**背诵版**

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| **单词** | **音标** | **含义** | **例句** |
| stomach | /ˈstʌ.mək/ | 胃 | I have a stomachache. |
| regret | /rɪˈɡret/ | 后悔 | I regret not studying harder. |
| fever | /ˈfiː.vər/ | 发烧 | I have a fever. |
| pale | /peɪl/ | 苍白的 | She is pale and doesn't feel well. |
| Sara | /ˈsɛərə/ | 萨拉 | That's Sara's book. |
| examination | ɪɡˈzæmɪˈneɪʃən/ | 检查 | I have an examination tomorrow. |
| pain | /peɪn/ | 疼痛 | I have a pain in my stomach. |
| pardon | /pəˈrɑːd/ | 原谅 | Pardon me, but I don't understand. |
| X-ray | /ˈeks.reɪ/ | X光 | The doctor took an X-ray of my stomach. |
| dentist | /ˈdɛn.tɪst/ | 牙医 | I went to the dentist yesterday. |
| refuse | /rɪˈfjuːz/ | 拒绝 | I refuse to do that. |
| toothache | /ˈtuːθ.eɪk/ | 牙痛 | I have a toothache. |
| rotten | /ˈrɒt.ən/ | 腐烂的 | The apple is rotten. |
| fortunately | /ˈfɔːʧ.nɪ.tli/ | 幸运地 | Fortunately, I didn't get sick. |
| headset | /ˈheə.sɛd/ | 耳机 | I'm wearing a headset. |
| aching | /ˈeɪ.kɪŋ/ | 疼痛的 | My muscles are aching. |
| German | /ˈdʒɜː.mən/ | 德国的 | I'm German. |
| wolf | /wʊlf/ | 狼 | The wolf is chasing the sheep. |
| grain | /greɪn/ | 谷物 | Rice is a grain. |
| vitamin | /ˈvɪt.ə.mɪn/ | 维生素 | Vitamin C is good for your immune system. |
| mineral | /ˈmɪn.ə.rəl/ | 矿物质 | Calcium is a mineral. |
| fibre | /ˈfaɪ.bər/ | 纤维 | Fibre is good for your digestion. |
| corn | /kɔːn/ | 玉米 | Corn is a grain. |
| protein | /ˈprəʊ.tiːn/ | 蛋白质 | Protein is important for growth and repair. |
| bean | /biːn/ | 豆类 | Beans are a good source of protein. |
| Asian | /ˈeɪ.ʒən/ | 亚洲的 | She likes Asian food. |
| soy | /sɔɪ/ | 大豆 | Soy is a good source of protein. |
| calcium | /ˈkæl.si.əm/ | 钙 | Calcium is important for strong bones. |
| bone | /bəʊn/ | 骨头 | Bones are made of calcium. |
| yogurt | /ˈjɒɡ.ərt/ | 酸奶 | Yogurt is a good source of calcium. |
| contain | /kənˈteɪn/ | 包含 | Yogurt contains calcium. |
| balanced | /ˈbælənst/ | 均衡的 | A balanced diet is important for good health. |
| diet | /ˈdaɪ.ɪt/ | 饮食 | I eat a healthy diet. |
| include | /ɪnˈkluːd/ | 包括 | A healthy diet should include a variety of foods. |

