is very important to people. But **thousands** of years **ago**, people lived in cold places, because they didn't know how to keep themselves warm. **Later** they learned to make clothes. When an animal was killed, they **made use of** its **skins** to **cover** their bodies. The skins **kept** them warm.

However, people **still** didn't know how to **make a fire**. When **lightning** **hit** a **forest** and **started** a fire, people tried to keep it **burning**. If it **went out**, they had to **wait** **for** many years.

But later they found different ways to make a fire. For example, they made a fire by **knocking** two pieces of **stones**.

Today it's easy to make a fire because we have **matches**, **lighters** and different kinds of **heaters**. We can make a fire at any time we need.

文章词数 136

红色: 高频词 (15)

蓝色: 中频词 (4)

绿色: 低频词 (1)

thousand /'θaʊznd/ 千

ago /ə'gəʊ/ 以前

later /'leɪtə(r)/ 后来; 以后

make use of 利用

skin / skɪn/ 皮肤; 兽皮

cover /'kʌvə(r)/ 覆盖; 遮盖

still /stɪl/ 仍然; 还

make a fire 生火

lightning /'laɪtnɪŋ/ 闪电

hit /hɪt/ 打; 击; 碰撞

forest /'fɒrɪst/ 森林

start /stɑ:t/ 开始; 引发

burn /bɜ:n/ 燃烧; 着火

go out 熄灭

wait for 等待

knock /nɒk/ 敲; 击

stone /stəʊn/ 石头

match /mætʃ/ 火柴

lighter /'laɪtə(r)/ 打火机

heater /'hi:tə(r)/ 加热器





扫码听音频



Advantages of travel

I think travel is **beneficial** to us in **at least** three ways.

有益的; 有利的

至少

First, by traveling we can enjoy the beautiful **scenery** of different places. We can see those places with our own eyes which we only read about in books, and visit famous cities.

风景; 景色

Second, we can meet people with different **interests**

兴趣; 爱好

and learn different **culture** when we travel. We can know

文化

the **conditions** and **customs** of other places and **taste**

情况; 状况

风俗; 习俗

品尝; 尝起来

different foods. In this way, we can **understand** how

理解; 明白

differently people live.

不同地

Third, travel can not only help us **gain knowledge** of

获得; 得到 知识; 学问

geography, culture and **history**, but also help us keep

地理 (学)

历史

healthy and **less narrow-minded**.

较少; 更少

狭隘的

With all these **advantages** of travel, it is **no wonder**

优势; 益处

难怪; 不足为奇

that travel has now become more and more popular in

China.

文章词数 129

红色: 高频词 (8)

蓝色: 中频词 (6)

绿色: 低频词 (4)

beneficial /benɪ'fɪʃl/
有益的; 有利的

at least 至少

scenery /'si:nəri/ 风景; 景色

interest /'ɪntrəst/ 兴趣; 爱好

culture /'kʌltʃə(r)/ 文化

condition /kən'dɪʃn/
情况; 状况

custom /'kʌstəm/ 风俗; 习俗

taste /teɪst/ 品尝; 尝起来

understand /ʌndə'stænd/
理解; 明白

differently /'dɪfrəntli/ 不同地

gain /geɪn/ 获得; 得到

knowledge /'nɒlɪdʒ/
知识; 学问

geography /dʒɪ'ɒɡrəfi/
地理 (学)

history /'hɪstri/ 历史

less /les/ 较少; 更少

narrow-minded
/'nærəʊ'maɪndɪd/ 狭隘的

advantage /əd'vɑ:ntɪdʒ/
优势; 益处

no wonder 难怪; 不足为奇





扫码听音频



Table manners

Table manners are different in different **parts** of the **world**. In some countries, people sit on the **floor** to eat. Food is **set** on the **low** table in the **middle** and everyone eats from it. People eat food with their right hands. Everyone **washes** their hands **both** before and after eating. In other places, people also sit on the floor around a low table but they use **chopsticks** to eat. People usually use smaller **plates**. When you eat **noodles** or drink **soup**, making **noise** is not **polite**. In many countries, people sit on the chairs at a table to eat. They use **utensils**: a **fork**, a **knife** and a **spoon**. They usually put the **napkins** on their **laps**. **Chewing** with the mouth open or making noise is not polite, too.

文章词数 134

红色: 高频词 (17)

蓝色: 中频词 (2)

绿色: 低频词 (3)

table manners 餐桌礼仪

part /pa:t/ 部分; 地区

world /wɜ:ld/ 世界

floor /flɔ:(r)/ 地板

set /set/ 放置

low /ləʊ/ 低的

middle /'mɪdl/ 中间; 中部

wash /wɒʃ/ 洗

both /bəʊθ/ 两者都

chopsticks /tʃɒpstɪks/ 筷子

plate /pleɪt/ 盘子

noodles /'nu:dlz/ 面条

soup /su:p/ 汤

noise /nɔɪz/ 噪音

polite /pə'laɪt/ 有礼貌的

utensil /ju:'tensl/ 餐具

fork /fɔ:k/ 叉子

knife /naɪf/ 刀

spoon /spu:n/ 勺子

napkin /'næpkɪn/ 餐巾纸

lap /læp/ 大腿

chew /tʃu:/ 咀嚼





扫码听音频



Happiness

What is **happiness**? You may say if we have **enough** **money**, beautiful **clothes**, **delicious** food and a big house with a **garden**, we will be happy. Happiness is for everyone.

In fact, happiness is always around you. When you are in **trouble**, your friends will help you. When you study **hard**, your parents always take good care of your life and your **health**. All these are your happiness.

When you are **poor**, you can also say you are very happy, because money can't buy **everything**. When you are in trouble, say **loudly** that you are happy, because you have **more chances** to make **yourself** a **hero**.

Take every chance you get, and you can be a happy and **lucky person**.

文章词数 120

红色: 高频词 (18)

蓝色: 中频词 (1)

绿色: 低频词 (0)

happiness /'hæpɪnəs/ 幸福; 快乐

enough /ɪ'naʊf/ 足够的; 充足的

money /'mʌni/ 钱

clothes /kləʊðz/ 衣服

delicious /dɪ'lɪʃəs/ 美味的

garden /'gɑ:dn/ 花园

in fact 事实上

trouble /'trʌbl/ 麻烦; 困难

hard /hɑ:d/ 努力地

health /helθ/ 健康

poor /pɔ:(r)/ 贫穷的

everything /'evriθɪŋ/ 每件事; 一切

loudly /'laʊdli/ 大声地

more /mɔ:(r)/ 更多的

chance /tʃa:ns/ 机会

yourself /jɔ:'self/ 你自己

hero /'hɪərəʊ/ 英雄

lucky /'lʌki/ 幸运的

person /'pɜ:sn/ 人





扫码听音频



Owls

The **owl** is a bird with very big eyes. These eyes make the owl look **clever**. The owl can not move its eyes **freely** as we can. It can only look **straight ahead**. If it wants to look at both **sides**, it must **turn** its **neck**.

Owls see **better** at night than **during** the day. At night, they look for food. They eat

mice and **insects**.

Owls make **strange** noises. Because they sleep most of the day, they usually give their **cries** at night. These cries **sound** like "Whoop! Whoop!" These strange sounds sometimes **frighten** people at night.

Owls are our friends in fact.