**默写版**

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| **单词** | **音标** | **含义** | **例句** |
|  | /ˈstʌ.mək/ | 胃 | I have a \_\_\_\_\_\_\_\_\_\_ache. |
|  | /rɪˈɡret/ | 后悔 | I \_\_\_\_\_\_\_\_\_\_ not studying harder. |
|  | /ˈfiː.vər/ | 发烧 | I have a \_\_\_\_\_\_\_\_\_\_. |
|  | /peɪl/ | 苍白的 | She is \_\_\_\_\_\_\_\_\_\_ and doesn't feel well. |
|  | /ˈsɛərə/ | 萨拉 | That's \_\_\_\_\_\_\_\_\_\_’s book. |
|  | ɪɡˈzæmɪˈneɪʃən/ | 检查 | I have an \_\_\_\_\_\_\_\_\_\_ tomorrow. |
|  | /peɪn/ | 疼痛 | I have a \_\_\_\_\_\_\_\_\_\_ in my stomach. |
|  | /pəˈrɑːd/ | 原谅 | \_\_\_\_\_\_\_\_\_\_ me, but I don't understand. |
|  | /ˈeks.reɪ/ | X光 | The doctor took an \_\_\_\_\_\_\_\_\_\_ of my stomach. |
|  | /ˈdɛn.tɪst/ | 牙医 | I went to the \_\_\_\_\_\_\_\_\_\_ yesterday. |
|  | /rɪˈfjuːz/ | 拒绝 | I \_\_\_\_\_\_\_\_\_\_ to do that. |
|  | /ˈtuːθ.eɪk/ | 牙痛 | I have a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈrɒt.ən/ | 腐烂的 | The apple is \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈfɔːʧ.nɪ.tli/ | 幸运地 | \_\_\_\_\_\_\_\_\_\_, I didn't get sick. |
|  | /ˈheə.sɛd/ | 耳机 | I'm wearing a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈeɪ.kɪŋ/ | 疼痛的 | My muscles are \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈdʒɜː.mən/ | 德国的 | I'm \_\_\_\_\_\_\_\_\_\_. |
|  | /wʊlf/ | 狼 | The \_\_\_\_\_\_\_\_\_\_ is chasing the sheep. |
|  | /greɪn/ | 谷物 | Rice is a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈvɪt.ə.mɪn/ | 维生素 | \_\_\_\_\_\_\_\_\_\_ C is good for your immune system. |
|  | /ˈmɪn.ə.rəl/ | 矿物质 | Calcium is a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈfaɪ.bər/ | 纤维 | \_\_\_\_\_\_\_\_\_\_ is good for your digestion. |
|  | /kɔːn/ | 玉米 | \_\_\_\_\_\_\_\_\_\_ is a grain. |
|  | /ˈprəʊ.tiːn/ | 蛋白质 | \_\_\_\_\_\_\_\_\_\_ is important for growth and repair. |
|  | /biːn/ | 豆类 | \_\_\_\_\_\_\_\_\_\_ are a good source of protein. |
|  | /ˈeɪ.ʒən/ | 亚洲的 | She likes \_\_\_\_\_\_\_\_\_\_ food. |
|  | /sɔɪ/ | 大豆 | \_\_\_\_\_\_\_\_\_\_ is a good source of protein. |
|  | /ˈkæl.si.əm/ | 钙 | \_\_\_\_\_\_\_\_\_\_ is important for strong bones. |
|  | /bəʊn/ | 骨头 | \_\_\_\_\_\_\_\_\_\_ are made of calcium. |
|  | /ˈjɒɡ.ərt/ | 酸奶 | \_\_\_\_\_\_\_\_\_\_ is a good source of calcium. |
|  | /kənˈteɪn/ | 包含 | Yogurt \_\_\_\_\_\_\_\_\_\_ calcium. |
|  | /ˈbælənst/ | 均衡的 | A \_\_\_\_\_\_\_\_\_\_ diet is important for good health. |
|  | /ˈdaɪ.ɪt/ | 饮食 | I eat a healthy \_\_\_\_\_\_\_\_\_\_. |
|  | /ɪnˈkluːd/ | 包括 | A healthy diet should \_\_\_\_\_\_\_\_\_\_ a variety of foods. |