文章词数 106

红色: 高频词 (12)

蓝色: 中频词 (2)

绿色: 低频词 (2)

owl /aʊl/ 猫头鹰

clever /'klevə(r)/
聪明的

freely /'fri:li/ 自由地

straight /streɪt/
笔直地ahead /ə'hed/
向前; 在前

side /saɪd/ 边; 面

turn /tɜ:n/ 转动; 旋转

neck /nek/ 脖子

better /'betə(r)/
更好地during /'dʒʊərɪŋ/
在……期间mice /maɪs/
老鼠 (mouse 的复数形式)

insect /'ɪnsekt/ 昆虫

strange /streɪndʒ/
奇怪的

cry /kraɪ/ 叫声; 呼喊

sound /saʊnd/
听起来; 声音frighten /'fraɪn/
使惊恐



扫码听音频



Weather report

Good morning, everyone. **Today** is Friday. 今天

This is the **weather** **report**. From now to the afternoon, the weather will be sunny and **hot**. The **temperature** will be from 31°C to 34°C. 天气 报告

热的 **hot**. The **temperature** will be from 31°C to 34°C. 温度

It's not a good time to play **outdoors**. On **Saturday**, it will be **cloudy** in the morning and **rainy** in the afternoon. If you want to go **outside**, don't **forget** to take an **umbrella**. 在户外

星期六 **Saturday**, it will be **cloudy** in the morning and **rainy** in the afternoon. 多云的

下雨的; 多雨的 **rainy** in the afternoon. If you want to go **outside**, don't **forget** to take an **umbrella**. 在外面 忘记 雨伞

It will be cool on Saturday, because the **highest** temperature will be 26 °C. What about **Sunday**? The weather will be sunny. It will be a nice day for you. You can go for a **picnic** and fly a kite. 野餐

The weather is **changeable**. Take care of yourselves and have a nice day. 多变的

文章词数 119

红色: 高频词 (13)

蓝色: 中频词 (2)

绿色: 低频词 (1)

today /tə'deɪ/ 今天

weather /'weðə(r)/ 天气

report /rɪ'pɔ:t/ 报告

hot /hɒt/ 热的

temperature /'temprətʃə(r)/ 温度

outdoors /'aʊtdɔ:z/ 在户外

Saturday /'sætədeɪ/ 星期六

cloudy /'klaʊdi/ 多云的

rainy /'reɪni/ 下雨的; 多雨的

outside /'aʊtsaɪd/ 在外面

forget /fə'get/ 忘记

umbrella /ʌm'brelə/ 雨伞

highest /'haɪst/ 最高的

Sunday /'sʌndeɪ/ 星期日

picnic /'pɪknɪk/ 野餐

changeable /'tʃeɪndʒəbl/ 多变的





扫码听音频



Penguins

My **favourite** animal is **penguins**.

特别喜爱的

企鹅

Penguins look so funny when they **waddle**.

摇摇晃晃地走

I'm **interested** in **learning** more about

感兴趣的

学习; 了解

penguins. Most penguins live in **Antarctica**

南极洲

and **feed on** fish and **shrimps**. They can't

以……为食

虾

fly, but they can swim **fast**. There are

快速地

different kinds of penguins in the **world**,

不同种类的

世界

such as **emperor penguins** and blue

例如

帝企鹅

penguins.

However, the **number** of penguins is

然而

数量

getting smaller and smaller because of

pollution and **global warming**. We should

污染

全球变暖

protect the **environment** for them.

保护

环境

文章词数 92

红色: 高频词 (14)

蓝色: 中频词 (3)

绿色: 低频词 (2)

favourite /'feivərɪt/ 特别喜爱的

penguin /'penɡwɪn/ 企鹅

waddle /'wɑːdl/ 摇摇晃晃地走

interested /'ɪntrəstɪd/ 感兴趣的

learn /lɜːn/ 学习; 了解

Antarctica /æn'tɑːktɪkə/ 南极洲

feed on 以……为食

shrimp /ʃrɪmp/ 虾

fast /fɑːst/ 快速地

different kinds of 不同种类的

world /wɜːld/ 世界

such as 例如

emperor penguin 帝企鹅

however /haʊ'evə(r)/ 然而

number /'nʌmbə(r)/ 数量

pollution /pə'luːʃn/ 污染

global warming /'gləʊbl'wɔːmɪŋ/ 全球变暖

protect /prə'tekt/ 保护

environment /ɪn'vaɪrənmənt/ 环境





扫码听音频



Protecting the environment

There are some **easy** things you can do to protect the environment.

容易的

- **Plant** flowers, grass or trees.
种植; 植物
- **Whenever** you visit a park or **beach**, take all the **rubbish** **until** you put it in a **bin**.
无论何时 海滩 垃圾 直到……为止 垃圾桶
- **Turn off** the **lights** and TVs when you **leave** the room.
关掉 灯; 光线 离开; 留下
- Turn off the **tap** when you **brush your teeth**.
水龙头 刷牙
- You can **save** some water.
节约; 拯救
- Keep the doors and windows **closed** in winter to keep warm.
关闭的
- Give your old books and **magazines** to the library.
杂志
- Give your old clothes to **poor** children.
贫穷的; 可怜的
- Don't **pour** dirty water into rivers or the lakes.
倒; 倾泻

文章词数 95

红色: 高频词 (15)

蓝色: 中频词 (1)

绿色: 低频词 (1)

easy /'i:zi/ 容易的

plant /plɑ:nt/
种植; 植物whenever /wen'evə(r)/
无论何时

beach /bi:tʃ/ 海滩

rubbish /'rʌbɪʃ/ 垃圾

until /ən'tɪl/
直到……为止

bin /bɪn/ 垃圾桶

turn off 关掉

light /laɪt/ 灯; 光线

leave /li:v/ 离开; 留下

tap /tæp/ 水龙头

brush your teeth 刷牙

save /seɪv/ 节约; 拯救

closed /kləʊzd/ 关闭的

magazine /mægə'zi:n/
杂志poor /pɔ:(r)/
贫穷的; 可怜的

pour /pɔ:(r)/ 倒; 倾泻





扫码听音频



Three pigs and a wolf

Once upon a time, there were three pigs. It

从前

rained and the pigs got wet. So they decided to build

湿的

决定

建造

houses. The first pig found some straw, and he built

稻草

a fine house with straw. The second pig built a house

美好的; 优良的

第二; 秒

with wood. The third pig built a house with stone.

木头

第三

石头

One day, a wolf was hungry. He came to the

狼

straw house and blew down the house. The first pig

吹倒

ran to the wooden house. Then the wolf came to the

木制的

wooden house and blew down the house, too. The

two pigs ran to the stone house. The wolf came and

blew the stone house. He blew and blew, but the

house didn't fall down. Then the wolf was angry. He

倒塌; 摔倒

生气的

climbed up the roof and jumped down the chimney.

爬上

屋顶

跳下

烟囱

But he fell into the hot pot! He cried and ran away.

锅

逃跑

The three pigs all laughed.

笑

文章词数 148

红色: 高频词 (18)

蓝色: 中频词 (2)

绿色: 低频词 (2)

once upon a time 从前

wet /wet/ 湿的

decide /dɪ'saɪd/ 决定

build /bɪld/ 建造

straw /strɔ:/ 稻草

fine /faɪn/ 美好的; 优良的

wood /wʊd/ 木头

third /θɜ:d/ 第三

stone /stəʊn/ 石头

wolf /wʊlf/ 狼

blow down 吹倒

wooden /'wʊdən/ 木质的

fall down 倒塌; 摔倒

angry /'æŋɡri/ 生气的

climb up 爬上

roof /ru:f/ 屋顶

jump down 跳下

chimney /'tʃɪmni/ 烟囱

pot /pɒt/ 锅

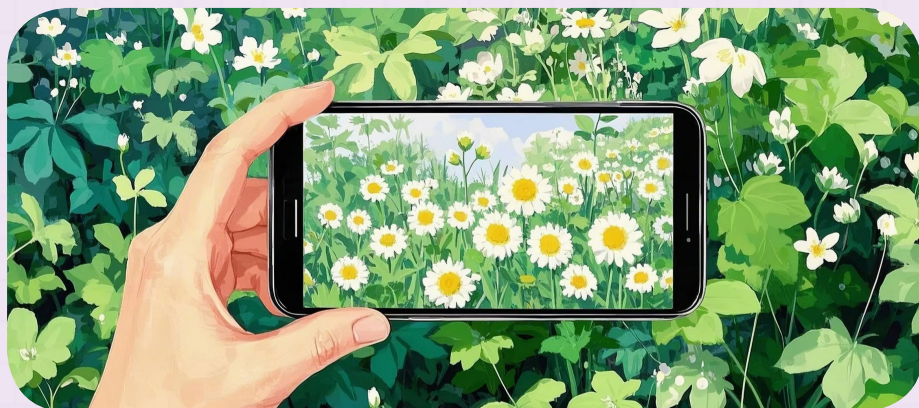
run away 逃跑

laugh /la:f/ 笑





扫码听音频



A plant app

If you see a new plant, you may want to know something about it. Where do you find the

information? Now a plant **app** can help you. It's

信息

应用程序

called Xingse.

称呼; 打电话

Open the app on your **mobile phone** and

移动电话, 手机

take a **clear** picture of the new plant, and the

清晰的

mobile phone will give you the **answers**. The

答案; 回答

app tells you the name of the plant and some

other **useful** information about the plant. It can

有用的

identify **more than** 4,000 plants.

识别

超过

Plants are only one part of **nature**. You may

自然

also be interested in birds and **bugs**. Don't

昆虫

worry.

担心

Because many apps can help you. They will

make you a nature **expert**.

专家

文章词数 110

红色: 高频词 (9)

蓝色: 中频词 (3)

绿色: 低频词 (1)

information

/Infə'meɪʃn/ 信息

app /æp/

应用程序

call /kɔ:l/

称呼; 打电话

mobile phone

移动电话, 手机

clear /klɪə(r)/

清晰的

answer /'ɑ:nsə(r)/

答案; 回答

useful /'ju:sfl/

有用的

identify /aɪ'dentɪfaɪ/

识别

more than

超过

nature /'neɪtʃə(r)/

自然

bug /bʌg/

昆虫

worry /'wʌri/

担心

expert /'ekspɜ:t/

专家





扫码听音频



Body language

There is a **language** that we use every day. It's

语言

not Chinese, **Japanese**, **French** or English. It's **body**

日语; 日本人; 日本的 法语; 法国人; 法国的

language!

肢体语言

Sometimes body language is much more **honest** than

诚实的

words. Look at the woman. She **crosses her arms across**

单词; 话语

交叉双臂 穿过; 在……对面

her **chest** and says, "Yes!" That usually **means** "I don't

胸部

意思是; 意味着

want to listen." or "I don't **agree**." Look at that man.

同意

He says, "I didn't see it **yesterday**." He is **touching** his

昨天

触摸

nose when he talks. That usually means he is **lying**.

撒谎

Some body language has **totally** different **meanings**

完全地

意思; 含义

in different countries. What does the "**thumbs up**"

竖起大拇指

sign mean? Very good? In **Germany**, it means "1". But

手势; 符号; 迹象

德国

in **Japan**, it means "5". **No matter** how different the

日本

无论

meaning of body language is, there is one kind of body

language that never needs an **explanation**. That is a

解释

smile.

文章词数 135

红色: 高频词 (16)

蓝色: 中频词 (3)

绿色: 低频词 (3)

language /'læŋɡwɪdʒ/ 语言

Japanese /dʒæpə'ni:z/ 日语; 日本人; 日本的

French /frentʃ/ 法语; 法国人; 法国的

body language 肢体语言

honest /'ɒnɪst/ 诚实的

word /wɜ:d/ 单词; 话语

cross her arms 交叉双臂

across /ə'krɒs/ 穿过; 在……对面

chest /tʃest/ 胸部

mean /mi:n/ 意思是; 意味着

agree /ə'ɡri:/ 同意

yesterday /'jestədeɪ/ 昨天

touch /tʌtʃ/ 触摸

lie /laɪ/ 撒谎

totally /'təʊtəli/ 完全地

meaning /'mi:nɪŋ/ 意思; 含义

thumbs up 竖起大拇指

sign /saɪn/ 手势; 符号; 迹象

Germany /'dʒɜ:məni/ 德国

Japan /dʒə'pæn/ 日本

no matter /'nəʊmətə(r)/ 无论

explanation /eksplə'neɪʃn/ 解释





扫码听音频



Waves

A **wave** is the **movement** of water.
波浪 运动; 移动

Waves are made when the **wind blows**
风 吹

over the **surface** of water. On the beach,
表面

we can watch waves. **Sea** waves can be
海

very **powerful** and dangerous. **Huge** waves
强大的; 有力的 巨大的

sometimes **break** houses and **kill** people.
破坏; 打破 杀死

Can we **change** the **power** of waves into
改变; 变化 力量; 功率

energy? Yes! **Engineers** make **wave-**
能量 工程师

energy machines with the power of waves.
波浪能机器

Also, we can make waves **by ourselves**.
我们自己

When we throw stones into water, we can
see waves. When we **flush** the **toilet**, we
冲 (水) 厕所

can also see waves.

文章词数 90

红色: 高频词 (11)

蓝色: 中频词 (4)

绿色: 低频词 (3)

wave /weɪv/ 波浪

movement /'mu:vmənt/ 运动; 移动

wind /wɪnd/ 风

blow /bləʊ/ 吹

surface /'sɜ:fɪs/ 表面

sea /si:/ 海

powerful /'paʊəfl/ 强大的; 有力的

huge /hju:dʒ/ 巨大的

break /breɪk/ 破坏; 打破

kill /kɪl/ 杀死

change /tʃeɪndʒ/ 改变; 变化

power /'paʊə(r)/ 力量; 功率

energy /'enədʒi/ 能量

engineer /endʒɪ'nɪə(r)/ 工程师

wave - energy machine 波浪能机器

by ourselves 我们自己

flush /flʌʃ/ 冲 (水)

toilet /'tɔɪlət/ 厕所





扫码听音频



Summer camps

In many countries, parents **send** their children to summer camps. **Summer camps** are **popular** in China, too.

送; 寄

夏令营

受欢迎的; 流行的

The **purpose** of a summer camp is to help **kids** **develop**. They must learn to be **independent** because they are not together with their family.

目的

小孩 成长; 发展

独立的

For example, in the summer camp, kids must **clean** and **organize** their **own** rooms. **However**, the summer camp is fun, too. Kids can play games, do

例如

打扫; 清洁的

整理; 组织

自己的; 拥有

然而

sports and **make crafts** here. They are never **lazy**!