**音标版**

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| **单词** | **音标** | **含义** | **例句** |
|  | /ˈstʌ.mək/ |  | I have a \_\_\_\_\_\_\_\_\_\_ache. |
|  | /rɪˈɡret/ |  | I \_\_\_\_\_\_\_\_\_\_ not studying harder. |
|  | /ˈfiː.vər/ |  | I have a \_\_\_\_\_\_\_\_\_\_. |
|  | /peɪl/ |  | She is \_\_\_\_\_\_\_\_\_\_ and doesn't feel well. |
|  | /ˈsɛərə/ |  | That's \_\_\_\_\_\_\_\_\_\_’s book. |
|  | ɪɡˈzæmɪˈneɪʃən/ |  | I have an \_\_\_\_\_\_\_\_\_\_ tomorrow. |
|  | /peɪn/ |  | I have a \_\_\_\_\_\_\_\_\_\_ in my stomach. |
|  | /pəˈrɑːd/ |  | \_\_\_\_\_\_\_\_\_\_ me, but I don't understand. |
|  | /ˈeks.reɪ/ |  | The doctor took an \_\_\_\_\_\_\_\_\_\_ of my stomach. |
|  | /ˈdɛn.tɪst/ |  | I went to the \_\_\_\_\_\_\_\_\_\_ yesterday. |
|  | /rɪˈfjuːz/ |  | I \_\_\_\_\_\_\_\_\_\_ to do that. |
|  | /ˈtuːθ.eɪk/ |  | I have a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈrɒt.ən/ |  | The apple is \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈfɔːʧ.nɪ.tli/ |  | \_\_\_\_\_\_\_\_\_\_, I didn't get sick. |
|  | /ˈheə.sɛd/ |  | I'm wearing a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈeɪ.kɪŋ/ |  | My muscles are \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈdʒɜː.mən/ |  | I'm \_\_\_\_\_\_\_\_\_\_. |
|  | /wʊlf/ |  | The \_\_\_\_\_\_\_\_\_\_ is chasing the sheep. |
|  | /greɪn/ |  | Rice is a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈvɪt.ə.mɪn/ |  | \_\_\_\_\_\_\_\_\_\_ C is good for your immune system. |
|  | /ˈmɪn.ə.rəl/ |  | Calcium is a \_\_\_\_\_\_\_\_\_\_. |
|  | /ˈfaɪ.bər/ |  | \_\_\_\_\_\_\_\_\_\_ is good for your digestion. |
|  | /kɔːn/ |  | \_\_\_\_\_\_\_\_\_\_ is a grain. |
|  | /ˈprəʊ.tiːn/ |  | \_\_\_\_\_\_\_\_\_\_ is important for growth and repair. |
|  | /biːn/ |  | \_\_\_\_\_\_\_\_\_\_ are a good source of protein. |
|  | /ˈeɪ.ʒən/ |  | She likes \_\_\_\_\_\_\_\_\_\_ food. |
|  | /sɔɪ/ |  | \_\_\_\_\_\_\_\_\_\_ is a good source of protein. |
|  | /ˈkæl.si.əm/ |  | \_\_\_\_\_\_\_\_\_\_ is important for strong bones. |
|  | /bəʊn/ |  | \_\_\_\_\_\_\_\_\_\_ are made of calcium. |
|  | /ˈjɒɡ.ərt/ |  | \_\_\_\_\_\_\_\_\_\_ is a good source of calcium. |
|  | /kənˈteɪn/ |  | Yogurt \_\_\_\_\_\_\_\_\_\_ calcium. |
|  | /ˈbælənst/ |  | A \_\_\_\_\_\_\_\_\_\_ diet is important for good health. |
|  | /ˈdaɪ.ɪt/ |  | I eat a healthy \_\_\_\_\_\_\_\_\_\_. |
|  | /ɪnˈkluːd/ |  | A healthy diet should \_\_\_\_\_\_\_\_\_\_ a variety of foods. |

**造句版**

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| --- | --- | --- | --- |
| **单词** | **音标** | **含义** | **例句** |
| stomach | /ˈstʌ.mək/ | 胃 |  |
| regret | /rɪˈɡret/ | 后悔 |  |
| fever | /ˈfiː.vər/ | 发烧 |  |
| pale | /peɪl/ | 苍白的 |  |
| Sara | /ˈsɛərə/ | 萨拉 |  |
| examination | ɪɡˈzæmɪˈneɪʃən/ | 检查 |  |
| pain | /peɪn/ | 疼痛 |  |
| pardon | /pəˈrɑːd/ | 原谅 |  |
| X-ray | /ˈeks.reɪ/ | X光 |  |
| dentist | /ˈdɛn.tɪst/ | 牙医 |  |
| refuse | /rɪˈfjuːz/ | 拒绝 |  |
| toothache | /ˈtuːθ.eɪk/ | 牙痛 |  |
| rotten | /ˈrɒt.ən/ | 腐烂的 |  |
| fortunately | /ˈfɔːʧ.nɪ.tli/ | 幸运地 |  |
| headset | /ˈheə.sɛd/ | 耳机 |  |
| aching | /ˈeɪ.kɪŋ/ | 疼痛的 |  |
| German | /ˈdʒɜː.mən/ | 德国的 |  |
| wolf | /wʊlf/ | 狼 |  |
| grain | /greɪn/ | 谷物 |  |
| vitamin | /ˈvɪt.ə.mɪn/ | 维生素 |  |
| mineral | /ˈmɪn.ə.rəl/ | 矿物质 |  |
| fibre | /ˈfaɪ.bər/ | 纤维 |  |
| corn | /kɔːn/ | 玉米 |  |
| protein | /ˈprəʊ.tiːn/ | 蛋白质 |  |
| bean | /biːn/ | 豆类 |  |
| Asian | /ˈeɪ.ʒən/ | 亚洲的 |  |
| soy | /sɔɪ/ | 大豆 |  |
| calcium | /ˈkæl.si.əm/ | 钙 |  |
| bone | /bəʊn/ | 骨头 |  |
| yogurt | /ˈjɒɡ.ərt/ | 酸奶 |  |
| contain | /kənˈteɪn/ | 包含 |  |
| balanced | /ˈbælənst/ | 均衡的 |  |
| diet | /ˈdaɪ.ɪt/ | 饮食 |  |
| include | /ɪnˈkluːd/ | 包括 |  |