做手工

懒惰的

Summer camps also help kids learn new **skills**, like skiing and cooking. There are different kinds of summer camps. Some summer camps **last** for a long time, but some for only a short time. If you don't have any other summer **plans**, you may go to a summer camp.

技能

持续

计划

文章词数 126

红色: 高频词 (13)

蓝色: 中频词 (2)

绿色: 低频词 (2)

send /send/ 送; 寄

summer camp 夏令营

popular /'pɒpjələ(r)/
受欢迎的; 流行的

purpose /'pʊ:ps/ 目的

kid /kɪd/ 小孩

develop /dr'veləp/
成长; 发展independent
/ɪndɪ'pendənt/ 独立的

for example 例如

clean /kli:n/
打扫; 清洁的organize /'ɔ:gənaɪz/
整理; 组织

own /əʊn/ 自己的; 拥有

however /haʊ'veə(r)/
然而

make crafts 做手工

lazy /'leɪzi/ 懒惰的

skill /skɪl/ 技能

last /la:st/ 持续

plan /plæn/ 计划





扫码听音频



Breakfast

“Eat your breakfast. It is the most **important meal** of the day!” Why do parents always say things like that?

Well, **imagine** you are a car. After driving **all night**, your **fuel tank** is **empty**. Breakfast is like the fuel. It helps you go again.

And a new **study shows** that a healthy breakfast can help students get better **grades**. Is your breakfast healthy?

What is a healthy breakfast?

It should have **grains**. Things like bread, **cereals**, rice and noodles are grains. They give you **energy**.

It should have fruit and **vegetables**. They **are full** of **vitamins**.

It should have milk. Milk helps you grow tall.

It should have eggs, **lean** meat and **beans**. They are full of **protein**.

文章词数 119

红色: 高频词 (12)

蓝色: 中频词 (3)

绿色: 低频词 (4)

important /ɪm'pɔ:tnt/ 重要的

meal /mi:l/ 餐; 饭

imagine /ɪ'mædʒɪn/ 想象

all night 整夜

fuel /'fju:əl/ 燃料

tank /tæŋk/ 油箱; 罐

empty /'empti/ 空的

study /'stʌdi/ 研究

show /ʃəʊ/ 表明; 展示

grade /greɪd/ 成绩; 等级

grain /greɪn/ 谷物

cereal /'siəriəl/ 麦片

energy /'enədʒi/ 能量

vegetable /'vedʒtəbl/ 蔬菜

be full of 充满

vitamin /'vɪtəmin/ 维生素

lean /li:n/ 瘦的

bean /bi:n/ 豆

protein /'prəʊti:n/ 蛋白质





扫码听音频



Earthquakes

Earthquake is one of the most severe **natural** **disasters**. What should we do if an earthquake comes?

地震 自然的 灾难

Firstly, don't **panic** but **calm down**. **Fear** can make things **worse**.

首先 惊慌; 恐慌 冷静下来 恐惧; 害怕 更糟的; 更坏的

Secondly, find some **safe** places to stay and don't run here and there **in a hurry**. If you are in a room, make yourself under something **hard**, such as a desk, a table or **even** a bed. You must stay away from **shelves** or **cupboards**. Don't take a **lift**. If you are **in the open** **air**, find some **open spaces** to stay. Don't get close to cars.

其次 安全的 匆忙地 坚硬的; 困难的 甚至 架子 橱柜 电梯 在户外 开阔空间

Thirdly, we should help each other when we meet **difficulties**.

第三 困难

If we do these things, I am sure difficulties will not last long. The people after the earthquake can **lead** a happy life **soon**.

过(某种生活); 带领 很快; 马上

文章词数 129

红色: 高频词 (18)

蓝色: 中频词 (3)

绿色: 低频词 (1)

earthquake /'ɜ:θkweɪk/ 地震

natural /'nætʃrəl/ 自然的

disaster /dɪ'zɑ:stə(r)/ 灾难

firstly /'fɜ:stli/ 首先

panic /'pænik/ 惊慌; 恐慌

calm down 冷静下来

fear /fiə(r)/ 恐惧; 害怕

worse /wɜ:s/ 更糟的; 更坏的

secondly /'sekəndli/ 其次

safe /seɪf/ 安全的

in a hurry 匆忙地

hard /hɑ:d/ 坚硬的; 困难的

even /'i:vən/ 甚至

shelf /ʃelf/ 架子

cupboard /'kʌbərd/ 橱柜

lift /lɪft/ 电梯

in the open air 在户外

open space 开阔空间

thirdly /'θɜ:dlɪ/ 第三

difficulty /'dɪfɪkəlti/ 困难

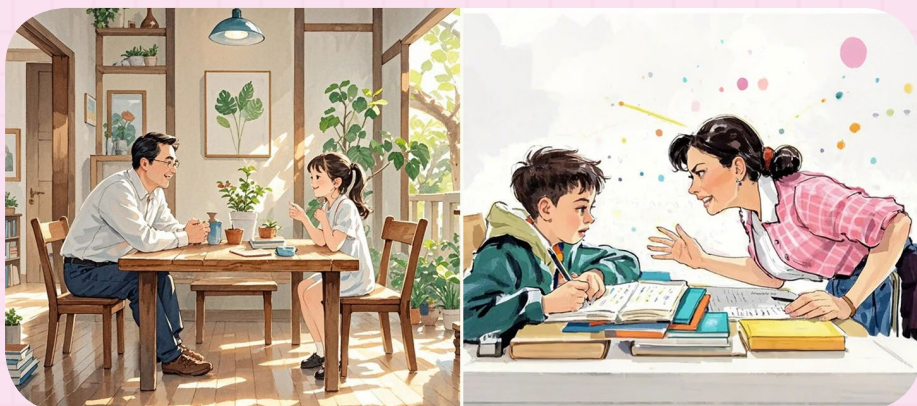
lead /li:d/ 过(某种生活); 带领

soon /su:n/ 很快; 马上





扫码听音频



Getting along with parents

Your mum and dad are the most important people in your life. You **spend** a lot of time with them. Do you **get along well with** them?

花费(时间、金钱等); 度过

与……相处融洽

In a **survey**, more than 8,000 kids in the US give their

调查

answers. About 72% of the kids get along well with their

答案; 回答

parents. That is good **news**. But about 20% of the kids

消息; 新闻

often **argue** with their parents.

争吵; 争论

Kids and parents don't get along well **all the time**.

一直

Sometimes they argue. That is not a bad thing. When

they argue, they **share** their ideas. But it's also important

分享

to **respect** each other. Kids and parents should not **shout**

尊重

对……大喊

at each other. They should be **patient** and then share

有耐心的

their ideas.

Mike is an 11-year-old boy from Guangzhou. He says,

“My mum is **strict**. She **cares about** my study. So we

严格的

关心; 在意

often argue about grades and homework. Sometimes,

she gets angry and **yells** at me. **Mostly**, she is right, and

叫喊

主要地; 通常

I listen to her. But I don't like her yelling.”

文章词数 167

红色: 高频词 (10)

蓝色: 中频词 (3)

绿色: 低频词 (2)

spend /spend/
花费(时间、金钱等); 度过

get along well with...
与……相处融洽

survey /'sɜ:veɪ/ 调查

answer /'ɑ:nsə(r)/
答案; 回答

news /nju:z/
消息; 新闻

argue /'ɑ:gju:/
争吵; 争论

all the time 一直

share /ʃeə(r)/ 分享

respect /rɪ'spekt/
尊重

shout at... 对……大喊

patient /'peɪnt/
有耐心的

strict /strikt/ 严格的

care about 关心; 在意

yell /jel/ 叫喊

mostly /'məʊstli/
主要地; 通常





扫码听音频



Koalas

Australia is **famous** for **koalas**. Koalas are lovely
 澳大利亚 著名的 树袋熊; 考拉
 and **attractive**. **Almost** all **travellers** will see them
 有吸引力的; 迷人的 几乎; 差不多 旅行者
 when they visit Australia.

The koala looks like a **teddy bear**. The **newborn**
 泰迪熊 新生的; 新生儿
 koala is very small. It is as small as a **peanut**. It
 花生
hides in its mother's **pouch**. When it **grows up**, it's
 躲藏 育儿袋 长大
 about seventy-five **centimeters** tall and **weighs**
 厘米 称重量; 重
 about thirteen **kilograms**. Have you heard the koala
 千克; 公斤
 cry? That's **strange**. When it cries, it sounds like
 奇怪的; 陌生的
 a baby. The koala always lives in the tree. It's a
 good **climber**. It has two big ears and four legs. Its
 攀爬者; 攀缘植物
 legs are **strong**. They help it **climb** the tree well. It
 强壮的 爬; 攀登
 usually sleeps for a **whole** day in the tree. At night
 整个的; 全部的
 it **wakes up** and looks for food.
 醒来

文章词数 127

红色: 高频词 (16)

蓝色: 中频词 (2)

绿色: 低频词 (3)

Australia /p'streɪliə/ 澳大利亚

famous /'feɪməs/ 著名的

koala /kəʊ'a:lə/ 树袋熊; 考拉

attractive /ə'træktɪv/ 有吸引力的; 迷人的

almost /'ɔ:lməʊst/ 几乎; 差不多

traveller /'trævələ(r)/ 旅行者

teddy bear 泰迪熊

newborn /'nju:bɔ:n/ 新生的; 新生儿

peanut /'pi:nʌt/ 花生

hide /haɪd/ 躲藏

pouch /paʊtʃ/ 育儿袋

grow up 长大

centimeter /'sentɪmi:tə(r)/ 厘米

weigh /wei/ 称重量; 重

kilogram /'kɪləgræm/ 千克; 公斤

strange /streɪndʒ/ 奇怪的; 陌生的

climber /'klaɪmə(r)/ 攀爬者; 攀缘植物

strong /strɒŋ/ 强壮的

climb /klaɪm/ 爬; 攀登

whole /həʊl/ 整个的; 全部的

wake up 醒来





扫码听音频



Being polite

Many people say “Thank you.” when someone helps them or says something kind to them. It is a very good

habit.
习惯

You should say “Thank you.” when someone

passes you something, when someone **holds** a door
传递; 经过 握住; 保持 (某种状态); 为…… 开门
open for you, and when someone says your dress is
very beautiful. “Thank you.” is used **not only among**
不但……而且…… 在…… 之间
friends, **but also** between parents and their children.

“Excuse me.” is **another** short **sentence** people
另一个; 又一 句子
often say. When you hear someone behind you say it,
you should know that he wants to **walk past** without
走过
touching you. It's not **polite** to **interrupt** when someone
触摸; 碰到 有礼貌的 打断
is talking, but if you really need to speak first, say

“Excuse me.” You should also say “Excuse me.” when
you **cough** or make some other **noise in public**.
咳嗽 噪音 在公共场合

Let's learn to say “Thank you.” and “Excuse me.”

文章词数 137

红色: 高频词 (11)

蓝色: 中频词 (2)

绿色: 低频词 (1)

habit /'hæbɪt/
习惯

pass /pɑ:s/
传递; 经过

hold /həʊld/ 为…… 开门;
握住; 保持 (某种状态)

not only...but also...
不但…… 而且……

among /ə'mʌŋ/
在…… 之间 (三者或三者以上)

another /ə'nʌðə(r)/
另一个; 又一

sentence /'sentəns/
句子

walk past
走过

touch /tʌtʃ/
触摸; 碰到

polite /pə'laɪt/
有礼貌的

interrupt /ɪntə'rʌpt/
打断

cough /kɒf/
咳嗽

noise /nɔɪz/
噪音

in public
在公共场合





扫码听音频



Good language learners

Learning a new **language** is difficult. Do you want to be a good **learner**? Here are a few **tips**.

Listen to the teacher **carefully** in class. Listen to what the teacher says carefully, and then write them down. But you don't need to write down everything the teacher says. **Pay attention to** the most important **points** and ideas and then try to **remember** them.

要点; 观点

Work hard in class. You should speak the language

you're learning a lot. And often answer the **questions**, **even though** you are not sure **if** your answers are right.

即使; 尽管

是否

Do your homework carefully. **Exercises** are very

练习

important. They can help you **go over** the **knowledge** you have learned. Read over the **notes** you make in

复习; 检查

知识

class. If there is something you can't **understand**, ask

笔记; 便条

理解; 明白

the teacher in the next class.

Practise more. You can keep a **diary** or write stories.

练习

日记

文章词数 144

红色: 高频词 (12)

蓝色: 中频词 (4)

绿色: 低频词 (1)

language /'læŋɡwɪdʒ/ 语言

learner /'lɜːnə(r)/ 学习者

tip /tɪp/ 建议; 窍门

carefully /'keəfəli/ 仔细地; 认真地

pay attention to... 注意

point /pɔɪnt/ 要点; 观点

remember /rɪ'membə(r)/ 记得; 记住

question /'kwɛstʃən/ 问题

even though 即使; 尽管

if /ɪf/ 是否

exercise /'eksəsaɪz/ 练习

go over 复习; 检查

knowledge /'nɒlɪdʒ/ 知识

note /nəʊt/ 笔记; 便条

understand /ʌndə'stænd/ 理解; 明白

practise /'præktɪs/ 练习

diary /'daɪəri/ 日记





扫码听音频



Making money

You can't have a **full-time** job until you're 16 years old in the US. **At the age of** 14 or 15, you can work **part-time** after school or on **weekends**. And during the summer **vacation** you can work for 40 hours each week.

You can **make money** by doing something around your house. You may do a **list** of **chores** like cleaning your room or washing the dishes. Here are some other **examples**.

Mike is 11 years old and he says, "I make money by cleaning my **yard** or cleaning other people's yards."

You can also use your **creativity**! Mary is 13 years old. She makes money by **knitting** dog **sweaters** which can be sold to her **neighbours**. Helen, 12, even writes **articles** for different **magazines**!

By working to **earn** your own money, you can also learn some skills which are **helpful** in your **future**.

文章词数 146

红色: 高频词 (12)

蓝色: 中频词 (4)

绿色: 低频词 (3)

full-time /'fʊl taɪm/ 全职的

at the age of... 在……岁时

part-time /'pɑ:t taɪm/ 兼职的

weekend /wi:k'end/ 周末

vacation /veɪ'keɪʃn/ 假期

make money 赚钱

list /lɪst/ 清单

chore /tʃɔ:(r)/ 家务; 杂务

example /ɪg'zɑ:mpəl/ 例子

yard /jɑ:d/ 院子

creativity /kri:'eɪtɪvəti/ 创造力

knit /nɪt/ 编织

sweater /'swetə(r)/ 毛衣

neighbour /'neɪbə(r)/ 邻居

article /'ɑ:tɪkl/ 文章

magazine /mægə'zi:n/ 杂志

earn /ɜ:n/ 挣得; 赚得

helpful /'helpfl/ 有帮助的

future /'fju:tʃə(r)/ 未来





扫码听音频



The sun and the earth

Nobody can live **without** the sun. The sun gives us **light** and **heat**, and the light and heat give us life. Without the sun, we could be in **complete**

darkness. Without light and heat, the earth would be very cold and there would be ice and snow

everywhere. Then all plants, animals and men would **die**.

死亡; 去世

We can't live without the sun. **Yet**, if the sun is always **shining** over us, we can't **bear** it, **either**. The earth would be **too** hot **to** live on. We need the night to **have a rest** and sleep. We can't see the sun at night, **because** our earth is always moving around the sun and only one **side** of the earth sees the sun at one time. When we see the sun on the side of the earth, it is day to us. When we can't see the sun, it is the night.

文章词数 150

红色: 高频词 (12)

蓝色: 中频词 (2)

绿色: 低频词 (2)

nobody /'nəʊbədi/
没有人without /wɪ'ðaʊt/
没有; 缺乏

light /laɪt/ 光; 光线

heat /hi:t/ 热; 热量

complete /kəm'pli:t/
完全的; 完整的darkness /'dɑ:knəs/
黑暗everywhere /'evriweə(r)/
到处; 处处

die /daɪ/ 死亡; 去世

yet /jet/ 然而; 但是

shine /ʃaɪn/
照耀; 发光bear /beə(r)/
忍受; 承受either /'aɪðə(r)/
也 (用于否定句中)too...to...
太……而不能……

have a rest 休息

because /bɪ'kɒz/ 因为

side /saɪd/ 面; 边





扫码听音频



The importance of fire

Fire is very important to people. But **thousands** of years **ago**, people lived in cold places, because they didn't know how to keep themselves warm. **Later** they learned to make clothes. When an animal was killed, they **made use of** its **skins** to **cover** their bodies. The skins kept them warm.

However, people **still** didn't know how to **make a fire**. When **lightning** **hit** a **forest** and **started** a fire, people tried to keep it **burning**. If it **went out**, they had to **wait** **for** many years.

But later they found different ways to make a fire. For example, they made a fire by **knocking** two pieces of **stones**.

Today it's easy to make a fire because we have **matches**, **lighters** and different kinds of **heaters**. We can make a fire at any time we need.

文章词数 136

红色: 高频词 (15)

蓝色: 中频词 (4)

绿色: 低频词 (1)

thousand /'θaʊznd/ 千

ago /ə'gəʊ/ 以前

later /'leɪtə(r)/ 后来; 以后

make use of 利用

skin / skɪn/ 皮肤; 兽皮

cover /'kʌvə(r)/ 覆盖; 遮盖

still /stɪl/ 仍然; 还

make a fire 生火

lightning /'laɪtnɪŋ/ 闪电

hit /hɪt/ 打; 击; 碰撞

forest /'fɒrɪst/ 森林

start /stɑ:t/ 开始; 引发

burn /bɜ:n/ 燃烧; 着火

go out 熄灭

wait for 等待

knock /nɒk/ 敲; 击

stone /stəʊn/ 石头

match /mætʃ/ 火柴

lighter /'laɪtə(r)/ 打火机

heater /'hi:tə(r)/ 加热器





扫码听音频



Advantages of travel

I think travel is **beneficial** to us in **at least** three ways.

有益的; 有利的

至少

First, by traveling we can enjoy the beautiful **scenery** of different places. We can see those places with our own eyes which we only read about in books, and visit famous cities.

风景; 景色

Second, we can meet people with different **interests** and learn different **culture** when we travel. We can know the **conditions** and **customs** of other places and **taste** different foods. In this way, we can **understand** how **differently** people live.

兴趣; 爱好

文化

情况; 状况

风俗; 习俗

品尝; 尝起来

理解; 明白

不同地

Third, travel can not only help us **gain knowledge** of **geography**, culture and **history**, but also help us keep healthy and **less narrow-minded**.

获得; 得到 知识; 学问

地理 (学)

历史

较少; 更少

狭隘的

With all these **advantages** of travel, it is **no wonder** that travel has now become more and more popular in China.

优势; 益处

难怪; 不足为奇

文章词数 129

红色: 高频词 (8)

蓝色: 中频词 (6)

绿色: 低频词 (4)

beneficial /benɪ'fɪʃl/
有益的; 有利的

at least 至少

scenery /'si:nəri/ 风景; 景色

interest /'ɪntrəst/ 兴趣; 爱好

culture /'kʌltʃə(r)/ 文化

condition /kən'dɪʃn/
情况; 状况

custom /'kʌstəm/ 风俗; 习俗

taste /teɪst/ 品尝; 尝起来

understand
/ʌndə'stænd/ 理解; 明白

differently /'dɪfrəntli/ 不同地

gain /geɪn/ 获得; 得到

knowledge /'nɒlɪdʒ/
知识; 学问

geography /dʒɪ'ɒɡrəfi/
地理 (学)

history /'hɪstri/ 历史

less /les/ 较少; 更少

narrow-minded
/'næərəʊ'maɪndɪd/ 狭隘的

advantage /əd'vɑ:ntɪdʒ/
优势; 益处

no wonder 难怪; 不足为奇





扫码听音频



A kind man

One Sunday afternoon, Mr White **drove** his new car to his friend's house **happily**. He wanted to **pick up** his friend **up** at five and then went to see a new movie together. Mr White got there at twenty to five. It was **a bit earlier**. He stopped his car and waited **inside**. **Suddenly** he heard a **terrible** sound. He got out of his car to see what **happened**. There was a **dent** on one of his car doors. He **looked around** and saw a little boy standing there with a few stones in his hands. He caught the boy and asked, "Why did you **throw** the stone at my new car?" The boy cried and said, "There's nobody else here. I just want you to **notice** me. My grandpa **fell down**, but I'm too young to help him." Hearing these words, Mr White was **moved** and then **followed** the boy **quickly** to his grandpa. With Mr White's help, the old man was safe. The boy thanked him very much.

文章词数 169

红色: 高频词 (14)

蓝色: 中频词 (2)

绿色: 低频词 (1)

drive /draɪv/ 驾驶; 开车**happily** /'hæpɪli/ 高兴地; 快乐地**pick up** 接(某人); 捡起**a bit** 一点儿; 稍微**earlier** /'ɜ:liə(r)/ (比较级) 更早地**inside** /ɪn'saɪd/ 在里面; 在……里面**suddenly** /'sʌdnəli/ 突然地**terrible** /'terəbl/ 可怕的; 糟糕的**happen** /'hæpən/ 发生**dent** /dent/ 凹痕; 使产生凹痕**look around** 环顾四周**throw** /θrəʊ/ 扔; 投掷**notice** /'nəʊtɪs/ 注意到; 通知; 通告**fall down** 摔倒; 跌倒**moved** /mu:vd/ 受感动的**follow** /'fɒləʊ/ 跟随; 跟着**quickly** /'kwɪkli/ 迅速地; 快速地



扫码听音频



The selfish horse

A man had a **donkey** and a horse. Every day, he went to the city to **sell** things, and the donkey **carried** all his things.

搬运; 携带

On a hot summer afternoon, the donkey felt very **tired** after a long way. He asked the horse to help him carry some things. But the horse said it was not her **duty** to do that and didn't help him.

职责; 责任

Soon the donkey fell down and died because of the hot **weather**. Then the man put all the things on the horse's **back** and went to the city. The horse

不久; 很快

天气

背部; 后面; 向后; 回来

was so tired that she couldn't go **at last**. The man

最后; 终于

was so **angry** that he **beat** her. The horse was sad.

生气的; 愤怒的

打; 打败; 节拍

She **regretted** that she hadn't helped the donkey.

后悔; 遗憾; 遗憾

If she had helped the donkey, the donkey would still carry things. The horse was sorry for being so

selfish but it was too late.

自私的

文章词数 150

红色: 高频词 (11)

蓝色: 中频词 (1)

绿色: 低频词 (1)

donkey /'dɒŋki/
驴sell /sel/
卖; 出售carry /'kæri/
搬运; 携带tired /'taɪəd/
疲倦的; 累的duty /'dju:ti/
职责; 责任soon /su:n/
不久; 很快weather /'weðə(r)/
天气back /bæk/
背部; 后面; 向后; 回来at last
最后; 终于angry /'æŋɡri/
生气的; 愤怒的beat /bi:t/
打; 打败; 节拍regret /rɪ'ɡret/
后悔; 遗憾; 遗憾selfish /'selfɪʃ/
自私的



扫码听音频



Meals in Western countries

People in **Western countries** eat bread as a part of their meals. They make it **toasted**. And they put **butter** and **jam** on it.

西方的 国家

烤的

黄油

果酱

I'm hungry. What shall we have for lunch? One

popular meal is a sandwich. A sandwich is two pieces of bread with meat, **cheese** and **vegetables**

受欢迎的; 流行的

奶酪

蔬菜

between them. People in **different** countries have different ways to eat sandwiches. **French** people

在……之间

不同的

法国的; 法国人; 法语

usually eat a small sandwich with only a piece of meat and some butter on the bread. American people like to put lots of vegetables in their sandwiches. **British** people love sandwiches with eggs.

英国的; 英国人

In the evening when people eat dinner, you can see bread **as well**. They start with **soup**. And they eat soup with bread. Often, if you eat in a

也; 还

汤

restaurant, the bread is **free**!

餐馆

免费的

文章词数 132

红色: 高频词 (12)

蓝色: 中频词 (3)

绿色: 低频词 (1)

western /'westən/ 西方的

country /'kʌntri/ 国家

toast /təʊst/ 烤

butter /'bʌtə(r)/ 黄油

jam /dʒæm/ 果酱

popular /'pɒpjələ(r)/ 受欢迎的; 流行的

cheese /tʃi:z/ 奶酪

vegetable /'vedʒtəbl/ 蔬菜

between /bɪ'twi:n/ 在……之间

different /'dɪfrənt/ 不同的

French /frentʃ/ 法国的; 法国人; 法语

British /'brɪtɪʃ/ 英国的; 英国人

as well 也; 还

soup /su:p/ 汤

restaurant /'restɒrənt/ 餐馆

free /fri:/ 免费的





扫码听音频



Living in big cities

Nowadays, more and more people have **moved** to big cities. But is it really good to live in big

现今; 现在

移动; 搬家

cities? Different people have different **views** on it.

看法; 观点

It's true that living in big cities is more

convenient for us, such as finding jobs, using many

方便的; 便利的

kinds of **transportation**. Also places for **relaxation**

交通; 运输

放松; 消遣

like parks and hotels are **attractive**.

有吸引力的

But we have to say something bad. The

environment in big cities is not so good. There are

环境

too many people and too much **traffic** making the

交通

air **dirty**. We also have to **pay** lots of money for our

脏的

支付; 付费

life.

In my opinion, we must take a **correct** **attitude**

在我看来

正确的

态度

towards it. **No matter** where we live, we can have a

对于; 向

无论

happy life if we **try our best**!

尽我们最大的努力

文章词数 125

红色: 高频词 (8)

蓝色: 中频词 (4)

绿色: 低频词 (5)

nowadays /'naʊədeɪz/
现今; 现在

move /mu:v/ 移动; 搬家

view /vju:/ 看法; 观点

convenient /kən'vi:nɪənt/
方便的; 便利的

transportation
/træns'pɔ:teɪʃn/ 交通; 运输

relaxation /rɪ'læks'eɪʃn/
放松; 消遣

attractive /ə'træktɪv/
有吸引力的

environment
/ɪn'vaɪrənmənt/ 环境

traffic /'træfɪk/ 交通

dirty /'dɜ:ti/ 脏的

pay /peɪ/ 支付

in my opinion 在我看来

correct /kə'rekt/ 正确的

attitude /'ætɪtju:d/ 态度

towards /tə'wɔ:dz/
对于; 向

no matter 无论

try our best
尽我们最大的努力





扫码听音频



Delicious food

Chef Amy loves food. She travels to learn about food.
厨师

What food does she find?

Sushi

Sushi is a kind of fast food in Japan. People use rice, fish, eggs and vegetables to make sushi. It's **healthy** and fresh. When people eat sushi, they **dip** it into **wasabi** or **soy sauce**.
寿司 健康的 芥末酱 酱油

Pasta

Italians love **pasta**. Pasta has different **shapes**.
意大利人; 意大利的 意大利面食 形状
Spaghetti is one kind. It is like Chinese noodles. Italians eat it with different **sauc**es, like tomato sauce and meat sauce.
意大利细面条 酱汁

Curry

Why is **Indian** food **delicious**? It's because of **magic** **curry**! In an Indian kitchen, you can see many kinds of **spices**.
印度的; 印度人 美味的 神奇的 咖喱 调味料
People use them to make curry. Curries have different tastes.
Indian people like to cook vegetables and chicken with curry.

Hot dog

Hot dog is popular in **Denmark**. The **Danish** hot dog looks like other hot dogs, but it has a **special** taste. The Danish people use **ketchup**, **onions** and **bacon** in the hot dogs.
丹麦 丹麦的; 丹麦人; 丹麦语 特别的 番茄酱 洋葱 咸肉

文章词数 157

红色: 高频词 (11)

蓝色: 中频词 (5)

绿色: 低频词 (6)

chef /ʃef/ 厨师

sushi /'su:ʃi/ 寿司

healthy /'helθi/ 健康的

dip /dɪp/ 蘸

wasabi /wə'sa:bi/ 芥末酱

soy sauce 酱油

Italian /ɪ'tæliən/
意大利人; 意大利的

pasta /'pæstə/ 意大利面食

shape /ʃeɪp/ 形状

Spaghetti /spə'geti/
意大利细面条

sauce /sɔ:s/ 酱汁

Indian /'ɪndiən/
印度的; 印度人

delicious /dɪ'liʃəs/ 美味的

magic /'mædʒɪk/ 神奇的

curry /'kʌri/ 咖喱

spice /spaɪs/ 调味料

Denmark /'denmɑ:k/
丹麦Danish /'deɪnɪʃ/
丹麦的; 丹麦人; 丹麦语

special /'speʃl/ 特别的

ketchup /'ketʃəp/ 番茄酱

onion /'ʌnjən/ 洋葱

bacon /'beɪkən/ 咸肉





扫码听音频



Dirtiest fruit

Are **strawberries** your **favourite** fruit? If so, you should wash them carefully before eating them. **Scientists** say that strawberries may be the **dirtiest** fruit. The fruit has the most **pesticides**. Pesticides are bad for our health. They can make us **sick**. But you don't need to **worry** too much. You can wash them under **tap water** for 30 **seconds**. The water can **wash away** the pesticides. And you can also **choose** **organic** strawberries for health.

Besides strawberries, there are some other “dirty” fruits and vegetables. They all have pesticides, such as **spinach**, apples and grapes.

But there are also some “clean” fruits and vegetables. They have **the least amount** of pesticides. Both **avocados** and **sweetcorns** are clean.

文章词数 117

红色: 高频词 (9)

蓝色: 中频词 (4)

绿色: 低频词 (4)

strawberry /'strɔ:bəri/
草莓favourite /'feivərit/
最喜欢的scientist /'saɪəntɪst/
科学家

dirtiest /'dɜ:ti:st/ 最脏的

pesticide /'pestɪsaɪd/
农药

sick /sɪk/ 生病的

worry /'wʌri/ 担心

tap water 自来水

second /'sekənd/ 秒

wash away 冲走

choose /tʃu:z/ 选择

organic /ɔ:'gænik/
有机的besides /br'saɪdz/
除……之外 (还)

spinach /'spɪnɪtʃ/ 菠菜

the least amount 最少量

avocado /ævə'kaɪdəʊ/
牛油果sweetcorn /'swi:tkɔ:n/
甜玉米



扫码听音频



The blind men and the elephant

Once upon a time, there were five **blind** men in the same **village**. Every day, they sat together and talked about some interesting things.

One day they were sitting under a big tree and talking about elephants. **None** of them knew what an elephant was like. They wanted to know very much.

At that time, a man was driving an elephant towards them. The five blind men wanted to **touch** the elephant. The man **allowed** them to do so. They were very happy.

The first blind man said, "The elephant is like a **wall**." The second blind man said, "The elephant is like a **trunk**." The third blind man said, "The elephant is like a **rope**." The **fourth** blind man said, "The elephant is like a **fan**." The **fifth** blind man said, "The elephant is like a **column**."

Each of them touched a different part of the elephant. So they had different **opinions**.

文章词数 153

红色: 高频词 (13)

蓝色: 中频词 (1)

绿色: 低频词 (1)

once upon a time
从前

blind /blaɪnd/
盲的; 失明的

village /'vɪlɪdʒ/ 村庄

none /nʌn/
没有一个; 没有人

touch /tʌtʃ/
触摸

allow /ə'laʊ/
允许

wall /wɔ:l/ 墙

trunk /trʌŋk/
树干; (象) 鼻

rope /rəʊp/ 绳子

fourth /fɔ:θ/ 第四

fan /fæn/ 扇子

fifth /fɪfθ/ 第五

column /'kɒləm/
柱子

each /i:tʃ/ 每个

opinion /ə'pɪnjən/
意见; 看法





扫码听音频



文章词数 159

红色: 高频词 (9)

蓝色: 中频词 (2)

绿色: 低频词 (1)

bite /baɪt/
咬gecko /'gekəʊ/
壁虎tail /teɪl/
尾巴borrow /'bɒrəʊ/
借without /wɪ'ðaʊt/
没有answer /'ɑ:nsə(r)/
回答cow /kaʊ/
奶牛drive...away
驱赶fly /flaɪ/
苍蝇swallow /'swɒləʊ/
燕子look back
回头看excitedly /ɪk'saɪtɪdli/
兴奋地

The little gecko borrows a tail

One day, a snake **bites** a little **gecko's tail**.

咬 壁虎 尾巴

The little gecko is very sad. And he wants to borrow a tail.

He sees a fish in a river. "May I **borrow** your tail, Mr Fish?" the gecko asks.

借

"I'm sorry. I can't swim **without** my tail," the fish **answers**.

回答

Then he sees an old **cow** under a big tree. "May I borrow your tail, Mr Cow?" the gecko asks.

奶牛

"I'm sorry. I can't **drive** the **flies away** without my tail," the cow answers.

驱赶……

苍蝇

Then he sees a swallow. He asks the swallow, "Miss **Swallow**, may I borrow your tail?"

燕子

"I'm so sorry. I can't help you. I can't fly without my tail," the swallow answers.

The little gecko can't borrow a tail, and he is very sad. So he tells it to his mother. His mother smiles and says, "My baby, please **look back**." The little gecko looks back and then says **excitedly**, "I have a new tail!"

回头看

兴奋地





扫码听音频



Shanghai Disneyland Park

Shanghai Disneyland Park is the sixth
 上海迪士尼乐园
 Disneyland Park in the world and the second
 one in China (after Hong Kong Disneyland
 香港
 Park). It's great!

When you enter the Park, you will walk
 进入 沿着……走
along the Mickey Avenue. Mickey Mouse and
 大街
 his friends welcome visitors from all over
 游客 全世界
the world. This place is also a busy market.
 市场
 Visitors can buy things and enjoy the
 delicious food here. People who dress up as
 装扮成
 the figures from the animated movies walk
 人物 动画电影
 around the street. Visitors can hug them and
 拥抱
take photos with them.
 拍照

There are Chinese restaurants and shops
 as well as Western ones in the Park. Visitors
 can have a great time there.

文章词数 110

红色: 高频词 (9)

蓝色: 中频词 (2)

绿色: 低频词 (2)

Shanghai Disneyland Park
上海迪士尼乐园Hong Kong /'hɒŋ kɒŋ/
香港enter /'entə(r)/
进入walk along
沿着……走avenue /'ævənjuː/
大街visitor /'vɪzɪtə(r)/
游客all over the world
全世界market /'mɑːkɪt/
市场dress up as
装扮成figure /'fɪɡə(r)/
人物animated movie
动画电影hug /hʌɡ/
拥抱take photos
拍照



扫码听音频



Shakespeare

Shakespeare was born in 1564 in a town in England. He has seven brothers and sisters. When he was 4, his father **sent** him to school. He had lessons in **Latin**, **Greek** and **history**.

送; 派遣

拉丁语; 拉丁的 希腊语; 希腊的 历史

Shakespeare left school when he was 16. No one knew what job he had. **Perhaps** he worked as a teacher. Perhaps he worked for his father. Two years later he **got married**. And then he and his **wife** had three children.

也许; 可能

结婚

妻子

Some time before 1590, he left his **hometown** and went to **London**. Soon he began writing **plays**.

家乡

伦敦

戏剧

Shakespeare wrote **comedies** with happy **endings**, like ***A Midsummer Night's Dream***. He wrote **tragedies** with sad endings, like ***Romeo and Juliet***. He wrote about 38 plays, maybe more.

喜剧

《仲夏夜之梦》

悲剧

《罗密欧与朱丽叶》

文章词数 120

红色: 高频词 (9)

蓝色: 中频词 (2)

绿色: 低频词 (4)

send /send/ 送; 派遣

Latin /'lætn/
拉丁语; 拉丁的Greek /gri:k/
希腊语; 希腊的

history /'hɪstri/ 历史

perhaps /pə'hæps/
也许; 可能

get married 结婚

wife /waɪf/ 妻子

hometown
/'həʊmtaʊn/ 家乡London /'lʌndən/
伦敦

play /pleɪ/ 戏剧

comedy /'kɒmədi/
喜剧

ending /'endɪŋ/ 结局

A Midsummer Night's Dream 《仲夏夜之梦》tragedy /'trædzədi/
悲剧*Romeo and Juliet*
《罗密欧与朱丽叶》